

# COMMUNITY WELLNESS



**World Heart Day** is an international campaign to spread awareness about heart disease and stroke prevention. This is the perfect day to quit smoking, get exercising and start eating healthy – all in the name of keeping your heart in good working order.

Centers for Disease Control and Prevention and World Health Organization report that heart disease is the world's leading cause of death, killing more people every year than victims of cancer, HIV and AIDS and malaria. Overeating, lack of exercise, unhealthy diets and high blood pressure, cholesterol and glucose levels are all factors which can trigger heart disease. The aim is to improve health globally by encouraging people to make lifestyle changes that reduce risk for heart disease.<sup>1</sup>

The results of a study, published in the New England Journal of Medicine in June of this year focused on early cardiopulmonary resuscitation. Out-of-hospital cardiac arrest is a major public health concern. Decreasing the time to treatment is crucial for improving outcomes. As stated in American and European guidelines, the most important response measures that currently can be taken outside a hospital setting are recognizing early that a heart attack is occurring, placing an alarm call, performing cardiopulmonary resuscitation (CPR), and performing defibrillation if appropriate and equipment is available.<sup>2</sup>

Study conclusions indicate that CPR performed before Emergency Medical Services (EMS) arrival was associated with a 30-day survival rate after an out-of-hospital cardiac arrest, which was more than twice as high as that associated with no CPR before EMS arrival.

Do you know CPR? Even children can perform CPR if properly trained. Most hospitals provide CPR and First Aid training, along with two stalwart organizations,

[American Red Cross](#) and The [American Heart Association](#). Both organizations provide a Hands-Only CPR training. Locally many employers, including government agencies, provide CPR training for its employees. The Hillsborough County School District incorporates CPR and First Aid education to students, through the graduation-required Health Opportunities through Physical Education (HOPE) course.

Knowing CPR and the signs and symptoms of heart attack *can* make a difference. Some heart attacks are sudden and intense but many start slowly, with mild pain or discomfort, which sometimes causes people to wait too long before getting help. [Signs and symptoms of heart attack](#):

- **Chest discomfort**, usually in the center of the chest, lasting more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body** - pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs**: breaking out in a cold sweat, nausea or lightheadedness.

Women are somewhat more likely to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Learn about the [warning signs of heart attack in women](#).<sup>3</sup>

Don't wait. Opt for lifestyle changes that support a healthy heart and learn CPR with friends and family members. Your heart will thank you for it!

<sup>1</sup> World Heart Federation, [www.world-heart-federation.org/cardiovascular-health/heart-disease/](http://www.world-heart-federation.org/cardiovascular-health/heart-disease/), accessed 6 August 2015

<sup>2</sup> New England Journal of Medicine, Ingela Hasselqvist-Ax, R.N., Gabriel Riva, M.D., Johan Herlitz, M.D., Ph.D., Mårten Rosenqvist, M.D., Ph.D., Jacob Hollenberg, M.D., Ph.D., Per Nordberg, M.D., Ph.D., Mattias Ringh, M.D., Ph.D., Martin Jonsson, B.Sc., Christer Axelsson, R.N., Ph.D., Jonny Lindqvist, M.Sc., Thomas Karlsson, B.Sc., and Leif Svensson, M.D., Ph.D., Early Cardiopulmonary Resuscitation in Out-of-Hospital Cardiac Arrest, *N Engl J Med* 2015; 372:2307-2315 June 11, 2015 DOI: 10.1056/NEJMoa1405796

<sup>3</sup> [www.heart.org/HEARTORG](http://www.heart.org/HEARTORG), accessed 7 August 2015.

Cover Story: World Heart Day 2015

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Leslene E. Gordon, PhD, RD, LD/N  
Community Health Director

**On Things of the Heart**

We ascribe many attributes to the heart. We are told to follow your heart when it comes to our dreams and aspirations; people with heart are seen as people who care; a brave heart is a courageous heart; we describe an individual as our heart if they are deeply loved; if you have a big heart you are generous; don't lose heart, means don't give up. The heart is felt by some to be the place from which our most sincere words flow. When you give your heart to someone you give away something very important, love. Many would even say that a broken heart is not something of the imagination but real, physical and painful. To the scientist - a muscular organ that pumps oxygen and nutrient rich blood through the circulatory system; to poets - the essential place from which love and emotions flow. Whether poet, scientist or ordinary person, we all accept that the heart means something. Regrettably, that is not demonstrated by how we physically treat or care for our hearts. While there are some improvements, heart disease remains the major cause of death in the US and in Hillsborough County. Some recent statistics indicate that 22.6% of residents in our county die from heart disease. While some of the reasons for this are based on biology, some are not and are therefore preventable.

To attempt to discuss all the approaches for prevention in this short article would lead to oversimplification of the relevant determinants and strategies. It may make sense instead to highlight some general guidelines for preventing heart disease. These include:

1. Don't smoke or use tobacco.
2. Exercise for at least 30 minutes on most days of the week.
3. Eat a heart-healthy diet. One that is rich in fruits, vegetables and whole grains and low in fat.
4. Maintain a healthy weight.
5. Get enough sleep. For most adults this means 7-9 hours each night.
6. Have needed health screenings: blood pressure, cholesterol and diabetes.

According to Helen Keller, "The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart." Yes, I know, more poetic than scientific but let's protect this most important organ.

Have a question or comment? Email us:  
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**HEALTHY**

**Campfire Cooking Program**

HealthiestWeightFL.com

**Roasted Carrots**

Serves 4

- 12 medium carrots
- 3 tbsp. olive oil  
salt & pepper to taste
- 2 tsp. dried oregano

1. Lay out a long strip of aluminum foil. Turning up the sides where the carrots will not fall off.
2. Slice the carrots diagonally in 1/2-inch-thick slices.
3. Toss them in a bowl with the olive oil, salt and pepper.
4. Transfer to the aluminum foil and roast over the coals for 20 minutes until browned and tender.
5. Toss the carrots with oregano and serve as a snack or side dish.

