



April 7th is World Health Day!

World Health Day is a day observed annually on April 7th to draw attention of the world to the health of global human

populations and the diseases that may impact these populations. It was created by the World Health Organization in 1948, shortly after the organization was formed.

World Health Day's message is simple: giving people access to healthcare without the prospect of financial hardship. This is regardless of where they're from; they could be in Africa, Asia, South America or the United States. What matters to the World Health Organization (WHO), the group behind it, is that there's "Health for All".

That's quite the ideal to push towards, and a day that ought to be celebrated as much as any other on our calendar!



THE INSIDE STORY:

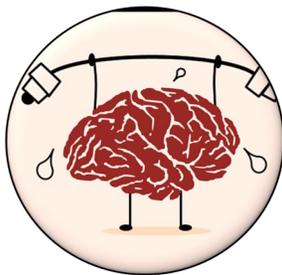
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Leslene E. Gordon, PhD, RD, LD/N
Community Health Director

Defining Public Health

One definition of Public Health states that it is “Activities that society undertakes to assure the conditions in which people can be healthy. These include organized community efforts to prevent, identify, and counter threats to the health of the public.” Can you imagine using that definition to respond to a fellow passenger on a plane who has asked what you do? The definition may not be the easiest to get your head around, but the truth is, this Institute of Medicine (IOM) definition speaks volumes about our charge as a public health agency and as public health professionals.

Public health has evolved well beyond the major accomplishment of protecting the public from epidemics through immunization, though we still do that. To “assure the conditions in which people can be healthy” involves social, economic, environmental, political and medical efforts that are more complex than a needle stick. It involves vigilance in anticipating potential problems and taking preemptive steps to identify disease or other public health threats and potential disasters so that we may intervene before they have an impact.

The definition also suggests that we are all in this together. Public health is not just the work of some unidentifiable government agency. It requires the involvement of members of the community. Society undertakes these activities; we are all in this boat together. It is a collective effort to look at a problem, agree that it is unacceptable and take the necessary action to protect, promote and improve health and quality of life for many through preventive strategies.

The IOM definition also alerts us to the dynamic and expanding agenda of public health. The primary problems of infectious diseases that public health addressed so ably in the 1900s have grown to include chronic disease prevention and the challenges of bioterrorism preparedness.

Now, while I like the IOM definition and I use it more regularly than another popular definition of public health, the reality is that what gives meaning to my work in public health comes from the feelings, from the emotions, from the inspiration that results when we have an impact and the outcomes are evident. I know I am not alone in understanding the passion that is felt when even one person or one community says to us that we have made their lives better through our programs or services. Our definition is wrapped up in the certainty that our public health efforts of assuring health through prevention, though often not well funded, are, in fact, priceless.

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

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Healthy Meal Recipe

Sweet Potato Nachos



Ingredients

Servings 6

3 medium **sweet potatoes** (about 2 pounds), makes about 6 cups of rounds

1 Tbsp. **olive oil**

1 tsp. **chili powder**

1 tsp. **garlic powder**

1 1/2 tsp. **paprika**

1/3 cup **black beans** (drained, rinsed)

1/3 cup reduced-fat, shredded **cheddar cheese**

1/3 cup chopped **tomato** (1 plum tomato)

OR

1/3 cup no-salt-added, canned, diced **tomatoes** (drained, rinsed)

1/3 cup chopped **avocado**

Directions

1. Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray.
2. Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

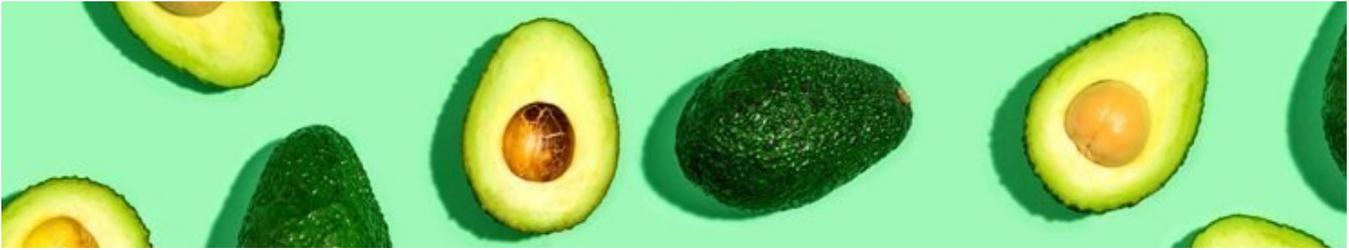
Quick Tips

Tip: For easy clean-up, line your baking pan with foil before spraying with nonstick cooking spray, allowing you to toss the foil after use.

