Everyone deserves to live a long and healthy life in a safe environment. To make this happen, we must tackle the causes of poor health and disease risk among individuals and within our communities. Where we live, work, worship and play impacts each of us and can determine our health and how long we live. In the workplace, let's partner across public and private sectors to make sure decisions are made with the public's health in mind. Within our communities, let's start new conversations with our neighbors and be advocates for positive change. Working together, we can build healthier communities and, eventually, the healthiest nation. But we need your help to get there.

During each day of National Public Health Week, we will focus on one public health topic.

- Behavioral Health
- Communicable Disease
- Environmental Health
- Injury and Violence Prevention
- Ensuring the Right to Health

For more information, visit: [http://www.nphw.org/nphw-2018](http://www.nphw.org/nphw-2018)
Considering Oak Trees

How did the tallest oak tree in the forest get to be the tallest tree in the forest? Did it grow from a seed that produces only tall, big trees? The answer to that question is no, according to the experts, as I am not a botanist.

Quercus, the oak tree genus, contains a diverse group of hundreds of species. All start from a tiny seed, an acorn. Hidden inside every acorn is the potential to be a fully complete tree if the conditions are right. If an acorn is planted in the right environment with sunlight, soil, moisture and is protected from damage (chemical or being eaten by bugs, deer, squirrels or mice), it will grow to be a normal oak. As noted by one expert, even fungal pathogens that cause various forms of root rot can infect and cause a tree to die a long, slow death, or it may become structurally unsound, with no outward symptoms. Acorns from the same tree planted in different environments will result in different trees or no tree at all. Acorns and growing trees that have full exposure to the most ideal conditions experience their full potential, these become the largest trees. Interestingly, the acorn creates none of these conditions for itself. It has no say over where it falls or is planted.

Not so different from people I believe. We have huge differences in health outcomes between different populations in the U.S., with infant deaths and diseases being significantly higher in minority populations. It is very easy to speculate about differences in health outcomes and behaviors of different populations and ignore some of the conditions that exist in the environment in which they developed. It’s very easy to assume that all populations have the same conditions for growth and that they have full control over those conditions. In public health, we are understanding more and more about how these environmental or social conditions affect health. Not all populations have adequate income and access to the resources to get healthy foods; safe, chemical-free and violence-free places to live; or exposure to healthcare and health information. We know now that in addition to biology, all these things matter and must be considered if we are to achieve the best health outcomes for all, or health equity. Yes, our vision is a forest where all acorns achieve their full potential as mighty oak trees.
Sesame Salmon with Cauliflower Rice

Serves 4
prep 10 minutes
cook 15 minutes
high in Vitamin D

Ingredients:
- 1 cauliflower, cut into florets
- 40g sesame seeds
- 4 skinless salmon fillets
- 1 tsp. dried chili flakes
- 320g frozen sweet corn
- 1 lemon, zested and juiced
- ¼ bunch fresh basil, leaves picked

Method:
1. Whiz the cauliflower in a food processor until it resembles grains of rice (take care not to over blend as it will be mushy). Transfer to a large bowl and set aside.
2. Put the sesame seeds on a plate. Press the salmon fillets lightly into the seeds to coat on one side. Set a large non-stick frying pan over a high heat. Add the salmon, seed-side down, and cook for 2–3 min until golden. Turn the fish over and cook for 2–3 min on the other side until cooked to your liking. Transfer to a plate (leave the pan on the heat) and cover to keep warm.
3. Add the chili, sweetcorn and lemon zest to the frying pan and cook for 2–3 min, partially covered, until fragrant. Add the cauliflower rice and cook, stirring, for 2–3 min until heated through but still crunchy. Remove the pan from the heat and stir in the lemon juice.
4. Divide the cauliflower rice mix among 4 bowls and top with the salmon. Garnish with basil leaves, if you like, and serve with the lemon wedges to squeeze over.

Nutrition Facts:
- Calories: 474
- Fat: 29.5 g
- Saturated Fat: 5.5 g
- Fiber: 4.7 g
- Sodium: 200 mg
- Carbohydrates: 14.4 g
- Protein: 37.9 g

Low Sat. Fat  Low Sugars  Low Sodium
High Protein  Gluten Free  Dairy Free
VITAMIN D is a fat-soluble vitamin that maintains the health of your bones, teeth, and joints and also assists with immune system function, modulation of cell growth, and neuromuscular function. It is obtained from sun exposure, food, and supplementation. It is considered to be inactive until sunlight causes a chemical reaction to convert into its active form. Vitamin D promotes calcium absorption and prevents rickets, osteomalacia, and osteoporosis. Vitamin D is stored in the liver and fatty tissue and is not always required daily. Vitamin D-deficient diets are associated with milk allergy, lactose intolerance, ovo-lacto-vegetarianism, and veganism.

