

# COMMUNITY WELLNESS

## NEWSLETTER



## Healthiest Nation 2030

April 6-12, 2015



**National  
Public Health  
Week** [www.nphw.org](http://www.nphw.org)

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION



2015 marks the 20th year of celebrations of our national public health system. Over the last two decades, there have been many accomplishments in the status of the overall health of the public community, such as a 25-year improvement in the average lifespan of Americans.

Over this week, we hope that you'll take time to consider each day - how far we have come and what opportunities exist to continue moving forward. As a help in thinking about ideas, consider these:

1. **Raising the Grade** - Data indicates that the U.S. still trails some other countries in life expectancy and other measures of good health, and this holds true across all ages and income levels. How do we improve these measures so that we can be the healthiest nation?
2. **Starting from Zip** - Codes, that is. Where you live says a lot about your health. There are still disparities in health by race and ethnicities, state by state and even county by county. How do we address disparities so that every one can achieve optimum health?
3. **Building Momentum** - Companies, organizations, and community leaders are taking important steps in helping our nation achieve a healthier status. For instance, a major commercial pharmacy chain has removed tobacco products from its sales inventory. How can we support and encourage continued progress?

4. **Building Broader Connections** - In working to become the healthiest nation it takes more than just public health or one business. Partnerships are needed that include city and county planners, education officials, public/private and not-for-profit organizations - every one who has an impact on our health. Who and what connections are missing that could spur our efforts to become a healthier nation?
5. **Building on Success** - Celebrate how far we have come with an eye to the future! As our nation and the world become more connected - think global business, mass transit, communicable diseases, international travel - how can we bring a renewed focus to the work ahead? What will it really take to become "The Healthiest Nation in One Generation"?

While Public Health as an institution has reached some important milestones over the decades - vaccinations that wiped out polio in less than 50 years and potable water systems for clean drinking water, just to name two - the public health system of providers can't achieve Healthiest Nation status without the buy-in and participation of individuals and families - all community members. After all, personal decisions about an individual's health are what carry the day! Everyone plays a part in helping the United States become the Healthiest Nation in the world.

Cover Story: excerpted, American Public Health Assoc.  
www.nphw.org/tools-and-tips/themes

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Cindy Hardy, RN  
Community Health Nursing Manager

## Are You Served by the Public Health System?

It's entirely likely that many people would say, "No", but in reality everyone, from children to adults and visitors to residents, are benefitting from the public health system.

Hard to believe? Do you visit public beaches, drink water or use a public or communal swimming pool? Do you know who licenses and ensures that healthcare professionals are legally able to provide services in Florida? Do you have children in schools, attend any event where information about health, safety or disaster preparedness information was provided? Had an animal bite, built or renovated a home or needed a septic tank or drinking water well? Have you ever needed a birth or death certificate or wondered about who receives and follows up on child and adult lead testing? Or perhaps you may have had a tattoo or piercing, have a child in a childcare center, or a family member in a nursing home or assisted living. Have you ever received a notice about potential disease outbreaks in your child's school and wondered who identifies and investigates those or stayed in a Special Needs Shelter during a storm or flood? Have you ever considered who first responders might be in the case of both man-made and natural disasters, on-call 24-7 and serving not only in our county, but also statewide and nationally if needed?

Many services related to the situations above and more are provided through the public health department and system partners. Many serve quietly and often behind the scenes, diligently working to help our community to be healthy and safe.

National Public Health week is a great time to consider what our communities would be like without with an organized and integrated system of services that provide for the health and well-being of all of the public, and which includes more entities than can be named here.

The Florida Department of Health in Hillsborough County has a long and diverse list of responsibilities in serving our county of 1.2+ million people, and we are proud to serve. Are you curious about any of the ways we work and collaborate with our community partnering agencies and organizations? Call us, we are excited to tell you about the public health system.

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

Have a question or comment? Contact us:  
[hillschdfeedback@doh.state.fl.us](mailto:hillschdfeedback@doh.state.fl.us)

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# Nutrition Nuggets

Leafy vegetables, such as collard greens, lettuce, spinach, Swiss chard and dandelion leaves are often referred to as “greens”, and are enjoyed worldwide in many ways including raw, cooked or pressed for juice. Nearly one thousand species of plants with edible leaves are known, and are a traditional part of human diets, particularly in Brazil, Portugal, the southern United States, many parts of Africa, Montenegro, Eastern Europe including Croatia, northern Spain and India.

Most leaf vegetables are commercially cultivated and available year-round, but some are tastier and more nutritious in the cooler or colder months, before the first frost. Age will not affect flavor, but the leaves should be picked before they reach their maximum size for best cooking. Many are easy to grow in home gardens. In Florida it is not unusual to see them growing in gardens as they grow fast and yield a large amount of leaves.

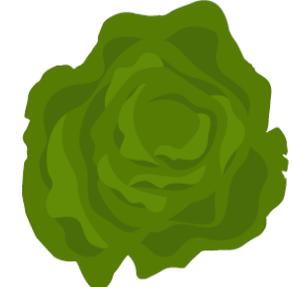
Leaf vegetables contain many plant nutrients, and since they are photosynthetic (convert sunlight energy into a chemical energy that can be used by the human body), the amount of *phyloquinone*, a substance most involved in photosynthesis, is high.

A drawback for some people is that this substance can interfere with the anticoagulant medication, warfarin (Coumadin), if eaten too often or in too great a quantity. Your healthcare provider or a registered dietitian can advise about how much and how often would be safe if you are taking this medication.

Typically low in calories and fat, greens are high in dietary fiber, vitamin C, pro-vitamin A carotenoids, folate, magnesium and vitamin K. All of these are very important in maintaining good nutrition for best health. Pokeweed, mustard, dandelion, garden cress, turnip, collard and kale greens are traditionally part of many cultures as “comfort food” and are often cooked with meats, like ham. Greens have become popular for “juicing”, and the nutrient content increases as the ingredients become more liquefied. Try a green smoothie today! You can add fruit for a real zing! Kale has become the new darling of greens, being used in salads raw and even being dried for “chips”. Many think that sautéing Kale softens the flavor.

Put some variety on your plate and try a new green.

