



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.



Cover Story: Allison Marron
 Health Educator Consultant
 Florida Department of Health - Hillsborough

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

THE INSIDE STORY:

- 3 Nutrition Nuggets
- 4 Zika and Other Mosquito Precautions
- 6 Get Yourself Tested
- 7 Reach, Teach, Cure - TB
- 8 Marijuana, Alcohol, Tobacco
- 10 National Public Health Week
- 11 Cancer Prevention Vaccine
- 12 Medicine Safety for Children
- 13 Hidden Poisons in the Home
- 14 60 Days Challenge
- 16 Immunizations - Power to Protect
- 16 Coming Home to Social Justice
- 17 Diabetes Death Rates
- 17 Are you Pre-diabetic?
- 18 Men's Health Forum
- 19 True-False: Colorectal Cancer Quiz
- 19 Community Links
- 19 Contact us

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.

4



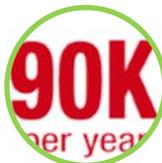
6



7



12



14



19



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

Managing Editor: Cindy Hardy

Copy Editors: Tara Spiller, Kelsey Christian, Allyson Sison



SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

eat right. Academy of Nutrition
and Dietetics
www.eatright.org

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/nm



CARROT FRIES

Ingredients

- 1 pound of carrots
- Cooking spray
- Salt and pepper to taste

*Nutrition
Nuggets*

Directions

1. Preheat oven to 400°F.
2. Peel the carrots and cut them into strips about 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.



Mosquito Bite Protection for Overseas Travelers

FloridaHealth.gov • Florida Department of Health

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 repellents if applied according to package label instructions.
- Learn more: www2.epa.gov/insect-repellents.



USE INSECT REPELLENT WITH ONE OF THESE ACTIVE INGREDIENTS



BRAND EXAMPLES* Overseas brand names may vary.

DEET →→

Off!, Cutter, Sawyer, Ultrathon

Picaridin (KBR 3023), Bayrepel and icaridin →→

Skin So Soft Bug Guard Plus, Autan (outside the U.S.)

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) →→

Repel

IR3535 →→

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 WHOPEs-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.

If you are travelling with a baby or child:

- Always follow product instructions when applying insect repellent to children.
- Spray insect repellent onto your hands and then apply to a child's face.
- Do not apply insect repellent to a child's hands, mouth, cut or irritated skin.
- Do not use insect repellent on babies younger than 2 months.
- Use permethrin-treated clothing and gear (such as boots, pants, socks, tents) or purchase permethrin-treated clothing and gear. Read product information to find out how long the protection will last.
- Do not use permethrin products directly on skin.
- Dress babies or small children in clothing that covers arms and legs.
- Cover cribs, strollers or baby carriers with mosquito netting.



When you return home:

- Avoid being bitten by mosquitoes for three weeks—especially if you feel sick. This will help prevent infection of local mosquitoes.
- Drain standing water near homes and businesses at least weekly. This will keep local mosquito populations low and prevent local introduction of disease.



www.cdc.gov/features/StopMosquitoes

ZIKA is now being regularly reported in the news. Zika is a viral illness transmitted by mosquitos. 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.

4th Annual STD Awareness Day 2016

Jennifer Vieira, Disease Intervention Specialist
Florida Department of Health - Hillsborough County



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***



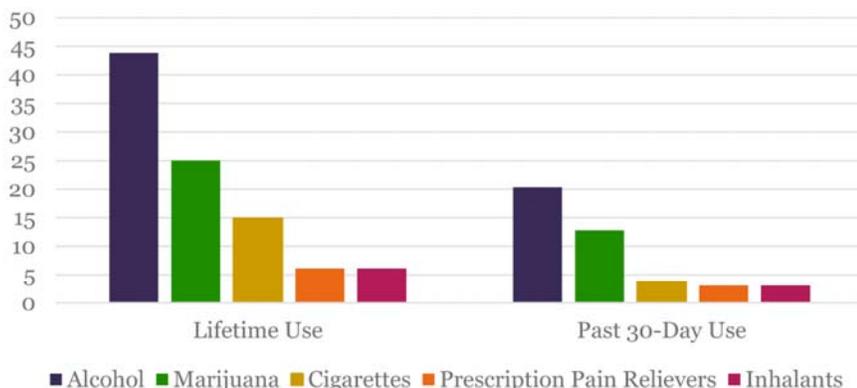


MARIJUANA AND ALCOHOL YOUTH IN HILLSBOROUGH COUNTY

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.

