

COMMUNITY WELLNESS



The Florida Department of Health in Hillsborough County is working in conjunction with the Hillsborough County Department of Parks, Recreation, and Conservation, and the Partners in Obesity Prevention Coalition to complete a Health Impact Assessment (HIA) in the Town 'N' Country (TNC) area of the county with funding from the Centers for Disease Control and Prevention and the Association of State and Territorial Health Officials.

According to the National Research Council of the National Academies, HIA is “a systematic process that uses an array of data sources and analytic methods and considers input from stakeholders to determine the potential effects of a proposed policy, plan, program, or project on the health of a population and the distribution of those effects within the population. HIA provides recommendations on monitoring and managing those effects.”

HIAs are evidence-based, and are a wonderful tool to use with sectors that normally would not consider health in their decision-making process. They also provide evidence for or against a proposal and support Health in All Policies (HiAP) initiatives. HIAs support HiAP (a multi-sector collaborative approach aimed at improving community health by considering health in



Shimberg Park in Town 'N' Country



West Gate Park at the TNC Regional Library

policy development and decision-making) by demonstrating how policy decisions across diverse sectors will impact health.

The HIA in Town 'N' Country is examining the impacts of the County Parks and Recreation changing or adopting a policy and programming to allow businesses to provide free outdoor fitness classes in five of their parks or recreation centers in the area. The health impacts being studied include chronic disease, mental health, and well-being.

The HIA team is working with the community to collect surveys and to conduct focus groups. If you live in Zip Codes 33615 or 33634 and are between the ages of 20 and 64, please contact our staff to participate in a focus group, or to assist by filling out or distributing surveys. The focus group sessions will take place throughout July. To reach staff regarding this HIA or to learn about HIAs in general, please call (813) 307-8015, ext. 6607, or email Daragh.Gibson@FLHealth.gov.

Would your organization consider learning more about HIAs and how they could be used within your organization or agency for proposed policies, plans, programs, or projects? The Health Department is in the initial stages of building capacity for HIAs and HiAP in the county. For more information on HiAP, please contact our staff at (813) 307-8015, ext. 6621, or email Allison.Marron@FLHealth.gov.

Cover Story: Daragh Gibson, MSES, MPH, CHES
Office of Health Equity

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Leslene E. Gordon, PhD, RD, LD/N
Community Health Director

More Than an Expansion of Our Waistline

I read somewhere that in this century we are more bombarded with new information on a daily basis than at any other time in history. So much so, that we give it, at best, minimal attention. The media provides information in sound bites because that's about all our attention span will take. Despite that, there are still some pieces of information that capture my attention.

A colleague recently shared an article with me that indicated that in 2012 we spent \$190 billion (with a "B") in the US on weight-related medical bills, up from \$147 billion in 2008. Excess weight is the single biggest risk factor for developing diabetes. So the high price tag includes care provided to individuals with chronic diseases directly related to obesity, such as type 2 diabetes. The \$190 billion is probably greater than the gross national income of many developing countries.

It's not that I am unaware of the growing problem of obesity. I am. I work in public health. This figure does not take into account indirect costs, such as the cost of being absent from work or loss of economic productivity. Some estimates related to productivity losses were done in the UK and those studies indicated that these indirect costs could be two times the direct health care cost. That, to me, is amazing, especially in the context of the continuing health care debates.

How can we provide good health care without tackling obesity, which adds significantly to our national health care bill? Unfortunately, we still treat the problem of obesity lightly, and for many, it is not seen as a disease at all. In fact, many doctors still fail to address the problem directly with their patients or make the appropriate referrals for patients to get nutrition counseling. It is clear to me however, that the expanding waistline of Americans and the diseases that are being attributed to this problem does impose an economic burden through ballooning medical costs, indirectly impacting economic productivity, and further, has some intangible costs, as it relates to quality of life, that no one bothers to measure. Even though it's more than a sound bite, it seems like we should be paying more attention to this kind of information.

Have a question or comment? Email us:
DLCHD29WebsiteDistribution@flhealth.gov

Managing Editor: Cindy Hardy
Copy Editor: Barbara Roberts

Nutrition Nuggets

RAINBOW LAYERED SALAD Serving size: 1 cup of salad with dressing

Nothing beats the heat like a great salad! It's cool and refreshing, visually appealing and easy to make. With lots of great tastes and textures, even kids will eat it up!

INGREDIENTS

- 1 pint red grapes or cherry tomatoes, quartered
- 1 cup shredded carrots
- 1 cup frozen corn kernels
- 2 Hass avocados (or other varieties), pitted, peeled and sliced into thin wedges
- 1 cup thinly sliced red cabbage
- 1 cup crushed blue corn chips
- Juice of 1 lime
- Juice of 1 lemon
- 1/2 cup olive oil
- 1/2 teaspoon salt
- Freshly ground pepper to taste



DIRECTIONS

1. In a clear glass serving bowl (so diners can see all the great color!), layer the tomatoes, carrots, frozen corn, avocados, red cabbage and blue corn chips, in order.
2. Let stand for at least 15 minutes for corn to fully defrost.
3. Make salad dressing by whisking together lime juice, lemon juice, olive oil, salt, and pepper.
4. Serve salad with dressing on the side.