Elynn L. Baltz, RDN, LD  
Senior Public Health Nutritionist

	<p><b>Kale</b></p> <p><b>Flavor:</b> Bitter and earthy <b>Nutrients:</b> 206% DV vitamin A, 134% DV vitamin C, 9% DV calcium</p>  <p><b>Cook It:</b> Sauté as a side or bed for lean protein</p>		<p><b>Lettuce</b></p> <p><b>Flavor:</b> Cool and fresh <b>Nutrients:</b> 82% DV vitamin A, 19% DV vitamin C, 16% DV folate</p>  <p><b>Cook It:</b> Keep it raw, tossing with vinegar and veggies for a light side salad or adding protein for staying power</p>	
<p><b>Spinach</b></p> <p><b>Flavor:</b> Mild and delicate <b>Nutrients:</b> 181% DV vitamin K, 56% DV vitamin A, 15% DV folate, 14% DV vitamin C</p>  <p><b>Cook It:</b> Raw in salads, steamed as a side dish</p>		<p><b>Collard Greens</b></p> <p><b>Flavor:</b> Grassy and earthy <b>Nutrients:</b> 48% DV vitamin A, 21% DV vitamin C, 15% DV folate</p>  <p><b>Cook It:</b> Slowly over low heat in a braise</p>		<p><b>Mustard Greens</b></p> <p><b>Flavor:</b> Sharp and peppery <b>Nutrients:</b> 118% DV vitamin A, 65% DV vitamin C, 13% DV manganese</p>  <p><b>Cook It:</b> Sauté as a side or add a few handfuls to your salad</p>





# Measles & the MMR Shot

FloridaHealth.gov • Florida Department of Health

## Measles is a respiratory disease.

Measles affects the lungs and breathing tubes. It causes fever, cough and rash. Measles is very contagious, and can be deadly.

Measles remains common outside of the U.S.—it is only a plane ride away.



## Measles can be serious.

Measles can be serious, especially for babies and young children. From 2001–2013, 28% of children younger than 5 years old who had measles had to be treated in the hospital.

For some children, measles can lead to:

- Pneumonia, a serious lung infection
- Lifelong brain damage
- Deafness
- Death



## Measles is very contagious.

- Measles spreads when an infected person breathes, coughs or sneezes.
- You can catch measles just by being in a room where an infected person has been—even up to 2 hours after that person has left.
- A person with rash or cough illness should wear a mask when seeking health care.
- Almost everyone who has not had the MMR shot will get measles if they are exposed.



## The MMR shot is the best way to protect against measles.

The measles, mumps and rubella (MMR) shot:

- Protects your child from measles, mumps and rubella.
- Keeps your child from missing school and keeps you from missing work to care for your sick child.
- Helps keep your community and neighbors safe from measles.



## The MMR shot is safe.

The MMR shot is effective at preventing measles, mumps and rubella.

Shots, like any medicine, may have side effects. Side effects of the MMR shot are usually mild, such as fever or a minor rash.

➡ **The MMR shot is almost 100% effective at preventing measles.**

➡ **Adults may also need an MMR shot.**

**Talk to your health care provider if you have questions about the MMR shot or measles.**

LEARN MORE ABOUT THE MMR SHOT: contact your county health department or visit [FloridaHealth.gov](http://FloridaHealth.gov). 813-307-8077

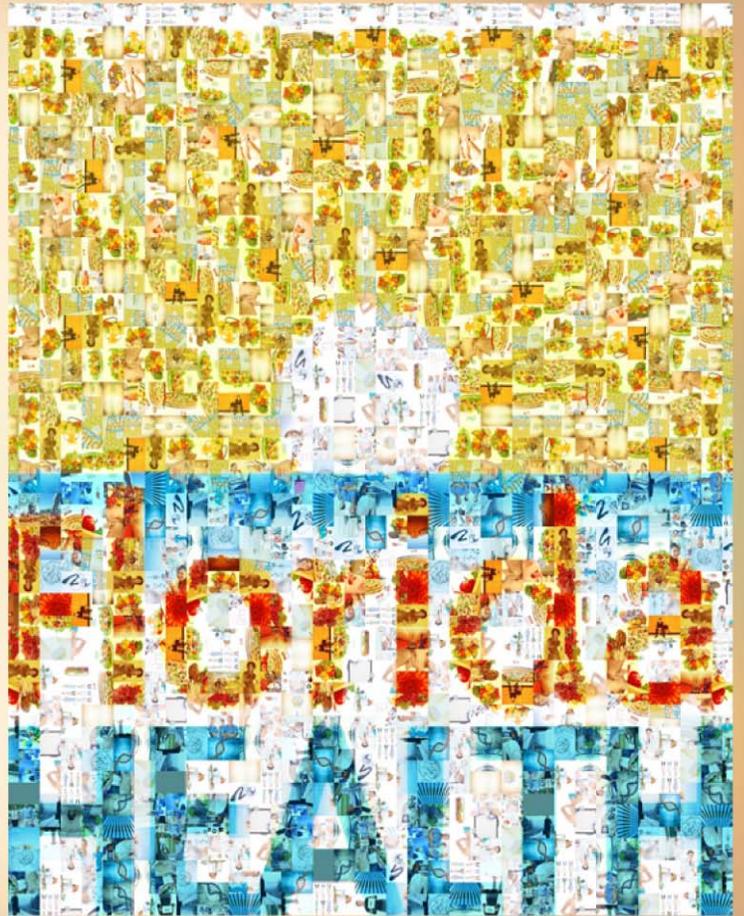
## I Promise FL...

*As Floridians, we promise to help become the healthiest state in the nation.*

*Submit your Healthy Promise online at [www.HealthyPromiseFL.com](http://www.HealthyPromiseFL.com) and display your promise on the online wallboard for others to be inspired.*

[View Submitted Promises](#)

[Submit your promise](#)



*Make a  
Healthy Promise  
Today!*

You can be part of the Healthy Promise campaign by pledging to make more informed choices about healthy eating and active living this year.

**Complete the following steps to submit your healthy promise to our online message board:**

1. Visit [www.HealthyPromiseFL.com](http://www.HealthyPromiseFL.com)
2. Click on "Submit Your Promise" to access the submission form
3. Type your name and promise into the form
4. Click on "Choose File" to attach a photo (optional)
5. Read and agree to the terms and conditions (required)
6. Click on "Submit Your Promise" and you're done!

