



Getting Ready for the Seasonal Changes

While Floridians don't have to plan for "snow days", we can expect some seasonal changes. Brighten the holidays by making your health and safety a priority. Take steps to keep yourself and your loved ones safe and healthy. It's also a great time to start planning for the new year by considering home, health, and environment. Inside you will find additional information on many of the items listed below. The fall and winter months can bring fun and excitement; however, they can also bring unwanted stress, weight gain, flu, and more. Use this guide to help increase your chances of a happy and healthy season!

Wash hands often to help prevent the spread of germs. It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.

Manage stress. Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.

Don't drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.

Wear appropriate outdoor clothing. Florida weather can be warm and humid even in January! So plan for clothing that suits the temperature and don't get overheated.

Be smoke-free. Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.

Fasten seat belts while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.

Get exams and screenings. Ask your health care provider what exams you need and when to get them. Update your personal and family history. Get insurance from the Health Insurance Marketplace if you are not insured.

Get your vaccinations. Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.

Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach.

Make Drowning Prevention a Priority. Swimming is year-round in Florida. Make sure adult watchers and barriers to water are in place.

Practice fire safety. Don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended.

Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.

Eat healthy, stay active. Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

Source: Centers for Disease Control and Prevention, accessed 2016/10
<http://www.cdc.gov/features/healthytips/>

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Feel the Burn

Chili peppers are used in the foods of many cultures around the world. In fact, there is much discussion, even competition, over who has the hottest peppers. Jamaicans will tell you that their Scotch Bonnet peppers are the hottest, and this was true at one time. Now, the Ghost peppers hailing from India are thought to be the hottest. I would agree, having tasted both. Jamaicans, not wanting to concede the fight, will argue that their Scotch Bonnet is not simply hot, but flavorful as well, and I would agree with that, too. "Pepper experts", if there is such a thing, do claim that Scotch Bonnets have a fruity, citrus-like flavor note and are therefore ideal for pepper sauces. I would support that, and would add that they have a wonderful aroma while being cooked. You can clearly see my bias. Who knows, there may be another pepper not yet discovered that may be hotter than both.

Peppers do add a wonderful spiciness to food that is enjoyed by many, but that is not the point of this article. Peppers are a source of an ingredient known as capsaicin (cap-sa-i-cin). There is research evidence that suggests that capsaicin has anti-bacterial, anti-carcinogenic, and anti-diabetic properties and is an antioxidant. It was also found to reduce LDL cholesterol levels in obese individuals. There is more research that needs to be done to support all these claims. Peppers are also a good source of a number of vitamins and minerals. I must caution that eaten in large amounts it may irritate GI reflux for those with this condition. The resulting burning in the mouth will not be relieved by water or alcohol as some believe, but with milk.

One property that is well supported by scientific evidence is that capsaicin can be used topically in the form of a cream or ointment to reduce some types of pain. It may hurt initially but with repeated use, may reduce the pain. It obviously has to be kept away from the eyes and open wounds. I would advise, that anyone with health problems seeking to use this as a pain reliever check with their doctor first.

So, I will continue to eat my curries and my Jamaican jerk pork, not just for the flavor but for their medical benefits. That's my story and I am going to stick to it.

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

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Nutrition Nuggets

The holidays are all about spending time with the ones you love, eating good food, and having fun! It doesn't mean you are committing to gaining any extra holiday pounds! Use the tips below to help make your holiday season happy and healthy:

- Know your numbers. To keep a healthy weight, we need to balance the amount of food we eat with the energy we burn.
- Think about your drink. Try to use healthy recipes for favorite holiday drinks, like low-fat eggnog or hot chocolate. Ask for a "skinny" coffee drink instead of the regular and skip the whipped cream.
- Use herbs and spices in place of salt to decrease sodium.
- Try lighter pieces of meat and remove the skin to cut back on lots of calories and fat.
- Limit yourself to a small spoonful of items like casseroles. These pack a heavy portion of fat, sugar, and sodium.
- Treat yourself to dessert! Take a small portion or share with a family member.
- Remember to stay active and hydrated during the holiday months!

Honey Glazed Sweet Potatoes

Sweet potatoes are pretty, delicious and versatile - broil, baked, fried or smashed! They also pack some very important vitamins and minerals, like Vitamin B6, Vitamin C and D, Iron, Magnesium, and Potassium. These sweet 'taters are a great source of fiber AND they don't cause blood sugar spikes. So get creative and enjoy!



