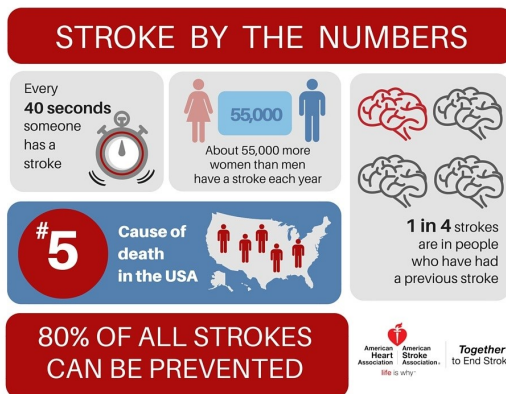


MAY/JUNE 2023 • VOLUME 18 ISSUE 3

COMMUNITY WELLNESS

MAY IS STROKE AWARENESS MONTH

The Florida Department of Health in Hillsborough County recognizes May as Stroke Awareness Month, an observance that highlights the importance of knowing the risk factors, symptoms, and prevention of stroke. Nationally as well as for Florida, stroke is the fifth leading cause of death and a major cause of serious disability for adults. Although stroke risk increases with age, a stroke can happen at any age.



Stroke is a disease that affects the arteries leading to and within the brain and occurs when the blood supply is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Brain cells begin to die in minutes. Early action can reduce brain damage and other complications.

To learn more on the signs and lowering your risks, visit page 4.



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Good Health Starts in Youth

JENNIFER WASKOVICH, MS, RD, LD/N, CLC
COMMUNITY HEALTH DIRECTOR

It is said that the children are our future, and this is one of the reasons I became a dietitian in public health. The health of a person often depends on the path we begin early in life, sometimes even before birth. As a mother of three it is important to me to help reduce their risk of obesity, chronic diseases, depression, and any other potentially harmful impacts they may encounter. Our choices about nutrition, vaccines, physical activity, and mental health can all play a role in our health later in life.

It frequently seems that we, including our youth, have greater and greater expectations put on us from different directions. We all want to succeed, but pushing ourselves and children too hard to reach the top can cause high levels of stress and anxiety. It is important to encourage children to reach their full potential, but placing limits on our expectations can help them strive for excellence without having the feeling that they will never be good enough. We can also help teach them good habits through our own behaviors. Setting aside time for ourselves and spending time with family and friends outside of work shows our children that it is okay to take time to relax. Putting down our mobile devices can also help us steer clear of information and expectation overload from social media. Instead, use this time away from your devices to take a walk or bike ride in the fresh air, read a book, or enjoy another hobby that brings you enjoyment.

Whether someone is 5 or 105, making time for our minds and bodies to relax can help reduce our risk for high blood pressure, diabetes, depression, and other health ailments later in life. Spending time with family and friends can also help build stronger personal connections and boost our mood. We just need to allow ourselves to step away from the hustle and bustle of our daily lives to enjoy quiet and fun occasionally. Starting these routines early in life will help our young ones grow into healthier and happier adults.

“

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

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Recipe: Salmon Chowder

Serves 4
Serving Size: 1 cup
Prep Time: 15 minutes
Cook Time: 20 minutes
Total Time: 35 minutes

Ingredients

- 2 tablespoons olive oil
- 1 cup finely chopped onion
- ½ cup chopped carrot
- ⅓ cup chopped celery
- ½ teaspoon kosher salt
- ⅛ teaspoon ground cayenne pepper
- 1½ cups whole milk
- 2½ tablespoons all-purpose flour
- 1 cup precooked brown and wild rice
- 1 (3½ ounce) package smoked salmon, torn into small pieces
- 2 tablespoons chopped green onions



Directions

1. Heat a large saucepan over medium-high heat.
2. Add oil and swirl to coat. Add onion, carrot, celery, salt, and cayenne pepper and sauté for 4 minutes.
3. Add 2 cups of water and bring to a boil. Reduce heat to medium and cook 8 minutes or until vegetables are tender.
4. Combine milk and flour in a small bowl, stirring with a whisk.
5. Add milk mixture to pan and bring to a boil. Cook 1 minute or until slightly thickened, stirring constantly.
6. Stir in rice and salmon, and cook for 1 minute or until thoroughly heated.
7. Sprinkle evenly with green onions before serving.

