Have you ever noticed that when you take a vacation or just a short trip, having your itinerary, road map or airplane tickets, and your bags packed (or at least a list of what you want to take) helps minimize the confusion and last minute frazzle of getting away? Disasters, big or little and of long or short duration, are like that, too.

If you are a native Floridian or a long-standing visitor, you know hurricane season started June 1. That being said, statistically speaking, many have not made any preparations. Most storm activity tends to happen in the late summer and early fall, but as our national population will attest, hurricanes can spring up quickly and unexpectedly. “Sandy” hit the US at the end of October, just a few days before the official end of the hurricane season.

According to Merriam Webster and Oxford College definitions, a disaster is something that “can happen suddenly and causes much suffering or loss; something that has a very bad effect or result, a complete or terrible failure; an event causing widespread destruction and distress; catastrophe”. With meteorological technology today, we have some advance warning that storms are forming and potentially heading our way; however, supplies can disappear off store shelves in hours and getting property ready to withstand water and wind takes days or weeks at minimum.

Preparing and planning takes some intent, time, and requires organization, so everything that needs attention will get it. Being as ready as you can be and instituting some loss-mitigation efforts in advance will reduce fear, anxiety, and loss. We don’t have to wait until after storms to try to reduce effects. There are many things, pre-storm, that can minimize or prevention impacts WHEN (not IF) an event happens.

Did you know hurricanes that are dubbed female names have traditionally been more deadly than their male-named counterparts? Even if Katrina (2005), the 3rd most deadly hurricane since #1 and #2 in 1900 and 1928, is taken out of the equation, the same holds true, with deaths due to storms at 3 times higher than male-named storms.

Researchers haven’t reached a conclusion why this is so; however, many of them agree that people may perceive these storms as being less dangerous because they seem “feminine”. Apparently, a name like “Belle” seems gentler or less violent. Names are assigned based on a predetermined list and alternate between male and female names. “In judging the intensity of a storm, people appear to be applying their beliefs about how men and women behave”, said professor Sharon Shavitt, a co-author of a study by the University of Illinois at Urbana-Champaign and reported in the Journal of Natural Academy of Sciences in June. It maybe all subconscious, but planning based on names is quite a risky wager and definitely not recommended!

In any disaster event - natural or man-made, intentionally planning and preparing is vital. There are city, county, state, and national plans and on-going review, practice, and preparation for disasters; however, every individual and every family needs to take personal responsibility to also plan and prepare.

If you don’t know when and where to start, today is the day and a great resource that provides templates for completing personal, family, and business plans are available at www.ready.gov. The local Hillsborough County Emergency Management web page has evacuation routes, flood zone maps, emergency shelters information, and planning tools.

Our local preparedness experts focus on all aspects of disaster planning, response and recovery for our community, but all of us play a major role. We need to be ready.
NO MAGIC BULLET:
No Single Food Can Ensure Health or Weight Loss

Amanda Brokaw, MS MPH RDN

Nutrition is defined as the intake of food, considered in relation to the body’s dietary needs. Good Nutrition then is an adequate, well balanced diet combined with regular physical activity (a cornerstone of health).

– The World Health Organization

There are so many factors that go into our health and weight beyond just food. However, many of us continue to hold out hope that the next fad diet or super food will be the “magic bullet.” With food and supplement labels hyping exaggerated claims and the media or popular public figures promoting their favorite products, it makes it easy to mistakenly believe their product really is superior.

Through the years we have sought many foods, beverages and supplements that have claimed to reduce our weight or make us healthier by simply consuming them. Maybe you recall hearing about the superpowers of acai berries, pomegranate juice, chia seeds, green coffee beans or juicing. While at other times we quickly drop whole food groups as if they were the cause of all human ills – you may have heard something about eating gluten-free, low carb or carb-free, or the Paleo diet, just to name a few of the most recent examples. With magazines, talk shows and all our friends talking about the newest trend in diet history, it is easy to get caught up in the misinformation that travels around. You may have even tried one or more of them yourself.