Ingredients:

- 1/4 cup water
- 2 tablespoons brown sugar
- 2 tablespoons honey
- 1 tablespoon olive oil
- 2 pounds sweet potatoes (about 4 large), peeled and cut into wedges
- Cracked black pepper or chopped herb of choice (rosemary, sage or thyme), to taste

Directions:

Preheat the oven to 375 F. Lightly coat a 9-by-13-inch baking dish with cooking spray. In a small bowl add the water, brown sugar, honey and olive oil. Whisk until smooth. Place a single layer of sweet potatoes in the baking dish. Pour the sauce over the sweet potatoes. Turn to coat them.

Cover and bake until tender, about 45 minutes. Turn the sweet potatoes once or twice to continue coating them. When tender, remove the cover and continue to bake until the glaze is set, about 15 minutes.

Transfer to a serving dish and top with pepper or chopped herb of choice. Serve immediately.

<http://www.mayoclinic.org/healthy-lifestyle/recipes/honey-glazed-sweet-potatoes/rcp-20049674>

Nutrition Facts:

per 2/3 cup serving

- Calories 150
- Total Fat 2g
- Cholesterol 0mg
- Total Carbs 31g
- Protein 2g
- Fiber 4g



Protect yourself and the ones you love.

Get vaccinated

Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family.



Cover your cough or sneeze

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.



Fight the FLU

It starts with you

Wash your hands

Wash your hands often with soap and water or use an alcohol-based hand cleaner.



Avoid touching your eyes, nose, and mouth

If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.



Stay home if you are sick

Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.



GET MORE INFORMATION AT WWW.IMMUNIZEFLORIDA.ORG OR EMAIL IMMUNIZATION@FLHEALTH.GOV



Fight the Flu
Part of a Healthy Lifestyle.



Artwork used with the permission of the Hawaii State Department of Health

1. Who needs a flu vaccine?

- a) You
- b) You
- c) You
- d) All of the above

Even healthy people can get the flu, and it can be serious.

Everyone 6 months and older should get a flu vaccine. **This means you.**

This season, protect yourself—and those around you—by getting a flu vaccine.

*It's not too late to vaccinate!
Peak Flu season in Florida is
January and February.
Get yours today!*

For more information, visit www.flu.gov



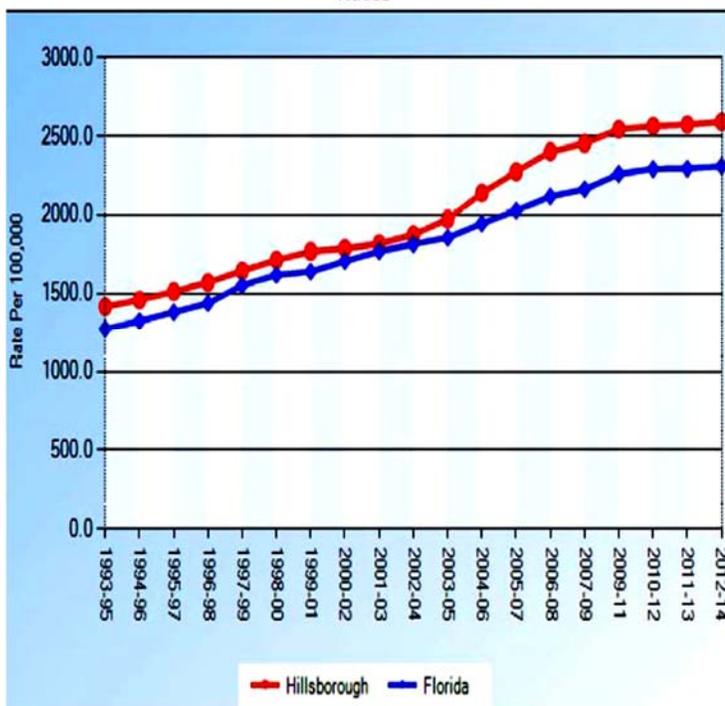
U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Type 2 Diabetes and Prediabetes

