

COMMUNITY WELLNESS NEWSLETTER



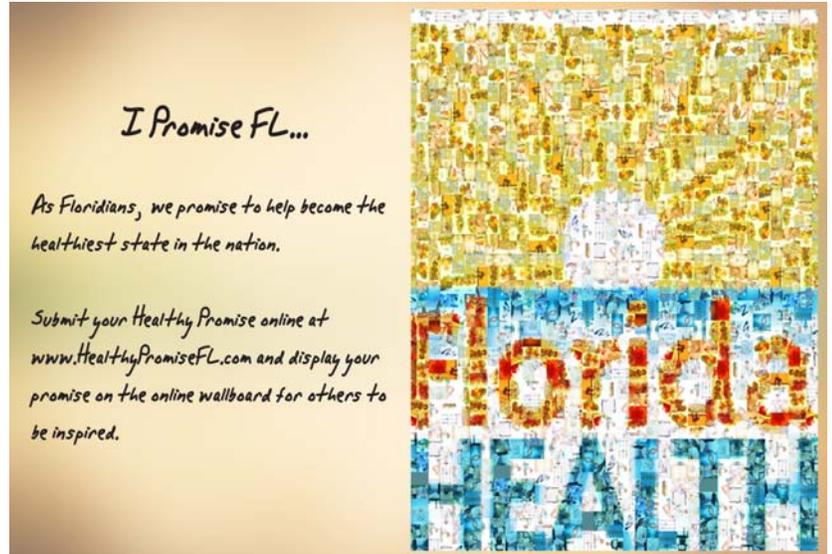
PROMISES

Have you ever made a promise to yourself, but when the going got tough, or you lost enthusiasm, it was easy to just forget about it because know one else would know? We all have.

It was only a few months ago that many of us chose a New Year's resolution. How are you doing with that? The ***I Promise*** campaign from the Florida Department of Health (FDOH) is a little different - you've got support! Our local FDOH office in Hillsborough County has staff ready to encourage you, provide information about healthier eating and more active living, and even activities through regularly scheduled support groups for getting fit and losing weight, better managing chronic diseases like diabetes, and even groups for helping prevent diabetes through lifestyle changes that support making healthy choices.

There are also many avenues available in our communities to provide opportunities to help us "make good" on our promises. The parks and recreation departments of our 3 municipalities, Tampa, Temple Terrace, and Plant City, along with the Hillsborough County department have plenty of open spaces for almost any outdoor physical activity you can imagine. They also host organized activities for every age group.

Many of our schools have walking and running clubs for students, staff, and parents before school. Of course there are a very wide range of private businesses to help you get on a productive track to keep your promise, too.



Quality online resources exist to keep you moving on a healthier path. Our FDOH-Hillsborough's online [Get Into Fitness Today](#) program is an example of free access to tools, programming, and support to help you get to your healthiest weight through improved nutrition and increased physical activity. And there are many more programs and tools, including apps for when you are on the go. There is something for every one!

You can be part of the Healthy Promise campaign by pledging to make more informed choices about healthy eating and active living this year. And there are already people who have put themselves out there so their family, friends, and coworkers can hold them accountable! Just visit [www.HealthyPromiseFL.com](#) and "submit your promise" to access the submission form. You can even attach a photo if you'd like and view photos and promises that might inspire you.

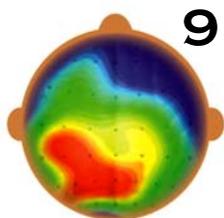


A lot of other Floridians have already committed to live longer and healthier lives.
Be one of them!

Cover Story: excerpted, American Public Health Association, www.nphw.org/tools-and-tips/themes

THE INSIDE STORY:

- 3 Nutrition Nuggets
- 4 MEASLES Vaccination for International Travel
- 5 Historical Immunization Support
- 6 Hurricane & Tropical Storm Preparedness
- 7 Special Needs Shelters
- 8 Weight - Cancer Link
- 9 Active Kids = Better Learning
- 10 Neighborhood WALKABILITY - Survey Yours
- 12 Text 4 Baby
- 13 World NO TOBACCO Day
- 14 Master Trainer Select On Board
- 14 Community Health Status Indicators
- 14 Breast & Cervical Cancer—FREE SCREENINGS
- 15 Where is Baby? NO Kids in Hot Cars
- 16 Community Summer Youth Programs & Camps
- 18 Swimming Lesson Locations
- 19 Drowning Prevention
- 20 Reading Pals
- 20 ONLINE - GIFT for You
- 20 Florida KidCare - Children’s Health Insurance
- 21 Community Happenings
- 22 Contact us



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

Poetry in the Place of Data

With all our advances in knowledge and science we continue to struggle with increases in illnesses and disease. We are comfortable with talking about the rising rate of chronic diseases like diabetes but we still whisper about sexually transmitted diseases (STDs). Rather than sharing data on STDs it may be more effective to focus on the “whisper”, or in other words, how we fail to communicate even on a personal level on these issues, and how this leads to the continued and rising number of cases. If numbers don’t work maybe poetry might. I have found an excellent opportunity to do so through the poetry of one of our staff here at the Florida Department of Health-Hillsborough.

STD Awareness Day Poetry by Carlina J. Moreland

*I gave up my power
I lost my voice
When I didn't insist on condoms
And gave you the choice*

*I don't want gonorrhea
The pain and the burn
I should have used condoms
A lesson I learned*

*I gave up my power
I lost my voice
When I didn't insist on condoms
And gave you the choice*

*You told me not to worry
That you were clean
But as I sit here now
Those words don't mean a thing*

*I gave up my power
I lost my voice
When I didn't insist on condoms
And gave you the choice*

*My friends don't use condoms
Or so I believed
But statistics show if I say I use them
My friends would follow me*

*So,
I'm taking back my power
I'm using my voice
To say condoms still work
And using them is my choice*

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

Managing Editor: Cindy Hardy
Copy Editor: Barbara Roberts

Nutrition Nuggets



Hurricane and tropical storm season will be here soon—June 1. It is not too early to begin preparations. When it comes to preparing for food and supplies, there are a lot of considerations, including the number of people, pets, and the special dietary considerations for those with medical problems, including allergies.

While the minimum time we have always been urged to consider was 3 days, having seen what a hurricane the likes of Katrina or Andrew can do, don't skimp in your planning. Prepare for a week on your own. Even though local, state and federal responders jump into action quickly, depending on the situation, it could be days before you are able to get food, water or electricity with which to cook.

A number of resources are listed below that can help you decide what should be included in your food plans. For those with medical conditions, talk to your healthcare providers early about anything special you should have on hand, including extra medication.