*Please note that there may be a slight processing delay before your promise is posted.*

To learn more about the Healthy Promise campaign and view inspirational photos from other Floridians who have committed to live longer and healthier lives, visit [www.HealthyPromiseFL.com](http://www.HealthyPromiseFL.com).

*I Promise FL...*



The mission of the Florida Department of Health is to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.



# WORLD STOP TB TB DAY

MARCH 24, 2015

8:30AM-12:30PM

WHERE? 2801 N

Trinity  
CAFE NEBRASKA  
AVE, TAMPA, FL  
33602

FREE  
HIV/STD/TB  
TESTING  
& VACCINATIONS

TOTE BAGS  
AND SNACKS  
PROVIDED TO  
THOSE WHO  
GET TESTED!

SERVICES  
PROVIDED  
BY  
Florida  
HEALTH  
Hillsborough County

## Promoting Health in Homeless Shelters

According to the U.S. Centers for Disease Control and Prevention (CDC), the homeless population is particularly vulnerable to becoming infected with tuberculosis (TB). Over the past decade, there have been outbreaks of TB among homeless populations in various states across the country, including Florida. Various factors can contribute to this, but one that has been targeted in Hillsborough County for public health intervention is related to the congregate setting of homeless shelters.

After responding to exposures in homeless shelters within the state, Jylmarie Lewis, TB Program Manager with the Florida Department of Health in Hillsborough County (DOH-Hillsborough) created a program that would encourage local homeless shelters to adopt infection prevention and control policies to prevent TB outbreaks within their facilities.

In collaboration with the Tampa Hillsborough Homeless Initiative (THHI), the Promoting Health in Homeless Shelters (PHHS) workgroup was formed to partner with local homeless shelters to determine feasible infection prevention and control procedures for all shelters regardless of their resources. Over the course of 18 months, the workgroup formulated an infection prevention plan (IPP) that includes a health promotion toolkit for each agency to adopt. The IPP is planned to be posted on the THHI and DOH-Hillsborough websites in the Spring of 2015.

For more information about this program, for copies of materials, and to participate in the workgroup, please contact Kevin Baker with DOH-Hillsborough at 813-307-8015 x4765 or [Kevin.Baker@FLHealth.gov](mailto:Kevin.Baker@FLHealth.gov).

# PROMOTING HEALTH IN HOMELESS SHELTERS



FLORIDA DEPARTMENT OF HEALTH - HILLSBOROUGH COUNTY  
8515 N. Mitchell Ave., Tampa, FL 33604 | 813-307-8047

JYLMARIE LEWIS, MPH, CPH  
Jylmarie.Lewis@FLHealth.gov

**GOAL:** COLLABORATIVELY DEVELOP GUIDELINES THAT FOCUS ON THE HEALTH OF EMPLOYEES AND CLIENTS OF HOMELESS SHELTERS

**TARGETED GROUPS:** EMERGENCY SHELTER & TRANSITIONAL HOUSING PROVIDERS

**PHHS  
ALIGNS WITH  
THE HOMELESS  
INITIATIVE'S  
STANDARDS OF  
CARE**

- **HEALTH**  
4.10 - ENSURE ADEQUATE HYGIENE AND HEALTHY FOOD ASSISTANCE FOR THOSE CURRENTLY EXPERIENCING HOMELESSNESS.
- **SYSTEMS INTEGRATION**  
1.7 - CREATE ONE ELIGIBILITY FORM FOR ASSESSMENT INTO THE SYSTEM, INTEGRATING TECHNOLOGY WHEN POSSIBLE, AND TIE ELIGIBILITY FORM INTO A UNIVERSAL INTAKE FOR ALL PEOPLE.

## WHAT YOUR SHELTER CAN DO TO PREVENT TUBERCULOSIS

- MAINTAIN AS MUCH SPACE AS POSSIBLE BETWEEN BEDS AND POSITION BEDS "HEAD TO TOE" RATHER THAN "HEAD TO HEAD."
- MAINTAIN LOGS OR "BED LISTS" AND KEEP THEM FOR ONE YEAR.
- PROVIDE TISSUES FOR BOTH STAFF AND CLIENTS WHEN THEY ARE COUGHING.
- PROVIDE EDUCATION ABOUT TB FOR STAFF, CLIENTS, AND VOLUNTEERS.
- POST SIGNS TO PROMOTE "COUGH ETIQUETTE" AND PROPER HANDWASHING.



**TOOLKIT:** CAN BE UTILIZED BY ANY AGENCY THAT WANTS TO PROMOTE HEALTHY BEHAVIORS WITHIN THEIR HOMELESS SHELTER. **INCLUDED TOPICS:** ACCESS TO HEALTH CARE, BED BUGS, CLEANING & SAFETY, COUGH ETIQUETTE, FAMILY PLANNING, FOOD SAFETY, HAND WASHING, HIV/STD PREVENTION, INFLUENZA & NOROVIRUS, MENTAL HEALTH, MOSQUITO-BITE PREVENTION, NUTRITION, ORAL HEALTH, SUBSTANCE ABUSE, AND SMOKING CESSATION.

## Local Ride with Mayor Chillura



**Date:** Friday, March 20, 2015  
**Time:** 7:30 a.m.  
**Location:** Temple Terrace, Fl. 33617  
Family Recreation Complex  
6610 Whiteway Drive

Temple Terrace Mayor Frank Chillura will lead riders on a leisurely 3-mile ride along the winding streets of beautiful Temple Terrace, starting and ending at the Family Recreation Complex. The event starts at 7:30 a.m. with sign-in, light refreshments, free bicycle lights, and safety information. The ride will begin at approximately 8 a.m. Just bring your bicycle and join the fun. The first 100 riders to arrive will receive a free event T-shirt. This adult bicycle ride celebrates bicycling as a mode of transportation, as well as an avenue for fitness and health.

This event is sponsored by the [City of Temple Terrace](#), Tampa BayCycle, and New North Transportation Alliance at CUTR.

Let them know you're coming on their Facebook event page!

Opportunities abound in Hillsborough County in all of our municipalities for being active while having fun. The weather is great! The company is great! Grab your bike and get pedaling. Physical activity is good for your health!



