

COMMUNITY WELLNESS NEWSLETTER



Building an Environment that Supports Health

Public Health works to improve the health of communities through education and promotion of healthy lifestyles and by analyzing effects of genetics, personal choice, and the environment on health to increase life expectancy and eliminate or reduce communicable disease.

The result of such efforts are reflected in an increase in life expectancy by over 30 years since the early 1900's.¹ The Centers for Disease Control and Prevention attribute this in large part to a decrease in communicable disease; however, as we have moved into the 21st century, the rate of increase of life expectancy has slowed, and the cause of mortality has shifted from communicable disease to chronic - heart disease, cancer, diabetes and others.^{1,2}

Many education programs encourage and teach principals such as exercise, eating fresh fruits and vegetables and managing stress levels; however, adherence to these health behaviors is low. A longitudinal study on diet adherence showed that over 80% of individuals who succeed at initial weight loss do not maintain it in the first year.³ Talk to any gym manager or open your own medicine cabinet to take an inventory of your expired supplements and you might agree - doing the right thing for our health consistently is a challenge. What are the contributing factors that derail even the best intentions? How can we design our lives to make healthy lifestyle behaviors part of the everyday living?

Think about where you live in relation to where you work, learn, grocery shop or engage in social activity. How do

you get from point A to B? Do you walk or bike? How many convenience stores and fast food restaurants do you pass on the way? If there are sidewalks, are they pedestrian friendly with wide easements and shaded paths? Do retail centers have inviting areas for people to relax and congregate? Are they connected to the sidewalks? Are there parks, and recreational spaces where people can be physically active and connect with family, friends, and social groups? These are some of the things that determine the community's health and make up our built environment.

Today, over 90% of Americans commute by car, spending nearly an hour a day behind the wheel. Additionally, only 13% of school-aged children walked or biked to school in 2009 compared to 48% of students in 1969.⁴ Decentralized communities where work, school, retail, grocery, and social activity are spread further apart have been shown to impact health resulting in decreased physical activity, decreased productivity, increased pollution, increased stress levels, increased consumption of convenience foods and loss of connectivity with family, friends and social groups - all creating barriers to positive health behaviors.⁵

Fortunately, we recognize the importance of an environment that supports health. We want to build a healthier community with jobs, safe sidewalks and bike paths, parks and inviting areas that support commerce and physical movement. Over the past few months, our Metropolitan Planning Organization received input from over 3,500 surveys on envisioning the ideal built environment. The message was clear - Hillsborough County wants to invest in reconnecting people to jobs, schools and industry by making im-

provements to our current infrastructure that will improve transit, enhance the landscape, and promote multipurpose buildings that keep residents, retail, and jobs closer to home. Together, with community input and vision of planners, local government and guiding principals of public health, we can envision a community built to support healthy behaviors, where activity and healthy options are part of everyday living rather than a chore on our checklist. For more about Hillsborough County's long-range plans visit www.planhillsborough.org and support the redesigning of our built environment.

1. National Vital Statistics Reports 2012. U.S. Department of Health and Human Services.
2. National Institute on Aging. *Why Population Aging Matters: A Global Perspective*. October 2011.
3. Rena Wing, Suzanne Phelan. (2005) *Long-term weight loss maintenance*. American Journal of Clinical Nutrition. Volume 82. pp.222S-225S.
4. Department of Transportation. National Household Travel Survey (NHTS). 2009
5. Frumkin, Howard. (2002) *Urban Sprawl and Public Health*. Association of Schools of Public Health. Public Health Reports. Vol. 117. Pp. 201-217.



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What Makes Us Sick

What makes us sick continues to be a complex and intriguing question. We have gone from the thinking of previous centuries that associated illness with superstition to understanding that small organisms we cannot see with the naked eye make us sick. However, we also know that it's more than germs, bacteria, viruses, etc. Now we understand that important contributing factors are our behavior, our social and physical environment and even the level of resources we have available to us.

An aid to understanding this is the County Health Rankings published annually by the Robert Wood Johnson Foundation and the University of Wisconsin. The report looks at counties around the U.S. and ranks them in two categories, **Health Outcomes** - how healthy the county is in terms of deaths and illnesses, and **Health Factors** - the things that influence health in each county, and this list is long. The health factors list includes data on health behaviors, clinical care and health access data, social and economic data and information on the physical environment. Counties are ranked in both of these categories.

