National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on recommended vaccines.

Let’s take a moment and thank vaccines for preventing these diseases!

**Pneumococcal Disease**
This disease is caused by bacteria called *Streptococcus pneumoniae*. It causes ear infections, sinus infections, pneumonia, and even meningitis, making it very dangerous for children. The germs can invade parts of the body - like the brain or spinal cord - that are normally free from germs. Make sure you keep kids safe from this dangerous disease by vaccinating.

Doctors recommend that your child get four doses of the pneumococcal conjugate vaccine (also called PCV13) for best protection. Your child will need one dose at each of the following ages: 2 months, 4 months, 6 months, and between 12 and 15 months.

[Learn more about Pneumococcal Disease](https://www.cdc.gov/vaccines/parents/diseases/child/pneumo.html).

**Chickenpox**
Chickenpox is a disease that causes an itchy rash of blisters and a fever. A person with chickenpox may have a lot of blisters—as many as 500 all over their body. Chickenpox can be serious and even life-threatening, especially in babies, adults, and people with weakened immune systems. Even healthy children can get really sick. Vaccinating kids at an early age is especially important to keep your children healthy.

Doctors recommend that your child get two doses of the chickenpox shot (varicella vaccine) for best protection. Your child will need one dose at each of the following ages: 12 through 15 months and 4 through 6 years.

[Learn more about Chickenpox](https://www.cdc.gov/vaccines/parents/diseases/child/varicella.html).

**The Flu (Influenza)**
Flu is a respiratory illness caused by infection of the nose, throat, and lungs with influenza viruses. The flu can affect people differently based on their immune system, age, and health. It's important to know that children younger than 6 months are at an especially high risk of serious flu illness, but are too young to get a flu vaccine. The best way to protect babies against the flu is for the mother to get a flu vaccine during pregnancy and for all caregivers and close contacts of the infant to be vaccinated. Everyone 6 months and older should get a flu vaccine every year—protect yourself and your loved ones.

Doctors recommend that your child get the flu vaccine every year starting when they are 6 months old. Some children 6 months through 8 years of age may need 2 doses for best protection.

[Learn more about Influenza](https://www.cdc.gov/vaccines/parents/diseases/child/flu.html).

**Tetanus**
Tetanus causes painful muscle stiffness and lockjaw and can be fatal. Parents used to warn kids about tetanus every time we scratched, scraped, poked, or sliced ourselves on something metal. Nowadays, the tetanus vaccine is part of a disease-fighting vaccine called DTaP, which provides protection against tetanus, diphtheria, and pertussis (whooping cough).

Doctors recommend that your child get five doses of the DTaP shot for best protection. Your child will need one dose at each of the following ages: 2 months, 4 months, 6 months, 15 through 18 months, and 4 through 6 years.

[Learn more about Tetanus](https://www.cdc.gov/vaccines/parents/diseases/child/tetanus.html).

Source: [https://www.cdc.gov/vaccines/parents/diseases/child/14-diseases.html](https://www.cdc.gov/vaccines/parents/diseases/child/14-diseases.html)
I love Star Trek. Not enough to dress in a silly costume (sorry fellow Trekkies) and attend a convention, but enough to mourn the end of a season of wonderful tales of adventure. Thank God for the movies! Let’s face it, the Star Trek mission “to boldly go where no man has gone before,” conjures up dreams of wonderful and scary adventures. The boldness and guts of that mission appeals to all who welcome change and those who are not afraid to seek out new frontiers.

Our Florida Health Department-Hillsborough County mission “To protect, promote and improve the health of all people in Florida through integrated state, local and community efforts,” is just as bold. We understand that this is not something we do on our own. Our local public health department is part of a system, hence our efforts to work closely with the many good partners in our county. But what does this mean in terms of our role with the community? For me, it means real community engagement. We have been hearing this term engagement quite often. What does it really mean? Technically, community engagement is the process of working collaboratively with community groups to make decisions, to explore, and to address issues that impact the well-being of those groups. It calls for inclusion, credibility, and transparency. It’s the “public” in Public Health; it’s the outreach to all; the involvement of stake-holders and partners, including residents at varied levels. It involves not just knowing what our community needs, including unique populations, but exploring what they want. It’s also accountability, assisting communities in recognizing and meeting their own needs, and building capacity. Certainly it will entail advocating, building bridges, tearing down barriers, and facilitating opportunities to ensure high quality, relevant services. Not just bold, but audacious efforts.