NUTRITIONAL INFORMATION - Calories PER SERVING: 285

Total fat: 21 g Saturated fat: 3 g
Cholesterol: 0 mg
Sodium: 229 mg

Carbohydrates: 27 g
Fiber: 7 g
Protein: 3 g

Rainbow Layered Salad Recipe, Romina Barritta de Defranchi, DTR, www.eatright.org, accessed 18 June 2015.



Global Health

Influenza Activity—United States, 2014–2015 Season and Composition of the 2015–2016 Influenza Vaccine

It's summertime, so why are we already talking about influenza? Data collected during the previous influenza season is in and vaccine is being prepared for release in the late summer/early fall for 2015-2016 . Recommendations were published in the *Morbidity and Mortality Weekly Report (MMWR)* as *Influenza Activity—United States, 2014–2015 Season and Composition of the 2015–2016 Influenza Vaccine* June 5, 2015 / 64(21);583-590 available at: www.cdc.gov.

This report summarizes influenza activity in the U.S. during the 2014–2015 influenza season (September 28, 2014– May 23, 2015) as of June 5, 2015, and includes recommendations for the components of the 2015–2016 Northern Hemisphere influenza vaccine.

During the 2014–2015 in the U.S., influenza activity increased through November and December before peaking in late December. Influenza A (H3N2) viruses predominated, and the prevalence of influenza B viruses increased late in the season. This particular influenza season, similar to previous season when influenza A (H3N2) was the predominant circulating strain, was moderately severe with overall high levels of outpatient illness and influenza-associated hospitalizations, especially for adults aged 75 years.

Vaccine recommendations for this coming influenza season were based on several factors, including global influenza surveillance, genetic and antigenic characterization, anti-viral resistance and the candidate vaccine viruses that are available for production.

The committee recommended that the influenza trivalent (3-viruses) vaccines for the U.S. 2015-2016 influenza season contain the following:

- A/California/7/2009 (H1N1)pdm09-like virus
- A/Switzerland/9715293/2013 (H3N2)-like virus
- B/Phuket/3073/2013-like (B/Yamagata lineage) virus

The committee also recommended that quadrivalent (4-viruses) influenza vaccines contain the above three strains and the following additional B strain: B/Brisbane/60/2008-like (B/Victoria lineage) virus.

How does a vaccine get's it name? There are several different forms of influenza. Influenza A and Influenza B are the two most prevalent forms that infect humans. Influenza viruses are typically named according to their type (A or B), [host, geographical origin](#), year of isolation. The Influenza A viruses also contain a separate designation, in this case either H1N1 or H3N2. Only Influenza A viruses contain this additional label, and increasingly, this is how they are referred to in the media. So what exactly does a name like H3N2 mean? The "H" and "N" in the name have nothing to do with the severity of the flu symptoms. Rather, it is based on the structure of a virus.

An annual influenza vaccination is recommended for all persons aged 6 months and older. Immunization providers should consult the FDA–approved prescribing information for 2015–2016 influenza vaccines and the 2015–2016 Advisory Committee on Immunization Practices influenza recommendation statement for the most current information concerning indications, contraindications, and precautions.



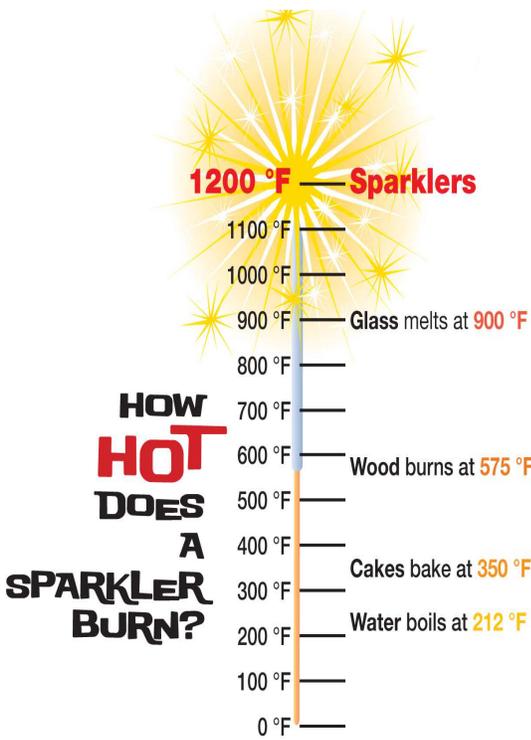
Summer time is here and holiday firework displays are frequent. A good time to remember to keep families, homes, neighborhoods, pets and community safe. The National Council on Fireworks, on their website www.fireworkssafety.org, provides consumers important safety tips on handling and using LEGAL fireworks:

- ♦ Obey all local laws regarding the use of fireworks. These are in place to protect you!
- ♦ A responsible adult should supervise all firework activities. Never give fireworks to children.
- ♦ Know your fireworks; read the cautionary labels and performance descriptions before igniting.
- ♦ Never carry fireworks in your pocket or shoot them into metal or glass containers.
- ♦ Only use fireworks outdoors in clear areas free of overhead obstructions, away from dry grass or other flammable materials and away from buildings and vehicles.
- ♦ Wear safety glasses when shooting fireworks.
- ♦ Light one firework at a time and then quickly move away.
- ♦ Never re-light a “dud” firework. Wait 20 minutes and then soak a “dud” in a bucket of water.
- ♦ Always have a bucket of water and a charged water hose nearby.
- ♦ Dispose of spent fireworks by wetting them down and placing in a metal trash can away from buildings or combustible materials until the next day.
- ♦ Do not experiment with homemade fireworks.

