



Florida Healthy Babies is a new collaborative statewide initiative to positively influence social determinants and reduce racial disparity in infant mortality. This project engages the department's 67 local health offices and numerous partners within each county to address disparities with evidence-based interventions.

Infant mortality is defined as a live-born infant who dies within the first year of life. The "rate" is the number of these deaths per 1000 births and is often used as an indicator of the level of health in a country. The infant mortality rate of the world is 49.4 according to the [United Nations](#) and 42.09 according to the [CIA World Factbook](#). Currently, the United States is ranked 38, behind countries like Slovakia, Lithuania, and Cuba.

Recently, the Florida Department of Health in Hillsborough County hosted a town hall style meeting to generate a community conversation about infant mortality rates in Hillsborough, and brainstorm about how these can be reduced. While rates have dropped 36% in the last 24 years, the rate is too high, especially in minority populations and highest among African-Americans. Hillsborough County infant mortality is higher than the state average.

The reasons infants die are varied; however, the largest number of deaths is caused by birth defects and low birthweights/pre-term birthweights, followed by maternal complications. The medical condition of mothers prior to and during pregnancy (the highest of all risk factors) is critical.

Low birthweights (LBW) are clearly a problem but in more ways than just their contribution to fetal deaths. The LBW babies who do survive have a substantially higher risk for some serious chronic diseases later in life. Risks as high as 50% for heart disease has been tied to LBW and the risk for developing type 2 diabetes can be 6.5 times higher than a person born at a normal healthy birthweight.

Additionally, obesity, which contributes to both higher risk for heart disease and type 2 diabetes, is one more condition that might be reduced if low birthweights disappeared. Children of mothers who had diabetes while pregnant are at 40%-50% increased risk for childhood obesity and 50% - 100% increased risk for childhood obesity if the mother smoked while pregnant.

The social determinants of health, things like education and economic status just to name a few, contribute greatly to the health status of women/mothers and their families over their lifetime. These can impact infant mortality and help account for the disparities between Black, White, and Hispanic infant mortality rates. It is critical to focus on these issues to close those gaps and to reduce the overall infant mortality rates.

While there is no monetary value that can replace the heartbreak of the loss of a baby, the cost to society and the healthcare system for preterm births is steep. In Hillsborough County, the estimate for the average cost of a preterm infant is \$51,589 - approximately \$331,201 million for those infants born preterm in 2014. The cost includes things like medical/health care/labor and delivery, early intervention services and special education, and lost work and pay.

There is no one answer that will eliminate infant mortality. It takes a community working together, but it can be done.

#### Sources:

Leisa J. Stanley, PhD, MS, Associate Executive Director Healthy Start Coalition of Hillsborough County, Inc., *The Who, What, and Why of Infant Mortality in Hillsborough County*, June 2016

<http://hillsborough.floridahealth.gov/files/documents/stanley-healthy-start-6-2016.pdf>

Estrellita Lo Berry, President/CEO Reachup, Inc., *Social Factors Impacting Infant Mortality*, June 2016

<http://hillsborough.floridahealth.gov/files/documents/healthy-babies-lo-berry-6-2016.pdf>

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Community Health Director

## The Continuing Challenge of Diabetes

Historically, ancient Arab, Hindu and Chinese texts have anecdotal reports of the sweet taste in urine from patients who displayed the symptoms of what we now know is diabetes. In 1674, English physician Thomas Willis was the first in modern medical literature to note this. He stated that, "the pee on his palate was wonderfully sweet as if it were imbued with honey or sugar." This led him to add the term "mellitus" to this form of diabetes, from the Latin word for honey. One could say "how sweet it is", but nothing about having diabetes is sweet or positive in any respect. We still have many losing their sight, kidney function, limbs and lives due to this disease.

One would think that by 2016 we would have discovered a cure for this disease, instead we continue to see a rise in the number of individuals affected. Yes, technology has brought some relief and we now have some proven behavioral approaches to aid with control, but no cure...not yet.

I was therefore pleased to hear the comment of one of the participants of the health department's Diabetes Self-management Education (DSME) class, who noted to the attendees at a recent advisory committee meeting, that she was very pleased with the results she had gained from participation in the program. According to this participant, "When I heard I had diabetes, I thought I had to die with this, instead of living with this." Certainly, we were pleased with her significant weight loss and controlled blood sugar levels - evidence of what can be expected from a good DSME program. However for many, type 2 diabetes is preventable and therefore our efforts towards prevention will continue.

We are fortunate in Hillsborough County to have a number of providers of evidence-based Diabetes Prevention Programs - local hospitals, your health department, YMCA and the University of South Florida. We strongly encourage members of the community to take advantage of these opportunities, as many are free. Prevention is our best option until we find a cure.

To take a diabetes risk test and locate classes in all states providing evidence-based diabetes programs, visit

<http://www.cdc.gov/diabetes/prevention/index.html>

Have a question or comment? Email us: [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov)

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Home Food Safety\*  
www.homefoodsafety.org

A Collaboration Between  
Academy of Nutrition and Dietetics  
and ConAgra Foods



# Food Safety at the Grill



DOWNLOAD THE FREE IS MY FOOD SAFE? APP

Wash grill according to manufacturer's instructions.

## WASH

Wash hands thoroughly with warm, soapy water before, during and after food preparation.

Wash all utensils and cutting boards after use.

\*Pack moist towelettes or hand sanitizer for those moments when soap and water are not readily available.\*

Keep **SEPARATE** From

**Cooked and ready-to-eat foods**

**Raw meat and poultry**

Have a **clean platter** and **utensils** ready at grill-side for serving.

Don't let perishables sit out for longer than **two hours**, or **one hour** if the outdoor temperature is above **90° F**.

Make sure perishable foods stay below **40°F**.

## REFRIGERATE

Transport food in the passenger part of the car, **not in the trunk.**

**40°F**

## COOK

Always use a food thermometer to cook to a safe temperature

- Hot Dog 165°F
- Chicken 165°F
- Hamburger 160°F
- Bratwurst 160-165°F
- Fin Fish 145°F
- Pork 145°F
- Steak 145°F

**Are you packed for the cookout?**

These non-food items are indispensable for a "safe barbecue."

- ICE
- Use separate coolers for different food items
- Moist Towelettes
- Trash Bags
- Hand Sanitizer
- Paper Towels
- SOAP
- Bring extra plates and utensils
- Food Thermometer

# NUTRITION LABELS



More and more, people are hearing, “READ THE LABEL!”, the nutrition label, that is. The Food and Drug Administration ensures foods have labels that provide the consumer information to help them understand what the food contains so they can make informed choices.

Food is our fuel. Just like a car needs appropriate fuel to run, so do our bodies. Poor nutrition has a tremendous effect on our health. In the long view as we age, many chronic conditions develop that might have been prevented, delayed or better controlled with improved nutrition. In fact, the “long view” may not be so long as in the past. Today, obesity is causing chronic conditions in children that were previously seen almost entirely in adults, like high blood pressure and type 2 diabetes.

The current label is more than 20 years old. The new labels are based on updated scientific information, new nutrition and public health research, recommendations from experts in the field and input from the public. It will also be easier to read.

One major change is **servicing sizes**. Why? This change will reflect an increase in serving sizes for some things and a decrease in others because the serving size must be based on the amount of food and drink that people typically consume, not on how much they should consume. For example, ice cream. Previously a serving of ice cream was 1/2 cup, but will change to 2/3 cup. This size change matches more closely what people actually consume.

