Office of Health Equity

and

Research that Matters

Since September 2015, the Florida Department of Health - Hillsborough’s Office of Health Equity (OHE) has been working with the University of South Florida, Office of Community Engagement and Partnerships to design a Research that Matters conference. The conference, Coming Home to Social Justice: How Community Participation and Cross-Sector Collaboration Can Have a Collective Impact, is scheduled for March 4, 2016 at the Marshall Student Center at the University of South Florida. As proposed by OHE, the conference is intended to “elevate the practice-based work and community-engaged research in our community that are making conditions more equitable.

The decision to focus on a theme centered on health equity and social justice evolved out of the OHE’s Health in All Policies (HiAP) work that began in January 2015. Health in All Policies is a cross-sector collaborative approach that incorporates health, sustainability and equity into the decisions made by government agencies. It can also be adopted by foundations who provide funding to researchers and community organizations. By engaging with other HiAP leaders from across the country and identifying tools from national organizations, health equity and social justice rose to the top as common themes of this work.

These themes align closely with the Office of Health Equity’s goal: all Hillsborough County residents achieve optimal health where they live, learn, work, play and socialize.

OHE’s work includes service coordination, assessment, and education, in addition to policy, systems and environmental change to address the social determinants of health - the social conditions that impact our ability to achieve our full health potential.

Our work engages community, government and university partners who are working on similar issues, and are impacting health equity and social justice (the fairness of resource allocation) in our community. The goal for the Research that Matters conference is to bring together these diverse players who are impacting health equity and social justice in order to think about how to better embed these principles into our work and systems across our region.

More information on the conference, registration and keynote speakers can be found inside on page 16.
For Our Babies, Yes We Can

You will often hear people say, “Children are a blessing”. I totally agree. I believe there is this innate understanding that children are important not just because they are cute (I have never seen an ugly baby), and they smell great (thank you, Johnson’s baby products), but we understand that they are the only way for mankind to have a future. They are our progeny, and most of us want our family lines to continue well into the future. Additionally, all of us want to have healthy babies. Many pregnant moms when asked if they want a boy or girl will tell you it doesn’t matter…… “As long as the baby is healthy”. Ten fingers, ten toes and everything else in the correct place. Unfortunately, not all birth outcomes are healthy, and sadly, not all infants live to celebrate a first birthday. Infant death has therefore become an important issue, not just for loving parents but for communities.

Around the world infant mortality is used as an indicator or measure of how well a population, country or community is doing. In the U.S., we are not doing very well with this indicator. In fact, most other similar countries have lower infant death rates than the U.S. Even some poor countries have better infant mortality rates than the U.S. For our county, Hillsborough, there is good news and bad news. The good news first. We are seeing improvements in our infant mortality rates - they are getting lower. The bad news, Hillsborough County 2012-2014 rate of 7.3 is still higher than the rate for the State of Florida, 6.1. In real numbers, 365 babies died before their first birthday. Further, we are still seeing significantly higher rates for African American babies, 12.3. When we describe the rate of infant mortality we are measuring the number of deaths per 1,000 live births in a specific period of time.

This is a complex public health problem and there are no easy solutions. But yes, there are solutions and the Florida Department of Health in Hillsborough County, as well as many committed partners in this community, are working to better understand the problem at the local level and accelerate improvements. A new State effort, the Florida Healthy Baby initiative, is also expected to have an impact state-wide in improving birth outcomes and reducing infant deaths.

To quote the late Nelson Mandela, “There can be no keener revelation of a society’s soul than the way in which it treats its children.” Regardless of our various backgrounds, political opinions or other differences, it is possible that we could all agree that children are our future. We need to care about their well-being. Their very survival, even at the dawn of their lives, impacts our families, communities and even the state of our nation.
National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great-flavors and social experiences food can add to our lives.