Among all of Florida's 67 counties, Hillsborough ranked **31 for Health Outcomes** and **24 for Health Factors**. So think of this like a golf score - if you have a smaller number, you are doing better. Hillsborough, therefore, is somewhere in the middle. Not the worst, but clearly we have many opportunities for improvement. For those who will be curious about this, St. Johns County ranks the highest as number 1 in both the Health Outcomes and Health Factors categories. St. Johns and Hillsborough counties are obviously different in many ways that could be used to interpret and explain these results. Can we change our ranking? Maybe, with focused efforts, but it may take a couple of years. I would also suggest that it will take continued attention to what really makes us sick.

In 1854, Dr. John Snow was skeptical of conventional wisdom in rejecting the belief in his time that "bad air" was the cause of the cholera epidemic that was killing hundreds in London. Through his investigation, he determined that contaminated water was the cause. You have to understand that in those days few people understood or believed that there were tiny organisms that could make us sick. He removed the handle of the public water pump on Broad Street to prevent people from drinking this water and thus ended the epidemic. This was really the start of not just some epidemiological concepts we now use in public health, but also an understanding of social determinants of health. Farfetched, in the minds of many in those days, but a relevant lesson for us today. We, too, may have to think differently about how to keep Hillsborough residents healthy. How do we move beyond conventional thinking to solve the health problems of our population? Where do we need to remove the handle?

Have a question or comment?
Contact us:
hillschdfedback@doh.state.fl.us

Managing Editor: Cindy Hardy
Copy Editors: Amanda Brokaw
Emily Brown
Nailah Ramsingh

Nutrition Nuggets

Have you ever stopped to think about your favorite food? What is it about this food that makes it your favorite? You may immediately jump to the reasoning that it just tastes so good, but there is most likely more to it.

When we eat, we actually use all five of our senses: sight, sound, smell, feel and taste. However, with the constant noise and distractions of our busy lives, we often don't even know what we're eating. Slowing down and recognizing how our senses are interacting with our eating experience can help us eat less and feel more satisfied.

Sight. We eat with our eyes first. If food looks good, we are more likely to be excited about eating. By incorporating at least two different colors on your plate it becomes more visually appealing. But our sight goes beyond just the food – consider the plate you use, your location and the eating surface.

Sound. Background noise can change the way we experience things. Calm music or good conversation makes dining more pleasant than yelling or the sound of clanging dishes being washed.

Smell. Our sense of smell actually plays a large role in how we taste things – think turkey dinner or fresh baked bread versus eating while you have a cold when you can't smell anything. Other smells also influence how things taste. Fresh cut grass on a warm spring day can make things taste fresher and a camp fire can add a smoky flavor.

Feel. The texture of food can also change the way it tastes and its appeal. Mixing textures can bring life to a dish. The size of your bites is something else to consider - large, awkward bites inhibit how your taste buds interact with the food and thus its flavor.

Taste. Although our taste is largely dependent on smell, slowing down and chewing food thoroughly helps us experience the food to its fullest. Take time to acknowledge the flavors and consistency of each item and then experiment with different combinations.

A great dining experience is more than just great food. By creating a pleasant environment and taking the time to enjoy all aspects of your meal, you will be more content and may even find a new favorite food.

Tahini Broccoli Salad with Cashews



Serves: 4

Ingredients

1 pound broccoli, cut into bite-sized florets
¼ cup tahini (ground sesame seed paste)
1 tablespoon olive oil
1 tablespoon water
¼ teaspoon salt
1 garlic clove, minced
¼ cup cashews (raw or roasted)
A few thin slices of raw, red onion (optional)
1 tablespoon whole sesame seeds
Pinch of red chili pepper flakes (optional)

Instructions

1. Steam the broccoli florets for 1 – 2 minutes, until tender-crisp.
2. Mix the tahini, olive oil, water, salt and garlic together. Mix with the broccoli. Toss in the cashews and onions (if desired) and top with sesame seeds and chili pepper flakes (if using).



WALKABILITY DAY *Tampa Bay*

SATURDAY, MAY 3, 2014

Saturday, May 3, 2014 - You still have time to participate in this great opportunity to determine the walkability of your neighborhood.