May as Stroke Awareness Month

Know the Warning Signs of a Stroke

The most important part of getting timely treatment for a stroke is to know and understand the warning signs as described by the **B.E. F.A.S.T.** acronym.

B - Balance: Is the person suddenly having trouble with balance or coordination?

E - Eyes: Is the person experiencing suddenly blurred or double vision or a sudden loss of vision in one or both eyes without pain?

F - Face: Does one side of the face droop or is it numb? Ask the person to smile.

A - Arms: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S - Speech: Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence like, "The sky is blue." Is the sentence repeated correctly?

T - Time: If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

Take Action to Lower Risk of Having a Stroke

The most effective way to lower the risk of having a

stroke is to prevent one from happening in the first place. Risk factors for stroke that can be changed, treated, or medically managed include:

- **High Blood Pressure.** Blood pressure of 140/90 or higher can damage blood vessels (arteries) that supply blood to the brain. Make sure to get medical treatment if it is high.
- **Diabetes.** People with unmanaged diabetes are at greater risk for a stroke than someone without diabetes. To prevent stroke, people with diabetes should control blood glucose, blood pressure, cholesterol, and weight.
- **Smoking.** You can reduce your risk of having a stroke by stopping smoking. Smoking can damage blood vessels as well as the heart and lead to other health diseases that can impact stroke risk.
- **Unhealthy Diet.** A healthy diet is one of the best tools for fighting stroke. Incorporating more fruits and veggies into your diet and decreasing your salt intake to less than 1,500 mg a day is a great start to healthier eating.
- **High Blood Cholesterol.** High cholesterol levels can contribute to thickening or hardening of the arteries (atherosclerosis) caused by a buildup of plaque. By controlling their cholesterol, a person is giving their arteries the best chance to remain clear of blockages.



5 THINGS EVERY **STROKE HERO** SHOULD KNOW!

1 Even **SUPERHEROES** are in **DANGER**

STROKE RISK

increases with age, but young adults, children, and even unborn babies can suffer strokes. If one of your parents had an ischemic stroke before 65, you are at **3X THE RISK** of suffering one yourself.



2 **HIGH** blood pressure is stroke's public **ENEMY #1.**

3 OUT OF 4 PEOPLE who suffer first strokes have high blood pressure.



3 **STROKE** targets by **ETHNICITY**

AFRICAN-AMERICANS

have nearly **2x the risk** for a first-ever stroke as whites.



4 **STROKE** is largely **TREATABLE.**

Clot-busting drugs and medical devices have made stroke largely treatable, but every second counts. The faster you are treated, the more likely you are to **recover without permanent disability.**



5 **FRIENDS** usually **SAVE** friends from **STROKE**



Learn to recognize the warning signs of stroke.



Become a **STROKE HERO** and help save lives at StrokeAssociation.org/StrokeHero

Source: Heart Disease and Stroke Statistics—2016 Update: A Report from the American Heart Association

American Heart Association | American Stroke Association
Life is why™

Together to End Stroke™

Nationally sponsored by
Medtronic

Be a Heart-Health Role Model

Sharing is caring, but not when it comes to serious health conditions like diabetes or heart disease. These health conditions, like many others, can run in families. But there's a lot you can do to help protect yourself and your family. Learn tips on how to be a heart-health role model for your family.

Heart disease is one of the most common complications of diabetes. And the longer you have diabetes, the more likely you are to develop heart disease. Recent studies show that people are developing type 2 diabetes at a much younger age, which means they will be affected by diabetes over a longer time and are at risk of developing diabetes complications like heart disease sooner.