Achieving this mission will require hard work and focus, but it is not an impossible dream. In many ways we are seeking to move toward a collective vision. Can we do it? The staff of this public health department have endorsed the mission and a vision “To be the healthiest state in the nation.” We continue to be excited about boldly stepping out into new frontiers and taking some risks with our community and partners. So… yes we can.

In parting, I can not resist using the words of my favorite Vulcan, Mr. Spock … “live long and prosper.”
The typical saying is that the greener the vegetable the more nutritious it is, however, there are certain exceptions to this rule. Cauliflower is white, but has the nutrients of the greenest of all vegetables! Heather Mangieri, a Pittsburgh-based registered dietician and nutritionist, as well as health author and spokeswoman for the Academy of Nutrition and Dietetics, describes cauliflower as the one exception to that (general) rule.

"Despite its white color, cauliflower is a very versatile and vitamin-rich vegetable. It is a great source of vitamin C and folate and a good source of fiber and vitamin K. It is also rich in phytochemicals and antioxidants, two naturally occurring compounds thought to play a role in chronic disease prevention," said Mangieri.

Just a single cup of cooked cauliflower can provide up to 73 percent of the recommended daily allowance of vitamin C, 19 percent of vitamin K and about 8 percent of our daily manganese requirement.

Mangieri noted further that cauliflower's high fiber content – about 11 percent of our recommended daily amount – can help promote better digestion, healthy stool bulk and regularity. This also helps maintain colorectal health.

Getting cauliflower in your diet can improve your health tremendously. There are many ways to incorporate it in dishes, such as steaming it and using it as a side, or eating it raw while dipping it in hummus or ranch!

Source: http://www.naturalnews.com/053916_cauliflower_nutrition_anti-cancer_food.html

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**Cauliflower No-Crust Quiche Recipe**

**Ingredients**

- 2 teaspoons olive oil
- ½ cup chopped onions
- 5 large eggs
- ½ cup low-fat milk, rice milk or soy milk
- ½ teaspoon salt
- 1½ cups chopped cauliflower
- ½ cup shredded low-fat cheddar cheese
- 1 teaspoon paprika

**Directions**

1. Preheat oven to 375°F. Lightly oil an 8-by-8-inch casserole dish or 9-inch pie pan with olive oil or butter. Spread onions evenly in the dish and place in the oven while you prepare the other ingredients.
2. In a small bowl, beat eggs, salt and milk with a whisk.
3. Remove dish from oven with mitts and spread cauliflower and cheese evenly. Pour egg mixture over cauliflower, onions and cheese. Sprinkle with paprika.
4. Bake for 30 minutes, until cauliflower is cooked and casserole is golden brown.

**Nutrition Information**

- Serving size: 1 slice
- Serves 4

Calories: 203; Total Fat: 14g; Saturated Fat: 6g; Cholesterol: 282mg; Sodium: 492mg; Total Carbohydrate: 7g; Dietary Fiber: 1g; Sugars: 4g; Protein: 13g
Outdoor Activities: What Do You Need to Know?

Here in the Sunshine State, we have the luxury of living where people vacation! Our state is filled with beautiful natural landscapes that are more than just tourist destinations. Instead of hitting the gym every day to work out, head outdoors! Studies show that going outdoors to exercise can positively affect your workout. So don’t just stare at a TV screen on a treadmill—hop on your bike and breathe in some fresh air!

Try something new by heading outdoors.

- Hiking can burn anywhere from 400-600 calories an hour while allowing you to take in the beautiful natural sites around you!
- Swimming for an hour can burn more than 600 calories and works out your whole body.
- You can burn more than 600 calories on an hour-long bike ride.
- Kayaking our beautiful, natural waterways can burn more than 300 calories.

With fun activities like these, your workout will feel like anything but. Take advantage of our great state and all it has to offer by taking your workout outside today.