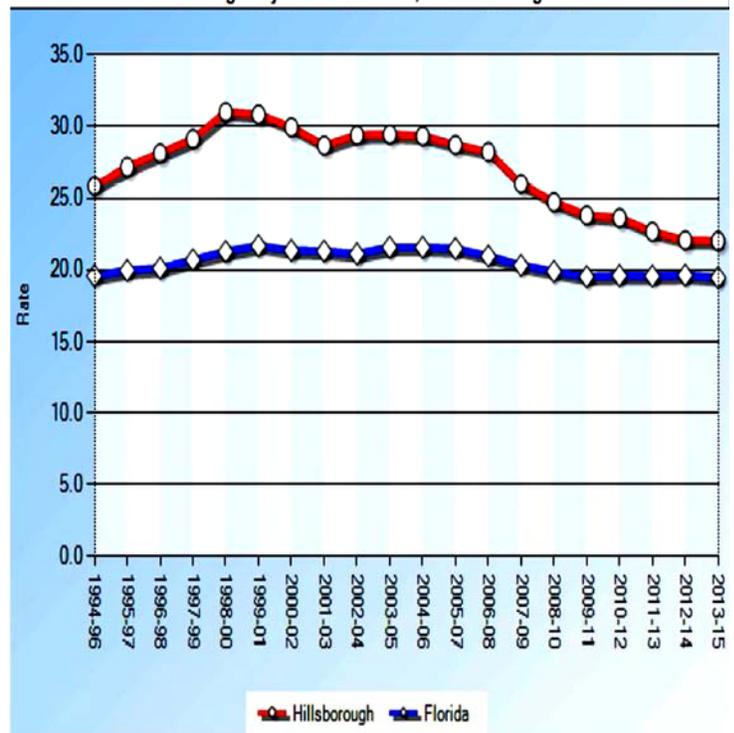
Type 2 diabetes is a disorder that affects the way the body uses digested food for growth and energy. Normally, the food one eats is broken down into glucose, a form of sugar. The glucose then passes into the bloodstream, where it is used by the cells for growth and energy. For glucose to reach the cells, however, insulin must be present. Insulin is a hormone produced by the pancreas, a fist-sized gland behind the stomach. Most people with type 2 diabetes have two problems: insulin resistance - a condition in which muscle, liver, and fat cells do not use insulin properly - and reduced insulin production by the pancreas. As a result, glucose builds up in the blood, overflows into the urine, and passes out of the body, never fulfilling its role as the body's main source of fuel.

About 23.6 million people in the United States have diabetes. Of those, 17.9 million are diagnosed and 5.7 million are undiagnosed. Ninety to 95 percent of people with diabetes have type 2 diabetes. Diabetes is the main cause of kidney failure, limb amputation, and new-onset blindness in American adults. People with diabetes are more likely than people without diabetes to develop and die from diseases of the heart and blood vessels, called cardiovascular disease. Adults with diabetes have heart disease death rates about two to four times higher than adults without diabetes, and the risk for stroke is two to four times higher among people with diabetes.

Age-adjusted Hospitalizations From Or With Diabetes, 3-Year Rolling Rates



Diabetes Age-Adjusted Death Rate, 3-Year Rolling Rates



Florida Charts is provided by the Florida Department of Health, Division of Public Health Statistics and Performance Management.

Prediabetes is a condition in which blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes. Prediabetes is also called impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on the test used to measure blood glucose levels. Having pre-diabetes puts one at higher risk for developing type 2 diabetes. People with prediabetes are also at increased risk for developing cardiovascular disease.

Prediabetes is becoming more common in the United States. The U.S. Department of Health and Human Services estimates that about one in four U.S. adults aged 20 years or older—or 57 million people—had prediabetes in 2007. Those with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take steps to prevent or delay diabetes.

Our Diabetes Programs are offered to participants at no cost.

National Diabetes Prevention Program

According to the Centers for Disease Control and Prevention (CDC), an estimated 86 million Americans have prediabetes. Prediabetes is when a person has a blood sugar level that is higher than normal but is not high enough to be diagnosed with diabetes. The CDC also estimates that 9 out of 10 individuals with prediabetes are not aware they have the condition, and without a lifestyle change, 15-30% of those will develop Type II diabetes within 5 years. Prediabetes is a serious condition that not only increases one's risk for Type II diabetes, but also increases risk for stroke and heart disease. If you are not sure if you are at risk, take the risk test on the previous page.

