



World Heart Day is an annual event in September to remind us that heart disease and stroke are the world's leading causes of death. There are changes we can make to fuel our heart and power our lives! The focus is on creating heart-healthy environments, and ensuring people are able to make heart-healthy choices wherever they live, work and play.

Our hearts are truly the “heart” of our health and well-being. Just a few changes, such as eating healthier, reducing alcohol intake, and giving up tobacco use can improve heart health and overall well-being.

## Heart Health in Florida

In 2013, 23.4 percent of Florida adults age 65 and older reported being told by a healthcare provider that they had a heart attack, coronary heart disease or stroke. Heart disease was the leading cause of death in Florida in 2014 and is the number one killer of women, taking more lives than all forms of cancer combined.

About half of all heart attacks in women are due to smoking. In addition to smoking, being at an unhealthy weight increases the risk of heart disease, even if there are no other risk factors. Having diabetes can also increase the risk for heart disease.

We *can* lower our risks through lifestyle changes. Your health department has several free educational opportunities in support group settings throughout the community. These classes can help individuals improve nutrition, increase physical activity levels, lose weight and reduce their risk for heart disease and diabetes. Call for information and to register: (813) 307-8015, ext 7111.

In addition to lifestyle changes, medication may be needed to improve a health situation. An important aspect of lifestyle changes and medications is working with your healthcare provider to make sure the changes and medications are right for you.

- Make an appointment for an annual health checkup and keep it. Follow your doctor's recommendations!
- Tone up with regular exercise. It can help prevent or manage high blood pressure, lower unhealthy cholesterol and raise healthy cholesterol, assist with weight manage, strengthen heart and lungs, promote better sleep and elevate mood.
- Know your numbers. Ask your health care provider about your blood pressure, cholesterol and your hemoglobin A1C levels.
- Shake the salt habit by limiting processed foods that are high in sodium (salt).
- Kick butts. Don't smoke!

## Find a Hands Only CPR Training Class

Heart disease strikes someone in the U.S. about one in every 43 seconds. If a cardiac emergency occurs, CPR saves lives. The Florida Department of Health is partnering with community organizations in every county across the state to host Hands-Only™ CPR trainings.

A national survey cited by the American Heart Association demonstrates that Americans without recent CPR training are more likely to perform Hands-Only™ CPR than conventional CPR. Hands-Only™ CPR is CPR without mouth-to-mouth breaths and is recommended for use by people who see a teen or adult suddenly collapse in an “out-of-hospital” setting (such as at home, at work or in a park). It consists of two easy steps and even children can learn to do it:

1. Call 9-1-1 (or send someone to do that) and
2. Push hard and fast in the center of the chest.

Hands-Only™ CPR performed by a bystander has been shown to be as effective as conventional CPR with mouth-to-mouth breaths in the first few minutes of sudden cardiac arrest. For an opportunity to learn Hands-Only™ CPR, see page 9 of this publication for more information.

## A Small Confession from Someone Who Should Know Better

During the recent summer Olympics my family was glued to the TV, watching some of the world's best athletes do the almost impossible. It's obvious that they are in good physical shape because of their hours of physical activity, and not one of those participating in aerobic activity could be considered overweight. So it's clear that physical activity has benefits for elite athletes, but does it have benefits for the average person, like me who can only manage a few minutes each day? The answer to that question is a resounding yes! Guidelines for Americans suggest that just 150 minutes of moderate to intense aerobic activity each week with some strengthening activities (lifting weights, sit-ups, etc.) can have significant health benefits. These include lowering the risk of high blood pressure, heart disease, diabetes, strengthening bones and muscles, weight reduction and maintenance, and enhancing mood.

Even walking, the safest, simplest and least expensive activity, has benefit. Our concern in public health is accessibility - some do not have safe places in their neighborhoods to walk. Regrettably, Tampa is not considered one of our most walkable cities. A very recent report [Foot Traffic Ahead, Ranking Walkable Urbanism in America's Largest Metros, 2016](#),<sup>1</sup> ranked Tampa's walkable urbanism at 27, one of the lowest rankings out of the 30 metropolitan areas rated. It's an ongoing area of advocacy for public health practitioners, but until those neighborhood problems get resolved there, are options. Parks, trails or even walking in malls or the parking lot at work are alternatives if walking in one's neighborhood is not safe. For those concerned with public health, the focus is a reduction in chronic diseases and the associated costs. But there are clearly benefits to a brisk walk beyond the physical health benefits, especially if shared with a companion or while listening to some good music.

I know well the benefits of regular physical activity, but like most, I struggle with making it a routine part of my very busy day. So I am inspired by our Olympic athletes to be active. The challenge is to make it a habit, a regular part of each day. I just need to do it, and do it every day until it becomes a routine, and not just when I watch the summer Olympics every 4 years. Wish me luck.