For people with **DIABETES**, it is imperative that food be planned and stored in advance. The list below is not all inclusive but is a good starting point:

For people with **DIABETES**, it is imperative that food be planned and stored in advance. The list below is not all inclusive but is a good starting point:

- ◆ Canned or prepackaged fruit in its own juice or no sugar added, unsweetened applesauce
- ◆ Dried fruit, nuts or trail mix
- ◆ Ready-to-eat canned meats (tuna, salmon, chicken) and vegetables (low sodium). Don't forget a can opener!
- ◆ Canned fruit juice or glucose tablets for treating low blood sugar quickly
- ◆ Longer lasting carbohydrate source, like cheese
- ◆ Protein or fruit bars (those with 12 grams or less of sugar)
- ◆ Dry cereal or granola (those with 12 grams or less of sugar)
- ◆ Peanut butter, almond butter, or other nut butters
- ◆ Crackers (choose whole grain products)
- ◆ Non-perishable pasteurized milk (Ultra High Temperature—UHT milk - and select low-fat or fat-free)
- ◆ High energy foods, like whole grain, high fiber pre-packaged foods
- ◆ Bottled water - 1 gallon per person, per day for drinking and sanitation. *Children, nursing mothers, and sick people may need more. Warm to very hot temperatures in our Florida climate may increase the amount needed to stay well hydrated



Many people who have diabetes also have other health problems that require medication, so it's important to ensure you have enough of all your medications to last throughout an emergency. Always maintain an up-to-date list of your medications and the dosage in case emergency responders assist you. Contacting your personal healthcare provider or pharmacy may not be an option during a tropical storm or hurricane or if the electrical power and phones are not working. Those with diabetes may need some additional supplies to weather the storm.

Medications and supplies:

- ◆ Oral medication, insulin, extra batteries for meters and/or pumps, and a quick-acting source of glucose
- ◆ Copy of emergency information and medication list and prescriptions copies
- ◆ Lancets & lancet device, alcohol swabs, syringes, cotton balls, tissues, blood meter strips, blood sugar diary, urine ketone testing strips
- ◆ Empty hard-plastic water or detergent bottle with a cap to dispose of used lancets and syringes
- ◆ Glucagon emergency kit (if on insulin)



It's never too soon to
BE PREPARED!

The information contained in this letter is also appropriate for international aid organizations.

Mission:

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



Vision: To be the Healthiest State in the Nation

Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

April 23, 2015

Dear Faith Based Organization:

The Florida Department of Health is raising awareness about the importance of individuals receiving recommended vaccinations prior to traveling internationally. Vaccinations are safe and provide the best protection from acquiring diseases while in another country. Receiving the appropriate vaccination prior to travel is important for your health as well as the health of your family, co-workers and community back home.

Immunizations can protect you and your family from many diseases common in other countries. Measles outbreaks have been reported in Europe, Africa, and Asia. Measles is a serious viral disease that is easily spread through the air by breathing, coughing, or sneezing. The measles virus can remain in an environment for up to two hours after a measles infected person leaves the area. Prior to travel infants 6 months through 11 months of age should have at least one dose of measles-containing vaccine. Children 12 months of age or older should have two doses, separated by at least 28 days. Adults should review their vaccination records to ensure they are up-to-date with two doses of measles-containing vaccine.

Preparation for foreign travel should include a visit to your healthcare professional to talk about health safety at your travel destination for you and your travel companions. Immunizing before your trip will help prevent introduction of vaccine-preventable diseases into your community upon return home. Ask your healthcare professional about:

- An appointment for immunization 4-6 weeks in advance of departure.
- Routine vaccinations recommended or required for entry into specific countries.
- Personal health issues, which may increase your risks for disease or complications.
- A personal immunization record card of immunization dates.

Information for travelers can also be found on the Centers for Disease Control and Prevention's (CDC) travel website (<http://wwwnc.cdc.gov/travel/>) or find information regarding specific countries (<http://wwwnc.cdc.gov/travel/destinations/list>). These pages have updated information regarding travel notices and immunization recommendations.

Travel vaccinations may be available from the local Florida Department of Health in your county. To find more information about immunization or to locate your local county health department please visit <http://www.floridahealth.gov/programs-and-services/county-health-departments/find-a-county-health-department/index.html>.

Sincerely,

Celeste M. Philip, MD, MPH
Deputy Secretary for Health &
Deputy State Health Officer for Children's Medical
Services

CMP/as

Florida Department of Health
Office of Deputy Secretary for Health
4052 Bald Cypress Way, Bin A-06 • Tallahassee, FL 32399-1708
PHONE: (850) 245-4245 • FAX (850) 245-4124

www.FloridaHealth.gov
TWITTER: HealthyFLA
FACEBOOK: FLDepartmentofHealth
YOUTUBE: fldoh
FLICKR: HealthyFla
PINTEREST: HealthyFla



No doubt we all recognize this fellow. Historical figures like Benjamin Franklin were real people and often we don't know much about them beyond their special accomplishments. One thing we can likely agree on is that he was intelligent, well-educated, and wise. He actually was like the majority of most adults today. He had children and, like all children, they were exposed to many potentially serious illnesses. His middle son died of smallpox, even though an early vaccine was available. What would he suggest?

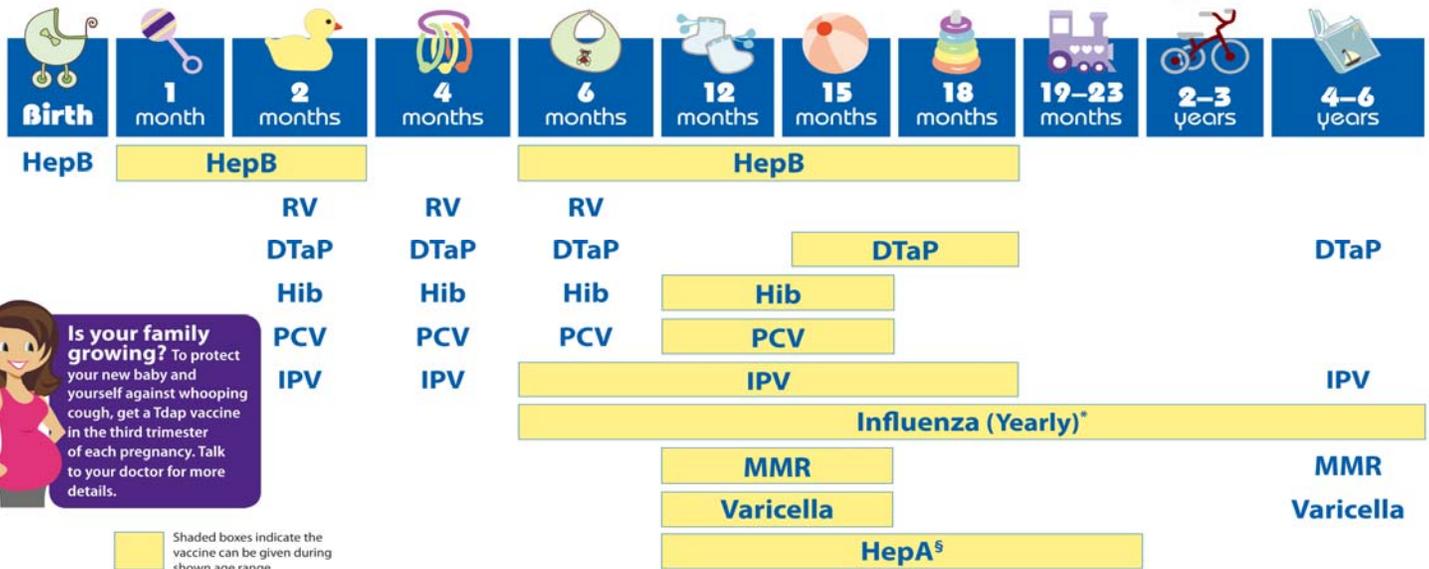
“ In 1736 I lost one of my sons, a fine boy of four years old, by the smallpox, taken in a common way. I long regretted bitterly, and still regret, that I had not given it to him by inoculation. This I mention for the sake of parents who omit that operation on the supposition that they should never forgive themselves if a child died under it; my example showing that the regret may be the same either way, and that, therefore, the safer should be chosen.”
(Benjamin Franklin's autobiography, p. 47)

