

The Florida Department of Health has received *first-in-the-nation national accreditation* as an integrated department of health through the Public Health Accreditation Board (PHAB). This seal of accreditation signifies that the unified Florida Department of Health, including the state health office and all 67 county health departments, has been rigorously examined and meets or exceeds national standards for public health performance management and continuous quality improvement.

“For the people of Florida, this accreditation is a testament to the department’s ability to keep communities ahead of emerging health threats while promoting best practices to meet ongoing health challenges,” said Interim State Surgeon General Dr. Celeste Philip. “I want to thank Dr. John Armstrong for his leadership and dedication to make Florida the first-ever nationally accredited integrated department of health. This achievement demonstrates the passion and commitment of 15,000 public health professionals and numerous community partners to improving public health.”

The announcement comes after more than a year of compiling data to support the accreditation process. The process included visits to multiple county health departments where PHAB representatives did thorough site reviews. All 67 county health departments, the Tallahassee offices, bureaus and divisions are now nationally accredited.

Public health departments play a crucial role in protecting and improving the health of people and communities. In cities, towns and states across the nation, health departments provide a range of services aimed at promoting healthy behaviors; preventing diseases and injuries; ensuring access to safe food, water, clean air and life-saving immunizations; and preparing for and responding to public health emergencies.

“PHAB is pleased and excited to recognize the Florida Department of Health for achieving national standards that foster effectiveness and promote continuous quality improvement,” said PHAB President and CEO Kaye Bender, PhD, RN, FAAN. “By going through the accreditation process, Florida’s statewide public health department system is ensuring the integration of the programs and services provided by the central office and the 67 local public health departments. We congratulate this integrated system of 67 local public health departments and the state health department for demonstrating a consistent and continuing commitment to improving public health in Florida.”

The national accreditation program, jointly supported and funded by the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation, sets standards against which the nation’s more than 3,000 governmental public health departments can continuously improve the quality of their services and performance. To receive accreditation, a health department must undergo a rigorous, multi-faceted, peer-reviewed assessment process to ensure it meets or exceeds a set of quality standards and measures.

**About the Public Health Accreditation Board:** The Public Health Accreditation Board (PHAB), established in 2007, was created to serve as the national public health accrediting body. The development of national public health accreditation has involved, and is supported by, public health leaders and practitioners from the national, Tribal, state, and local levels.



Our DOH-Hillsborough PHAB team: (left to right): Dr. Doug Holt, Health Department Director; Dr. Leslene Gordon, Community Health Director; Daragh Gibson and Sophia Hector, Office of Health Equity; Bonnie Watson, Nutrition/WIC Director; Cindy Morris, Asst. Health Department Director; Christina Ciereck, Financial Administrator; Brian Miller, Environmental Health Director; and Faye Coe, Disease Control Director.

## THE INSIDE STORY:

- 3 10 Essential Public Health Services
- 4 Storm Season - Get Prepared Now
- 5 Mosquito-Borne Illness
- 6 ABC's of Hepatitis
- 7 The Case for Worksite Wellness
- 8 Summer Safety Tips for Kids
- 10 Drowning Facts and Prevention
- 12 Sun Safety
- 14 Heat Illness
- 15 Poison Facts - Outdoor Hazards
- 16 Are You at Risk for Falls?
- 18 Every Kid Healthy Week
- 18 Asthma Grows
- 19 Adults Need Regular Check-Ups Too
- 19 QUIT Kit ...Free! Get it Now!
- 20 NUTRITION NUGGETS
- 21 In The Community
- 22 Bike to School Day - May 4
- 22 Mental Health Resources
- 23 Community Links
- 23 Contact us



## Healthy Hillsborough, a Successful Collaboration of Public Health and the Health Care Delivery System

The Florida Department of Health in Hillsborough County has previously completed two Community Health Assessment (CHA) and Community Health Improvement Planning (CHIP) processes. This is required every five years. For our current work, we felt it was important to better engage our local non-profit hospitals in this process, as they now have to complete a similar community health needs assessment. Additionally, according to a 2012 Institute of Medicine (IOM) report, *“the sharing and collaborative use of data and analysis is essential for the integration of primary care and public health in the interest of population health”*, so this was a win-win endeavor.

The group agreed to organize under the name, **Healthy Hillsborough**. The focus - assessing and improving the health of our community. The collaborative Steering committee includes the Florida Department of Health in Hillsborough County, Florida Hospital, Moffitt Cancer Center, St. Joseph's Hospitals and South Florida Baptist Hospital, Suncoast Community Health Centers, Tampa Family Health Centers and Tampa General Hospital. A very recent and welcomed addition to this collaboration is the Shiners Hospital for Children.

On April 1<sup>st</sup>, 124 community partners and stakeholders met to review health indicator data, results from countywide surveys, focus groups and interviews in order to identify health priorities for the County Health Improvement Plan. Priority health issues for intervention that resulted from the community partner meeting included obesity, access to care and behavioral health concerns. These priorities will be addressed within the context of some broader concerns namely, health disparities, social determinants of health, healthy behaviors and improved health collaboration.

While the challenges are huge, this successful alignment of public health interest and the health care delivery system is a step in the right direction. It brings together the resources needed to improve the health of those who reside in Hillsborough County.

Have a question or comment? Email us: [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov)

Managing Editor: Cindy Hardy

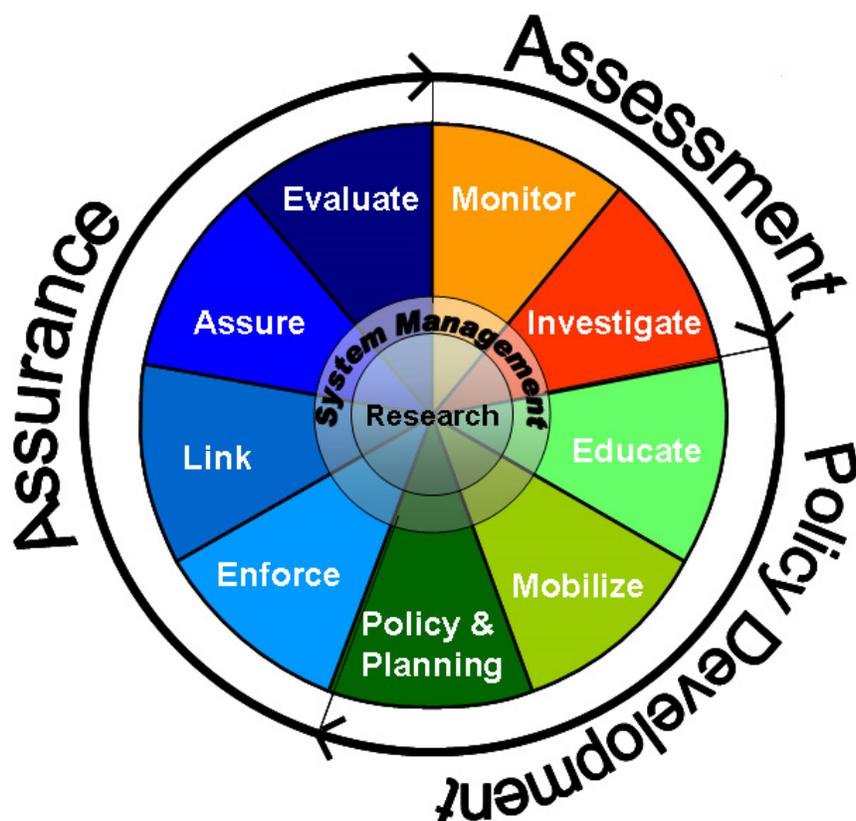
Copy Editors: Allyson Sison, Prachi Bachaspatimayum

# 2016 Local Public Health System Assessment

Having recently complete the Local Public Health System Assessment (LPHSA), some members of the community may still be wondering what are all the services that a public health system provides.