Tip: A well-stocked spice cabinet is an easy way to add flavor without added sodium – however, be sure to look for spices and seasoning mixes without added salt.

Recipe provided by: <https://recipes.heart.org/en/recipes/sweet-potato-nachos>

Get Your Fats Straight



Fats have a long history of a bad reputation when it comes to healthy eating. Reducing your fat intake, especially saturated fats, to less than 30% of your total calorie intake can help prevent unhealthy weight gain and reduce your risk of developing certain chronic diseases. However, fats are also an important part of a healthy diet. Knowing which fats to eat and which to avoid can help you sustain a healthy diet and weight. There are three main types of fats: trans fats, saturated fats, and unsaturated fats.

Saturated Fats

Saturated fats are most often found in animal products such as beef, pork and chicken. Leaner products like chicken breast or pork loin often have less saturated fat. Saturated fats raise your LDL (bad) cholesterol level which can put you at increased risk of heart attack, stroke or other health problems. Saturated fats should make up less than 10% of your total daily calories.

Trans Fats

Trans fats can raise your LDL cholesterol and lower your HDL (good) cholesterol. Many companies have removed trans fats from their products, but you should still keep an eye out for them on nutrition labels. Trans fats should make up less than 1% of your daily caloric intake.

Unsaturated Fats

Unsaturated fats typically come from plant sources such as olives, nuts and seeds. Eating unsaturated instead of saturated fats can lower LDL cholesterol. You can find unsaturated fats in oils such as olive, canola and sunflower oils. Oils provide essential fatty acids and vitamin E.

Tips to decrease saturated and trans fats

To decrease saturated fats, try the following tips:

- Steaming or boiling food instead of frying
- When cooking, replace butter with olive or canola oil
- Choose low-fat or reduced-fat dairy products
- Limit fried food, baked goods and pre-packaged foods
- Trim excess fat from meats



6 Tips to Loving Your Body More

Do you despair when comparing the way you look with the way you feel you should look? Do you constantly pick yourself apart and dissect every imperfection? Many people struggle with a negative body image. This can impact your mood, which in turn can trigger overeating episodes. Consider these tips for loving and accepting yourself more.



- **Recognize that you are more than your body.** Write a list of your strengths and best features, and add to it often. Put a few self-affirming messages ("I'm strong and resilient!") on your bathroom mirror. Having positive self-esteem can help us manage negative thoughts about our bodies.
- **Make a list of people you admire** — from your parents or children to political leaders or world figures. Do they have perfect bodies? Does it matter? Or are there other characteristics you admire in them? You probably have some of these same characteristics, so give yourself credit for them.
- **Exercise regularly.** You'll tone your body and boost your self-esteem. In fact, a study showed that women who worked out on a regular basis rated their bodies as more attractive and healthier than did women who weren't as physically active.
- **Appreciate the body you have.** Think of it as a gift. Recognize all the things your body can do. Show it some respect by eating well and getting enough rest.
- **Focus on your health instead of thinking only about your appearance.** If you'd like a healthier body shape or weight, set small, realistic goals and work to meet them.
- **Surround yourself with friends who don't focus on body size or appearance.** Encourage one another to focus on healthy habits instead of appearance.

Choosing to view your body in a positive light — no matter how flawed you're used to seeing yourself — is important to your weight-loss success. To feel good about what you're accomplishing by improving your health, it helps to feel good about your body.