Vaccines prevent serious diseases and have helped to lower the rates of these diseases in the U.S. By getting vaccinated, individual children receive protection from these diseases. Vaccines also help to protect communities by slowing or stopping disease outbreaks, especially important for children who cannot be vaccinated because they are too young, too sick, or don't respond to vaccines.¹

For more information about vaccines and vaccine safety, visit the America Academy of Pediatrics website: <http://www2.aap.org/immunization/families/safety.html>¹

For more information about specific vaccines and the recommended schedule, visit http://www.vaccines.gov/more_info/vis/index.html or <http://www.immunize.org>.

2015 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

NOTE: If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES: * Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.

§ Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

For more information, call toll free
1-800-CDC-INFO (1-800-232-4636)
 or visit
<http://www.cdc.gov/vaccines>



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



American Academy
 of Pediatrics
 DEDICATED TO THE HEALTH OF ALL CHILDREN™



It's that time of year again. History teaches that a lack of hurricane awareness and preparation are common threads among all major hurricane disasters. By knowing your vulnerability and what actions you should take, you can reduce the effects of a hurricane disaster.

[Hurricane hazards](#) come in many forms, including storm surge, heavy rainfall, inland flooding, high winds, tornadoes, and rip currents. The National Weather Service is responsible for protecting life and property through issuance of timely [watches and warnings](#), but it is essential that your family [be ready](#) before a storm approaches. Furthermore, [mariners should be aware of special safety precautions](#) when confronted with a hurricane.

Download the [Tropical Cyclone Preparedness Guide](#) (PDF) or follow the links for more information. But remember, this is only a guide. The first and most important thing anyone should do when facing a hurricane threat is to use common sense. It is also vital that you and your family have a plan about what to do if a storm threatens. If you are a business owner, you need a plan, too. The resources below provide all the information you need to be ready, to protect your life and your property.



www.floridadisaster.org/documents/2014-2015Business%20Plan.pdf



www.floridadisaster.org/swaw/2015/documents/2015%20Guide.pdf

MORE RESOURCES

[Tropical Cyclone Preparedness Guide](#) (pdf) - [Spanish Version](#) (pdf)

[YouTube PSAs on Hurricane Preparedness Week](#) - [Spanish Version](#)

[Be a Force of Nature with NOAA's Weather-Ready Nation](#)

[NHC Outreach Resources](#)

[Ready.gov Hurricanes](#)

[Ready.gov Kids](#) - preparing children



<http://flgetaplan.com/>



HURRICANE & STORM NAMES for 2015

Ana, Bill, Claudette, Danny, Erika, Fred, Grace, Henri, Ida, Joaquin, Kate, Larry, Mindy, Nicholas, Odette, Peter, Rose, Sam, Teresa, Victor, Wanda

If these are exhausted, the Greek alphabet is used.

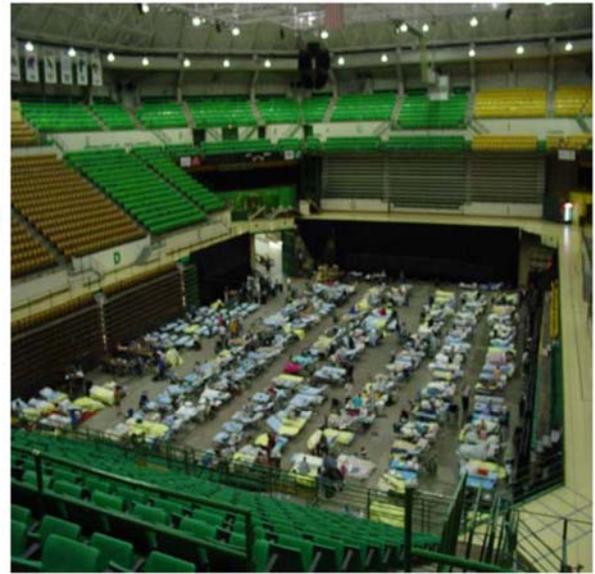


Special Needs Shelter Program

[Para Español](#)

If you have medical needs you may qualify for this program.

A special needs shelter is a temporary emergency shelter for hurricanes or other mandatory evacuations. These shelters are capable of providing care to residents whose medical condition may require the use of electrical equipment, oxygen, dialysis, or individuals with physical, cognitive, or medical conditions that may require assistance from medical professionals.



Please take the following steps to determine if you qualify:

1. **Complete a Special Needs Shelter evaluation form and return it by mail or fax.** [ENGLISH](#) or [SPANISH](#)

Forms are available at
www.hillscountyhealth.org
or by calling (813)307-8063.

Call (813)272-5900 to fill out form by phone.



2. **If you have any questions about the program please call (813) 307-8063.**



Updated 5/30/2013

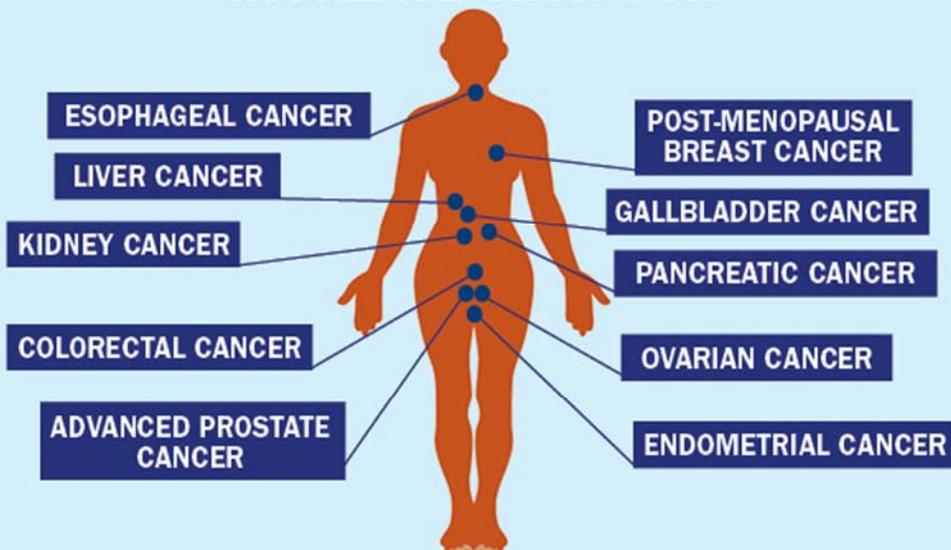
WHAT YOU NEED TO KNOW ABOUT OBESITY AND CANCER



After not smoking,
BEING AT A HEALTHY WEIGHT
Is **THE MOST IMPORTANT THING** you can do
to prevent cancer.