For more information about exercising outdoors, check out some of these resources:

- Want to learn more about the benefits of exercising outdoors? Head over to https://well.blogs.nytimes.com/2013/02/21/the-benefits-of-exercising-outdoors/.
- Want to make sure you stay safe when you’re outdoors? Read up on safety at https://www.fs.fed.us/recreation/safety/safety.shtml.
- Interested in cycling? Go to http://www.bikeflorida.net/.
This is a great time to get active by taking advantage of the longer days and warmer weather. Just remember that more fun in the sun means more safety considerations should be taken. The American Heart Association suggests plenty of sunscreen, hydration and activity. Follow these tips this summer to keep your whole family happy and healthy.

The arrival of spring and summer means days at the pool, family picnics, baseball and other outdoor activities. Here are some tips to keep your family physically active in the warmer months:

- **Hydrate!** Drink plenty of water before, during and after physical activity to avoid dehydration. For low-calorie flavor, add slices of your favorite fruits such as melon, oranges, berries or even cucumber or mint to a pitcher of water and refrigerate for two hours. Read American Heart Association’s [Staying Active in Warm Weather](#) and [Staying Hydrated - Staying Healthy](#).

- **Protect your family from the sun:** wear wide-brimmed hats, always apply water-resistant sunscreen with at least SPF 15 and reapply sunscreen every 2 hours.

- **Heat safety:** avoid intense activities between noon and 3 p.m. when the sun is at its strongest.

- **Dress for the heat:** wear lightweight, light colored clothing, choose light, breathable fabrics such as cotton, and wear sunglasses to protect your eyes.

- **Head indoors:** when the heat gets unbearable, try indoor activities at your local YMCA or rec center like basketball, swimming, yoga or racquetball.

- For more tips for a Healthy Home this Summer, visit the [American Heart Association webpage](#)!
14th Annual Neighborhoods Conference

8 am to 2:30 pm

Don’t miss the multi-generational 14th Annual Neighborhoods Conference. This event, designed for all ages, will feature youth and adults coming together to build community and make our neighborhoods stronger, safer, and more livable. Register to attend workshops and the awards luncheon, and to network with community leaders and vendors.

Youth Conference

In addition to the Neighborhood Conference, the Hillsborough County Youth Leadership Council is presenting a free youth conference for teens 12-18. The Connecting Generations through Neighborhoods Conference features topics such as Teens & Money, Social Media, Career Planning, Computer Literacy, Bullying & Anger Management, and Team Building. We will provide snacks and lunch. Space is limited to 150 teens.

Register for Neighborhoods or Youth Conference

https://hcflgov.formstack.com/forms/2017_neighborhoods_conference

Event Details

Location: Sheraton Tampa East
10221 Princess Palm Ave.
Tampa FL, 33610

Date: July 15, 2017 | 8:00 AM

Contact: Neighborhood Relations
P (813) 272-5860
I’m peep-ared for hot summer weather!

Summer weather can be hot, hot, hot. To avoid heat-related illness, stay inside where it’s air-conditioned. Avoid strenuous outdoor exercise. If you’re feeling faint, dizzy or nauseous or have heavy sweating or exhaustion during hot weather, seek help.

I’ll a-pack-a my go-bag now so I’m ready to jam in a disaster!

Disasters can happen fast, leaving you without time to pack. That’s why you should always have a go-bag with essential supplies packed and ready. Keep your go-bag in a place that’s easy to access and protected from moisture or bugs.
Hurricane season is upon us! Are you prepared?! A hurricane is an intense tropical storm with powerful winds and heavy rain. Make sure you have all the necessary items!

8 TIPS to make sure you are HURRICANE READY.

1. **Water**
   Purchase enough bottled water to last your family several days. One person needs at least ½ gallon per day.

2. **Food**
   Store at least 3-5 days of non-perishable food such as peanut butter, tuna, canned beans, cereals, protein bars, dried fruits, etc.

3. **Gasoline**
   Make sure to fill your car up with gasoline a day or 2 before the impending storm. Don’t forget about filling your gas can for your generator too.

4. **Cooler**
   If the power does go out, keep a cooler on hand to make sure your food and medications are cold until the power returns.

5. **Medications**
   Make sure you have plenty of your prescription medications on hand as the pharmacies may be out of stock for a couple of weeks after a storm.

6. **Flashlights/Batteries Weather Radio**
   In the event that your power goes out, make sure you have a flashlight for each person. Store enough batteries (for flashlights, weather radios, etc.) to power your necessities for at least 3 days. Finally, a weather radio is a very valuable piece of equipment that every family should have no matter where you live.