Source: http://diet.mayoclinic.org/diet/motivate/tips-to-loving-your-body-more?xid=nl_MayoClinicDiet_20181101



FPHA HEALTH EQUITY REGIONAL TRAINING

USF COLLEGE OF PUBLIC HEALTH
13201 Bruce B Downs BLVD, Tampa, FL 33612

**March 12, 2019
8 AM - 5 PM**

Join us to look at increased ways to collaborate in achieving health equity for members of our communities. Presentations will focus on health equity and how they relate to various topics such as behavioral health, geriatrics, aging populations, and patients with disabilities.



Register Here <https://fpha.wildapricot.org/event-3209252>

Contact Jennifer Waskovich at jennifer.waskovich@flhealth.gov for more information

March 2019 Presents... National Nutrition Month

March is **National Nutrition Month**[®]. It is an annual nutrition campaign created by the Academy of Nutrition and Dietetics.

The theme this year will simply be “2019 National Nutrition Month.” This allows the campaign to focus on its original goal.

"To increase the public's awareness of the importance of good nutrition and place Academy members as the leaders in nutrition."

This year the members are focusing on the importance of making informed food choices. Also, developing sound eating and exercise habits. The Academy's idea includes a place where all people thrive through the power of food and nutrition.

Here are some of the take home messages of this year:

- Discover the benefits of a healthy eating style
- Include a variety of healthy foods from all different food groups
- Be mindful of portion sizes
- Help reduce food waste. Consider the foods you have on hand before buying more at the store
- Select healthier options when eating away from home

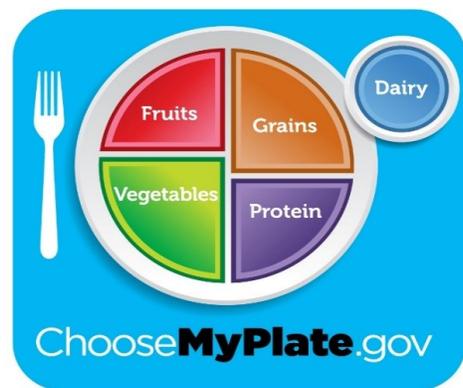
 Academy of Nutrition and Dietetics

NATIONAL NUTRITION MONTH[®]

MARCH 2019

www.eatright.org

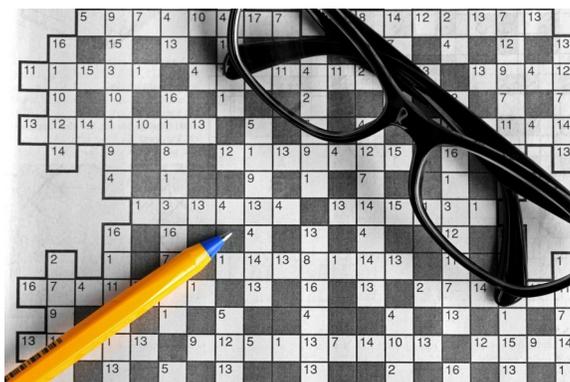
[#NationalNutritionMonth](https://twitter.com/NationalNutritionMonth)



For information about MyPlate, visit:
<https://www.choosemyplate.gov/>

For more information on reading food labels, healthy snacks for kids and more check out: <https://www.eatright.org/food/resources/national-nutrition-month/nnm-handouts-and-tipsheets-for-families-and-communities>

12 Ways to Keep Your Brain Young



Every brain changes with age, and mental function changes along with it. Mental decline is common, and it's one of the most feared consequences of aging. But cognitive impairment is not inevitable. Here are 12 ways you can help maintain brain function.

1. Get mental stimulation

Through research with mice and humans, scientists have found that brain-like activities stimulate new connections between nerve cells and may even help the brain generate new cells, developing neurological "plasticity" and building up a functional reserve that provides a hedge against future cell loss.

Any mentally stimulating activity should help to build up your brain, such as read, take courses, try "mental gymnastics," like word puzzles or math problems. Experiment with things that require manual dexterity as well as mental effort, such as drawing, painting, and other crafts.

2. Get physical exercise

Research shows that using your muscles also helps your mind. Animals who exercise regularly increase the number of tiny blood vessels that bring oxygen-rich blood to the region of the brain that is responsible for thought. Exercise also spurs the development of new nerve cells and increases the connections between brain cells (*synapses*). This results in brains that are more efficient, and adaptive, which translates into better performance in aging animals. Exercise also lowers blood pressure, improves cholesterol levels, helps blood sugar balance and reduces mental stress, all of which can help your brain as well as your heart.