Overweight and obesity INCREASE RISK FOR¹



The Weight-Cancer Link

The American Institute for Cancer Research's (AICR) expert report, [Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective](#), and its continuous updates found a strong link between excess body fat and increased risk for cancers of the:

- esophagus
- pancreas
- colon and rectum
- endometrium
- kidney
- postmenopausal breast
- gallbladder
- ovarian
- prostate (advanced)

Because of the overwhelming evidence, AICR recommends maintaining a healthy weight throughout life to best reduce your chances of developing cancer. Read the full list of [AICR's Recommendations for Cancer Prevention](#).

AICR ESTIMATES THAT **EXCESS BODY FAT** IS A CAUSE OF APPROXIMATELY

121,700

U.S. CANCER CASES EVERY YEAR.²

AND YET...

7 in 10 Americans are currently overweight or obese.³



AND ...

Only about half of all Americans are even aware of the obesity-cancer link.⁴



PROTECT YOURSELF!

Move More



Eat Smart



For tips on getting to, and staying at, a healthy weight, visit www.aicr.org

1. AICR/WCRF Expert Report (2007) and Continuous Update Reports (Ongoing), 2. AICR/WCRF Policy Report (2009) and 2015 preventability update.

3. US Center for Disease Control and Prevention: Obesity and Overweight, 4. 2015 AICR Cancer Risk Awareness Survey

The evidence is the latest from the Continuous Update Project (CUP), which systematically updates and reviews the research conducted worldwide into cancer risk related to diet, physical activity and body weight. All the evidence gathered is then assessed by a panel of independent scientists who make recommendations for cancer prevention.

active kids learn better



physical activity at school is a win-win for students and teachers

GRADES:



20% more likely to earn an A in math or English

STANDARDIZED TEST SCORES:



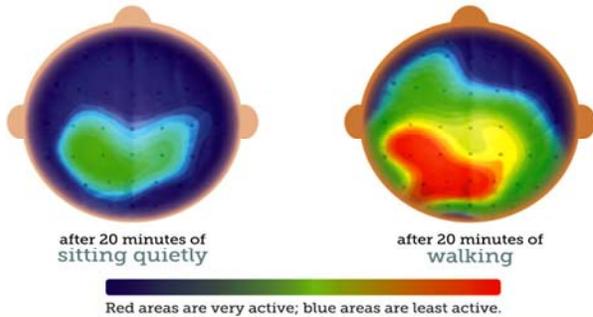
JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



21% decrease in teachers' time managing behavior

physically active kids have more active brains

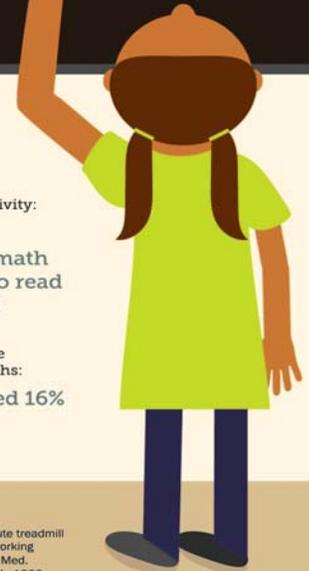
BRAIN SCANS OF STUDENTS TAKING A TEST:



MORE RESULTS:

after 20 minutes of physical activity:
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%



SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

Active Kids Learn Better

Carrie Scheiner

In today's test driven world, the idea of taking school time for recess or Physical Education is a balancing act. Yet, research and our legislature says "yes" to regular physical activity for students in Florida. Being physically active is critical for a healthy brain, which drives body function and memory. Research shows that regular moderate exercise is beneficial for good health at all ages. But how does exercise improve academic performance? There are many factors but the secret ingredient that improves memory is BDNF (brain-derived neurotrophic factor). BDNF is released in the brain during exercise and Dr. Ratey, the author of SPARK says, "BDNF is Miracle-Gro for the brain." Students that learn hard subject matter right after or during moderate exercise actually remember it better.

Florida mandates that elementary age students receive 150 minutes of Physical Education per week. This is being met through a combination of Physical Education classes and Teacher-Directed PE in the classroom. Here in Hillsborough County, the Physical Education department has partnered with Exploracise® as a resource for Teacher-Directed PE, Cross Curricular PE and classroom brain breaks.

Exploracise® developed the program based on two scientific principles: exercise improves academic performance and multisensory learning increase retention of concepts. The Exploracise® program teaches elementary math through fun active games so the math facts are learned through visual (sight), auditory (hearing) and kinesthetic (movement) techniques. Kids enjoy learning and can see the math principles come to life by exercising their minds AND bodies.

A major benefit of the Exploracise® program for schools is that students learn academic content while getting beneficial exercise. This increases academic performance and retention of the math facts. Partnering with Hillsborough County to train teachers on the Fun Wise® Exercise methodology has been very rewarding. Each teacher that attended an In-service training received an award-winning Exploracise® ball.

User comments indicate the program is working: "...very rewarding!...can be used anytime indoors or out."; "one of most fun programs for motivating kids to master math skills". Additionally, Exploracise® offers enrichment programs at preschools, StayINstruction™ In-school field trips and workshops. Learn more about Exploracise® at www.exploracise.com.

Carrie Scheiner, CEO and founder of Exploracise®, is a [Partners in Obesity Prevention](#) partner. Using her math education background and her passion for health, along with her co-founder, husband Dr. Adam Scheiner, began this program to help children develop a lifelong passion for health lifestyles and learning.

WALKABILITY



Complete your checklist online at :

<http://partnersinobesityprevention.com/partnership-meetings/action-planning/walkabilitytampabay2015/>

If you don't have online access, you may fax your checklist to 813-307-8094, or mail to:

Community Health
Walkability 2015
P.O. Box 5135,
Tampa, Florida 33675

How walkable is your community?

Take a walk and decide for yourself.

"Walkability" is the measure of how friendly an area is for walking. Of course, this also includes other activities like biking, skating and jogging! Walking and being active offer benefits for everyone - improve fitness, reach or maintain a healthy weight, reduce risks for certain health problems, enjoy the outdoors or build a sense of community. But when we walk it should be safe and easy.

Get others involved:

Encourage all your neighbors to participate so your entire neighborhood can be included. Ask friends, family, and coworkers to enter a checklist, too.

Getting started:

FIRST, pick a place to walk, like the route to school or a friend's house. Your walk can be as long or short as you choose, but a 15 to 30 minute walk will allow you to take a serious look at your area.

SECOND, visit our website and watch the safety video and print and review the checklist. GO WALK! As you walk, check off items and note the locations. At the end of your walk, rate each question, then add up the numbers to see how you rated your walk overall. Now you're ready to submit your answers **online** or send them to us via fax or mail.

Where Does the Information Go?

The checklist information will be evaluated by the Florida Department of Health and the Center for Urban Transportation at University of South Florida, which will create a report city and county officials as a reference for future planning. Because you live in your neighborhood, your opinion is valuable! This is a great opportunity to share your findings about the walkability of your neighborhood and community.



The online checklist opens MAY 1, 2015 AND CLOSSES JUNE 1, 2015. Don't wait!