1 Christopher B. Leinberger, and Patrick Lynch, George Washington School of Business  
<http://www.smartgrowthamerica.org/documents/foot-traffic-ahead.pdf>

Have a question or comment? Email us: [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov)

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### THE INSIDE STORY:

- 3 Nutrition Nuggets
- 4 STOP MOSQUITOS!
- 6 Mosquito Bite Prevention & ZIKA
- 8 Health Literacy
- 9 CPR Training
- 10 Halloween Candy - Good and Bad
- 11 Safety for Kids during Halloween Fun
- 12 Breast Cancer Awareness
- 16 Flu Shots
- 17 In The Community
- 18 Diabetes - Prevention and Management
- 20 Childhood Obesity Awareness
- 22 Hurricane Season
- 23 Community Links and Happenings
- 23 Contact us

4



8



10



12



18



20



# Nutrition Nuggets

Most people know that eating fruits and vegetables is important for good health, but most of us still aren't getting enough. This September, we are proud to participate in Fruits & Veggies – More Matters Month.



## ***Eating a healthy diet with plenty of vegetables and fruits can help you:***

- Lower your risk for heart disease and some types of cancer
- Reach and maintain a healthy weight
- Keep your body strong and active

## ***Some ideas to help you and your family eat more fruits and vegetables:***

- Keep a bowl of fruit handy where the whole family can see it.
- Cut up fruits and veggies ahead of time so they are ready for quick, healthy snacks.
- Challenge your family to try a new veggie or fruit every week.

***Remember, eating more fruits and veggies can be fun – and it's worth it!***

### **Ingredients**

- 1/3 cup rolled oats
- 1 cup milk of choice
- 1/3 cup pumpkin puree
- 1 tablespoon pumpkin pie spice
- 1/2 teaspoon vanilla extract
- Pinch sea salt
- 1 tablespoon chopped pecans (optional)
- 1 tablespoon pure maple syrup (optional)
- Pinch cinnamon (optional)

### **Directions**

1. In a pot over medium heat, cook oats and milk until boiling.
2. Turn heat to medium-low and add pumpkin. Stir for 5 to 7 minutes.
3. Add spices and vanilla, and stir frequently for another 5 to 7 minutes.
4. Pour into a bowl and add toppings as desired.

\*Note: this recipe serves 1 person

<http://greatist.com/eat/recipes/pumpkin-pie-oatmeal>

Photo courtesy: <http://www.aroundmyfamilytable.com/pumpkin-pie-oatmeal/>

## Pumpkin Pie Oatmeal



### ***Nutrition Facts: per serving***

- Calories 304
- Protein 12 g
- Carbs 41 g
- Fiber 6 g
- Sugars 16 g
- Sodium 404 mg
- Fat 11 g
- Saturated 5 g

# Use your powers.

# Spill the water.



Mosquitoes bite and make us itch. They also spread diseases that can make people very sick.

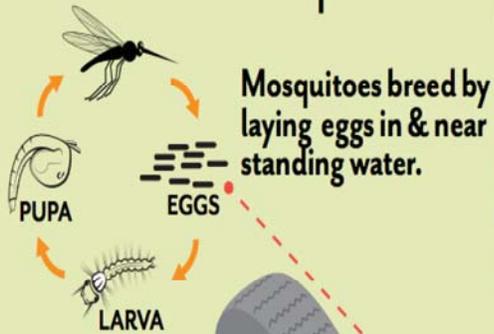
Mosquitoes lay their eggs in water that sits in containers outside. Water can sit in many things. Name the things in the picture list that can hold water.

Go to [www.SpillTheWater.com](http://www.SpillTheWater.com) for the answers, and to learn more about mosquitoes.

# Be a hero. Spill the water!



# Stop mosquitoes from **breeding**



As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply.

At your house or business:  
Put away items that are outside and not being used because they could hold standing water.



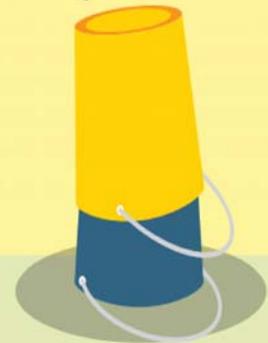
In your garden:  
Keep flower pots and saucers free of standing water. Some plants, such as bromeliads, hold water in their leaves—flush out water-holding plants with your hose once a week.