### Spanish-Language Mobile Library Branch



- **FREE** Internet access and computer classes
- **FREE** Spanish and English collection of books and multimedia materials
- **FREE** programs with Bilingual staff
- Stops at locations throughout Hillsborough County

**hcplc**  
o r g

For more information, call 813-273-3711.

900 N. Ashley Drive, Tampa, FL 33602 | 813-273-3652 | hcplc.org

### Rama Móvil Bibliotecaria Bilingüe



- **Gratis** Acceso al Internet y clases de computación
- **Gratis** Colección de libros y materiales multimedia en Español e Inglés
- **Gratis** programación con personal Bilingüe
- Paradas ubicadas a través de el Condado de Hillsborough

**hcplc**  
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Para más información pueden llamar al 813-273-3711.

Florida's county and municipal governments play an important role in decreasing the prevalence of unhealthy weight in their jurisdictions. Local governments can implement a variety of policies that have been shown to increase physical activity and improve nutrition. These "best practice" policies are reflected in the Healthy Weight Community Champion submission criteria. By implementing best practices within their jurisdictions, local governments can create environments where the healthy choice is the easy choice.



Many jurisdictions are making great progress in policy and environmental change. To celebrate these efforts, all local governments in Florida were invited to submit descriptions of their policies and programs. In 2015, the Florida Department of Health is recognizing [65 communities](#) as Healthy Weight Community Champions, an increase from the [38 communities](#) recognized in 2014.

"Health improves in communities through local solutions," said State Surgeon General and Secretary of Health Dr. John Armstrong. "The number of recognized communities has almost doubled from the 2014 recognition cycle which demonstrates a growing commitment among local governments to make Florida a healthy place to live, work and play."

## CONGRATULATIONS TO THE CITY OF TAMPA AND HILLSBOROUGH COUNTY!

### ***City of Tampa:***

- The City's Complete Streets Resolution considers sidewalk space for pedestrians, bicycle lanes and routes, appropriately sized travel lanes for cars, trucks, delivery vehicles and emergency vehicles; transit vehicles, facilities and routes; on-street parking where applicable; median use for traffic flow and pedestrian refuge; adequate buffer areas for pedestrian safety, utility placement, drainage; landscaping; and existing and anticipated future land use context or a roadway or corridor.
- The City maintains and operates over 3,500 acres of park land, with more than 170 parks, 23 community centers, 14 aquatic facilities, and over 60 miles of multi-purpose trails. Over 90% of their parks and facilities feature amenities to suit all interests including athletic fields, playgrounds, performance and event spaces and marine and waterfront areas.
- The installation of a bicycle share system is underway. The first phase includes 300 bicycles and 30 stations.
- The City provided funding for roundabouts, speed humps, pedestrian refuge islands, and radar feedback signs to improve pedestrian safety.
- The City employs a health and wellness specialist to promote, support and educate staff about healthy lifestyle choices.

### ***Hillsborough County:***

- The County's Metropolitan Planning Organization (MPO) works with neighboring counties to incrementally create a regional system of multi-use trails. In recent years their work has focused on feasibility studies of specific corridors to fill gaps in the network.
- The MPO uses a "latent demand" methodology for identifying high-priority connections where people would be likely to bicycle if safe facilities were available. These plans have led to many bike lanes and paved shoulders which are maintained by Hillsborough County and the Cities of Tampa and Temple Terrace.
- In 2014, for the first time, the MPO set aside funds in its long range transportation plan specifically for implementing crash reduction treatments. This action was taken to help reduce the County's high pedestrian and bicycle crash rates and high overall traffic fatality rate.
- Community Redevelopment Areas within the county support redevelopment activities that will bring additional services like supermarkets to underserved neighborhoods.

**Healthiest Weight Florida** is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living.

# ARE YOU CATCHING ENOUGH ZZZ's?

Sleep is the time for our bodies to rest. It's restorative and ideally we should wake feeling refreshed and ready for a new day. Are you getting enough sleep or are you sleeping too much for your body to operate at its best?

The National Sleep Foundation has this to say about sleep:

*Humans, like all animals, need sleep, along with food, water, and oxygen, to survive. (Did you realize it was THAT important?) For humans, sleep is a vital indicator of health and well-being. Since we spend up to 1/3 of our lives asleep, the overall state of our "sleep health" continues to be an essential health measure throughout our lifespan.*

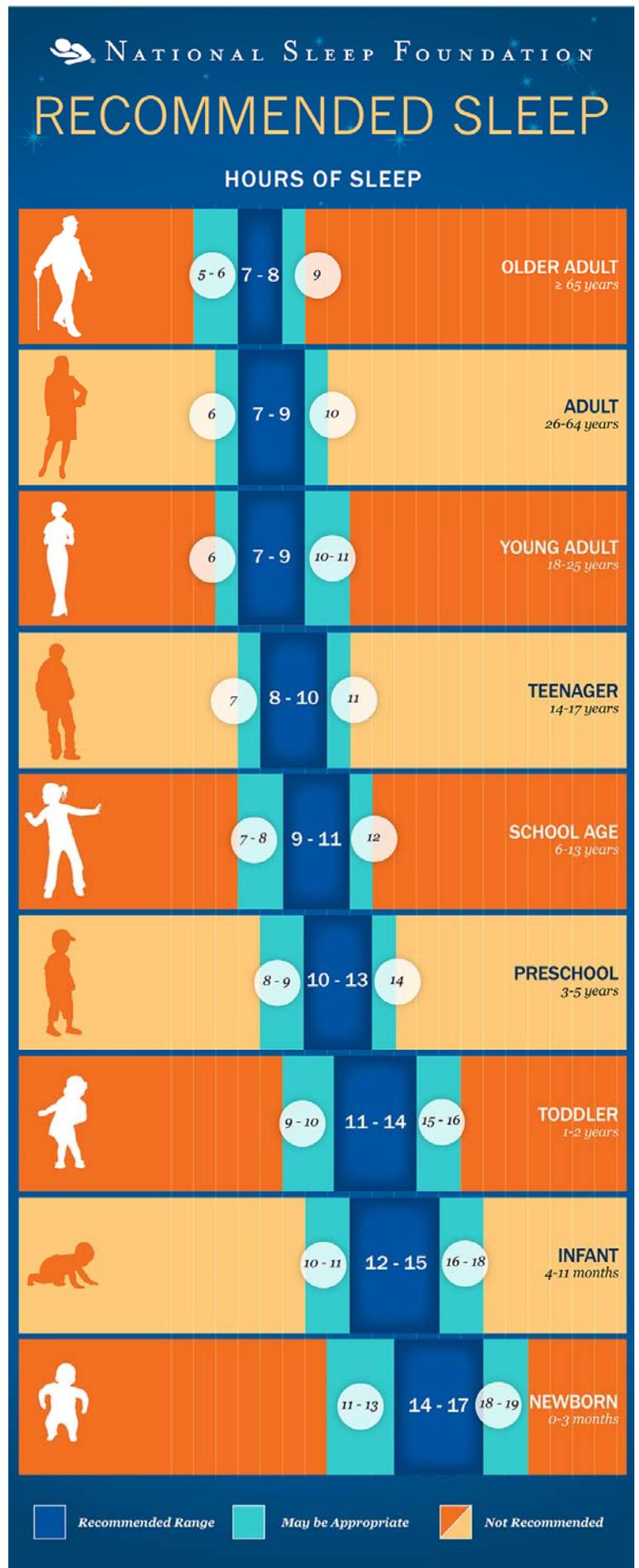
*Too few people make the sleep hours a priority, so much so, that we have forgotten what being really rested feels like. To further complicate matters, stimulants like caffeine and energy drinks, alarm clocks, and external lights - including those from electronic devices - interfere with our "circadian rhythm" or natural sleep/wake cycle.*