Nutrition information per serving: 109 calories; 1 gram protein; 7 grams fat; 1 gram carbohydrate; 0 grams fiber.

**Nutrition**

30 minutes walking your pet = 211 calories/hr.  
(155 lb. person)

Find places to walk your pet at  
[www.FloridaStateParks.org](http://www.FloridaStateParks.org)



**HEALTHY**

**Campfire Cooking Program**

HealthiestWeightFL.com

**Campfire Pork Chops**

Serves 4

- 4 3 oz bone-in pork chops
- 2 large sweet potatoes, sliced cross-wise in 1/2-inch slices
- 2 Golden Delicious apples, cored & sliced
- 1/2 cup 100% apple juice, apple juice boxes  
salt & pepper to taste  
aluminum foil

1. Make a "pan" out of heavy duty foil that will be large enough to wrap around the ingredients and tightly seal.
2. Layer ingredients in this order: pork, apples and sweet potatoes.
3. Pour in entire contents of juice box and seal, making sure there are no openings.
4. Cook over indirect heat on very hot coals for 20-30 min, turning package every 8 minutes.
5. Carefully open and check meat and potatoes after 20 min. Add more apple juice if meat appears dry.

Nutrition information per serving: 373 calories; 24 grams protein; 13 grams fat; 33 grams carbohydrates; 5.5 grams fiber.

**Nuggets**

65 minutes kayaking = 352 calories/hr.  
(155 lb. person)

Find places to kayak at  
[www.FloridaStateParks.org](http://www.FloridaStateParks.org)





# Global Health

## PNEUMOCOCCAL DISEASE

As influenza season approaches, taking the opportunity to add the pneumonia vaccine when you received vaccination for influenza may save a hospital visit later. Pneumonia is an infection that inflames the air sacs in one or both lungs. The air sacs may fill with fluid causing cough with phlegm or pus, fever, chills, and difficulty breathing. A variety of organisms, including bacteria, viruses and fungi, can cause pneumonia.

Pneumonia can range from mild to life-threatening and is most serious for infants and young children, people older than age 65, and people with health problems or weakened immune systems.

The signs and symptoms of pneumonia vary from mild to severe, depending on factors such as the type of germ causing the infection, age, and overall health. Mild signs and symptoms often are similar to those of a cold or flu, but they last longer. Signs and symptoms of pneumonia may include:

- Fever, sweating and shaking chills
- Cough, which may produce phlegm
- Chest pain when you breathe or cough
- Shortness of breath
- Fatigue
- Nausea, vomiting or diarrhea

Newborns and infants may not show any sign of the infection, or they may vomit, have a fever and cough, appear restless or tired and without energy, or have difficulty breathing and eating.

People older than age 65 and people in poor health or with a weakened immune system may have a lower than normal body temperature. Older people who have pneumonia sometimes have sudden changes in mental awareness. For some older adults and people with heart failure or chronic lung problems, pneumonia can quickly become a life-threatening condition.

### PREVENTION

Vaccination can protect older adults and some children and younger adults. Pneumococcal polysaccharide vaccine (PPSV23) protects against 23 types of bacterial pneumonia; however, it will not prevent all pneumonia disease. This vaccine is recommended for:

- All adults 65 and older
- Anyone 2 years through 64 years of age with certain long-term health problems or with weakened immune systems
- Adults 19 years through 64 years of age who smoke cigarettes or have asthma.

Your health care provider can give more information about these recommendations. Most healthy adults will develop protection within 2-3 weeks of being vaccinated.<sup>1</sup>

Centers for Disease Control and Prevention now recommends an additional pneumonia vaccine, PCV13, for adults. This vaccine has been used in children beginning at 6 weeks to 2 months of age for some time, since many of the diseases found primarily in children can lead to pneumonia as a complication, like measles, chicken pox, and pertussis (whooping cough).

Ideally, if an adult receives a PCV13 vaccine first, it is followed by a dose of PPSV23 6 to 12 months later.

If a person has already received PPSV23, the PCV13 should be given at least 1 year after receipt of the most recent PPSV23 dose.

If a person received a dose of PCV13 at a younger age, like in infancy or early childhood, another dose is not recommended.<sup>2</sup>

***Because pneumonia is the most serious complication of influenza infection, vaccination for prevention is very important, especially for those at highest risk of disease.***

***Influenza with pneumonia ranks as a leading cause of death in the United States.***

When you visit your healthcare provider this fall for an influenza vaccine, be sure to check your status of pneumonia protection. Don't pass up the opportunity to receive this valuable protection at the same time. Pneumonia and Influenza vaccines can be administered at the same time.

<sup>1</sup> Mayo Clinic Staff, *Pneumonia*, [www.mayoclinic.org/diseases-conditions/pneumonia/basics/definition/CON-20020032](http://www.mayoclinic.org/diseases-conditions/pneumonia/basics/definition/CON-20020032), accessed 10 August 2015.

<sup>2</sup> Centers for Disease Control and Prevention, *Protect Your Health with These Healthy Living Practices*, [www.cdc.gov/Features/Pneumonia](http://www.cdc.gov/Features/Pneumonia), accessed 10 August 2015.

# Flu Vaccination: Who Should Do It, Who Should Not

*Everyone 6 months and older is recommended for annual flu vaccination with rare exception. Talk to your doctor or other health care professional if you have any questions regarding which flu vaccine options are best for you and your family.*

Vaccination to prevent flu is particularly important for people who are at high risk for serious complications from flu. For a complete list of people who are at higher risk for flu complications, see [People at High Risk of Developing Flu-Related Complications](#).