PHONE: (813) 307-8071 FAX: (813) 307-8094
EMAIL: info@partnersinobesityprevention.com

www.PartnersInObesityPrevention.com/Walkability-2015

"Like us" on FACEBOOK: Walkability Day Tampa Bay

HILLSBOROUGH COUNTY RESIDENTS

How walkable is your neighborhood?

Location:

Zip code of walk: _____

Rating Scale:



Start street: _____ **to** _____
to _____ **to** _____ **end street.**

1. Did you have room to walk?

- Yes** **No, there are some problems**
- Sidewalks or paths started and stopped
 - Sidewalks were broken or cracked
 - Sidewalks blocked with poles/signs,
 - No sidewalks, paths, or shoulders
 - Something else _____

Rating: (circle one) **Locations of problems:**
1 2 3 4 5 6 _____

2. Was it easy to cross streets?

- Yes** **No, there are some problems**
- Need striped crosswalks or traffic signals
 - Need curb ramps or ramps need repair
 - Trees or plants blocked our view of traffic
 - Traffic signals too long/too short
 - Road was too wide
 - Parked cars blocked view of traffic
 - Something else _____

Rating: (circle one) **Locations of problems:**
1 2 3 4 5 6 _____

3. Did drivers behave well?

- Yes** **No, there are some problems: Drivers...**
- Backed out of driveways without looking
 - Turned into people crossing the street
 - Drove too fast
 - Sped up to make it through the light
 - Drove through traffic light
 - Something else _____

Rating: (circle one) **Locations of problems:**
1 2 3 4 5 6 _____

4. Was it easy to follow safety rules?

- Yes** **No** Cross at crosswalks or where you could see and be seen by drivers?
- Yes** **No** Stop and look left, right and then left again before crossing streets?
- Yes** **No** Walk on sidewalks or shoulders facing traffic where there were no sidewalks?
- Yes** **No** Cross with the light?
- Could not follow any safety rules.

Rating: (circle one) **Locations of problems:**
1 2 3 4 5 6 _____

5. Was your walk pleasant?

- Yes** **No, there are some problems**
- Needed more grass, flowers, or trees
 - Not well lighted
 - Scary dogs
 - Scary people
 - Dirty, lots of litter or trash
 - Dirty air due to automobile exhaust
 - Something else _____

Rating: (circle one) **Locations of problems:**
1 2 3 4 5 6 _____

6. How does your neighborhood rate? Add up your ratings and decide.

- _____ **26–30** Celebrate! You have a great neighborhood for walking.
- _____ **21–25** Celebrate, a little. Your neighborhood is pretty good.
- _____ **16–20** Okay, but it needs work.
- _____ **11–15** It needs a lot of work.
- _____ **5–10** It is a disaster for walking!

Total: _____

What does "Walkability" mean to you?

What one thing do you think would improve your neighborhood's walkability?

www.PartnersInObesityPrevention.com
PHONE: (813) 307-8071 FAX: (813) 307-8094
EMAIL: info@partnersinobesityprevention.com

Community Health, Florida Department of Health—Hillsborough
P.O. Box 5135, Tampa, FL 33675
"Like us" on FACEBOOK: Walkability Day Tampa Bay

Text4baby

makes it easy to get important health and safety information, completely for **FREE**. The service sends personalized information directly to you, at the exact time you need it.

Text BABY (or BEBE for Spanish) to 511411 to receive three free text messages a week timed to your due date or baby's birthdate.

Text4baby is completely **free** thanks to The Wireless Foundation and all major wireless carriers. Even if you don't have a texting plan or if you have limited texts per month, you will get these messages at no cost.

The Wireless Foundation

Participating cell companies:



text4baby
FOUNDING SPONSOR
Johnson & Johnson

National Healthy Mothers,
Healthy Babies Coalition
4401 Ford Ave, Suite 300
Alexandria, VA 22302
703-837-4792
info@text4baby.org
www.text4baby.org
Facebook.com/text4baby
@mytext4baby

Text4baby is the nation's only free mobile information service designed to promote maternal and child health through text messaging. Women who text BABY (or BEBE for Spanish) to 511411 receive three free text messages a week, timed to their due date or their baby's birth date, through pregnancy and up until the baby's first birthday. A special thanks goes to Founding Sponsor Johnson & Johnson, founding partners Vovixa, Grey Healthcare Group and The Wireless Foundation.

To sign up for Text4baby:

- 1 Text BABY (or BEBE for Spanish) to 511411
- 2 Enter due date/baby's birthdate and zip code

To set up a free appointment reminder:

- 1 Text REMIND (or CITA for Spanish) to 511411
- 2 When prompted, enter the appointment date with no space or words after (e.g. 101213)
- 3 You will then be prompted to enter a short description of the appointment (e.g. Dr. Parker at 9am)
- 4 You will receive a text reminder three days before and the day of your appointment!

Other features:

- Text STOP to cancel service or HELP for help
- Text UPDATE to change due date/zip code
- Text LIKE to share feedback on messages you enjoy



"I am a first-time mom and Text4baby helped me know what questions to ask the doctor while pregnant and now when I take my baby to the doctor. It has also helped me know information about milestones, breastfeeding, car seats and more. Thanks Text4baby!"

- Shannon, Text4baby mom



**Your Baby Has You,
You Have Text4baby**

Text4baby includes appointment reminders, videos, mobile webpages and urgent health alerts to help you give your baby a healthy start!



Message



Mobile Pages



Videos

Join TEAM Text4baby!

It's a new way for moms, dads, grandparents and others to get involved in Text4baby, spread the word to other pregnant women and new moms, and enter contests to win cool prizes!

Sign up here:
t4b.org/MomsGetInvolved





JOIN US!

1:00 – 5:00

p.m.

McFarlane

Park

1700 N. Mac

Dill Ave.,

Tampa

Shelter #405

MAY 31ST

WORLD NO TOBACCO DAY
31 DE MAYO DÍA MUNDIAL SIN TOBACCO

Help us to make every day
“World No Tobacco Day.”

Hagamos cada día
“Día Mundial Sin Tabaco.”



SWAT
STUDENTS WORKING AGAINST TOBACCO



YMAD!

YOUTH SUMMIT
CHARLA DE JÓVENES

**YOUTH TALENT
SHOWCASE**
PROGRAMA DE TALENTOS

MUSIC
MÚSICA

FUN ACTIVITIES
ACTIVIDADES

Contact: Elizabeth Theodate (Cell: 813-802-7613; Email: etheodate@hcada.com)

FDOH-Hillsborough Has Diabetes Prevention Program Master Trainer *Select*

Nailah Ramsingh, Health Educator in the Community Health Division, was recently trained by the Diabetes Training and Technical Assistance Center (DTTAC) at Emory University's Rollins School of Public Health as a Master Trainer *Select* to deliver Lifestyle Coach training. The Master Trainer *Select* program requires that candidates meet eligibility requirements, attend a two-day training, and participate in an ongoing quality control and technical assistance relationship with Emory/DTTAC. The class pictured to the left are from various Eastern Seaboard states.