7. **Disposable Items**
   Make sure you have things like paper plates, plastic utensils, diapers, paper towels, toilet paper, garbage bags, etc.

8. **Comfort Items**
   To pass the time, make sure you have books, magazines, cards, board games, etc. Also, keep your children’s comfort items close by. It is nice to have something to keep them calm and busy.
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 formulas 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 mumps.
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 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 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 800/435-9016 or lactation@AAP.org.
Summer allows more time for children to play outdoors, but when kids are covered with bug bites after spending time outside, parents may start to worry about disease spread by ticks, such as Lyme disease, or by mosquitoes, such as West Nile virus. Luckily, parents can take simple steps to prevent bites and diseases spread by bugs.

**Make your backyard a tick-safe zone**
While you may think that ticks only live in the woods, ticks can also lurk in backyards. You can take some simple steps to make your backyard more tick-safe. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other vegetation. Also, tick control chemicals are available for use by homeowners, or can be applied by a professional pest control expert.

**Check for ticks**
After playing outside, don’t make ticks an uninvited guest in your home. Ticks can ride in on parents, kids, and even the family pet, so check your gear and pets as soon as you get inside, even if your outdoor adventures were only in the backyard. Parents should check themselves and their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and especially in the hair. If you find a tick, remove it using fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small. But to be safe, watch for signs or symptoms of Lyme disease such as rash or fever, and see a doctor if they develop.

Bathing when you get inside can also help you find ticks and remove them. Additionally, you can tumble clothes in a dryer on high heat for an hour to kill any remaining ticks.

By following simple prevention steps, parents and kids can keep pests away so they can focus on fun outdoor activities like gardening, camping, hiking and just playing outdoors.

For more information, please visit [www.cdc.gov/westnile](http://www.cdc.gov/westnile) or [www.cdc.gov/lyme](http://www.cdc.gov/lyme), or call CDC Info at 1-800-CDC-INFO.

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**Use an effective insect repellent**
Parents may feel overwhelmed by the many bug protection products in the grocery aisle, wondering which ones are best. CDC recommends a variety of effective products. Check the label for one of the following active ingredients:
- DEET
- Picaridin
- IR 3535
- Oil of lemon eucalyptus

Most pediatricians recommend using products with 30 percent or less of these ingredients on kids. Once you’ve bought an insect repellent, use it whenever you and your children are outdoors. Put a few bottles or packets of repellent anywhere you might need them— in the car, by the door, in your bag. Make it easy so you’ll remember. As hard as it may be to think about, any single bug bite has the potential to bring illness, so it’s worth taking a moment for prevention.
Lightning: What You Need to Know

- **NO PLACE** outside is safe when thunderstorms are in the area!!
- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, *immediately* move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.

**Stay in safe shelter at least 30 minutes after you hear the last sound of thunder.**

Indoor Lightning Safety

- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
- Avoid plumbing, including sinks, baths and faucets.
- Stay away from windows and doors, and stay off porches.

**Do not lie on concrete floors, and do not lean against concrete walls.**

Last Resort Outdoor Risk Reduction Tips

If you are caught outside *with no safe shelter anywhere nearby* the following actions *may* reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks
- Never lie flat on the ground
- Never shelter under an isolated tree
- Never use a cliff or rocky overhang for shelter
- Immediately get out and away from ponds, lakes and other bodies of water
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)
Back To School Coalition of Hillsborough County PRESENTS The Back 2 School Health FAIRS!

PRIORITY WILL BE GIVEN TO NEW STUDENT ENROLLMENTS IN HILLSBOROUGH COUNTY PUBLIC SCHOOLS

EVENT DATES & LOCATIONS
Saturday, July 22, 2017 - 9:00 a.m. - 1:00 p.m.
- Plant City | Swindle Medical Center
  1601 West Timberlane Drive, Plant City
- Ruskin | Lennard High School
  2342 Shell Point Road E., Ruskin

Saturday, July 29, 2017 - 9:00 a.m. - 1:00 p.m.
- East Tampa | Middleton High School
  4801 N 22nd Street, Tampa
- North Tampa | Shaw Elementary School
  11311 N 15th St, Tampa

Saturday, August 5, 2017 - 9:00 a.m. - 1:00 p.m.
- West Tampa | Blake High School
  1701 North Boulevard, Tampa

