

JULY/AUGUST 2024 • VOLUME 18 ISSUE 4

COMMUNITY WELLNESS

JULY 4TH IS AMERICAN INDEPENDENCE DAY

BY: AMBER HAMMOND

American Independence Day is a day for celebration. It can be filled with friends, family, outdoor activities, and a lot of fireworks. With all of the activities sometimes we can forget that our health and safety, as well as that of those around us, should be at the forefront.

For all of us that might be having an outdoor cookout, proper food safety protocols should be followed. Make sure that cold food stays cold. It should be stored at 40 degrees Fahrenheit or below to prevent bacterial growth. This also means hot food should be kept hot, at 140 degrees or above. Neither of these foods should sit out for more than 2 hours, or 1 hour in temperatures above 90 degrees. If food is left out longer, throw it away to be safe.



Ensure that meats are cooked thoroughly, making sure to use a food thermometer and checking the proper cooked temperature for the type of meat used.

Follow these tips to have a safe holiday cookout and for information visit the [FDA's website](#) for more details.

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»» FROM THE COMMUNITY HEALTH DIVISION DIRECTOR
SUMMER MEAL PLANNING

JENNIFER WASKOVICH, MS, RDN, LDN, CLC

Summer is in full swing. If you have kids, this is often a time for vacation, summer camps, or kids being home while you are at work. It can be hard to maintain your family's usual meal routines, but there are ways to ensure you and your family continue to get a well-rounded diet during these fun and (hopefully) relaxing months. Planning a menu for the week and doing some food prep during your down time can help make your weekly meals enjoyable and healthy without a lot of extra cost.



»» **EATING ON VACATION**

We often eat out while on vacation because it can be easier than cooking while travelling. For long car rides, try packing a cooler with fresh fruit and vegetable sticks along with dips. Easy bento boxes for the car riders allows everyone to pick the foods / snacks they love and avoids the need to run through a fast food window when hunger hits.

»» **PLANNING FOR CAMP**

Summer camps mean fun for the kids but may mean packing lunches every morning for the parents. They often need to be easy to eat foods as well. Bite size pieces of fresh fruits and vegetables along with foods that don't need to be chilled or heated are ideal. You may also want to invest in an insulated container that keeps foods cool, especially when it's hot outside.



»» **SUMMER DAYS AT HOME**

Kids may want a quick snack like chips or cookies when home on their own. Make it easy for them to grab healthy foods. Have a bowl of fruit on the counter or pre-washed and cut fruit in the fridge, for easy grabbing. Meal prepping on the weekend and freezing individual portions allows for easy warming of homemade meals.



»» **MEAL PREP FOOD IDEAS**

- Fruit skewers with yogurt for dipping
- Bento boxes with fruit, veggie sticks, cheese cubes, grilled chicken chunks, hummus, and pretzel sticks
- Rice bowls topped with black beans, sauteed peppers and onions, roasted corn, and cooked chicken breast
- Pinwheel tortillas filled with hummus, deli meat, cheese, and veggies rolled and sliced into pinwheels (meat optional)
- Chilled pasta salad with cucumbers, tomatoes, cheese cubes, onions, and olives (add cold grilled chicken breast for added protein)

Summer Avocado Salad



Ingredients

¼ cup unseasoned rice vinegar
¼ cup vegetable oil
2 tablespoons water
1 teaspoon salt
¼ teaspoon freshly ground black pepper
1 tablespoon sugar
1 clove garlic, minced
1 English cucumber, seeded and diced
1 yellow bell pepper, seeded and diced
1 pint cherry or grape tomatoes, halved
¼ cup finely chopped fresh basil (or a combination of basil and mint)
3 tablespoons fresh chopped chives
2 large avocados, halved, pitted, and diced

Directions

In a large bowl, whisk the vinegar, oil, water, salt, black pepper, sugar, and garlic. Add the cucumber, bell pepper, tomatoes, basil, and chives. Cover and refrigerate until ready to serve (up to 3 hours). Right before serving, gently fold in the avocados, being careful not to mash them. Taste and adjust seasoning, if necessary.



Breastfeeding During Disasters

In the event of a natural disaster, continuing to breastfeed is a safe option for feeding your baby!