*Sleep needs vary across ages and are especially impacted by lifestyle and health. It's important to assess not only where you fall on the "sleep needs spectrum" but also to examine what lifestyle factors are affecting the quality and quantity of your sleep, such as work schedules and stress.*

If you think your sleep time is not as beneficial as it could be, check the chart for the number of recommended hours of sleep you should get. Then consider how restored you feel after a regular sleep period. If you're missing out on rest, make some changes and reevaluate. Your healthcare provider may also have some advice for you if a medical condition is causing disrupted sleep.

Young children and infants frequently fall asleep without prompting, but it is very important to ensure that they have restful sleep in the amounts needed. Often children and babies have to adjust to the family's adult schedules instead of adults making the change. Set children up for a lifetime of healthy sleep patterns by starting early!

Source: National Sleep Foundation, *How Much Sleep Do We Really Need?*, [www.sleepfoundation.org](http://www.sleepfoundation.org), accessed 2/4/2015



# FLORIDA BOOSTER SEAT LAW

With a new year, many changes often kick in New Year's Day. So too, for Florida, as on January 1, 2015 it joined almost all other states in requiring children to sit in a child safety seat or booster seat rather than in just a traditional seat belt beyond the "toddler" age. This important mandate comes as more and more research proves that proper child safety restraints in cars prevent unnecessary death and injury.

Infant and child safety seat for use in children under 4 years of age has been in effect for some years, requiring a 5-point harnessed-type belt system; however, this new law now requires children up to age 6 years of age to be buckled in a "booster" seat. Traditional seat belts are not appropriate for these children because the belt generally runs too high across the abdomen and throat area.

If you are unsure of what seat type or size is best for your children, you have resources to help you make the correct choice. The National Highway Traffic Safety Administration (NHTSA) can provide guidance. Locally, **Safe Kids Tampa** and most Hillsborough County hospitals can provide hands on instruction to ensure your seat is properly installed, with guidance about what is the best fit for the age, height and weight.

[www.safercar.gov/parents/Car-Seat-Safety.htm](http://www.safercar.gov/parents/Car-Seat-Safety.htm)

[www.safekids.org/coalition/safe-kids-tampa](http://www.safekids.org/coalition/safe-kids-tampa) Phone: 813-615-0589 x232

**FOR ADDITIONAL LOCATIONS FOR PROVIDING GUIDANCE AND INSPECTIONS ON CHILD SAFETY AND BOOSTER SEATS, VISIT: [www.seatcheck.org/](http://www.seatcheck.org/)** You can enter your zip code for locations nearest you.

There are a variety of models for booster seats, but they all must be used with both a lap and shoulder belt until the regular adult seat belts fits correctly. Depending on the size of the child, that time may be AFTER they are 6. Some states mandate through age 7. The booster seat belt, which must be used with both shoulder and lap belts, should fit over the shoulder and hips/lap, instead of the soft tissue of the neck and stomach. Regardless of age, traditional child safety seats should be used until the child is over 40 pounds in weight.

**The cost for a seatbelt violation is \$30.** Below is a summary of the Florida seat belt law.  
**For a child that is not properly restrained the violation is \$60.**

- Seat belt laws apply to all cars, pickup trucks, and vans operated on Florida roads.
- All passengers in the front seat must wear a seat belt.
- All passengers under 18 must wear a seat belt.
- Children 3 and younger must be secured in a federally approved child-restraint seat.
- Children 4 through 5 must be secured by either a federally approved child restraint seat or safety belt.
- The driver is responsible for buckling up the child.



**Seat belts protect you from being thrown from a vehicle. If you are thrown from a vehicle your risk of death is five times greater. By securing yourself in your seat, a seat belt protects you from being thrown into other people in the car and parts of your car. Additionally, seat belts keep the driver in their seat so they can control the car.**



## ***Always Wear Your Safety Belt***

The Florida safety belt laws apply at all times, regardless if you are on a short trip in your neighborhood or driving hundreds of miles on a major divided highway or turnpike - always wear your seat belt. Full details of the Florida Safety Belt law can be found in the [Florida drivers manual](#).



# OFFICE OF HEALTH EQUITY Partnerships

## Partnering with Healthy Start Coalition

LeSonya Allen, a registered nurse with the Office of Health Equity at the Florida Department of Health in Hillsborough County, spoke at the University of South Florida Preconception Peer Educator meeting on October 23, 2014. She provided information about family planning and how it can impact a person's future, sharing topics related to women's health and family planning, including the federal Title X program and the local Title X sites for Hillsborough County.



*Guest Speaker LeSonya Allen, FDOH, with USF Student/Healthy Start Coalition Intern Rosie Mancini and Sophia Hector, FDOH.*

Preconception education efforts with college-aged women are ongoing and supported by the Florida Area Health Education Centers Network. For more information: [youcareflorida.org](http://youcareflorida.org).