3. Improve your diet

Good nutrition can help your mind as well as your body. For example, people that eat a Mediterranean style diet that emphasizes fruits, vegetables, fish, nuts, unsaturated oils (olive oil) and plant sources of proteins are less likely to develop cognitive impairment and dementia.

4. Improve your blood pressure

High blood pressure in midlife, increases the risk of cognitive decline in old age. Use lifestyle modification to keep your pressure as low as possible. Stay lean, exercise regularly, limit your alcohol to two drinks a day for men and one drink a day for women, reduce stress, and eat right.

5. Improve your blood sugar

Diabetes is an important risk factor for dementia. You can help prevent diabetes by eating right, exercising regularly, and staying lean. But if your blood sugar stays high, you'll need medication to achieve good control.

6. Improve your cholesterol

High levels of LDL ("bad") cholesterol are associated with an increased risk of dementia. Diet, exercise, weight control, and avoiding tobacco will go a long way toward improving your cholesterol levels. But if you need more help, ask your doctor about medication.

7. Consider low-dose aspirin

Some observational studies suggest that low-dose aspirin may reduce the risk of dementia, especially vascular dementia. Ask your doctor if you are a candidate.

8. Avoid tobacco

Avoid tobacco in all its forms.

9. Don't abuse alcohol

Excessive drinking is a major risk factor for dementia. If you choose to drink, limit yourself to two drinks a day for men and one drink a day for women.

10. Care for your emotions

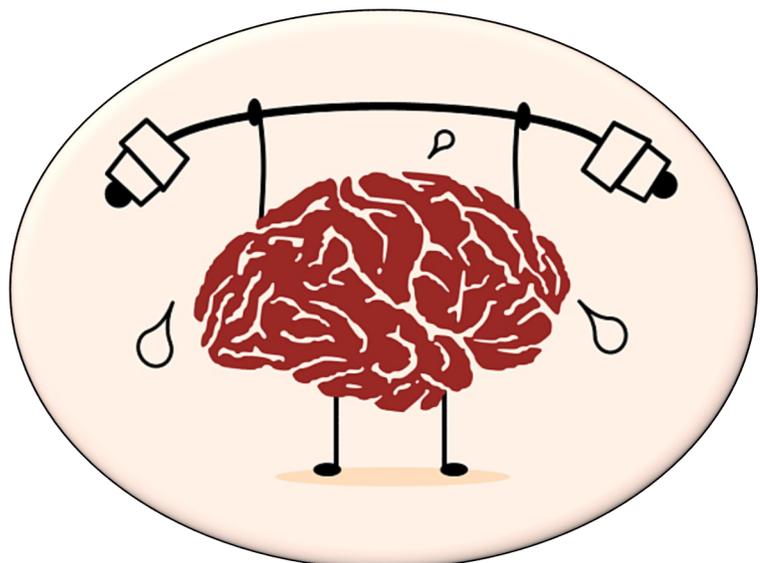
People who are anxious, depressed, sleep-deprived, or exhausted tend to score poorly on cognitive function tests. Poor scores don't necessarily predict an increased risk of cognitive decline in old age, but good mental health and restful sleep are certainly important goals.

11. Protect your head

Moderate to severe head injuries, even without diagnosed concussions, increase the risk of cognitive impairment.

12. Build social networks

Strong social ties have been associated with a lower risk of dementia, as well as lower blood pressure and longer life expectancy.