- Clean water may not be available, and breast milk is readily available.
- Breastmilk provides antibodies:
 - Breastfed babies are at a lower risk of getting sick from respiratory illness and diarrhea.
- If you are separated from your baby, learn about hand expression to continue collecting milk if there is a power outage.
- Breastfeeding moms can notice a rise in hormones that help to relieve stress.
- Continuing with your breastfeeding routine will help to maintain milk supply after the stressful situation ends.
- Reduce stress by preparing an emergency kit ahead of time, including items a breastfeeding mom will want and need.

Making an Emergency Kit

Being prepared for an emergency isn't just about staying safe during a storm or a disaster. It's also about how to stay comfortable, clean, fed, and healthy afterwards—when a storm or disaster may have knocked out electricity.

What should go in your kit?

Remember that your kit will depend on your own needs. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets or seniors. Use the list below to get started:

- Water — at least a gallon per person, per day
- Non-perishable food (such as dried fruit, peanut butter, or energy bars)
- First aid kit
- Cash
- Prescription medicines
- Extra batteries or an alternative power source
- Matches in a waterproof container
- Toothbrush, toothpaste, soap
- Paper plates, plastic cups and utensils, paper towels
- Sleeping bag or warm blanket for each person
- Flashlights
- Whistle to signal for help
- Can opener (manual)
- Local maps
- Pet and service animal supplies
- Baby supplies (formula, diapers, etc.)



Bringing the grocery store to you.



Nutritious foods are key to a healthy diet. **Groceries on the Go** aims to break barriers that prevent healthy eating – like time, accessibility, and cost. Stock up on fresh produce and whole foods and cook meals for the whole family to enjoy. Items are priced at a discounted cost (below retail), allowing your dollar to stretch further than other grocery stores. Purchase your groceries today to have a healthier tomorrow.

Now accepting cash or credit/debit via Visa, MasterCard, American Express, Discover, EBT and Fresh Access Bucks.



TGH Healthpark
5802 N 30th St, Tampa, FL 33610
Mondays · 10 – 11 a.m.



Scan QR Code for more information on Groceries on the Go.



Community Garden



What is the TampaWell Community Garden?

The TampaWell Community Garden was designed mindfully as a space for all community members, Tampa General Hospital patients, and team members to foster connection and wellness in our community. Sitting on 1 acre, the garden has over 50 different types of vegetables, fruit, herbs and flowers growing. In addition, a wide variety of classes are offered on healthy eating, movement, and mental wellness.



WHERE IS THE GARDEN LOCATED?

The TampaWell Community Garden is next to the TGH Family Care Center Healthpark, located at 5802 N 30th St, Tampa, FL 33610.

WHEN CAN I VISIT THE GARDEN?

Monday to Friday · 9:00 AM to 4:00 PM

HOW DO I GET INVOLVED?

If you have questions or would like to volunteer, contact the TampaWell Garden Manager at 813-844-3777 or email garden@tgh.org.