“Walkability” is the measure of how friendly an area is for walking. Of course, that also includes biking, skating, and jogging! Everyone benefits from walking and being active - improved fitness, reduced risks for certain health problems, enjoyment of the outdoors and a greater sense of community. But most of us want our walking and other activities to be safe and easily done.



GET YOUR CHECKLIST!

Visit partnersinobesityprevention.com/walkability-day. Print the checklist or use the one on the following page. Take your walk and then enter your answers online.

Planning Your Walk

Share this information with others in your area so your entire neighborhood can benefit. Everyone can participate! Your walk can be as long or short as you choose. Fifteen to 30 minutes will allow you to take a serious look at your area.

The online survey is open and will remain available for 2 weeks after Walkability Day to be sure you have time to enter your checklist results.

First, choose a place to walk, like a route to school, a friend’s house or around several blocks. Watch the safety video.

Second, review the checklist before you go, so as you walk, you can note the locations of things that you’d like to change.

Third, walk! Take your checklist along, check it off as you go and make comments as needed.

Fourth, send us the checklist details from your walk. Online: partnersinobesityprevention.com/walkability-day

Last, if you found problem areas, review the suggestions for safer walking, biking, and being out in your neighborhood until these issues can be addressed.

Where Does the Checklist Information Go?

All of the checklist information will be reviewed and evaluated by the Center for Urban Transportation at University of South Florida. Then, it will be compiled into a report for city and county officials as a reference for future planning. Remember you live in your neighborhood, your opinion is valuable! This is a great opportunity to share your findings about the walkability of your neighborhood. Encourage family, friends, neighbors and coworkers to complete a walk and share their results with us.

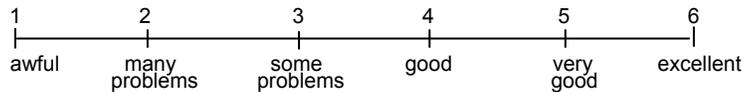
WALKABILITY DAY *Tampa Bay* PARTNERS



Neighborhood Walkability Checklist

ZIPCODE of your walk: _____

RATING SCALE



Location: Start street _____ to _____ to _____ End street _____

1. Did you have room to walk? Yes Some problems
 Sidewalks or paths started and stopped
 Sidewalks were broken or cracked
 Sidewalks blocked with poles/signs/shrubs/dumpsters
 No sidewalks, paths or shoulders
 Too much traffic
 Something else _____
 Location _____ Overall Rating _____

2. Was it easy to cross streets? Yes Some problems
 Road was too wide
 Traffic signals too long or did not give time to cross
 Need striped crosswalks or traffic signals
 Parked cars blocked view of traffic
 Trees or plants blocked view of traffic
 Need curb ramps or ramps need repair
 Something else _____
 Location _____ Overall Rating _____

3. Did drivers behave well? Yes Some problems
 Backed out of driveways without looking
 Did not yield to people crossing the street
 Turned into people crossing street
 Drove too fast
 Sped up to make it through traffic lights or drove through traffic lights
 Something else _____
 Location _____ Overall Rating _____

4. Was it easy to follow safety rules? Could you & your child...
 Cross at crosswalks or where you could see & be seen by drivers?
 Yes No
 Stop and look left, right, and then left again before crossing?
 Yes No
 Walk on sidewalks or shoulders facing traffic if no sidewalks?
 Yes No
 Cross with the light? Yes No
 Location of problems _____ Overall Rating _____

5. Was your walk pleasant? Yes Some problems
 Needed more grass, flowers or trees
 Scary dogs Scary people
 Not well lighted
 Dirty, lots of trash/litter Dirty air (automobile exhaust)
 Something else _____
 Location _____ Overall Rating _____

6. What does "walkability" mean to you? _____

7. What do you think would improve your neighborhood's walkability?

No neighborhood is perfect. Until areas that may need attention can be addressed, use these suggestions:

- * Pick another route for now
- * Trim shrubs or trees that block the view of the street
- * Leave a nice note on parked cars that block views
- * Set an example & slow down.
- * Report unsafe driving to police.
- * Educate yourself & your family about safe walking/biking.
- * Organize parent groups to walk kids to school.
- * Ask schools for crossing guards.
- * Report scary dogs to Animal Control.
- * Report scary people to the police.
- * Plant trees & flowers in your yard.
- * Take a trash bag when you walk & help clean up the area.
- * Organize a community clean-up day
- * Start a neighborhood watch group

A QUICK HEALTH CHECK: If you couldn't walk as far as you wanted to go, were tired or out of breath, couldn't handle the heat or sun, here are some tips for improving your activity and duration. As your endurance increases, the more you can do.

