Diabetes

Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. Your pancreas makes a hormone called insulin, which acts like a key to let the blood sugar into your body’s cells for use as energy.

If you have diabetes, your body either doesn’t make enough insulin or can’t use the insulin it makes as well as it should. When there isn’t enough insulin or cells, your body stops responding to insulin. Too much blood sugar that stays in your bloodstream can over time cause serious health problems, such as heart disease, vision loss, and kidney disease.

There isn’t a cure yet for diabetes, but healthy lifestyle habits, taking medicine as needed, getting diabetes self-management education, and keeping appointments with your health care team can greatly reduce its impact on your life.

Prediabetes

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Prediabetes increases your risk for type 2 diabetes, heart disease, and stroke. But through the CDC-led National Diabetes Prevention Program, you can learn practical, real-life changes that can cut your risk for developing type 2 diabetes by as much as 58% (71% if you’re 60 or older).

See page 5 for more information on diabetes and page 18 for our diabetes classes!
Growth in Unexpected Places

The benefits of exercise are well known, at least their benefits in reducing diabetes, cardiovascular and many other diseases. We sometimes talk about exercise and its positive impact on mood and reduction of stress and anxiety but hardly ever its impact on the actual structural changes in the brain. Yes, contrary to previously held beliefs the brain in some areas does continue to grow. It is not really like a computer with fixed components or circuits, though this analogy of its function is often used. While there is still some disagreement among scientists, there is significant evidence that growth does occur in the adult brain. New brain cells, or neurons, can replicate in some areas of the brain. The areas of the brain responsible for memory appears to be one of the areas where this occurs. Why would we want brain cells to continue to replicate or grow? Because it is this incredible ability of the brain that helps in the recovery from stroke and other injuries. An additional reason, is to reduce the cognitive decline and atrophy or decreasing brain size that comes with aging. Now this is good news because of the potential for improving outcomes for some diseases like Alzheimer’s in the future.

Our knowledge of how the brain truly functions and its potential impact on many diseases is limited and many questions still exist. Are there specific actions individuals can take to enhance the growth of new cells in the brain? The answer to that question is difficult. There are certainly lots of products and nutrition supplements now being sold that are promoted for the improvement in brain health. However, the scientific basis for many of these claims does not exist. What is known, however, is that stimulation provided by one’s environment plays a role. Additionally, it has been noted by researchers that exercise enhances neurogenesis (the growth of brain cells or neurons) and exerts a “neuroprotective” effect. Research further indicates that certain foods may enhance neurogenesis. These include green leafy vegetables, nuts, berries, beans, whole grains, fish, poultry and olive oil to list some. Other foods such as red meats, butter, fried foods, sweets, pastries, etc. don’t. In other words, a healthy diet has a more positive effect on the brain.

You may have heard this joke, ‘Why are most adult neurons poor at math?’ Answer, they find it difficult to multiply and divide. Not exactly a laugh out loud joke, but also this may not be necessarily true. Clearly, we have a lot to learn about the brain. In the interim it surely won’t hurt to practice the healthy behaviors that may help us to look better, feel better, and maybe even think better.
Nourishment Nuggets

Veggie Creativity
By Jennifer Waskovich, MS, RD, LDN

Carrots, broccoli, spinach, kale, sweet potatoes, mushrooms… the list goes on and on. While vegetables are one of the most important sources of nutrients in our diet, they are often one of the least eaten of the food groups. Our taste pallet is drawn to sweet, salty and savory foods and vegetables on their own are often missing in all three of these categories. As a wife and mother of three I am often fighting to get more vegetables into the diets of my family. I am a huge fan of most vegetables and often can eat them plain and be quite content, my kids are not so easy. Over the years I have had to be creative and I am sure there are others out there who are trying to do the same thing or are looking for ways to create “healthier” foods for their family and friends. I wanted to share some of the successes I have had that I feel are benefiting the health of my little (and big) ones.

Fries can be more than just potatoes: Cut a zucchini or yellow squash into French fry strips (1/2 inch). Dip the “fries” into an egg you have whisked and then coat with a mixture of breadcrumbs, parmesan cheese, and spices of your choice. Bake on a cookie sheet at 425 degrees for 30 minutes (turning once)

Expand on ground turkey or beef: If you are making any dish with ground meat (tacos, meatloaf, meatballs, etc.) add some shredded or finely chopped vegetables into the meat mixture. It adds a lot of vitamins and fiber and also helps keep the dish moist while cooking. I usually go through my produce drawer and find ones that need to be used or trashed. Why throw them out when you can hide them in your favorite dishes?