A Local Public Health System (LPHS) includes all public, private, and voluntary entities that contribute to public health activities within a given area. It is a network of entities with differing roles, relationships and interactions that contribute to the health and well-being of the community.

The Assessment provides a framework to measure or assess the capacity and performance of a public health system using the 10 Essential Public Health Services as the standard of measurement. These services describe the public health activities that should be undertaken in all local communities. The diagram below shows the Essential Services within the context of the three core public health functions: Assessment, Policy Development and Assurance.



## Essential Services:

- #1 Monitor health status to identify community health problems.
- #2 Diagnose and investigate health problems and health hazards.
- #3 Inform, educate and empower people about health issues.
- #4 Mobilize community partnerships to identify and solve health problems.
- #5 Develop policies and plans that support individual and community health efforts.
- #6 Enforce laws and regulations that protect health and ensure safety.
- #7 Link people to needed personal health services and assure provision if otherwise unavailable.
- #8 Assure a competent public health and personal healthcare workforce.
- #9 Evaluate effectiveness, accessibility and quality of personal and population-based health services.
- #10 Research for new insights and innovative solutions to health problems.

# Hurricane Preparedness Week

May 15-21, 2016

<http://www.nhc.noaa.gov/prepare/ready.php>



## GET A PLAN!

**FLGetAPlan.com**

**Florida Division of Emergency Management**

### What do you need?

Family and Home? Business?  
Special Needs?



Tropical Storm and Hurricane season officially begins June 1.

## KIDS ZONE

Don't forget the kids! Get them involved in planning for emergencies. Click the **ZONE** for interactive learning topics on this informative but kid-friendly website: [www.greathurricaneblowout.org/kids.php](http://www.greathurricaneblowout.org/kids.php)

## SPECIAL NEEDS REGISTRY

The Florida Division of Emergency Management, in coordination with each local emergency management agency in the state, developed a registry to allow residents with special needs to register with their local emergency management agency to receive assistance during a disaster. The statewide registry provides first responders with valuable information to prepare for disasters or other emergencies.

Providing as much information as possible will allow emergency management officials to plan accordingly for future disasters. You will be e-mailed periodically to verify the information provided is correct and to make any necessary changes. Individual surveys will be archived after one year if not verified.

The information within the registry will only be used in the planning for and provision of emergency and/or disaster services. Additionally, Florida Statute 252.905 declares any information furnished by a person or business to the Florida Division of Emergency Management for the purpose of being provided assistance with emergency planning is exempt from F.S. 119.07 (1) and s. 24 (a), Art. I of the State Constitution. Information provided through the registry is therefore exempt from public records requests made of the Division.

Completing the Florida Special Needs Registry does not automatically qualify the individual for a special needs shelter. Additional information will be provided by your local emergency management agency regarding evacuation and sheltering options available to you.

For more information on your local options, please visit <http://www.floridadisaster.org/disability/specialneeds> for contact information.

# MOSQUITO-BORNE ILLNESS

Preventing mosquito bites not only enhances your enjoyment of outdoor activities, but can also protect you from exposure to [Zika](#) and all mosquito-borne illnesses. The Florida Department of Health reminds Floridians and visitors to protect yourself and your family with these simple tips outlined in Mosquito Bite Protection in Florida [www.floridahealth.gov/diseases-and-conditions/zika-virus/index.html?utm\\_source=flhealthIndex](http://www.floridahealth.gov/diseases-and-conditions/zika-virus/index.html?utm_source=flhealthIndex)



Zika fever is a mild febrile illness caused by a mosquito-borne virus similar to those that cause dengue and West Nile virus infection. It has been identified in several countries in Central and South America, Mexico, and the Caribbean since 2015. Outbreaks have previously been reported in Africa, Southeast Asia, and the Pacific Islands. Local transmission has been reported in Puerto Rico, but not elsewhere in the United States. Cases of Zika fever have been reported in travelers returning to the United States.

## The Hillsborough County Mosquito Control Department shares these mosquito prevention techniques:

- Get rid of mosquito-breeding containers. Destroy or dispose of tin cans, old tires, buckets, unused plastic swimming pools, or other containers that collect and hold water. Do not allow water to accumulate in the saucers of flowerpots, cemetery urns, or in pet dishes for more than two days.
- Keep your rain gutters cleaned out. Rain gutters can get clogged with leaves and debris, which impede the flow of water. Not only is that bad for your roof, it creates an ideal habitat for mosquito larvae, which need water to grow into adults.
- Make sure window and door screens are bug tight. Check your screens periodically to make sure there are no holes and replace worn-out screens.
- Prevent puddles in your yard. Irrigate lawns and gardens carefully to get rid of water from standing for several days.
- Prevent your swimming pool from becoming a breeding ground. Cover your swimming pool when not in use. Make sure the cover doesn't sag and hold pools of rainwater, which can also provide a breeding ground.
- Protect your children from mosquitoes, especially at night. Hot, sweaty children playing outdoors at night are like a glowing beacon to mosquitoes. Protect your children from irritating bites and the possibility of mosquito-borne illnesses by ensuring they cover exposed skin, and wear an insect repellent containing DEET.
- Regularly rinse out any bromeliad plants in your yard with a garden hose. Mosquito larvae need water to grow and evolve, and bromeliads are an excellent habitat for two species of mosquitoes. The average bromeliad can be expected to produce around a hundred mosquitoes per year. That may not seem like much, but if you have ten or twenty plants in your yard, that's several thousand mosquitoes!
- Take special precautions at dusk. Dusk is a mosquito's favorite time to fly and bite. A good onshore breeze will keep the mosquitoes at bay, but if you haven't got one, a portable fan will do the trick. Mosquitoes aren't strong fliers, and air currents moving past you will keep the mosquitoes moving too. Remember also to wear long sleeves and insect repellent containing DEET.
- Take special precautions in high mosquito areas. Use head nets, long sleeves and long pants if you venture into areas with high mosquito populations, such as salt marshes.
- Take special precautions when a warning is in effect. When a mosquito born disease warning is in effect, stay inside during the evening hours because mosquitoes are most active at that time.

## Contact Hillsborough County Mosquito Control:

If you have tried these tips and are still having a mosquito problem around your home, call the county's Mosquito Control and Aquatic Weed Unit at **813-635-5400** to speak to staff. They offer free on-site inspections to give suggestions and may schedule treatment if it is found to be necessary as a result of the visit.

# THE ABCs OF VIRAL HEPATITIS

Millions of Americans are affected by viral hepatitis. When a person first gets viral hepatitis, he or she can develop a very mild illness with few or no symptoms or get a more serious illness lasting months. Hepatitis B and Hepatitis C can progress to a chronic, or lifelong, infection that can cause serious health problems including liver damage, cirrhosis, liver cancer, and even death. Most people with chronic hepatitis do not know they are infected and can live with the disease for decades without having symptoms or feeling sick.

