



JANUARY/FEBRUARY • VOLUME 20 ISSUE 1

COMMUNITY WELLNESS

New Year Better Health

Florida's Breast and Cervical Cancer Early Detection Program

Coping with a breast or cervical cancer diagnosis can be difficult to navigate. The Florida Department of Health in Hillsborough County (DOH-Hillsborough) provides guidance and support and remains with you throughout the process. The Breast and Cervical Cancer Early Detection Program offers the community breast and cervical cancer screening exams such as clinical breast exams, mammograms, and Pap tests.

DOH-Hillsborough has partnered with local providers, such as Suncoast Community Health Center, TGH-Tower Radiology, and Radiology Imaging Specialists, to offer a variety of locations that provide easy accessibility to our patients. We are committed to providing the best communication possible - we also offer bilingual staff to provide additional assistance.

As we observe Cervical Cancer Awareness Month in January, it is essential to highlight the importance of early detection and routine screenings. These preventive measures can save lives by identifying health concerns early, often before symptoms develop. The courage to prioritize health, even when life feels overwhelming, is a critical step in fostering resilience and wellbeing.



DOH-Hillsborough invites you to explore our offered programs and eligibility requirements for free screenings. By taking advantage of these resources, you contribute not only to your personal health but also to the strength and resilience of our community. For more information, visit [Florida Breast and Cervical Cancer Early Detection Program](#).

TABLE OF CONTENTS

Recipe
• Page 3 •

Fighting the Opioid Crisis
• Page 4 •

National Get Up Day
• Page 5 •

Guide to Setting Realistic Goals
• Page 6 •

Smart Goals for a Healthy You
• Page 7 •

Goal Setting
• Page 8 •

Check-in with your Surroundings
• Page 9 •

Check in with Yourself
• Page 10 •

**Ways to Remain Calm
During Uncertainty**
• Page 11 •

New Year's Resolution Check-in
• Page 12 •

The Importance of Hemoglobin Testing in WIC Certification

Understanding Iron-Deficiency Anemia

Iron-deficiency anemia occurs when the body lacks enough iron to produce healthy red blood cells. This condition is common in the United States and can increase the risk of preterm delivery and low birth weight during pregnancy.

Role of Hemoglobin

Hemoglobin is a crucial component of red blood cells, responsible for transporting oxygen throughout the body. Iron is needed to make hemoglobin, so it's important for all your cells.

Hemoglobin Testing in WIC

WIC (Women, Infants, and Children Program) certification includes a hemoglobin test to help prevent iron-deficiency anemia. WIC staff do not diagnose iron-deficiency anemia; they only test for hemoglobin levels. Diagnosis and assessment of iron status, as well as determining a treatment plan, are the responsibilities of a licensed health care provider. Hemoglobin bloodwork is required during the pregnancy certification process and again after pregnancy ends.

Dietary Recommendations

An individualized eating plan is recommended to effectively boost iron levels and address factors that may reduce iron absorption, such as polyphenols in tea or coffee and high calcium intake. To maintain proper iron levels, include iron-rich foods in your diet:

- **Protein:** Meat, poultry, seafood, eggs
- **Fortified grains:** Check the nutrition facts label for cereals with at least 45% iron per serving.
- **Vegetarian options:** Beans and lentils, tofu, dark leafy vegetables

Pairing these foods with vitamin C-rich items, such as orange juice, strawberries, green peppers, and broccoli, can enhance iron absorption. WIC benefits include purchasing both vitamin C-rich and iron-rich foods.

Special Considerations for Pregnant Women

During pregnancy, the need for iron increases significantly because red blood cell production rises to meet the oxygen needs of both mother and baby. Pregnant women need an intake of 27 milligrams of iron per day.

Ensuring adequate iron intake and regular hemoglobin testing through WIC are essential steps in promoting healthy pregnancies, preventing iron deficiency nutritional risks, and supporting overall well-being. **Consult your health care provider or a registered dietitian nutritionist before taking an iron supplement.**

For more information, visit [DOH-Hillsborough's WIC webpage](#).

Author Shelli Lederer MS, RDN CLC

Black Bean Quesadilla Recipe



Ingredients

- 1, 15-ounce can of black beans, rinsed
- ½ cup shredded monterey jack cheese, preferably pepper jack
- 1/2 cup prepared fresh salsa, divided
- 4 8-inch whole-wheat tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced

These black bean quesadillas are your solution for a quick, flavorful, healthy weeknight dinner.