For certain products that are larger than a single serving but that could be consumed in one sitting or multiple sittings, manufacturers will have to provide a “dual column” label to indicate the amount of calories and nutrients on both a “per serving” and “per package”/“per unit” basis. An example would be a 24-ounce bottle of soda, where the per-serving size is 12 ounces.

Since research shows overwhelmingly that people misjudge the amount they eat and don’t know the calorie content of their food, the serving size, servings per package, and calorie content per serving is enlarged. Additional changes:

- ◆ Footnote better explains what “% of Daily Value means.
- ◆ “Added sugars” will be included. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if more than 10% of total daily calories are from sugar.
- ◆ Nutrients that are required or permitted to be declared are being updated.
- ◆ “Calories from Fat” is being removed because the type of fat is more important than the amount, so “Total Fat”, “Saturated Fat” and “Trans Fat” will continue to be required.
- ◆ Daily values for nutrients like sodium, dietary fiber, and vitamin D are being updated.
- ◆ Vitamins A and C are no longer required. In decades past, American diets lacked these vitamins, but vitamin A and C deficiencies in the general population now are rare. Manufacturers can still list these voluntarily.

When does all this take place? Manufacturers will have until July 26, 2018 to comply with the final requirements, while manufacturers with less than \$10 million in annual food sales will have an additional year to make the changes. Foods imported to the United States will need to meet the requirements.

***But don’t wait until then to start reading food labels!*** Knowing what you are eating or feeding your family can help you make informed, healthier choices, as you think about your family’s needs and preferences.

## NEW LABEL / WHAT'S DIFFERENT

Servings:  
larger,  
bolder type

### Nutrition Facts

8 servings per container  
**Serving size 2/3 cup (55g)**

Amount per serving  
**Calories 230**

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

New: added sugars

Change in nutrients required



## SIDE-BY-SIDE COMPARISON

Original Label

New Label

### Nutrition Facts

Serving Size 2/3 cup (55g)  
Servings Per Container About 8

Amount Per Serving

**Calories** 230 **Calories from Fat** 72

% Daily Value\*

**Total Fat** 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

**Protein** 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

### Nutrition Facts

8 servings per container  
**Serving size 2/3 cup (55g)**

Amount per serving  
**Calories 230**

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## DUAL COLUMN

### Nutrition Facts

2 servings per container  
**Serving size 1 cup (255g)**

**Calories** **220** **440**

% DV\*

**Total Fat** 5g **6%** 10g **13%**

Saturated Fat 2g **10%** 4g **20%**

Trans Fat 0g 0g

**Cholesterol** 15mg **5%** 30mg **10%**

**Sodium** 240mg **10%** 480mg **21%**

**Total Carb.** 35g **13%** 70g **25%**

Dietary Fiber 6g **21%** 12g **43%**

Total Sugars 7g 14g

Incl. Added Sugars 4g **8%** 8g **16%**

**Protein** 9g 18g

Vitamin D 5mcg 25% 10mcg 50%

Calcium 200mg 15% 400mg 30%

Iron 1mg 6% 2mg 10%

Potassium 470mg 10% 940mg 20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Note: The images above are meant for illustrative purposes to show how the new Nutrition Facts label might look compared to the old label. Both labels represent fictional products. When the original hypothetical label was developed in 2014 (left-hand side), added sugars was not yet proposed, so the "original label shows 1 gram of sugar as an example. The new label (right-hand side) lists 12 grams total sugar and 10 grams added sugar to give an example of how added sugars would be broken out with a % Daily Value.



With one pass by a Tropical Storm already this season, we all need to be prepared and stock supplies, identify evacuation routes, and plan and prepare for winds and storm surge!

CATEGORY NAME	WIND SPEED (mph)	STORM SURGE (ft above normal)	POTENTIAL DAMAGE AT LANDFALL
Tropical Depression	< 39	Average 4 ft, but can exceed	Potential for winds to 38 miles per hour, rains. Tropical Depressions sometimes advance quickly to Tropical Storm strength. Surge averages 4 ft, but can and has exceeded.
Tropical Storm	39-73		High winds, damage from flying debris (including downed trees/limbs) could impact shingles/ other roofing materials/windows/AC/HVAC/other property/automobiles. Water damage from heavy rains, storm surges, local flooding could damage home interiors, including sewage back-up and mold. White caps with surges up to 3 feet and higher.
Hurricane 1	74-95	4-5 ft	Some Damage: Well-built framed homes could have damage to roof/shingles/vinyl siding/ gutters. Large tree branches may snap, with trees uprooted. Damage to power lines/poles could be extensive with power outages lasting a few to several days.
Hurricane 2	96-110	6-8 ft	Extensive: Well-built framed homes could sustain major roof/siding damage. Trees snapped/ uprooted with blocked roads. More extensive power outages lasting days to weeks.
Hurricane 3 (Jean & Ivan 2004)	111-129	9-12 ft	Devastating: Well-built framed homes may incur major damage including removal of roof decking and gable ends. Many trees snapped/uprooted. Blocked roads. Electricity/water may be unavailable several days to weeks during and after the storm.
Hurricane 4 (Charley 2004)	130-156	13-18 ft	Extreme to Catastrophic: Well-built framed homes sustain severe damage, loss of most of roof structure and/or some exterior walls. Most trees snapped/uprooted, downed power poles/ lines isolate many areas. Outages and uninhabitable areas may last weeks to months.
Hurricane 5 (Katrina 2005)	157+	19+ ft	CATASTROPHIC: High percentage of framed homes will be destroyed with total roof failure/ wall collapse. Fallen trees and power poles isolate areas, particularly residential. Uninhabitable areas with power outages last weeks to months.

Hurricanes with wind fields which are very large in size can produce storm surge heights that are much higher than is average for a given category. Always be prepared for wind as well as water when tropical storms, including hurricanes, occur. (National Hurricane Center, National Oceanic and Atmospheric Association)

Simulation of storm surge: <http://www.nhc.noaa.gov/surge/animations/surgea.swf>

Ensure everything you and your pets will need for at least a week on your own without power is ready. Visit Federal Alliance for Safe Homes for a suggested supply list. [http://flash.org/peril\\_inside.php?id=84](http://flash.org/peril_inside.php?id=84)

**SPECIAL NEEDS REGISTRY:** The Special Needs Registry allows residents with special needs to register with their local emergency management agency to receive assistance during a disaster. The statewide registry provides first responders with valuable information to prepare for disasters or other emergencies. The information within the registry will only be used in the planning for and provision of emergency and/or disaster services and is exempt from public records requests.

Completing the Florida Special Needs Registry does not automatically qualify the individual for a special needs shelter. Additional information can be provided by your local emergency management agency. For more information on your local options, please visit <http://www.floridadisaster.org/disability/specialneeds> for contact information.



Whether you're staying at home or traveling abroad, preventing mosquito bites is the best way to reduce the risk of mosquito-borne disease. Mosquitoes can be found in many different environments and you may not always notice when you have been bitten. Mosquito activity in Florida can be year round. The following steps can be taken to help prevent mosquito bites.

**DRAIN:** water from garbage cans, house gutters, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.

**DISCARD:** Old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.

**EMPTY and CLEAN:** Birdbaths and pet's water bowls at least once or twice a week.

**PROTECT:** Boats and vehicles from rain with tarps that don't accumulate water.

**MAINTAIN:** The water balance (pool chemistry) of swimming pools. Empty plastic swimming pools when not in use. Repair broken screens on windows, doors, porches, and patios.