	Hepatitis A	Hepatitis B	Hepatitis C
<b>U.S. Statistics</b>	<ul style="list-style-type: none"> <li>About 3,500 new infections each year</li> </ul>	<ul style="list-style-type: none"> <li>Estimated 1.2 million people have chronic Hepatitis B</li> <li>About 19,800 new infections each year</li> </ul>	<ul style="list-style-type: none"> <li>Estimated 3.2 million people have chronic Hepatitis C</li> <li>About 29,700 new infections each year</li> </ul>
<b>Important Facts</b>	<ul style="list-style-type: none"> <li>Implementation of vaccine recommendations over the last several decades has resulted in a more than 90% decrease in new cases of Hepatitis A</li> <li>Outbreaks still occur in the United States</li> <li>Common in many countries, especially those without modern sanitation</li> </ul>	<ul style="list-style-type: none"> <li>50-100 times more infectious than HIV</li> <li>An estimated two-thirds of people with Hepatitis B do not know they are infected</li> <li>1 in 12 Asian-Americans has chronic Hepatitis B</li> <li>Hepatitis B is a leading cause of liver cancer, especially among Asian-Americans</li> </ul>	<ul style="list-style-type: none"> <li>About 50% of people with Hepatitis C do not know they are infected</li> <li>3 in 4 people living with Hepatitis C were born from 1945-1965 (or baby boomers)</li> <li>Hepatitis C is the leading cause of liver transplants and also causes liver cancer</li> <li>Many people with Hepatitis C have no known reported risk factors</li> </ul>
<b>Can it become a chronic infection?</b>	<ul style="list-style-type: none"> <li>No</li> </ul>	<ul style="list-style-type: none"> <li>Yes</li> </ul>	<ul style="list-style-type: none"> <li>Yes</li> </ul>
<b>Is there a vaccine?</b>	<ul style="list-style-type: none"> <li>Yes</li> </ul>	<ul style="list-style-type: none"> <li>Yes</li> </ul>	<ul style="list-style-type: none"> <li>No</li> </ul>
<b>What causes it?</b>	<ul style="list-style-type: none"> <li>Hepatitis A virus (HAV)</li> </ul>	<ul style="list-style-type: none"> <li>Hepatitis B virus (HBV)</li> </ul>	<ul style="list-style-type: none"> <li>Hepatitis C virus (HCV)</li> </ul>
<b>Where is the virus found in the body?</b>	<ul style="list-style-type: none"> <li>Feces</li> </ul>	<ul style="list-style-type: none"> <li>Blood, semen, vaginal fluid</li> </ul>	<ul style="list-style-type: none"> <li>Blood</li> </ul>
<b>How is it spread?</b>	<ul style="list-style-type: none"> <li>Ingestion of food, water, or other objects contaminated with fecal matter from an infected person (even in microscopic amounts)</li> <li>Sex with an infected person</li> </ul>	<ul style="list-style-type: none"> <li>Contact with blood, semen, or certain other body fluids from an infected person (even in microscopic amounts)</li> <li>Sex with an infected person</li> <li>Sharing personal items that have been contaminated with blood from an infected person, such as toothbrushes, razors, or glucose monitors</li> <li>An infected mother can pass it to her baby at birth</li> <li>Poor infection control has resulted in outbreaks in healthcare settings</li> </ul>	<ul style="list-style-type: none"> <li>Contact with blood from an infected person (even in microscopic amounts)</li> <li>Sharing equipment that has been contaminated with blood from an infected person, such as needles, syringes, poorly sterilized tattoo or piercing equipment, and even medical equipment, such as glucose monitors</li> <li>Receiving a blood transfusion or organ transplant before 1992, which is when widespread screening of blood virtually eliminated Hepatitis C from the blood supply</li> <li>Poor infection control has resulted in outbreaks in healthcare settings</li> </ul>
<b>What happens if someone is infected?</b>	<ul style="list-style-type: none"> <li>People can be sick for a few weeks to a few months</li> <li>Most recover with no lasting liver damage</li> <li>Rarely fatal, although mortality is highest among the elderly and those with underlying liver disease</li> </ul>	<ul style="list-style-type: none"> <li>Many newly infected persons are sick for a few weeks to a few months, while others have no symptoms</li> <li>Some people develop a chronic infection</li> <li>15%-25% of people with a chronic infection develop chronic liver disease, including cirrhosis, liver failure, or liver cancer</li> <li>Medical treatment is available</li> <li>1,800 people in the United States die with Hepatitis B-related liver disease as documented from death certificates</li> </ul>	<ul style="list-style-type: none"> <li>75%-85% of people with Hepatitis C develop a chronic infection</li> <li>5%-20% of people with chronic Hepatitis C develop cirrhosis over a period of 20-30 years</li> <li>1%-5% of people with a chronic infection die from cirrhosis or liver cancer</li> <li>17,000 people in the United States die with Hepatitis C-related liver disease as documented from death certificates</li> <li>New treatments can cure the disease</li> </ul>
<b>Public Health Strategies</b>	<ul style="list-style-type: none"> <li>Vaccinate all children at age 1 year</li> <li>Vaccinate adults at risk</li> <li>Ensure safe food and water</li> </ul>	<ul style="list-style-type: none"> <li>Test people most likely to be infected (e.g., people born in Asia, Africa, and other regions with high rates of Hepatitis B)</li> <li>Test all pregnant women</li> <li>Vaccinate all infants at birth</li> <li>Vaccinate adults at risk</li> <li>Vaccinate all adults, age 19-59, with diabetes</li> <li>Ensure good infection control in health care and public safety settings</li> <li>Increase early detection and link to care and treatment</li> </ul>	<ul style="list-style-type: none"> <li>Test all people born from 1945-1965 (or baby boomers)</li> <li>Test those at risk for Hepatitis C</li> <li>Screen blood and organ donors</li> <li>Educate populations at risk</li> <li>Ensure good infection control in health care and public safety settings</li> <li>Increase early detection and link to care and treatment</li> </ul>

Updated 2015



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

[www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis)

## Worksite Wellness: A Statewide Strategy to Help Adults Achieve a Healthy Weight

Healthiest Weight Florida is a statewide public-private initiative to help children and adults make consistently healthy choices about healthy eating and active living. Each local health department is working on executing activities related to this initiative. The Florida Department of Health in Hillsborough County has chosen to better understand wellness benefits and programs offered by local employers.

As part of this strategy, we are identifying businesses and organizations who are interested in completing the Centers for Disease Control and Prevention (CDC) Worksite Scorecard, which helps assess wellness opportunities available to employees. Completing the scorecard helps us to better understand your strengths and gives us an opportunity to develop specific recommendations to enhance your current wellness efforts and identify resources that may be helpful to you.

The scorecard covers the following areas:

- Organizational Supports
- Tobacco Control
- Nutrition
- Lactation Support
- Physical Activity
- Weight Management
- Stress Management
- Depression
- High Blood Pressure
- High Cholesterol
- Diabetes
- Signs and Symptoms of Heart Attack and Stroke
- Emergency Response to Heart Attack and Stroke
- Occupational Health and Safety
- Vaccine-Preventable Diseases
- Community Resources

Additional information to support business worksite health:

[www.iapa.ca/Main/documents/pdf/fd\\_business\\_case\\_healthy\\_workplace.pdf](http://www.iapa.ca/Main/documents/pdf/fd_business_case_healthy_workplace.pdf)



### The CDC Worksite Health ScoreCard:

An Assessment Tool for Employers to Prevent Heart Disease, Stroke, & Related Health Conditions



National Center for Chronic Disease Prevention and Health Promotion  
Division for Heart Disease and Stroke Prevention



Organizations who are interested and complete and submit the Scorecard will have support from the Healthiest Weight Worksite Wellness Workgroup. The Workgroup will help to identify priority areas, provide recommendations and help you implement low and no-cost worksite changes to policies, programs and wellness areas that you feel would be feasible for your agency.