Protein and fiber-filled black beans, ooey-gooey monterey jack cheese, and slightly acidic fresh salsa are all sandwiched between two whole wheat tortillas that become golden brown in the skillet.

Creamy antioxidant-rich avocado garnishes this quesadilla, complementing the crisp tortillas.

Directions

Step one:

Combine beans, cheese, and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

Step two:

Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, two to four minutes total. Transfer to a cutting board and tent with foil to keep warm.

Step three:

Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

By Stacy Fraser- [Recipe](#)



Fighting THE OPIOID CRISIS

The opioid epidemic has become a serious health crisis across the United States, and Hillsborough County is no different. Opioids are a type of medication used to relieve pain, and many people are prescribed them at some point in their lives. However, over time, anyone can develop a dependency on these drugs. This dependency can lead people to turn to stronger drugs, like heroin or fentanyl, which are often obtained illegally and, when obtained illegally, are unregulated.

Fentanyl is especially dangerous because even a small amount can cause a deadly overdose. In illegal drugs, fentanyl is often mixed into other drugs without people knowing, which has led to a rise in overdose deaths. In response, Hillsborough County is working hard to fight back, with many different organizations offering programs for treatment and prevention.

One of the most important tools in this effort is Narcan, also known as naloxone, a medicine that can stop an opioid overdose if used properly. Narcan reverses the effects of an opioid overdose, restoring breathing and consciousness within minutes of being administered to a person who has overdosed.

DOH-Hillsborough makes Narcan easily accessible – not just for people who use drugs, but for everyone. You never know when you might come across someone whose life could be saved by this simple nasal spray. **Narcan is available for free at all DOH-Hillsborough clinic locations to anyone 18 and older – just ask, and it's yours!**

For more information about our Narcan distribution efforts, visit Hillsborough.FloridaHealth.gov.

Author Ashlee Chakkoli MPH, CPH, Human Services Program Consultant

NATIONAL GET UP DAY

February 1, 2025

Initiated by U.S. Figure Skating on how to fall down but more importantly how to get back up again. This can be applied to any situation in life.

“—
| We all fall. It's how we
get up that matters.
Ramsey Baker |
—”

Why National Get Up Day is Important

National Get Up Day celebrates the strength to rise after setbacks. Originally developed for figure skating, its message applies to all aspects of life. Fail an exam? Shake it off and try again. Miss a workout? Start fresh tomorrow. Resilience is about embracing setbacks as opportunities to grow stronger. Even small steps, like a short walk, can reignite motivation and build a healthy, determined attitude to face life's challenges.

It promotes a Healthy, Resilient Attitude

Finding the courage to exercise, even when it seems impossible, is a vital step toward building resilience. On days when it feels overwhelming, physical activity can be most transformative. Exercise strengthens both the body and mind, teaching us to overcome barriers. Starting small—like a short walk or gentle stretch—can reignite motivation and remind us of our capacity to persevere. Embracing these small victories fosters growth and resilience in the face of challenges.

Everyone Falls (figuratively and literally)

Whether you celebrate National Get Up Day as a figure skater or not, it serves as a reminder that mistakes, failures, and low moments happen. We are human after all - even those seemingly perfect skaters we see on TV. Still, it's how you bounce back from these moments that really count.

A strategy on How to Get Back Up:

1. Describe your problems.
2. Come up with options
3. Choose the best options
4. Make a plan
5. Try it out!

Over time, we can learn how to handle a fall gracefully and bounce back up!



GOAL SETTING

A guide to setting realistic goals

Welcome to the New Year!



As we move into 2025, many of us reflect on the past year and think about the changes we want to make.

