Staying Hydrated— Staying Healthy

How much water do you need?
What does being well hydrated mean? The amount of water a person needs depends on climatic conditions, clothing worn, exercise intensity and duration, said John Batson, M.D, a sports medicine physician with Lowcountry Spine & Sport in Hilton Head Island, S.C., and an American Heart Association volunteer.

A person who perspires heavily will need to drink more than someone who doesn’t. Certain medical conditions, such as diabetes or heart disease, may also mean you need to drink more water. People with cystic fibrosis have high concentrations of sodium in their sweat and also need to use caution to avoid dehydration. Some medications can act as diuretics, causing the body to lose more fluid.

Thirst isn’t the best indicator that you need to drink. “If you get thirsty, you’re already dehydrated,” Batson said.

Batson said the easiest thing to do is pay attention to the color of your urine. Pale and clear means you’re well hydrated. If it’s dark, drink more fluids.

Water is best.
For most people, water is the best thing to drink to stay hydrated. Sources of water also include foods, such fruits and vegetables which contain a high percentage of water. Sports drinks with electrolytes, may be useful for people doing high intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories.

“It’s healthier to drink water while you’re exercising, and then when you’re done, eat a healthy snack like orange slices, bananas or a small handful of unsalted nuts”, Batson said.

He cautioned against fruit juices or sugary drinks, such as soda. “They can be hard on your stomach if you’re dehydrated,” he said.

It’s also best to avoid drinks containing caffeine, which acts as a diuretic and causes you to lose more fluids.

Batson says drinking water before you exercise or go out into the sun is an important first step.

“Drinking water before is much more important,” he said. “Otherwise, you’re playing catch-up and your heart is straining.”

Excerpted from www.heart.org/HealthyLiving, Sept 2014
The Best and Worst

A document that was published recently, the County Health Rankings, provides an opportunity for counties around the U.S. to assess the health of their community and to make comparisons with other counties. The document has been produced for a number of years by the University of Wisconsin and the Robert Wood Johnson Foundation. The County Health Rankings look broadly at Health Outcomes (the county’s state of health) and Health Factors (the things we have the ability to change that may lead to health problems). The report is available at http://www.countyhealthrankings.org/.

Of the 67 counties in Florida, Hillsborough County ranks 29th on Health Outcomes and 25th for Health Factors. The goal is a rank of one, a position that has been held by St Johns County for a number of years.

While the Health Rankings are useful and make it easy to compare the best and the worst counties, it does have some limitations. One being the fact that it does present a broad or big picture by summarizing data. To get a more realistic picture of how the county is doing, requires more specific county health data. For example, one of the areas reported under Health Outcomes is a ranking for Quality of Life. Hillsborough County has a ranking of 38. So what does that mean? The ranking is determined by combining survey and statistical information on poor or fair health, poor physical health days, poor mental health days, and low birth weight. To better understand this rank we would need to look at county data, specific to each of these separate areas. A look at low birth weight in our county would provide information on the rate of low birth weight infants that is easily comparable to other counties, states and countries. Looking at that specific area separately, would allow us to determine if we should be concerned about birthweight and if programs are needed to address the problem. Looking broadly at a Quality of Life ranking may not make the need for a program to reduce the number of low birth weights obvious.

Hillsborough’s community health assessment and the resulting community health improvement plan provides detailed information on a variety of local health issues, health priorities and the steps being taken by the health department and its partners to improve the health status of county residents. Both of these documents are available at http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/improvement-planning/index.html.
Have you checked your garden lately? Odds are if you planted any herbs or vegetables after the first frost, then they are close to being ready to eat! Many uses of your garden plants can be used for salads, for example capri salad is excellent tasting, as well as excellent for your body! Basil is widely considered one of the healthiest herbs and is rich in Vitamin K. Tomatoes are a great source of Vitamins A, B6, and C as well as potassium. Finally, cheese is full of calcium which is widely considered the most lacking nutrients in the American diet!