BEST TIP:
Attend one of the many firework displays provided by professionals in your city or town and ensure you and your family stay safe.
Everyone will enjoy the night and avoid the risk of injury and fire.

FACTS

- ❗ Fireworks cause an average of almost 20,000 reported fires per year.
- ❗ In 2013, sparklers caused 41% of fireworks injuries.





It's that time of year again. History teaches that a lack of hurricane awareness and preparation are common threads among all major hurricane disasters. By knowing your vulnerability and what actions you should take, you can reduce the effects of a hurricane disaster.

Hurricane hazards come in many forms, including storm surge, heavy rainfall, inland flooding, high winds, tornadoes, and rip currents. The National Weather Service is responsible for protecting life and property through issuance of timely watches and warnings, but it is essential that your family be ready before a storm approaches. Furthermore, mariners should be aware of special safety precautions when confronted with a hurricane.

Download the [Tropical Cyclone Preparedness Guide](#) (PDF) or follow the links for more information. But remember, this is only a guide. The first and most important thing anyone should do when facing a hurricane threat is to use common sense. It is also vital that you and your family have a plan about what to do if a storm threatens. If you are a business owner, you need a plan, too. The resources below provide all the information you need to be ready, to protect your life and your property.



www.floridadisaster.org/documents/2014-2015Business%20Plan.pdf



www.floridadisaster.org/swaw/2015/documents/2015%20Guide.pdf

MORE RESOURCES

[Tropical Cyclone Preparedness Guide](#) (pdf) - [Spanish Version](#) (pdf)

[YouTube PSAs on Hurricane Preparedness Week](#) - [Spanish Version](#)

[Be a Force of Nature with NOAA's Weather-Ready Nation](#)

[NHC Outreach Resources](#)

[Ready.gov Hurricanes](#)

[Ready.gov Kids](#) - preparing children



<http://flgetaplan.com/>



HURRICANE & STORM NAMES for 2015

↓
Ana, Bill, Claudette, Danny, Erika, Fred, Grace, Henri, Ida, Joaquin, Kate, Larry, Mindy, Nicholas, Odette, Peter, Rose, Sam, Teresa, Victor, Wanda

If these are exhausted, the Greek alphabet is used.



Special Needs Shelter Program

[Para Español](#)

If you have medical needs you may qualify for this program.

A special needs shelter is a temporary emergency shelter for hurricanes or other mandatory evacuations. These shelters are capable of providing care to residents whose medical condition may require the use of electrical equipment, oxygen, dialysis, or individuals with physical, cognitive, or medical conditions that may require assistance from medical professionals.



Please take the following steps to determine if you qualify:

1. **Complete a Special Needs Shelter evaluation form and return it by mail or fax.** [ENGLISH](#) or [SPANISH](#)

Forms are available at
www.hillscountyhealth.org
or by calling (813)307-8063.

Call (813)272-5900 to fill out form by phone.



2. **If you have any questions about the program please call (813) 307-8063.**



Updated 5/30/2013

Are you an active participant in your own health care?

Today, our healthcare is delivered far differently than in our grandparents' generation. We know that being an active participant in our own care is important. Being able to understand and follow the medical information and instructions provided to us for treatments, medications, and testing is vital to maintaining and improving our health. Doctors and other healthcare providers, including dentists and pharmacists, appreciate the information we, as their patients, can share about our health. It gives them a fuller picture of what our problems might be and how best to address them. When patients can understand medication instructions, proper preparation for testing, and how to manage special diets or other treatments, the outcomes are usually far better. If you or a family member feels they don't always know exactly how to follow instructions and medication dosages once they are home or ask the right questions at a healthcare visit, there is help!

Our **Health "Literacy"** classes are available in various community locations at no cost to participants. Caregivers, supporters, and adults of any age are welcome! Take a step toward being more active in your own health care! Call today for class locations. **813-307-8071**



NEARLY
50%
of the most common cancers
CAN BE PREVENTED

The infographic includes six lifestyle icons: Eat well, Stay lean, Move more, Don't smoke, Protect your skin, and Get vaccinated.

SOURCES: Colditz GA et al. Sci Transl Med. Applying what we know to accelerate cancer prevention. Sci Transl Med. 2012 Mar 28;4(127); AICR/WRCF's, Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective (2007), Policy and Action for Cancer Prevention (2008), Continuous Update Project reports (ongoing).

American Institute for Cancer Research 1759 R Street, NW · Washington DC · 20009 Phone: 202.328.7744 · Email: Communications@aicr.org · www.aicr.org

Facebook Twitter



T B C C N
 Tampa Bay Community Cancer Network
 A Community Network Program Center
 at H. Lee Moffitt Cancer Center & Research Institute

What is the Tampa Bay Community Cancer Network?

The **Tampa Bay Community Cancer Network (TBCCN)** is a collaborative network of academic and community-based organizations and is one of 25 Community Networks Programs across the country funded by the National Cancer Institute's Center to Reduce Cancer Health Disparities. The Tampa Bay Community Cancer Network is comprised of an administrative core, outreach core, research core and training core.