**CLOTHING:** If you must be outside when mosquitoes are active, cover up. Wear shoes, socks, long pants, and long sleeves.

**REPELLENT:** Apply mosquito repellent to bare skin and clothing. Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, para-menthane-diol, and IR3535 are effective. Use netting to protect children younger than 2 months.



Zika, a mosquito-borne illness, is a relative newcomer to the U.S. For more information about Zika illness, visit <http://www.floridahealth.gov/diseases-and-conditions/zika-virus/index.html>

For daily updates on the Zika activity, visit <http://www.floridahealth.gov/newsroom/2016/05/052716-zika.html>

# INFANT FEEDING IN DISASTERS AND EMERGENCIES

## *Breastfeeding and Other Options*

### **In a Disaster or an Emergency**

- There may be no clean drinking water.
- There may be no sterile environment.
- It may be impossible to ensure cleaning and sterilization of feeding utensils.

### **The cleanest, safest food for an infant, in disasters or emergencies, is human milk.**

- It is nutritionally perfect.
- It is readily available without dependence on feeding supplies.
- It is protective against diseases, especially diarrhea and respiratory infections.
- It is the right temperature and helps to prevent hypothermia.
- Hormone release during breastfeeding helps relieve maternal stress and anxiety.

### **Disadvantages of Formula Use During Disasters or Emergencies**

- It may not be available.
- It may become contaminated if prepared with unclean water or stored in non-sterilized containers, or if refrigeration is not available for storage.
- Errors in formula preparation may occur.

### **Pediatricians can take action to support breastfeeding during a disaster or an emergency.**

1. Keep families together.
2. Create safe havens for pregnant and breastfeeding mothers. These havens should provide security, counseling, water, and food. Pediatricians can contribute using offices, hospitals, or other shelters.
3. Assure mothers that human milk can contribute significant nutrition in the absence of safe complementary foods for the first year of life and beyond.
4. Advocate for optimal feeding options for orphaned infants, including HIV-negative donor human milk.
5. Assist new mothers to initiate breastfeeding within 1 hour of birth, promote exclusive breastfeeding for about 6 months, and encourage breastfeeding for at least 1 year or longer.
6. Provide support for breastfeeding through assessment of the infant's and mother's hydration and nutritional status. If abnormal, increase breastfeeding frequency for the infant and increase nutritional support of the mother. Extra food should be provided for all pregnant and lactating women.
7. In situations where the mother's own milk is not available, the best option is donor human milk. While pasteurized donor milk from a regulated milk bank is preferred, it is often not available during a disaster. If formula is given, recommend ready-to-feed



standard formula. Use concentrated or powdered formula only if bottled or boiled water is available.

8. Lactating women may be immunized as recommended for adults and adolescents to protect against measles, mumps, rubella, tetanus, diphtheria, pertussis, influenza, *Streptococcus pneumoniae*, *Neisseria meningitidis*, hepatitis A, hepatitis B, varicella, and inactivated polio.
9. If radiation exposure is a concern
  - a. Women exposed to radiation should temporarily cease breastfeeding unless no other source of feeding is available for the infant. Mothers should be advised to pump and discard their milk until the infant can resume breastfeeding.
  - b. If breastfeeding is interrupted, human milk that was pumped and stored prior to the exposure or ready-to-feed formula is preferred. Powdered or concentrated formula should only be used if the water used to reconstitute is free from radiation.
  - c. Breastfeeding can resume when advised by local health officials or when the mother and infant have been evacuated to an environment free from radiation exposure.
  - d. Breastfeeding should not need to be interrupted if appropriate doses of potassium iodide are given to the mother and infant at the appropriate time, as advised by local health officials.
10. Refer to [www.cdc.gov](http://www.cdc.gov) for more information about precautions for lactating women involving specific diseases and treatments and to LactMed (<http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>) for information on medications and lactation. It is important to reassure mothers that most medications are compatible with breastfeeding, including antibiotics.
11. Advocate for breastfeeding promotion, protection, and support with relief agencies and workers. Infant feeding practices and resources should be assessed, coordinated, and monitored throughout the disaster.

*For more information, please call or e-mail American Academy of Pediatrics Breastfeeding Initiatives at 800/433-9016 or [lactation@aap.org](mailto:lactation@aap.org).*

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™





# WORLD BREASTFEEDING WEEK

August 1-7, 2016

## BREASTFEEDING: A KEY TO SUSTAINABLE DEVELOPMENT

World Breastfeeding Week (WBW) is an annual celebration held every year for the first week in August in more than 120 countries. The 2016 theme, Breastfeeding: A Key to Sustainable Development, focuses on breastfeeding as a key element in helping us to think about how to value our wellbeing from the start of life, respecting and caring for each other in this world we share. The International Lactation Consultants Association (ILCA) is partnering with organizations around the globe - including United Nations Children's Fund (UNICEF), World Health Organization (WHO), International Baby Food Action Network (IBFAN), La Leche League International (LLL), The Academy of Breastfeeding Medicine (ABM), Wellstart International, the Global Goals, and the World Alliance for Breastfeeding Action (WABA) in encouraging activities.

Breastfeeding is a natural, low-cost way of feeding babies and children compared to artificial feeding. Exclusive breastfeeding provides quality nutrients and adequate energy, can help prevent hunger, undernutrition, and obesity and means more food security for infants. Breastfeeding significantly supports the health,



development, and survival of infants and children and contributes to the health and wellness of mothers, both short and long term.



Breastfeeding has been shown to contribute to mental and cognitive development of children.

Objectives of Breastfeeding Week promotion include informing people about how breastfeeding contributes to sustaining infants and young



# PREVENT DROWNING



About one in five people who die from drowning are children 14 and younger.<sup>1</sup> For every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries.<sup>1,2</sup> These nonfatal drowning injuries can cause severe brain damage that may result in long-term disabilities such as memory problems, learning disabilities, and permanent loss of basic functioning (e.g., permanent vegetative state).<sup>3,4</sup> Each year, nationwide, about 300 children under 5 years old drown in swimming pools, usu-

ally a pool owned by their family. In addition, more than 2,000 children in that age group are treated in hospital emergency rooms for submersion injuries. Based on a comprehensive study of drowning and submersion incidents involving children under 5 years of age in Arizona, California and Florida, the U.S. Consumer Product Safety Commission (CPSC) shares that submersion incidents involving children usually happen in familiar surroundings. Sixty-five percent of the incidents happened in a pool owned by the child's family and 33 percent of the incidents happened in a pool owned by friends or relatives. Pool submersions involving children happen quickly. Survival depends on rescuing a child quickly and restarting the breathing, even while the child is still in the water.

***Nothing substitutes for focused, adult supervision anytime a child is in or near water.*** The following are minimum actions you can take to supplement supervision:

**FENCES AND GATES** in good repair with locking gates. For details on fence heights and other specifications to prevent small children from going through or over a fence, visit the CPSC website - [www.cpsc.gov](http://www.cpsc.gov).

**DOOR AND WINDOW ALARMS** are helpful if the house forms one side of the barrier to the pool area. Reasonably priced alarms for doors and windows can be installed that signal if a door or window has been opened.

**POWER SAFETY COVERS** can be used but should meet the requirements of the ASTM pool cover standard which addresses labeling requirements and performance. ASTM requires that a cover withstand the weight of two adults and a child to allow a rescue should an individual fall onto the cover. The standard also requires quick removal of water from the cover. A young child can drown in just inches of water.