Drug	Percentage (%)
Alcohol	6
Marijuana	11
Other	4

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

Activity	Alcohol (%)	Marijuana (%)
Riding with DUI driver	19	26
Driving	7	12

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
 National Institute on Drug Abuse. (2014). *Marijuana: Facts parents need to know*.
 Richmond, Mardi. (2013). *41 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.

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/>



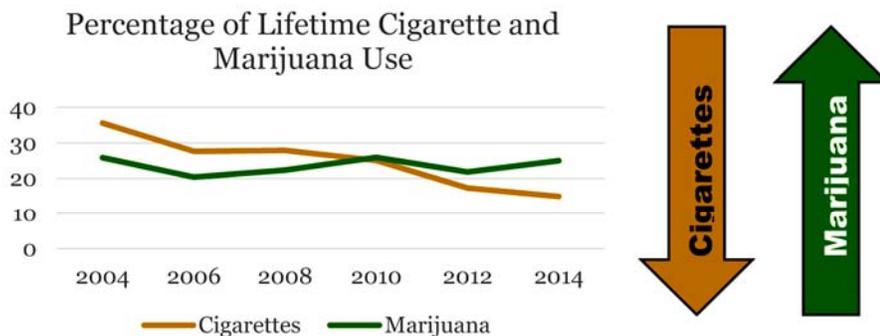
VS



MARIJUANA AND CIGARETTES YOUTH IN HILLSBOROUGH COUNTY

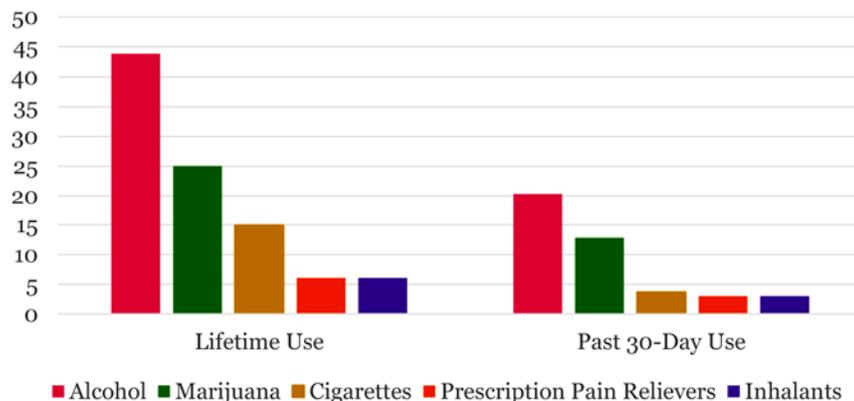
Prevalence

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). *50 things you should know about alcohol* [Brochure]. Santa Cruz, CA: Journeyworks Publishing
 Richmond, Mardi. (2013). *41 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/>

Healthiest Nation 2030

Let's make America the healthiest nation in one generation.



NATIONAL PUBLIC HEALTH WEEK 2016

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!

**Public
Health**
SAVES LIVES SAVES MONEY

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



Distributed by:

Florida Department of Health - Hillsborough County
PO Box 5135
Tampa, Florida 33675 (813) 307-8000



CS249866 A

Medicine Safety for Children

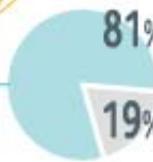
What's causing so many calls to poison centers?

1.34 M calls are made to poison centers each year for children.



49% are medicine-related.

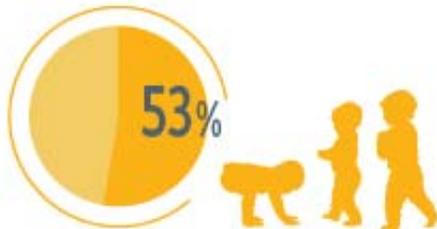
We analyzed **547,042** calls.