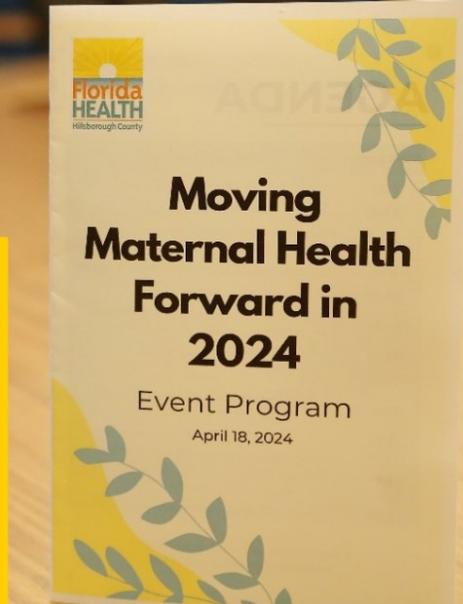
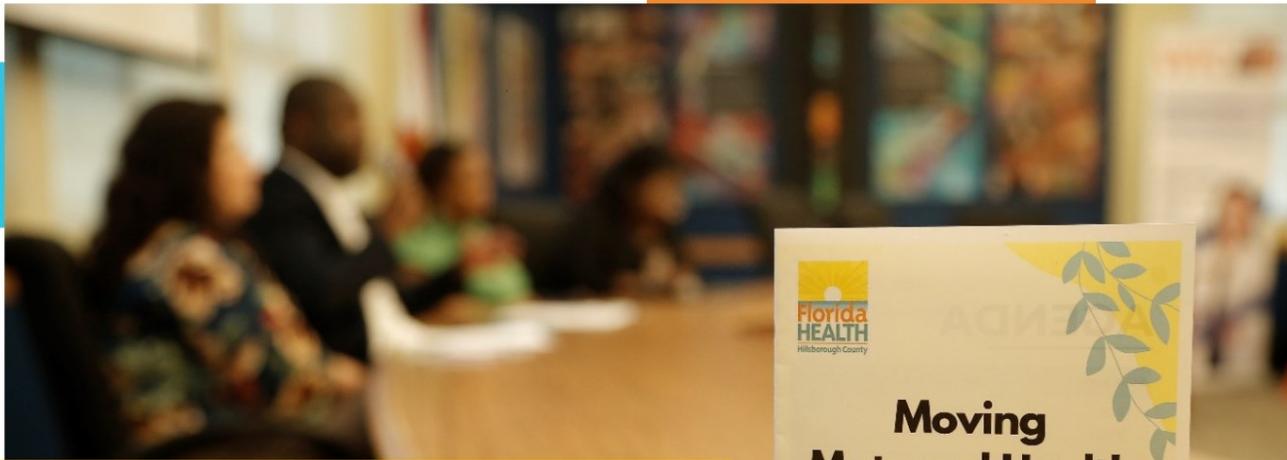
For more information about TampaWell visit tgh.org/tampawell

DOH-HILLSBOROUGH IS MOVING MATERNAL HEALTH FORWARD

By: Wynton Geary, Government Operations Consultant III



DOH-Hillsborough's Office of Minority Health recently hosted a community event, "Moving Maternal Health Forward in 2024" on April 18 at the Children's Board of Hillsborough County.



The event was open to people working in a maternal and child health-related field, or those interested in health issues affecting moms. Approximately 90 attendees, many from local community organizations such as REACHUP, Inc. and Success 4 Kids & Families, participated in the event.



A variety of activities focused on **four topic areas** relating to maternal health:

- Maternal Mortality:** keynote presentation
- Doulas and Midwives:** fireside
- Maternal Mental Health:** presentation
- Maternal Care and Support:** panel discussion

Local speakers from WIC and the Tampa Bay Breastfeeding Task Force provided educational materials to attendees. Guest speakers from the University of South Florida discussed the Tampa Bay Black Maternal Health Week Initiative, which ran from April 11 to April 17.

The event was informative and engaging with attendees participating in interactive presentations and open mic questions and answers. Many attendees left post-event comments stating that they found the day educational and inspiring, and gained greater knowledge of community resources and a better understanding that more can be done to improve maternal health outcomes.



Ways to Help Prevent Against Mosquito-borne Illnesses



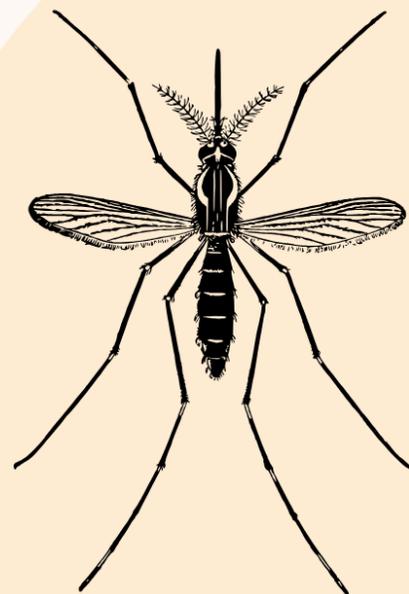
With higher temperatures and rainy days, we typically see an increase in mosquito populations.