About the Program:

The National Diabetes Prevention Program is an evidence-based lifestyle change program where each participant receives encouragement in a support-group style format and can help decrease an individual's risk of Type II diabetes by 58-71%. The first 16 weeks focus on learning healthy eating habits, ways to incorporate 150 minutes of physical activity into a week, and ways to identify and remove barriers to lifestyle change. The second half of the program reinforces these skills and motivates participants to continue a healthy lifestyle.

Can I participate?

This program is for individuals who have been diagnosed with pre-diabetes or are at risk for diabetes and is not intended for anyone who already has a diagnosis of diabetes. Participants must be at least 18 years old. Additionally, participants must have capacity to lose 5-7% of their body weight. If you're unsure of your risk, take the diabetes risk test <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>. Individuals previously diagnosed with diabetes are advised to register for our Diabetes Self-Management Education program.

Diabetes Self-Management Education

If managed properly, one can live a long and healthy life with Type I and Type II diabetes mellitus. The key is knowing how to manage the condition. The Diabetes Self-Management Education program helps participants with several aspects of managing diabetes. In the program, participants will:

- ~Learn how to reduce risk for complications that can occur with diabetes
- ~Develop problem-solving and coping skills
- ~Learn how simple changes in diet and activity can help you feel better
- ~Gain skills that help you better communicate with your healthcare provider

About the Program:

Classes are led by experienced, licensed, healthcare professionals. Groups meet once a week for 90 minutes for 6 consecutive weeks. Participants learn ways to manage and adjust to life with diabetes.

A Proven Program:

- 80% of participants who successfully completed the program showed improvements in their self-care skills, behavior change, and improvements in A1c.
- Overwhelmingly, participant surveys reflect that the program was valuable in providing new information that helped them better manage their diabetes.

Healthcare Provider Referrals:

A written referral from your doctor will provide us with important information about your lab results that can establish a baseline from which you can measure your success.

Your healthcare provider can fax us your referral and labs at **(813) 307-8094**, and we will provide updates to your doctor on your program completion!

Español

Tobacco Free Florida

QUIT YOUR WAY

Ready to quit? Let's do this. Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started. Just pick the one that's right for you and get the support you need to begin your life, tobacco-free. No judgments. Just help.

Phone Quit
Group Quit
1-877-U-CAN
NOW (1-877-822-6669)

Web Quit/Web Coach
<https://www.wellbeingenroll.net/EnrollProcess1.aspx>
+ More Tools

Helping a Smoker Quit: Do's and Don'ts

General hints for friends and family

- **Do** respect that the quitter is in charge. This is their lifestyle change and their challenge, not yours.
- **Do** ask the person whether they want you to ask regularly how they're doing. Ask how they're feeling – not just whether they've stayed quit.
- **Do** let the person know that it's OK to talk to you whenever they need to hear encouraging words.
- **Do** help the quitter get what they need, such as hard candy to suck on, straws to chew on, and fresh veggies cut up and kept in the refrigerator.
- **Do** spend time doing things with the quitter to keep their mind off smoking – go to the movies, take a walk to get past a craving (what many call a "nicotine fit"), or take a bike ride together.
- **Do** try to see it from the smoker's point of view – a smoker's habit may feel like an old friend that's always been there when times were tough. It's hard to give that up.
- **Do** make your home smoke free, meaning that no one can smoke in any part of the house.
- **Do** remove all lighters and ash trays from your home. Remove anything that reminds them of smoking
- **Do** wash clothes that smell like smoke. Clean carpets and drapes. Use air fresheners to help get rid of the tobacco smells – and don't forget the car, too.
- **Do** help the quitter with a few chores, some child care, cooking – whatever will help lighten the stress of quitting.
- **Do** celebrate along the way. Quitting smoking is a BIG DEAL!
- **Don't** doubt the smoker's ability to quit. Your faith in them reminds them they can do it.
- **Don't** judge, nag, preach, tease, or scold. This may make the smoker feel worse about him or herself. You don't want your loved one to turn to a cigarette to soothe hurt feelings.
- **Don't** take the quitter's grumpiness personally during their nicotine withdrawal. Tell them that you understand the symptoms are real and remind them that they won't last forever. The symptoms usually get better in about 2 weeks.
- **Don't** offer advice. Just ask how you can help with the plan or program they are using.