As a registered dietitian, it is interesting to keep up with the ever-changing trends. On the other hand, it is frustrating to see so many people continue to be bamboozled by label claims and marketing hype – believing that health may really come in a bottle, while ignoring the bigger picture of their health and lifestyle behaviors.

Food is just a single factor in our health and weight. There are so many others: Are you getting enough sleep? Are you under a lot of stress? Do you smoke? Do you exercise regularly? Do you take drugs? Do you have a family history of certain diseases? Do you get regular medical checkups and preventive dental care? Do you take time for yourself and your family? Are you happy most of the time?

Foods, supplements and diets may offer a quick fix. However, to maintain health throughout life it is important to practice healthy lifestyle behaviors and not rely on overnight cures. So, instead of solely focusing on food or supplements to improve your health, step back and think about the whole picture. And next time you hear a claim for a “magic bullet,” evaluate appropriately, even if your favorite TV doctor said you didn’t have to.

If you want to learn more about achieving a healthy balanced lifestyle for yourself, your family or your patients check out these resources:

Healthy Eating: ChooseMyPlate.gov
Sleep: cdc.gov/sleep
Stress: heart.org/stress
Tobacco: tobaccorefleorida.com
Physical Activity: cdc.gov/physicalactivity
Nutrition Nuggets

It’s grill season, but meat doesn’t always have to take center stage. Why not feature some summer vegetables — and maybe some grilled fruit for dessert?

Grilled Vegetable Salad
Serves: 6

Ingredients
Vinaigrette:
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon kosher salt
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1/8 teaspoon ground black pepper

Salad:
- 8 medium asparagus spears, trimmed
- 2 (4-inch) Portobello mushroom caps
- 1 medium zucchini, cut lengthwise into 1/4-inch-thick slices
- 1 yellow squash, cut lengthwise into 1/4-inch-thick slices
- 1 small red onion, cut into 1/4-inch-thick slices
- 1 red bell pepper, halved and seeded
- Cooking spray
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh parsley

Instructions
1. Preheat grill to medium-high heat.
2. To prepare vinaigrette, combine first 6 ingredients in a large bowl; set aside.
3. To prepare salad, coat asparagus, mushrooms, zucchini, squash, onion, and bell pepper with cooking spray. Place vegetables on grill rack; grill 4 minutes on each side or until slightly blackened. Remove vegetables from grill; cool slightly. Cut vegetables into 1-inch pieces.
4. Add vegetables, basil and parsley to vinaigrette; toss gently to coat.

Chefs Tip: Turn this salad into a meal; wrap individual servings of salad in a whole grain wrap with goat cheese or mozzarella.

Nutrition per ¾ cup serving:
77 calories; 3 g fat (0 g saturated fat); 3 g protein; 12 g carbohydrates; 3 g fiber; 68 mg sodium
Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

SAFETY TIPS

>>> Propane and charcoal BBQ grills should only be used outdoors.
>>> The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
>>> Keep children and pets at least three feet away from the grill area.
>>> Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
>>> Never leave your grill unattended.
>>> Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

>>> There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
>>> If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
>>> Keep charcoal fluid out of the reach of children and away from heat sources.
>>> There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
>>> When you are finished grilling, let the coals completely cool before disposing in a metal container.

PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

If the flame goes out, turn the grill and gas off and wait at least 15 minutes before relighting it.

FACTS

⚠️ July is the peak month for grill fires.
⚠️ Roughly half of the injuries involving grills are thermal burns.

Your Source for SAFETY Information
NFP A Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education
Be Ready Florida is a disaster mitigation initiative designed to teach Florida homeowners the various techniques to prepare their home to withstand the forces of the next hurricane and other disasters.

The Disaster Resistant Communities Group is working with Florida’s Division of Emergency Management, the Be Ready Alliance Coordinating For Emergencies (BRACE) and the Florida Association of Counties to coordinate the outreach efforts of conducting neighborhood based workshops throughout the state. The workshops are designed to provide homeowners with the knowledge and skills to assist them in mitigating future disaster caused damage to their most valuable asset, the home they live in. In addition, homeowners will learn how they can save money on the windstorm portion of their homeowner’s insurance premium.