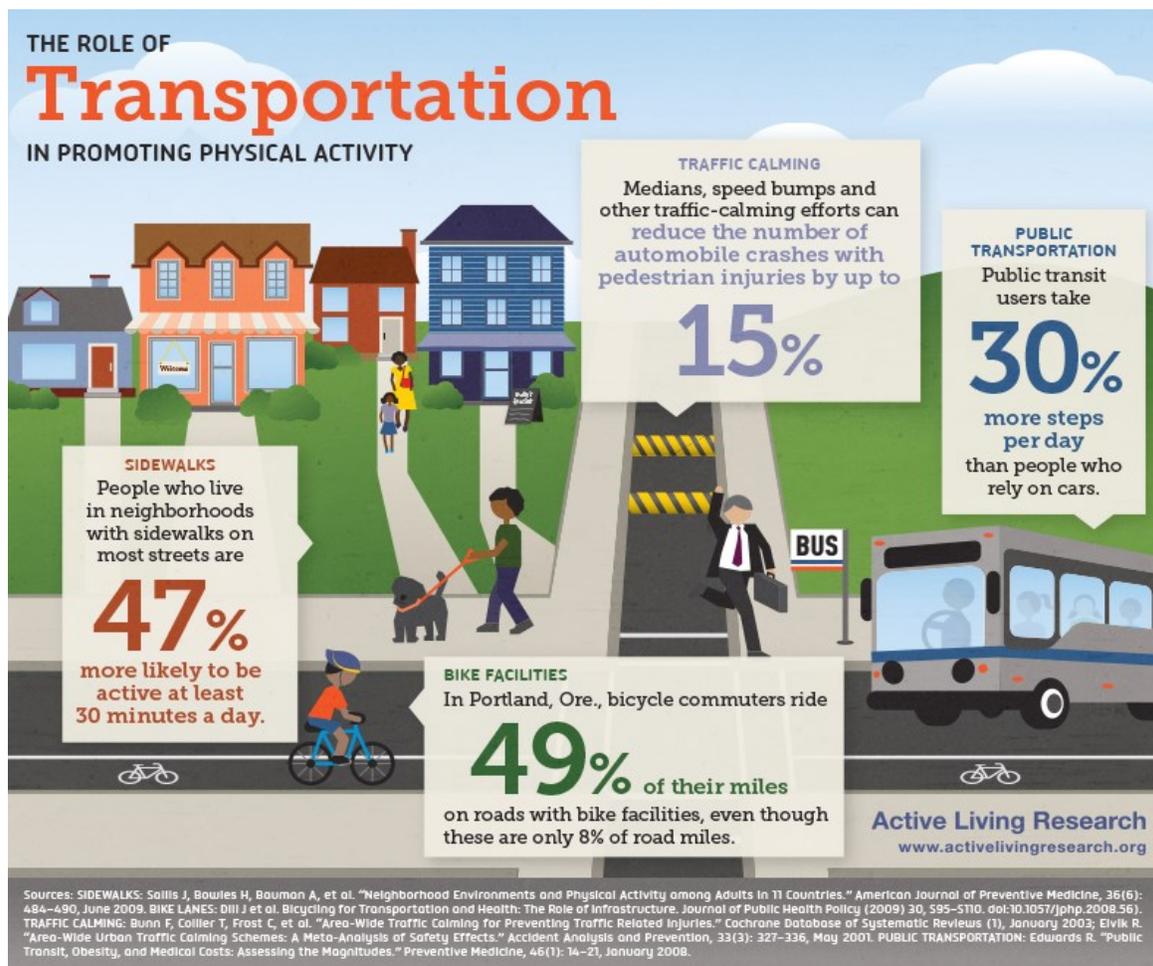


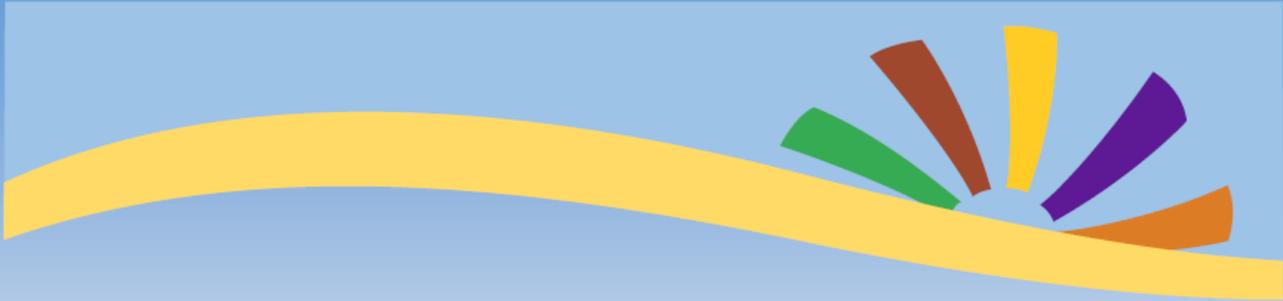
Source: <https://www.health.harvard.edu/mind-and-mood/12-ways-to-keep-your-brain-young>