## *“For peace of mind” “Para su tranquilidad”*

### Florida Breast & Cervical Cancer Early Detection Program

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



#### INCREASE YOUR KNOWLEDGE ABOUT:

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

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

Call (813) 307-8071 for more information or visit us at: [Hillsborough.floridahealth.gov](http://Hillsborough.floridahealth.gov)

## Partnering with USF College of Public Health

The Florida Department of Health-Hillsborough County and the University of South Florida College of Public Health (USF-COPH) have initiated an exciting partnership aimed at facilitating projects in response to public health problems and are conducted jointly between community agencies and the COPH.

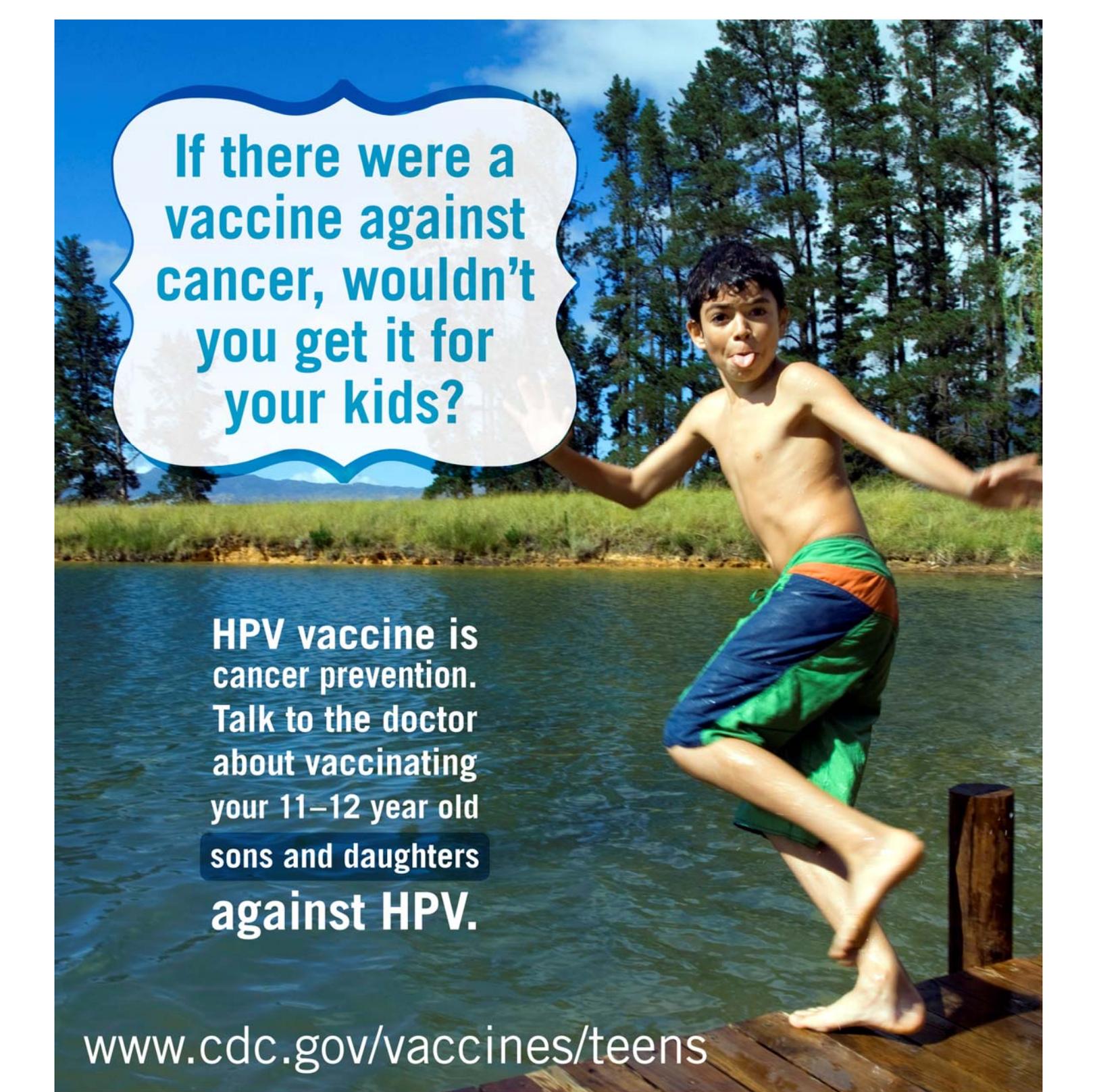
Through a Department of Health grant, the college was able to fund five \$10,000 community projects. Decisions about project funding were made by a committee comprised of representatives from both community agencies and the community engagement committee of the College of Public Health. Each project includes funding for USF graduate students, supervised by Faculty, which increases collaboration between the university and community agencies and increases attention to program evaluation, development and expansion planning.

Funded projects include Feeding America, a child hunger reduction project; Latinos Unidos para un Nuevo Amanecer (LUNA), Inc., designed to provide emotional support, reduce barriers and facilitate access to care for Latino cancer survivors; Tampa Bay Network to End Hunger, aimed at increasing awareness of healthy eating and increasing food donations; Champions for Children, focused on support (boot camps) for new dads; and Florida Institute for Community Services, focused on support for agricultural citrus workers.

The project was supervised by Martha Coulter, DrPH, MSW, University of South Florida's College of Public Health professor and director of the Harrell Center, and Walter Niles, MPA, manager of the Office of Health Equity, Florida Department of Health - Hillsborough County.



*From left: Dr. Martha Coulter, principal investigator, Hugh Pruitt, FDOH-Hillsborough contract manager, Chukwudi Ejiolor, project coordinator, and Walter Niles, Office of Health Equity Florida DOH-Hillsborough County.*



**If there were a  
vaccine against  
cancer, wouldn't  
you get it for  
your kids?**

**HPV vaccine is  
cancer prevention.  
Talk to the doctor  
about vaccinating  
your 11–12 year old  
sons and daughters  
against HPV.**

[www.cdc.gov/vaccines/teens](http://www.cdc.gov/vaccines/teens)

Distributed by



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



CS249946-C

# The Cost of Diabetes

Having and treating diabetes takes more than a physical toll.