For more information, visit [www.eatright.org/nnm](http://www.eatright.org/nnm)

**Carrot Fries**

**Ingredients**

1 pound of carrots  
Cooking spray  
Salt and pepper to taste

**Directions**

1. Preheat oven to 400°F.  
2. Peel the carrots and cut them into strips about in ¼-inch thick and a few inches long.  
3. Coat a baking pan with cooking spray and spread the carrots onto it. Sprinkle with salt and pepper.  
4. Bake 15 minutes. Flip them over and coat them with a bit more cooking spray, salt and pepper; bake another 15 minutes until lightly browned.

**Nutrition Information:** Serving size: 1/4 recipe  
Calories: 45; Total Fat: 0g; Saturated Fat: 0g; Cholesterol 0mg; Sodium: 370mg; Total Carbohydrate: 11g; Dietary Fiber: 3g; Sugars: 5g; Protein: 1g.
Mosquitoes spread viruses and parasites that cause diseases like chikungunya, dengue, Zika and malaria. Before you travel to areas where these diseases are found, talk to your health care provider about your health concerns, and ask about malaria prevention medicine.

Mosquitoes can live indoors and will bite at any time, day or night.

Bring Environmental Protection Agency (EPA)-registered insect repellents

When you travel to areas with mosquitoes, bring an EPA-registered insect repellent. Use products with active ingredients that are safe and effective.

- Always follow the product label instructions.
- Do not spray repellent on skin under clothing.
- If you use sunscreen, put sunscreen on first and insect repellent second.
- It is safe for pregnant or nursing women to use EPA-approved repellants if applied according to package label instructions.
- Learn more: www2.epa.gov/insect-repellents.

USE INSECT REPELLENT WITH ONE OF THESE ACTIVE INGREDIENTS

- DEET
- Picaridin (KBR 3023), Bayrepel and icaridin
- Oil of lemon eucalyptus (OLE) or para-methane-diol (PMD)
- IR3535

BRAND EXAMPLES* Overseas brand names may vary.

- Off!, Cutter, Sawyer, Ultrathon
- Skin So Soft Bug Guard Plus, Autan (outside the U.S.)
- Repel
- Skin So Soft Bug Guard Plus Expedition, Skin Smart

Higher percentages of active ingredient = longer protection

Cover up with clothing

- Wear long-sleeved shirts and long pants.
- Mosquitoes can bite through thin clothing. Treat clothes with permethrin or another EPA-registered insecticide for extra protection.

Use permethrin-treated clothing and gear.

- Permethrin is an insecticide that kills mosquitoes and other insects.
- Buy permethrin-treated clothing and gear (boots, pants, socks, tents), or use permethrin to treat clothing and gear—follow product instructions closely.
- Read product information to find out how long the permethrin will last.
- Do not use permethrin products directly on skin.

Keep mosquitoes out of hotels, rooms & other lodging

- Choose a hotel or lodging with air conditioning and screened windows and doors.

If you will be sleeping outside or in a room that is not well screened, buy a bed net BEFORE traveling overseas.

- Buy bed nets from an outdoor store, and choose a WHOPE-approved bed net (like PramaX®): compact, white, rectangular, with 156 holes per square inch and long enough to tuck under a mattress.
- Permethrin-treated bed nets provide more protection than untreated nets.
- Do not wash bed nets or expose them to sunlight—this will break down permethrin more quickly.
- Learn more: www.cdc.gov/malaria/malaria_worldwide/education/itn.html.