The network is made of local community-based health centers, nonprofit organizations, faith-based groups, adult education and literacy groups, and the Moffitt Cancer Center, working together to create and implement sustainable and effective community-based interventions to impact cancer disparities in the Tampa Bay area.

What are the TBCCN Goals? The overall goal of the TBCCN is to reduce the cancer burden among the medically underserved. Strengthening community-capacity building activities, creating culturally and linguistically and literacy-sensitive education, training and outreach initiatives, and facilitating the conduct of pilot education and research projects in consideration of cancer, culture and literacy is the road map.



The project focus is breast, cervical, prostate, lung and colorectal cancers, and is expected to result in several educational and research outputs for application in future population-based outreach and intervention studies beyond the Tampa Bay area. [This short video is a great visual of the essence of TBCCN.](#)



“For peace of mind”

“Para su tranquilidad”

Florida Breast & Cervical Cancer
 Early Detection Program

Our 45 minute presentation is **provided in English and Spanish** for community members, faith-based groups and organizations.

INCREASE YOUR KNOWLEDGE ABOUT:

- Breast cancer
- Cervical cancer
- Human papillomavirus (HPV)

Receive information about & assistance in locating breast and cervical cancer screening services in Hardee, Highlands, Hillsborough, and Polk counties. Mammograms and Pap test applications are provided to those eligible for free services.

Call (813) 307-8071 for more information or visit us at: Hillsborough.flhealth.gov

CHILDREN LEFT IN CARS! As of June 24, 2015, there have been 8 child heat stroke deaths in the US this year from children being left in cars, with 2 of those in Florida.

The inside of a car can become much hotter than the temperature outside. On an 80 degree day (a cool day in Florida), the inside of a closed car can quickly exceed 100 degrees within ten to fifteen minutes. Once a child's internal body temperature reaches 104 degrees, major organs may begin to shut down. Children most often die from heatstroke because they are forgotten in the back of the car by a distracted caregiver.

Safe Kids is asking everyone to help protect kids from this preventable tragedy by remembering to **ACT**.

- A:** Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you're not in it so kids don't get in on their own.
- C:** Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.
- T:** Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

[Baby Reminder](#)



Where's Baby free app is one way to remind yourself that baby is in the back.



[Register for Small Steps to Living Healthy.](#) You may opt out at any time.

Finding success in healthy weight isn't always easy, but it helps to take small steps. *Small Steps to Living Healthy* is an email-based program that allows Floridians to sign up for weekly tips and tricks delivered directly to their inbox. These are ideas to help you reach or maintain your healthiest weight. Each week of the month highlights a designated topic area:

- **Set Goals.** At the beginning of each month, a challenge and health tip will be emailed. Examples of challenges include replacing sugar-sweetened beverages with water or taking the stairs instead of the elevator.
- **Move More.** During the second week of the month, physical activity will be highlighted. Participants will be introduced to different styles of exercise and the benefits of each, including options for persons with disabilities.
- **Be in the Know.** Week three "fun fact" emails will provide facts on other aspects of healthy living related to healthy weight such as stress, depression and time use.
- **Eat Smart.** The focus of this week's email will be nutrition. Florida fruits and vegetables of the month, as well as recipes, will be offered through the Living Healthy in Florida Campaign.

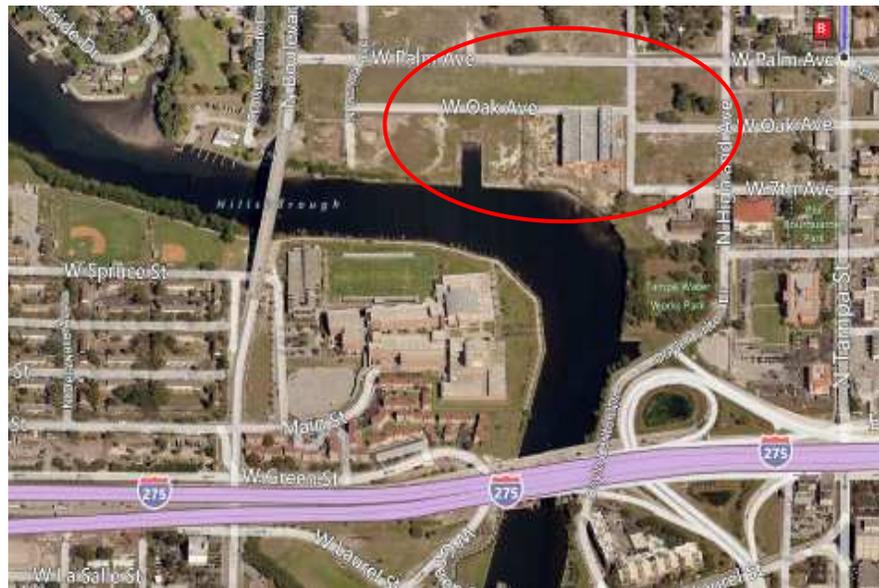
TAMPA - RENEWAL, REVITALIZATION AND REDEVELOPMENT

As large cities work to become more walkable, bike-able, pedestrian-friendly and reclaim urban spaces so these places are people-friendly and healthier environments, Tampa is making some bold moves! Coming up - **THE HEIGHTS**.



The Tampa Heights neighborhood is beginning to experience a rebirth as redevelopment takes place along the Hillsborough River, up North Franklin Street and across Palm Avenue. At center stage is The Heights, 40-plus acres bordering the northern edge of downtown Tampa, including the Armature Works Building and its first new tenant.