## The Flu Shot

### People who can get the flu shot:

Different flu shots are approved for people of different ages.\* There are flu shots that are approved for use in people as young as 6 months of age and up. Flu shots are approved for use in pregnant women and people with chronic health conditions.

### People who can't get the flu shot:

- Children younger than 6 months are too young to get a flu shot.
- People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients. See [Special Considerations Regarding Egg Allergy](#) for more information about egg allergies and flu vaccine.

\* Some flu shots have different age indications. For example people younger than 65 years of age should not get the [high-dose flu shot](#), and people who are younger than 18 years or older than 64 years should not get the [intradermal flu shot](#).

For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or call [800-CDC-INFO](tel:800-CDC-INFO).

## The Nasal Spray Flu Vaccine

### People who can get the nasal spray vaccine:

The nasal spray vaccine is approved for use in people 2 years through 49 years of age.

### People who can't get the nasal spray vaccine:

- Children younger than 2 years
- Adults 50 years and older
- People with a history of severe allergic reaction to any component of the vaccine or to a previous dose of any influenza vaccine
- [People who are allergic to eggs](#)
- Children or adolescents (2 years through 17 years of age) on long-term aspirin treatment.
- Pregnant women
- People with weakened immune systems (immunosuppression)
- Children 2 years through 4 years who have asthma or who have had a history of wheezing in the past 12 months.
- People who have taken [influenza antiviral drugs](#) within the previous 48 hours.
- People who care for severely immunocompromised persons who require a protective environment (or otherwise avoid contact with those persons for 7 days after getting the nasal spray vaccine).

National Center for Immunization and Respiratory Diseases  
Influenza Division



## MOSQUITO CONTROL IN HILLSBOROUGH COUNTY

With above normal rainfall in July and August, Mosquito Control expects to see the mosquito population boom. Their [Integrated Pest Management \(IPM\)](#) system uses a wide variety of control methods, including surveillance, source reduction, biological controls, larviciding, barrier sprays, public education, and when necessary, adulticiding.

Hillsborough County maintains over 40 mosquito traps placed strategically throughout the county. Traps are emptied at least twice weekly, and the collections are brought back to the laboratory to be counted and identified. Hillsborough County is home to 47 of the 76 species and sub-species of mosquito found in Florida, and each has different flight ranges, host preferences, larval habitat, and potential for carrying and transmitting disease.



Co-located with some of the mosquito traps are eight flocks of Sentinel Chickens. Twice weekly blood samples from the chickens are sent to state laboratories for testing. If a chicken tests positive for a mosquito borne virus, usually West Nile Encephalitis, Eastern Equine Encephalitis, or Saint Louis Encephalitis, the blood is re-tested for confirmation, and the results reported immediately. This provides early warning that disease-carrying mosquitoes are present, and triggers an immediate ramping up of mosquito control activities in that neighborhood and the surrounding area.

Several species of aggressive mosquito are known as “container breeders.” They lay their eggs in standing water left in pots, pet water bowls, trash can lids, and bird baths – anything holding water in residential areas. They have a flight range of only a few blocks, and usually end up feeding on their hosts – literally! Homeowners can conduct their own source reduction activities and reduce the mosquito population significantly.

The Florida Department of Health recommends:

- \* Drain water from garbage cans, house gutters, buckets, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.
- \* Discard old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.
- \* Empty and clean birdbaths and pet's water bowls at least once or twice a week.
- \* Protect boats and vehicles from rain with tarps that don't accumulate water.
- \* Maintain swimming pools in good condition and appropriately chlorinated. Empty plastic swimming pools when not in use.
- \* Avoid outdoors from dusk to dawn, when mosquitoes are most active.
- \* COVER skin with clothing or repellent.
- \* Wear shoes, socks, and long pants and long-sleeves. This type of protection may be necessary for people who must work in areas where mosquitoes are present.
- \* Apply mosquito repellent to bare skin and clothing.
- \* Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective.
- \* Use mosquito netting to protect children younger than 2 months old.
- \* According to the Centers for Disease Control and Prevention, mosquito repellents containing oil of lemon eucalyptus should not be used on children under the age of three years. DEET is not recommended on children younger than two months old. Avoid applying repellents to the hands of children. Adults should apply repellent first to their own hands and then transfer it to the child's skin and clothing.
- \* If additional protection is necessary, apply a permethrin repellent directly to clothing only.
- \* Always follow the manufacturer's directions.
- \* Remove or empty plants that tend to hold water, like bromeliads, and can breed mosquitos.

For more information on mosquito control, contact Mosquito and Aquatic Weed Control in Hillsborough County by calling 813-635-5400, or visit their website at:

[hillsboroughcounty.org/mosquitocontrol](http://hillsboroughcounty.org/mosquitocontrol).



# HEALTHY AGING



Bette Davis, Hollywood cinema icon, said “Getting old is not for sissies!” Today, we have a better chance for longer, healthier lives.

We can change our jeans, but not our genes!

There is no getting around our heredity and family history, but knowing our risk factors for developing some conditions can be a guide to changing our lifestyles, including working with health care providers to regularly screen for potential problems and treating them early.

There are literally hundreds of tips for “growing old gracefully”. The suggestions below seem to be the most often suggested by a wide variety of researchers, health care providers, psychologists, and more. Find what works for you and check with your doctor for a personalized guide to building these into your lifestyle.