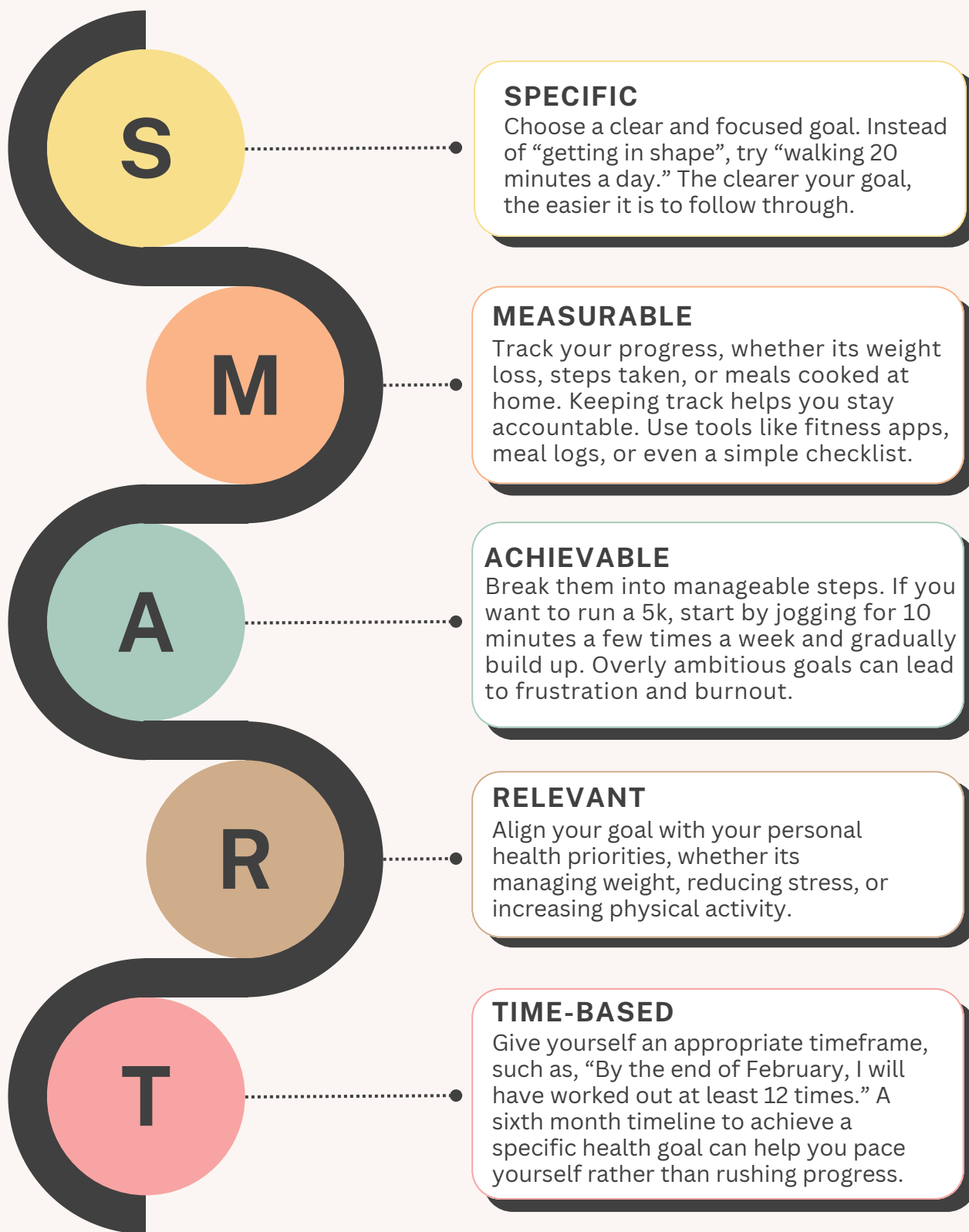
It's a time for setting goals and making resolutions to live healthier, more fulfilling lives. But how do we ensure these resolutions stick?

Let's talk about setting realistic goals, checking in with yourself regularly and embracing the power of small steps towards big changes.

A Healthy Start to 2025

The excitement of a new year often leads us to set ambitious resolutions, such as, "I'm going to lose 30 pounds by March" or "I'll start working out every single day." While these are admirable, they can also be overwhelming and hard to maintain long-term. If you want to create a lasting change, it's important to set realistic, attainable goals.

Smart Goals for a Healthy You



KEYS TO EFFECTIVE GOAL SETTING



Be Disciplined

Create structure if you want to eliminate unhealthy habits and create new ones.



Be Realistic

Change isn't a one stop shop; it has to gradually happen overtime to reach the overall desired lifestyle. We can hinder our progress if we set unrealistic goals.



Consider your lifestyle and commitments.

A goal that fits within your current schedule will be easier to maintain over a long period of time leading to consistency. Start small. Don't feel the need to jump right in.



**Take these first few months to build
the habits that will carry us through 2025.**

**Every small step towards
better health counts!**

Check-in with *your surroundings*



DECLUTTER

Clutter can mentally clog your brain, and you are more likely to be thrown off track and not be efficient.

Cleaning your space can reduce stress and help you stay focused.

This includes organizing priorities. When you distribute your priorities over days, you are more likely to be proactive and effective at getting things done while still having time for yourself and your new goals if you organize ahead of time.