**Worksites who complete a Scorecard by June 1, 2016 become eligible to complete the Work@Health® training for free.** This employer-based training program, developed by contractors for the CDC, is designed to help worksites develop the skills to assess their worksite, and implement, evaluate and sustain wellness programs and policies.

To complete the Scorecard and take advantage of this training opportunity, please contact the project coordinator, Allison Marron, at (813) 307-8015, ext. 6621, or [Allison.Marron@FLHealth.gov](mailto:Allison.Marron@FLHealth.gov). We look forward to working with you on improving worksite wellness and the health of your workforce!



# SAFETY GUIDE

Summer is nearly here and kids will be looking for adventures. Get a good start on making sure they stay far from harm's way in their activities by reviewing safety information, making sure your home and outdoor spaces are ready for action and preparing your children to have fun while playing safely. Children can be very unpredictable so having plans in place to prevent injuries and information about how best to respond if accidents do occur can be a terrific resource for parents and caregivers.

Of course, safety is a year-round, super important issue that requires all of us to be vigilant when it comes to children. Many topics related to baby and child safety issues are included in these next few pages, but more information on ways to protect children and resources for providing lifesaving services, like swimming lessons, can be found at the links below.

[Safekids.org](http://Safekids.org)  
[kars4kids.org/safety-app/](http://kars4kids.org/safety-app/)  
[Tampagov.net/parksandrec](http://Tampagov.net/parksandrec)

[wheresbaby.org/](http://wheresbaby.org/)  
[www.kidsandcars.org/](http://www.kidsandcars.org/)  
[Tampaymca.org](http://Tampaymca.org)

[Hillsborough County Fire Department](#)  
[Brandon Sports & Aquatic Center](#)  
[Temple Terrace Parks and Recreation](#)

**WHERE'S  
BABY?  
LOOK BEFORE  
YOU LOCK!**



**#1**

Heatstroke is the #1 cause of non-crash, vehicle-related deaths for children ages 14 and under.

**10**

Number of minutes it takes the inside of a car to heat up 20 degrees. (And cracking the window doesn't help.)

## PREVENTING HEATSTROKE

### Did You Know?

- A child's body heats up three to five times faster than an adult's body.
- Heatstroke deaths have been recorded in 11 months of the year in nearly all 50 states.
- More than half of heatstroke deaths occurred when a distracted caregiver forgot a quiet child was in the vehicle.
- Creating reminders and habits is an effective way to ensure that a child is not forgotten in the vehicle.

*Safe Kids Greater Tampa reminds parents to keep an eye out and avoid preventable injuries during the summer.*

The summer is one of the most exciting times of the year for your kids, but it's also a time when kids can be at risk for injuries. That's why Safe Kids Greater Tampa is encouraging all parents and caregivers to be prepared with simple safety tips this summer season.

Risks of swimming tragedies increase in the summer. Two-thirds of drowning deaths occur in the summer, between May and August, and most commonly on the weekends. "The summer is a great time to connect with family and friends and spend time outdoors, hanging out by the pool or grilling out at a barbecue," said Rebecca Layton, Safe Kids Greater Tampa coordinator. "But with all these activities come safety risks that we may not always think about. By reminding ourselves of a few safety tips, the summer can be safer and fun for everyone."

**Safe Kids Greater Tampa recommends the following tips to stay safe during the summer.**

- 1. Give kids your undivided attention.** Actively supervise children throughout the summer, whether it's at the playground or in and around water. Small children can drown in as little as one inch of water.
- 2. Use the Water Watcher strategy.** When there are several adults present and children are swimming, use the Water Watcher card strategy to designate an adult as the Water Watcher for a certain amount of time (such as 15-minute periods) to prevent lapses in supervision and give parents a chance to read, make phone calls or take a bathroom break.
- 3. Educate your children about swimming safety.** Every child is different, so enroll children in swimming lessons when you feel they are ready. Whether swimming in a backyard pool or in a lake, teach children to swim with an adult. Older, more experienced swimmers should still swim with a partner every time.
- 4. Learn CPR.** We know you have a million things to do, but learning CPR should be at the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better. **Visit [baycare.org](http://baycare.org) or call 813-615-0589 for information about local CPR classes.**
- 5. Be extra careful around pool drains.** Educate your children about the dangers of drain entanglement and entrapment and teach them to never play or swim near drains or suction outlets.
- 6. Wear life jackets.** Always have your children wear a life jacket approved by the U.S. Coast Guard while on boats, around open bodies of water or when participating in water sports. Make sure the life jacket fits snugly. Have the child make a "touchdown" signal by raising both arms straight up; if the life jacket hits the child's chin or ears, it may be too big or the straps may be too loose.
- 7. Drink water during sports.** Have your kids bring a water bottle to practice and games and drink plenty of water before, during and after play. This is especially important in summer months to avoid dehydration.
- 8. Make sure your child is riding in the car safely.** When traveling on the road, make sure your child is riding in the right car seat, in the right place and in the right direction. Check your car seat labels to ensure your child is using the appropriate car seat for his or her height and weight. It is safest to keep your child rear facing as long as possible. A properly installed seat should not move more than one inch when you move it from side to side. Children under age 13 should always ride in the back of the car.
- 9. Never leave your child alone in a car, not even for a minute.** Avoid heatstroke related injury and death by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you're not in it so kids don't get in on their own.
- 10. Wear a helmet** for biking and other wheeled sports. We have a simple saying: "Use your head, wear a helmet." It is the single most effective safety device available to reduce head injury and death from bike crashes. Kids should wear a helmet when riding a scooter, skating, skateboarding or biking.

**For more information visit [stjoeskids.org](http://stjoeskids.org) or contact Safe Kids Greater Tampa at 813-615-0589.**

# CHILDREN'S DROWNING DEATHS AND INJURIES\*

**#1** Drowning is the leading cause of unintentional death for children ages 1-4 according to the Centers for Disease Control and Prevention (CDC).\*\*

## DEATHS

**390**—Annual average number of drowning deaths in pools and spas of children ages 0-14 from 2011-2013 as reported to CPSC.

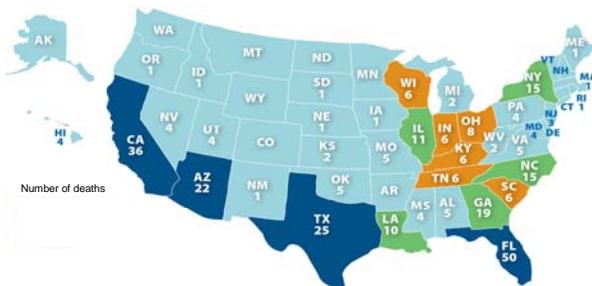
African-American children between ages 5 and 19 are **5.5 times more likely to drown** in a pool than white children of the same age.\*\*\*

**76%** of deaths involved children younger than age 5.

**67%** of deaths involved children between ages 1 and 3.

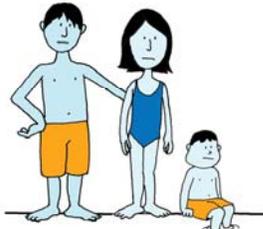
### 2014: POOL & SPA DEATHS BY STATE FOR CHILDREN YOUNGER THAN 15 YEARS OLD

Drowning deaths of children 0-14 years old, by state, reported by USA Swimming from 2014 media reports.



### Deaths by gender for children 0-14 years old

Male **71%**  
Female **29%**



Children's drowning deaths and injuries are highest in warm weather months, from **MAY** through **AUGUST**.