## RULES FOR POOLS

- Instruct babysitters about potential pool hazards to young children and about the use of protective devices, such as door alarms and latches. Emphasize the need for constant supervision.
- Never leave a child unsupervised near a pool. Adults may take turns being the "watcher." When adults become preoccupied, children are at risk.
- If a child is missing, check the pool first. Go to the edge of the pool and scan the entire pool, bottom and surface, as well as the pool area.
- Do not allow a young child in the pool without an adult.
- Do not consider young children to be drownproof because they have had swimming lessons. Children must be watched closely while swimming.
- Do not use flotation devices as a substitute for supervision.
- Learn CPR (cardiopulmonary resuscitation). Babysitters and other caretakers like grandparents and older siblings should learn CPR.
- Keep rescue equipment by the pool. Be sure a telephone is poolside with emergency numbers posted nearby.
- Remove toys from in and around the pool when it is not in use. Toys can attract young children to the pool.
- Never prop open the gate to a pool barrier.

**For more information, call the CPSC's toll-free hotline at 1-800-638-2772 or visit its website at <http://www.cpsc.gov>.**

<sup>1</sup>Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. [cited 2012 May 3]. Available from: URL: <http://www.cdc.gov/injury/wisqars>.

<sup>2</sup>CDC. Wide-ranging online data for epidemiologic research (WONDER). Atlanta, GA: CDC, National Center for Health Statistics; 2016. Available at <http://wonder.cdc.gov>.

<sup>3</sup>Cummings P, Quan L. Trends in Unintentional Drowning: The Role of Alcohol and Medical Care. JAMA, 1999; 281(23):2198-2202.

<sup>4</sup>Spack L, Gedeit R, Splaingard M, Havens PL. Failure of aggressive therapy to alter outcomes in pediatric near-drowning. Pediatric Emergency Care 1997; 13(2):98-102.

# Health Care Benefits For Dental Care While You Are Pregnant

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**Free dental health services are available to all pregnant women, all the way through to 6-months after the baby is born. *There is no income eligibility.* These services include examinations, cleanings, and treatments. For more information and to register for services, call the Florida Department of Health in Hillsborough County at 813-307-8015 ext. 6612. The staff will explain all of the available services and set an appointment for the visit.**

It is important for a pregnant mom to take care of her gums and teeth before, during and after her baby is born. Practicing healthy habits early in life is beneficial to prevent any dental problems in the future for herself and her family. Brushing and flossing daily plus using a fluoridated mouth wash are good oral health practices. Regular dental visits and not smoking are key components to good oral and overall health.



***How does dental health affect pregnancy, and in turn, the developing baby?*** Hormonal changes occur while a woman is pregnant and can increase the risk of dental disease. These noticeable changes in the mouth can be swollen and bleeding gums. This is called gingivitis and if left untreated, periodontitis can develop. Periodontitis involves the breaking down of the bones in the mouth and can become more serious with time. Tooth movement and tooth loss can occur. Harmful bacteria from periodontitis can travel in the bloodstream and cause problems such as preeclampsia, gestational diabetes, premature labor and low birth weight. These conditions are serious and can affect your child for a lifetime.



Preeclampsia is a complication during pregnancy characterized by high blood pressure and signs of kidney damage. It usually begins after 20 weeks of pregnancy and the blood pressure had been normal. Even a slight rise in blood pressure may be a sign of preeclampsia. If left untreated, preeclampsia can lead to serious and even fatal complications for both mom and baby. The only way to cure preeclampsia is to deliver the baby. This is a challenging risk because the baby needs time to mature.

In general, people with diabetes are at a higher risk for developing gum disease. When a pregnant mom is diagnosed with diabetes for the first time, it is called gestational diabetes. Having uncontrolled gestational diabetes can be harmful to the pregnant mom and baby due to the many risks involved. Some risks include the baby being born too early, having birth defects, and the mom having a miscarriage. Good oral health can be key to controlling diabetes.

Babies who are born prematurely and/or who have low birth weight can also have further difficulties after they are born. This can include a difficult time with further physical growth and development and possible problems with infections because of having a weak immune system. Premature babies can have breathing difficulties because their lungs are the last to develop before birth. Both conditions can cause the baby to struggle with learning disabilities as they grow.

Oral health is the window to overall health. The mouth, teeth and gums can affect the well-being of moms and babies. Following a simple daily routine of proper oral hygiene is an investment to maintaining health and wellness.

## References

<http://www.webmd.com/oral-health/dental-care-pregnancy>  
<http://www.mayoclinic.org/diseases-conditions/preeclampsia/basics/definition/CON-20031644>  
<http://www.diabetes.org/living-with-diabetes/complications/pregnancy/>  
<http://www.nidcr.nih.gov/OralHealth/Topics/GumDiseases/PeriodontalGumDisease.htm>



## PARKINSON'S DISEASE

Parkinson's disease (PD) is a neuro-degenerative brain disorder that progresses slowly in most people, with symptoms often taking years to develop. In short, a person's brain slowly stops producing dopamine, a substance called a neurotransmitter. Dopamine sends signals or communications from one neuron (nerve cell) to another. With less and less dopamine, a person has less and less ability to regulate their movements, body and emotions.<sup>1</sup>

There are a number of suspected causes and currently no cure, but there are some effective treatments that allow people to continue to enjoy life and be productive. The National Institute of Neurological Disorders and Stroke (NINDS) advises that approximately 7-10 million people in the US are living with Parkinson's today, with 60,000 being diagnosed annually. The onset of Parkinson's is usually 60 years of age or older, but early onset can happen to about 10% of patients before 50 years of age. According to Florida Charts, in Hillsborough County, the death rate of Parkinson's seems to be increasing over time, about 7- 8 people per 100,000. This is slightly higher than the Florida State rate.

A recent study by NINDS - *Parkinson's Outcomes Project* reported in June 2015, shows that people with PD who start exercising earlier experience a significantly slower decline in quality of life. "This study makes it clear that everyone with Parkinson's disease should be exercising...it doesn't seem to matter what they do, they can benefit from just getting up and moving" says Michael S. Okun, MD, National Parkinson Foundation (NPF) Medical Director. This clinical study of PD is the largest ever conducted with more than 8,000 patients who receive care in 20 centers in four countries. For more information about NPF's research initiatives, visit [www.parkinson.org/research](http://www.parkinson.org/research).<sup>2</sup>

Another preliminary older study, [Enhanced Walking Function with Boxing Training for Persons with Parkinson's Disease](#) published in January 2011, compared walking function outcomes over time. This small study over a period of 2 years concluded that those who participated in boxing training maintained better walking function over the course of one year than those who did not train. Most participants showed improvement in balance, gait, disability and quality of life. The boxing training included balance activities and agility drills with a focus on initiation of movement. Evaluation after an initial 12-week program attendance indicated that participants continue to make improvement despite reduction in attendance.<sup>3</sup>

In the Tampa Bay area there numerous places provide physical therapy that might be traditionally recommended by healthcare providers but a smaller number that include boxing training. Jordan Whittemore, NSCA CPT, and Head Coach with Rock Steady Boxing, shares that personal testimony from PD patients confirm the studies' results. Focus on gross motor movement, rhythm, core strength, balance and hand-eye coordination helps improve flexibility, range of motion, agility, power, strength, endurance, gait, posture and activities we all perform in our daily living. Participants in any exercise program should rely on their doctor's recommendation for this or any kind of physical therapy.

## 10 Early Warning Signs of Parkinson's Disease<sup>4</sup>

It can be hard to tell if you have PD. There is no single one sign that means you should worry, but if you experience more than one symptom, you should talk with your healthcare provider.