For more information about how you can have Brace for the Storm or Make Mitigation Happen workshop for your neighborhood or via the internet, visit www.bereadyflorida.org. Are you ready?

ADDITIONAL RESOURCES:
http://www.floridadisaster.org/index.asp
http://www.kidsgetaplan.com/index.php

SPECIAL NEEDS SHELTERS

A Special Needs Shelter (SNS) is a temporary emergency facility capable of providing care to residents whose medical conditions exceed the capabilities of the Red Cross Shelter but is not severe enough to require hospitalization.

In order to accommodate residents who need evacuation assistance to a SNS, it is most important to pre-register in advance of placement into a shelter.

If you feel you may qualify and are not pre-registered, please complete a Special Needs Shelter Evaluation form (English, Spanish). These forms can be faxed to 813-276-8689 or mailed to Florida Department of Health (PHP), Hillsborough County, PO Box 5135, Tampa, Fl. 33675-5135.

Website for forms: www.hillscountyhealth.org
Look for “Special Needs Shelter Program” on the main page.
Chikungunya Virus Infections in Travelers Returning from the Caribbean

According to Centers for Disease Control and Prevention, in December 2013, the first local transmission of chikungunya virus in the Americas was reported in some Caribbean countries and territories. Local transmission means that mosquitoes in the area have been infected with the virus and are spreading it to people.

Spread of the virus in the Americas:
As of June 6, 2014, local transmission has been identified in 17 countries or territories in the Caribbean or South America. A total of 130,941 suspected and 4,486 laboratory-confirmed chikungunya cases had been reported from these areas (Updated data from the Pan American Health Organization).

- Chikungunya virus likely will continue to spread to new areas in the Americas (North America, Central America, and South America) through infected people and mosquitoes.
- The mosquitoes that transmit the virus are found throughout much of the Americas, including parts of the United States.
- Since chikungunya virus is new to the Americas, most people in the region are not immune. This means they can be infected and spread the virus to other mosquitoes, who in turn, bite other people and spread the virus.

Mosquito-borne virus Chikungunya may have arrived in Cuba
The major issue of concern is the number of Floridians returning from travels to areas such as Cuba, the Caribbean islands, Puerto Rico and South America and the potential that they will bring back with chikungunya virus, introducing the virus to Florida unknowingly. It is reported that up to 28% of people will not develop symptoms severe enough to seek medical care. These people will pose a risk of spreading the disease in the Florida mosquito population by continuing to be bitten by mosquitoes here in Florida.

Hillsborough Mosquito Control indicates there is an abundance of the Aedes aegypti and Aedes albopictus mosquito in Hillsborough County, the primary mosquitoes responsible for transmission of chikungunya. Travelers returning from countries that have cases, and also residents in Florida, with illness associated with fever should use precautions to avoid being bitten by mosquitoes, avoid outdoors when ill, and seek medical care. Healthcare providers can notify the health department and, if needed, Hillsborough Mosquito Control can respond with appropriate measures.

Chikungunya Fever– Information for Clinicians
Patients with suspected chikungunya fever should also be evaluated, tested and managed for possible dengue virus infection if travel occurred in areas where both diseases are present as co-infection is possible.

Please contact Hillsborough County Health Department (CHD) if you have a patient that has:
Acute onset of high fever and polyarthralgia (aches and pains in the joints) with or without recent travel (2 weeks prior to onset) to an endemic area, including the Caribbean. 813-307-8010

Please contact Hillsborough County Health Department (CHD) by the next business day if you suspect a patient has a chikungunya infection to ensure prompt mosquito control efforts. 813-307-8010


Source: Centers for Disease Control and Prevention, Health Advisory Network
CHIKUNGUNYA
Information for the general public

The disease
- Chikungunya is a viral disease that is transmitted to people by mosquitoes
- It has occurred in Africa, Southern Europe, Southeast Asia, and islands in the Indian and Pacific Oceans
- In late 2013, chikungunya was found for the first time on islands in the Caribbean

Countries with reported local transmission of chikungunya virus (as of February 2014)