### LOCATION OF DEATHS

**75%** of deaths of children younger than 14 years old occurred at a residence— **53%** of those victims were younger than 5 years old.



**58%**  
in-ground pools



**17%**  
above-ground pools



**9%**  
portable pools

# INJURIES

**4,900** Average number of emergency department pool and spa drowning-related injuries treated annually from 2011-2013

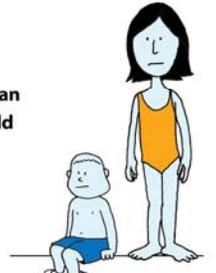


\*The U.S. Consumer Product Safety Commission estimates injuries based on the National Electronic Injury Surveillance System. The full report is here: <http://www.poolsafely.gov/wp-content/uploads/2014/05/Pool-or-Spa-Submersion-Estimated-Injuries-and-Reported-Fatalities-2014-Report.pdf>

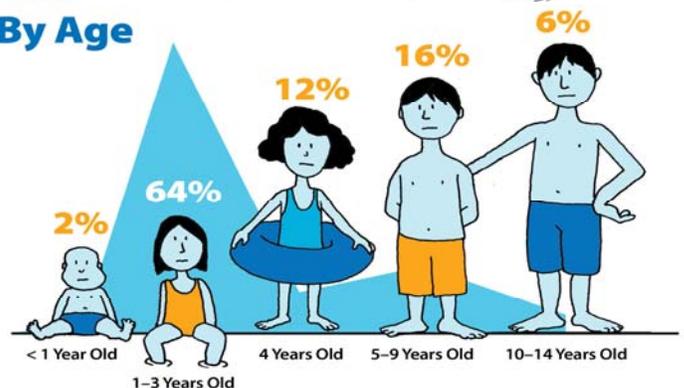
## By Year

### Emergency Department-Treated Injuries:

	Younger than 5 years old	Younger than 15 years old
<b>Average</b>	3,800	4,900
<b>2013:</b>	3,800	4,800
<b>2012:</b>	4,200	5,400
<b>2011:</b>	3,400	4,400



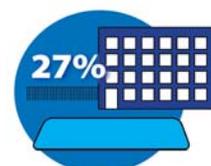
## By Age



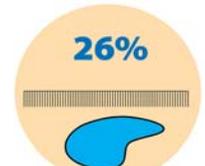
### WHERE DO INJURIES OCCUR?



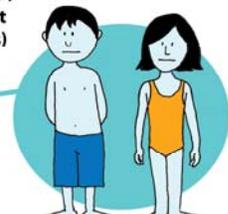
Residential (home, family or friend's home, neighbor's home)



Public pool or spa (including condominium and apartment complex pools)



Location not reported



# PREVENTION: Simple Steps Save Lives

- Stay within **arm's reach** at **ALL** times in and around the pool
- Assign an adult **water watcher**
- Fence** your pool: Use a 4-foot or taller fence with self-closing or self-latching gates.
- Install pool and gate **alarms**
- Learn how to **Swim**
- Learn **CPR**
- Take the **Pool Safely Pledge:** <http://www.poolsafely.gov/pledge>

\*Data derived from CPSC Submersion Report provides estimates and averages for drowning injuries and deaths.



U.S. Consumer Product Safety Commission

CPSC Hotline (800) 638-2772

[www.cpsc.gov](http://www.cpsc.gov)



[www.poolsafely.gov](http://www.poolsafely.gov)

# Kids Aren't Drown Proof

Drowning is quick and silent. A child can drown in less than one minute in as little as one inch of water. There is usually no warning, such as screams or splashing.

Take [preventative steps](#) so no kids drown.



Photo courtesy of The Drowning Prevention Foundation

## What things influence drowning risk?

The main factors that affect drowning risk are lack of swimming ability, lack of barriers to prevent unsupervised water access, lack of close supervision while swimming, location, failure to wear life jackets, alcohol use, and seizure disorders.

- **Lack of Swimming Ability:** Many adults and children report that they can't swim.<sup>7,8</sup> Research has shown that participation in formal swimming lessons can reduce the risk of drowning among children aged 1 to 4 years.<sup>9,10</sup>
- **Lack of Barriers:** Barriers, such as pool fencing, prevent young children from gaining access to the pool area without caregivers' awareness.<sup>11</sup> A four-sided isolation fence (separating the pool area from the house and yard) reduces a child's risk of drowning 83% compared to three-sided property-line fencing.<sup>12</sup>
- **Lack of Close Supervision:** Drowning can happen quickly and quietly anywhere there is water (such as bathtubs, swimming pools, buckets), and even in the presence of lifeguards.<sup>13,14</sup>
- **Location:** People of different ages drown in different locations. For example, most children ages 1-4 drown in home swimming pools.<sup>2</sup> The percentage of drownings in natural water settings, including lakes, rivers and oceans, increases with age.<sup>2</sup> More than half of fatal and nonfatal drownings among those 15 years and older (57% and 57% respectively) occurred in natural water settings.<sup>2</sup>
- **Failure to Wear Life Jackets:** In 2010, the U.S. Coast Guard received reports for 4,604 boating incidents; 3,153 boaters were reported injured, and 672 died. Most (72%) boating deaths that occurred during 2010 were caused by drowning, with 88% of victims not wearing life jackets.<sup>15,16</sup>
- **Alcohol Use:** Among adolescents and adults, alcohol use is involved in up to 70% of deaths associated with water recreation, almost a quarter of ED visits for drowning, and about one in five reported boating deaths.<sup>2,15,17</sup> Alcohol influences balance, coordination, and judgment, and its effects are heightened by sun exposure and heat.<sup>17</sup>

**Seizure Disorders: For persons with seizure disorders, drowning is the most common cause of unintentional injury death, with the bathtub as the site of highest drowning risk.<sup>18</sup>**

## What has research found?

- **Swimming skills help.** Taking part in formal swimming lessons reduces the risk of drowning among children aged 1 to 4 years.<sup>9,10</sup> However, many people don't have basic swimming skills. A CDC study<sup>7</sup> about self-reported swimming ability found that:
  - Younger adults reported greater swimming ability than older adults.
  - Self-reported ability increased with level of education.
  - Among racial groups, African Americans reported the most limited swimming ability.
  - Men of all ages, races, and educational levels consistently reported greater swimming ability than women.
- **Seconds count—learn CPR.** CPR performed by bystanders has been shown to save lives and improve outcomes in drowning victims. The more quickly CPR is started, the better the chance of improved outcomes.<sup>19</sup>
- **Life jackets can reduce risk.** Potentially, half of all boating deaths might be prevented with the use of life jackets.<sup>16</sup>

Source: The Drowning Prevention Foundation, <http://www.drowningpreventionfoundation.org/>, accessed 13 April 2016. Please visit the website for research and article links to footnotes.

# FAMILY

Nearly 5 million people are treated for skin cancer each year in the United States. Skin cancer can be serious, expensive, and sometimes even deadly. Fortunately, most skin cancers can be prevented.



## PROTECT YOUR FAMILY FROM SKIN CANCER



Ultraviolet (UV) rays—from the sun or from artificial sources like tanning beds—are known to cause skin cancer.



Damage from exposure to UV rays builds up over time, so sun protection should start at an early age.

## PROTECT YOUR FAMILY AND YOURSELF FROM SKIN CANCER

### STAY SUN SAFE OUTDOORS



Seek shade, especially during midday hours. This includes 10 am to 4 pm, March through October, and 9 am to 3 pm, November through February. Umbrellas, trees, or other shelters can provide relief from the sun.