Cut out the pasta: Spiralize your sweet potatoes or squash into noodles or use your vegetable peeler to make thin strips for ravioli noodles. Either way, you reduce the calories in your dish while adding extra vitamins and minerals. Top with your favorite sauce.

The next time you hear someone say they don’t like vegetables, try adding them into the dishes you already make. You will be influencing their health in a positive way without them even knowing it.
By Mandy Chan, MPH, CHES

Many people in the United States have access to a variety of high-quality produce year-round. Our access to healthy fruits and vegetables in grocery stores and farmer’s markets, makes it easier to incorporate into our diet. Healthier eating is within reach – it’s just a matter of understanding how beneficial that choice will be and making a wise decision.

According to the American Heart Association (AHA), fruits and vegetables are high in vitamins, minerals and fiber—and they’re low in calories. Eating a variety of fruits and vegetables can help most people control their weight and blood pressure.

The answer to the question of which fruits and vegetables are best can be answered simply: They are all good. There is no need to worry about which is “best” because eating a variety of these foods will give you the different types of vitamins, minerals and nutrients you need.

The AHA suggests filling at least half your plate with fruits and veggies in order to consume the 4 1/2 cups per day that it recommends. All produce counts toward that goal, but fresh is best: Canned and frozen or otherwise processed products may have additives such as unwanted salt or added sugar. Whichever fruits and vegetables appeal to you will work, but to make sure you are getting a well-rounded sample, simply go by color. Fruits and veggies are broken down into separate color groups: red/pink, green, orange/yellow, white and blue/purple. Try to eat a sampling from as many different color categories as you can.

If you find it hard to work fruits and vegetables into your diet, the AHA has tips to help. For example, for breakfast, you can add bananas or berries to your cereal. At lunch, put vegetables such as sprouts, tomato or avocado on your sandwich, and with dinner, add chopped onions, garlic or celery when cooking soup, stew or spaghetti sauce.

The best fuel for your body doesn’t come in a package branded with big letters and bright colors. It is grown naturally and is readily accessible in your grocer’s produce section. You just have to go out and get it!

Source: https://healthyforgood.heart.org/add-color/articles/how-to-eat-more-fruits-and-vegetables

Fruits and Vegetables – Nature’s High-Performance Fuel for Your Body
November is Diabetes Awareness Month

Diabetes is a chronic disease that has become so prevalent that it effects everyone in some way.

Perhaps there is a history in the family, you have a friend with diabetes, or even you or your spouse has been diagnosed with diabetes. In Hillsborough County, the percentage of individuals diagnosed with diabetes is 12.4% which is higher than the state percentage of 11.2%. The good news is that there are many ways to figure out your risk for diabetes and now there is a way to diagnose your risk for developing type II diabetes called pre-diabetes.

Living with diabetes is manageable and preventing diabetes is possible!

Did you know there are 3 types of diabetes?

Type I – The body makes little or no insulin
Type II – The body is still producing some insulin but it doesn’t respond to insulin like it should
Prediabetes – The body’s blood sugar level is higher than normal but not high enough yet to be diagnosed as type II diabetes.

What are the risk factors of type II diabetes?
If you have these risk factors, you might be at a higher risk than others for prediabetes and type II diabetes:
- You are overweight
- You are 45 years old or older
- Your parents or siblings have type II diabetes
- You are physically active fewer than 3 times per week
- You ever gave birth to a baby that weighed more than 9 pounds
- You ever had diabetes while pregnant

What can I do if I have prediabetes or diabetes?
Call the Florida Department of Health-Hillsborough to register and get information on FREE classes all throughout the county to help you manage type I/type II diabetes, prevent diabetes, or improve overall wellness.

Call soon! Classes fill up quickly!
813-307-8071 ext. 7111

How can I find out if I have diabetes?
Talk to your doctor about your risk for developing type II diabetes and ask him/her to run an A1c test. The A1c is the most definitive test to diagnose diabetes. Some physicians may run a fasting plasma glucose test which is acceptable to diagnose diabetes but an A1c is most recommended.

Article by: Kelsey Christian, MPH, CHES, CPH
Sleep on This: The Importance of Getting Adequate Sleep

Familiar sayings such as “You snooze, you lose” and “The early bird catches the worm” cast shame on the “lazy” sleeper. But the truth is that proper sleep promotes cell regeneration, mental alertness and healthy body function. Here are some of the best reasons to give it a rest:

- **Better mood.** Proper sleep helps you to avoid fatigue-related irritability, higher stress levels and anxiety.