www.cdc.gov/features/StopMosquitoes

* The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.
ZIKA is now being regularly reported in the news. Zika is a viral illness transmitted by mosquitoes. The most common symptoms of ZIKA are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon. This disease is currently circulating in numerous countries in Central and South America, and the Caribbean including Puerto Rico, the US Virgin Islands, and American Samoa, raising concerns about the possible introduction of Zika into Florida. No local transmission of Zika virus has been reported in Florida, but cases have been reported in returning travelers. With recent outbreaks, the number of Zika virus cases among travelers visiting or returning to the United States and Florida is increasing. For a list of all areas with Zika virus, please visit www.cdc.gov/zika/geo/index.html. If you think you have been exposed to Zika virus and/or have symptoms consistent with the disease particularly if you are pregnant or plan to become pregnant, you should contact your healthcare provider as soon as possible.
As our 4th annual STD (Sexually Transmitted Disease) Awareness Day approaches in April, it is important to reflect on what STD awareness means as a community. It has been over 75 years since antibiotics were first used to treat bacterial infections like chlamydia, gonorrhea, and syphilis, yet these curable diseases still plague our community in staggering numbers. This implies there is more to the problem than just treating a disease. It is a complex, multi-faceted problem that involves social inequities, stigma, and embarrassment to discuss sexual health, especially for our youth. We teach our children to wear seatbelts, exercise, brush their teeth, eat healthy, and avoid risks like drinking, drugs, and smoking. There is something vital missing in this preparation for living a healthy life – how to protect themselves against preventable sexual diseases. When does this conversation take place? With a parent, a teacher, or a significant other? Sometimes this conversation doesn’t happen at all and the consequences can be life-changing.

Sometimes we hear a young patient say, “So what, it’s just chlamydia?” What they cannot imagine is it could turn into pelvic inflammatory disease, scarring of their reproductive system, or possible infertility. If they are dismissive of chlamydia and gonorrhea, they aren’t even aware of another STD that can cripple with blindness and dementia and can even be life-threatening – syphilis. This disease has had a cure since the 1940s, yet instead of being near eradication it is on a dramatic rise, most notably in the MSM (males having sex with males) population.

Most people have heard of HIV, yet they still do not take the necessary precautions to protect themselves because they believe they can judge a person’s sexual health by their appearance. This is a persistent and dangerous perception. Contracting other STDs, like syphilis, can be a high risk factor for becoming infected with HIV. Educating people on these risks early in their lives before sexual activity occurs is an important factor in reducing the prevalence of these diseases.

The underlying factor is a lack of knowledge and awareness of the seriousness of these diseases in our community and the rising prevalence. So how is it possible these preventable diseases affect millions of people, with 50% under the age of 25, are not being talked about? It is the same reasons why people do not seek out regular testing – stigma, embarrassment, and shame about talking to their provider about their sexual health. There is one response to this invisible epidemic that too many people discover too late - awareness is accomplished through education. By celebrating STD Awareness Month in April, we are dedicated to empowering our community to take their health and future into their own hands.

Citations: http://www.cdc.gov/features/stdawareness/
WORLD TB DAY
“Reach. Teach. Cure Everyone.”
March 25, 2016
9 a.m. to 2 p.m.
FREE TB, HIV, & STD TESTING
TRINITY CAFÉ
2801 N. Nebraska Avenue Tampa, FL 33602
(813) 307-8047

*FREE GIFT BAGS FOR EVERYONE BEING TESTED
WHILE SUPPLIES LAST*
MARIJUANA AND ALCOHOL YOUTH IN HILLSBOROUGH COUNTY

Prevalence

Alcohol and marijuana are the two most commonly reported drugs used among middle school and high school students in Hillsborough County.

Commonly Used Drugs Among Hillsborough County Students

Marijuana is the most commonly reported drug used before or during school among Hillsborough County students.

More Hillsborough County students reported riding in cars with drivers under the influence of marijuana or driving under the influence of marijuana than alcohol.

Survey data obtained from the 2014 Florida Youth Substance Abuse Survey conducted by the Florida Department of Children and Families

Facts obtained from:
Carey, Judith. (2012), 50 things you should know about alcohol [Brochure]. Santa Cruz, CA: Journeyworks Publishing

Marijuana has more than 400 chemicals. THC is just one of these chemicals.

Marijuana and alcohol are both addictive substances.

Driving high more than doubles the risk of an accident. Similarly, driving drunk increases the risk of an accident and is a major killer of teens and young adults.