**Tremor or Shaking:** Slight shaking or tremor in your finger, thumb, hand, chin or lip. Leg shakes when sitting or relaxing. *NORMAL* - Shaking can be normal after a lot of exercise or if you have been injured. Shaking can also be caused by some medication.

**Small Handwriting:** Handwriting has suddenly gotten much smaller than it was in the past and/or the way you write words on a page has changed with words being crowded together. *NORMAL* - Writing sometimes changes with injury or as we age, if we have stiff hands or fingers or poor vision, but this happens over time and not suddenly.

**Loss of Smell:** No longer smell certain foods very well; seem to have more trouble smelling foods like bananas, dill pickles or licorice. *NORMAL* - The sense of smell can be changed by a cold, flu or stuffy nose but it should come back after you are better.

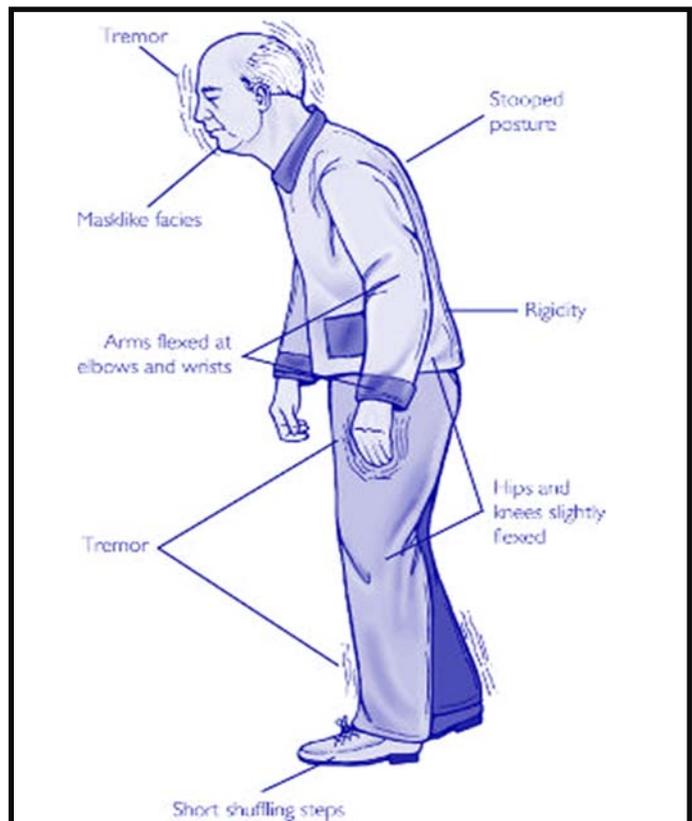
**Trouble Sleeping:** Sudden movements like trashing around in a bed or kicking and punching while deeply asleep. Some people may fall out of bed while sleeping. *NORMAL* - Everyone has a night when they toss and turn instead of sleeping.

**Trouble Moving or Walking:** Feel stiffness in your body, arms or legs that doesn't go away as you move. Arms don't swing when you walk or others think you look stiff. Stiffness in shoulders or hips. Sometimes people say their feet seem "stuck to the floor." *NORMAL* - Injuries or arthritis may cause stiffness to the affected area.

**Constipation:** Trouble moving the bowels without straining every time. *NORMAL* - Not enough water or fiber in the diet can cause constipation, along with some medications.

**Soft or Low Voice:** Others tell you that your voice is very soft when you are speaking in a normal tone or that you should hoarse. *NORMAL* - A chest cold or other virus can cause your voice to sound different but should return to normal when you get over your cough or cold.

**Masked Face:** You have a serious, depressed or angry look on your face more often, even when you are not in a bad mood. This may be "masking". You may also have a blank star or blink your eyes infrequently. *NORMAL* - Some medications can cause these symptoms, but should return to the way you were after you stop the medication.



**Dizziness or Fainting:** Often feel dizzy when you stand up from a chair. *NORMAL* - Everyone has had a time when they feel dizzy but it does not happen on a regular basis.

**Stooping or Hunching Over:** Not standing as straight as you used to. Others may notice that you seem to be stooping, leaning or slouching when you stand. *NORMAL* - Injury or pain from an injury or if you are sick might cause you to stand crookedly.

If you think you have some symptoms of Parkinson's disease, contact your doctor to investigate and diagnose. Work with your care provider to create a plan to stay healthy, which may include referral to a neurologist, occupational therapist, and physical therapist, which may include a regular physical exercise program. Family and friends will be a great support.

<sup>1</sup> Data from the Parkinson's Outcomes Project, [www.parkinson.org/our-impact/press-room/press-releases/a-national-parkinson-foundation](http://www.parkinson.org/our-impact/press-room/press-releases/a-national-parkinson-foundation), 2015, June 17.

<sup>2,3</sup> Stephanie Combs, M. Dyer Diehl, William Staples, Lindsay Conn, Kendra Davis, Nicole Lewis, Katie Schaneman, Boxing Training for Patients with Parkinson Disease: A Case Series, 2011 January 1, American Physical Therapy Association, [ptjournal.apta.org/content/91/1/123.full.print](http://ptjournal.apta.org/content/91/1/123.full.print).

<sup>4</sup> National Parkinson Foundation, [www.parkinson.org/understanding](http://www.parkinson.org/understanding)



Join the thousands of early education and child care providers who have already committed to **Let's Move! Child Care** by signing up at [www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

Early education and child care providers in centers and family-homes across the nation have joined **Let's Move! Child Care**, the First Lady's effort to promote children's health by encouraging and supporting healthier physical activity and nutrition practices through the 5 goals listed below. With over 25% of 2- to 5-year-old children already overweight or obese in the United States, the early education and child care communities are essential allies in the effort to solve the childhood obesity problem, support children's healthy development, and prevent later chronic disease.

For more information and to sign up, visit : [HealthyKidsHealthyFuture.org](http://HealthyKidsHealthyFuture.org)

Need help? Just send an email to [LMCCHelp@cdc.gov](mailto:LMCCHelp@cdc.gov)



## Let's Move! Child Care Goals

- 1. Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
- 2. Screen Time:** No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure that children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).
- 3. Food:** Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.
- 4. Beverages:** Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and provide no more than one 4- to 6-ounce serving of 100% juice per day.
- 5. Infant Feeding:** For mothers who want to continue breastfeeding, provide their expressed milk to their infants and welcome them to breastfeed during the child care day.

Follow these easy steps today to support healthy choices for the children you serve in your home or center. Signing up and participating are free.