Watch for more changes in our community landscape and take advantage of the great opportunities to enjoy being out and about!



For more information about this project, check out **83 Degrees Media: The Heights undergoes major redevelopment, Armature Works gets 1st tenant.** www.83degreesmedia.com/devnews/heights060215.aspx.



SAFE SWIMMING SAVES LIVES

Learning how to swim isn't just about encouraging your kids to get in the water. Learning to swim is about building skills that will help their safety and encourage a healthy activity they can participate in over a lifetime. Through a partnership with the Hillsborough Water Safety Team led by St. Joseph's Children's Hospital, the Tampa YMCA, City of Tampa Parks & Recreation, and Brandon Sports & Aquatic Center are offering vouchers for free swim lessons to eligible participants. Funding is made possible by The Junior League of Tampa, Amscot, and Florida Swimming Pool Association (FSPA).

Swim lessons will be offered in a group setting for ages 6 months to adult with a variety of levels to provide you or your child with age appropriate skill development at your own pace.

Adult and child swim lessons are available at no cost to eligible families through your local Children's Board Family Resource Centers, and various community events. (Value of up to \$50)

Visit www.familysupporthc.org for locations.

To qualify for a free swim lesson voucher you must present proof of one of the following:

1. Medicaid/Medicare Recipient
2. Food Stamps
3. Child receives free lunch

You may redeem your voucher at the following locations. Please call ahead to confirm availability.

Bob Gilbertson Central City Family YMCA
110 East Palm Ave., Tampa, 33602, 813.229.9622

Bob Sierra Family YMCA
4029 Northdale Blvd., Tampa 33624, 813.962.3220

Bobby Hicks Pool
4201 West Mango Avenue, Tampa 33616, 813.832.1217

Brandon Sports & Aquatic Center
405 Beverly Blvd., Brandon 33511, 813.689.0908

Campo Family YMCA
3414 Culbreath Rd., Valrico 33596, 813.684.1371

Copeland Park Pool
11001 North 15th Street, Tampa 33612, 813.975.2734

Cyrus Greene Pool
2101 East Martin Luther King Jr. Blvd., Tampa 33603, 813.242.5305

Danny Del Rio Pool
10105 North Blvd., Tampa 33612, 813.931.2107

East Pasco Family YMCA
37301 Chapel Hill Ln., Zephyrhills 33542, 813.780.9622

Interbay Pool
4321 Estrella Avenue, Tampa 33629, 813.282.2910

Dr. MLK Recreation Complex
2200 N. Oregon Ave., Tampa 33607, 813.259.1606

Loretta Ingraham Pool
1611 North Hubert Ave., Tampa 33607, 813.348.2080

New Tampa Family YMCA
16221 Compton Dr., Tampa 33647, 813.866.9622

North Brandon Family YMCA
3097 S. Kingsway Road, Seffner, 33584, 813.685.5402

Northwest Hillsborough Family YMCA
8950 W. Waters Ave., Tampa 33615, 813.249.8510

Plant City Family YMCA
1507 YMCA Pl., Plant City 33563, 813.757.6677

Roy Jenkins Pool
154 Columbia Drive, Tampa 33606, 813.274.7732

Spicola Family Pool
2615 E. Corrine Street, Tampa 33605, 813.242.5355

South Tampa Family YMCA
4411 S. Himes Ave., Tampa 33611, 813.839.0210

Sulphur Springs Pool
713 East Bird Street, Tampa 33604, 813.931.2156

Williams Park Pool
4362 East Osborne Ave., Tampa 33610, 813.635.3482



Vouchers must be redeemed by September 1, 2015.

Proudly funded by:





It takes less than 30 seconds for a child to drown.

- Florida leads the nation in drowning deaths in children between the ages of 1 and 4.
- The Residential Swimming Pool Safety Act requires pools built after 2000 to have at least one approved pool safety feature. However, over 90% of Florida’s home swimming pools were built before this Act.
- Waterproof FL focuses on three layers of protection: supervision, barriers, and emergency preparedness.
- ***Supervision is the first and most important layer of protection!*** Someone should always be actively watching when a child is in or around a pool or spa or any open water, including lakes, ponds, canals or beaches.
- Barriers mean that a child should never be able to enter the pool area unaccompanied by a guardian. A barrier should physically block a child from the pool.
- Emergency preparedness. The moment a child stops breathing there is a small, precious window of time in which resuscitation may occur, but only if someone knows CPR. Knowing how to perform CPR can mean the difference between life and death.