- Start with short walks, working up to at least 30 minutes/day.
- Invite a friend who can hold you accountable.
- Walk along shaded routes where possible.
- Use sunscreen of at least SPF15. Wear a hat & sunglasses.
- Avoid activities outside during the hottest part of the day.
- Stay hydrated. Drink plenty of water.
- **REQUEST FREE PEDESTRIAN SAFETY PRESENTATIONS FOR NEIGHBORHOOD MEETINGS.***

***Walk-Wise** can provide free education to your group. Visit their website to learn more:
walkwisetampabay.com/pedestrian-presentation
 Or email: bond@cutr.usf.edu



YOU ARE ALMOST DONE! Online, visit: partnersinobesityprevention.com/walkability-day and click the enter my checklist results link. If you are representing a group, like a neighborhood association or faith-based group, one person can enter all of the checklists for the group.

If you don't have access to a computer or mobile device, you may fax (813-307-8094) or mail your checklist to us: Community Health, FDOH-Hillsborough, P.O. Box 5135, Tampa, Florida 33675



DROWNING CAN BE PREVENTED

Centers for Disease Control and Prevention statistics for drowning aren't pretty.¹ Drowning and near-drowning can be prevented. Nothing tops adult supervision when children are around water. Barriers to water can also add a layer of protection.

- About one in five people who die from drowning are children 14 and younger. For every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries.
- More than 50% of drowning victims treated in emergency departments require hospitalization or transfer for further care. Nonfatal drowning injuries can cause severe brain damage that may result in long-term disabilities such as memory problems, learning disabilities, and permanent loss of basic functioning (e.g., permanent vegetative state).
- Nearly 80% of people who die from drowning are male.
- Children ages 1 to 4 have the highest drowning rates.

For more information on risk factors for drowning and how you can ensure the best protection from drowning, visit Waterprooffl.com. Other great local resources for information: www.SafeKids.org and www.SafetyRockFoundation.org

BE PROACTIVE - PREVENT DROWNING

¹ Centers for Disease Control and Prevention, <http://www.cdc.gov/homeandrecreationalafety/water-safety/waterinjuries-factsheet.html>, accessed 3/14

Clean Air Fair 2014

PLEASE JOIN US at this *free event* in honor of
Clean Air Month!

Date: Thursday, May 1, 2014 **Time:** 11:30 am - 1:30 pm

Location: Poe Plaza, downtown Tampa (On Franklin at Jackson Street)

- Environmental and Community Exhibits • Prize Drawings for Gift Cards and Local Attractions • Complimentary Refreshments and Food Items • Transportation and Bike/Pedestrian Exhibits
- Health and Safety Information • Live Music •

This Year's Theme:

*“Environmental
Stewardship
Begins With ...*



Join us as an exhibitor by calling the number below or email us at jenkinsm@epchc.org ... or just be our guest and stop by.

We look forward to seeing you there!



Scan the blue box with your smart phone for the Clean Air Fair location

The Environmental Protection Commission
of Hillsborough County
3629 Queen Palm Drive · Tampa · FL 33619
(813) 627.2600 ext 1271 • www.epchc.org

*Our Vision:
Environmental
Excellence
In a
Changing World*

May is Teen Pregnancy Prevention Month

According to the Centers for Disease Control and Prevention (CDC), teen pregnancy rates have declined over the past twenty years. In order to continue to reduce teen pregnancy rates, CDC has provided recommendations for adults and teens.