- STEP 1** **Sign Up and Receive a Participation Certificate.** Sign up with your e-mail address. You'll use it later to take a checklist quiz and to receive information and updates. After you sign up, download your *Let's Move!* Child Care Participant Certificate to display in your center or home.
- STEP 2** **Take the *Let's Move!* Child Care Checklist Quiz.** Use the e-mail address you signed up with to access our simple online checklist quiz. Answer the questions to see which *Let's Move!* Child Care goals you are meeting already and which goals you need to work toward.
- STEP 3** **Build Your Action Plan.** Create an Action Plan exclusively for your center or home to help you reach the *Let's Move!* Child Care goals.
- STEP 4** **Access Free Resources and Ideas.** Find a variety of helpful, free resources and ideas to help you implement your Action Plan and meet the *Let's Move!* Child Care goals.
- STEP 5** **Earn Your *Let's Move!* Child Care Recognition Award.** Once you've achieved the *Let's Move!* Child Care goals, retake the online checklist quiz to receive your Recognition Award.
- STEP 6** **Celebrate Your Success!** Share your story and tips for success with others by using the Success Story Submission Form available at: [www.healthykidshealthyfuture.org/resources/testimonials.html](http://www.healthykidshealthyfuture.org/resources/testimonials.html)



**NEVER LEAVE A CHILD UNATTENDED IN A VEHICLE; NOT EVEN A MINUTE!  
IF YOU SEE A CHILD UNATTENDED IN A HOT VEHICLE CALL 9-1-1.**

- ◆ Be sure that all occupants leave the vehicle when unloading. Don't overlook sleeping babies.
- ◆ Always lock your car and ensure children do not have access to keys or remote entry devices. Teach children that vehicles are never to be used as a play area.
- ◆ **IF A CHILD IS MISSING, ALWAYS CHECK THE POOL FIRST, AND THEN THE CAR, INCLUDING THE TRUNK.**
- ◆ Keep a stuffed animal in the car seat and when the child is put in the seat place the animal in the front with the driver. Or place your purse, briefcase or cell phone in the back seat as a reminder that you have your child in the car.
- ◆ Make "look before you leave" a routine whenever you get out of the car. Have a plan that your childcare provider will call you if your child does not show up for school.



- Total number of U.S. heatstroke deaths of children left in cars, 2016: **9**
- Total number of U.S. heatstroke deaths of children left in cars, 2015: **24**
- Total number of U.S. heatstroke deaths of children left in cars, 1998-present: **670**  
**(Florida is the second highest state in the nation with 37)**
- **Greatest majority of deaths are in children 2 years of age and under**
- **Average number of U.S. child heatstroke fatalities per year since 1998: 37**

Source: *Heatstroke Deaths of Children in Vehicles*, Jan Null, CCM, Department of Meteorology & Climate Science  
San Jose State University, Updated May 25, 2016



Awarded for **exemplary work during a mercury exposure outbreak investigation**. Individual awards of merit were received by Mackenzie Tewell, Epidemiologist, and Samantha Spoto, Biological Scientist.



Jennifer Waskovich MS, RD/LD, a registered dietitian with our Nutrition/WIC program, is the 1st Vice President of the Florida Public Health Association.

Jennifer has been actively involved with FPHA for quite a while and will be opening a General Session during the upcoming Annual Educational Conference in Orlando. The Association's theme is Challenges and Strategies for a New Age in Public Health.



Community Health Division hosted a Community Discussion at Hillsborough Community College on causes of and solutions for infant mortality in our county, as part of the **Healthy Babies** State initiative. Dr. Leslene Gordon, Community Health Director, and Sophia Hector, Office of Health Equity, were presenters, along with community partners and Rod Carter, Channel 8 News, our MC for the June 21st event. Allyson Sison, Mandy Chan, Dawn Krockta, and Doug Zimmer provided event administrative support.



Allison Nguyen and Daragh Gibson from the FDOH-Hillsborough, Community Health Division (2nd and 3rd from left), along with Metropolitan Planning Organization staff, presented the **George Road Health Impact Assessment** at USF's "Coming Home to Social Justice" conference.



Helping children learn about public health and the role it plays in keeping the community safe may jumpstart a career interest in young minds. **Take Your Kids to Work Day** provided interactive and fun activities, teaching kids more about how public health affects them. The effort was coordinated by Tonja Johnson and team of Janette Velez, Linda Ball, Cynthia Keeton, Alicia Arbelaez, Olivian James-Glasgow, Chelsea Kendrick, Courtney Lemay, Angel Abshire-Shadoff, Susan Schmidt, Lisa Almeda, and Angelia Williams.

# 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 Immunizations** for Medicaid or uninsured children K-12
- ✓ No Sports, Head Start or Child Care Physicals

Appointment Line: **(813) 443.3048**

**REGISTER TO ATTEND EVENT ONLINE @**  
[www.back2schoolfair.org](http://www.back2schoolfair.org)

## 2016 Back 2 School Fairs

**Saturday, July 16, 2016**

**Swindle Medical Center**

Site Coordinator: Heather Coats

Event Time: 9:00am - 1:00pm

1601 West Timberlane Drive, Plant City, 33566

**For Appointment, Please call 813.443.3048**

**Saturday, July 23, 2016**

**Lennard High School**

Site Coordinator: Cassandra Blaylock

Event Time: 9:00am - 1:00pm

2342 Shell Point Road E., Ruskin, 33570

**For Appointment, Please call 813.443.3048**

**Saturday, July 23, 2016**

**Shaw Elementary School**

Site Coordinator: Francis Joseph

Event Time: 9:00am - 1:00pm

11311 N 15th St, Tampa, FL 33612

**For Appointment, Please call 813.443.3048**

**Saturday, July 30, 2016**

**Middleton High School**

Site Coordinator: Tina Young

Event Time: 9:00am - 1:00pm

4801 N 22nd Street, Tampa, 33610

**For Appointment, Please call 813.443.3048**

**Saturday, Aug 6, 2016**

**Blake High School**

Site Coordinator: Tina Young

Event Time: 9:00am - 1:00pm

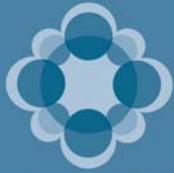
1701 North Boulevard, Tampa, 33607

**For Appointment, Please call 813.443.3048**

“ It Takes A Village ”

### The Coalition Core Team:





## Take Action Now!



### 2016–2017 School Entry Requirements

Before attending school in Florida (kindergarten through 12th grade), each child must provide a *Florida Certification of Immunization* (DH 680 form), documenting the following vaccinations:

#### Public/Non-Public Schools Kindergarten through 12th Grade:

- Four or five doses of diphtheria-tetanus-pertussis (DTaP) vaccine
- Three doses of hepatitis B (Hep B) vaccine
- Four or five doses of polio vaccine\*
- Two doses of measles-mumps-rubella (MMR) vaccine
- Two doses of varicella vaccine† for kindergarten and grades one through eight
- One dose of varicella vaccine† for grades nine through twelve

#### Seventh Grade Requirements:

In addition to kindergarten through 12th grade requirements, students must have the following vaccinations:

- One dose of tetanus-diphtheria-pertussis (Tdap) vaccine in grades seven through twelve
- An updated DH 680 form to include Tdap, must be obtained for submission to the school

**Need health insurance for your child?  
Apply online at [www.floridakidcare.org](http://www.floridakidcare.org) or  
call 1-888-540-5437 for an application.**

**Fl♥rida KidCare**

\* If the fourth dose of vaccine is administered prior to the fourth birthday, a fifth dose of polio vaccine is required for kindergarten entry only.

†Varicella vaccine is not required if varicella disease is documented by the health care provider.

**FOR MORE INFORMATION, CALL 850-245-4342 OR VISIT [WWW.IMMUNIZEFLORIDA.ORG](http://WWW.IMMUNIZEFLORIDA.ORG).**

Immunizing Florida. Protecting Health.





## Graduating from High School this Year?



# Vaccinate *before you* Graduate

### Take Charge of Your Health!

Getting vaccinations while you are still in school can get you caught up on your shots before getting a job, going to college, or traveling abroad. Vaccinations can protect you against many diseases that can cause serious health problems.

Check your vaccination records or check with your doctor to be sure you have all the recommended vaccinations. If your vaccinations need to be updated, contact your doctor, school nurse, or local health department.