INGREDIENTS

- 4 large fresh mozzarella balls
- 4 large ripe tomatoes
- 8 leaves fresh basil
- 1 lemon
- Salt
- Pepper
- 2 tablespoons olive oil

DIRECTIONS

1. Slice the fresh mozzarella balls into 3 or 4 slices.
2. Core and remove a very thin slice from the bottom of the washed tomatoes, slice into 4 or 5 slices.
3. Between 4 salad plates divide the mozzarella and tomato slices layering the slices alternately (see photo).
4. Sprinkle with salt and pepper to taste.
5. Chop the basil and sprinkle over the top of each salad.
6. Drizzle 1/2 a tablespoon of olive oil over each salad.
7. Serve with lemon wedges or squeeze the lemon on top before serving.

The Capri Salad

This simple recipe ensures a nutritious and easy lunch or side on a hot summer day! The Capri Salad has three main ingredients: tomatoes, basil, and mozzarella cheese. Many people also sprinkle salt and pepper over the salad, as well as, a drizzle with olive oil or even balsamic glaze. Some whole grain bread can be added to the salad to make it more of a complete meal! This is a perfect way to put all of your hard work in the garden to good use!
Spread love everywhere and teach kids how to care

May 6th, 2017
12:00pm - 4:00pm

Parent Education Workshop

Creative and Supportive Opportunities:
★ Bouncy House
★ Clothesline Project
★ Painting Table
★ Drumming and Dancing
★ Words of Aspiration

Resource Fair
FREE Raffle Prizes!

Dr. Martin Luther King Jr.
Recreation Center, Gymnasium

2300 N. Oregon Ave, Tampa, FL 33607
Car Seat Safety Class for Expectant Parents

To register for a free car seat class, please call St. Joseph’s Children’s Wellness and Safety Center at 813-615-0589

Qualifications include:
- Proof of Medicaid
- SNAP or
- Free/reduced school lunch

Class Location:
St. Joseph’s Children’s Wellness and Safety Center
4600 N. Habana Ave., Suite 26, Tampa, FL 33614

Class Dates:
April 25, May 23, June 27, July 25, August 22, September 26, October 24, November 28

During this 1.5 hour class:
- You will view a presentation on how to choose and install the appropriate car seat for your child.
- You will then install your new car seat into your personal vehicle. Assistance will be provided by a Certified Child Passenger Safety Technician from St. Joseph’s Children’s Wellness and Safety Center.
- The goal of this class is for you to be prepared for your first ride home with your newborn and learn how to properly harness and install your car seat on your own.

**Please note:**
- This class is for expectant parent(s) only
- This class is held in an office environment, therefore, no sibling children may attend with the expectant parent(s).
Be on the look-out! Nutrition Labels are changing...

In May 2016 the FDA revealed that the classic Nutrition Label on the back of our favorite foods will be adjusted to reflect a more realistic look of a typical American diet. The new look of the label will be similar to the old look however, some important and science-based decisions have been made to add sections and alter others.

Serving sizes on nutrition labels have remained the same since 1993, however, the typical American consumes more per serving than back then. By law, serving sizes must be based on amounts of foods and beverages that people are actually eating, not what they should be eating. The new label will reflect more of these changes, for example a serving size of soda in 1993 was 8 ounces, but now will be changing to 12 ounces and ice cream from ½ a cup to 1 cup per serving.

The size of a particular package also affects how much food or drink a person will consume. For packages that are between one and two servings, such as a 20 ounce soda, the calories and other nutrients will be required to be labeled as one serving, because people typically consume it in one sitting. The FDA is also requiring a “Dual Label” on some products when Americans consume products in some portions or in an entire sitting. For example, a 24 ounce bottle of soda or a pint of ice cream would show this with a “serving size label” as well as a “whole container label” side by side to show the nutrients if the food or beverage was completely consumed in one sitting.

Reference: https://www.fda.gov/Food/GuidanceRegulation/
Some further changes will be that an “added sugars” group will go under the “total sugars” group. This is due to many experts agreeing that it is difficult to stay under the recommended amount of calories per day and get proper nutrients if we consume more than 10% of our daily calories from added sugars.

One last major change is the addition of two nutrients to the bottom section of the food label, Vitamin D and Potassium.

According to the CDC, these are two nutrients that Americans do not get enough of, as well as, associated with increased risk of chronic disease if not consume enough. These two nutrients replaced Vitamin A and C on the label since Vitamins A and C deficiencies are now considered rare.