- ♦ **Quit smoking.** Smoking is the leading cause of preventable death in the United States.
- ♦ **Lose weight.** If you are overweight, losing even as little as a few pounds can help reduce the risk of diabetes, heart disease and other conditions.
- ♦ **Eat like Japanese.** World Health Organization statistics indicate the people of Japan live the longest worldwide. The typical Japanese diet includes a lot of fresh vegetables and fish, with small portion sizes.
- ♦ **Move more.** Clear evidence over decades shows that people who regularly exercise live longer on average than those who don't. Their risk for heart disease, diabetes, some cancers, and depression is lower. Even short spurts of moderate activity on most days is beneficial and can increase flexibility and strength, which improves balance and helps prevent falls. Strive for 30 minutes on most days.
- ♦ **Exercise your brain.** Problem-solving, planning, word games, recall exercises, and deliberately breaking routine, like taking different routes to destinations or trying new foods, may stave off cognitive impairment.
- ♦ **Use safety equipment.** Accidents are one of the most common causes of death in the U.S. Use seatbelts and bike helmets, remove tripping hazards around the home, and add grab-bars in bathrooms.



- ♦ **Manage stress.** We'll never be able to avoid all stress but we can learn good ways to control how we react to it. Physical activity at any level can help reduce negative reaction to stress. Try deep breathing exercises, develop a hobby, and maintain a sense of purpose.

- ♦ **Get good quality sleep.** It can lower risk for obesity, diabetes, heart disease and mood disorders. It also helps in illness recovery. Take an afternoon break if fatigue is a problem, but be careful about long day time naps. Create a pleasant, restful sleep environment and avoid television and computer screen time before bed.
- ♦ **Support your soles.** Fat pads on the bottom of feet compress with age, causing fatigue and pain. Try supportive shoes, shoe inserts, comfort socks with extra padding and wicking. See your doctor for more help.
- ♦ **Make friends.** Many research studies show a clear link between social ties and longer lives. An emotional support structure lets you keep in touch. Having a social life keeps you active in heart, mind, and body. Whether it's a weekly dinner out, faith-based services, volunteering regularly, or regular communication via meetings, phone or email, that positive boost from friendships, family and caring goes a long way!

# Breast Cancer: Know the Risks

Many things can increase the chance that you'll get breast cancer. They're called **risk factors**. Some things you can change. Others you can't.

## Menstruation



Starting your period before age 12.



Starting menopause (the "change of life") after age 55.

## Motherhood



Having children after age 35 or never having children.



Not breastfeeding your babies.

## Hormones



If you're taking hormone replacement therapy (HRT), ask your doctor if you need it.

Some types of HRT increase your risk for breast cancer and can cause "dense breasts" (more breast tissue than fat tissue). Dense breasts increase your risk for breast cancer and make it harder for a mammogram to find cancer.

## Lifestyle



Get at least 4 hours of exercise each week.



Keep a healthy weight, especially after menopause.



Limit alcoholic drinks to one per day.

## Family History and Genetics



Relatives with breast cancer or ovarian cancer at a young age.



Changes in the BRCA1 or BRCA2 genes related to breast cancer.

## Other Risk Factors



Getting older.



Radiation treatment to the chest area.



Breast cancer or certain other breast problems in the past.

Having one or more of these risks doesn't mean you'll get breast cancer. Also, some women have breast cancer even when they don't have any of these risks.



So, talk to your doctor about what you can do to lower your risk, and the right screening for you.

No insurance? You may be able to get free or low-cost screening through CDC's National Breast and Cervical Cancer Early Detection Program. Call (800) CDC-INFO or scan this QR code.



More information about breast cancer: [www.cdc.gov/cancer/breast/](http://www.cdc.gov/cancer/breast/)

National Center for Chronic Disease Prevention and Health Promotion  
Division of Cancer Prevention and Control



## "For peace of mind" "Para su tranquilidad"

Florida Breast & Cervical Cancer  
Early Detection Program

### INCREASE YOUR KNOWLEDGE ABOUT:

- Breast cancer
- Cervical cancer
- Human papillomavirus (HPV)

Our 45 minute presentation is **provided in English and Spanish** for community members, faith-based groups and organizations.



Receive information about and assistance in locating breast and cervical cancer screening services in Hardee, Highlands, Hillsborough, and Polk counties. Mammograms and Pap test applications are provided to those eligible for free services.

Call (813) 307-8071 for more information or visit us at: [Hillsborough.flhealth.gov](http://Hillsborough.flhealth.gov)



# MANAGE YOUR DIABETES

Wednesdays Sep. 2 - Oct. 14 at 1 p.m.

101 W. Lutz Lake Fern Road, Lutz, FL 33548 | 813-273-3652 | hcplc.org

You can manage diabetes! This 6-weeks program is led by licensed health care professionals and health educators. Each class provides valuable tools and information designed to help you take control of your diabetes.



**Participants must be over the age of 18 years and have a diagnosis of diabetes.**

Registration is required.  
No class meeting Wednesday, Sept. 16th.  
Call (813-307-8071).



**Classes are offered at no charge to participants.  
Other locations are available. Call 813-307-8071**

**Presented in partnership with the Florida Department of Health - Hillsborough County.**

The views expressed in this program are those of the presenter(s) and do not necessarily reflect the official policy, position, or opinions of Hillsborough County, Tampa-Hillsborough County Public Libraries, or the Friends of the Library of Tampa-Hillsborough County, Inc who do not endorse the presenter(s).

## Diabetic Eye Disease

### What is it?

It refers to eye problems people with diabetes may have. These include

**Cataract**  
Clouding of the lens of the eye.



**Diabetic retinopathy**  
Damage to blood vessels in the retina most common.



**Glaucoma**  
Damage to the optic nerve.



There are often NO early warning signs.

### What are the numbers?

7.7 million people ages 40 and older have diabetic retinopathy. Will reach 11 million people by 2030.



**95%** of severe vision loss from diabetic retinopathy can be prevented by early detection, timely treatment, and appropriate follow-up.