The following are some of the recommended immunizations:

- Human papillomavirus (HPV)
- Influenza (flu)
- Measles-mumps-rubella (MMR)
- Meningococcal
- Tetanus-diphtheria-pertussis (Tdap)
- Varicella (chickenpox)

**The Centers for Disease Control and Prevention's Recommended Immunization Schedules are available at [www.cdc.gov/vaccines/recs/schedules/](http://www.cdc.gov/vaccines/recs/schedules/).**

**FOR MORE INFORMATION, CALL 850-245-4342 OR VISIT [WWW.IMMUNIZEFLORIDA.ORG](http://WWW.IMMUNIZEFLORIDA.ORG).**

Immunizing Florida. Protecting Health.





**Florida Department of Health, Hillsborough  
Contracted Family Planning Services**

- Tampa Family Health Centers:**
- 3901 S. Westshore Boulevard  
Tampa, Florida 33611 • (813) 712-1940
  - 9827 North Sheldon Road  
Tampa, Florida 33615 • (813) 307-8053
  - 8108 N. Nebraska Avenue  
Tampa, Florida 33604 • (813) 712-1930
  - 13601 North 22nd Street  
Tampa, Florida 33613 • (813) 307-8058
- Suncoast Community Health Centers:**
- 7728 Palm River Road  
Tampa, Florida 33619 • (813) 653-6100
  - 508 North Maryland Avenue  
Plant City, FL 33563 • (813) 349-7600
  - 2814 14th Ave. S.E.  
Ruskin, Florida 33570 • (813) 349-7800
- University of South Florida:**
- Ybor Youth Clinic - Ages 24 years and older  
1315 7th Avenue, Ste. 104  
Tampa, Florida • (813) 396-9021

**Nutrition/WIC: (813) 307-8074 \* all offices**

- 8605 N. Mitchell Avenue  
Tampa, Florida 33604
- 13601 North 22nd Street  
Tampa, Florida 33613
- 7728 Palm River Road  
Tampa, Florida 33619
- 205 14th Avenue S.E.  
Ruskin, Florida 33570
- 2313 East 28th Avenue  
Tampa, Florida 33605
- 9827 North Sheldon Road  
Tampa, Florida 33615
- 220 S. Moon Avenue  
Brandon, Florida 33511
- 307 N. Michigan Avenue  
Plant City, Florida 33566

Florida Department of Health - Hillsborough County  
1105 E. Kennedy Boulevard • Tampa, Florida 33602

Administrative/Main Office 813-307-8000  
Environmental Health 813-307-8059  
Public Health Preparedness 813-307-8042



**HEALTH CENTERS**

- Immunizations/Refugee Health  
8605 N. Mitchell Avenue  
Tampa, Florida 33604 • (813) 307-8077
- Specialty Care Center  
1105 East Kennedy Boulevard • Tampa 33602  
(813) 307-8064
- Tuberculosis (TB) Health Center  
8515 North Mitchell Avenue • Tampa 33604  
(813) 307-8047

**OTHER DEPARTMENT LOCATIONS**

- Epidemiology  
4704B Montgomery Avenue  
Tampa, Florida 33616 • (813) 307-8010
- Health Education  
4704-B Montgomery Avenue  
Tampa, Florida, 33616 • (813) 307-8071
- Office of Health Equity  
4704-B Montgomery Avenue  
Tampa, Florida 33616 • (813) 307-8066
- Pharmacy Services - HIV/AIDS clients only  
1105 E. Kennedy Boulevard  
Tampa, Florida 33602 • (813) 307-8072

**Vital Statistics (813) 307-8002 \* all offices**

- Main Office  
13601 North 22nd St. • Tampa 33613
- Satellite Office  
St. Joseph's Women's Hospital  
3030 W. MLK Jr. Boulevard • Tampa 33607



**FLORIDA  
DEPARTMENT  
OF HEALTH  
Hillsborough County  
SERVICES**



**MISSION**  
Protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

[hillsborough.floridahealth.gov](http://hillsborough.floridahealth.gov)

Revised 05/09/2016



## HEALTH CENTERS SERVICES

Specialty Care:  
Sexually Transmitted Disease  
HIV/AIDS

Immunizations  
Refugee Health  
Tuberculosis (TB)

Note: All phone numbers are (813) area code unless otherwise indicated.



### COMMUNITY SERVICES

#### Breast & Cervical Cancer Screening

Income eligible, uninsured women ages 50-64. Education presentations on request. 307-8082

#### Dental Services

Dental screenings and sealants for children through school-based program. Services for WIC-eligible women and children. 307-8015, ext. 6612

#### Environmental Health Services

Plays a major role in injury and disease prevention by controlling environmental risks through education, permitting, monitoring facilities and industries. Investigates animal bites, sanitary nuisances, food and waterborne illnesses, and indoor air complaints. 307-8059

#### Epidemiology

Monitors and controls communicable diseases and conditions which may significantly affect the public's health. Investigates individual disease cases and outbreaks. Analyzes health-related data to detect trends or patterns. 307-8010

#### Florida KIDCARE

Low to no-cost health insurance for uninsured children. [www.floridakidcare.org](http://www.floridakidcare.org). Information: 307-8082 or 1-888-540-KIDS

#### Health Promotion and Education

Education to encourage healthy behaviors and chronic disease prevention, diabetes self-management and weight management. 307-8071

#### Healthy Start Program

A home-visiting program to assess and provide for the education and resource needs of the pregnant mother or family with a newborn. For registration, referrals or more information, call 307-8016.

#### HIV Clinical Research

Visit: [www.FLHIVresearch.com](http://www.FLHIVresearch.com) or email [hchdresearchunit@doh.state.fl.us](mailto:hchdresearchunit@doh.state.fl.us). 307-8067

#### HIV/AIDS/Specialty Care Clinic

Clinical services, health education, risk reduction interventions, disease surveillance, technical assistance, and capacity building for minority organizations to improve counseling and testing. 307-8064

#### Human Resources

Employment opportunities:  
<https://peoplefirst.myflorida.com/logon.htm>

#### Immunizations

Immunizations for children and adults by appointment. International travel vaccines - visit our web site for resources. HPV available. 307-8077

#### Insulin

No-cost insulin for uninsured Florida residents that meet income eligibility. 307-8071

#### Lead Poisoning Prevention

Child lead poisoning investigation, case management, education and fee-based home testing. Works to identify and eliminate lead and other housing hazards. 307-8071

#### Nutrition/WIC

No-cost nutrition program for women, infants, and children providing healthy food, nutrition education and counseling, breastfeeding support, and referrals for healthcare. 307-8074

#### Office of Health Equity

Works to reduce the burden of disease among vulnerable populations through environmental change and policy advocacy. 307-8066

#### Pharmacy Services

HIV/AIDS care clients only. 307-8072

#### Public Health Preparedness

Coordinates planning and programs that protect the health of Florida's citizens and visitors from effects of man-made and naturally occurring events. Manages Special Needs Shelters. 307-8042

#### Refugee Health Program

Health assessments and immunizations for asylees, refugees, Cuban/Haitian asylum applicants/entrants, Amerasians, Iraqi/Afghan special immigrants, and certain victims of human trafficking. 307-8077

#### School Health

Monitors school health activities to ensure compliance with state mandates. 307-8071

#### STD Clinic

Reduces impact of sexually transmitted disease by monitoring levels of disease in the community, confidential testing, treatment, and partner notification. Collaborates for education in the community and with area healthcare providers. 307-8064