If you have diabetes, you know how important healthy habits are to helping you manage the condition and prevent or delay complications like heart disease. And it's not practical to have a different lifestyle than the rest of your family. So, what's the key to being a heart-healthy role model? Getting your family involved! By showing your family how you're taking steps to a healthy lifestyle, you'll be a role model they can follow. Here are a few tips on how to be a heart-health role model for your family.

Share Your Family Health History

Like diabetes, heart disease can run in families. Having a family member with diabetes or heart disease increases your risk and the risk for others in your family. Talking about your family's health history doesn't only have to be a serious sit-down conversation. You can use family gatherings, mealtimes, or even coffee chats as a time to talk about your health history. You'll want to:

- **Ask questions.** Asking your relatives about which health conditions they have had and when they were diagnosed can help you find out about your risk.
- **Record and update information.** Write down the information you collect and remember to update it as you learn more.
- **Share with other family members.** Sharing your family's health history will benefit all members of your family, and it's especially important to share this information with your younger relatives so that they can take steps now to prevent or delay heart disease.

Gathering family health history is just the first step. The next step is to act on it. Share the information at medical appointments so your doctor can decide which screening tests you need and when you'll need them. Identifying and treating diabetes, heart disease, and other chronic conditions early can often mean better health in the long run. By starting the conversation and sharing your family's health history, everyone can take steps to lower their risk.

Get Moving With Your Family

Of course you can't change your genes, but there are lifestyle changes you and your family can make to lower the risk of heart disease. Being active with your family is a great way to lead by example. If the kids in your family see you enjoying physical activity, they'll be more likely to give it a try.

Ask the people in your family what they like to do to be active, and build your family physical activities around those. Here are a few fun ways to get started.

- **Go for a walk.** You don't have to do intense workouts to reap the benefits of physical activity. Walking is a great way to get exercise and spend time with your family.
- **Try hula hooping.** Did you know hula hooping is excellent exercise? It's a lot of fun and it's great for the whole family, even grandma and grandpa.
- **Go for a bike ride.** If you have knee or hip problems, bike riding is a great non-impact exercise. Kids love riding bikes too! Don't forget to wear a helmet.
- **Dance.** Turn family time into dance time. Dancing is a great way to burn calories and get your heart pumping. Whether it's just two to tango or a family group for your dance troupe, you'll be dancing your way toward a healthier you.

Share Family Meals

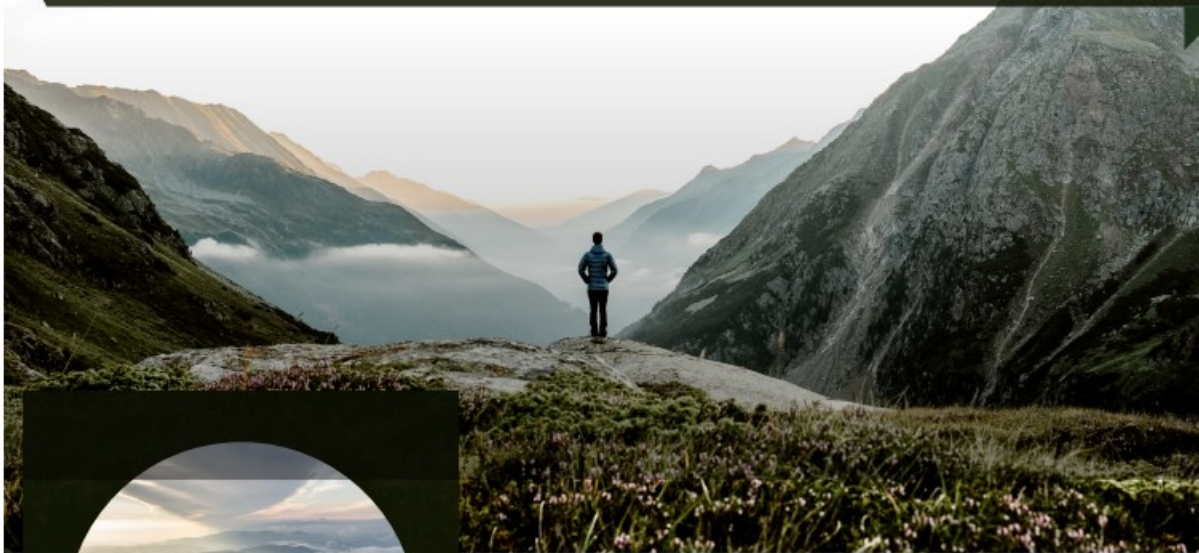
Work, school, and other life responsibilities can make it hard to come together for mealtimes, but there are real benefits to sharing meals with loved ones. Sharing family meals is not only a great opportunity to pass on healthy eating habits, it's also been shown to decrease family stress and help kids do better in school. Teaching the younger ones in your family the importance of eating together may encourage them to pass this value on to their kids later. Here are some tips for planning family meals:

- **Keep it simple.** Mealtime doesn't have to be an elaborate event. Keep recipes simple and enjoyable for the whole family.
- **Get the family involved.** Let kids help with planning meals, creating shopping lists, cooking, setting the table, and cleaning up.
- **Make mealtime screen-free.** Make it a rule that phones and devices should be off or on mute and out of reach. This allows everyone to actively listen and be involved in the conversation.

At the Heart of It All

Being a heart-healthy role model involves knowing your risk, making healthy lifestyle choices, and taking steps to reduce the chance of getting heart disease. Managing diabetes is challenging even without having to manage a diabetes complication like heart disease. The good news is that you can do a lot to stay healthy and protect your heart—and the hearts of those you love.

May 2023: Mental Health Awareness Month



ACTION ITEMS TO IMPROVE MENTAL HEALTH

- Get regular exercise
- Make sleep a priority
- Try a relaxing activity
- Set goals and priorities
- Stay connected to family and friends

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

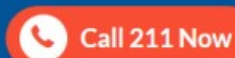
Mental health is important at every stage of life, from childhood and adolescence through adulthood.

WHY IS MENTAL HEALTH IMPORTANT FOR OVERALL HEALTH?

It's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.

Help starts with a phone call

Call 211 from any phone or text your
zip code to 898211



211 TAMPA BAY CARES RESOURCES

If you need assistance locating long-term mental health resources, talking through a problem or exploring mental health treatment options, call 211 to speak with a live person who can help.

Article credit:
<https://www.cdc.gov/mentalhealth/learn/index.htm>

May is National Osteoporosis Month

Osteoporosis is common, serious, and costly—and it can lead to an increased risk of bone fractures, typically in the wrist, hip, and spine. Often called a silent disease because bone loss occurs without symptoms, people may not know that they have osteoporosis until their bones become so weak that a sudden bump or fall causes a fracture. Please join with CMS in continuing to honor women this month by helping to raise awareness of osteoporosis and the importance of prevention and early detection in combating this disease.

Did You Know?

- About 10 million Americans have osteoporosis, and about 34 million more are at risk.
- One out of every 2 women and 1 in 4 men aged 50 and older will have an osteoporosis-related fracture in their lifetime.
- Twenty-four percent of hip fracture patients age 50 and older die in the year following their fracture.

While men and women of all ages and ethnicities can develop osteoporosis, certain risk factors are linked to the development of osteoporosis and contribute to an individual's likelihood of developing the disease.

- **Gender** – Women have a greater chance of developing osteoporosis due to less bone tissue and changes that occur due to menopause.
- **Ethnicity** – Caucasian and Asian women are at highest risk. African American and Hispanic women have lower but significant risk.
- **Age** – Older adults have greater risk of osteoporosis because bones become thinner and weaker with age.
- **Body size** – Small, thin-boned women are at greater risk.
- **Diet** – An inadequate intake of calcium and vitamin D over a lifetime makes an individual more prone to bone loss and contributes to the development of osteoporosis.
- **Lifestyle** – An inactive lifestyle or extended bed rest tends to weaken bones.
- **Family history** – Fracture risk may be due, in part, to heredity.
- **Smoking** – Women who smoke have lower levels of estrogen compared with nonsmokers, often go through menopause earlier, and may also absorb less calcium from their diets.
- **Medication use** — Long-term use of certain medications can lead to loss of bone density and fractures.
- **Alcohol** –Those who drink heavily are more prone to bone loss and fracture, because of poor nutrition and increased risk of falling.