Vitamin D and diabetes

Vitamin D has been discovered to play an important role in insulin, glucose, and inflammation regulation and is potentially a warning sign for different cardiovascular and endocrine diseases – such as type 2 diabetes. It is believed to help improve the body’s sensitivity to insulin and thus reduce the risk of insulin resistance, a precursor to type 2 diabetes. It is known that every cell and tissue within the body has a vitamin D protein receptor and is also involved in beta cell function and regulation – the cornerstone of diabetes. Diabetic patients with liver or kidney problems are at a high risk of deficiency.

Foods rich in vitamin D:
- Nuts, oily fish, eggs, fortified cereals, and mushrooms

RDAs for Males and Females:
- 0-12 months: 400 IU
- 1-70 years: 600 IU
- >70 years: 800 IU
- Pregnancy/Lactation: 600 IU

Also know as the “sunshine vitamin”

Recommended to get 15-20 minutes of sun exposure 2-3 times/week

Vitamin D breaks down quickly, so stores can run low, especially in the winter.
Please join the Department of Children's Services annual Community Fair! Learn about Children's Services and what we do to build our community and strengthen families in Hillsborough County.

- Free admission
- Designed for the entire family
  - Food
  - Music
  - Games
- Bounce house
- Exhibitors
- Support services agencies

**Event Details**

**Date:** Saturday, March 24, 2018 | 10:00 AM  
Rain date: March 31  

**Location:**  
Children Services Administration  
3191 Clay Magnum Lane  
Gymnasium Field  
Tampa, FL 33618
Florida Water Festival

Florida Water Environment Association’s premier annual event, the Florida Water Festival is a unique learning opportunity for children and adults alike.

The free to attend event is designed to educate the public at large of the importance of protecting Florida’s precious water resources.

Family fun all day including:
♦ WALK FOR WATER
♦ Live music
♦ Food trucks
♦ Student design competition
♦ Raffle prizes
♦ Water animal face painting & caricature artist
♦ Water quality sampling/testing/systems demonstrations
♦ plus informational exhibits from water industries all over Tampa Bay!

April 1, 2018
1:00 pm – 5:00 pm
Water Works Park in Downtown Tampa
1710 N. Highland Ave.
Tampa, FL

Navigating A Changing Landscape: Practical Tips for Handling Life Transitions

On the road of life, the scenery is always changing. And although there’s no real-world Easy Street, learning to manage change can help make life easier to navigate. If an upcoming change or life transition has you feeling concerned, stressed, or anxious, keep the following DOs and DON’Ts in mind to help you best handle whatever may be around the corner.

**DO:**

- Expect to feel a range of emotions including insecurity, stress, and anxiety. It’s normal to experience different stages until you adjust to a new reality.
- Remember that not all emotions will necessarily be negative. Consider how change might present new or exciting opportunities. Make it a point to explore the positives that can develop as a result of change.
- Anticipate disruption. In the midst of change, many people expect to go on without missing a beat, as if the change were a minor inconvenience. But this attitude isn’t realistic. You will have to allow time to adjust to a new situation.
- Be flexible. Change can be unpredictable, and even with the best plans, it can become necessary to pivot. Having contingency plans can increase your likelihood for staying on a positive track.
- Identify a support system. It’s normal to be reluctant about sharing insecurities with others and, in some cases, that’s prudent. But determine who your allies are among your friends and family and keep an open dialog with them about what you’re experiencing. Sharing both ups and downs will allow you to get feedback from someone you trust who can see things from a different perspective.

**DON’T:**

- Resort to “catastrophic” thinking—that is, jumping to conclusions that the worst-case scenario is going to be the reality. Such a mentality creates unnecessary negativity and is extremely counter-productive. Instead, focus on what you actually know to be true.
- Forget to reward yourself for milestones along the way or small successes. Consistent reinforcement is a key ingredient for positive change along the journey.
- View unforeseen circumstances as failure to prepare. One of the reasons change provokes stress and anxiety is because it’s uncertain. You’re venturing into new territory. While you should try your best to be prepared, resorting to a contingency plan doesn’t mean you’ve failed; it means you’re resilient!

Source: [https://experiencelife.com/article/how-to-handle-a-move/](https://experiencelife.com/article/how-to-handle-a-move/)
How does a change in the public bus route affect health? How does a complete street affect health? How does fresh fruit and vegetable availability affect health? Public health practitioners may be aware of the implied associations, although even we sometimes struggle to understand how policies in various industries affect human health. We are perhaps very clear on how the availability of fresh fruit and vegetables affects health, but a complete street? A change in the public bus route? A complete street provides access to diverse road users including pedestrians and bicyclists.

Individuals who do not own a car are better able to access goods and services such as... health care. A change in bus route could affect the time that someone has to wake up in the morning to be able to use the bus system to get to work. The amount of sleep that someone gets impacts their... health. These are not the only ways that these factors affect health! All too often professionals from various industries work in silos and do not take into account how policies affect human health.

The Office of Health Equity in Community Health (Florida Department of Health in Hillsborough County) has been advancing the awareness among planning sectors that if there is a plan, project, program, or policy, it will more than likely affect human health. This approach is called Health in All Policies (HiAP), where non-health agencies are encouraged to consider the health impacts of their decisions.