#### Sterilizations

Tubal ligations and vasectomies at no cost to individuals who meet income and age eligibility. 307-8082

#### Tuberculosis (TB)

Treatment and screening for disease and infection, contact investigation, education programs, consultations, and outreach. 307-8047

#### Vital Statistics

Florida birth and death certificates. 307-8002

## Mobile Medical Clinic

## La Clínica Móvil

Providing Free Well Child Physicals and Immunizations    Ofrece Exámenes de Salud y Vacunas Gratuitas

**We do NOT provide sports physicals**

**NO se hacen físicos de deportes**

Site	Date	Time	Appointment Info
Layla's House	July 5	2pm-6pm	Appointment Required
Brandon CBFRC	July 7	2pm-6pm	Appointment Required
Town 'N Country CBFRC	July 11	2pm-5pm	Vaccines Only, Limited Walk-Ins Accepted
La Esperanza Clinic	July 12	4pm-7pm	Physicals and Vaccines, Walk-In Only
Central Tampa CBFRC	July 13	2pm-6pm	Appointment Required
East County CBFRC	July 19	2pm-6pm	Appointment Required
*Central Tampa CBFRC	July 20	2pm-6pm	Appointment Required
Sulphur Springs Resource Center	July 21	2pm-6pm	Appointment Required
South County CBFRC	July 26	2pm-6pm	Appointment Required
Town 'N Country CBFRC	July 28	2pm-6pm	Appointment Required
Layla's House	August 2	2pm-6pm	Appointment Required
Brandon CBFRC	August 4	2pm-6pm	Appointment Required
Town 'N Country CBFRC	August 8	2pm-5pm	Vaccines Only, Limited Walk-Ins Accepted
Central Tampa CBFRC	August 10	2pm-6pm	Appointment Required
East County CBFRC	August 16	2pm-6pm	Appointment Required
*Central Tampa CBFRC	August 17	2pm-6pm	Appointment Required
Sulphur Springs Resource Center	August 18	2pm-6pm	Appointment Required
South County CBFRC	August 23	2pm-6pm	Appointment Required
Town 'N Country CBFRC	August 25	2pm-6pm	Appointment Required
	August 30	2pm-6pm	

**Children are eligible if they are 18 years old or under and:**

- Have no health insurance
- **OR** are enrolled in Medicaid
- **OR** are American Indians or Alaskan Natives

**Requirements:**

- **All children must come with their legal guardian**
- The legal guardian must bring a photo ID
- Must provide EVERY child's most current immunization record (even if they don't need shots)

**Para calificar, su niño(a) debe tener 18 años o menos y:**

- No tiene seguro medico
- **O** tiene Medicaid
- **O** es un Indio Americano o Nativo de Alaska

**Información necesaria:**

- **Cada niño necesita venir acompañado de su padre/madre o tutor legal.**
- Lleva identificación del padre/madre con una foto
- Hay que proveer el registro de vacunas actualizado de CADA niño (aun si no le faltan vacunas).

**CBFRC in Town 'N Country**  
7520 West Waters Ave  
Tampa, FL 33615  
(813) 356-1703

**Layla's House**  
1506 E. Eskimo St  
Tampa, FL 33604  
(813) 443-5004

**CBFRC in Central Tampa**  
1002 E. Palm Ave.  
Tampa, FL 33605  
(813) 204-1741

**CBFRC in East County**  
639 E. Alexander St.  
Plant City, FL 33563  
(813) 752-8700

**La Esperanza Clinic**  
16650 US 301  
Wimauma, FL 33598  
(813) 632-8478

**CBFRC in North Tampa**  
**TEMPORARILY**  
**CLOSED**

**Sulphur Springs Resource Center**  
8412 N 12<sup>th</sup> St  
Tampa, FL 33604  
(813) 936-3064

**CBFRC in Brandon**  
1271 Kingsway Rd  
Brandon, FL 33510  
(813) 740-4634

**CBFRC in South County**  
3032 E College Ave  
Ruskin, FL 33570  
(813) 641-5600

**\*Temporary location due to closure of North Tampa Center. Updated 5/3/2016**

**CBFRC in North Tampa**  
**CERRADO**  
**TEMPORALMENTE**

**\*Ubicación temporal debido al cierre del centro en North Tampa. Actualizado 5/3/2016**

## COMMUNITY CLASSES

(Provided at various locations in Hillsborough County)

**Call to register - 813-307-8071**

- ⇒ **Diabetes Prevention**
- ⇒ **Diabetes Self-Management** (for those already diagnosed with diabetes)
- ⇒ **Get Into Fitness Today**  
(Weight Management and improved fitness)

**HEALTHCARE PROVIDER REFERRALS  
ACCEPTED AND ENCOURAGED!**

**Currently no cost to participants.**

Call (813) 307-8071 for referral forms/information.

Farmers Markets around Hillsborough County.....

### PARKS AND RECREATION:

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

**OTHER RESOURCES:** (Alzheimer's, Parkinson's, etc.) [www.caregiver.com/regionalresources/states/FL/support/hillsborough.htm](http://www.caregiver.com/regionalresources/states/FL/support/hillsborough.htm)



Through Florida KidCare, the state of Florida offers health insurance for children from birth through age 18, even if one or both parents are working.

To apply, call 1-888-540-5437  
TTY-877-316-8748.

You can also apply online or print an application and instructions.  
Visit: [www.floridakidcare.org](http://www.floridakidcare.org).

[www.americantowns.com/fl/hillsborough-county-local-food](http://www.americantowns.com/fl/hillsborough-county-local-food)

[www.hillsboroughcounty.org/](http://www.hillsboroughcounty.org/)

<http://plantcitygov.com/>

[www.tampagov.net/dept\\_parks\\_and\\_recreation/](http://www.tampagov.net/dept_parks_and_recreation/)

[www.templeterrace.com/](http://www.templeterrace.com/)

**HEALTH DEPARTMENT CLOSURES: July 4, 2016, Independence Day  
First Day Public School — August 10, 2016 WATCH OUT FOR KIDS!**

### 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 .....307-8082
- Diabetes.....307-8071
- Florida KidCare .....307-8082
- Weight Management.....307-8071
- Health Literacy .....307-8071
- Insulin Program .....307-8082
- Lead Poisoning Prevention .....307-8071
- School Health.....307-8071
- Sterilizations.....307-8082
- Office of Health Equity .....307-8066

\* All numbers are area code (813) unless otherwise indicated.

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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 HEALTH..... 307-8059**

**HUMAN RESOURCES..... 307-8031**

**NUTRITION/WIC ..... 307-8074**

### PHARMACY

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

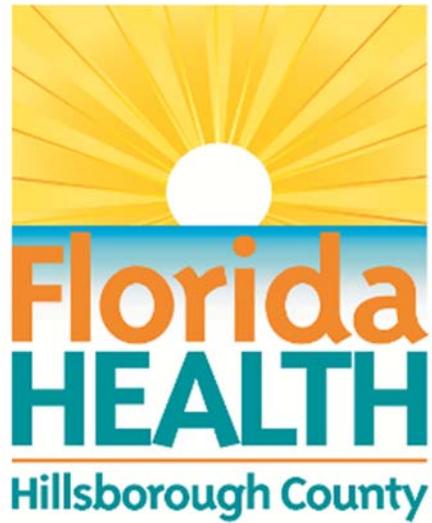
### PUBLIC HEALTH

**PREPAREDNESS ..... 307-8042**

### 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](http://Hillsborough.flhealth.gov)