### Who is at risk?

→ All people with diabetes.



The longer you have diabetes, the higher your risk of getting diabetic eye disease.

### How is it detected?

Through a comprehensive dilated eye exam.



## What can you do?

Get a comprehensive dilated eye exam at least once a year.

### Keep your health on TRACK:

- Take your medications.**
- Reach and maintain a healthy weight.**
- Add physical activity to your daily routine.**
- Control your blood sugar, blood pressure, and cholesterol.**
- Kick the smoking habit.**

### Where can you learn more?

Visit [www.nei.nih.gov/diabetes](http://www.nei.nih.gov/diabetes)

Source: National Eye Institute, 2013



FICS

Florida Institute for Community Studies, Inc.  
El Instituto de Estudios Comunitarios de la Florida

The Office of Health Equity in the Florida Department of Health-Hillsborough County, in partnership with the University of South Florida College of Public Health, recently completed a Community Engagement Initiative with five local community-based organizations. These agencies received funding, and engaged a faculty member with relevant subject matter expertise, graduate public health students, staff from these agencies, and members of the community to support new / sustaining existing programming. Agencies were selected through a competitive application process, where they were asked to describe the agency, public health issues and proposed solutions. A committee made up of representatives from DOH-Hillsborough and the USF College of Public Health identified finalists and selected final sites. Projects began in November 2014 and concluded in May 2015.

Two projects addressed hunger and related equity issues. The Tampa Bay Network to End Hunger addressed the “obesity-hunger paradox”, that individuals who are hungry and food insecure may also be overweight. The Network developed *Taste It*, a program which provided direct nutrition education to clients at local food pantries, incorporating food items that would be distributed that week into recipes and food demonstrations. It also provided information on the USDA “My Plate”. With additional funding from a local foundation, *Taste It* presentations were delivered at congregate meal sites for seniors and families. The Network also developed a Healthy Food Drive Toolkit with education and information about the importance of nutritionally sound shelf-staple food for pantries, and was able to increase the percentage of healthy food collected for Healthy Food Drives during this period.



Feeding America Tampa Bay’s project addressed the academic gap that results from elementary students who have difficulty concentrating, staying awake and positively interacting with peers and teachers due to hunger. Feeding America identified a Title I school, Foster Elementary, where families experienced food insecurity between monthly SNAP benefit periods, as the site for a mobile, school-based pantry. Feeding America was also supported by Target® Meals for Minds programs and distributed a bag of fresh produce and other food to each student every month. Interviews and surveys of students, parents and teachers showed an improvement in the students’ focus and performance as a result of the additional pantry items.



Champions for Children focused on enhancing the capacity of their Boot Camp for New Dads program, preparing men for fatherhood by teaching infant safety skills, how to support their partners before and after birth and how to bond with their infants to increase their confidence in care taking. Champions increased their class capacity by adding more locations for recurring classes, and added locations in East Tampa to reach more men in communities of color. Quantitative and qualitative program evaluation measures showed overwhelming participant satisfaction in the program, with many finding the program to be extremely helpful and valuable, and all participants reporting that the program either met or exceeded their expectations. Funding is in place to sustain this program, and results will be shared in two presentations at the 143rd American Public Health Association Annual Meeting and Exposition this November in Chicago, IL.

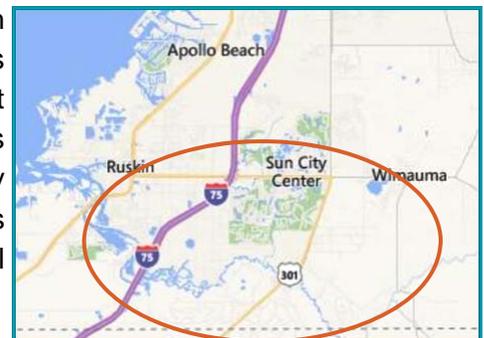


LUNA (Latinos Unidos por un Nuevo Amanecer) increased the capacity of their volunteer-run organization, which helps Hispanics diagnosed with cancer navigate the healthcare system and cope with their diagnosis.



Specifically, LUNA trained veteran members (three-year cancer survivors over the age of 18) to be lay community health workers to support the Health Navigator. In addition, LUNA provided monthly support groups using a trained bi-lingual social worker, health educator or mental health counselor to facilitate sessions on topics related to diagnosis and treatment, coping, and other associated personal and health concerns. LUNA also developed a comprehensive strategic plan, including developing a mission, vision and Advisory Board and revising their bylaws.

The Florida Institute for Cultural Studies (FICS) conducted surveys with migrant farm and nursery workers in South County to inform programs and policy recommendations. These surveys and key informant interviews with stakeholders from community-based organizations confirmed that access to health services was limited, occupational safety and environmental exposures for workers and their family members was a key health issue, and many of these problems were community social justice issues locally, statewide and nationally.



These five projects, although diverse in nature, all addressed needs in Hillsborough County that were created by a difference in circumstances, including a misallocation of resources, policies that lacked enforcement and systems that need additional capacity to better support their clients. Through this project, agencies were able to increase capacity, enhance the quality of services provided, and identify community needs for future services.

*Special thanks to Dr. Marti Coulter and Chuks Ejiofor, MPH at the USF College of Public Health for their commitment to the project and support extended to the project sites.*

# Colon Cancer:

## About & Symptoms



## GET YOUR REAR IN GEAR

Get Your Rear in Gear events are the signature fundraisers of the Colon Cancer Coalition. Held in nearly 50 cities annually, funds raised stay in the local community for education, screening and support programs.

Find an event near you at [coloncancercoalition.org/events](http://coloncancercoalition.org/events).



SEE PAGE 19 OF THIS PUBLICATION FOR THE TAMPA EVENT!