Parents, guardians, and caregivers can:

- Talk with teens about sex, including:
 - *Normal sexual development, and how and when to say "no" to sex
 - *Having a mutually respectful and honest relationship
 - *Using birth control if they have sex and a condom every time
- Know where their teens are and what they are doing, particularly after school
- Be aware of their teen's use of social media and digital technology (e.g., cell phones, computers, tablets)

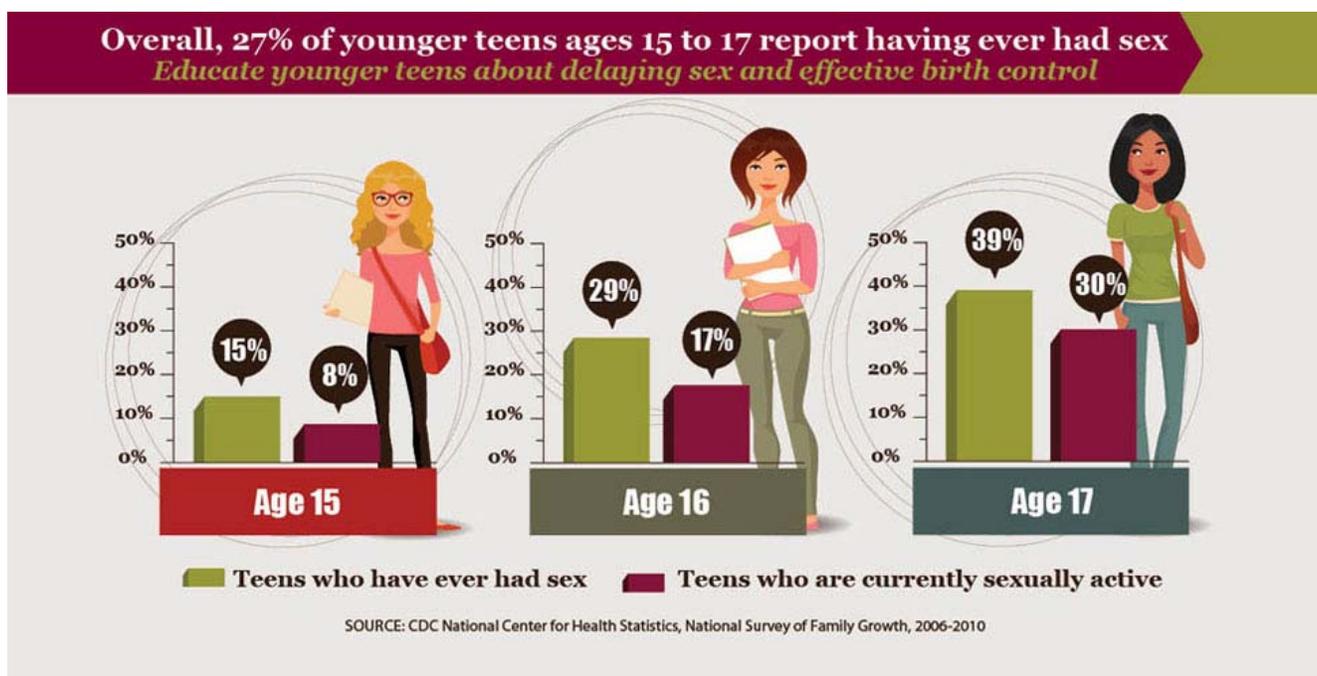
Teens can:

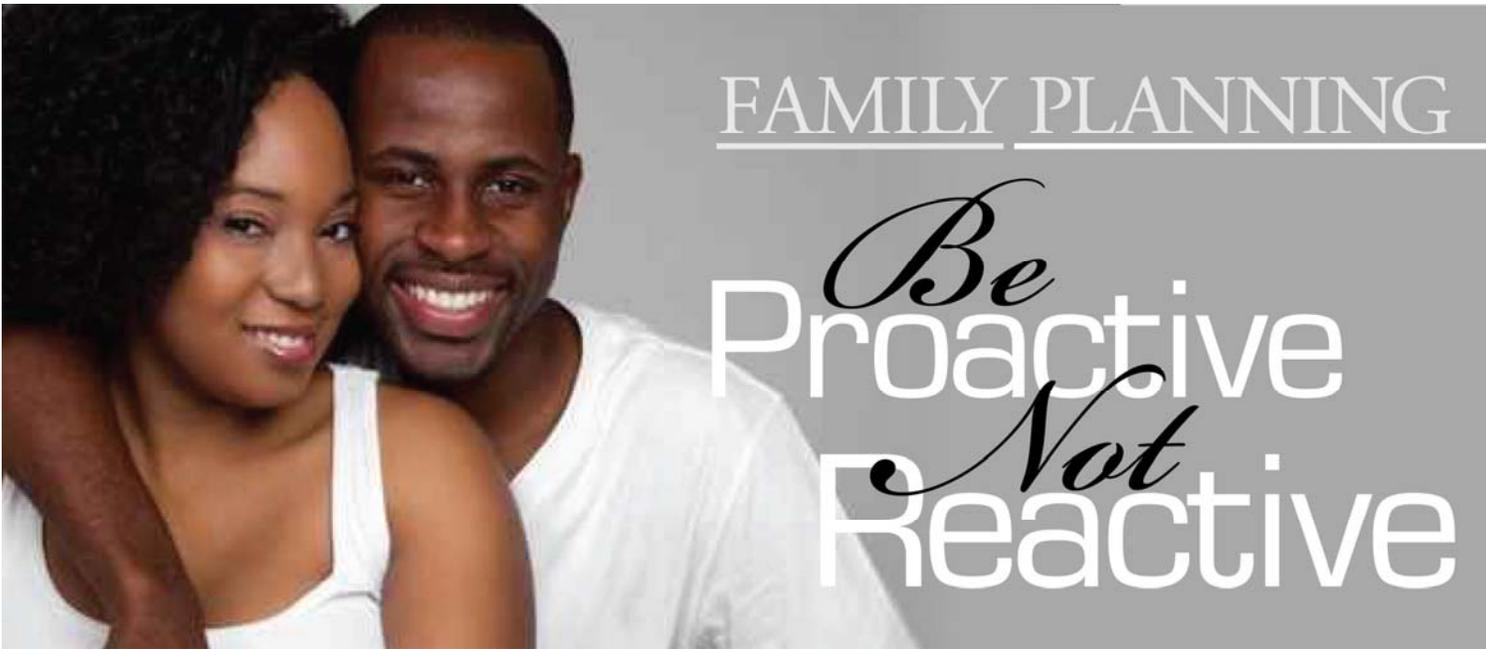
- Know both they and their partner share responsibility for preventing pregnancy and resisting peer pressure to start having sex until they are older
- Talk openly about sexual health issues with parents, other adults they trust, and their friends
- See a health care provider to learn about the most effective types of birth control and use it and condoms correctly every time

Source: <http://www.cdc.gov/vitalsigns/young-teen-pregnancy/index.html>

The Florida Department of Health in Hillsborough County funds the Title X Family Planning Program at seven locations throughout the county. A goal of the program is to decrease the percentage of teen births, ages 15-17, that are subsequent or repeat births

For more information please call 813-307-8066.





FAMILY PLANNING

Be Proactive Not Reactive

Office of Health Equity

**For More Information
Call: 813-307-8066**

Family Planning Clinic Locations

Tampa Family Health Centers
8108 N. Nebraska Ave.
Tampa, FL 33604
813-712-1930

Tampa Family Health Centers
3901 S. Westshore Blvd.
Tampa, FL 33611
813-712-1940

Tampa Family Health Centers
9827 N. Sheldon Road
Tampa, FL 33635
813-307-8053

Tampa Family Health Centers
13601 N. 22nd Street
Tampa, FL 33613
813-307-8058

Suncoast Community Health Centers
2814 14th Ave. SE
Ruskin, FL 33570
813-349-7800

Suncoast Community Health Centers
508 N. Maryland Ave.
Plant City, FL 33563
813-349-7600

Ybor Youth Clinic
(24 years-old and under)
1315 E. 7th Ave. Ste. 104
Tampa (Ybor City), FL 33605
813-396-9021



Key Facts:

> 99% effective methods such as IUD's and implants can last 3-10 years. *SET IT & FORGET IT!*

> Family Planning allows you to decide when and how many children you want to have.

> Family planning reduces the need for an abortion.





MEN AND WOMEN PREVENTATIVE HEALTH



Screening tests can find diseases early, when they're easiest to treat. Talk to your doctor about which preventive medical tests you need. While there are some tests specifically for men and also for women, the following are recommended for both. Staying healthy is less costly in all ways than the costs to get well. Take an active role in your care - ask questions and give your care provider accurate information about illness or family history to ensure you get the screenings you need.