People with osteoporosis may have several risk factors, while others who develop the disease may have no known risk factors at all. Osteoporosis is a preventable and treatable disease. Early diagnosis and treatment can reduce or prevent fractures.

MAY 2023

PREECLAMPSIA AWARENESS MONTH

MAY
2023

WHAT IS PREECLAMPSIA?

Preeclampsia is a medical condition that affects pregnant mothers. It can occur after the 20th week of pregnancy or even after delivery. It is characterized by high blood pressure. Preeclampsia affects an estimated 5-8% of pregnant women in the United States. It is estimated that around 10-15% of maternal deaths are associated with preeclampsia. Most pregnant women deliver healthy babies if they are diagnosed with preeclampsia, but if left untreated it can cause long-term health problems for mom and baby.



SIGNS OF PREECLAMPSIA:

- High blood pressure with or without protein found in the urine
- Vision changes, such as blurred vision and light sensitivity
- Headaches that do not go away
- Nausea, vomiting, and dizziness
- Pain in shoulder or upper belly
- Sudden weight gain (~2-5 pounds in one week)
- Swelling in hands, legs, and/or face
- Sudden trouble breathing



RISK FACTORS :

There are certain risk factors that can put you at higher risk for developing preeclampsia:

- Having been diagnosed with preeclampsia prior.
- Multifetal Gestation
- Having high blood pressure, diabetes, kidney disease, or an autoimmune disease diagnosed prior to pregnant.
- Obesity
- Family history of preeclampsia
- Age - if you are older than 35



COMPLICATIONS OF PREECLAMPSIA:

Without proper treatment preeclampsia can cause kidney, liver, and brain damage to the pregnant women. It may increase chances for stroke, blood clots and the development of eclampsia.

Preeclampsia can cause pregnancy complications such as preterm birth, placental abruption, low birth weight, and intrauterine growth restriction.

HOW TO PREVENT PREECLAMPSIA:

Currently the cause of preeclampsia has not yet been identified. It is thought to be related to improper function of the placenta. There is no sure fire way to prevent preeclampsia, so it is important to decrease controllable risk factors. It is recommended to drink 6-8 cups of water a day, exercise regularly, avoid caffeine and alcohol, avoid fried foods and junk food, and to get adequate rest.



REFERENCES:

URANA S, LEMOINE E, GRANGER JP, KARUMANCHI SA. PREECLAMPSIA: PATHOPHYSIOLOGY, CHALLENGES, AND PERSPECTIVES [PUBLISHED CORRECTION APPEARS IN CIRC RES. 2020 JAN 3;120(1):E3]. CIRC RES. 2019;124(7):1004-1012. DOI:10.1161/CIRCRES.119.315276

GIFT@WORK

CDC Worksite Health ScoreCard

What is the CDC Worksite Health ScoreCard?

The CDC Worksite Health ScoreCard is a tool designed to help employers assess whether they have implemented evidence-based health promotion interventions or strategies in their worksites to improve the health and well-being of their employees.

Why should my organization use the CDC ScoreCard?

Chronic diseases are among the most common and costly of all health problems, adopting healthy lifestyles can help prevent them. A wellness program that seeks to keep employees healthy is a key long-term strategy that employers can use to manage their workforce. To curb rising health care costs, many employers are turning to workplace health programs to make changes in the worksite environment, help employees adopt healthier lifestyles and, in the process, lower employees' risk of developing costly chronic diseases.