## What is Colon Cancer?

Colon cancer is one of the most common forms of cancer. Understanding the disease is important for those who have been diagnosed with it, as well as those trying to prevent it.



**2nd** leading cause of cancer deaths in the United States.

Most colon cancer cases occur in adults over 50, but more-and-more cases are occurring in younger adults, and the cancer is often discovered in more advanced stages.

### Colon Cancer vs. Colorectal Cancer

Colon cancer starts in the colon, or large intestine. The colon is responsible for removing fluid and nutrients from the food you eat, then pushing the remaining waste into the rectum where it can be expelled from the body.

Colorectal cancer includes cancers of the colon, but also cancers that form in the rectum, the last part of the digestive tract where stool is expelled through the anus.

For our purposes, colon cancer and colorectal cancer are interchangeable.

**1** in **20** Americans will be diagnosed with colorectal cancer during their lifetime.



## Your Questions Answered

### How does colon cancer start?

Most start as benign polyps, or growths, on the lining of the colon. Polyps often produce no symptoms and many become cancerous over time.

The best way to detect polyps is through a colonoscopy. When a physician finds a polyp during a colonoscopy, it is removed and sent to a lab for testing.

Some hereditary conditions exist where cancer develops without polyps. Be sure to learn your family's health and cancer history.

.....  
• **7** in **10** Americans over 50 who have not been screened **HAVE INSURANCE**.  
.....

### Who gets colon cancer?

Colon cancer effects men and women equally, all age groups and nationalities but there are some risk factors for the disease, including:

- Aging: the risk for polyps increase as we age, especially over the age of 50
- A family history of polyps or of colon cancer
- Obesity
- Smoking
- A high fat diet
- Alcohol consumption

.....  
• Currently **1** in **10** patients are diagnosed with colon cancer before the recommended screening age of 50.  
.....

### When should screening start?

Those with average risk and no family history should begin screening at the age of 50. A family history of polyps or colon cancer means screening should start ten years before a loved one was diagnosed or a polyp was found.

African Americans, Native Americans and other ethnic groups may be at increased risk and should begin colon cancer screening 5 to 10 years earlier.

Every patient is different. Please talk with your doctors about your health history to determine when colon cancer screening should begin for you.

**9** out of **10** patients will survive 5+ years when colon cancer is caught in early (localized) stages. But only **1** in **10** will reach the 5 year mark when the disease is diagnosed in late stages.

### What are the symptoms?

Many common digestive ailments have similar symptoms, and symptoms don't always mean a serious condition exists. Long term discomfort, recurring or multiple symptoms, however, should be checked out by a doctor.

- Change in bowel habits, including diarrhea for more than 3 days or constipation more than 2 weeks
- Change in the color or shape of the stool
- Rectal bleeding
- Blood in the stool or in the toilet after having a bowel movement
- Stomach discomfort or cramping, including a continual feeling of discomfort or urge to have a bowel movement
- Unexplained fatigue, weakness or weight loss

Currently **6** out of **10** patients nationwide are diagnosed with late stage disease. Many because they put off being screened.

**Colon cancer affects men and women equally.**



## Your Questions Answered

### Can colon cancer be prevented?

Talk to your primary care provider about ways to improve your diet and lifestyle to prevent colon cancer and about scheduling preventive screenings when necessary. Pre-cancerous polyps can be removed before they become cancer, preventing the disease.

Other preventive measures:

- Know your family's cancer history
- Eat a diet high in fiber
- Exercise
- Be aware of your body and any symptoms
- Stay up-to-date on your colon cancer screening

### But I don't have symptoms. I don't need to be screened.

Most colon cancer patients report having no symptoms prior to their diagnosis. Don't wait for symptoms to occur to get screened for colon cancer if you are over the age of 50 or if you have a family history of the disease. There are several non-invasive, inexpensive at home tests that can be done.



For more information and education on colon cancer, visit:  
[coloncancercoalition.org](http://coloncancercoalition.org)

Help us increase awareness by liking, sharing, and following us.



## Everyone Deserves a Healthy Smile - Dental Health Programs

The Florida Department of Health in Hillsborough County in partnership with Tampa Family Health Centers, Inc. and Suncoast Community Health Centers, Inc. offers two dental programs to serve our community - **School-Based Dental Sealant Program** and **Community Dental Health Program**. There is no cost for uninsured local residents that fit the eligibility requirements.



The **School-Based Dental Sealant Program** will reach **2<sup>nd</sup> graders** from all 90 Title I elementary schools in Hillsborough County. Parents and guardians should look for the permission form for dental services in your child's backpack. The form should be completely filled out and returned to your child's school. A mobile dental coach will arrive at the participating school and provide a dental screening, sealants and a fluoride treatment to all 2<sup>nd</sup> graders that return a signed permission form.



The **Community Dental Health Program** is for pregnant mothers up to 6 months after they give birth and children 6 months old through the age of 20. Because dental disease can cause premature labor and low birth weight, the goal is to help pregnant women have healthy birth outcomes.

Bacteria from the mouth can also be transmitted through breast milk. Mouth to mouth germs should be a concern for everyone because infection and decay from the mouth can spread to another person regardless of age!

Every client is given a dental gift bag and a referral slip with instructions for their next dental office visit. We stress the importance of taking care of the mouth and encourage every patient to have a dental home, whether they need it now or in the future, to prevent dental decay and disease.

***For more information on our dental programs, please call 813-373-8665.***

## Prevalence Of Alzheimer's

An estimated 5.3 million Americans of all ages have Alzheimer's disease in 2015.

- Of the 5.3 million Americans with Alzheimer's, an estimated 5.1 million people are age 65 and older.
- Of the 5.1 million people age 65 and older with Alzheimer's in the United States, 3.2 million are women and 1.9 million are men.
- Although there are more non-Hispanic whites living with Alzheimer's and other dementias than people of any other racial or ethnic group in the United States, older African-Americans and Hispanics are more likely than older whites to have Alzheimer's disease and other dementias.