ONLINE REGISTRATIONS BEGIN: FRIDAY, JUNE 2, 2017
www.back2schoolfair.org

WALK-UP SITE ONLY!
Saturday, Aug 5th 2017  8:00 a.m. - 2:00 p.m.
Town N Country | Leto High School
4409 W. Sligh Ave, Tampa, FL 33614
NO REGISTRATION REQUIRED AT THIS SITE
FOR LETO EVENT INFO, CALL  (813) 272-4052
or email susanvb2school@sdhc.k12.fl.us

For more info, call the Back 2 School Fair hotline @ (888) 779-2552
What occupies today’s kids for an average of seven hours per day? The screens on computers, TVs and mobile devices. Children spend on average almost 49 hours per week with media. That’s more time than they spend with their parents! Even some kids under age 2 watch one to two hours of television per day.

Chances are good that your kids are in front of screens more than you think they are. Do they watch a show while getting dressed? How about while eating breakfast or waiting for the bus? Do they play video games or use a tablet computer before dinner? Ask your kids about this. What you learn might be surprising.

Too Much Screen Time and Unhealthy Behaviors

Ungluing your kids from the TV set and other screens may have a positive impact on nutrition. Though TV and other screen time can be entertaining and even educational, according to the American Academy of Pediatrics, too much can contribute to “many different risks and health problems.” Studies have found that watching TV is one of several factors that may influence obesity in children. Having a TV in their bedroom ups their chances of being overweight even more.

Unfortunately, non-nutritious food and screen time seem to go together, boosting calorie intake. Studies also have found that television advertising can influence the amount and types of foods that children eat.

When kids — and adults — spend time in front of a screen, they’re not burning up the extra calories they would if they played sports, rode bikes, walked dogs or did chores. Fortunately, limiting TV and other screen time helps kids free up time for other activities, including being physically active.

4 Tips to Reduce Family Screen Time

These guidelines will help your family maintain just the right amount of screen time.

- Limit TV and other forms of electronic media to less than two hours per day for kids age 2 and older. Discourage any screen time for children younger than 2 years of age, according to recommendations by the American Academy of Pediatrics.
- Keep screens out of kids’ bedrooms and establish a media-use plan for your family that includes curfews at bedtimes.
- With the exception of an occasional family movie and pizza night, keep all televisions and devices off while eating. Instead, the whole family should focus on the food and the conversation. Families that eat dinner together more often have better health outcomes.
- Sit down with your kids to help them select the specific shows they’ll watch, giving them some control and helping them make decisions. Watch with them when you can.

What is School Readiness?
School readiness is a measure of how prepared a child is to succeed in school, cognitively, socially and emotionally.

Why Does it Matter?
Just as there is an achievement gap in school performance, there is a school readiness gap that separates disadvantaged children from their more affluent peers.

Students who are unprepared to start school often fall behind in reading, leaving them unable to read well by the end of 3rd grade. To reach these children, we need to engage parents, promote preschool programs and invest in good quality child care.

How Kids Benefit From Family Dinners

Ages 1-5

Conversation at the dinner table is even better than reading to children in boosting their vocabulary, and helping them to read.

Kids who start eating family dinners now are less likely to be overweight later.

New parents who develop dinnertime ritual feels more satisfied with marriages.

Ages 6-12

Strong link between family dinners and academic performance, even stronger than doing homework, sports, or art.

Increased intake of fruits, vegetables and micronutrients, and fewer fried foods, trans fats and sodas.

Children feel more connected to siblings and parents.

Ages 13-18

Teens who eat regular family dinners are more likely to get A's in school.

Reduces high risk teenage behaviors like smoking, substance abuse, eating disorders, teenage pregnancy, and violence.

Reduces depression and anxiety and increases self-esteem.

Opportunity to check in with kids to find out how they're doing.

Kids who eat family dinner grow up to be young adults who eat more healthily.

THE FAMILY DINNER PROJECT IS A GRASSROOTS MOVEMENT ABOUT FOOD, FUN AND CONVERSATION ABOUT THINGS THAT MATTER.