- **Immune health.** The immune system gets a boost during sleep. The downtime not only lowers levels of the stress hormone cortisol, but the sleep-regulating hormone melatonin also works as an antioxidant that is helpful in stimulating other antioxidants.

- **Heart health.** The heart is the hardest-working muscle in the human body as it constantly works to circulate blood. Sleep lowers your heart rate and provides the heart much-needed rest. Making a habit of getting adequate sleep lowers an individual’s risk of heart-related illness.

- **Lower risk of injury.** Lack of sleep negatively affects mental alertness. Sleep research indicates that although the amount of sleep we need differs from person to person, anything fewer than six hours a night is definitely not enough. The longer an individual is deprived of proper sleep, the more compromised cognitive functions and reaction times become, leading to greater exposure to accidents and injuries that, in some cases, can be fatal.
Workout Partners: What Do You Need to Know?

By Greg Champlin, Nutrition Educator

Going to the gym or starting an exercise routine can be a little daunting, but you don’t have to do it alone! Aside from making the gym a little more tolerable, there are many benefits to having a workout buddy. Having a fitness partner can help you build accountability and help you meet your goals faster than if you tried to do it alone.

5 Reasons to Get a Workout Buddy

1. Having a partner waiting for you makes it harder to skip out on a workout.

2. When working out with someone else, you tend to workout harder and longer.

3. Having a buddy to talk to can help you decompress and de-stress.

4. A partner can inspire you to try new things and shake your routine up.

5. You burn more calories working out with a buddy than you do on your own.

6. It’s fun!

Source: https://www.fitnessmagazine.com/weight-loss/tips/motivation/workout-buddy-benefits/?page=5
Flu season is on its way! Take time to prepare now:

- The best way to prevent the flu is by getting a flu shot. Flu shots are available now. While the vaccine may not protect against all strains of the flu virus, it can make symptoms less severe
- Wash your hands often with soap and water (use hand sanitizer if soap and water are not available)
- If you are sick, stay home (at least 24 hours after your fever is gone without the use of fever-reducing medication)
- Avoid contact with sick people
- Cover your nose and mouth with a tissue when you cough or sneeze (use the inside portion of your sleeve, not your hands, if a tissue is not available)
- Get plenty of rest, stay hydrated and eat well

What is the difference between the flu and the common cold? Flu symptoms come on suddenly while symptoms of a cold may come on over a couple of days. The flu lasts about 5 to 7 days while a cold may last up to two weeks.

Flu symptoms include, but are not limited to, the following:

- Fever or feeling feverish/chills (not everyone with the flu will have a fever);
- Cough;
- Fatigue (feeling very tired);
- Sore throat;
- Runny or stuffy nose;
- Muscle or body aches;
- Headache; or
- Some people may have vomiting and diarrhea.

Cold symptoms, on the other hand, may include these symptoms:

- Runny nose and sneezing;
- Red eyes;
- Sore throat and cough; or
- Headache;

When do you seek treatment? Call your doctor if you are experiencing the following symptoms:

- You have an extremely high fever
- Your fever lasts longer than three days
- You are wheezing or are short of breath
- Your symptoms become more severe

Source: [https://www.cdc.gov/flu/symptoms/index.html](https://www.cdc.gov/flu/symptoms/index.html)
Many kids will surprise you and eat raw fruits and veggies, especially when they are hungry. After school or right before dinner is the best time to “sneak” them in. The key is to make healthy snacks visible and appealing.

Without saying a word, place a veggie tray near your kids when they are busy doing homework or playing before dinner. Then watch the food disappear. Remember to munch on them yourself while you are cooking!

**Here are some great tips:**

- Use colorful veggies such as cherry tomatoes; yellow and red peppers; sliced cucumber, carrot and celery sticks; and sugar snap peas.

- Make a great-tasting low-fat vegetable dip by mixing your favorite dry salad dressing into plain Greek yogurt.

- Leave apples, plums, nectarines or peaches in a clear bowl in the kitchen.

- Cut up cantaloupe or watermelon and leave in a clear container in the fridge.

- Put firm green, purple and red grapes and orange wedges out on a plate after dinner or at snack time.
We’ve all heard about working smarter, not harder. That’s great in theory, but when there’s a to-do list that’s longer than leap year, we tend to run on all cylinders. We hit the ground running. We burn the midnight oil and we burn ourselves out. That’s when it’s time to turn things around. Remain productive by implementing the following tips:

- **Communicate clearly.** Miscommunication is one of the leading causes of inefficiency. Not only does it contribute to lost productivity, but it also contributes to frustration levels. When trying to get your point across—whether in written or verbal communication—take the time to be thoughtful about what you’re saying. Ask yourself if you’ve left room for miscommunication. Ask those you’re communicating with if there are any questions and clarify any vague or missing details before productivity is compromised.