Source: American Cancer Society



September 13, Maria Mazard and June Gainey, Nutrition/WIC program, helped keep our community blood supply plentiful by **donating blood**.



Jylmarie Lewis, TB and Refugee Health Manager, accepts shoes from Dr. Leslene Gordon, Community Health Director, for Small Shoes, Big Journey in support of Welcoming Week Cultural Festival on September 17. This project **provided shoes for 250 participating children and over \$300 for additional footwear**.



In September, Staff members from all divisions, our **River Warriors**, braved the sun and heat to keep our Hillsborough River and parks clean. All kinds of trash and debris that endangers wildlife and people were bagged up and removed!



Daragh Gibson was a recent **"HERO"** award recipient from the Hispanic Services Council in Hillsborough County for her work in support of a Health Impact Assessment and collaboration in the Hispanic community.



Ashlee Freeman, Biological Scientist, Epidemiology, provided an informative **ZIKA educational presentation at the Healthy Start Coalition of Hillsborough County** at their fall annual meeting.

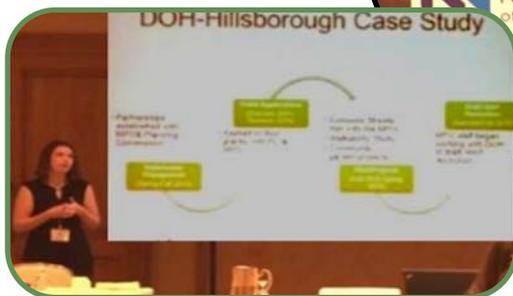
Tina Warren and Steve Sandoval, Administrative Services; Yvonne Forde, Health Equity; Grace Miazga and Roger Laraya, Nutrition/WIC; and Cindy Hardy, Community Health were up before the sun, **promoting healthy hearts and DOH-Hillsborough services at the St. Jude's 5K Walk/Run.** Our own Erlinda Bugg, HR, and Lisa Almeda, Director's Office, completed the race, setting great examples of the importance of staying physically active.



Day of Pampering and Women's Health and Breast Cancer Awareness Walk on October 1 was a big success. 150 people participated, with 80 of them walking to support the effort. Education and *Ask The Doctor* provided useful information to participants and offered resources for mammograms, pap smears and other services related to cancer. Clarence Gyden, Alejandra Lopez and Cristiane McClay/Breast and Cervical Cancer Early Detection Program, Cynthia Keeton/Lead Poisoning, Paula Carter/Nutrition WIC, Barbara Turner/Healthy Start, and Nailah Ramsingh and Mandy Chan/Health Education staffed the event.

Many thanks to Allen Temple AME Church for hosting this event and to University of South Florida Colleges of Medicine and Nursing for providing health screenings .

On October 7, Allison Nguyen from DOH-Hillsborough, and Jocelyn Howard from DOH-Pinellas, led a break-out session at the National Network of Public Health Institutes Fall Open Forum in Salt Lake City, Utah. They **presented to local and state health department representatives on two different approaches to implementing Health in All Policies.** Mrs. Nguyen received a full scholarship from NNPHI to present.



Chris Wagner, MIS Manager, and Synovia Simons, Nutrition/WIC program represented the DOH-Hillsborough at the Cornerstone Family Ministries outreach in connection with **Feeding Tampa Bay.** A great opportunity to provide health information about all of our services.

Care for Caregivers During the Holidays

Everyone looks forward to holidays, but they can be stressful even for the healthiest and strongest among us. Our population is aging and more and more people become in need of caregivers. CAREGIVERS are generally dedicated, unselfish, and kind people who often don't consider their own well-being as much as they should. Being a Caregiver is a tough job. Depending on the situation, it can require superhuman patience and can sap energy from both body and mind. Caregivers who are family members are often on the "job" 24 hours a day, 7 days a week.