The new label will be required on foods by July 2018, but companies may start implementing them sooner. This will reflect an updated nutrition information and focus on more current deficiencies and serving sizes in our culture today compared to those in 1990.

![Nutrition Facts](image)

A side by side comparison of the old label (left) and the new label (right).
What is “Maternal and Child Health?”

Maternal and Child Health concerns the health of mothers, infants, and children.

Maternal and Child Health is often a good indicator of a community’s overall health. UNICEF explains that child mortality is the result of factors including the nutritional status and health knowledge of mothers, level of immunization, availability of maternal and child health services (including prenatal care), income and food availability in the family, availability of safe drinking water and basic sanitation, and the overall safety of the child’s environment.¹

Factors That Affect Maternal & Child Health²

How is Prenatal Care Measured?

The adequacy of prenatal care is measured by two factors:

1. When a mother first receives prenatal care.
2. Whether she receives the correct number of visits during pregnancy.

The national Healthy People 2020 goal for mothers who receive early prenatal care, which begins in the first trimester of pregnancy, is 77.9%. The Hillsborough rate is currently 89.6%.

- **Heavy drinking and/or smoking:** In 2015, 4.9% of Hillsborough births were to women who smoked during pregnancy (6.2% FL).

- **Mother’s weight:** In 2015, 24.3% of Hillsborough mothers were overweight and 20.9% obese at the time pregnancy occurred (24.3% and 21.5% FL).

- **Prenatal care:** In 2015, 89.6% of Hillsborough births were to mothers with early prenatal care (79.5% FL).

- **Health insurance:** In 2015, 7.1% of Hillsborough births were to uninsured women (6.6% FL), and 51.3% of births were covered by Medicaid (50.2% FL).
Maternal & Child Health
Racial & Ethnic Disparities in Hillsborough

Even though Hillsborough meets the overall Health People 2020 goal for early prenatal care, the county faces significant ethnic and racial disparities in maternal and child health.

FAST FACTS
All data 2013-2015

12.4
Per 1,000 live births by which black infants in Hillsborough County were more to likely die during their first year of life than white infants.

79.3
Percentage of Hispanic mothers who received early prenatal care, compare to 89.7% of black and white mothers in Hillsborough.

73.7
Percentage of births to unwed black mothers, compared to 43.5% of white mothers and 56.6% of Hispanic mothers in Hillsborough.

26.8
Percentage of births to Hispanic mothers without a high school education, compared to 15.3% of white mothers and 16.2% black mothers in Hillsborough.

People can get hurt either accidentally (through injuries) or intentionally (through violence).

Injuries are the third leading cause of death in the state of Florida only behind heart disease and cancer.

Accidental injuries can include drowning, falls, poisonings, suffocation, and motor vehicle injuries.

Most types of violent crimes increased in 2015 in Hillsborough County. Unfortunately, murder was up by 22.8 percent and rape was up by 23.2 percent, compared to 2014.
Why are **injury** and **violence** a public health concerns?

Because the focus of public health is on the safety and well-being of entire populations. Violence and injuries affect **everyone**, regardless of age, race, or economic status. In the first half of life, more Americans die from violence and injuries—such as motor vehicle crashes, falls, or homicides—than from any other cause, including cancer, HIV, or the flu. Injury and violence also erodes communities by reducing productivity, decreasing property values, and disrupting social services.

If you or someone you know is a victim of abuse or violence, there are many resources available in the Tampa Bay area. These includes:

**The Spring of Tampa Bay — 24/7 hotline (813) 247-SAFE (7233)**

**Crisis Center of Tampa Bay — Call 2-1-1**

**FL Domestic Violence Hotline— (800) 500-1119**

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Millions of us enjoy warm weather every year by swimming in our backyard pools and relaxing in hot tubs. Tragically though, over 200 young children drown in backyard swimming pools each year. The American Red Cross suggests owners make pool safety their priority by following these guidelines:

- Secure your pool with appropriate barriers. Completely surround your pool with a 4-feet high fence or barrier with a self-closing, self-latching gate. Place a safety cover on the pool or hot tub when not in use and remove any ladders or steps used for access. Consider installing a pool alarm that goes off if anyone enters the pool.

