

MARCH/APRIL 2023 • VOLUME 18 ISSUE 2

COMMUNITY WELLNESS



APRIL 3RD–9TH IS NATIONAL PUBLIC HEALTH WEEK

Centering and Celebrating Cultures in Health

Centering and Celebrating Cultures in Health

Our cultures have always shaped our health. We learn from the communities we're born in and that we build together. For this NPHW, we look to community leaders as our health leaders. We celebrate the unique and joyful ways different cultures focus on

health. And we look to how we can learn from each other, with humility and openness.



AN OBSERVANCE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

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Early Actions and Better Outcomes

LESLENE E. GORDON, PHD, RD, LD/N
COMMUNITY HEALTH DIRECTOR

Nutrition is my passion and fits well in the area I chose to concentrate in professionally - public health, with its focus on prevention. It has always made more sense to me to prevent a problem rather than waiting to fix a larger, costly, and more complex problem that will develop later. I believe in women eating healthy now to have a healthy baby later. I believe in good nutrition to prevent diseases like cancer, heart disease and diabetes. I believe it's ideal to consume foods high in flavanols, antioxidants and probiotics to reduce inflammation, cellular damage and improve immunity. We eat to meet our immediate needs like hunger today. But we must remain mindful that what we choose to eat will have impacts on our bodies and minds in the immediate future and in later years. It's unfortunate that many don't think much about this in their younger years when they feel fit. Many, however, are forced to make lifestyle changes later due to illness that could have been prevented by making simple changes to diet and exercise habits years ago. It's hard to get people to change when everything feels fine.

This concern has broader implications and is one of our most important challenges in public health: getting people to change their behavior. It's tough on the individual level and more so when you are focused on a population.

There are certainly many theories and approaches that are focused on behavior change, but one thing is true for both individuals and populations. The intended audience must feel a need or urgency to make the change and participate in the efforts to bring about the needed changes. In the case of public health, gaining early partner and grass roots community involvement is essential. It is our reason as a health department for our significant efforts to get the participation of all stakeholders in our health assessment and health improvement planning. In upcoming months, we will be closing out our current community health improvement plan (CHIP) and initiating the steps to establish a new CHIP. We will be reaching out to the community, partners, and friends to again participate in this process that occurs every 5 years. It's early, but we are practicing what we preach. We are laying the foundation early and setting the stage now, to ensure that we have a robust and diverse response from stakeholders. Our expectation is that this will help us to implement strategies that will result in healthy families and healthy communities for years to come.

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

Managing Editor: Mandy Chan

Copy Editors: Kelsey Christian, Jennifer Waskovich, Tara Spiller, Taylor Brown, Joshua Tait

Recipe: Easy Three-Bean Chili

Ingredients:

- 1 tbsp olive oil
- 1 red bell pepper, diced
- 1/2 sweet onion, diced
- 1/4 + 1 tsp salt
- 1/4 + 1 tsp garlic powder
- 1 (15 ounce) can black beans (no salt), drained and rinsed
- 1 (15 ounce) can kidney beans (no salt), drained and rinsed
- 1 (15 ounce) can cannellini beans (no salt), drained and rinsed
- 1 (28 ounce) can diced tomatoes
- 2 tbsp cocoa powder
- 2 tbsp chili powder
- 1 tsp paprika powder



Instructions:

1. Wash hands with soap and water.
2. In a large pot over medium heat, add the olive oil, bell pepper, and onion. Add 1/4 teaspoon salt and 1/4 teaspoon garlic powder. Sauté bell pepper and onion until tender and translucent, about 5 to 7 minutes.
3. Next, add the beans, tomatoes, cocoa powder, chili powder, paprika, and remaining salt and garlic. Bring to boil, reduce heat, and simmer for 15 to 20 minutes, stirring occasionally.
4. Serve with toppings of choice.

7 tips to live a happier life

Do you wake up feeling sluggish most mornings? Have caffeinated beverages become a necessity to help power you through the day?

If this sounds familiar, it's time to ditch the quick fixes you rely on, and develop an energy management plan. Getting started may seem daunting, but soon you'll be energized to keep going once you recap the benefits of a happier, healthier and more productive lifestyle.

What is energy management?

Think of your energy as a limited resource, like money in an account. You begin the day with a certain amount to spend. The amount varies from person to person based on factors, such as age, sleep, stress levels, medical conditions and lifestyle.

Activities and interactions withdraw energy from or deposit energy into your account. While you may not always have control over activities that deplete your energy, you can take steps to deposit more energy into your account.