For more information about barriers, visit: www.waterproofFL.com

facts about: *Skin Cancer*



FLORIDA

Skin cancer is the most common cancer diagnosed in the United States.¹⁻⁴ This fact sheet presents statistics about skin cancer for Florida and the United States as a whole.

just the facts: *Skin Cancer in Florida*

- **Sunburns.** A 2004 survey found that 37.7% of white adults in Florida had at least one sunburn in the past year.⁵ Sunburns are a significant risk factor for the development of skin cancer.⁶⁻⁸
- **New Cases of Melanoma.** An estimated 4,920 state residents were diagnosed with melanoma in 2009.² Melanoma is responsible for about 75% of all skin cancer deaths.^{9,10}
 - Since 1981, the rate of new melanoma diagnoses among white males has increased by 74% and by 43% among white females. However, the percentage of advanced-stage melanoma increased for white females and decreased for white males.^{11,12}
 - Jefferson County has the 7th highest rate of melanoma diagnoses among all counties nationwide—135% above the national average from 2002–2006.⁹
- **Deaths from Melanoma.** About 626 people in Florida die of melanoma every year.¹³ Since 1975, the death rate among residents over the age of 50 in Florida has almost doubled.¹³
 - St. Johns County had the highest melanoma death rate in the state—96% higher than the national average from 2002–2006.¹³

¹⁻⁴³ All references can be found on the SunWise Web site at: www.epa.gov/sunwise/statefacts.html

survivor story: *Cindy Dick*



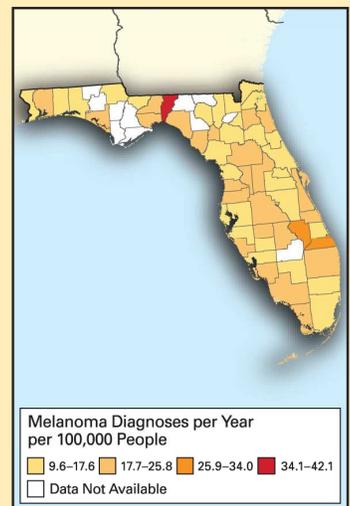
In 2003, my back started itching a lot. I ignored it at first, but after talking with a co-worker about his wife's treatment for melanoma, I realized I should see a dermatologist. Soon after visiting my doctor, I got the shocking results: I had Clark level IV melanoma, which meant the cancer had spread into a deep layer of my skin. The sentinel node biopsy had found two positive lymph nodes, one under each arm.

To treat the melanoma, I had two separate surgeries. Next, I spent a month on IV interferon daily followed by self-injections 3 times weekly for a year. The treatment made me fatigued, feverish, and achy, but fortunately it was successful. I underwent interferon therapy at the same time as a 23-year-old man also diagnosed with melanoma. Sadly, he died 4 years after we met.

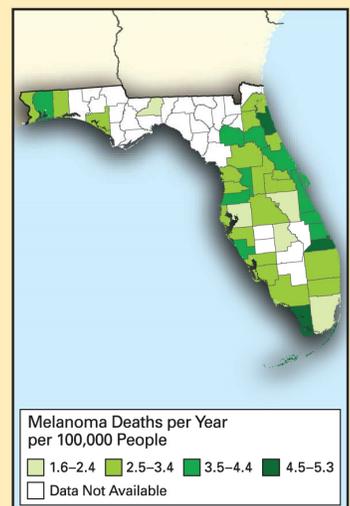
Since my diagnosis, I've tried to spread the word about skin cancer prevention. The damage to my skin happened while playing outdoor sports during my teens and twenties. I still spend time outdoors with my son but we always apply plenty of sunscreen. As a Fire Chief, I often have the opportunity to speak to the public, and I like to tell people: you don't have to burn, but you don't have to be a recluse either!

Cindy Dick, the Tallahassee, Florida, Fire Chief, was diagnosed with skin cancer at the age of 37.

Annual Rate of New Melanoma Diagnoses, 2002–2006⁹
All Races, Both Sexes, All Ages



Melanoma Death Rates, 2002–2006¹³
All Races, Both Sexes, All Ages



Recycled/Recyclable—Printed with vegetable oil-based inks on processed chlorine-free paper that contains at least 50% post-consumer fiber.

facts about: *Skin Cancer*

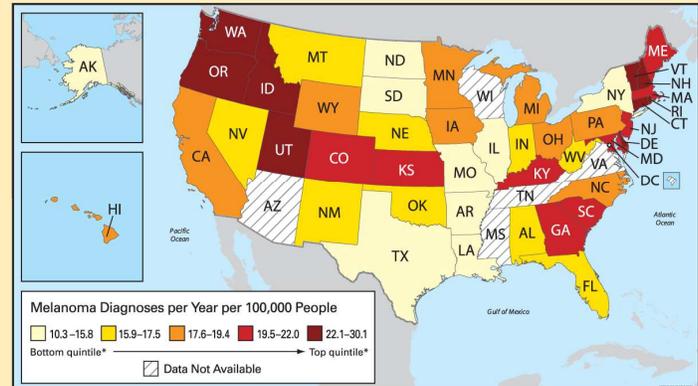
The Cost of Skin Cancer

In the U.S., medical costs to treat skin cancer are estimated at almost \$2 billion annually.¹⁴⁻¹⁵

statistics: *Cause for Concern*

- In 2009, more than 1 million people were diagnosed with skin cancer, making it the most common of all cancers.¹⁻⁴ More people were diagnosed with skin cancer in 2009 than with breast, prostate, lung, and colon cancer combined.² About **1 in 5 Americans** will develop skin cancer during their lifetime.¹⁶
- One American dies of melanoma almost every hour.²
- Melanoma is the second most common form of cancer for adolescents and young adults (15-29 years old).¹⁷
- For people born in 2006, 1 in 53 will be diagnosed with melanoma¹⁸—nearly 30 times the rate for people born in 1930.¹⁹

National Annual Rate of New Melanoma Diagnoses, 2002–2006²⁰
All Races, Both Sexes, All Ages, Age-adjusted Rates