Nailah Ramsingh, 1st row, far right

Having a Master Trainer *Select* staff member allows our organization to scale and sustain lifestyle change programs efficiently over time, as the number of program participants grows or as there is staff turnover. We can help increase access to this important program by training new Lifestyle Coaches. Additionally, the tie to Emory/DTTAC ensures that we are providing a quality controlled training and staying up to date on best practices in training lifestyle coaches.

CHSI 2015 is an interactive web application that produces health profiles for all 3,143



counties in the United States. Each profile includes key indicators of health outcomes, which describe the population health status of a county and factors that have the potential to influence health outcomes, such as health care access and quality, health behaviors, social factors and the physical environment.

<http://wwwn.cdc.gov/CommunityHealth/>



“For peace of mind” “Para su tranquilidad”

Florida Breast & Cervical Cancer
Early Detection Program

Our 45 minute presentation is **provided in English and Spanish** for community members, faith-based groups and organizations.

INCREASE YOUR KNOWLEDGE ABOUT:

- Breast cancer
- Cervical cancer
- Human papillomavirus (HPV)

Receive information about & assistance in locating breast and cervical cancer screening services in Hardee, Highlands, Hillsborough, and Polk counties. Mammograms and Pap test applications are provided for those eligible for free services.

Call (813) 307-8071 for more information or visit us at: Hillsborough.flhealth.gov



He's a killer.

www.safercar.gov/parents/InandAroundtheCar/heatstroke.htm

KIDS IN HOT CARS HEATSTROKE SAFETY TIPS FOR PARENTS AND CAREGIVERS

Kids in hot cars are a deadly combination. Whether intentional or accidental, these deaths are preventable, which makes it all the more tragic. Here are some helpful tips to make sure it doesn't happen to you.

Remember:

- Never leave a child alone in a parked car, even with the windows rolled down, or air conditioning on. Children's body temperature can heat up 3 to 5 times faster than adults. A core temperature of 107 is lethal.
- Always look in both the front and back of the vehicle before locking the door and walking away.
- Heatstroke can occur in temperatures as low as 57 degrees. On an 80-degree day, temperatures inside a vehicle can reach deadly levels in just 10 minutes.
- Never let children play in an unattended vehicle. Teach them a vehicle is not a play area.
- Always lock your vehicle doors and trunk and keep the keys out of a child's reach. If a child is missing, quickly check all vehicles, including the trunk.

Is dropping a child off not part of your normal routine? Come up with some ways to remind yourself that the child is in the car.

- Place an item that you keep on you, like a briefcase or purse, in the back seat next to the car seat, so that you'll always check the back seat before you leave the car.

- Call your spouse after you drop the child off to make sure you didn't forget.
- Have daycare call you if your child doesn't show up.
- Write a note and place it on the dashboard of the car. Or set a reminder on your cell phone or calendar. You can also download the Baby Reminder App for iPhones.

If you see a child alone in a hot vehicle:

- Call 911 or your local emergency number immediately.
- If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly, by spraying them with cool water or a garden hose. NEVER use an ice bath.

Remember: kids in hot cars are a deadly combination. Don't take the chance. Look before you lock.

Additional Resources:

- National Highway Traffic Safety Administration - www.safercar.gov/heatstroke
- San Francisco State University, Department of Earth & Climate Studies - www.ggweather.com/heat/
- Safe Kids - www.safekids.org
- Children's Hospital of Philadelphia - www.chop.edu



It can happen to anyone.

- In 52 percent of cases the child was "forgotten" by the caregiver.
- In more than 29 percent of cases, a child got into the vehicle on their own.



Heatstroke is the leading cause of non-crash-related fatalities for children 14 and younger.

- From 1998-2013 606 children died due to heatstroke, representing 61 percent of total non-crash fatalities in this age group. Of the 606 deaths:
 - 52% were forgotten in the vehicle.
 - 29% gained access by themselves and became trapped
 - 18% were left intentionally
 - 1% were unknown cases
- In 2013 44 children died of heatstroke in the U.S.
- Children are at a higher risk than adults of dying from heatstroke in a hot vehicle especially when they are too young to communicate.
- A child's temperature heats up 3 to 5 times faster than that of an adult's.

High body temperatures can cause permanent injury or even death.

- Heatstroke begins when the core body temperature reaches about 104 degrees and the thermoregulatory system is overwhelmed. A core temperature of about 107 degrees is lethal.
- In 10 minutes a car can heat up 20 degrees. Rolling down a window does little to keep it cool.
- Heatstroke fatalities have occurred even in vehicles parked in shaded areas and when the air temperatures were 80 degrees F or less.
- Heatstroke can occur in temperatures as low as 57 degrees.
- The warning signs vary, but may include:
 - Red, hot, and moist or dry skin
 - No sweating
 - A strong rapid pulse or a slow weak pulse
 - A throbbing headache
 - Dizziness
 - Nausea
 - Confusion
 - Being grouchy or acting strangely

PLANT CITY, FLORIDA
SUMMER YOUTH PROGRAM 2015



Registration Kick Off Days, Save \$10 per child when you register at your selected Recreation Center.

Program Dates
June 8 –
August 14,
2015

City of Plant City
Recreation & Parks Department
2015 Summer Program



It Starts
In Parks!

Attention Parents,

Youth Summer Program
General Information



Reserve Your Spot-Register Early & Save
Payment Plans Available when you register early
Cash, Check, or Money Order

★ **Program Location:** Dr. Martin Luther King Jr Recreation Center
1601 East Dr Martin Luther King Jr Blvd
Ages: 5-11 (completed Kindergarten - must bring last report card as proof)
Cost: \$300 registration total per child for 10 week program.
Contact: Lillie Brown—813-757-9196
Registration Kick off in person at the MLK Center
04/11/2015 @ 10am to 12:00 p.m.

★ **Program Location:** Planteen Rec Center, 301 Dort Street
Ages: 6-15 (completed Kindergarten - must bring last report card as proof)
Cost: \$400 registration total per child for 10 week program.
Contact: Jason Hargrove—813-659-4256
Registration Kick off in person at the Planteen Center
04/11/2015 @ 10am to 12:00 noon

★ **All Sites:** Payment reserves participant's spot in program regardless of attendance record. **Child must have completed Kindergarten.** Fee includes camp shirt, trips, and trip transportation. (Lowry Park Zoo, Wet n Wild, Fun Spot)
Payment plans available!

Program Times: 7:30am - 5:30pm

Activities: indoor & outdoor activities, field trips & more.



City of Temple Terrace Leisure Services Department

Summer Youth Programs

10 Week Summer Program
Monday, June 8 - Friday, August 14

*No program Friday, July 3rd

7:30am - 6pm

Family Recreation Complex

Elementary: K - 5th Grade

Middles: 6th Grade

Tween: 7th & 8th Grade

Games!

Crafts!

Field Trips!

Swimming!

Full Summer Rates

Early Registration Beginning April 18: **\$455**

General Registration Beginning May 18: **\$480**

*Rates do not include field trips.

Monthly Rates: June: \$170; July: \$230; August: \$122

Must have annual membership or summer pass to register.

Register at the Customer Service Desk.
Family Recreation Complex, 6620 Whiteway Dr.
Call (813) 506-6600 or visit for more information.