Body Mass Index: BMI is a measure of your body fat based on your height and weight. It is used to screen for obesity. You can find your BMI by visiting <http://www.nhlbisupport.com/bmi>.

Cholesterol: Once you turn 35 (or once you turn 20 if you have risk factors like diabetes, history of heart disease, tobacco use, high blood pressure, or BMI of 30 or over), have your cholesterol checked regularly. High blood cholesterol is one of the major risk factors for heart disease.

Blood Pressure: Have your blood pressure checked every 2 years. High blood pressure increases your chance of getting heart or kidney disease and for having a stroke. If you have high blood pressure, you may need medication to control it.

Cardiovascular Disease: Beginning at age 45 and through age 79, ask your doctor if you should take aspirin every day to help lower your risk of a heart attack. How much aspirin you should take depends on your age, your health, and your lifestyle.

Colorectal Cancer: Beginning at age 50 and through age 75, get tested for colorectal cancer. You and your doctor can decide which test is best. How often you'll have the test depends on which test you choose. If you have a family history of colorectal cancer, you may need to be tested before you turn 50.

Other Cancers: Ask your doctor if you should be tested for prostate, lung, oral, skin, or other cancers.

Sexually Transmitted Diseases: Talk to your doctor to see whether you should be tested for gonorrhea, syphilis, chlamydia, or other sexually transmitted diseases.

HIV: Your doctor may recommend screening for HIV if you:

- Have sex with men.
- Had unprotected sex with multiple partners.
- Have used injected drugs.
- Pay for sex or have sex partners who do.
- Have past or current sex partners who are infected with HIV.
- Are being treated for sexually transmitted diseases.
- Had a blood transfusion between 1978 and 1985.

Depression: If you have felt "down" or hopeless during the past 2 weeks or you have had little interest in doing things you usually enjoy, talk to your doctor about depression. Depression is a treatable illness.

Abdominal Aortic Aneurysm: If you are between the ages of 65 and 75 and have smoked 100 or more cigarettes in your lifetime, ask your doctor to screen you for an abdominal aortic aneurysm. This is an abnormally large or swollen blood vessel in your stomach that can burst without warning.

Diabetes: If your blood pressure is higher than 135/80, ask your doctor to test you for diabetes. Diabetes, or high blood sugar, can cause problems with your heart, eyes, feet, kidneys, nerves, and other body parts.

Tobacco Use: If you smoke or use tobacco, quit. There's help! <http://www.smokefree.gov>, National Quitline at 1-800-QUITNOW, or Florida, www.tobaccofreeflorida.com.

Vision and Dental: Both of these are important. Vision - every 2 years unless you are diabetic; dental - every 6 months.

Recommendations for women: <http://www.womenshealth.gov/screening-tests-and-vaccines/screening-tests-for-women/#tests>

Recommendations for men: <http://www.womenshealth.gov/screening-tests-and-vaccines/screening-tests-for-men/index.html>

Get to YOUR

Healthiest Weight



we can help!

www.GetIntoFitnessToday



Registered Dietitians, Registered Nurses and Health Educators are all available to help you identify problem areas in your journey to getting healthier. Join others today who are reaching their healthiest weight and improving their nutrition and fitness levels. No Fees!

www.GetIntoFitnessToday.net



IMAGINE 2040 – Survey Results Report

A JOINTLY CONDUCTED PUBLIC VISIONING SURVEY BY THE HILLSBOROUGH COUNTY CITY-COUNTY PLANNING COMMISSION AND THE HILLSBOROUGH METROPOLITAN PLANNING ORGANIZATION FOR TRANSPORTATION

By 2040, there will be a half million more people living in Hillsborough County. This project asked for community input on priorities. Now you can see the results!

http://www.planhillsborough.org/wp-content/uploads/2013/12/Imagine2040_Survey_Final_Results.pdf

ON-GOING COMMUNITY ACTIVITIES

ALZHEIMER’S SUPPORT GROUPS: Alzheimer’s Association of Florida support groups for family members, caregivers and others interested in learning more about the disease. Many groups throughout Hillsborough County, including Hispanic groups. Call 1-800-272-3900 for all the locations and more details. <http://www.alz.org/flgulfcoast/>

LOCAL COMMUNITY MARKETS: www.tampabaymarkets.com

PARKS AND RECREATION:

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

Plant City Parks and Recreation: <http://plantcitygov.com/>

Tampa Parks and Recreation: www.tampagov.net/dept_parks_and_recreation/

Temple Terrace Parks and Recreation: www.templeterrace.com/

ST. JOSEPH’S CHILDREN’S MOBILE CLINIC: FREE exams & immunizations. Call (813) 615-0589 for appointments.