* Please note that delays in reporting melanoma cases to cancer registries are more common since they are usually diagnosed and treated in non-hospital settings such as physician offices. States are grouped into quintiles based on rates of melanoma diagnoses. A quintile is a statistical "block" representing 20% of a total. Because data are available for only 45 states, each quintile includes nine states. For example, the nine states with the highest melanoma rates—22.1 to 30.1 diagnoses per 100,000 residents every year—are in the top quintile.

what works:

An Ounce of Prevention

- **Unprotected exposure to ultraviolet light—a known human carcinogen—is the most preventable risk factor for skin cancer.**^{6,16,21-25} Taking simple steps as early in life as possible can reduce one's risk.^{2-4,26,27}
- **Early detection of melanoma can save one's life.**²⁸⁻³⁴ Skin examinations may be the best way to detect skin cancer early.^{2,35-39}
- The CDC found evidence that **education and policy approaches in primary schools (for children) and in recreational or tourism settings (for adults) can improve sun safety behaviors.**⁴⁰⁻⁴¹
- Student self-reported data⁴²—collected as part of the U.S. EPA's SunWise Program—showed that **teachers using the SunWise Tool Kit for 1-2 hours yearly can spur increases in students' sun safety knowledge and attitudes and small to modest improvements in short-term sun safety behaviors.**⁴³
 - Using the data mentioned above, published modeling results show SunWise teaching between 1999 and 2015 could prevent more than 50 premature deaths and 11,000 future cases of skin cancer, saving the country more than \$30 million in medical costs and productivity losses.⁴³

¹⁻⁴³ All references can be found on the SunWise Web site at: www.epa.gov/sunwise/statefacts.html

skin cancer prevention:

Action Steps

- **Do Not Burn.** Overexposure to the sun is the most preventable risk factor for skin cancer.
- **Avoid Sun Tanning and Tanning Beds.** UV light from tanning beds and the sun causes skin cancer and wrinkling.
- **Use Sunscreen.** Generously apply a broad spectrum sunscreen with an SPF of 15 or higher. Reapply at least every two hours, and after swimming or sweating.
- **Cover Up.** Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with 99-100% UVA/UVB protection, when possible.
- **Seek Shade.** Seek shade when the sun's UV rays are most intense between 10 a.m. and 4 p.m.
- **Watch for the UV Index.** Pay attention to the UV Index when planning outdoor activities to prevent overexposure to the sun.

Check your knowledge:

<https://www.aad.org/suntelligence/>

**BACK TO SCHOOL
COALITION** of Hillsborough County
Presents



Fair Participant Criteria

- ✓ Parent or legal guardian must accompany child at all times
- ✓ Immunization record is required to receive shots
- ✓ Free Physicals for children K-12
- ✓ Free Immunization for uninsured children K-12
- ✓ No Sports, Head Start or Child Care Physicals

Appointment Line: (813) 433.3048

2015 Back 2 School Fairs

Saturday, August 1, 2015
Swindle Medical Center
Site Coordinator: Heather Coats

Event Time: 9:00am - 1:00pm
1601 West Timberlane Dr., Plant City, 33566
For Appointment, Please call 813.443.3048

Saturday, August 8, 2015
Blake High School
Site Coordinator: Tina Young

Event Time: 9:00am - 1:00pm
1701 North Boulevard, Tampa, 33607
For Appointment, Please call 813.443.3048

Saturday, August 15, 2015
Lennard High School
Site Coordinator: Dee Fridella

Event Time: 9:00am - 1:00pm
2342 Shell Point Rd E, Ruskin, 33570
For Appointment, Please call 813.443.3048

Saturday, August 22, 2015
Middleton High School
Site Coordinator: Tina Young

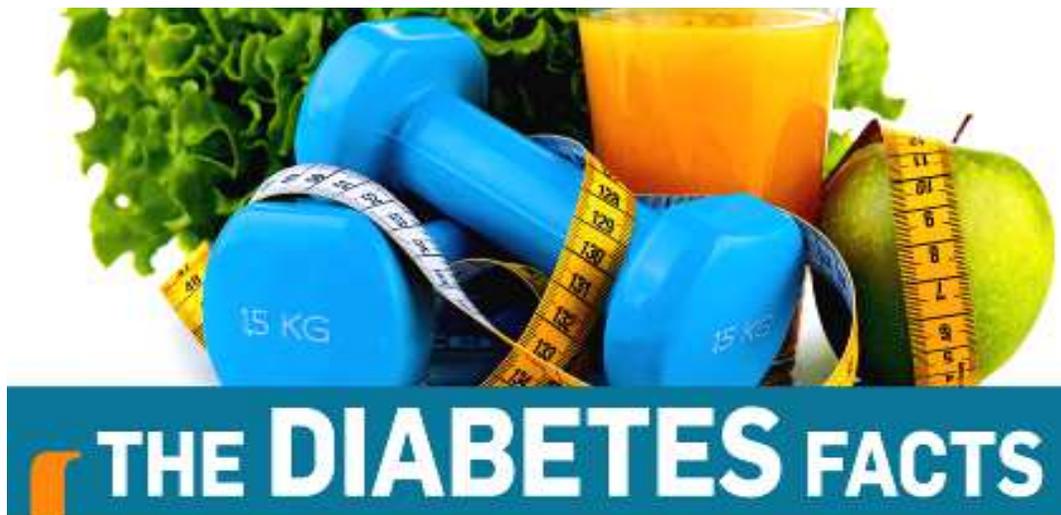
Event Time: 9:00am - 1:00pm
4801 N 22nd St, Tampa, 33610
For Appointment, Please call 813.443.3048