HEALTHY HOME

Keep your health a priority by stocking your kitchen with nutritious snacks, keep your workout gear visible, and make space for relaxation.

MORNING ROUTINE

Having a morning routine sets you up for productivity and sets the tone for the rest of your day.

Arrange your environment in a way to make it easier in the morning to get started or to prepare your mind and body for those new goals.

GET SUPPORT

Share your goals with friends or join a local health group to stay motivated.

Being part of a community that supports your growth is key to long term successes. Florida's health programs offer support for tobacco cessation, nutrition counseling, and more.

Check out more of our services below.

[Wellness Programs](#)

[Nutrition Counseling](#)

[Tobacco Prevention Program](#)

Checking-in with *yourself*

Maintaining resolutions isn't just about sticking to a routine. It's about taking the time to reflect on our progress, challenges, and overall well-being.

As the months go by, it's important to pause and check in with yourself. How are you feeling mentally, emotionally, and physically? Taking inventory of your well-being helps ensure you're on track and can also show where you might need to adjust your goals or your surrounding environment.



How do you feel about your progress? What barriers have come up? Are there habits or routines that need to be reassessed?

Listen to your body. Sometimes symptoms show up and we don't realize it because we have so much going on in our life, or when we do notice something is off we ignore it.

Don't neglect yourself, take care of your mind, body, and spirit.



Our thoughts influence our physical well-being and our emotional state. It also shapes how disciplined we are, how effectively we create new habits, and how well we handle conflict.

Journaling, meditation, or a quiet walk can provide the mental space to reflect on how your goals are aligning with your life.

Expressing gratitude allows you to take a step back and reflect on what's going good in life despite what you think is going wrong. This can open your perspective and create a space for you to grow.



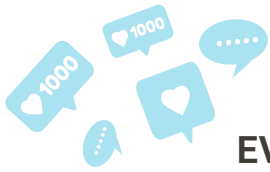
Give yourself grace. Not every day will go as planned and that is okay.

Acknowledge setbacks, learn from them, and keep moving forward.

“If you don't make time for your wellness, you will be forced to make time for your illness.”

Ways to Remain Calm

DURING UNCERTAINTY

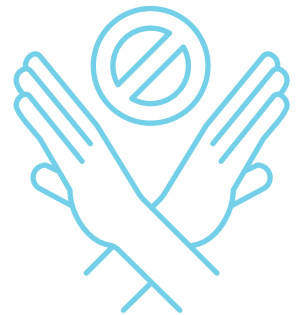


EVALUATE YOUR INFLUENCES

Whether it's your social media feed or the people you spend time with, make sure you are surrounding yourself with positivity and support that matches your goals.

HEALTHY BOUNDARIES

Having boundaries is crucial to our well-being and mental health. Consider making time to unplug from the outside world. Having alone time and getting back in tune with yourself can help your mental clarity and focus.



INCREASE STRESS RESILIENCY

Start with small changes in your routine to help build resilience to stressful situations. Work in time to exercise, eat healthy foods, participate in relaxing activities, and get enough sleep.

Recognizing signals in your body that indicates stress and learning to respond to those signals in new and healthy ways can help build the emotional, intellectual, and physical strength that comprise resilience. These skills can help you tackle future stressors.



New Year's Resolution Check-In

By February, many of us are struggling to maintain the resolutions set in January. Now is the perfect time to evaluate your progress, celebrate successes, and make adjustments, where needed.

Celebrate Wins, Even Small Wins

Don't overlook the progress you've made, even if it feels small or doesn't look like how you wanted it to look.

Making small changes in the day-to-day life can foster huge impact on how you carry stress and navigate your personal and professional lives.



Renew your Commitment

If your motivation is fading, remind yourself why you set the goal in the first place. Revisit your “why” and realign yourself with your vision for healthier year. Set a new goal midway through the year or even in the last quarter. You don't have to wait until the next new year to set a goal.

Adjust your Goals, if Needed

It's okay if your initial resolution doesn't fit your current situation. As the year goes by, things change.

Reassess and adjust without guilt. If you feel like your new year's resolution isn't attainable anymore or want to change it, then do that.



**Your journey will look different -
what may work for your friend, may not work for you.
Everyone is not built to have the same goals or get there the same way.**

Mobile Lung Screening Unit

The mobile lung screening unit is coming to your area. Early detection of lung cancer can save lives.

**60,000 Lives Saved
Starts with You!**



IF YOU ARE 50 YEARS OLD OR OLDER WITH A HISTORY OF SMOKING, THEN THIS SCREENING IS FOR YOU!