Both marijuana and alcohol harm the body. Over 75,000 people die every year due to alcohol use. In one year, marijuana factored into over 374,000 emergency room visits.

HILLSBOROUGH COUNTY ANTI-DRUG ALLIANCE
2815 E Henry Ave Suite B1
Tampa, FL 33610
(813) 238-4034
http://hcada.com/
MARIJUANA AND CIGARETTES
YOUTH IN HILLSBOROUGH COUNTY

Prevalence
The overall use of marijuana among middle school and high school students in Hillsborough County has increased since 2012. However, cigarette use has steadily decreased since 2004.

After alcohol, students reported cigarettes and marijuana as the most commonly used drugs

Commonly Used Drugs Among Hillsborough County Students

Marijuana use among middle school and high school students in Hillsborough County is higher than the Florida statewide average while their cigarette use is lower than the statewide average.

Survey data obtained from the 2014 Florida Youth Substance Abuse Survey conducted by the Florida Department of Children and Families

Facts obtained from:
Carey, Judith. (2012). 30 things you should know about alcohol [Brochure]. Santa Cruz, CA: Journeyworks Publishing
Richmond, Mardi. (2013). 48 things everyone should know about marijuana [Brochure]. Santa Cruz, CA: Journeyworks Publishing

Marijuana has more than 400 chemicals. THC is just one of these chemicals.

Cigarette smoke contains over 4,000 chemicals. More than 60 of these chemicals can cause cancer.

Some of the same cancer-causing chemicals that are in tobacco smoke are also in marijuana.

Many smokers can develop severe breathing problems.

HILLSBOROUGH COUNTY ANTI-DRUG ALLIANCE
2815 E Henry Ave Suite B1
Tampa, FL 33610
(813) 238-4034
http://hcada.com/
From conducting scientific research to educating about health, people in the field of public health work to assure the conditions in which people can be healthy. That can mean vaccinating children and adults to prevent the spread of disease, or educating people about the risks of alcohol and tobacco. Public health sets safety standards to protect workers and develops school nutrition programs to ensure kids have access to healthy food.

Public health works to track disease outbreaks, prevent injuries and shed light on why some are more likely to suffer from poor health than others. The many facets of public health include speaking out for laws that promote smoke-free indoor air and seatbelts, spreading the word about ways to stay healthy and giving science-based solutions to problems. Public health saves money, improves our quality of life, helps children thrive and reduces human suffering.

Public Health is…:

- First responders
- Restaurant inspectors and sanitarians
- Health educators and Nutritionists
- Scientists, researchers, and epidemiologists
- Community planners and public policymakers
- Social workers
- Public health physicians and nurses
- Occupational health and safety professionals
- ...and more!
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

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

YOU ARE THE KEY TO HPV CANCER PREVENTION

Distributed by:
Florida Department of Health - Hillsborough County
PO Box 5135
Tampa, Florida 33675 (813) 307-8000
Medicine Safety for Children
What’s causing so many calls to poison centers?

1.34 M calls are made to poison centers each year for children. 49% are medicine-related.

We analyzed 547,042 calls.

- 81% were for kids getting into medicine not meant for them.
- 19% were for kids getting too much medicine or getting the wrong medicine.

LITTLE KIDS

- 53% Percent of total calls that were for children ages 1 and 2 years.

TEENS

- 6x Percent of 15-19 year olds who have serious outcomes from medicine poisoning is 6 times greater than for 1-4 year olds.

WHAT KINDS OF MEDICINE?

- The most common medicines that children under 4 get into are ibuprofen, multivitamins and diaper care and rash products.

- The most common medicines that result in serious medical issues for teens include those used to treat mental health conditions or attention deficit hyperactivity disorder (ADHD).

Remember to save the Poison Help number on your phone.

1-800-222-1222

For more medication safety tips visit www.safekids.org
HIDDEN DANGERS IN THE HOME?