According to the American Diabetes Association, **25.8 million** children and adults in the United States - **8.3%** of the population - have diabetes. Of those people, **18.8 million** have been diagnosed, while **7.0 million** have not. If you have diabetes and need more incentive to help change detrimental habits, the following numbers may provide an additional push.

>> The lifetime direct medical cost is **\$130,800** for a woman diagnosed between the ages of 25 and 44. For a man in the same age range, the cost is **\$125,700**. This is approximately the mean sales price of a home in Cincinnati, Ohio.

cal

Medical expenditures for people with diabetes are **2.3 times** higher than for those without diabetes.

The total estimated cost of diagnosed diabetes in 2012 was

**\$245 billion:**

**\$176 billion**

in direct medical costs and

**\$69 billion**

in reduced productivity.

For a person diagnosed with diabetes, Medical expenses average about **\$13,700** per year.

Uninsured people with diabetes have **79% fewer physician office visits** and are prescribed **68% fewer medications** than people with coverage. They also have **55% more emergency room visits** than insured people.



ARE YOU AT RISK FOR DIABETES? CALL US FOR A FREE EDUCATIONAL PROGRAM THAT CAN HELP YOU PREVENT OR DELAY DIABETES.

ALREADY DIAGNOSED WITH DIABETES? CALL US FOR A FREE EDUCATIONAL PROGRAM THAT CAN HELP YOU BETTER MANAGE YOUR CONDITION & IMPROVE YOUR A1C.

813-307-8071



## April - National Sexually Transmitted Diseases Awareness Month

Carlos A. Mercado, MBA  
STD Prevention and Control Program - Area 6 Program Manager

The observance of a National Sexually Transmitted Disease Awareness Month came into effect in 2008 by Congressional Act. This year, our Sexually Transmitted Diseases Program will be marking this month-long observance with a special testing day on April 17, 2015 at the Specialty Care Center, 1105 E. Kennedy Blvd., Tampa, from 7:00 am-5:00 pm. We will offer free Gonorrhea, Chlamydia, Syphilis, Hepatitis (based on risk factors/age), HIV (no rapid HIV test) screenings plus HPV (19-26) and Hepatitis B vaccines free of charge.

Sexually transmitted diseases continue to be one of the greatest public health challenges our nation faces, and STD rates for Gonorrhea, Chlamydia and Syphilis are on the rise again. About 50% of sexually active people will get an STD by age 25, many without realizing it, given the asymptomatic nature of these diseases. After 30 years of fighting against HIV, there continues to be 20% of Americans unaware that they are infected with it. We can and need to do more to promote the message that everyone needs to test in order to **“Know their Status.”**

Although HIV prevention is a nationally funded priority, additional funds must be dedicated to support other disease intervention activities in STD Programs because **STD Prevention = HIV Prevention**. Increased funding for research and the adoption of best practices could address the needs of one of the toughest demographics impacted by the rise of STDs - the MSM (males having sex with males) community. While they represent approximately 2% of the United States population, they account for 63% of new HIV infections<sup>1</sup>. Increased funding could also target the Black/African-American community that are disproportionately affected by many STDs, and account for 44% of new HIV reported infections and 43% of those living with HIV in the U.S. today<sup>2</sup>.

Together we must do more to promote vaccines like HPV (*human papillomavirus*). As of 2013, Florida ranked near the bottom of the scale regarding HPV vaccination rates. We must change the perception of “promiscuity promotion” to one of cancer prevention. **The HPV vaccine protects against four types of HPV, two of which are responsible for 70% of cervical cancer cases, and the other two are responsible for 90% of genital warts cases. Currently, there is no cure for these viral infections; once infected you have it for life.**

Citations:

<sup>1</sup>Sonia Singh, PhD, Heather Bradley, PhD, Xiaohong Hu, MS, et al. MMWR 2014;63:829

<sup>2</sup> CDC e-HAP HIV/AIDS in the United States Feb 6, 2015

## CLEANING UP – AGAIN!

Florida Department of Health - Hillsborough employees once again spent time along the Hillsborough River removing trash from our beautiful and valuable waterway so all of us can enjoy a cleaner and healthier environment.



*Our dedicated Krewe set sail at first light to greet thousands of sandSubbers at the annual Children's Gasparilla Parade next to the briny waters of Hillsborough Bay. Valuable trinkets of educational materials, with a health dose of information were partaken by all. See you next year, Matey. **ARRGH!***





Don't miss the  
**Mother**  
of all walks.



March **20**

University of South Florida  
Tampa, Florida  
5 p.m. Registration

**Support Mothers Against Drunk Driving**

by joining our biggest event of the year. Just sign up,  
make a donation and be part of the fun, virtually or in person.

[www.walklikemadd.org/tampa](http://www.walklikemadd.org/tampa)

For more information, please call Linda Unfried 813.247.0943

# FREE MEN'S HEALTH CHECK-UPS



## FREE ADMISSION, FOOD, PARKING, PRIZES & SCREENINGS

- ★ SCREENINGS
- ★ BLOOD PRESSURE
- ★ DIABETES
- ★ CHOLESTEROL
- ★ HIV/AIDS
- ★ PROSTATE EXAM VOUCHERS (MUST QUALIFY - LIMITED AMOUNT)

**SATURDAY, MARCH 7, 2015**  
**8:00 A.M. - 2:30 P.M.**

Registration: 8:00 a.m. - 1:30 p.m. • Breakfast: 8:00 a.m. • Lunch: Noon  
Screenings: 9:00 a.m. - 2:30 p.m. Exhibits: 8:30 a.m. - 1:00 p.m.