Health in All Policies Transportation Resolution Passed

On January 8, 2019, the Hillsborough County Metropolitan Planning Organization (MPO) Board passed a resolution to support work with the Florida Department of Health in Hillsborough County to implement a Health in All Policies (HiAP) approach in transportation planning activities. The resolution is the result of over three years of partnership work that has included conducting a Health Impact Assessment, establishing community gardens to connect and promote healthier communities, working to reduce traffic deaths to “0”, presentations and community education, and participating in inter-agency committees and workgroups.

HiAP is an approach to decision-making in which people consider how plans and policies will impact human health. Decisions in transportation planning can affect long-term economic opportunities of communities, social cohesion, individual mental health, chronic diseases like obesity, diabetes, and asthma, and even length of life. Key principles of HiAP include promoting health, equity and sustainability; supporting inter-sectoral collaboration; benefitting multiple partners; engaging stakeholders; and creating structural or procedural change.





Disability and Inclusion

The Joint Alliances of Hillsborough County Alliance for Citizens with Disabilities and the Tampa Mayor's Alliance for Persons with Disabilities

The alliances are advocacy groups created to represent persons with disabilities to improve their quality of life. The purpose of

- * these groups are to inform and educate citizens of the community to be more inclusive in services and facilities. Tampa was the first city in Florida to establish a Mayors Alliance to later encourage more than 300 volunteers from businesses, the government, and the private sector to form the alliance.



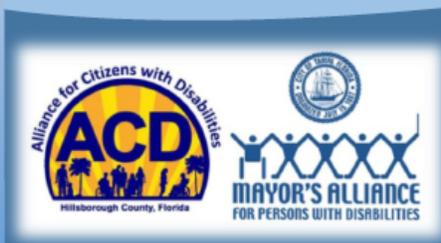
To become a volunteer with the alliances, be sure to attend monthly meetings or contact the ADA Coordinator for further information.

Meetings are held on the 2nd Tuesday of every month from 1:30pm –3:30pm (excluding July and December)

Tampa Lighthouse for the Blind

1106 W Platt Street

Tampa, Florida 33606



Contact: Raquel Pancho, ADA Coordinator
(813) 274-3964

Melinda Wheatley, Senior Recreation Therapist
(813) 434-5054

Unplug: 12 Tips to Manage Kids' Screen Time



Concerned about how much time your child spends on the computer, watching TV or playing video games? Try these suggestions.

Although watching TV or playing computer games can be educational, it's easy to overdo it. The American Academy of Pediatrics discourages media use by children younger than age two and recommends limiting older children's screen time to no more than one or two hours a day.

Need convincing? Too much screen time has been linked to obesity, irregular sleep, behavioral problems, impaired academic performance, violence and less time for active play.

How to limit screen time

Your children may be racking up more screen time than you realize. Start monitoring it, and talk to them about the importance of sitting less and moving more. Also, explain screen-time rules — and the consequences of breaking them. In the meantime, take simple steps to reduce screen time. For example:

- **Eliminate background TV.** If the TV is turned on — even if it's just in the background — it's likely to draw your children's attention. If you're not actively watching a show, turn off the TV.
- **Keep TVs and computers out of the bedrooms.** Children who have TVs in their bedrooms watch more TV than children who don't have TVs in their bedrooms. Monitor your kids' screen time and the websites they are visiting by keeping TVs and computers in a common area of your home.
- **Don't eat in front of the TV.** Allowing your children to eat or snack in front of the TV increases the time they are passively sitting rather than moving. The habit also encourages mindless munching, which can lead to weight gain.
- **Set school-day rules.** Most children have limited free time during the school week. Don't let your kids spend all of it in front of a screen. Also, avoid using screen time as a reward or punishment. This can make television shows or computer games seem even more important to your children.
- **Talk to your children's caregivers.** Encourage other adults in your kids' lives to also limit screen time for them.
- **Suggest other activities.** Rather than relying on screen time for entertainment, help your children find other things to do, such as reading, playing a sport, helping with cooking or trying a board game.