Poison-related Children’s ER Visits 90K per year

Top 12 Dangers for Children Under Age 6

1. Cosmetics
2. Cleaners
3. Pain Medication
4. Foreign Bodies
5. Topical Medicines
6. Vitamins
7. Antihistamines
8. Batteries
9. Plants and Mushrooms
10. Antimicrobials
11. Pesticides
12. Arts, crafts and/or office supplies

Sources: Poison Prevention Week Council and National Capital Poison Center, 2013

Call the toll-free Poison Help line 1-800-222-1222
If the person is not breathing, call 911.
Happy New Year! 2016
Take the Florida Health 60-DAYS to Better Health Challenge!

FRUITS Make most of your choices whole or cut fruit instead of juice.
VEGETABLES Eat a variety every day. Fresh, canned or frozen.
GRAINS Make at least half of your grains whole grains.
DAIRY For adults and children 2 years+, drink 1 percent low-fat or fat free milk.
PROTEIN Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.

Use your hands to guide portion sizes.

1 cup = your fist
1 cup dry cereal = a large handful
1 cup of vegetables = your fist
1 medium piece of fruit = your fist
2 ounces of cheese = two thumbs
3 ounces of meat or fish = palm of your hand
1 teaspoon = tip of your thumb
1 tablespoon = fits in your hand
1 starch serving = fits in your hand

Tobacco Free Florida.com
Quit services can double your chances of quitting tobacco for good. And they’re free in Florida!

Check your stress & de-stress.

3 steps & QUIT
CALL 1-877-U-CAN-NOW
CLICK www.quitnow.net/florida
COME IN Find classes at www.AHECtobacco.com
### 60 DAYS to Better Health

Circle or highlight the most accurate face.

<table>
<thead>
<tr>
<th>DAY</th>
<th>ATE MY COLORS</th>
<th>CONTROLLED MY PORTIONS</th>
<th>DRANK WATER 8OZ/6X</th>
<th>DID 30-MIN PHYSICAL ACTIVTY</th>
<th>WORKED ON QUITTING TOBACCO</th>
<th>DE-STRESSED</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>32</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>33</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>34</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>35</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>36</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>37</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>38</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>39</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>40</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>41</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>42</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>43</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>44</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>46</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>47</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>48</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>49</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>50</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>51</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>52</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>53</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>54</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>55</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>56</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>57</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>58</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>59</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**track your progress**

**celebrate your success**
Several important milestones already have been reached in controlling vaccine-preventable diseases among infants worldwide. Vaccines have drastically reduced infant death and disability caused by preventable diseases in the United States. Routine childhood immunization in one birth cohort prevents about 20 million cases of disease and about 42,000 deaths. It also saves about $13.5 billion in direct costs, not to mention the personal emotional costs when children are sick, have infirmity due to complications of disease or die.

Why immunize our children?

- Immunizations can save a child’s life. Infants and children can now be protected from 14 vaccine-preventable diseases before age two, some of which once injured or killed thousands of children, like measles and polio.
- Vaccination is very safe and effective. Before available for use, vaccines must pass long and careful reviews and testing, and side effects are generally minimal. Serious side effects, such as allergic reactions, are very rare.
- Immunization protect others. Some children still get diseases because they may be too young to vaccinate or can’t be vaccinated due to allergies or other medical conditions.
- Immunizations save time and money. Ill children can be denied school or daycare attendance, some diseases cause prolonged disabilities, parents lose time from work and they may have increased medical or disability care costs.
- Immunization protects future generations. Vaccinating children helps prevent risk to pregnant women, who may pass disease to their unborn or newborn child, for example Rubella (German measles).

Talk to your child’s healthcare provider about infant and child vaccinations and visit www.cdc.gov/vaccines for specific information on individual vaccines and the recommended schedule for receiving vaccines.