Saturday, August 22, 2015
Leto High School
Site Coordinator: Susan Valdes

Event Time: 8:00am - 1:00pm
4409 W Sligh Ave, Tampa, 33614
No Appointment Needed

"It Takes A Village"

Allegany Foundation, Amerigroup, Be Wise – Immunize (The Kiwanis Club of Tampa), BrightHouse Networks, Casper's Company, Catholic Charities Mobile Medical, Florida Department of Health - Hillsborough County, Florida Blue, Hillsborough County School Health, Hillsborough County Health & Social Services, Hillsborough County Public Schools, Plant City Kiwanis Club, Publix SuperMarket Charities, Project LINK, TECO Energy, St. Joseph's Hospital, St. Joseph's Children's Hospital Child Advocacy Center, Simply HealthCare, South Florida Baptist Hospital – BayCare Health System, Suncoast Community Centers, Sunshine Health, Tampa Family Health Centers, and University Area CDC.



1 in **3** are at risk
for developing Type 2 diabetes

➔ Don't like these numbers? WE DON'T EITHER!

86 million people in the United States have pre-diabetes, but only 11% of these are aware of this diagnosis. Without lifestyle changes, 15% to 30% of these people will develop type 2 diabetes within 5 years.

National Diabetes Prevention Program Lifestyle Coach Training ** is available!

JULY 30 & 31, 2015

Tampa, Florida

Provided by Florida Department of Health - Hillsborough County

**** Must be associated with an organization and be willing to work with Center for Disease Control and Prevention's Diabetes Prevention Recognition Program**

Registration is required - \$150.00

Call 813-307-8071 to register. Space is limited!



BACK AT IT! The Florida Department of Health - Hillsborough County *River Warriors* were back to the task of cleaning up our treasured Hillsborough River in May. It's a worthy task and someone in which almost every person can participate. Keeping our waterways clean is bonus for everyone and more animals that you can count, including manatees. THANKS!



Project Y-M.A.T.C.H. is a research study designed for young men between the ages of 16-24. The purpose of this study is to learn about the health status and risk behaviors of participants and the possible effects of stress on their health.

Participation in the study will include a health assessment, a behavioral and sexual health questionnaire. Participants will be compensated for their time. Every effort will be taken to keep your responses confidential.



For more information, or to find out if you're eligible contact:

Manny or Mily: 813.220.0822

Pro: 00020376 • Dr. Patricia Emmanuel, PI

LOCAL COMMUNITY MARKETS:

www.tampabaymarkets.com

PARKS AND RECREATION:

Hillsborough County Parks, Recreation, and Conservation:
Plant City Parks and Recreation:
Tampa Parks and Recreation:
Temple Terrace Parks and Recreation:

www.hillsboroughcounty.org/
<http://plantcitygov.com/>
www.tampagov.net/dept_parks_and_recreation/
www.templeterrace.com/

ST. JOSEPH'S CHILDREN'S MOBILE CLINIC: FREE exams & immunizations. Appointments required.

[Contact Family Support and Resource centers for appointments.](#)

RESOURCES: (Alzheimer's, Cancer, Parkinson's, etc.) www.caregiver.com/regionalresources/states/FL/support/hillsborough.htm

July 2015

7/3 Health Department CLOSED for Independence Day. Happy Birthday, America!

7/18 ICM El Fuego Ne se Apagara - Free STD/HIV screenings, 5903 N. 47th St, Tampa 33610, 10 am-2pm.

7/25 Brown Memorial Church of God in Christ health fair: 2313 E 27th Ave. Tampa 33605, 8 am - 1pm.



August 2015

8/1 BACK 2 SCHOOL COALITION Fairs Begin! Free physicals and immunizations for school entry. See page 16 for details and appointments.

8/8 Free STD & HIV screenings: Progress Village - 8113 Zinnia Drive, Tampa, 33619, 10 am—3 pm.

NEED HEALTH INSURANCE FOR CHILDREN? Florida KidCare

is the state health insurance program for uninsured children under age 19. It includes four different programs: MediKids, Healthy Kids, Children's Medical Services and Medicaid. When you apply for the insurance, Florida KidCare will check which program your child may be eligible for based on age and family income. To apply, call 1-888-540-5437, apply online, or print an application and instructions. For more information, visit: www.floridakidcare.org.

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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 KidCareX3502
Weight Management.....X7103
Health LiteracyX7106
Insulin Program.....X3502
Lead Poisoning PreventionX7108
School Health.....X8502
Sterilizations.....X3502
Office of Health Equity **307-8066**

* All numbers are area code (813).

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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 HEALTH307-8059

HUMAN RESOURCES.....307-8015
X3100

NUTRITION/WIC307-8074

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

PUBLIC HEALTH
PREPAREDNESS307-8042

PUBLIC INFORMATION
OFFICER.....307-8044

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.

Florida Department of Health
Hillsborough County
Health Education (70)
Post Office Box 5135
Tampa, Florida 33675-5135
813-307-8071

Hillsborough.flhealth.gov