The number of Americans with Alzheimer's disease and other dementias will grow each year as the size and proportion of the U.S. population age 65 and older continue to increase. Unless there is the development of medical breakthroughs to prevent or cure the disease, by 2025, the number of people age 65 and older with Alzheimer's disease is estimated to reach 7.1 million — a 40% increase from the 5.1 million age 65 and older affected in 2015.

## Impact on caregivers

In 2014, friends and family of people with Alzheimer's and other dementias provided an estimated 17.9 billion hours of unpaid care, a contribution to the nation valued at \$217.7 billion.

- Approximately two-thirds of caregivers are women and 34% are age 65 or older.
- Forty-one percent of caregivers have a household income of \$50,000 or less.
- Over half of primary caregivers of people with dementia take care of parents.
- It is estimated that 250,000 children and young adults between ages 8 and 18 provide help to someone with Alzheimer's disease or another dementia.

Alzheimer's takes a devastating toll on caregivers. Nearly 60% of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high; about 40% suffer from depression. Due to the physical and emotional toll of caregiving, Alzheimer's and dementia caregivers had \$9.7 billion in additional health care costs of their own in 2014.

# Caregiving & Alzheimer's

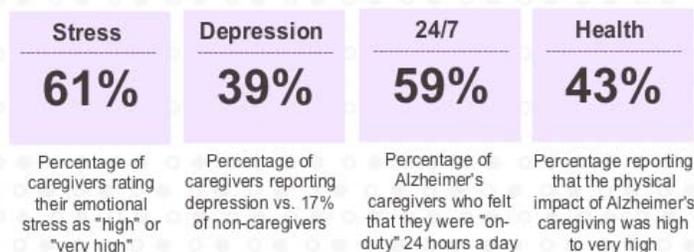
## Time Investment

In 2012, Americans provided 17.5 billion hours of unpaid care to people with Alzheimer's disease and other dementias.

This number represents an average of 21.9 hours of care per caregiver per week, or 1,139 hours of care per caregiver per year.



## How Alzheimer's Caregiving Impacts Non-Professional Caregivers



## Caregiving Options



## Benefits of Having Professional Caregiving Help



Source: Alzheimer's Association. 2013 Alzheimer's Disease Facts and Figures. Alzheimer's and Dementia: The Journal of the Alzheimer's Association; Volume 9, Issue 2  
 ActivCareLiving.com - Alzheimer's & Dementia Care

**Caring for someone with Alzheimer's? [Get Resources](#)**

Source: All information was excerpted from [alz.org/facts/overview.asp](http://alz.org/facts/overview.asp)

# USF-COPH: Together we will change lives

The mission of University of South Florida, College of Public Health is simple: educate, uplift, change behavior, save lives, and hopefully reduce the number of preventable injuries, especially to children and young adults.

It is our hope that parents, young adults, and caregivers in the community will view this video as a reminder that injuries are preventable.



<https://www.youtube.com/watch?v=h2wxNY1n0GU&list=PL61EAC2BB13A965E0&index=1>



Established in 1984 as the first college of public health in the State of Florida, the USF College of Public Health is a recognized leader in community health, online education, maternal and child health, social marketing, and global infectious disease research.

Injuries are the leading cause of death among children and young adults. At the USF College of Public Health, our practice is our passion and we are passionate about injury prevention.



Video was produced by Dr. Karen Liller, USF-COPH professor and directed by Zack Murray COPH videographer. Published on June 30, 2015.



## HURRICANE SEASON is not over!

With 3 months to go in this year's season, often the most active time, stay prepared with plans for storms, flooding, winds, and evacuation.

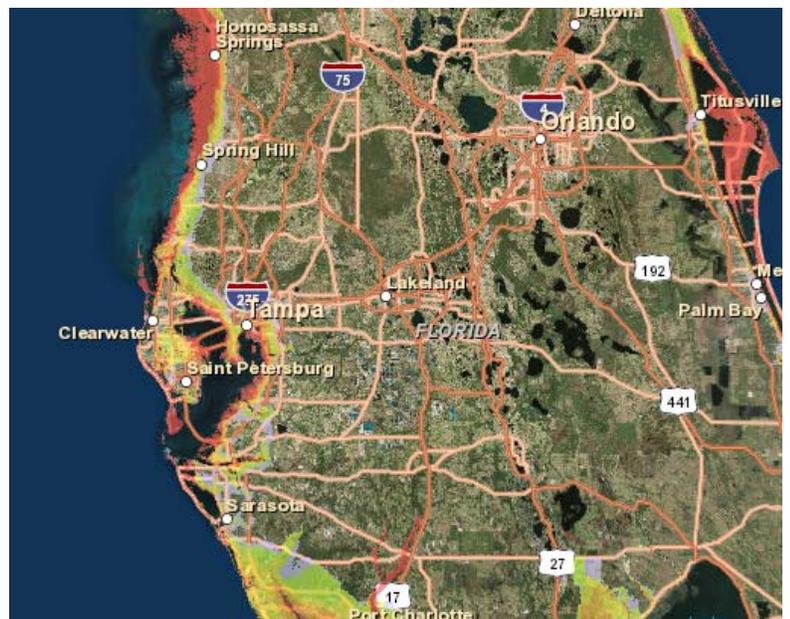
**Do you know your evacuation zone?**  
**Do you know your evacuation route from home or work?**

**Know your zone!**

[floridadisaster.org/PublicMapping/index.htm](http://floridadisaster.org/PublicMapping/index.htm)

**Know your evacuation route!**

[floridadisaster.org/PublicMapping/Evac/EVAC\\_HILLSBOROUGH.pdf](http://floridadisaster.org/PublicMapping/Evac/EVAC_HILLSBOROUGH.pdf)



# Free Flu Shots for Adults

## AROUND THE CENTER



Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often experience fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. Some people may have vomiting and diarrhea, though this is more common in children than adults. Some people, such as senior citizens, young children, and people with certain health conditions, are at high risk for serious flu complications.