UNIVERSITY OF SOUTH FLORIDA  
**MARSHALL CENTER**  
4202 E. Fowler Avenue, Tampa, FL 33620  
Enter campus at E. Fletcher Ave. and USF Palm Drive  
between Bruce B. Downs Blvd. and N. 46th Street

To Attend:

Call 1-888-MOFFITT (1-888-663-3488) Press 5 (Monday - Friday, 7 a.m. - 8 p.m.)  
More information: [www.MHFTAMPA.COM](http://www.MHFTAMPA.COM)

## SPONSORS



Get to YOUR

# Healthiest Weight

GET INTO FITNESS TODAY (GIFT) is an inexpensive and effective way to provide employee wellness activities at worksites. We provide all training needed for employee self-facilitation. Call us! 813-307-8071



we can help! [www.GetIntoFitnessToday.net](http://www.GetIntoFitnessToday.net)



**3 WAYS TO SUIT YOUR NEEDS**

- 1 Online
- 2 Community Groups
- 3 Workplace/Employee Groups

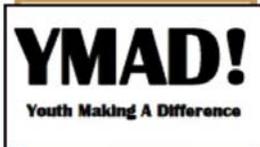
**NO FEES!**

Saturday, March 21, 2015

## HCADA Community Youth Talent Show

Join us for an afternoon of community and family fun!

<p style="font-size: 24px; margin: 0;">SATURDAY</p> <p style="font-size: 18px; margin: 0;">March 21<sup>st</sup>, 2015</p> <p style="font-size: 18px; margin: 0;">3:00 - 5:00 p.m.</p>	<p style="font-size: 24px; margin: 0;">AL LOPEZ PARK</p> <p style="font-size: 18px; margin: 0;">Hunt Center</p> <p style="font-size: 12px; margin: 0;">4810 N Himes Ave, Tampa</p>
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			<p style="font-size: 10px; margin: 0;">SING DANCE ART STEP STAND UP COMEDY ACT ETC...</p> <p style="font-size: 10px; margin: 0;"><b>SHOW US WHAT YOU CAN DO!!!</b></p>
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<p style="font-size: 24px; margin: 0;"><b>FREE EVENT</b></p>	<p style="font-size: 14px; margin: 0;"><b>Open Call</b></p> <p style="font-size: 12px; margin: 0;">Ages: 11-18</p> <p style="font-size: 14px; margin: 0;"><b>Deadline</b></p> <p style="font-size: 12px; margin: 0;">3/7/15</p>	<p style="font-size: 14px; margin: 0;"><b>Show starts at</b></p> <p style="font-size: 12px; margin: 0;">3:00 p.m.</p> <p style="font-size: 14px; margin: 0;"><b>Early bird seating</b></p> <p style="font-size: 12px; margin: 0;">2:30 p.m.</p>	<p style="font-size: 10px; margin: 0;">To register, or for more details, call Elizabeth Theodate or Denise Evans (813-238-4034), email: <a href="mailto:etheodate@hcada.com">etheodate@hcada.com</a> or visit <a href="http://HCADA.com">HCADA.com</a></p>
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### I Want Health Insurance for My Child. Who Do I Call?

Florida KidCare is the state health insurance program for uninsured children under age 19. It includes four different programs: MediKids, Healthy Kids, Children's Medical Services and Medicaid. When you apply for the insurance, Florida KidCare will check which program your child may be eligible for based on age and family income.

To apply for Florida KidCare, call 1-888-540-5437, apply online, or print an application and instructions. For more information, visit: [www.floridakidcare.org](http://www.floridakidcare.org)

## Florida KidCare



Source: [ImmU-News](http://ImmU-News), Winter 2015, Immunization Section, Florida DOH

[Baby Reminder](#)

## where's baby?

Look before you lock.

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

**PARKS AND RECREATION:**

- Hillsborough County Parks, Recreation, and Conservation: [www.hillsboroughcounty.org/](http://www.hillsboroughcounty.org/)
- Plant City Parks and Recreation: ..... <http://plantcitygov.com/>
- Tampa Parks and Recreation: ..... [www.tampagov.net/dept\\_parks\\_and\\_recreation/](http://www.tampagov.net/dept_parks_and_recreation/)
- Temple Terrace Parks and Recreation: ..... [www.templeterrace.com/](http://www.templeterrace.com/)

**ST. JOSEPH'S CHILDREN'S MOBILE CLINIC:** FREE exams & immunizations. Appointments required.  
[Contact Family Support and Resource centers for appointments.](#)

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

**March 2015**

- 3/7 **Men's Health Forum, 8 AM to 2:30 PM, University of South Florida at the Marshall Student Center. Wellness Screenings including STD & HIV/AIDS (FI Dept of Health—Hillsborough) and prostate exam vouchers.**
- 3/20 Infant, Toddler, Preschool Developmental Screenings - Birth to age 5 - free of charge by Early Childhood Council of Hillsborough County and Fl. Diagnostic and Learning Resources System. Areas of screening: vision, hearing, speech, language, behavior, overall development. Call for reservation:813-837-7723
- 3/20 WALK like MADD: Mothers Against Drunk Driving, 5:00 pm, University of South Florida. Call 813-247-0943 for more info. [www.walklikemadd.org/tampa](http://www.walklikemadd.org/tampa)
- 3/21 Hillsborough Anti-Drug Alliance Community Youth Talent Show: 3:00 pm - 5:00 pm, Al Lopez Park, 3810 N. Himes Avenue, Tampa, Call 813-238-4034 or email etheodate@hcada.com to register and for more information.
- 3/24 **World TB Day: 8:30 am - 12:30 pm, Trinity Café, 2801 N. Nebraska Avenue, Tampa 33602. Free HIV/STD/TB testing, immunizations, tote bags for those tested. No appointment needed.**

**April 2015**

- 4/10 Infant, Toddler, Preschool Developmental Screenings - Birth to age 5 - free of charge by Early Childhood Council of Hillsborough County and Florida Diagnostic and Learning Resources System. Areas of screening: vision, hearing, speech, language, behavior, overall development. Call for reservation:813-837-7723
- 4/6-11 **National Public Health Week: Check our website for local activities: [Hillsborough.FloridaHealth.gov](http://Hillsborough.FloridaHealth.gov)**
- 4/17 **STD Awareness Day—1105 E. Kennedy Blvd, Tampa 33602 - free testing, 7 am—4 pm**

**MAIN OPERATOR**

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

**COMMUNITY HEALTH**

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

Office of Health Equity ..... 307-8066

\* **All numbers are area code (813).**

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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..... 307-8015  
X3100**

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

**PHARMACY**

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

**PUBLIC HEALTH**

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

**PUBLIC**

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

**VITAL STATISTICS ..... 307-8002  
(birth & death records)**



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

<http://hillsborough.floridahhealth.gov>



**MISSION:**

To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.