Follow these seven tips to increase your energy and live a happier, healthier, more productive life:

1. Eat nourishing food.

A well-balanced, healthy diet is at the core of well-being. But it's common to regard healthy eating primarily as a tool for weight loss. According to the 2020 Dietary Guidelines for Americans, a balanced diet high in fruits and vegetables, lean protein, low-fat dairy and whole grains is needed for optimal energy. You really are what you eat.

Consume a variety of foods from all the food groups to get a range of nutrients to provide energy throughout the day. Opt for fresh or frozen fruits and vegetables, especially nutrient-dense dark, leafy greens and broccoli, as well as orange vegetables, like carrots and sweet potatoes. You can choose from many types of fish and legumes to choose from for healthy protein options. Aim to eat 3 ounces of whole-grain cereals, breads, rice or pasta daily.

2. Sleep seven to eight hours per night.

Prioritizing sleep is one of the best things you can do to set yourself up for a successful, energized day. Sleep deprivation can perpetuate serious health conditions, as well as negatively affect your mood, motivation and energy levels. Getting quality sleep is a healthy habit many people need to improve. Most adults need at least seven to eight hours of shut-eye each night, so what prevents them from getting it?

Observe your sleep patterns if you are struggling with sleep. Take note of how much you sleep each night, factors that contribute to your sleep or lack of it, how rested you feel, and how much energy you have during your day. Then try sleep strategies to improve your sleep, like creating a relaxing and restful environment, minimizing light and noise, establishing a bedtime routine, managing stress, and turning off electronic devices.

Whatever you decide to start with, be consistent. Utilizing the same sleep routine and sleep strategies will help develop your body's internal alarm clock and can lead to improved sleep quality. With improved sleep quality, people experience better health, and improved emotional well-being, lower risk of diseases, and are more productive.

3. Keep company with good people.

Maximize the amount of time that you spend with people you enjoy being around. Connecting with others who radiate positivity and have similar interests will excite and energize you.



On the other side, people you don't relate to you or who have negative outlooks, complain often, or make poor choices will only drain your energy account. Be selective about the company you keep.

It's important to set limits and boundaries to protect yourself and conserve your energy when around people who do not refill your energy reserves.

4. Avoid news overdose.

Consuming news is an important way to stay connected to what's happening in the world. It can be educational, entertaining and even uplifting.

Unfortunately, the news too frequently is filled with stories of suffering. These stories can skew your view of the world and cause you to focus on your worst fears instead of recognizing the good that surrounds you.

You can't avoid these stories altogether, but try to minimize your exposure when you can, especially during trying times.

5. Get regular exercise.

Do you find yourself feeling lethargic halfway through the day? Have you ever gotten winded by simple everyday duties, such as grocery shopping or household chores? The Department of Health and Human Services recommends that adults complete at least 150 minutes of moderate intensity physical activity each week. Contrary to what you might believe, this will add to your energy account and not subtract from it.

Exercise relieves stress and tension, strengthens muscles and boosts endurance, and helps your body work more efficiently during other physical tasks or activities.

6. Do something meaningful each day.

What do you feel passionate about? Do you have a special talent that you'd like to practice more often or share with others? Do something you enjoy every day, even if it's a simple act like cooking a healthy meal or listening to your favorite song. Putting effort into the things that matter most to you will help you use and reserve your energy in ways that will bring out the best in you.

7. Think good thoughts for others.

Maintaining a compassionate mindset is another way to conserve energy. One example of practicing this way of thinking is called kind attention. For example, try to make eye contact with a stranger and smile, while thinking "I wish you well." This positive act can, instead, keep you from judging that person. Judging others can cause us to place judgment on ourselves, and that type of negative internal dialogue can be exhausting.

You'll feel better with each step you take toward this important self-care investment.

Here are a few simple activities that will help you become more mindful of caring for yourself:

Monitor your energy. Take your energy "temperature" at various points throughout the day, assigning it a number from 1 to 10, with 10 being the highest energy level. Pay attention to the details of your day so you can identify the people or events that impact you the most.

Make incremental changes. Once you are aware of some of the people or events that sabotage your energy, consider your next steps. Rather than tackling everything at once, choose an area that is important to you, and be realistic with the goals you set. For instance, if disorganization in your home is a big source of daily stress, pick one cabinet, closet or drawer to clear out each week instead of overwhelming yourself with doing it all at once. Then move on to your next goal when you feel ready.