The mosquitoes
- *Aedes* species mosquitoes transmit chikungunya virus
- These same types of mosquitoes transmit dengue virus
- These mosquitoes bite mostly during the daytime

Symptoms
- Symptoms usually begin 3–7 days after being bitten by an infected mosquito
- The most common symptoms are fever and severe joint pains, often in the hands and feet
- Other symptoms may include headache, muscle pain, joint swelling, or rash

Testing
- See your doctor if you think you or a family member might have chikungunya
- Your doctor may order blood tests to look for signs of chikungunya or other similar diseases

Treatment
- There are no antiviral medicines to treat chikungunya
- There are medicines to help reduce the fever and pain

Illness course and outcomes
- Most patients feel better within a week
- Some people may develop longer-term joint pain
- People at increased risk for severe disease include newborns exposed during delivery, older adults (>65 years), and people with medical conditions such as high blood pressure, diabetes, or heart disease
- Deaths are rare

Prevention
- There is no vaccine or medication to prevent chikungunya virus infection or disease
- Reduce mosquito exposure
  - Use air conditioning or window/door screens
  - Use mosquito repellents on exposed skin
  - Wear long-sleeved shirts and long pants
  - Wear permethrin-treated clothing
  - Empty standing water from outdoor containers
  - Support local vector control programs
- People at increased risk for severe disease should consider not traveling to areas with ongoing chikungunya outbreaks
- If you are sick with chikungunya, avoiding mosquito bites will help prevent further spread of the virus

More information at www.cdc.gov/chikungunya/

National Center for Emerging and Zoonotic Infectious Diseases
Division of Vector-Borne Diseases --- http://www.cdc.gov/ncezid/dvbd

Revised February 5, 2014
Results are coming! The opportunity for residents to provide feedback to cities and county officials in the form of a checklist, suggestions, and comments on how walkable their neighborhoods are wrapped up in May 2014. While many walkability studies are done nationwide, this may be the first one in which actual residents provided information about existing conditions and suggestions about what could make their neighborhoods more walkable. Checklists were received representing 35 zip codes in Hillsborough County. **YOUR PARTICIPATION IS GREATLY APPRECIATED!**

What’s next? Center for Urban Transportation Research at USF will be reviewing and evaluating the data. When complete, a report will be provided on several websites, included in a future issue of this newsletter and presented to the Hillsborough County Metropolitan Planning Organization. Stay tuned!

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**A SNAPSHOT**

**DIABETES IN THE UNITED STATES**

![Diabetes](https://wwwGetEnumerator.com/resources/diabetes.png)

**WHAT CAN YOU DO?**

*You can prevent or delay type 2 diabetes*

- Lose weight
- Eat healthy
- Be more active


*You can manage diabetes*

- Work with a health professional
- Eat healthy
- Stay active

[LEARN MORE AT www.cdc.gov/diabetes/ncep](https://www.cdc.gov/diabetes/ncep)

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The Centers for Disease Control’s (CDC) Division of Diabetes Translation (DDT) recently released the [National Diabetes Statistics Report 2014](https://www.ncehd.niddk.nih.gov/diabetes-statistics/special-reports-2014/index.htm), formerly referred to as the National Diabetes Fact Sheet. This new report presents the latest data on the burden of diabetes in the United States. Highlights of the report include:

- 29.1 million people or 9.3% of the population have diabetes, up from 26 million in 2010.
- 21.0 million people have been diagnosed with diabetes.
- 8.1 million people are undiagnosed (27.8% of people with diabetes are undiagnosed).

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**PREDIABETES**

*1 out of 3 adults have pre-diabetes*

<table>
<thead>
<tr>
<th>86 million American adults</th>
<th>1 out of 3 have pre-diabetes</th>
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</table>

*9 out of 10 people with pre-diabetes do not know they have it.*

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Your health department provides programming at no charge to participants: **MANAGE YOUR DIABETES**, that helps you manage your diabetes if you have already been diagnosed, and **DIABETES PREVENTION PROGRAM**, which can reduce your risks for developing diabetes if you have been diagnosed with “pre-diabetes” and/or you have risk factors for developing diabetes.