- **Delegate when appropriate.** Hoarding responsibility is rarely productive. Although there are times when it’s easier to do something yourself than to try to explain it to someone else, that’s simply not always the case. Recognize when it’s a good time to delegate so that you can make progress on another priority. Of course, when delegating, remember to use clear communication.

- **Manage procrastination.** For some people, procrastination can actually lead to enhanced productivity. As a deadline approaches, there is more urgency—and at least temporarily—more focus to compete a task. But making a habit of waiting until the last minute reduces concentration in the long run and puts deadlines at risk.

- **Prioritize adequate rest and relaxation.** As much as we try to ignore it, it’s a fact: an efficient brain requires sufficient rest. That can be difficult when managing competing priorities. It may seem like there isn’t time to take a break or get proper sleep. However, neglecting to power-down your brain not only leads to burn-out, it increases the chance of mistakes which, when they
Charcoal For the Grill or Charcoal in the Mouth?

By Carol Scheff, RDH, BSNS

W
den you hear the word charcoal your mouth starts to water because you visualize your favorite food on the grill and that resonates with back yard parties and enjoying quality time with your friends and family. Charcoal has more uses than just heating up for bar-b-ques. It has been around for centuries as a detoxifying remedy. Because of its molecular structure, it will trap toxins and chemicals and flush them out of the body such as in cases of poisoning ingestion. Municipalities and the private sector companies use charcoal filters to remove chemical waste in drinking water worldwide.

Grocery and health food stores are jumping on the bandwagon to advertise activated charcoal as the treatment or cure for acne, bug bites and teeth whitening. One popular online retailer has listed activated charcoal toothpaste as a top ten best-selling toothpaste for 2017. A literature review in the Journal of the American Dental Association stated that there are manufacturers advertising activated charcoal products that can reduce decay, re-mineralize and whiten teeth. However Dr. John Brooks, the lead editor for DrBicuspid.com, states “We hope our manuscript serves to prepare dental clinicians to caution patients about the unproven health benefits of charcoal-based toothpastes”. He also mentions research confirming that charcoal contains chemicals known to cause cancer in humans. There are also concerns that charcoal in the mouth can irritate the soft tissues.

Not only does this black powder leave your bathroom sink a mess to clean; but it is also so fine that it spreads everywhere else in the bathroom while you are using it. With so many unproven claims about a product that is more than double the cost of traditional toothpaste; it is safe to keep using your favorite brand, floss regularly and see your dentist twice a year.

References:
The Journal of the American Dental Association Volume 148, Issue 9, September 2017, Pages 661-670
Edwards, T. Editor in Chief September 19, 2017 DrBicuspid.com
Interested in a healthy community?  
Want to volunteer and meet new people?

The Florida Department of Health in Hillsborough County is looking for community leaders to help review and design a new health literacy programming initiative.

What: Community members needed for an advisory committee on health literacy programming.

Experience Needed: None! All that is necessary is an interest in community health!

Where/When: Once a month at the health department in south Tampa.

Why: If you want to improve health literacy in the community, then this opportunity is for you!

What is Health Literacy?

The degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions.

How do I Join?

Call or email Rachel Chase by the end of November 30, 2017 for more information!

813-307-8015 Ext. 6621

Rachel.Chase@flhealth.gov

Looking for Team Members Now!
13th World AIDS Day

BLOCK PARTY

FRIDAY 12/1/17 • 7 AM TO 3 PM

FREE HIV AND STD TESTING
ages 13 and older

MUSIC • FOOD • FREE EDUCATIONAL INFORMATION & FLU SHOTS

SPECIALTY CARE CENTER
1105 E. Kennedy Blvd.
Tampa, FL 33602
More info: 813-307-8064

World AIDS Day
December 1
Whether we are providing information and services to the residents, or learning from our community. We strive to improve the health of our communities!

The Community Health Director getting local residents to take an interactive survey.

The Breast & Cervical Cancer team in the division of Community Health at their 8th Annual Day of Pampering event in Brandon, FL.

Division of Community Health collected donations for Puerto Rico after the devastation caused by Hurricane Maria.
Making changes on your health can be challenging, but rewarding when you have met your goal. So we would like to highlight some of our past class participants on their success in the program. Great job, everyone!