Plan and prioritize. Take note of the times during the day when your energy levels tend to be the highest. Decide how you can take advantage of those moments by prioritizing important tasks when you are feeling fresh and productive.

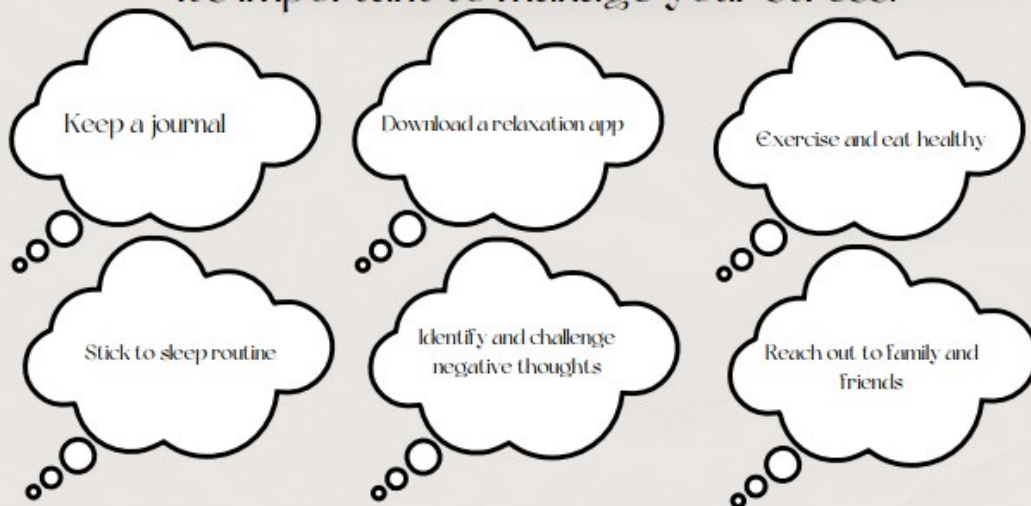
April

Stress Awareness Month:

Stress vs. Anxiety

Stress	Both Stress and Anxiety	Anxiety
<ul style="list-style-type: none"> • Generally is a response to an external cause, such as taking a big test or arguing with a friend. • Goes away once the situation is resolved. • Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep. 	<p>Both stress and anxiety can affect your mind and body. You may experience symptoms such as:</p> <ul style="list-style-type: none"> • Excessive worry • Uneasiness • Tension • Headaches or body pain • High blood pressure • Loss of sleep 	<ul style="list-style-type: none"> • Generally is internal, meaning it's your reaction to stress. • Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life. • Is constant, even if there is no immediate threat.

It's important to manage your stress.



ARTICLE CREDIT: NIMH » I'M SO STRESSED OUT! FACT SHEET (NIH.GOV)

Diabetes and Cultural Foods

The cultural importance of food is passed down from generation to generation, connecting you to ancestors.

Eating a healthy diet is key to managing diabetes and preventing serious complications. And some of your favorite traditional foods can be a part of that. Learn how to prepare foods that connect you to your culture while keeping your blood sugar in your target range.



If you have diabetes, you've probably been told how important healthy eating is for managing your blood sugar. And you've probably thought to yourself, *"Does this mean I have to give up all the foods that I love? The foods that I grew up with?"*

Many people connect to their culture through the foods they eat. The cultural importance of food is passed down from generation to generation, connecting you to ancestors and allowing you to tell their stories through food. It's hard to feel like you might have to give up your history to manage your health. But the good news is that you can still enjoy many of the foods that you and your family love and manage your diabetes too.

Embracing Cultural Foods

There are several myths about cultural foods—that they're all unhealthy and shouldn't be part of your diet. But many traditional ingredients have always been healthy and versatile. For example:

- Leafy greens are traditional to African American dishes, also called "soul food." Collard greens, mustard greens, kale, and spinach (known collectively as "greens"), when part of a healthy diet, can help manage your blood sugar.
- Quinoa is a popular "health food." But did you know that quinoa is a major food staple in Latin America? Traditional Latin American dishes often use ancient grains like quinoa. It's a great source of fiber and has many health benefits, especially for people with diabetes.
- Legumes like beans, peas, and lentils are an important part of healthy eating and commonly found in world cuisines. Lima and navy beans are often found in African American dishes, pinto and black beans in Hispanic and Latin dishes, and lentils and chickpeas in traditional Indian meals. Legumes provide protein and fiber, and they are low in fat, which can help you lower your cholesterol, manage your blood sugar, and maintain a healthy gut.