Don’t wait! Your Healthcare Provider can write a referral or you can self-refer to both of these programs. Our website has information and referral forms: [www.hillscountyhealth.org/chronic_diseases.htm](http://www.hillscountyhealth.org/chronic_diseases.htm)

For more information or to register for a class, call 813-307-8071, ext. 7111, 7114, or 7104.
What Would Happen If We Stopped Vaccinations?

Before the middle of the last century, diseases like whooping cough, or “pertussis”, polio, measles, Haemophilus influenza, and rubella struck hundreds of thousands of infants, children and adults in the US, with thousands dying every year from them. As vaccines were developed and became widely used, rates of the diseases declined. Today most of these diseases are nearly gone from our country.

- Nearly everyone in the US came down with measles before there was a vaccine. Today, most doctors have never seen a case of measles.
- More than 15,000 Americans died from diphtheria in 1921 before a vaccine was available. Only one case of diphtheria has been reported to Centers for Disease Control and Prevention (CDC) since 2004.
- An epidemic of rubella (German measles) in 1964-65 infected 12.5 million Americans, killed 2,000 babies, and caused 11,000 miscarriages. In 2012, 9 cases of rubella were reported to the CDC.

Given successes like these, it might seem reasonable to ask why we should keep vaccinating for diseases we will probably never see? Here’s why:

1. VACCINATIONS DON’T JUST PROTECT YOURSELF. Most vaccine-preventable diseases are spread from person to person. If one person in a community gets an infectious disease, he or she can spread it to others who are not immune. On the flip side, a person with immunity to a disease because they have been vaccinated can’t get that disease and can’t spread it to others. The more people who are vaccinated, the fewer opportunities a disease has to spread. If vaccination rates dropped to low national levels, diseases could become as common as they were before vaccines.

2. DISEASES HAVEN’T DISAPPEARED. While the United State has very low rates of vaccine-preventable diseases, this isn’t true everywhere in the world. Only one disease—smallpox—has been totally erased from the planet. Polio no longer occurs in the US, but it is still paralyzing children in several countries, including India, Pakistan and some in Africa. More than 350,000 case of measles were reported from around the world in 2011, with outbreaks in the Pacific, Asia, Africa, and Europe. In that same year, cases reported in the US were associated with cases imported from another country. It is only because most Americans have protection against measles that these clusters of cases don’t become epidemics. As people elect not to vaccinate children, the risk increases that infection, spread of disease and death could occur. Disease rates in the US today are low, but if we let ourselves become vulnerable by not vaccinating, a case that could touch off an outbreak of a disease that is currently under control is just a plane ride away.
A Minnesota community didn’t vaccinate some of their children against measles. One of those children developed measles after a trip to Kenya. From this 1 child alone, Minnesota is now fighting 20 cases of measles, plus 3 unrelated cases.

It’s not all about children; although that’s the best place to start! Adolescents and adults need vaccine protection, too. Many vaccines need “boosters” as we age, to boost our immunity - like tetanus/diphtheria and influenza. In some recent years, whooping cough or pertussis (included in the infant and child basic series) has been diagnosed in adults, who may not get very ill but can easily pass this serious disease to babies who are not old enough to have received vaccine or complete their series.

Meningitis vaccine is recommended and often required for college entrance. Human papillomavirus (HPV) vaccine is relatively new and also recommended. Older adults may need to protect against Shingles (Zoster), pneumonia and, influenza.

People with certain medical conditions may have increased risk for some diseases and/or potential complications if they get the disease, which means they may need vaccinations. Don’t guess! Talk with your health care provider and get updated. Make sure you have a list of all of your vaccinations and keep it in a safe place with other important medical information. If you travel internationally, it is very important to ensure you have protection against diseases that may not occur in the United States. Reliable resources for information about vaccines and vaccine recommended schedules include:

- www.Immunize.org
- http://www.cdc.gov/vaccines/schedules/

Despite the touting of numerous breastfeeding benefits by community organizations, breastfeeding advocates and lactation supporters in the Hillsborough County community, breastfeeding rates past initiation continue to fall below Health People 2020 goals. Approximately 84% of mothers initiate breastfeeding in the hospital, with less than 50% breastfeeding at discharge and less than 10% continuing to 3 months.