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

TEENS



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



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



Percent of ER visits for young children getting into medicine where the medicine belonged to grandparent, aunt or uncle.

10,000

Number of ER visits that occur each year for over-the-counter medicine overdoses by self-medicating teens.



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

**SAFE
K:DS**
WORLDWIDE™

POISON
Help
 1-800-222-1222

POISON
Help
 1-800-222-1222

POISON
Help
 1-800-222-1222

POISON
Help
 1-800-222-1222

HIDDEN DANGERS IN THE HOME?

Poison-related
 Children's ER Visits



90K
 per year

Top 12 Dangers for Children Under Age 6



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!

Why 60 days?



According to experts, it takes about 60 days to form a new habit!

easy tools

Eat your colors!

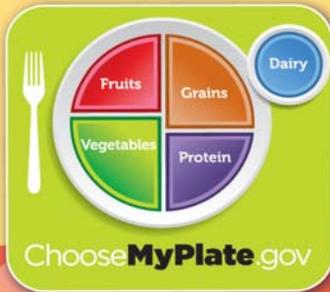
FRUITS Make most of your choices whole or cut fruit instead of juice.

VEGETABLES Eat a variety every day. Fresh, canned or frozen.

GRAINS Make at least half of your grains whole grains.

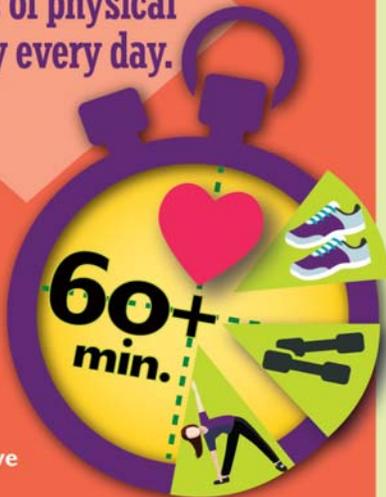
DAIRY For adults and children 2 years+, drink 1 percent low-fat or fat free milk.

PROTEIN Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.



Choose **MyPlate.gov**

Aim for 60+ minutes of physical activity every day.



Try 60+ blocks of activity, or break up your minutes into 3 or 4 10-minute bursts.

Mix moderate & vigorous activity into your days.

Work on muscle & bone strengthening at least 3 days a week.

Stretch daily to improve posture & balance, & relieve stress.

WATER 8oz/8x EVERY DAY

- #1 before breakfast
- #2 at breakfast
- #3 between breakfast & lunch
- #4 at lunch
- #5 & #6 twice between lunch & dinner
- #7 at dinner
- #8 between dinner & bedtime

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



1-2 ounces of snack food = a handful



1 starch serving = fits in your hand



3 steps & QUIT

CALL
1-877-U-CAN-NOW

CLICK
www.quitnow.net/florida

COME IN
Find classes at
www.AHECtobacco.com

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.



stress?



stop & take a deep breath

de-stress

60 DAYS to Better Health

Circle or highlight the most accurate face.

DAY	ATE MY COLORS	CONTROLLED MY PORTIONS	DRANK WATER 8OZ/8X	DID 60+ MIN. PHYSICAL ACTIVITY	WORKED ON QUITTING TOBACO	DE-STRESSED
1	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
2	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
3	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
4	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
5	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
6	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
7	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
8	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
9	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
10	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
11	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
12	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
13	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
14	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
15	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
16	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
17	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
18	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
19	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
20	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
21	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
22	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
23	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
24	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
25	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
26	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
27	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
28	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹

track
your
progress

29	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
30	☺☺☺	☺☺☺	☺☺☺	☺☺☺	☺☺☺	☺☺☺
31	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
32	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
33	☺☺☺	☺☺☺	☺☺☺	☺☺☺	☺☺☺	☺☺☺
34	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
35	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
36	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
37	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
38	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
39	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
40	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
41	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
42	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
43	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
44	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
45	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
46	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
47	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
48	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
49	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
49	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
51	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
52	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
53	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
54	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
55	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
56	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
57	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
58	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
59	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
60	☺☺☺	☺☺☺	☺☺☺	☺☺☺	☺☺☺	☺☺☺

celebrate
your
success



IMMUNIZATION. POWER TO PROTECT.