Enjoying Your Favorite Foods

Healthy eating can be about making the foods you love and grew up with fit your needs and health goals. For example, say your favorite dish is arroz con pollo (chicken and rice). You can use skinless chicken breast, which is lower in fat than other parts of the chicken like the thigh. You can even swap out white rice for brown rice or cauliflower rice. These can be healthier options while maintaining the spices and flavors of the original dish. Here are a few more examples for making your favorite dish diabetes-friendly:

- **Smothered greens:** You can swap out high-sodium, high-fat meats with smoked, skinless turkey breast. This way you keep the flavor but reduce the fat and sodium.
- **Potato curry:** Instead of using potatoes in this classic Indian dish, you can swap out the potatoes with lentils and cauliflower. The lentils are a healthier starchy vegetable while the cauliflower gives the dish a nice texture.
- **Fajita tacos:** Replace beef fajitas with shrimp or chicken instead, or you can skip the meat altogether for a vegetarian taco. You can also use corn tortillas instead of flour. Corn tortillas tend to be lower in calories and carbs and are higher in fiber than flour tortillas.

Talk With Your Diabetes Health Care Team About Your Culture

Your diabetes meal plan will be specific to your needs, so it's best to talk to your diabetes care and education specialist about your health goals before you make any changes to the foods you eat. These goals will take into account your blood sugar, weight, and blood pressure.

Successfully managing diabetes is about adopting a healthy lifestyle that fits your needs and preferences. It's important to talk to your diabetes care and education specialist about your culture. This can help them understand your customs and traditional foods so they can help you design a meal plan that is nutritious and culturally rich. Here are a few things you may want to discuss:

- Your health-related values and beliefs.
- How culture plays a role in your eating habits. This could include religion, eating practices, rules, and customs.
- Tips on how to involve your family with preparing diabetes-friendly meals.
- Recipes for your favorite meals and how to make swaps or adjustments to fit your needs.
- Portion sizes that are right for you.

Changing the way you eat can be tough at first. And it can be especially challenging if you're diagnosed with diabetes. But having diabetes doesn't mean giving up who you are. It doesn't define you. You are still you, and with some small changes, you can still enjoy your favorite things.

Ways To Change Unhealthy Eating Habits



Grabbing a bagel on your way to work might be as routine as brushing your teeth. Changing eating habits you've developed over the years — even unconsciously — can feel as tough as trying to move a mountain. Yes, learned behaviors are hard to undo, but if you take it step-by-step, it's certainly possible. Try these behavior-changing approaches, and focus on the ones that speak to you.

ABC approach

Heading off problems before they develop is the crux of this approach. “A” stands for antecedent, “B” stands for behavior and “C” stands for consequence. Most behaviors have an antecedent — or cause. And causes lead to consequences. By addressing antecedents first, you can prevent unwanted consequences. For example, you might decide not to buy ice cream, because keeping it in the freezer leads to the behavior of eating most or all of it in one sitting, which has the consequence of disrupting your weight program.

Distraction approach

This is a way to change unhealthy eating habits by focusing your attention on something else when food cravings start. To use this approach, when you feel a craving coming on, remind yourself that it will last for 20 minutes at most. Then do something — call a friend, read a book, revisit your goals, take a walk — anything that will distract you until the feeling passes.

Confrontation approach

This approach to behavior change requires that you confront yourself mentally about the negative impact of your behavior. For example: If you're craving cookies, think about the unnecessary calories and fat you'll be consuming — and how tired and sluggish you'll feel afterward. Remind yourself that this isn't what you want to do with your life.

Shaping approach

Try changing your behavior gradually, one step at a time. Instead of eliminating evening snacks altogether, start with a rule of no snack one night a week. Increase that to two nights a week. Eventually you might be able to scale back to a snack one evening a week. As you succeed with step-by-step changes, you'll build confidence that will start fueling even more successes.

Big lifestyle changes take time, but keep at it. The mini successes you'll achieve along the way will be enough to keep you going, and the new habits that were challenging at first will start feeling more natural before you know it.

MARCH IS NATIONAL NUTRITION MONTH!

Spring is here and so is our time as a country to celebrate nutrition and the professionals who care to keep us healthy. Not only is the entire month of March dedicated towards an appreciation for nutrition, but it is also a time for honoring our top tier nutrition professionals, our nation's dietitians. Dietitians are licensed by The Academy of Nutrition Dietetics to provide education and awareness on ways to treat various diseases, and our bodies, with healing nutrition. From counseling clients on healthy eating habits, to creating nutrition education programs for children, and even helping people manage their diabetes, dietitians are an integral part of the healthcare team. Whether your new year's intention was to lose or gain a few pounds to bring you into a healthier weight, to eat more colorful plates of food, or even to adjust your physical activity routines, we must remember to ultimately be kind to ourselves and one another throughout these processes; and don't forget, there are dietitians out there who would love to help you reach your goals.