- Keep children under active supervision at all times. Stay in arm’s reach of young kids. Designate a responsible person to watch the water when people are in the pool—never allow anyone to swim alone. Have young or inexperienced swimmers wear a U.S. Coast Guard-approved life jacket.

- Ensure everyone in the home knows how to swim well by enrolling them in age-appropriate water orientation and learn-to-swim courses from the Red Cross.

- Keep your pool or hot tub water clean and clear. Maintain proper chemical levels, circulation and filtration. Regularly test and adjust the chemical levels to minimize the risk of earaches, rashes or more serious diseases.

- Establish and enforce rules and safe behaviors, such as “no diving,” “stay away from drain covers,” “swim with a buddy” and “walk please.”

Ensure everyone in the home knows how to respond to aquatic emergencies by having appropriate safety equipment and taking water safety, first aid and CPR courses from the Red Cross.
Eating a diet with plenty of fruits and vegetables provides important health benefits when you select and prepare them safely.

Fruits and veggies add nutrients to your diet that help protect you from heart disease, stroke, and some cancers. And choosing produce including vegetables, fruits, and nuts—instead of high-calorie foods also helps you manage your weight.

But sometimes raw fruits and vegetables may contain harmful germs, such as Salmonella, E. coli, and Listeria, which can make you and your family sick with food poisoning. In the United States, nearly half of foodborne illnesses are caused by germs on contaminated fresh produce.

Safer choices for fresh produce are washed fresh vegetables, including salads, and cooked vegetables. Unwashed fresh vegetables, including lettuce and salads, are more likely to make people sick with a foodborne illness.

Enjoy uncooked fruits and vegetables while taking steps to avoid food poisoning.

- **Check** fruits and vegetables for bruising and damage.
- **Throw away** fruits and vegetables that are spoiled or have been recalled.
- **Wash** your hands, kitchen utensils, and food preparation surfaces, including chopping boards and countertops, before and after preparing fruits and vegetables.
- **Clean** fruits and vegetables before eating, cutting, or cooking, unless the package says that the contents have been pre-washed
  - Wash or scrub all fruits and vegetables under running water—even if you do not plan to eat the peel—so dirt and germs are not transferred from the surface to the inside when you cut the produce.
- **Dry** fruit or vegetables with a clean paper towel.
- **Keep fruits and vegetables separate** from other foods that could contaminate them, such as raw meat and seafood.
- **Refrigerate** fruits and vegetables that you have cut up, peeled, or cooked as soon as possible, or within 2 hours. Refrigerate within 1 hour if the temperature outside is above 90°F. Chill them at 40°F or below in a clean container.

Anyone can get a foodborne illness, but people in certain groups are more likely to get sick and to have a more serious illness. These groups of people are:

- Young children
- Pregnant women
- Adults aged 65 and older
- People with weakened immune systems

If you or someone you care for has a greater chance of food poisoning, it's especially important to take steps to prevent food poisoning when preparing and eating fresh fruits and vegetables.

This article was originally published by the CDC.
Keep mosquitoes **outside**

- Use air conditioning.
- Repair holes in screens.
- Keep screens on all windows.
- Keep doors and windows shut.

Stop mosquitoes from **breeding**

**Mosquitoes breed by laying eggs in & near standing water.**

- As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply.

**At your house or business:**

- Put away items that are outside and not being used because they could hold standing water.

**In your garden:**

- Keep flower pots and saucers free of standing water. Some plants, such as bromeliads, hold water in their leaves—flush out water-holding plants with your hose once a week.

**Around all buildings:**

- At least once a week, empty, turn over or cover anything that could hold water:
  - tires
  - buckets
  - toys
  - pools & pool covers
  - bird baths
  - trash, trash containers
  - boat or car covers
  - roof gutters
  - coolers
  - pet dishes

[www.cdc.gov/features/StopMosquitoes](http://www.cdc.gov/features/StopMosquitoes)
Not all mosquitoes are the same. Different mosquitoes spread different diseases and bite at different times of the day. Some mosquito species bite during the day, such as those mosquitoes that can spread chikungunya, dengue and Zika viruses. Other species of mosquitoes bite most often at dawn and dusk, including those that can transmit West Nile virus.