Around all buildings:

At least once a week, empty, turn over or cover anything that could hold water:

- tires
- buckets
- toys
- pools & pool covers
- birdbaths
- trash, trash containers and recycling bins
- boat or car covers
- roof gutters
- coolers
- pet dishes



<http://www.floridahealth.gov/diseases-and-conditions/spill-the-water/index.html>

# Mosquito Bite Prevention (United States)



Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

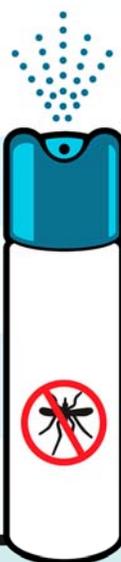
Type of Mosquito	Viruses spread	Biting habits
 <p><i>Aedes aegypti</i>, <i>Aedes albopictus</i></p>	<p>Chikungunya, Dengue, Zika</p>	<p>Primarily daytime, but can also bite at night</p>
 <p><i>Culex</i> species</p>	<p>West Nile</p>	<p>Evening to morning</p>

## Protect yourself and your family from mosquito bites

### Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
<b>DEET</b>	Off!, Cutter, Sawyer, Ultrathon
<b>Picaridin</b> , also known as <b>KBR 3023</b> , <b>Bayrepel</b> , and <b>icaridin</b>	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
<b>Oil of lemon eucalyptus (OLE)</b> or <b>para-menthane-diol (PMD)</b>	Repel
<b>IR3535</b>	Skin So Soft Bug Guard Plus Expedition, SkinSmart



\* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.



# CDC recommends special precautions for pregnant women and women trying to become pregnant

## Pregnant?

Pregnant women and their male partners should strictly follow steps to prevent mosquito bites.

If you have a male partner, either use condoms the right way every time you have sex during your pregnancy, or do not have sex.

If you develop the symptoms of Zika, see a healthcare provider right away for testing.

Testing is recommended for pregnant women at their first prenatal care visit.



## Trying to become pregnant?

Women trying to become pregnant and their male partners should strictly follow steps to prevent mosquito bites.

Talk to your healthcare provider about plans to become pregnant.

## Your Best Protection: Prevent Mosquito Bites

### Clothing

- ◆ Wear long-sleeved shirts and long pants.
- ◆ Treat clothing and gear with permethrin or purchase permethrin-treated items.
  - » Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
  - » If treating items yourself, follow the product instructions carefully.
- ◆ Do NOT use permethrin products directly on skin. They are intended to treat clothing.



### Indoor Protection

- ◆ Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- ◆ Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.



### Repellent

Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, these insect repellents are safe and effective for pregnant and breastfeeding women.

- ◆ Always follow the product label instructions.
- ◆ Reapply as directed.
- ◆ Do not spray repellent on the skin under clothing.
- ◆ If you are also using sunscreen, apply sunscreen before applying insect repellent.



[www.cdc.gov/zika](http://www.cdc.gov/zika)

# October is Health Literacy

There is more to October than Halloween and cooler weather. October is also Health Literacy Month, a time to spread education and awareness on health literacy. So what exactly is health literacy? Let's say Bill goes to a pharmacy to pick up a medication prescribed by his doctor. When he gets home and reads the medication direction, he reads, "Take two tablets, two times daily." He then wonders, "Does it mean take one in the morning and one at night? Or, does it mean take two tablets during two different times of day?" This uncertainty from the unclear directions is why health literacy is important. According to the U.S. Department of Health and Human Services, "health literacy is 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." So perhaps more health literate directions might be, "Take two tablets by mouth at 8:00 AM, and take two tablets at 9:00 PM." Additionally, Bill could have practiced good health literacy if he asked his pharmacist for clarification on how to take the medication.

Health literacy includes the ability to fill out health forms, make and keep appointments, understand instructions for medication, and get through a confusing healthcare system. Good health literacy lowers medical costs, provides better access to healthcare, keeps you safe, reduces errors, and improves health decision-making. Below are some tips on how to practice good health literacy.

## At your visit with your doctor or pharmacist:

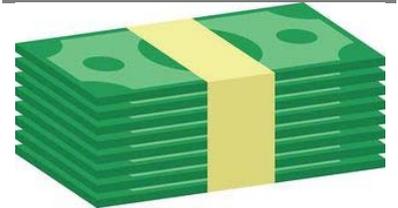
- **Before you go, make a written list of questions you want to ask when you see your doctor, nurse, or pharmacist, prepare for a medical test or procedure, go to a dentist, or pick up medicine.**
- **Make and keep a list of all health concerns, surgeries, hospital confinements, allergies, and current medications. Take it with you to healthcare visits.**
- **Bring a trusted family member, if you think you might forget information shared by the healthcare provider.**



Low health literacy can affect anyone regardless of age, ethnic background, religion, etc.



90 million adults in the U.S. have low health literacy.



Low health literacy costs the U.S. healthcare system 50-70 *billion* dollars annually.

## Ask Me 3– Good Questions for Good Health

1. What is my main problem?

2. What do I need to do?

3. Why is it important for me to do this?

### References

<http://www.hrsa.gov/publichealth/healthliteracy/healthlitabout.html>  
<http://www.asha.org/Publications/leader/2007/070508/f070508a.htm>  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1994011/>

# FREE HANDS-ONLY CPR TRAINING



We'd like to invite you to attend a free 15-minute training on Hands-Only CPR. Not only will you learn a skill that can save lives, there will be music and fun for friends and family on-site.