Now that the rush of our new year's resolutions have had time to settle into steadfast habits, it is also time for us to consider how we have been doing just in time for National Nutrition Month here in March. Be sure to visit the USDA's myplate.gov website as well as The Academy of Nutrition and Dietetics website at eatright.org for more information on this fantastic month of nutrition awareness. Go ahead and congratulate yourself for making it this far in the year with your goals, or conversely, take some time to be kind to yourself and know that starting over on a more challenging goal is okay too. Here you will also find a fun and relaxing National Nutrition Month themed crossword puzzle to destress and gain more fun knowledge on nutrition and the professionals who help make us healthier.

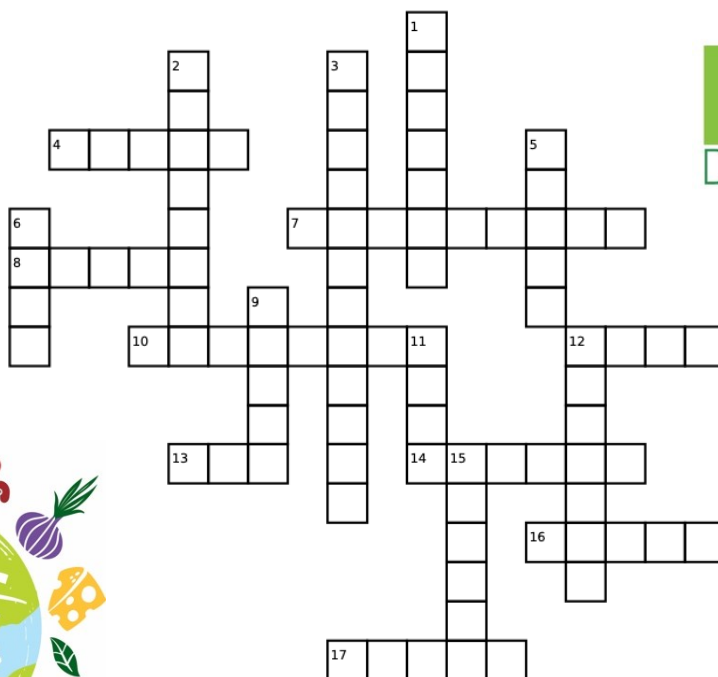
Thank you and be well,

Mackenzie McAndrew

President of the Class of 2023 Pasco County DOH Dietetic Internship



March Into National Nutrition Month!



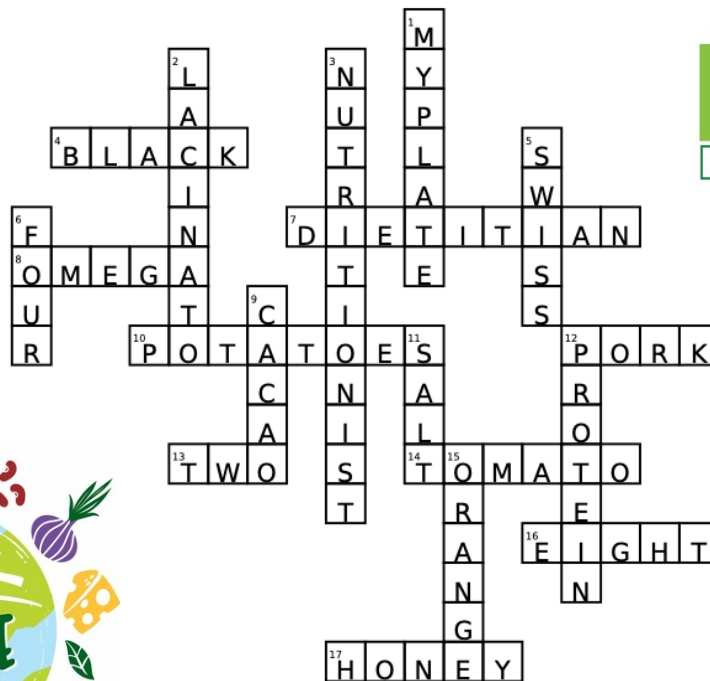
Down:

1. A government food guide that has replaced the food pyramid.
2. A type of kale also called dinosaur kale that is rich in vitamin A and calcium.
3. A person with or without credentials who can give nutrition advice to people without disease.
5. Carbon dioxide bubbles cause the holes in this type of cheese.
6. How many ounces are in a serving of juice?
9. Beans that make chocolate.
11. A seasoning necessary for life that should not be eaten in excess of 1 teaspoon per day.
12. A macronutrient commonly found in meat products.
15. A fruit that is a common source of vitamin C.