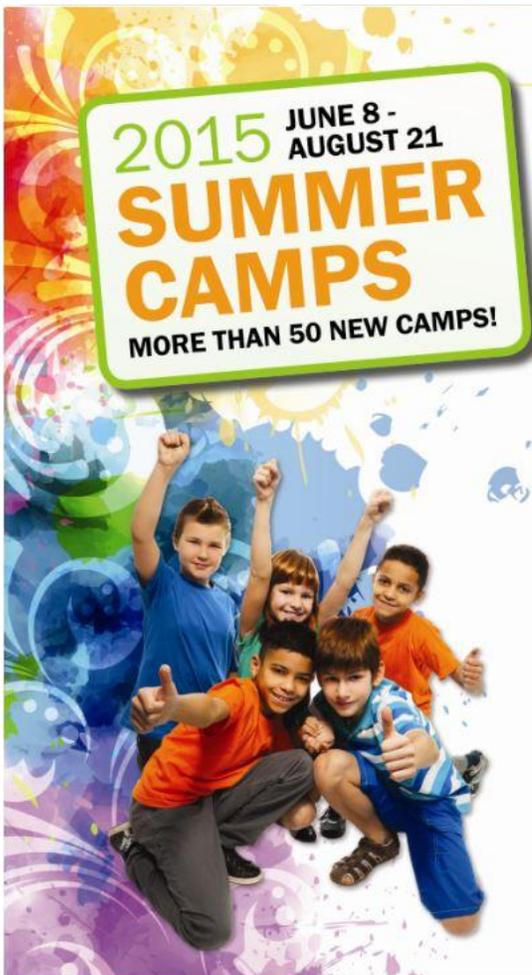
Ready. Set. Summer Camp! Find all the information you need to prepare for [Hillsborough County Parks and Recreation Summer Camp registration.](#)



Important Dates: Summer Camp 2015 will be offered in 5 two-week sessions for a total of 10 weeks June 15 - Aug. 21. Are you a current Rec2Six participant? If so, you can [register for Summer Camp online](#) starting April 27 at 12 Noon. General registration begins May 4 at 12 Noon.

Prepare to Register: Summer Camp registration can only be done [online](#). There is no in-person registration. If you're new to Hillsborough County's Summer Camp, you'll need to create a profile for yourself and your child before registering. Get started by [going here and selecting "Need An Account."](#) *Discounts are available for free/reduced lunch. [See complete list of 2015 Camp locations.](#)

Income Assistance: Hillsborough County Parks and Recreation offers financial assistance for summer camp to qualified families. To determine your eligibility, you must provide your child's school lunch letter to the staff at your desired camp location prior to registering for Summer Camp. Families that qualify for Community Service Block Grants qualify for free summer camp. [Find park and recreation center contact information.](#)



CITY OF TAMPA PARKS AND RECREATION

This is your one-stop-shop for everything Summer Camp and a view to our [Summer Camp Parent Guide Book](#). Check out all the information you need for this year's Tampa Parks and Recreation Summer Camps! Still can't find an answer to your question? **Call our Summer Camp Hotline (813) 274-3345.**

Registration Dates: We have different registration periods for summer camps this year. All registration periods begin in March 2015. Check out the [schedule](#) for a full list of all registration periods. Need reminders? We will be posting reminders on social media, so make sure to follow us on [Facebook](#) and [Twitter](#)!

Online and In-Person Registration: You can get a jump start on registration with WebTrac, our online registration program. We strongly encourage this registration method, especially for our more popular camps. Every registration period begins with online registration only, therefore, you will not be able to register with a staff member until the in-person registration period begins.

*Do you need access to a computer to register for summer camp? We are offering free (no Rec Card required) access to our computer labs for online only registration dates at select locations. Please view the [list of sites](#) for more information. *Please note that staff may only provide limited assistance.*

CITY	FACILITY	ADDRESS	PHONE/WEBSITE	AGE
Brandon	Brandon Family YMCA*	3097 S. Kingsway Rd.	813-685-5402	Ages 5-12/Adult
Brandon	Brandon Sports & Aquatics*	405 Beverly Blvd.	813-689-0908/mybsac.org	6 mos-Adults
Brandon	Kinder Swim Inc.*	413 Bayfield Dr.	813-653-7138/kinderswim.com	Children 6 mos & Up
Brandon	Sharks & Minnows*	Brandon	1-800-511-7946/sharksandminnows.com	6 mos-Adults
Clearwater	YMCA*	1005 South Highland Ave.	727-461-9622	Ages 5-12/Adult
Clearwater	YMCA*	5345 Laurel Place	727-507-9622	Ages 5-12/Adult
Largo	YMCA/Bardmoor Branch*	8787 Bryan Dairy RD.	727-394-9622	Ages 5-12/Adult
Lutz	Cheval Aquatics Center*	4142 Cheval Blvd.	813-948-2114	6 mos-Adults
Lutz	Seal swim School	19509 N Dale Mabry Hwy.	813-229-7946/sealsswimschool.com	0-Adults
New Port Richey	James P. Gills Family Branch*	8411 Photonics Drive	727-375-9622	Ages 5-12/Adult
Palm Harbor	YMCA/Greater Palm Harbor*	1600 16th St.	727-787-9622	Ages 5-12/Adult
Palm Harbor	YMCA/North Pinellas Branch*	4550 Village Center Drive	727-772-9622	Ages 5-12/Adult
Plant City	Plant City YMCA*	1507 YMCA Place	813-757-6677	Ages 5-12/Adult
Spring Hill	YMCA/Hernando County Branch*	1300 Mariner Boulevard	352-688-9622	Ages 5-12/Adult
St. Petersburg	Childs Park Pool*	1227 43rd Ave. S	727-893-7730/Stpete.org	Ages 5-12/Adult
St. Petersburg	North Shore Aquatic Complex*	901 N Shore Dr. NE	727-893-7727/Stpete.org	Infant-5 years
St. Petersburg	Northwest Pool*	2331 60th St. N.	727-893-7723/Stpete.org	Ages 5-12/Adult
St. Petersburg	Sharks & Minnows*	St. Petersburg	1-800-511-7946/sharksandminnows.com	6 mos-Adults
St. Petersburg	Tampa Bay Turners	2301 26th St. North	727-328-8500/tampabayturners.com	6 mos-Adults
Tampa	Bob Sierra Family YMCA*	4029 Northdale Blvd.	813-962-3220	Ages 5-12/Adult
Tampa	La Fleur's Little Flippers	10205 Anderson Rd.	813-264-5000/lafleurgym@aol.com	6 mos-Adults
Tampa	New Tampa YMCA*	16221 Compton Dr.	813-866-9622	Ages 5-12/Adult
Tampa	Northwest Hillsborough YMCA*	8950 W. Waters Ave.	813-249-8510	Ages 5-12/Adult
Tampa	Seal Swim School	3703 W. McKay Ave.	813-879-7946/sealsswimschool.com	0-Adults
Tampa	Sharks & Minnows*	Tampa	1-800-511-7946/sharksandminnows.com	6 mos-Adults
Tampa	South Tampa YMCA*	4411 South Himes Ave.	813-839-0210	Ages 5-12/Adult
Tampa	Bobby Hicks Pool*	4201 West Mango Avenue	813-832-1217	Ages 6 mos-Adult
Tampa	Copeland Pool*	11001 North 15th St	813-975-2734	Ages 6 mos-Adult
Tampa	Cyrus Greene Pool	2101 E Martin Luther King Blvd.	813-242-5305	Ages 6 mos-Adult
Tampa	Danny Del Rido Pool	10105 North Blvd.	813-931-2107	Ages 6 mos-Adult
Tampa	Interbay Pool	4321 Estrella Avenue	813-282-2910	Ages 6 mos-Adult
Tampa	Marthin Luther King Pool*	Tampa	813-259-1606	Ages 6 mos-Adult
Tampa	Loretta Ingraham Pool	1611 Norht Hubert Avenue	813-348-2080	Ages 6 mos-Adult
Tampa	Roy Jenkins Pool*	154 Columbia Drive	813-274-7732 (temporary #)	Ages 6 mos-Adult
Tampa	Spicola Family Pool*	2615 E, Corrine St.	813-242-5355	Ages 6 mos-Adult
Tampa	Sulphur Springs Pool	713 East Bird Street	813-931-2156	Ages 6 mos-Adult
Tampa	Williams Pool*	4362 East Osborne Ave.	813-635-3482	Ages 6 mos-Adult
Tarpon Springs	Seal Swim School North Pinellas*	1888 S. Pinellas Ave.	727-943-8782/sealsswimschoolnp.com	6 mos-Adults
Temple Terrace	Temple Terrace Recreation Complex*	6610 E. Whiteway Dr.	813-506-6600	6 mos-Adults
Valrico	Angelfish Swim School*	210 Morningside Loop	863-259-0164/angelfishswimschool.com	6 mos-Adults
Valrico	Campo Family YMCA*	3414 Culbreath Rd.	813-684-1371	Ages 5-12/Adult
Wesley Chapel	Seal Swim School Wesley Chapel	30016 County Line Rd.	813-991-7946	0-Adult