Additionally, everyone who gets trained will take home a **free CPR Anytime Kit** to share this important life-saving information with loved ones. We hope to see you there!



## 2 STEPS TO SAVE A LIFE



#CPRSAVESLIVES

University Area Community Center

Date: Tuesday, September 13, 2016

Time: 3:00 PM to 7:00 PM

Where: 14013 North 22nd Street, Tampa 33613

Register: [www.cvent.com/d/dvq9t1](http://www.cvent.com/d/dvq9t1)

For more information, please contact:

Amanda Palumbo, [amanda.palumbo@heart.org](mailto:amanda.palumbo@heart.org) 727-563-8006

Hands-Only CPR is nationally supported by



FIND US ON:



[www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr)

©2016, American Heart Association. DS10451 6/16





## Best and Worst Halloween Candy

### Options for Children's Teeth



Halloween is just around the corner, and although candy consumption is almost unavoidable this time of year, the Academy of General Dentistry (AGD) wants parents and children to know that there are good and bad candy options, both of which may find their way into children's trick-or-treat bags this fall.



"Of course, dentists do not advocate that children eat large amounts of sugary treats, but it is that time of year, so we want to clarify for parents which treats are better for their kids' teeth and which ones may increase the risk of developing cavities," says AGD spokesperson Cynthia Sherwood, DDS, FAGD.

#### Worst:

- 
- **Chewy/sticky sweets**, such as gummy candies, taffy, and even dried fruit can be difficult for children and adults to resist, and even more difficult to remove from teeth. "These candies are a serious source of tooth decay, particularly when they get stuck in the crevices between teeth, making it nearly impossible for saliva to wash them away," Dr. Sherwood says.
  - **Sour candies** are highly acidic and can break down tooth enamel quickly. The good news: Saliva slowly helps to restore the natural balance of the acid in the mouth, so wait 30 minutes to brush teeth after consuming sour/acidic candies; otherwise, they will be brushing the acid onto more tooth surfaces and increasing the risk of enamel erosion.
  - **Sugary snacks**, including candy corn, cookies, and cake, all contain high amounts of sugar, which can cause tooth decay.
- 

#### Best:

- 
- **Sugar-free lollipops and hard candies** stimulate saliva, which can help prevent dry mouth. "A dry mouth allows plaque to build up on teeth faster, leading to an increased risk of cavities," Dr. Sherwood says.
  - **Sugar-free gum** can actually prevent cavities as it not only dislodges food particles from between the teeth but also increases saliva - which works to neutralize the acids of the mouth and prevent tooth decay.
  - **Dark chocolate** and its antioxidants, according to some studies, can be good for the heart and may even lower blood pressure. Dr. Sherwood recommends that "parents should closely monitor their children's candy intake this Halloween - and all year round - and continue to promote good oral health habits. Kids also should be brushing their teeth twice a day for two minutes each time."
- 

Excerpted from [www.KnowYourTeeth.com](http://www.KnowYourTeeth.com) • Academy of General Dentistry



# CPSC Safety Alert

## Halloween Safety

A few safety tips from the U.S. Consumer Product Safety Commission can protect children who plan to go trick-or-treating this Halloween.

**Treats:** Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.

**Flame Resistant Costumes:** When purchasing a costume, masks, beards, and wigs, look for the label Flame Resistant. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

**Costume Designs:** Purchase or make costumes that are light and bright enough to be clearly visible to motorists.

- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting goods stores.
- To easily see and be seen, children should also carry flashlights.
- Costumes should be short enough to prevent children from tripping and falling.
- Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.
- Hats and scarfs should be tied securely to prevent them from slipping over children's eyes.
- Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.
- Swords, knives, and similar costume accessories should be of soft and flexible material.



**Pedestrian Safety:** Young children should always be accompanied by an adult or an older, responsible child. All children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street. Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture, or clotheslines present dangers.

**Choosing Safe Houses:** Children should go only to homes where the residents are known and have outside lights on as a sign of welcome.

- Children should not enter homes or apartments unless they are accompanied by an adult.
- People expecting trick-or-treaters should remove anything that could be an obstacle from lawns, steps and porches. Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations, and other furnishings that could be ignited.