Be extra careful around surfaces that reflect the sun's rays, like snow, sand, water, and concrete.



Wear sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes.



Sunglasses protect your eyes from UV rays and reduce the risk of cataracts and other eye problems. Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by blocking UV rays from the side.



Wear a long-sleeved shirt and pants or a long skirt for additional protection when possible. If that's not practical, try wearing a T-shirt or a beach cover-up.



Apply a thick layer of broad spectrum sunscreen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy or overcast days. Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.



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

CS255812B

## LIMIT UV EXPOSURE

### Discourage Indoor Tanning and Sunbathing

Indoor tanning and sunbathing often begin in the teen years and continue into adulthood. Don't wait to teach your children about the dangers of tanning. Children may be more receptive than teens, so start the conversation early, before they start sunbathing or indoor tanning.

For example, you can

- Help preteens and teens understand the dangers of tanning so they can make healthy choices.
- Talk about avoiding tanning, especially before special events like homecoming, prom, or spring break.
- Discourage tanning, even if it's just before one event like prom. UV exposure adds up over time. Every time you tan, you increase your risk of getting skin cancer.



### UV rays are strongest

- During midday.
- Near the equator.
- During summer months.
- At high altitudes.



Remember that sunburns and skin damage can occur even on cloudy or overcast days. If you're unsure about the sun's intensity in your area, check the daily [UV Index](#) for your zip code on the US Environmental Protection Agency's website.

## INDOOR TANNING

- Exposes users to intense levels of UV rays, a known cause of cancer.
- Does not offer protection against future sunburns. A "base tan" is actually a sign of skin damage.
- Can spread germs that can cause serious skin infections.
- Can lead to serious injury. Indoor tanning accidents and burns send more than 3,000 people to the emergency room each year.

The US Food and Drug Administration states that indoor tanning should not be used by anyone younger than age 18. Many states [restrict the use of indoor tanning by minors](#).

*There's no such thing as a safe tan.*

### Choose Sun-Safety Strategies that Work

Broad spectrum sunscreen with an SPF of 15 or higher is important, but it shouldn't be your only defense against the sun. For the **best protection**, use shade, clothing, a hat with a wide brim, and sunglasses, as well as sunscreen.



FOR MORE INFORMATION, VISIT CDC'S [SUN SAFETY WEBSITE](#).



The Sunshine State is a major tourist destination, not to mention a great place to live with a wide variety of outdoor activities, lots of fresh air and plenty of sunshine. Along with that comes plenty of heat and humidity, so to enjoy the outdoors, whether at play or work, take precautions to prevent heat illness. It's also good to know what to do, if you or someone else shows **signs of heat exhaustion or heat stroke**.

People of all ages can suffer from heat illness, but some are more vulnerable than others. Seniors, infants and children, and those with chronic medical conditions are at higher risk for heat illness; however, anyone can suffer from heat exhaustion or heat stroke. Those who work outdoors during the most intense sun time (10 am—4 pm) and highest temperatures are also at high risk. Pets are at risk, too. Taking a run or walk with a pet during periods of high temperatures is not a good idea for either of you!

Don't ignore signs that you may have heat exhaustion or heat stroke. Bodily conditions can quickly worsen. Know how to recognize when you are getting overheated and what to do to cool down. **Heat Stroke is a life-threatening condition and emergency personnel (911) should be called immediately.**

Two websites that can provide more information about these two serious medical conditions are:

[www.cdc.gov/NIOSH/topics/heatstress/default.html](http://www.cdc.gov/NIOSH/topics/heatstress/default.html)

[www.cdc.gov/extremeheat/warning.html](http://www.cdc.gov/extremeheat/warning.html)

HEAT EXHAUSTION	HEAT STROKE
Heavy sweating	<b>NO sweating</b>
Pale, clammy skin	<b>Red, hot, and dry skin</b>
Dizziness, fainting, tiredness, weakness	<b>Dizziness, mental confusion, unconsciousness/reduced level of consciousness, erratic behavior or irritability</b>
Headache	<b>Throbbing headache</b>
Possible nausea, vomiting, muscle cramping	<b>Nausea, possible vomiting</b>
Fast pulse rate, fast but shallow breathing	<b>Very high temperature (above 103<sup>0</sup> F)</b>
<p>If not treated, heat exhaustion can progress to heat stroke.</p> <ul style="list-style-type: none"> <li>• Drink cool, non-alcoholic beverages.</li> <li>• Rest in a cool place or in the shade or air conditioning.</li> <li>• Lie down and elevate legs if possible</li> <li>• Take a cool shower or bath if possible.</li> <li>• <b>Seek medical attention if no improvement</b></li> </ul>	<p><b>CALL 911</b> then, get the victim to a cool and/or shady area that is ventilated.</p> <ul style="list-style-type: none"> <li>• <b>Cool the victim down with water— tub of cool water, shower spray, or garden hose.</b></li> <li>• <b>Try to monitor body temperature and continue efforts to cool them until the temperature drops a degree or two.</b></li> <li>• <b>Do not give the victim alcohol to drink.</b></li> <li>• <b>Offer a cool drink only if the victim is conscious and can swallow.</b></li> <li>• <b>If emergency response is delayed, call a hospital emergency department for additional instructions.</b></li> </ul>

### ! WHAT IS THE ISSUE?

In 2013, Florida poison control centers got more than 50,000 calls about kids under 12 who had gotten poisoned. The good news is that most of these poisonings were safely treated at home with help from poison control. It's also good news that it's very rare for a child to die from poison these days.



### ? HOW DOES IT HAPPEN?

Anyone can get poisoned. Most poisonings happen to small children who like to explore and put things in their mouths. Even older kids can get poisoned by "lookalike products." These are chemicals or cleaners that look just like foods or drinks. The most dangerous lookalike product is medicine: to small children it looks just like candy. Some pills for pain can kill a child with just one dose! Even older children need help from grown-ups to take medicine safely.

Kids spend lots of time outside, and that can mean getting stung by a bee or scorpion, or bitten by a spider or snake. Even some toads can squirt poison at a curious kid or dog. Poison doesn't have to be eaten or sipped: you can get poison on your skin, in your eyes or even breathe it into your lungs.

### ✓ PREVENTION STRATEGIES

- Always ask first! Don't put anything in your mouth you're not sure is safe to eat or drink and watch out for little brothers or sisters who don't know better.
- Watch out for poison kept where someone could make a mistake. Medicine and chemicals should be out of sight – and out of reach.
- Be careful with critters! Don't bother bees, spiders or snakes.
- Stand up for yourself. Don't let anyone push you to take medicine or drugs not given to you by your parent or doctor. The wrong medicine can poison, too!
- Remind your parents to put 1-800-222-1222 into all your cell phones. Even grown-ups make mistakes with poison or medicine.

### 🔍 RESOURCES

- Danger Rangers – Poison Patrol – Activities and videos for kids <http://dangerrangers.com/resources.php>
- "Choose Your Poison" Pills vs. Candy Game (California Poison Control System) [www.pillsvscandy.com](http://www.pillsvscandy.com)
- Food Poisoning Prevention - Partnership for Food Safety Education <http://www.fightbac.org/kids>

**PLANTS, SNAKES, SPIDERS, BUGS AND MORE** can be dangerous for kids, adults, and pets. For more information on these mostly-outdoor hazards with pictures, visit at [www.floridapoisoncontrol.org/educational-materials](http://www.floridapoisoncontrol.org/educational-materials).