- **Set a good example.** Be a good role model by limiting the time you spend “plugged in.”
- **Unplug it.** If this issue is becoming a source of tension in your family, unplug the TV, turn off the computer or put away the smartphones or video games for a while. You might designate one day a week or month as a screen-free day for the whole family. To prevent unauthorized TV viewing, put a lock on your TV’s electrical plug.

Become an active participant

Make screen time as engaging as possible:

- **Plan what your kids view.** Instead of flipping through channels, seek quality videos or programming. Consider using parental-control settings on your TV and computers. Preview video games and smartphone applications before allowing your children to play with them.
- **Watch with your children.** Whenever possible, watch programs together — and talk about what you see, such as family values, violence or drug abuse. If you see a junk-food ad, explain that just because it's on TV doesn't mean it's good for you.
- **Record programs and watch them later.** This will allow you to fast-forward through commercials selling toys, junk food and other products. When watching live programs, use the mute button during commercials.
- **Encourage active screen time.** Have your kids stretch or do yoga while watching a show. Challenge your family to see who can do the most jumping jacks during a commercial break. Choose video games that encourage physical activity.

It can be difficult to start limiting the time your children spend in front of a screen, but it's worth the effort. By creating new household rules and steadily making small changes in your kids’ routines, you can curb screen time and its unhealthy effects.

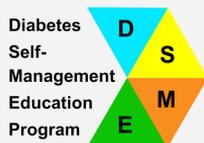
Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

To preserve your privacy, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to DLCHD29WebsiteDistribution@flhealth.gov.

The Florida Department of Health in Hillsborough County has **FREE** health education programs. If you are looking for a way to help you be a healthier, 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.

Up coming classes:

March 5, 2019	Tuesday	9:30—11 am	Westchase area [Spanish]
March 6, 2019	Wednesday	10:30—12 pm	Riverview area
March 7, 2019	Thursday	10:30—12 pm	South Tampa
April 5, 2019	Friday	11—12:30 pm	Plant City area
May 2, 2019	Thursday	2—3:30 pm	



The Diabetes Prevention Program

This program can help anyone who is overweight— pre-diabetic or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active and other coping skills for a healthy lifestyle change.

Up coming classes:

February 28, 2019	Thursday	12:30—1:30 pm	University area
March 5, 2019	Tuesday	10—11 am	Ruskin area [Spanish]
March 20, 2019	Wednesday	1—2 pm	South Tampa area
April 19, 2019	Friday	10:30—11:30 pm	Plant City area

Get Into Fitness Today!



In 6 or 12 weeks participants learn about healthy eating, physical activity and ways to live a healthier life.

Up coming classes:

March 4, 2019	Monday	10:30—11:30 am	Seminole Heights area
April 1, 2019	Monday	12:30—1:30 pm	South Tampa area
April 1, 2019	Monday	2—3 pm	Carrollwood area

Get Into Fitness Together— a Learning Emotional Activity Program (GIFT-LEAP)



This program is designed for 5-9 to encourage children to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join

Up coming classes:

March 25, 2019	Monday	3:30—4:30 pm	Brandon area
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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

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.



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

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.

MAIN OPERATOR

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

COMMUNITY HEALTH

- Community Health Director 307-8071
- Epidemiology..... 307-8010
- Health Education..... 307-8071
- Breast/Cervical Cancer 307-8082
- Diabetes 307-8071
- Florida KidCare 307-8082
- Weight Management..... 307-8071
- Health Literacy 307-8071
- Insulin Program 307-8082
- Lead Poisoning Prevention 307-8071
- School Health..... 307-8071
- Sterilizations..... 307-8082
- Office of Health Equity 307-8066

CONTACT US

DISEASE CONTROL

- HIV/AIDS Specialty Center **307-8064**
- Immunizations **307-8077**
- Sexually Transmitted Diseases **307-8058**
- Anonymous Testing **307-8058**
- 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
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Health Education (70)
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813-307-8071**

Hillsborough.flhealth.gov