*Seasonal Swim Schools



**IN THE TIME
IT TAKES
TO THROW
IN A LOAD
OF DIRTY
LAUNDRY...**



**THE PROPER PHYSICAL BARRIERS SERVE AS A
CRUCIAL LAYER OF PROTECTION.**

- It takes less than 30 seconds for a child to drown.
- Florida leads the nation in drowning deaths in children between the ages of 1 and 4.
- The Residential Swimming Pool Safety Act requires pools built after 2000 to have at least one approved pool safety feature. However, over 90% of Florida's home swimming pools were built before this act.
- WaterproofFL focuses on three layers of protection, supervision, barriers, and emergency preparedness.
 - **Supervision is the first and most crucial layer of protection, meaning that someone is always actively watching when a child is in the pool.**
 - Barriers mean that a child should never be able to enter the pool area unaccompanied by a guardian. A barrier should physically block a child from the pool.
 - Emergency preparedness. The moment a child stops breathing there is a small, precious window of time in which resuscitation may occur, but only if someone knows CPR. Knowing how to perform CPR can mean the difference between life and death.

For more information about barriers, visit: www.waterproofFL.com

**READ TO A CHILD.
YOU'RE LIKELY TO ENJOY IT.
SHE'S LIKELY
TO GRADUATE.**



Be a ReadingPal.

United Way Suncoast is looking for volunteers to read to children in kindergarten through third grade in Hillsborough and Pinellas counties throughout the school year.

It's as easy as 1-2-3:

- 1** Commit to one hour per week throughout the school year.
- 2** Training and material will be provided.
- 3** You'll be paired with one or two children.



Contact Nicole Brown
at 813.274.0998
or nbrown@uwsuncoast.org.



I Want Health Insurance for My Child. Who Do I Call?

Florida KidCare is the state health insurance program for uninsured children under age 19. It includes four different programs: MediKids, Healthy Kids, Children's Medical Services and Medicaid. When you apply for the insurance, Florida KidCare will check which program your child may be eligible for based on age and family income.

To apply, call 1-888-540-5437, apply online, or print an application and instructions. For more information, visit:

Fl  **orida KidCare**



Children who read at grade level by the fourth grade are four times more likely to graduate from high school.

You can help.

It's a fun, easy volunteer opportunity that makes a huge difference in the life of a child.

3 WAYS TO SUIT YOUR NEEDS

- 1** Online
- 2** Community Groups
- 3** At Your Workplace

NO FEES!

Get to YOUR

Healthiest Weight



we can help!

www.GetIntoFitnessToday.net



LOCAL COMMUNITY MARKETS: www.tampabaymarkets.com

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/

ST. JOSEPH'S CHILDREN'S MOBILE CLINIC: FREE exams & immunizations. Appointments required.

[Contact Family Support and Resource centers for appointments.](#)

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

May and June 2015

5/25 Health Department CLOSED for Memorial Day



On Sunday, May 17th, the City of Temple Terrace will be closing 56th Street between Busch Blvd/Bullard Parkway/Bullard Parkway and

Whiteway Drive. Cyclovia is a movement to temporarily close streets to cars so people can bike, walk, play and enjoy the city in a new way.

Free STD & HIV/AIDS Screenings and Presentations:

5/16 - Delta Sigma Theta Sorority, 1907 E. Hillsborough Ave., Chloe Coney Building, Tampa. 10 am - 2 pm

6/20 - Beulah Baptist Institutional Church, 1006 W. Cypress Street, Tampa. 10 am - 2 pm

6/26 - National HIV Testing Day, Main Health Department, 1105 E. Kennedy Blvd., Tampa. 7 am - 4 pm

**LAST DAY FOR PUBLIC SCHOOL STUDENTS
JUNE 5, 2015 - Watch out for children!**

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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... X3502, X7112
- Community Health Advisors X7103
- Diabetes X7104
- Family Reunion Program X7102
- Florida KidCare..... X3502
- Weight Management X7103
- Health Literacy X7106
- Insulin Program X3502
- Lead Poisoning Prevention..... X7108
- School Health X8502
- Sterilizations X3502
- Office of Health Equity **307-8066**

* All numbers are area code (813).

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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**

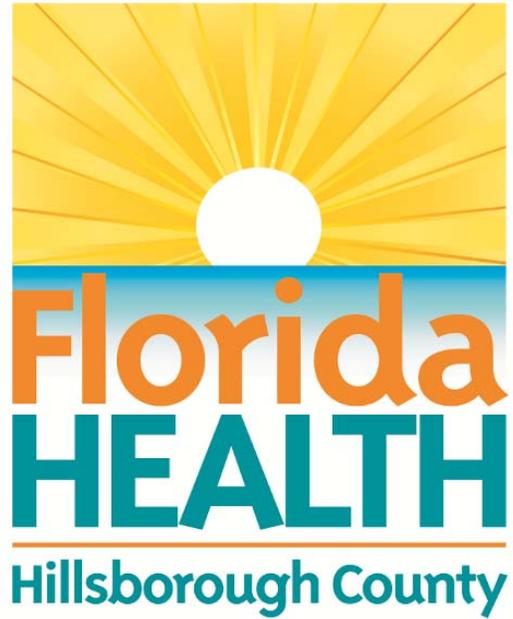
NUTRITION/WIC 307-8074

**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

<http://hillsborough.floridahealth.gov>