Diabetes Death Rates Continue to Decline; Department of Health Continues Diabetes Management & Prevention Classes

In their quarterly monitoring for the Community Health Improvement Plan, the Florida Department of Health in Hillsborough County reported a continued decrease in the age-adjusted death rate for diabetes among black and white adults. The latest reported figures showed an age-adjusted death rate among black adults of 42.3% from 2012-2014, down from 43.3% from 2011-2013, and 68.5% from 2002-2004. Among whites, the latest figures show a rate of 19.3% from 2012-2014, down from 19.8% from 2011-2013, and 25.9% from 2002-2004.

The steady decline in death rates may be attributable to improved disease management. Diabetes is a chronic health condition in which the body does not convert food into energy properly, which results in not enough insulin being made, or an inability to process insulin correctly. Once diagnosed, managing diabetes is a lifelong process, which may include medication for some, but almost always requires lifestyle changes, such as eating differently and being more active.

The Florida Department of Health in Hillsborough County is pleased to offer Diabetes Self-Management Education, a six-week class series that provides an introduction to diabetes, and how to reduce risks through healthy eating, being active, monitoring, medications when necessary, and coping techniques. This class is free to adults 18 and older who are diagnosed with diabetes. Up to one family member or support person may accompany each participant.

For individuals who are at risk for diabetes or have been diagnosed by a doctor with pre-diabetes, the Diabetes Prevention Program is a free, one year program for adults 18 and older. During the first four months, participants meet once a week for an education class and weigh-ins. In the remaining eight months, participants meet once a month for class and weigh-ins. Both programs are offered by specially trained employees from the Florida Department of Health in Hillsborough County.

For more program information, please visit http://hillsborough.floridahealth.gov, or call 813-307-8071.

American Diabetes Association Alert Day® is a one-day "wake-up call" asking the American public to take the Type 2 Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. On this Mission Engagement Day, employees will be encouraged to take the Type 2 Diabetes Risk Test, share it with family and friends and participate in workplace friendly activities that educate them on how to they can lower their risk for diabetes.

We hope you'll participate! To get started, download a free, easy-to-use e-toolkit with ideas and resources to help your company or organization encourage employees or members to take the anonymous one-minute Type 2 Diabetes Risk Test and know their status. People who score "high risk" can work with their health care provider to make lifestyle changes and enjoy good health. www.diabetes.org
FREE MEN’S HEALTH CHECK-UPS

FREE ADMISSION, FOOD, PARKING, PRIZES & SCREENINGS

★ SKIN CANCER ★ BLOOD PRESSURE
★ DIABETES ★ CHOLESTEROL ★ HIV/AIDS
★ PROSTATE EXAM VOUCHERS

NEW THIS YEAR - Prostate vouchers are available only for men ages 55 to 75. (MUST QUALIFY - LIMITED AMOUNT)

SATURDAY, MARCH 19, 2016
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

Pre-Register through March 4th by calling
1-888-MOFFITT (1-888-663-3488), Monday - Friday, 7 a.m. - 8 p.m.
or visit www.MHFTAMPA.com | Walk-ins accepted until 1:30 p.m.

SPONSORS
Florida KidCare is the state health insurance program for uninsured children under age 19. To apply, call 1-888-540-5437, apply online, or print an 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: .............................................. http://plantcitygov.com/
Tampa Parks and Recreation: ................................................. www.tampagov.net/dept_parks_and_recreation/
Temple Terrace Parks and Recreation: ................................. www.templeterrace.com/


OTHER RESOURCES: (Alzheimer’s, Parkinson’s, etc.) www.caregiver.com/regionalresources/states/FL/support/hillsborough.htm

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...X7112 or 3502
Diabetes .......................... X7111 or 7104
Florida KidCare.................X3502
Weight Management ..........X7111
Health Literacy .................X7107
Insulin Program .................X3502
Lead Poisoning Prevention..X7108
School Health ...................X8502
Sterilizations .................X3502 or 7112
Office of Health Equity ....... 307-8066

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

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)
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.floridahealth.gov