If you know a Caregiver or are a Caregiver:

- ◆ Don't neglect personal healthcare visits or recommended testing and vaccines. Offer to sit-in for a Caregiver or drive them to healthcare visits.
- ◆ Ask for help! This is a very difficult job and everyone needs help from time to time. Don't hesitate to ask and be specific so people will actually provide what you need. Offer help if Caregivers don't ask. Be sensitive to areas where you could step in to assist with things like a meal, house cleaning, driving or running errands.
- ◆ Find an outlet for stress. Is it a walk, a movie, a meeting with friends? If you're the Caregiver, you'll be surprised at how much taking even short breaks will invigorate you and give you momentum for days ahead. If you can help a Caregiver take a break, do it! Give them time to DE-stress.

Respite care for Caregivers is really critical.

Alzheimer's disease is a type of dementia that causes problems with memory, thinking and behavior. Alzheimer's is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life.

The number of Americans living with Alzheimer's disease is growing quickly and costs associated with care is exploding. According to the Alzheimer's Association, in 2015, 15.9 million family and friends provided 18.1 billion hours of unpaid care to those with the disease and other dementias - an economic value of \$221.3 billion.

When family members or others who contribute financially to the care of someone with Alzheimer's, they often cut back on their own expenses, like food, transportation and personal medical care, in order to pay for dementia-related care for the family member or friend.

FLORIDA STATISTICS

Year	# people aged 65 & older with Alzheimer's			% Increase from 2016
	65-74	75-84	85+	
2016	74,000	210,000	230,000	
2020	93,000	240,000	240,000	13.70%
2025	120,000	330,000	280,000	41.20%

Medicaid costs of caring for people with Alzheimer's, 2016

\$2,336
MILLION

Number of deaths from Alzheimer's disease in 2013

5,093

How Alzheimer's Caregiving Impacts Non-Professional Caregivers

Stress	Depression	24/7	Health
61%	39%	59%	43%

Percentage of caregivers rating their emotional stress as "high" or "very high"

Percentage of caregivers reporting depression vs. 17% of non-caregivers

Percentage of Alzheimer's caregivers who felt that they were "on-duty" 24 hours a day

Percentage reporting that the physical impact of Alzheimer's caregiving was high to very high

Alzheimer's disease is the only leading cause of death in the U.S. that has no known specific cause, cure, or prevention. But there is hope. Research in process is focused on medication that works to target and break down proteins that clump together in the brain. Much more testing is required but current trials indicate that after a year of treatment, these protein levels have dropped in patients with mild Alzheimer's disease. Researchers want to also find out if mental performance could be recovered or improved with the medication. It is not certain if some functions such as thinking skills and memory could be improved.

Until the answers are found, support for research and for the care of those with Alzheimer's AND their Caregivers is critical. For more information about Alzheimer's disease, current research, and resources for individuals and families, visit www.alz.org

ALZHEIMER'S DISEASE IS THE 6TH LEADING CAUSE OF DEATH IN THE UNITED STATES

MORE THAN 5 MILLION AMERICANS ARE LIVING WITH ALZHEIMER'S

1 IN 3 SENIORS DIES WITH ALZHEIMER'S OR ANOTHER DEMENTIA

IN 2015, MORE THAN 15 MILLION CAREGIVERS PROVIDED AN ESTIMATED **18.1 BILLION HOURS OF UNPAID CARE**

ALZHEIMER'S COSTS CAREGIVERS MORE THAN THEIR TIME

FAMILY CAREGIVERS SPEND MORE THAN **\$5,000 A YEAR** CARING FOR SOMEONE WITH ALZHEIMER'S

FOR SOME FAMILIES THIS MEANS **MISSING A VACATION**

BUT FOR OTHERS, IT MAY MEAN **GOING HUNGRY**

EVERY 66 SECONDS SOMEONE IN THE UNITED STATES DEVELOPS THE DISEASE

IN 2016, ALZHEIMER'S AND OTHER DEMENTIAS WILL COST THE NATION **\$236 BILLION**

IT KILLS MORE THAN **BREAST AND PROSTATE CANCER COMBINED**



ARE YOU HOSTING A DINNER?

- ✦ Make sure the menu includes healthy food choices such as fruits, vegetables and lean meats.
- ✦ Baking, broiling and barbequing are good methods for cooking meats such as turkey. Avoid frying or adding extra fat during cooking.
- ✦ When you're cooking, avoid sampling the foods more than necessary. These calories add up and can affect your blood sugar.
- ✦ If you're the host of the dinner, clear the table and put unused food away to help guests avoid grazing.