The Hillsborough County Breastfeeding Task Force and the Florida Department of Health in Hillsborough continue to evaluate why this situation remains by examining access to lactation services, raising awareness about breastfeeding at the Tampa Bay Mother Baby Summit and through social marking campaigns. From a policy standpoint, outreach activities like the Baby Friendly Business initiative have signed up over 50 businesses in Hillsborough County to help support breastfeeding laws in their establishment and protect the rights of nursing mothers to feed their baby anytime, anywhere. On a state level, advocates have spoken with policy makers to get comprehensive workplace nursing laws on the agenda.

So why then, despite these efforts and general awareness of breastfeeding benefits do mothers continue to gravitate toward the artificial nipple? Some argue that the stigma of nursing in public is enough to deter even the most dedicated of nursing mothers. A recent Facebook post of an African American mother nursing her infant during her college graduation went viral with comments from naysayers such as “get a room,” or “I’m all for breastfeeding but not at graduation.” CNN covered the story and even asked consumers to give feedback in relation to the story through an informal poll: As a new parent, did you feel encouraged to breastfeed -- or discouraged? The results will be interesting. While Hillsborough County builds a supportive network for nursing moms and babies, continuing to keep an eye on how public perception may impact the goal of making our county a healthier place for moms and babies is important.

References:
Florida Charts
Hillsborough County Breastfeeding Task Force
ENVIRONMENTAL HEALTH SERVICES
IN THE COMMUNITY

Today, we hear a lot about “the environment”, but many people do not know what efforts by the local State Health Departments make to ensure a healthy community or how these efforts are measured. The State Bureau of Environmental Health in Tallahassee and the Department of Environmental Protection (DEP) regularly evaluate and measure how well Environmental Health divisions in the 67 Florida counties are performing. The tools used to evaluate are by no means a comprehensive look at everything Environmental Health (EH) departments do, but rather a mix of quantity and uniformity of a number of established processes which are used to permit and inspect facilities. Simply, do we permit and inspect facilities as we are charged to do?

Permits and inspections are grouped into 3 categories.
1) Water: swimming pools, Limited Use Drinking Water
2) Onsite Sewer Treatment and Disposal Systems (OSTDS): which addresses septic systems and other systems including aerobic systems, IM Zones, and Land Spread sites, in addition to new and repaired systems for private homes and businesses
3) Community Environmental Health issues, like biomedical waste, mobile home parks and migrant labor just to name a few

It also includes almost everything we permit and inspect that is not in one of the other categories.

Safe Drinking Water is an exception because Hillsborough is only 1 of 7 counties in the state that the DEP has approved to provide its own permitting, inspecting and enforcement.

Our work is evaluated on a tri-annual basis, with audits in each area once out of every 3 years. The audits consider the number and completeness of inspections which are measured against established standards. Additionally, we must provide information about our Environmental Health field staff: Are they cross-trained? Have they received at least 3 hours of leadership training in the last year? The Safe Drinking Water program is audited annually by both Department of Health and the DEP. For 2013, this score was an outstanding 99.52%.

SWIMMING POOLS  The Department of Health is responsible under Chapter 514, Florida Statutes, for routine surveillance of water quality and safety at all public swimming pools. To protect the public’s health, the department has adopted sanitation and safety standards for public pools in Chapter 64E-9, Florida Administrative Code, and enforces those rules through the issuance of operating permits and inspections, which are conducted by the Environmental Health Section of the Florida Department of Health-Hillsborough. Our staff of 9 inspectors complete the majority of the 3,268 annual pool inspections, many of which result in minor violations that the operator must correct before the next inspection. However, if major water quality or safety violations are noted, the inspector may close the swimming pool for public use until the violations are corrected. A monthly pool class is offered to pool operators to review topics such as pool chemistry, recirculation and filtration, and disease and accident protection. A good working knowledge of the operational aspects of the code is important to pool operators and owners. Information about these classes are provided on our website, or by calling 813-307-8059.