Publication 100 009309 032012

The 6th Annual

Increasing Women's  
Health Awareness

# Free Day of Pampering

and  
**WALK FOR  
BREAST CANCER  
AWARENESS**

**Saturday, October 1st, 2016**

*Allen Temple AME Church*

*2101 Lowe St*

*Tampa, FL 33605*

*Walk starts  
at  
7:00 am*

**from 9:00am to 1:00pm**  
*to register call: (813) 307-8082*

*Presented by*



Hosted by:



6.º encuentro

Mejorando el conocimiento  
de las mujeres acerca  
de su salud

# Día dedicado a las mujeres

y  
**Caminata para la  
Cura del Cancer  
de Seno**

**Caminata  
empieza a las  
7:00 am**

**Sábado, 1 de octubre de 2016**

**Allen Temple AME  
2101 Lowe St, Tampa, FL 33605**

**de 9:00am a 1:00pm**

*Para obtener más información y para inscribirse,  
llame al (813) 307-8015 (extensión 7112)*

**Presentado por el**



**T B C C N**

Tampa Bay Community Cancer Network  
A Community Network Program Center

at H. Lee Moffitt Cancer Center & Research Institute



Hosted by:



**6th Annual  
"A Day of Pampering,  
Increasing Women's Health  
Awareness"  
Forum**

**Saturday,  
October 1, 2016  
9:00 AM - 1:00 PM**  
Allen Temple AME Church  
2101 Lowe Street, Tampa, FL 33605  
(Corner of Palm Avenue and Nuccio Parkway)

**Includes:**

- Health Panel Discussions
- Screenings (9:00am-1:00pm)
- Blood Pressure
- Cholesterol
- Diabetes
- Breast Examination
- Mammography\*

**\*Mammography Screening**

**By APPOINTMENT ONLY**

**Limited space available.**

Call (813) 307-8015 Ext. 7112 or 7113  
to schedule your mammography.

**\* FREE to those who qualify.**

(Please call for details)

For more information call  
Florida Dept of Health - Hillsborough  
(813) 307-8015 Ext. 7112, 7113 or 3502



**A Day of Pampering,  
Women's Health Awareness  
REGISTRATION FORM**

Please complete and return your registration  
-Please Print-

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: FL Zip Code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_  
 E-Mail: \_\_\_\_\_  
 Ethnicity:  African American  Caucasian  Haitian  Hispanic  Other \_\_\_\_\_  
 Age:  20 – 30  31- 39  40 – 49  50 – 64  65 & older

Please check (✓) one:  
 I am a cancer survivor **or**  I support the fight against cancer

**How did you hear about this Forum? (Check all that apply)**

- Radio  Newspaper
- Health Dept.  Health Care Professional
- Friend/Relative  Flyers/Brochure/Posters
- Church  Other \_\_\_\_\_

(Please cut along the dotted line)

**Registration is as easy as 1-2 or 3!**

**By telephone, please call:** (813) 307-8015 Ext. 7112, 7113, or 3502  
 (813) 307-8015 Ext 7112 or 7113(Spanish speaking only)

**By mail:** Florida Department of Health-Hillsborough  
 4704-B W. Montgomery Avenue  
 Tampa, Florida 33616

**By Fax:** (813) 307-8094

**Registration Deadline: September 22, 2016**

# Día Dedicado a las Mujeres

Mejorando el conocimiento de las mujeres acerca de su salud

**Sábado**

**1 de Octubre del 2016**

**9:00 AM a 1:00 PM**

Allen Temple AME Church  
2101 Lowe Street, Tampa, FL 33605

## Se incluirá

- Discusiones sobre la salud
- Exámenes de salud (9:00 am-1:00pm)
- presión sanguínea
- Colesterol
- Diabetes
- Examen de mama
- Mamografía\*

\* **Mamografías**  
**CON CITA PREVIA**  
citas limitadas disponibles

Llame al (813) 307-8015, extensión 7112 o 7113 para programar su mamografía

\* **GRATIS para las que califican**

Para obtener más información e inscribirse, llame al (813) 307-8015, extensión 7112 o 7113



## Día Dedicado a las Mujeres Mejorando el conocimiento de las mujeres acerca de su salud Formulario de Inscripción

Por favor complete y envíe este formulario por correo o fax. Por favor imprimir.

Nombre: \_\_\_\_\_ Fecha de nacimiento: \_\_\_\_\_

Dirección: \_\_\_\_\_

Ciudad: \_\_\_\_\_ Estado: FL Código Postal: \_\_\_\_\_

Teléfono: \_\_\_\_\_ Correo electrónico: \_\_\_\_\_

raza/étnica:  African American  Caucasico  Haitiano  Hispano/Latina  Otro \_\_\_\_\_

Edad:  20 – 30  31- 39  40 – 49  50 – 64  65 o más

Por favor marque uno (✓) :

Soy una sobreviviente de cáncer  Estoy a favor de la lucha contra el cáncer

¿Cómo se entero de este evento? Marque todo lo que corresponda.