The best way to prevent the flu is by getting vaccinated each year with a flu shot.

**Dates: September 1 & 29, 2015**

**Time: 1:00pm to 5:30pm**

**Children's Board  
Family Resource Centers  
in Town 'N Country**

*Managed by The Children's Home, Inc.*  
**7520 W. Waters Ave., #8  
Tampa, FL 33615  
813-356-1703**

**ljordan@childrenshome.org**

Hours: Monday - Thursday: 9:00am to 6:00pm  
Friday & Saturday: 9:00am to 1:00pm



*Walgreens immunization-trained pharmacists will administer the flu vaccine.*



**Children's Board**  
HILLSBOROUGH COUNTY  
[www.ChildrensBoard.org](http://www.ChildrensBoard.org)

**FAMILY  
RESOURCE CENTERS**

*Children's Board Family Resource Centers are administered by the Healthy Start Coalition of Hillsborough County. Managing partners include: Champions for Children, The Children's Home, Inc., Family Community Advisory Councils, REACHUP, Inc. and St. Joseph's Children's Hospital Children's Advocacy Center.*

**All programs and services are at no charge to families and individuals.**  
**[www.familysupporthc.org](http://www.familysupporthc.org)**



# THE DIABETES FACTS



**1** in **3** are at risk for developing Type 2 diabetes

**Don't like these numbers? WE DON'T EITHER!**

86 million people in the U.S. have pre-diabetes, but only 11% of these are aware of this diagnosis. Without lifestyle changes, 15% to 30% of these people will develop type 2 diabetes within 5 years.

Lower your risk for diabetes by 58% to 71%. Our Lifestyle Coach puts you on the road to prevention with weekly classes, group support, education & **NO FEES.**

**Classes beginning in September & October**  
Registration required. Call to register: 813-307-8071.

***Make the decision today. Stop diabetes tomorrow!***

[Check out these personal testimonies.](#)

**WANT A HEALTHIER COMMUNITY?**

**HAVE IDEAS ABOUT ACHIEVING OUR HEALTHIEST WEIGHT?**

**For questions and to let us know you are coming, please call 813-307-8071!**

**RSVP**

The Florida Department of Health in Hillsborough County wants to hear from you!  
**1/2 day information-gathering meeting**

**Date:** September 11, 2015  
**Time:** 8:30 am—12:30 pm  
**Location:** The Children's Board  
1002 E. Palm Avenue  
Tampa, Florida 33605

**LOCAL COMMUNITY MARKETS:** .....

[www.tampabaymarkets.com](http://www.tampabaymarkets.com)

**PARKS AND RECREATION:**

Hillsborough County Parks, Recreation, and Conservation: .....

[www.hillsboroughcounty.org/](http://www.hillsboroughcounty.org/)

Plant City Parks and Recreation: .....

<http://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/)

**ST. JOSEPH'S CHILDREN'S MOBILE CLINIC:** FREE exams & immunizations. Appointments required.

[Contact Family Support and Resource centers for appointments.](#)

**RESOURCES:** (Alzheimer's, Cancer, Parkinson's, etc.) [www.caregiver.com/regionalresources/states/FL/support/hillsborough.htm](http://www.caregiver.com/regionalresources/states/FL/support/hillsborough.htm)

**September 2015**

9/7 Health Department CLOSED for Labor Day.

**9/12 *Celebra Tu Herencia: Celebrate Your Heritage at Centennial park, Ybor City, 11 am - 5 pm. Free event and open to the public. Music, dancing, cooking competition, arts & crafts. Be sure to stop by the Florida Department of Health booth!***

9/18 Community Health and Wellness Fair. Contact [Swilson@self-reliance.org](mailto:Swilson@self-reliance.org) for more event information.

**9/26 *Get Your Rear in Gear, 5K run for colon cancer awareness. Kids fun run, 5K walk and 5K run. Al Lopez Park, 4810 N. Himes, Tampa. Website for more information: [events.getyourrearingear.com/](http://events.getyourrearingear.com/) Be sure to stop by the Florida Department of Health - Hillsborough County booth!***

**October 2015**

10/3 Family Abilities Information Rally, All Peoples Life Center, 6105 E. Sligh Avenue, Tampa 33617. 10 am - 3 pm. Activities, games, exhibitors. Visit [www.yesunited.org](http://www.yesunited.org) for more information.

10/19 Hispanic Heritage Festival, Centennial Park, 1800 E. 8th Avenue, Tampa, 33605 Free family event. 11 am - 6 pm.

**NEED HEALTH INSURANCE FOR CHILDREN? Florida KidCare** is the state health insurance program for uninsured children under age 19. To apply, call 1-888-540-5437, apply online, or print an application and instructions. For more information, visit: [www.floridakidcare.org](http://www.floridakidcare.org).

**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 Advisors ..... X7103

Diabetes ..... X7104

Family Reunion Program ..... X7102

Florida KidCare..... X3502

Weight Management ..... X7103

Health Literacy ..... X7106

Insulin Program ..... X3502

Lead Poisoning Prevention..... X7108

School Health ..... X8502

Sterilizations ..... X3502

Office of Health Equity ..... **307-8066**

\* All numbers are area code (813).

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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..... 307-8015**

**X3100**

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

[Hillsborough.flhealth.gov](http://Hillsborough.flhealth.gov)