http://www.hillscountyhealth.org/env_pool_inspections.htm

TATTOOS  The Tattoo Program requires the licensure of tattoo artists and tattoo establishments. It also sets forth educational requirements and the standards of practice for tattoo artists, as well as operational requirements for tattoo establishments. The program is designed to protect the public from the risks associated with potentially infectious biomedical waste. There are currently 118 tattoo establishments, and 343 tattoo artists that are licensed by the Florida Department of Health in Hillsborough County. Each facility is inspected annually by the department to help ensure that those receiving tattoos are protected from injuries and infections.
# Free Back to School Physicals and Immunizations

- Parent or legal guardian must accompany child at all times.
- Immunization record is required for free immunizations to school-aged children.
- Free school physicals for any school-aged (K-12) child
- No sports, Head Start or child care physicals will be available.
- Not eligible to participate: Florida KidCare or private insurance.

## Saturday, July 26, 2014
Tampa General Hospital at Healthpark
8:00 a.m. – 11:00 a.m.
5802 North 30th Street,
Tampa, 33610
Walk-ins Only

## Saturday, August 9, 2014
Ed and Myrtle Lou Swindle Medical Arts Center
9 a.m. – 1 p.m.
1601 West Timberlane Drive,
Plant City, 33566
Appointment Required - Call 443-3048

## Saturday, August 16, 2014
Eisenhower Middle School
9 a.m. – 1 p.m.
7620 Old Big Bend Road,
Gibsonton, 33534
Walk-ins Only

Howard W. Blake High School
Project LINK/St. Joseph’s Hospital
9 a.m. – 1 p.m.
1701 North Boulevard,
Tampa, 33607
Appointment Required
Call 443-3048

Webb Middle School
8 a.m. – 1 p.m.
6035 Hanley Road,
Tampa, 33634
Walk-ins Only

### Sports Physicals for Hillsborough County Athletes

## Saturday, July 12, 2014
**All athletes**
D1 Westchase Sports Medicine
9 a.m. – 1 p.m.
6918 Gunn Hwy., Suite C,
Tampa, 33625
Appointment Required • Call 410-2685

## Appointment Lines Open June 10, 2014

Back to School Coalition of Hillsborough County: Catholic Charities Mobile Medical, Florida Department of Health-Hillsborough County Department, Hillsborough County Family & Aging Services Department, Hillsborough County Public Schools, Project LINK, St. Joseph’s Hospitals, South Florida Baptist Hospital, Tampa General Hospital, University Area Community Development Corporation, Florida Hospitals, USF Pediatrics & Ronald McDonald Care Mobile, Kid Care, Plant City Kiwanis Club, The Kiwanis Club of Tampa, AHC, Amerigroup, Better Health, Sunshine State Health Plan, Prestige Healthchoice, Healthy Schools, LLC
ON-GOING COMMUNITY ACTIVITIES

**ALZHEIMER’S SUPPORT GROUPS:** Alzheimer’s Association of Florida support groups for family members, caregivers and others interested in learning more about the disease. Many groups throughout Hillsborough County, including Hispanic groups. Call 1-800-272-3900 for all the locations and more details. [http://www.alz.org/flgulfcoast/](http://www.alz.org/flgulfcoast/)

**LOCAL COMMUNITY MARKETS:** [www.tampabaymarkets.com](http://www.tampabaymarkets.com)

**PARKS AND RECREATION:**
- Hillsborough County Parks, Recreation, and Conservation: [www.hillsboroughcounty.org/](http://www.hillsboroughcounty.org/)
- Plant City Parks and Recreation: [http://plantcitygov.com/](http://plantcitygov.com/)
- Tampa Parks and Recreation: [www.tampagov.net/dept_parks_and_recreation/](http://www.tampagov.net/dept_parks_and_recreation/)

**ST. JOSEPH’S CHILDREN’S MOBILE CLINIC:** FREE exams & immunizations. Call [813] 615-0589 for appointments.

**TANGO IN THE PARK:** Free tango lessons. Thursdays 6—7 pm through March 2015. No partner, no experience, no special shoes required. (non-rubber soled shoes recommended. NO flip-flops). Curtis Hixon Park, 600 N. Ashley Street, Tampa

**YOGA IN THE PARK:** Curtis Hixon Park, every Sunday of the month 6 pm to 7 pm, weather permitting. Free but donations are accepted. Yoga as you watch the sunset! Bring mat & water. Call (813)-944-2291 for more information.
**JULY 2014**

7/4   HEALTH DEPARTMENT IS CLOSED.