- Radio  Periódico
- Departamento de  Médico
- Salud Amiga/Pariente  Folleto/póster
- Iglesia  Otro: \_\_\_\_\_

## ¡Inscripción es fácil!

**Por teléfono, llame a:** (813) 307-8015 Extensión 7112 o 7113

**Por correo:** Florida Department of Health-Hillsborough  
4704-B W. Montgomery Avenue  
Tampa, Florida 33616

**Por fax:** (813) 307-8094

**Fecha límite para la inscripción: 22 de Septiembre de 2016**



# FREE Flu Shot Drive

**Friday, October 21, 2016**  
8 a.m. - 4 p.m.



The USF College of Public Health, in collaboration with USF Health and the Florida Department of Health in Hillsborough County, will provide free flu shots to the university and area community.

- **Flu shots are free**
- **Must be 18 or older**
- **Health exhibits**

**USF College of Public Health**  
13201 Bruce B. Downs Blvd., Tampa, FL 33612

**For more information:**  
(813) 974-3623



# In the Community



Mike Wiese, Environmental Epidemiologist, (4th from left), is a member of the 1st class completing the *Research Excellence Initiative*, a new year-long education program for DOH professionals conducting research, epidemiology, and program evaluation. Mike presented his research project entitled "Analysis of ED and UCC Visits Related to Synthetic Marijuana Use in ESSENCE-FL" at the Statewide Leadership Meeting.



Disease Control Division staff working to get kids in school during a Back to School event at Leto High that provided immunizations and physical examinations.



Disease Control Division (STD Program) participating in Back to School Bash Saturday, August 6, sponsored by the St. James AME Church in Progress Village. The team provided communicable disease screenings free of charge to 30 participants that elected to test.



Members of the Tampa Bay Breastfeeding Task Force participated in the annual Big Latch-on, promoting breastfeeding worldwide for the health of babies and mothers. Charlene Laping (1st row center) is a Breastfeeding and Lactation Consultant with the DOH-Hillsborough in Nutrition/WIC division.



Florida Public Health Association Board members at their summer 2016 annual meeting with our staff: Jennifer Waskovich, 1st vice President (3rd from left), and Daragh Gibson, Office of Health Equity, (2nd from right). Daragh provided a poster presentation on a Health Impact Assessment completed in Hillsborough County by our health department and partners.



Community partners collaborating to improve asthma rates and management, met for the first time in July as the Asthma Connection Council at St. Joseph's Hospital. Cynthia Keeton, Childhood Lead Poison Prevention specialist (6th from right), represents the DOH-Hillsborough. Other council members represent College of Public Health at University of Tampa, Well-care, U R Linked Charities, Head Start, DOH-Orange County, Center For Manifestation, and St. Joseph's Hospital/BayCare.



**“I thought that I would have to die with diabetes because I didn’t know I could *live* with it.”**

-Sue Erikson  
Program Completer

**Classes are available throughout Hillsborough County. Call today to find a class starting near you!**

**For more information and to register, call: 813-307-8071**

**\*\*Registration is required.**

## **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 communicate better 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:**

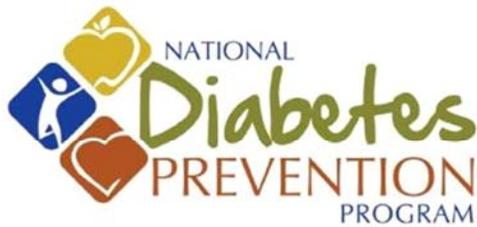
- 80% of participants who successfully completed the program showed improvements in their self-care skills, behavior change, and improvements in their A1C.
- Overwhelmingly, participant surveys reflect the program was valuable in providing new information that helped them better manage their diabetes.

### **Can I participate?**

The program is for diagnosed diabetics (Type I or Type II). Classes are open to adults age 18 and older. Participants are welcome to bring one adult family member or support person to accompany them to class.

### **Healthcare Provider Referrals:**

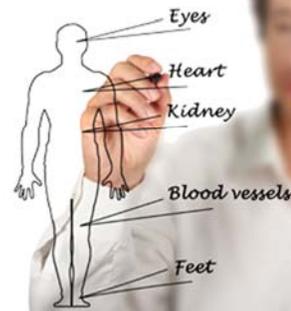
A written referral from your doctor will provide us with important information about your lab results that can establish a baseline from which you can measure your success. Your healthcare provider can fax us your referral and labs at (813) 307-8094, and we will provide updates to your doctor on your program completion!



### Diabetes Risk Factors

- Overweight →
- High blood pressure →
- High level of cholesterol →
- Genetics/ Family history ↗

### Diabetes Complications



## 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.

### Am I at risk?

If a person has the following risk factors they may be at a higher risk for diabetes:

- 45 years of age or older
- Overweight or obese
- Family history of diabetes
- Diagnosed with gestational diabetes
- Given birth to a baby weighing more than 9 pounds
- American Indian or Alaskan Native, Asian, African American, Hispanic/Latino, or Native Hawaiian/Pacific Islander

### 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 individuals who have been diagnosed with pre-diabetes or are at risk for diabetes for it 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 check out our Diabetes Self-Management Education program .