**Class taken:** Diabetes Prevention Program  
**Class completion:** October 2017  
**Weight lost:** 14 lbs

“We found the T2 class to be not only motivational but in the end... life changing , as it has provided us the tools and educational material to help us make the necessary changes, to live a healthier lifestyle.”

**Class taken:** Diabetes Prevention Program  
**Class completion:** October 2017  
**Weight lost:** 18 lbs

“Thanks to the program, the instructor, and the tools that were provided, I can now enjoy and continue to maintain a new healthy lifestyle for years to come. I encourage everyone who is eligible, to take advantage of a well written and guided program that provides results.”
Healthy Holidays

By the Numbers

4500
average number of calories consumed on Thanksgiving

3500
number of calories in one pound of fat

1
number of pounds gained between Thanksgiving and New Year’s and

229
average fat grams consumed on Thanksgiving

85%
are still holding onto it one year later

Burn Baby Burn

To burn off 4,500 calories:

jog 33 MILES

cycle 98 MILES

swim 7 MILES

jump rope 5 HOURS

Work Smarter!

MAINTAIN your current weight and set REALISTIC expectations...don’t expect to lose weight

- Aim for 20-45 minutes of INTENTIONAL EXERCISE each day
- Add BODY WEIGHT exercises 1-2 times per week
- Add EXERCISE to your errands:
  - park far away from the store
  - choose the stairs over the elevator
  - do calf raises while standing in line

Holiday Party Survival Tips

1. Eat! Enjoy a healthy meal the morning of the event

2. Choose Wisely! Pick just 2 or 3 tasty appetizers

3. Pay Attention! Avoid standing by the chips (and dips), it’s easy to eat too much

4. Fill It Up! Designate half the plate for veggies and fruit

5. Move It! After eating, take a walk with family and friends

6. Be Sweet! Select one indulgent dessert


© MediFit Corporate Services, Inc. 2014
Comics

“A day without laughter is a day wasted” — Charlie Chaplin

I WANT TO GO TO A GOOD HOME BUT I'M NOT GOING TO START GETTING ALL DESPERATE AND— ARE YOU WEARING COLOGNE?

“PUMPKIN SPICE.” TOO MUCH?

“Lose some weight, quit smoking, move around more and eat the carrot.”
Want to take care of yourself better? Whether it’s diabetes prevention, self-management, or weight loss, we have a class for you!

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

**Registration is required for all classes**
Call 813-307-8071 ext. 7107 to register

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**Diabetes Self Management Education**

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

**Upcoming classes:**

- November 7, 2017  
  Tuesday 10:00 am—11:30 am  
  Plant City area
- November 29, 2017  
  Tuesday 1:00 pm—2:30 pm  
  Downtown area
- January 12, 2018  
  Friday 11:00 am—12:30 pm  
  Downtown area

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**Get Into Fitness Today!**

In 6 or 12 weeks participants learn about healthy eating, physical activity, and ways to live a healthier life.

**Upcoming classes:**

- January 9, 2018  
  Tuesday 10:00 am—11:00 am  
  Carrollwood area

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**The Diabetes Prevention Program**

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

**Upcoming classes:**

- November 27, 2017  
  Monday 2:00 pm—3:00 pm  
  Seminole Heights area
Florida KidCare, the state of Florida health insurance for children (birth through age 18, even if one or both parents are working). To apply, call 1-888-540-5437, TTY-877-316-8748, apply online, print application and instructions. Visit: www.floridakidcare.org.

**Farmers Markets around Hillsborough County...**
[www.americantowns.com/fl/hillsborough-county-local-food](http://www.americantowns.com/fl/hillsborough-county-local-food)

**PARKS AND RECREATION:**
Hillsborough County Parks, Recreation, and Conservation: .... [www.hillsboroughcounty.org](http://www.hillsboroughcounty.org/)
Plant City Parks and Recreation: ............................................. [www.plantcitygov.com](http://www.plantcitygov.com/)
Tampa Parks and Recreation: ............................................. [www.tampagov.net/dept_parks_and_recreation/](http://www.tampagov.net/dept_parks_and_recreation/)
Temple Terrace Parks and Recreation: .................................. [www.templeterrace.com](http://www.templeterrace.com/)

**OTHER RESOURCES:**
MyPlate: [https://www.choosemyplate.gov/MyPlate](https://www.choosemyplate.gov/MyPlate)
Diabetes Awareness Month: [CDC.gov/diabetes](http://CDC.gov/diabetes)

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

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

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**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.

**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)
Post Office Box 5135
Tampa, Florida 33675-5135
813-307-8071

Hillsborough.fihealth.gov