*Back to School Coalition of Hillsborough County - Full list of locations and details page 12.*

7/10  **PARTNERS IN OBESITY PREVENTION** Coalition meeting: 8:30 am—10:30 am, Florida Department of Health State Laboratory, 3602 Spectrum Blvd., Tampa. Community members, organizations, and businesses invited. Due to parking restrictions at the Lab, please call 813-307-8071 for parking instructions. Coalition website: [PartnersinObesityPrevention.com](https://partnersinobesityprevention.com)

7/19  **Boot Camp for New Dads**: 9:30 AM - 12:30 PM, FREE event at Florida Hospital’s Women’s Health Pavilion Conference Room 1st Floor, 3100 E. Fletcher Avenue, Tampa 33613. Register on line at: [https://www.floridahospital.com/tampa/events](https://www.floridahospital.com/tampa/events)

**AUGUST 2014**

8/19  School Starts—1st Student Day for Hillsborough County Public Schools

8/29  **Byrd Alzheimer’s Center at University of South Florida**: Free tours of the facility. Reservations required. Please call 813-396-0675 or email: sjeffer1@health.usf.edu. Tours 2:00 pm — 4:00 pm

**DIABETES PREVENTION**: Are you at risk for developing diabetes? Here’s your opportunity to prevent Type 2 diabetes with weekly education and professional support. No fee to participate. Community locations. Call Nailah at (813) 307-8071 to register. **Healthcare Provider Referrals accepted**.

**DIABETES SELF-MANAGEMENT EDUCATION**: Learn to better manage your diabetes in a comfortable small group setting lead by a healthcare professional at no cost to you. 6-week sessions offered through out the county. Call Glenda at (813) 307-8071 to register. **Healthcare Provider Referrals accepted**.

**BREASTFEEDING SUPPORT GROUPS**: Share concerns and receive professional breastfeeding guidance and advice from a Certified Lactation Counselor (CLC). No fee to participate. Community locations. Call (813) 307-8074 for more information.

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### MAIN OPERATOR

*and Director’s Office* ...... 307-8000

**COMMUNITY HEALTH**

- Community Health Director .... 307-8071
- Epidemiology .................... 307-8010
- Health Education ................. 307-8071
- Breast/Cervical Cancer... X3502, X7112
- Community Health Advisors ...... X7103
- Diabetes ............................ X7104
- Family Reunion Program.......... X7102
- Florida KidCare..................... X3502
- Weight Management .............. X7103
- Health Literacy.................... X7106
- Insulin Program ................... X3502
- Lead Poisoning Prevention...... X7108
- School Health ........................ X8502
- Sterilizations ...................... X3502
- Office of Health Equity .......... 307-8066

* All numbers are area code (813).

### DISEASE CONTROL

- HIV/AIDS Specialty Center ........ 307-8064
- Immunizations .......................... 307-8077
- Sexually Transmitted Diseases .. 307-8064
- Anonymous Testing ................. 307-8064
- Tuberculosis (TB) .................... 307-8047

### ENVIRONMENTAL HEALTH..... 307-8059

### HUMAN RESOURCES............ 307-8031

### NUTRITION/WIC ............... 307-8074

### PHARMACY

(HIV/AIDS care clients only)..... 307-8072

### PUBLIC HEALTH

**PREPAREDNESS** ................. 307-8015
 X4405

### PUBLIC

**INFORMATION OFFICER**......... 307-8015
 X4404

### VITAL STATISTICS .............. 307-8002

(birth & death records)
MISSION:
To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.