**Healthcare Provider Referrals:** See referral information under Diabetes Self-Management on the previous page (page 18).

**“Initially, I was skeptical about attending the Diabetes Prevention Program, but I took the test to qualify and decided to go to the first meeting since so many members of my family have or had diabetes. It was the best decision I have made not only for my health and well-being, but for my family as well. “**

Lee Livingston

Program Completer

**Classes are available throughout Hillsborough County. Call today to find a class starting near you!**

**For more Information and to register call: 813-307-8071**

**\*\*Registration is required.**

## U R What U Eat

Food supplies the nutrients needed to fuel your body so you can perform your best. Go, Slow, Whoa is a simple way to recognize foods that are the smartest choices.

- **“Go”** Foods: Eat almost anytime (Most often) — they are lowest in fat, added sugar, and calories
- **“Slow”** Foods: Eat sometimes (Less often) — they are higher in fat, added sugar, and/or calories
- **“Whoa”** Foods: Eat once in a while (Least often) — they are very high in fat and/or added sugar, and are much higher in calories

Food Groups	GO	SLOW	WHOA
<b>Fruits</b> Whole fruits (fresh, frozen, canned, dried) are smart choices. You need <b>2 cups</b> of fruit a day. 1 cup is about the size of a baseball.			
<b>Vegetables</b> Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow or Whoa foods. You need <b>2 ½ cups</b> of vegetables a day. Dark green and orange vegetables are smart choices.			
<b>Grains</b> Try to make at least half of your servings whole grain choices and low in sugar. An ounce of a grain product is 1 slice of bread, 1 cup of dry cereal, or ½ cup of cooked rice or pasta. You need about <b>6 ounces</b> a day.			
<b>Milk</b> Milk products are high in vitamins and minerals. Fat-free and low-fat milk and milk products are smart choices. About <b>3 cups</b> are needed each day; 1 cup of milk, 1 cup of yogurt or 1 ½ ounces of natural cheese count as 1 cup.			
<b>Meats &amp; Beans</b> Eating <b>5 ½ oz.</b> a day will give you the protein, vitamins and minerals you need. Limit meats with added fat. Smart choices include beans (¼ cup cooked), nuts (½ oz.) and lean meats (1 oz.) baked or broiled.			

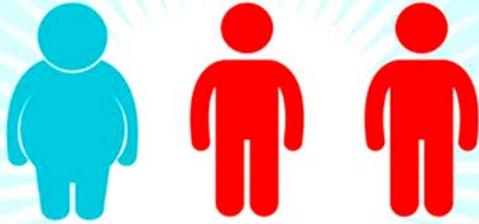
The amounts of foods recommended per food group are based on a 2,000-calorie diet, the approximate number of calories for most active boys and girls ages 9-13. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.

We Can! and the My GoTops are trademarks of the U.S. Department of Health & Human Services (DHHS), U.S. Department of Health & Human Services.



# OBESITY

## IN INFANTS TO PRESCHOOLERS



**1 IN 3 CHILDREN**  
and adolescents, ages 2-19,  
**ARE OVERWEIGHT OR OBESE**  
and nearly **NONE** meet healthy diet  
and physical activity recommendations.



**FRENCH FRIES**  
are the most common  
vegetable that children  
eat, making up  
**25%**  
of their vegetable  
intake.



**JUICE**  
(which may lack  
important fiber found in  
whole fruit) makes up  
**40%**  
of children's daily  
fruit intake.

**FACT** An estimated **12.5 MILLION CHILDREN**, ages 5  
years or younger, spend **33 HOURS PER WEEK** in  
**CHILD CARE SETTINGS** where they may  
**CONSUME MOST OF THEIR DAILY CALORIES.**

**OBESITY** is linked to  
**MORE CHRONIC CONDITIONS THAN:**



SMOKING



POVERTY



DRINKING

increasing the **RISK** of more than **20 PREVENTABLE  
CONDITIONS**, including sleep apnea, asthma, heart  
disease, Type 2 diabetes, osteoarthritis, high blood  
pressure and high cholesterol stroke.

## RISK FACTORS

- Children in their early teens who are obese and who have high triglyceride levels have arteries similar to those of 45-year-olds.
- Obese children as young as age 3 show indicators for developing heart disease later in life.
- Children who are overweight from the ages of 7 to 13 may develop heart disease as early as age 25.
- Obese children are twice as likely to die before age 55 than their slimmer peers.