What to Expect

- Convenient** Hosted on-site at a location near you
- Easy** Non-invasive: Simple, painless, low-dose CT scan
- Fast** Screening takes only a few minutes
- Expert Care** The thoracic team will work with you and your doctor on next steps. Your results are private and shared only with you and your doctor.

Screening Guidelines

- 1. Age 50 years and over*
- 2. Current smoker or former smoker with 20 pack-year history*
- 3. Pre-registration is required*



To Schedule a Screening

Visit Moffitt.org/LungCare or call 888-663-3488. For more information, contact LungScreening@moffitt.org.

Want to be healthier you? We can help!

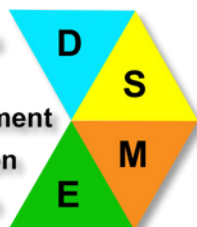
The Florida Department of Health has health education programs at no cost.
Call 813-307-8009 to register or visit GetIntoFitnessToday.net.

BP F♥R ME

BP For Me

The Blood Pressure Management Education Program is a five week program that helps participants understand blood pressure numbers and how increased blood pressure can increase your risk for heart attack, stroke, heart disease, heart failure, kidney disease, and more. With the guidance and education from our registered dietitian, you can learn how to control your blood pressure through the foods you eat and how you prepare them.

Diabetes
Self-
Management
Education
Program



Diabetes Self Management Education

A six week program that gives participants the tools to monitor glucose at home, make lifestyle changes, learn valuable information on medications and insulin, and make informed choices about foods and carbohydrates to manage diabetes. The program is accredited by the Association of Diabetes Care and Education Specialists and participants in the program have an average reduction in A1C of 1.15!



Diabetes Prevention Program

A year-long program with 26 sessions designed around behavior modification will provide resources to cope with stressors, choose healthy meals, and get into an exercise routine! This program is great for those looking for ongoing accountability, support, and permanent lifestyle changes. This is an evidence-based weight loss program and has a participant average weight loss of 6.14% of their body weight. Those who lose 5%-7% of their body weight can reduce the risk for developing type 2 diabetes, reduce the risk for heart disease and some cancers, lower cholesterol, and improve blood glucose.



Get Into Fitness Today

A 12-week program that is all things health and wellness. It utilizes science-based information to reduce chronic diseases through obesity prevention. This program is great for those who already know the basics of wellness and just need a refresher along with some motivation to help them lose weight. Our GIFT program has helped 90% of participants increase their physical activity, and is for anyone who is looking for a starting point to lose weight. You'll learn tools for healthy eating and how to be more physically active.



Get Into Fitness Together – a Learning Emotional Activity Program (GIFT-LEAP)

Designed to encourage children ages 5-9 to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is six weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join in the program!

BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

We offer **free** mammogram and pap smear testing.

For more information and to schedule an appointment, call 813-307-8082.

Upcoming mobile mammography:

Tampa Family Health Center

To schedule an appointment, call 813-284-4529.

FL♥rida KidCare

The Florida health insurance for children for those that are eligible, birth through age 18, even if one or both parents are working. To apply by phone, call 888-540-5437, or TTY-877-316-8748.

FL HEALTH CHARTS



Have you ever wondered about the health of your community? If so, Florida Health Charts is a great resource for accurate health data.

Learn more at FLHealthCharts.gov.

PARKS AND RECREATION

Florida State Park

FloridaStateParks.org

Hillsborough County Parks, Recreation, and Conservation

HillsboroughCounty.org

Plant City Parks and Recreation

PlantCityGov.com/ParksRec

Tampa Parks and Recreation

TampaGov.net/parks-and-recreation

Temple Terrace Parks and Recreation

TempleTerrace.com

CONTACT US

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Breast/Cervical Cancer..... 307-8082
Community Health Director..... 307-8071
Compass Community Resources..... 297-6103
Diabetes..... 307-8009
Epidemiology..... 307-8010
Health Education..... 307-8009
Health Literacy..... 307-8071
Insulin Program..... 307-8009
Lead Poisoning Prevention..... 307-8071
Office of Minority Health..... 307-8066
School Health..... 307-8071
Tobacco Prevention..... 559-4760

DISEASE CONTROL

HIV/AIDS Specialty Center..... 307-8064
Immunizations..... 307-8077
Sexually Transmitted Diseases..... 307-8058
Anonymous Testing..... 307-8058
Tuberculosis (TB)..... 307-8047

ENVIRONMENTAL PUBLIC 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

(birth and death record)..... 307-8002

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