**For any poisoning or medicine mistake, call your poison control center immediately at 1-800-222-1222.**

Calls are answered by doctors, nurses and pharmacists, and are quick, free and confidential. [www.floridapoisoncontrol.org](http://www.floridapoisoncontrol.org)

Are you  
at risk?



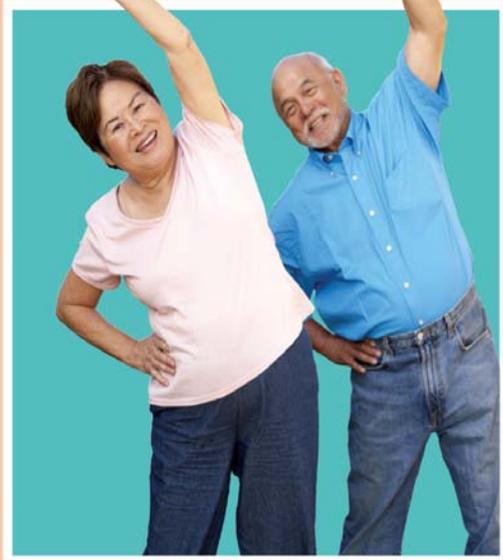
# Stay Independent

Falls are the main reason why older people lose their independence.

## Check Your Risk for Falling

Please circle "Yes" or "No" for each statement below.			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total _____		Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.	

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. *J Safety Res*; 2011:42(6)493-499). Adapted with permission of the authors.



"It's not the broken hip, it's the nursing home I don't want. I need to be independent, so I take Tai Chi."

*Leonard Jones, age 74*

"People who use canes are brave. They can be more independent and enjoy their lives."

*Shirley Warner, age 79*



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

## Four things you can do to prevent falls:

- 1 Begin an exercise program to improve your leg strength & balance
- 2 Ask your doctor or pharmacist to review your medicines
- 3 Get annual eye check-ups & update your eyeglasses
- 4 Make your home safer by:
  - Removing clutter & tripping hazards
  - Putting railings on all stairs & adding grab bars in the bathroom
  - Having good lighting, especially on stairs





## Girls on the Run at Summerfield Elementary



The week of April 25-29 is Every Kid Healthy Week, a time for schools and community organizations to encourage physical activity and healthy lifestyles for children. Summerfield Elementary School is one local school that promotes physical activity regularly because they understand that it is important for development of good health in children.

Girls on the Run is a program that takes physical activity and pairs it with lessons to promote emotional, social and mental well-being for young girls. Summerfield Elementary School in Riverview has been hosting one of these groups since the end of February. Every Monday and Wednesday 3<sup>rd</sup>-5<sup>th</sup>



grade girls meet with a coach (4<sup>th</sup> grade teacher Melissa Deegan) and assistants to develop strategies that help them succeed in

Through weekly lessons the girls learn how to be confident in themselves and their personal values. They also learn about teamwork, healthy relationships and how they can contribute to the community around them. Each class ties physical activity to the topic they are learning, whether it be teamwork, nutrition, or self-confidence. They also take 15-30 minutes of each of these sessions to run (or walk). The running training is in preparation for the Girls on the Run 5K on May 7, 2016. This event is not a competitive race, but a chance for the girls to accomplish a goal they have set for themselves.

Groups meet throughout Hillsborough County. For more information and to find a group near you, visit [www.girlsontheruntampabay.org](http://www.girlsontheruntampabay.org).



**ASTHMA...** Would it surprise you to know that the rates of asthma have been steadily rising in all age groups, genders and racial groups since the 1980's? This chronic disease causes swelling and narrowing of the airways that carry air from the nose and mouth to the lungs. Allergens or irritating things entering the lungs trigger asthma symptoms. Symptoms include trouble breathing, wheezing, coughing and tightness in the chest. In severe cases, asthma can be deadly. It is the #1 chronic disease in children and the #1 reason for missed school days.

All people with asthma should have an asthma action plan (also called a management plan), which is a written plan that is developed *with your doctor* to help control your asthma. (template for plan: [www.cdc.gov/asthma/tools\\_for\\_control.htm](http://www.cdc.gov/asthma/tools_for_control.htm)).



[www.cdc.gov/asthma/tools\\_for\\_control.htm](http://www.cdc.gov/asthma/tools_for_control.htm)

The asthma action plan shows your daily treatment, such as what kind of medicines to take and when to take them. Your plan describes how to control asthma long-term and how to handle worsening asthma, or attacks. The plan explains when to call the doctor or go to the emergency room.

If your child has asthma, all of the people who care for him or her should know about the child's asthma action plan. These caregivers include babysitters and workers at daycare centers, schools, and camps. These caretakers can help your child follow his or her action plan. Check with your child's daycare center to see if they are participating in the Florida Asthma-Free Child Care Center Training and Award program. It is a free program that helps childcare centers improve their center environment to remove asthma triggers.

For more information, visit the website at [floridaasthmacoalition.com/schools-and-child-care/child-care-centers/](http://floridaasthmacoalition.com/schools-and-child-care/child-care-centers/)



## Good Health for Adults

The Florida Department of Health is encouraging adults to obtain health screenings and vaccinations, as appropriate for their age, to help maintain or improve their health. Today, the department released the Florida Health Preventive Screening and Immunization Schedule and Record. This tool provides a patient-centered schedule and record for health screenings and immunizations that are recommended for adults, age 19 years and older.

“As adults we often focus on the health screenings, tests and vaccines for our children and forget that we need them too,” said former State Surgeon General and Secretary of Health Dr. John Armstrong. “This new checklist gives adults ownership of recommended health screenings and immunizations.”

The Florida Health Preventive Screening and Immunization Schedule and Record, one for [women](#) and one for [men](#), are printable and can be used by individuals to keep track of services and screenings that are received. Adults are also encouraged to discuss their schedule for screenings and immunizations with their health care professional.

Following the recommended schedule for health screenings can identify heart health risks, prevent cancer, and make earlier diagnoses of cancer to save lives. Immunizations prevent illness, disability and death from vaccine-preventable diseases including cervical cancer, diphtheria, hepatitis B, measles, mumps, pertussis, pneumonia, polio, rotavirus, rubella and tetanus. Immunizations not only protect individuals, they protect the families and communities around them.

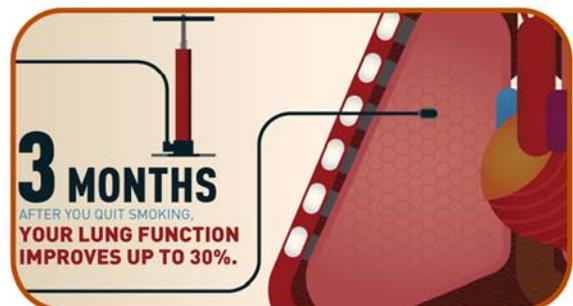
For information about immunizations, please visit [www.immunizeflorida.org](http://www.immunizeflorida.org) or contact your local health department. Health care providers may also sign up to access the statewide immunization registry at [www.flshots.com](http://www.flshots.com) to keep an online record of their patients' immunization records.

Tobacco Free  
Florida  
O.com

We know quitting isn't easy. Truth is, the average smoker attempts to quit between 8 and 11 times before ultimately quitting for good. Many are left feeling like smoking is an addiction they cannot overcome. But with the right help, resources, and the support to keep you going, you will have the best chance to quit for good.

See more at:

<http://www.tobaccofreeflorida.com/quit-kit/#sthash.7DOIGxZq.dpuf>



# NUTRITION NUGGETS

## What's In Season?

Why buy produce in peak season? The benefits will be felt in your wallet and your mouth! Buying produce in season typically costs less, tastes better, and is packed full of nutrients.