## OBESITY MAY BE PREVENTED BY



PHYSICAL  
ACTIVITY



GOOD  
NUTRITION

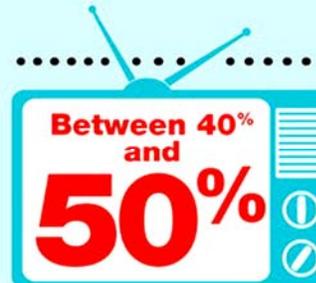


LESS  
SCREEN TIME



MORE  
SLEEP

©2013, American Heart Association 7/13DS7001



Between 40%  
and  
**50%**

**OF TODDLERS**,  
ages 12- to 35-months-old,  
watch **MORE** television  
than is recommended.

Nearly **1/2** **OF PRESCHOOL-AGED CHILDREN**  
**DON'T** get enough  
**PHYSICAL ACTIVITY.**

## The **COST** of obesity

in the United States is staggering, totaling about  
**\$147 billion.**

Children who **EAT HEALTHY FOODS** and  
**GET DAILY PHYSICAL ACTIVITY** have:

- **FEWER SCHOOL ABSENCES**
- **HIGHER ACADEMIC ACHIEVEMENT**
- **HIGHER SELF-ESTEEM**
- **FEWER BEHAVIORAL PROBLEMS**



**DEVELOPMENTALLY, BIRTH TO AGE FIVE,**

is an important time to **TEACH** children to  
**PREFER HEALTHY FOODS** and  
**DEVELOP GROSS MOTOR SKILLS**,  
setting positive patterns and habits.

[heart.org/healthierkids](http://heart.org/healthierkids)



Hurricane/Tropical Storm activity is in its peak time. Continue to be ready! If you haven't created your emergency kit yet, see the list below for some key items you should pack. Also take a look at the [Homeowner's Hurricane Handbook](#). It was created to help people prepare for natural hazards. Although it is never possible to eliminate all risk, homeowners can take action and implement many small and cost-effective steps that could significantly lower risk and exposure.

<http://dohiws.doh.ad.state.fl.us/Hurricane/hurricaneindex.htm>

## Build an Emergency Supply Kit

To stay safe and ready for any disaster strike, it is important to prepare your family disaster kit by gathering some of the basic supplies. It is also important to place them in a portable container so that you can comfortably carry them in case disaster strikes. Large plastic trash containers with tight fitting lids work well. Some items that you will want to include are listed below.

- ♦ Water—At least 1 gallon daily per person for drinking - try to store 3 to 7 days worth, at minimum
- ♦ Food—Including non-perishable food, like canned foods - enough for 3 to 7 days worth
- ♦ Food for infants like baby formula and food for elderly as well
- ♦ High energy foods like protein bars with long shelf life
- ♦ Non-electric can opener
- ♦ Cooking tools/pots/pans, including means of fuel like Sterno, for heating foods
- ♦ Plates and utensils, trash bags
- ♦ Pet food and pet care items, if applicable
- ♦ First Aid kit
- ♦ Medicine/prescriptions
- ♦ Toiletries
- ♦ Suitable Clothing—seasonal, rain gear, proper shoes like boots
- ♦ Flashlights—with batteries , charger or hand crank
- ♦ Radio—with batteries, charger or hand crank, include NOAA weather radio
- ♦ Disaster Supply Tools—utility knife, whistle, pencil, map compass, thread, needles, signal flare, tape, shut—off wrench, eyewear, thermal blankets
- ♦ Important documents should be stored in waterproof containers. Medical records, bank account numbers, social security card, insurance information, telephone of important numbers, cash in case bank/ATMs are down, cell phone and charger or hand crank for charger
- ♦ Any other items that may be necessary for family members should be easily transportable if disaster strikes.

**Your family disaster kit should be placed in an easily accessible place where each family member can reach it and all foodstuffs should be replaced on a regular basis according to its shelf—life.**

**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: ..... <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/)

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

**September**

09/13 **HANDS ONLY** training for CPR - University Area Community Development Corp. partners with American Heart Association to host CPR training using hands only - no mouth-to-mouth resuscitation. Call (727) 563-8006.

09/24 **St. Jude's 5K Walk/Run - Visit us at the Fla. Department of Health booth.** 7am Check-in, 8 am Walk/Run starts. Amalie Arena - 401 Channelside Dr, Tampa, FL 33602. To make a donation, volunteer or register, visit [stjude.org/walkrun](http://stjude.org/walkrun). Contact: Kelly.Gratz@stjude.org; Cell (813) 293-2451

**October:**

10/1 **Day of Pampering:** Free day for women to be pampered, receive free health screenings and great information to help you live longer, healthier lives. Registration information on page 12-15 of this publication.

10/1 **YES! Family Abilities Information Rally:** 6105 E. Sligh Avenue, Tampa, 10 am to 3 pm. Free family event/free parking. Live entertainment, Food Trucks. Join us for a day celebrating diverse abilities!

**HEALTH DEPARTMENT CLOSURES: September 5, 2016 Labor Day**

**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.

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Tampa, Florida 33675-5135  
813-307-8071

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