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.

Source: Excerpted from <http://www.cdc.gov/vaccines>, Five Important Reasons to Vaccinate Your Child, accessed 11 Feb 2016

Office of Community Engagement & Partnerships' 2016 Research that Matters Conference

Coming Home to Social Justice:

How Community Participation and Cross-Sector Collaboration
Can Have a Collective Impact on Health Equity

Friday, March 4, 2016

USF Marshall Student Center, 4103 USF Cedar Circle, Tampa, FL 33620

Reservations: <http://cominghometosocialjustice.eventbrite.com>

Coming Home to Social Justice will elevate the practice-based work and community-engaged research in our community that is improving health equity. This includes policies, programs and services to directly impact health disparities and work related to factors that contribute to health inequities, such as racial and ethnic disparities, unemployment, early childhood education and opportunities, community violence, human trafficking, and other social issues. A central conference theme is that community participation is required for social justice change and health equity.

The keynote speakers will be **Henrie M. Treadwell**, PhD, and **Gary L. Kreps**, PhD.

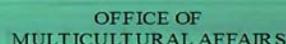
Dr. Treadwell is the Founding Executive Director and Senior Advisor for Community Voices: Healthcare for the Underserved, and a Research Professor in the Department of Community Health and Preventive Medicine at Morehouse School of Medicine. Her work encompasses formulation of health and social policy options, oversight of programs designed to address health disparities and the social determinants of health, and special programs to facilitate re-entry into community of those engaged with the criminal justice system.

Dr. Kreps is a University Distinguished Professor of Communication at George Mason University, where he directs the Center for Health and Risk Communication. He was the founding Chief of the Health Communication and Informatics Research Branch at the National Cancer Institute, and has served as the Founding Dean of the School of Communication at Hofstra University in New York and Executive Director of the Greenspun School of Communication at UNLV. His areas of expertise include health communication and promotion, information dissemination, organizational communication, information technology, multicultural relations, and applied research methods.

Organized by:



Co-sponsored by:



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.

TAKE THE DIABETES RISK TEST

Know your risk for type 2 diabetes. Share the test with everyone you know.

American Diabetes Association
ALERT!DAY

March 22, 2016

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 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

2015 Florida Hospital Association Community
Benefit Achievement Award Winner



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



TRUE or FALSE?

Colorectal cancer is the 2nd leading cancer killer.

TRUE FALSE

Both men and women get colorectal cancer.

TRUE FALSE

Colorectal cancer often starts with no symptoms.

TRUE FALSE

You can stop this cancer before it starts.

TRUE FALSE

Testing for colorectal cancer can save your life.

Screening tests can find precancerous polyps so they can be removed before they turn into cancer. Screening can also find colorectal cancer early, when treatment is most effective. Talk to your doctor and Screen for Life.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention



1-800-CDC-INFO (1-800-232-4636)

www.cdc.gov/screenforlife

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:
Plant City Parks and Recreation:
Tampa Parks and Recreation:
Temple Terrace Parks and Recreation:

www.hillsboroughcounty.org
<http://plantcitygov.com/>
www.tampagov.net/dept_parks_and_recreation/
www.templeterrace.com/

ST. JOSEPH'S CHILDREN'S MOBILE CLINIC: FREE exams & immunizations. Appointments required. Contact Family Support and Resource Centers: www.familysupporthc.org/about-us/contact-us.

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
DiabetesX7111 or 7104
Florida KidCare.....X3502
Weight ManagementX7111
Health LiteracyX7107
Insulin ProgramX3502
Lead Poisoning Prevention.....X7108
School HealthX8502
SterilizationsX3502 or 7112
Office of Health Equity **307-8066**

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

C
O
N
T
A
C
T
U
S

DISEASE CONTROL

HIV/AIDS Specialty Center 307-8064
Immunizations 307-8077
Sexually Transmitted Diseases 307-8064
Anonymous Testing 307-8064
Tuberculosis (TB) 307-8047

ENVIRONMENTAL HEALTH..... 307-8059

HUMAN RESOURCES..... 307-8015
X3100

NUTRITION/WIC 307-8074

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

PUBLIC HEALTH
PREPAREDNESS 307-8042

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