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

**Use Environmental Protection Agency (EPA)-registered insect repellents**

- Wear repellent when you are outdoors. Use products with active ingredients that are safe and effective.
  - Always follow the product label instructions.
  - Do not spray repellent on skin under clothing.
  - If you use sunscreen, put sunscreen on first and insect repellent second.
  - It is safe for pregnant or nursing women to use EPA-approved repellents if applied according to package label instructions.
  - Learn more: [www2.epa.gov/insect-repellents](http://www2.epa.gov/insect-repellents).

**USE INSECT REPELLENT WITH ONE OF THESE ACTIVE INGREDIENTS**

- **DEET**
  - Off!, Cutter, Sawyer, Ultrathon
- **Picaridin (KBR 3023), Bayrepel and icaridin**
  - Skin So Soft Bug Guard Plus
- **Oil of lemon eucalyptus (OLE) or para-methane-diol (PMD)**
  - Repel
- **IR3535**
  - Skin So Soft Bug Guard Plus Expedition, Skin Smart

**BRAND EXAMPLES** Overseas brand names may vary.

**If you have a baby or child:**

- Always follow product instructions when applying insect repellent to children.
- Spray insect repellent onto your hands and then apply to a child’s face.
- Do not apply insect repellent to a child’s hands, mouth, cut or irritated skin.
- Do not use insect repellent on babies younger than 2 months.
- Dress babies or small children in clothing that covers arms and legs.
- Cover cribs, strollers or baby carriers with mosquito netting.

**Cover up with clothing**

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

**Use permethrin-treated clothing and gear.**

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

[www.cdc.gov/features/StopMosquitoes](http://www.cdc.gov/features/StopMosquitoes)

*The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.*
Protect All the Skin You’re In

Skin cancer is the most common cancer in the United States, yet most skin cancers can be prevented.

Every year, there are 63,000 new cases of and 9,000 deaths from melanoma—the deadliest form of skin cancer.

Ultraviolet (UV) exposure is the most common cause of skin cancer. A new CDC study shows that the majority of Americans are not using sunscreen regularly to protect themselves from the sun’s harmful UV rays.

In fact, fewer than 15% of men and fewer than 30% of women reported using sunscreen regularly on their face and other exposed skin when outside for more than 1 hour.

Many women report that they regularly use sunscreen on their faces but not on other exposed skin.

Choose sun protection strategies that work.

Use broad spectrum sunscreen with SPF 15+ to protect any exposed skin.

Seek shade, especially during midday hours.

Wear a hat, sunglasses and other clothes to protect skin.

Sunscreen works best when used with shade or clothes, and it must be re-applied every two hours and after swimming, sweating, and toweling off.

DON’T FRY: PREVENTING SKIN CANCER

Skin cancer is the most common type of cancer. More than 6 million skin cancers are diagnosed each year in the United States. That’s more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

DON’T FRY: PREVENTING SKIN CANCER

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NEW CANCERS IN THE US THIS YEAR

LENGTH OF CANCERS

<table>
<thead>
<tr>
<th>CANCERS</th>
<th>COUNT</th>
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<tbody>
<tr>
<td>Skin cancer (non-melanoma)</td>
<td>3,055,000</td>
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<tr>
<td>Prostate cancer</td>
<td>2,62,000</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>2,62,000</td>
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<tr>
<td>Lung cancer (NSCLC)</td>
<td>1,52,000</td>
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<tr>
<td>Bladder cancer</td>
<td>82,000</td>
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</table>

A 1 in 300 cases of nonmelanoma skin cancer is diagnosed in 3,055,000 people, with some patients having more than one diagnosis.

Skin cancer cases don’t just outweigh these four cancers—they outweigh all cancers combined.

MOST SKIN CANCERS ARE CAUSED BY THE SUN’S UVA AND UVB ULTRAVIOLET RAYS

UVA RAYS

- Skin surface wrinkles
- Skin discoloration

UVB RAYS

- Skin cancers
- Skin blisters

Sunsceen: What to look for

- Broad spectrum
- SPF 15 or higher
- Water resistance

EXPIRATION DATE

Last 2 to 3 years

A UNITED FORCE AGAINST CANCER

The American Cancer Society is an organization of 2 million strong. From prevention to diagnosis, from treatment to recovery, we take every step of the way. Together, we are a united force against skin cancer and all cancers.