ARE YOU A GUEST AT A FAMILY MEMBER'S OR FRIEND'S HOUSE?

- ✦ Offer to bring along a healthy dish that you know you will enjoy and can substitute for a not so healthy option.



HOLIDAY PARTIES AND NEW YEAR'S EVE

- ✦ Eat a small, balanced meal or snack before you leave home. If you arrive to the party hungry, you'll be more likely to overindulge (another great reason to NOT skip breakfast and lunch).
- ✦ Study ALL of the food options, and think about what you are going to have before you put anything on your plate. Decide which foods are worth eating and which can be ignored, and then stick to that decision.
- ✦ If you taste something that you don't enjoy, leave it on your plate—don't finish it!
- ✦ Choose vegetables first. Broccoli, baby carrots, cauliflower and tomatoes are good choices that are usually on the appetizer table. Take only a small spoonful of dip or skip it entirely.
- ✦ Eat chips and crackers in moderation, and definitely avoid eating them straight from the bag. Put some on a small plate and don't load them down with creamy mayo-based dips.
- ✦ Try not to hang out near the food to avoid grazing. Find a comfortable spot across the room and focus on socializing instead of eating.
- ✦ Sip a large glass of water or mineral water. This will keep you hydrated and provide you with a better option than alcohol.
- ✦ Take a walk or attend your usual exercise session the day of a party. Make it a priority rather than saying there isn't time. It is probably more important than the party!



Quick tips for Diabetics:

- ✦ Try to eat the same amount of carbohydrates that you would normally intake at a meal. If you plan to have desert, cut back on another carb during the meal.
- ✦ Stay Active! The holidays can be much busier than a normal schedule, but allocate time each day to exercise. Examples: Join a holiday walk or run, start a game of football, soccer and other fun family friendly games in the yard, go for an after-dinner walk with the family.
- ✦ If you plan to drink alcohol, be sure to eat something beforehand to prevent hypoglycemia later. Also, alcohol can add many calories, so limit to 1 drink for women and 2 drinks for men, per day.
- ✦ If you over indulge one day, do not let that become a pattern for the holiday season. The next day, get back on track with normal eating habits and include extra exercise.
- ✦ Get enough Sleep! Sleep deprivation can cause fluctuations in your blood sugar. Getting 7-8 hours of sleep per night can also make you better able to resist high fat/high sugar foods.
- ✦ Remember to regularly check your blood sugar throughout the holidays and adding a few extra checks on a party day may help guide your choices.

Adapted from ADA guidelines



Magnets—For children under age six, avoid building sets with small magnets. If swallowed, serious injuries and/or death can occur.



Small Parts—For children younger than age three, avoid toys with small parts, which can cause choking.



SHOP SMART, SHOP SAFE



Ride-on Toys—Riding toys, skateboards and in-line skates go fast and falls could be deadly. Helmets and safety gear should be sized to fit.



Projectile Toys—Projectile toys such as air rockets, darts and sling shots are for older children. Improper use of these toys can result in serious eye injuries.



Chargers and Adapters—Charging batteries should be supervised by adults. Chargers and adapters can pose thermal burn hazards to children.



U.S. Consumer Product Safety Commission

CPSC hotline: 800-638-2772
and 800-638-8270 (TTY)



Sign up to receive free NSN safety alerts and posters at

www.cpsc.gov



HIV/AIDS: The Basics

What is HIV?

HIV stands for human immunodeficiency virus, which is the virus that causes HIV infection. The abbreviation “HIV” can refer to the virus or to HIV infection.

AIDS stands for acquired immunodeficiency syndrome. AIDS is the most advanced stage of HIV infection.

HIV attacks and destroys the infection-fighting CD4 cells of the immune system. The loss of CD4 cells makes it difficult for the body to fight infections and certain cancers. Without treatment, HIV can gradually destroy the immune system and advance to AIDS.

How is HIV spread?

HIV is spread through contact with certain body fluids from a person infected with HIV. These body fluids include:

- Blood, Semen, Pre-seminal fluid, Vaginal fluids, Rectal fluids, Breast milk

The spread of HIV from person to person is called HIV transmission. The spread of HIV from an HIV-infected woman to her child during pregnancy, childbirth, or breastfeeding is called mother-to-child transmission of HIV.