For conversation starters by age + other resources, visit: the FamilyDinner Project.org
Every 3 – 5 years the Florida Department of Health in Hillsborough County conducts a Community Health Assessment (CHA). The CHA is a comprehensive assessment of the health of the County. It examines Indicators of population health, as well as, measures of the health of the public health system in the County. Informed by this assessment, community partners come together to identify priority areas of focus for our Community Health Improvement Plan (CHIP).

In May and June, the community was engaged as part of the ongoing monitoring for the CHIP. This engagement is specifically aimed at soliciting feedback and current opinions on the Department of Health’s priority health issues.

Since May, we have surveyed over 1,000 community members at local markets, health events and branches of Hillsborough County libraries on their feedback. The information collected will help us to confirm the priorities that were identified in the most recent CHA/CHIP process and evaluate future priorities.
Tampa International Airport Health Fair

Saturday Ybor Market

Town ‘N Country Library

Hurricane Expo at Westshore Mall
Want to take care of yourself better? Whether it’s diabetes prevention, self-management, or weight loss, we have a class for you!

Register for one of the classes below offered by your Florida Department of Health - Hillsborough for **FREE**!

**Registration is required for all classes.**
Call 813-307-8071 ext. 7107 to register.

### Diabetes Self Management Education
If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity, better monitoring, medications, and improved coping skills.

**Upcoming classes:**
- **July 13, 2017**
  - Thursday 10:00am — 11:30am
  - Apollo Beach area
- **July 28, 2017**
  - Friday 11:00am — 12:30pm
  - University area
- **August 2, 2017**
  - Wed 10:00am — 11:30am
  - Riverview area

### Get Into Fitness Today!
In 6 or 12 weeks participants learn about healthy eating, physical activity, and ways to live a healthier life.

**Upcoming classes:**
Call to find out about upcoming classes in your area!

### The Diabetes Prevention Program
This program can help anyone who is overweight - prediabetic or at risk for Type 2 diabetes. The program takes place in 2 phases: 1st 16 weeks participants meet for 1 hour to learn about healthy eating and being active. In Maintenance, participants meet once a month.

**Upcoming classes:**
- **July 11, 2017**
  - Tuesdays 10:30am — 11:30am
  - Plant City area
- **July 18, 2017**
  - Tuesdays 1:00pm — 2:00pm
  - Lowry Park North area
Florida KidCare, the state of Florida health insurance for children (birth through age 18, even if one or both parents are working. To apply, call 1-888-540-5437, TTY-877-316-8748, apply online, print application and instructions. Visit: www.floridakidcare.org.

Farmers Markets around Hillsborough County… www.americantowns.com/fl/hillsborough-county-local-food

PARKS AND RECREATION:
Hillsborough County Parks, Recreation, and Conservation: .... www.hillsboroughcounty.org/
Plant City Parks and Recreation: .................................................. www.plantcitygov.com/
Tampa Parks and Recreation: ..................................................... www.tampagov.net/dept_parks_and_recreation/
Temple Terrace Parks and Recreation: ...................................... www.templeterrace.com/

OTHER RESOURCES:
Bike Florida: https://bikeflorida.org/
American Heart Association: http://www.heart.org/HEARTORG/

Do you ever wonder how healthy your community or state is? How does your own health status look compared to the rest of Floridians? If you are interested in statistics and data, Florida Charts is a great resource that paints an accurate picture of the health status of our state - with factual information.

The website has been updated with a new look. Twelve years ago, the site was founded and continues to provide the most up-to-date health statistics you'll find in Florida. Each month, over 24,000 visitors generate over 1 million hits to the 3,500 health indicators, 19 health profile reports and 10 query systems in FLHealthCHARTS. Be sure to bookmark the new site: www.FLHealthCHARTS.com.

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<td>Diabetes</td>
<td>307-8071</td>
</tr>
<tr>
<td>Florida KidCare</td>
<td>307-8082</td>
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<tr>
<td>Weight Management</td>
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<td>Health Literacy</td>
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<tr>
<td>Insulin Program</td>
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<tr>
<td>Lead Poisoning Prevention</td>
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<td>School Health</td>
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<tr>
<td>Sterilizations</td>
<td>307-8082</td>
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<tr>
<td>Office of Health Equity</td>
<td>307-8066</td>
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</tbody>
</table>

| 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)

* All numbers are area code (813) unless otherwise indicated.
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
Post Office Box 5135
Tampa, Florida 33675-5135
813-307-8071

Hillsborough.health.gov