The Worksite Health ScoreCard can be used to:

- Assess what workplace health promotion activities are currently in place within your organization
- Plan the strategies and interventions you could implement as part of your workplace health program
- Evaluate progress in the key health topic and programmatic areas on an ongoing basis

To access to the CDC Scorecard, visit:

https://nccd.cdc.gov/DPH_WHSC/HealthScorecard/Home.aspx



Interested in learning
more? Contact us!
Mandy.Chan@flhealth.gov
(813) 559-4153

GIFT @ Work

A Worksite Wellness Program

HOW IT WORKS



Increases In:

- Productivity
- Employee Morale
- Self-Esteem
- Overall Health Outcomes



Decreases In:

- Absenteeism
- Employee Turnover Rate
- Stress Levels
- Healthcare Costs



It is known that a productive company would not exist with unhealthy employees. Daily chores that we make can aid creating healthier, stronger, and happier versions of ourselves at work and at home. The Community Health Division within the Florida Department of Health in Hillsborough County is offering any businesses a corporate wellness program to improve the overall health of their employees.

If your business is interested, please call **(813) 559-4153** and learn how you can get started!

**EVERY DOLLAR
INVESTED YIELDS \$6
IN HEALTH-RELATED
SAVINGS**



Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

To preserve your privacy, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to DLCHD29WebsiteDistribution@flhealth.gov.

Want to be a healthier you? We can help!

The Florida Department of Health has **FREE** health education programs.

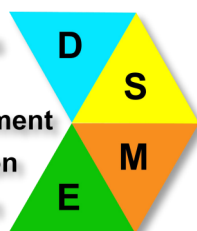
Call **813-307-8009** to register.

The logo for the BP For Me program features the text "BP F ME" in a bold, black, sans-serif font. A red heart with a white ECG line is positioned between the "F" and "M".

BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to improve their heart health and reduce their risk for complications.

Diabetes
Self-
Management
Education
Program



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 and self-monitoring, learning about medications, and practicing coping skills.



Diabetes Prevention Program

This 26-session program can help anyone who is overweight, pre-diabetic, or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active, and positive coping for a healthy lifestyle change. Participant will lose weight and increase their physical activity during the program.



Get Into Fitness Today

This 12 week program, participants learn about healthy eating, physical activity and ways to live a healthier life while. Participant will lose weight and increase their physical activity.



Get Into Fitness Together- a Learning Emotional Activity Program (GIFT-LEAP)

This program is designed to encourage children ages 5-9 to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year-olds in the program!

BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

We offer **FREE** mammogram & pap smear testing!
For more information and to schedule an appointment,
call **813-307-8082**.

Upcoming mobile mammography:

Tampa Family Health Center

To schedule an appointment, call Sophia at **813-284-4529**

Fl♥rida KidCare FLORIDA KIDCARE

The State of Florida health insurance for children (birth through age 18, even if one or both parents are working).

To apply by phone, call **1-888-540-5437**, or
TTY-877-316-8748.

To apply online, visit: www.floridakidcare.org.



FL HEALTH CHARTS

Have you ever wonder how healthy your community or state is? Or how your own health status compares to other Floridians? If so, Florida Health Charts is a great resource that paints an accurate picture of the health status of our state — with factual information.

The website continues to provide the most up-to-date health statistics you'll find in Florida. Be sure to bookmark the new site: www.FLHealthCHARTS.com.

PARKS AND RECREATION

Hillsborough County Parks, Recreation, and Conservation
www.hillsboroughcounty.org

Plant City Parks and Recreation
<https://www.plantcitygov.com/parksrec>

Tampa Parks and Recreation
<https://www.tampagov.net/parks-and-recreation>

Temple Terrace Parks and Recreation
www.templeterrace.com/

Farmers Markets around Tampa Bay
<https://www.american towns.com/tampa-fl/local-food/>

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Diabetes 307-8009
Tobacco Prevention 559-4760
Weight Management 307-8009
Health Literacy 307-8071
Insulin Program 307-8009
Lead Poisoning Prevention 307-8071
School Health 307-8071
Sterilizations 307-8082
Office of Health Equity 307-8066

DISEASE CONTROL

HIV/AIDS Specialty Center 307-8064
Immunizations 307-8077
Sexually Transmitted Diseases 307-8058
Anonymous Testing 307-8058
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

(birth & death records) 307-8002

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



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

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