An added bonus for Floridians is that due to our climate, many produce items are in season earlier than in other states! Enjoy these for May and June.

Produce	How to Store	Benefits
	Eat the day you buy OR refrigerate in husk 1-2 days	Fiber, Carbohydrate, and Potassium
	Keep on counter OR if sliced, refrigerate	Vitamin C, Lycopene, and Potassium
	Whole in refrigerator, OR covered in the refrigerator, if cut	92% water - very hydrating, Lycopene, and Vitamins A and C
	Eat soon after purchased OR store unrinsed in refrigerator 5-6 days	Antioxidants and Vitamin C



## CONFETTI CORN SALAD

### Ingredients:

2 cups sweet kernel corn  
 ¾ cup diced tomato  
 ½ cup diced orange bell pepper  
 ½ cup chopped celery  
 ½ cup chopped fresh cilantro, divided  
 ¼ cup diced red onion  
 1 clove garlic, minced  
 ½ cup "lite" ranch dressing



**Directions:** Mix corn, tomato, bell pepper, celery, onion, and garlic in a bowl. Pour ranch dressing over the mixture; stir. Fold in all but 1 tablespoon of cilantro in the corn mixture. Sprinkle remaining cilantro over the top of salad to serve.

[allrecipes.com/  
 recipe/229362/  
 confetti-corn-  
 salad/](http://allrecipes.com/recipe/229362/confetti-corn-salad/)

Servings: 8      Calories per serving: 117      Prep time: 20 minutes

# In the Community

## STD Awareness

activities had Health Department STD staff providing screenings and education at the Specialty Care Clinic and University of Tampa, with a goal of decreasing incidence of Early Syphilis cases, and in females ages 15- 34, bacterial STDs.



Health Department staff from many divisions turned out for the annual

**Paint Your Heart Out,** sprucing up dwellings and helping make homes good places to live.



Health Department River Warriors were back out in force cleaning up our adopted stretch of valuable waterway. Keeping Tampa Bay and Hillsborough River clean benefits man and beast alike!



AIR-FEST at MacDill AFB was a grand show on the tarmac, in the air and also with our staff in Hangar 3. Lots of education and fun opportunities to learn more about being healthy!



# CELEBRATE BIKE TO SCHOOL DAY ON MAY 4!

[Register your event](#)

[Learn about Bike to School Day](#)

[Plan a Bike to School Day event](#)

[See who's biking in 2016](#)

[See who biked in 2015](#)

[Bike to School Day 2016: Schwinn's SmartStart Bike Share Giveaway](#)

[Walkbiketoschool.org/](http://Walkbiketoschool.org/)



**WALKBIKE  
TO SCHOOL**



## Mental Health Basics

We often share information about chronic diseases - those that generally last a long time, require treatment, management and control. Why? According to the US Department of State, "Non-communicable diseases (NCDs), such as cancer, heart disease, lung disease, and diabetes, are now the major cause of death and disability worldwide. By 2020, NCDs are expected to account for 7 of every 10 deaths in the world, as they already do in the U.S."

Evidence has shown that mental disorders, especially depressive disorders, are strongly related to the occurrence, successful treatment, and course of many chronic diseases including diabetes, cancer, cardiovascular disease, asthma, and obesity<sup>5</sup> and many risk behaviors for chronic disease, such as physical inactivity, smoking, excessive drinking, and insufficient sleep.

The term *mental health* is commonly used in reference to mental illness. However, knowledge in the field has progressed to a level that appropriately differentiates the two. Although mental health and mental illness are related, they represent different psychological states.

**Mental health** is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."<sup>1</sup> It is estimated that only about 17% of U.S adults are considered to be in a state of optimal mental health.<sup>2</sup> There is emerging evidence that positive mental health is associated with improved health outcomes.

**Mental illness** is defined as "collectively all diagnosable mental disorders" or "health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning."<sup>2</sup> Depression is the most common type of mental illness, affecting more than 26% of the U.S. adult population.<sup>3</sup> It has been estimated that by the year 2020, depression will be the second leading cause of disability throughout the world, trailing only ischemic heart disease.<sup>4</sup>

**Substance Abuse and Mental Health Services Administration can provide you contact information about local resources in your area.**

Visit: [www.samhsa.gov/find-help](http://www.samhsa.gov/find-help)



### Resources:

<sup>1</sup> World Health Organization. *Strengthening Mental Health Promotion*. Geneva, World Health Organization (Fact sheet no. 220), 2001.

<sup>2</sup> U.S. Department of Health and Human Services. *Mental Health: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services; Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, National Institutes of Health, National Institute of Mental Health, 1999.

<sup>3</sup> Kessler RC, Chiu WT, Demler O, Walters EE. Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry* 2005;62:617-627.

<sup>4</sup> Murray CJL, Lopez AD. *The Global Burden of Disease: A Comprehensive Assessment of Mortality and Disability from Diseases, Injuries and Risk Factors in 1990 and Projected to 2020*. Geneva, Switzerland;World Health Organization, 1996.

<sup>5</sup> Chapman DP, Perry GS, Strine TW. The vital link between chronic disease and depressive disorders. *Prev Chronic Dis* 2005;2(1):A14.



# Fl♥rida KidCare

Through Florida KidCare, the state of Florida offers health insurance for children from birth through age 18, *even if one or both parents are working.*

To apply, call 1-888-540-5437 | TTY-877-316-8748, apply online, or print an application and instructions. Visit: [www.floridakidcare.org](http://www.floridakidcare.org).

**Farmers Markets around Hillsborough County**.....

[www.americantowns.com/fl/hillsborough-county-local-food](http://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://www.hillsboroughcounty.org/)
- <http://plantcitygov.com/>
- [www.tampagov.net/dept\\_parks\\_and\\_recreation/](http://www.tampagov.net/dept_parks_and_recreation/)
- [www.templeterrace.com/](http://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](http://www.familysupporthc.org/about-us/contact-us).

**OTHER RESOURCES:** (Alzheimer's, Parkinson's, etc.) [www.caregiver.com/regionalresources/states/FL/support/hillsborough.htm](http://www.caregiver.com/regionalresources/states/FL/support/hillsborough.htm)

## HEALTH DEPARTMENT CLOSURES: MAY 30, 2016, Memorial Day

## Last Day Public School — June 10, 2016 WATCH OUT FOR KIDS!

**MAIN OPERATOR**

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

**COMMUNITY HEALTH**

- Community Health Director .... **307-8071**
- Epidemiology ..... **307-8010**
- Health Education ..... **307-8071**
- Breast/Cervical Cancer..... **307-8082**
- Diabetes ..... **307-8071**
- Florida KidCare..... **307-8082**
- Weight Management ..... **307-8071**
- Health Literacy ..... **307-8071**
- Insulin Program ..... **307-8082**
- Lead Poisoning Prevention..... **307-8071**
- School Health ..... **307-8015 X8502**
- Sterilizations ..... **307-8082**
- Office of Health Equity ..... **307-8066**

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

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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..... 307-8031**

**NUTRITION/WIC ..... 307-8074**

**PHARMACY**

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

**PUBLIC HEALTH**

**PREPAREDNESS..... 307-8042**

**PUBLIC INFORMATION**

**OFFICER..... 307-8044**

**VITAL STATISTICS ..... 307-8002**  
(birth & death records)

**Public  
Health**  
SAVES LIVES SAVES MONEY



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

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