In the United States, HIV is spread mainly by having sex with or sharing drug injection equipment with someone who is infected with HIV. To reduce your risk of HIV infection, use condoms correctly and consistently during sex, limit your number of sexual partners, and never share drug injection equipment.

Mother-to-child transmission is the most common way that children become infected with HIV. HIV medicines, given to HIV-infected women during pregnancy and childbirth and to their babies after birth, reduce the risk of mother-to-child transmission of HIV.

You can't get HIV by shaking hands or hugging a person infected with HIV. You also can't get HIV from contact with objects such as dishes, toilet seats, or doorknobs used by a person with HIV. HIV does not spread through the air or through mosquito, tick, or other insect bites.

How is AIDS diagnosed?

The following criteria are used to determine if a person infected with HIV has AIDS:

- The person's immune system is severely damaged, as indicated by a CD4 count of less than 200 cells/mm³. A CD4 count measures the number of CD4 cells in a sample of blood. The CD4 count of a healthy person ranges from 500 to 1,600 cells/mm³. **AND/OR**
- The person has one or more opportunistic infections.

Where can I learn more about HIV/AIDS? Call the Florida Department of Health - Hillsborough County (813) 307-8064.

[How Do You Get HIV or AIDS?](#) from AIDS.gov

[HIV 101](#) from the Centers for Disease Control and Prevention (CDC)

<https://aidsinfo.nih.gov/education-materials/fact-sheets/19/45/hiv-aids--the-basics>

FREE HIV & STD TESTING

December 2nd

7 a.m. to 3:30 p.m.



12th Annual

World AIDS Day 2016



Florida Department of Health in Hillsborough County

1105 E. Kennedy Blvd. TAMPA, 33602

For more information please call (813) 307-8064

Incentives for all that get tested!



Be part of the movement to Prevent Diabetes in your community *



The National Diabetes Prevention Program
reduces the risk of diabetes for
pre-diabetic participant 50-71%!

Lifestyle Coach Training Call for more Information!

Provided by the Florida Department of Health
in Hillsborough County

* Must be associated with an organization and be willing to work with Centers for Disease Control and Prevention's Diabetes Prevention Recognition Program.

Registration is Required.
Space is limited. Call 813-307-8071 Ext 6602



Tampa Bay
Healthcare
Collaborative

TBHC Quarterly Meeting – "It's All About Access: Working Towards Health Insurance Coverage for all Tampa Bay Residents," Thursday, November 3, 2016, 9:30 AM – 11:30 AM, Children's Board of Hillsborough County, 1002 E Palm Ave, Tampa, FL 33605. There is no cost to attend but you are encouraged to pre-register at: <http://tbhcnov2016qtrlymtg.eventbrite.com>

Experts will speak about the current coverage landscape, and opportunities for enrolling residents in health insurance coverage. The upcoming open enrollment period for the health insurance marketplaces and Medicaid managed care will be discussed. In addition, speakers will address challenges and opportunities for dental coverage. Information about the Tampa Bay Healthcare Collaborative Voter Guide will also be shared.

Attendees will also have an opportunity to network, hear Collaborative updates, and share program announcements. You do not have to be a Tampa Bay Healthcare Collaborative Member to attend.

Collaborative website: tampabayhealth.org

Farmers Markets around Hillsborough County..... www.americantowns.com/fl/hillsborough-county-local-food

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/

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

November 2016

- 3 Tampa Bay Healthcare Collaborative quarterly meeting. Children’s Board, 1002 E. Palm Avenue, Tampa 33605, 9:30 am—11:30 am. [Pre-register at: http://tbhcnov2016qtrlymtg.eventbrite.com](http://tbhcnov2016qtrlymtg.eventbrite.com)

December

- 2 **World AIDS Day - Free HIV & STD Testing**, Florida Department Of Health - Hillsborough 1105 E. Kennedy Blvd., Tampa 33602. 7 am - 3:30 pm. Call for more information: 813-307-8064.

HEALTH DEPARTMENT CLOSURES: **November 11, 2016** **November 24 & 25, 2016**
 December 26, 2016 **January 2, 2017**

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 307-8071
 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)



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)
P.O. Box 5135
Tampa, Florida 33675-5135**

Phone: 813-307-8071

Hillsborough.floridahealth.gov