Across:

4. A fermented type of tea commonly consumed in most countries.
7. A licensed nutrition professional who can legally give medical nutrition therapy and advice to all people with or without diseases.
8. General types of fats found in fish.
10. The first food planted in outer space.
12. The most commonly eaten meat in the world.
13. The minimum number of servings of fruit we should eat per day.
14. This red vegetable is actually a fruit and provides lycopene as a natural antioxidant.
16. How many ounces is a serving of milk?
17. Contains propolis which is an antibacterial agent.

March Into National Nutrition Month!



Down:

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GIFT @ Work

A Worksite Wellness Program

HOW IT WORKS



Increases In:

- Productivity
- Employee Morale
- Self-Esteem
- Overall Health Outcomes



Decreases In:

- Absenteeism
- Employee Turnover Rate
- Stress Levels
- Healthcare Costs



It is known that a productive company would not exist with unhealthy employees. Daily chores that we make can aid creating healthier, stronger, and happier versions of ourselves at work and at home. The Community Health Division within the Florida Department of Health in Hillsborough County is offering any businesses a corporate wellness program to improve the overall health of their employees.

If your business is interested, please call **(813) 559-4153** and learn how you can get started!

**EVERY DOLLAR
INVESTED YIELDS \$6
IN HEALTH-RELATED
SAVINGS**



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.

Want to be a healthier you? We can help!

The Florida Department of Health has **FREE** health education programs.

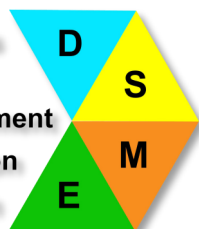
Call **813-307-8009** to register.

The logo for the 'BP For Me' program. It features the text 'BP F ME' in a bold, black, sans-serif font. The letter 'F' is replaced by a red heart with a white ECG line running through it.

BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to improve their heart health and reduce their risk for complications.

Diabetes
Self-
Management
Education
Program



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 and self-monitoring, learning about medications, and practicing coping skills.



Diabetes Prevention Program

This 26-session 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 positive coping for a healthy lifestyle change. Participant will lose weight and increase their physical activity during the program.



Get Into Fitness Today

This 12 week program, participants learn about healthy eating, physical activity and ways to live a healthier life while. Participant will lose weight and increase their physical activity.



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

This program is designed to encourage children ages 5-9 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 their 5-9 year-olds in the program!

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To apply by phone, call **1-888-540-5437**, or

TTY-877-316-8748.

To apply online, visit: www.floridakidcare.org.



FL HEALTH CHARTS

Have you ever wonder how healthy your community or state is? Or

how your own health status compares to other Floridians? If so, Florida Health Charts is a great resource that paints an accurate picture of the health status of our state — with factual information.

The website continues to provide the most up-to-date health statistics you'll find in Florida. Be sure to bookmark the new site: www.FLHealthCHARTS.com.

PARKS AND RECREATION

Hillsborough County Parks, Recreation, and Conservation
www.hillsboroughcounty.org/

Plant City Parks and Recreation
<https://www.plantcitygov.com/parksrec>

Tampa Parks and Recreation
<https://www.tampagov.net/parks-and-recreation>

Temple Terrace Parks and Recreation
www.templeterrace.com/

Farmers Markets around Tampa Bay
<https://www.american towns.com/tampa-fl/local-food/>

CONTACT US

**MAIN OPERATOR
& Director's Office** 307-8000

COMMUNITY HEALTH

Community Health Director 307-8071
Epidemiology 307-8010
Health Education 307-8009
Breast/Cervical Cancer 307-8082
Diabetes 307-8009
Tobacco Prevention 559-4760
Weight Management 307-8009
Health Literacy 307-8071
Insulin Program 307-8009
Lead Poisoning Prevention 307-8071
School Health 307-8071
Sterilizations 307-8082
Office of Health Equity 307-8066

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

(birth & death records) 307-8002

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



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

Florida Department of Health
Hillsborough County
Health Education (70)
Post Office Box 5135
Tampa, Florida 33675-5135
813-307-8071

Hillsborough.flhealth.gov