Learn More → Cancer.org/cancer

Blog Protected → Cancer.org/blog

Cancer.org/cancerskinimages

Donate → Cancer.org/donate

© 2017 American Cancer Society, Inc. All rights reserved. The organizations and donations on this document are not tax deductible to the full extent of the law.
Annual healthcare costs for a person with diabetes is approximately $13,741 a year - more than twice the cost of a person without diabetes. Research demonstrates people who attend classes to prevent or manage their diabetes can drastically cut those costs!

Improve your health and reduce medical costs. Register for these FREE classes from your Florida Department of Health-Hillsborough.

**Diabetes Self-Management Education**

Participants learn how to better manage their diabetes through improving their skills in nutrition, increased physical activity, monitoring, better understanding medications, and coping.

**Eligibility:**
- Must be 18 years old
- Have a diagnosis of diabetes

Participants meet for 90 minutes, once a week for 7 weeks.

**National Diabetes Prevention Program**

Anyone at a high risk or has been diagnosed with pre-diabetes can prevent/reduce the risk of developing diabetes.

**Eligibility:**
- Must be 18 years old
- Overweight (BMI >25)
- At a high risk for developing type 2 diabetes or have a diagnosis of pre-diabetes by a healthcare provider.

Participants meet 1 hr/week for 16 weeks, then once a month for 8 months.

Give yourself the best gift this year and set yourself up to be the healthiest you’ve ever been! The best part?! It won’t cost a thing!!

Register for one of the classes below offered by your Florida Department of Health - Hillsborough for FREE!!!

**Registration is required for all classes. Call 813-307-8071 ext. 7111 to register.

### Diabetes Self Management Education
If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity, better monitoring, medications, and improved coping skills.

**Upcoming classes:**
- May 4, 2017 Thursdays 9:30am — 11:00am Town n Country area
- June 5, 2017 Mondays 10:30am — 12:00pm South Tampa area

### Get Into Fitness Today!
In 6 or 12 weeks participants learn about healthy eating, physical activity, and ways to live a healthier life.

**Upcoming classes:**
- June 22, 2017 Thursdays 9:30am — 10:30am Town n Country area

Call to find out about upcoming classes in your area!

### The Diabetes Prevention Program
This program can help anyone who is overweight - prediabetic or at risk for Type 2 diabetes. The program takes place in 2 phases: 1st 16 weeks participants meet for 1 hour to learn about healthy eating and being active. In Maintenance, participants meet once a month.

**Upcoming classes:**
- May 24, 2017 Wednesdays 1:00pm — 2:00pm North of downtown Tampa
- June 12, 2017 Mondays TBA East Hillsborough Ave.

Call to find out about upcoming classes in your area!
Florida KidCare, the state of Florida health insurance for children (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, print 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:  [www.hillsboroughcounty.org/](http://www.hillsboroughcounty.org/)
- Plant City Parks and Recreation:  [www.plantcitygov.com](http://www.plantcitygov.com/)
- Tampa Parks and Recreation:  [www.tampagov.net/dept_parks_and_rec/](http://www.tampagov.net/dept_parks_and_rec/)
- Temple Terrace Parks and Recreation:  [www.templeterrace.com](http://www.templeterrace.com/)

**OTHER RESOURCES:**
- Tampa Bay Crisis Center:  [https://www.crisiscenter.com/](https://www.crisiscenter.com/)
- U.S. Food & Drug Administration Food Label:  [https://www.fda.gov/Food/GuidanceRegulation/](https://www.fda.gov/Food/GuidanceRegulation/)

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

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Do you ever wonder how healthy your community or state is? How does your own health status look compared to the rest of Floridians? If you are interested in statistics and data, Florida Charts is a great resource that paints an accurate picture of the health status of our state - with factual information.

The website has been updated with a new look. Twelve years ago, the site was founded and continues to provide the most up-to-date health statistics you'll find in Florida. Each month, over 24,000 visitors generate over 1 million hits to the 3,500 health indicators, 19 health profile reports and 10 query systems in FLHealthCHARTS. Be sure to bookmark the new site: [www.FLHealthCHARTS.com](http://www.FLHealthCHARTS.com).
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
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