Sometimes the association between a proposed plan project, program or policy and health is not glaringly obvious and as such we need help to connect the dots. A tool commonly used to do that is a Health Impact Assessment (HIA). HIA is a practice that aims to protect and promote health and to reduce inequities in health during a decision-making process. It is a systematic process used to identify and assess the potential intended and unintended health effects of a proposed plan, project, program, or policy on a specific population. HIAs consider how those effects are distributed across a population, whether certain population groups would be disproportionally affected, and then provides recommendations on ways to mitigate these effects.
HIAs should be guided by the wider determinants of health, factors in our communities, policies, systems and environments that impact our health access and outcomes.

The Office of Health Equity (OHE) has completed a few HIAs and is fast becoming a sought after expert for assessing the health effects of various projects. Some of the HIAs conducted by OHE include:

**Parks and Recreation HIA:** Evaluated a policy of permitting local businesses to provide outdoor exercise classes in public parks at no cost to the public. This would improve access to parks and physical activity opportunities for adults and improve overall mental health and well-being. Since the completion of this HIA, the Hillsborough Parks & Recreation Department has partnered with two non-profit agencies who now provide free and reduced cost programs to the community. The HIA process helped to facilitate partnerships that are improving the overall health of our community. (2015)

**George Road Complete Streets HIA:** Conducted in collaboration with the Hillsborough Metropolitan Planning Organization (MPO) to evaluate the health effects of constructing a complete street connecting two trailways in the George Road area. This would increase outdoor activities such as walking and biking and using trails, thus improving the overall health of our community. (2016)

**EPA Brownfields Redevelopment Area-Wide Plan HIA:** Evaluated the health impacts of constructing a community park, establishing a community garden and improving community walkability in the University Area. These community assets would provide a safe place for children and other vulnerable residents to play outdoors, increase residents’ access to fresh food and services, thus improving the overall health of our community. (2017)

It may not always be fun and games as with increased outdoor activity may come traffic safety concerns, heat related illness concerns, air pollution concerns and dogs littering in the park! The HIA will try to identify even negative effects and provide recommendations on how to mitigate them.

For more information of Health in All Policies or Health Impact Assessments please contact the Office of Health Equity at DLCHD29WebsiteDistribution@flhealth.gov
"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it’s starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year’s theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste.

Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.

Here are some tips to Go Further with Food:

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that’s right for you, as MyPlate encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.

For information about MyPlate, visit: https://www.choosemyplate.gov/
What is Food waste?

Food waste occurs when an edible item goes unconsumed.

40% of all food produced in U.S. is wasted.

300 lbs. The average American throws away annually.

Consumers are responsible for the majority of wasted food that winds up in landfills. We buy too much food at one time and or throw out food based on its date.

This cost consumers $370 per person each year.

About 90 billion Pounds of edible food goes uneaten each year.
Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that since 2010, between 7,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?
While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?
Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?
Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

Protect your child

How can I protect my child from flu?
The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?
Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Common side effects from the flu shot are soreness where the shot is given, headaches, muscle aches, and fever. These side effects are generally mild and go away on their own within a few days. A flu vaccine cannot cause flu illness. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.
Flu vaccine can prevent your child from dying from flu. A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.

Flu vaccination also may make your illness milder if you do get sick.

Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?
In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child’s illness.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older without long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu-related complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs you should go to the emergency room:

- Emergency warning signs of flu:
- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu symptoms improve, but then return with fever and worse cough
- Fever with rash

Is there a medicine to treat flu?
Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?
People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?
No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?
Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

For more information, visit
www.cdc.gov/flu
or call 800-CDC-INFO

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
The Florida Department of Health Hillsborough has **FREE** diabetes prevention and management programs taught by trained health educators and dietitians. If you are looking for a way to help you be a healthier you call **813-307-8071** 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:**

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<th>Day</th>
<th>Time</th>
<th>Location</th>
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<td>Monday</td>
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<tr>
<td>July 11, 2018</td>
<td>Wednesday</td>
<td>12:30 pm—2:00 pm</td>
<td>Brandon area</td>
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### 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 phase to learn about healthy eating and being active. In phase 2, participants meet once a bi-monthly.

**Upcoming classes:**

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<td>July 11, 2018</td>
<td>Wednesday</td>
<td>12:30 pm—2:00 pm</td>
<td>Brandon area</td>
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### 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 for more information about our classes!

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**The Florida Department of Health Hillsborough**

**Florida Breast and Cervical Cancer Early Detection Program**

We offer **FREE** mammogram & pap smear testing! For more information and to schedule an appointment, call **813-307-8082**

**Upcoming mobile mammography:**

*Tampa Family Health Center*

To schedule and appointment, call **813-284-4529**, Sophia

- **Wednesday, March 21** — 4620 N. 22nd Street Tampa, FL 33610
- **Friday, April 20** — 6216 East Sligh Avenue Tampa, FL 33617
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:
Nutrition Month: https://www.eatrightpro.org/media/press-releases/national-nutrition-month

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.
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