TANGO IN THE PARK: Free tango lessons. Thursdays 6—7 pm through March 2015. No partner, no experience, no special shoes required. (non-rubber soled shoes recommended. NO flip-flops). Curtis Hixon Park, 600 N. Ashley Street, Tampa

YOGA IN THE PARK: Curtis Hixon Park, every Sunday of the month 6 pm to 7 pm, weather permitting. Free but donations are accepted. Yoga as you watch the sunset! Bring mat & water. Call (813)-944-2291 for more information.

May 2014

- 5/1 Clean Air Fair, downtown Tampa, Poe Plaza. Live music, drawings for prizes, health and safety, community exhibits. 11:30 am to 1:30 pm.
- 5/3 **WALKABILITY DAY TAMPA BAY: Take a short walk with a checklist to see how walkable your neighborhood is and what problems exist that could be improved. Visit the website for checklist, safety information and more www.partnersinobesityprevention.com/walkability-day/.**
- 5/2 & 5/16 Do the Local Motion: 1 hour fitness walk around downtown, with interesting guided information. 12 noon to 1pm, meet at Gaslight Park on Franklin Street Mall. More information: <http://www.tampasdowntown.com/play/dt1m.aspx>
- 5/1 - 3/2015 - Tango at the Park: FREE tango lessons at Curtis Hixon Park, 600 N. Ashley. No partner, experience or special shoes needed (non-rubber soles recommended—NO flip flops). 813-221-3686, Thursdays from 6 pm to 7 pm.
- 5/24 University Area Community Market: 11 am - 3 pm. Produce, prepared food, handcrafts, entertainment. 14013 N. 22nd Street, Tampa

June 2014

City of Tampa's Summer Camp programs offer a camp experience filled with games, arts and crafts, sports, swimming, field trips, and much more in an atmosphere of good sportsmanship, teamwork, safety, and FUN! Please note: All participants must have completed kindergarten and have a current rec card for the entire summer. <https://parks.tampagov.net/>. Need camp after August 8? Check out Back Pack to School and other Specialty Camps.

- 6/27 **National HIV Testing Day, 1105 E. Kennedy, Tampa, 813-307-8064, FREE testing. 7:30 am to 3:30 pm**

DIABETES PREVENTION: Are you at risk for developing diabetes? Here's your opportunity to prevent Type 2 diabetes. Weekly education and professional support. No fee to participate. Community locations. Call Nailah at (813) 307-8071 to register. ** Healthcare Provider Referrals accepted.

DIABETES SELF-MANAGEMENT EDUCATION: Learn to better manage your diabetes in a comfortable small group setting lead by a healthcare professional at no cost to you. 6-week sessions offered through out the county. Call Glenda at (813) 307-8071 to register. ** Healthcare Provider Referrals accepted.

BREASTFEEDING SUPPORT GROUPS: Share concerns and receive professional breastfeeding guidance and advice from a Certified Lactation Counselor (CLC). No fee to participate. Community locations. Call (813) 307-8074 for more information.

MAIN OPERATOR

and Director's Office 307-8000

COMMUNITY HEALTH

Community Health Director **307-8071**
 Epidemiology 307-8010
 Health Education 307-8071
 Breast/Cervical Cancer... X3502, X7112
 Community Health AdvisorsX7103
 DiabetesX7104
 Family Reunion Program.....X7102
 Florida KidCare.....X3502
 Weight ManagementX7103
 Health Literacy.....X7106
 Insulin ProgramX3502
 Lead Poisoning Prevention.....X7108
 School HealthX8502
 SterilizationsX3502

 Office of Health Equity 307-8066

* All numbers are area code (813).

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 307-8015
X4405

PUBLIC

INFORMATION OFFICER..... 307-8015
X4404

VITAL STATISTICS 307-8002
 (birth & death records)



MISSION:

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

Florida Department of Health
Hillsborough County
Health Education
Post Office Box 5135
Tampa, Florida 33675-5135