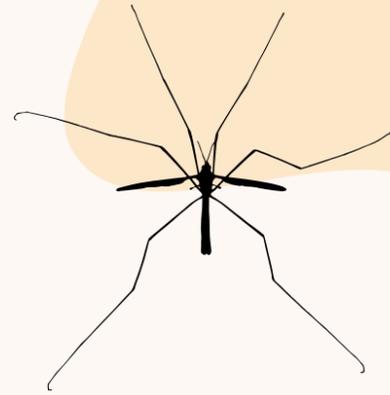
The Florida Department of Health in Hillsborough County's Epidemiology Program would like to provide some ways on how we can all protect ourselves against mosquito-borne diseases, such as West Nile virus both at home and when we are traveling. We should all remain diligent in preventative measures like **Drain and Cover** not just during summer months, but year-round as well.

DRAIN standing water to stop mosquitoes from multiplying.

- **Drain** water from garbage cans, house gutters, buckets, pool covers, coolers, toys, flower pots, or any other containers where irrigation 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.



COVER skin with clothing or repellent.



- **Clothing** should cover exposed areas of skin: 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.
- **Repellent** that is effective against mosquitoes should be applied to bare skin and clothing.
 - Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, para-menthane-diol, 2-undecanone and IR3535 are effective.
 - Use mosquito netting to protect children younger than 2 months old.

Tips on Repellent Use

- Always read label directions carefully for the approved usage before you apply a repellent. Some repellents are not suitable for children.
- Products with concentrations of up to 30% DEET (N, N-diethyl-m-toluamide) are generally recommended. Other U.S. Environmental Protection Agency (EPA) approved repellents contain picaridin, oil of lemon eucalyptus, para-menthane-diol, 2-undecanone, or IR3535. These products are generally available at local pharmacies. Look for active ingredients to be listed on the product label.
- Apply insect repellent to exposed skin, or onto clothing, but not under clothing.
- When protecting children, read label instructions to be sure the repellent is age-appropriate. According to the Centers for Disease Control and Prevention, mosquito repellents containing oil of lemon eucalyptus or para menthane-diol should not be used on children under the age of three years. DEET is not recommended on children younger than two months.



- Avoid applying repellents to the hands of children. Adults should apply repellent to their hands and then transfer it to the child's skin and clothing. Make sure to wash your hands after an application.
- If additional protection is necessary, apply a permethrin repellent directly to your clothing. Again, always follow the manufacturer's directions.

COVER doors and windows with screens to keep mosquitoes out of your house.

- Repair broken screening on windows, doors, porches, and patios.

Resources to learn more

To select a repellent that is right for you and your family, consider using the EPA's search tool for skin-applied repellent products:

- [EPA.gov/insect-repellents/find-repellent-right-you](https://www.epa.gov/insect-repellents/find-repellent-right-you)

The Florida Department of Health continues to conduct statewide surveillance for mosquito-borne illnesses, including west nile, eastern equine encephalitis, St. Louis encephalitis, malaria, and dengue.

- For more information on mosquito-borne illnesses, visit [FloridaHealth.gov/diseases-and-conditions/mosquito-borne-diseases](https://www.floridahealth.gov/diseases-and-conditions/mosquito-borne-diseases) or call your local county health department.

Residents of Florida are encouraged to report dead birds on the Florida Department of Fish and Wildlife's website:

- app.myFWC.com/FWRI/AvianMortality

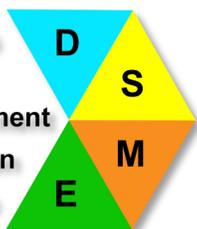
Want to be a healthier you? We can help!

The Florida Department of Health has **FREE** health education programs.

Call **813-307-8009** to register or visit GetIntoFitnessToday.net

BP F♥R ME

Diabetes
Self-
Management
Education
Program



BP For Me

The Blood Pressure Management Education Program is a 5-week program that helps participants understand what your blood pressure numbers mean and how an 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 dietician, you will learn how to control your blood pressure through the foods you eat and how you prepare them.

Diabetes Self Management Education

The Diabetes Self-Management Education (DSME) program is a 6-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 (ADCES) and participants in the program have an average reduction in A1C of 1.15!

Diabetes Prevention Program

Our Diabetes Prevention Program is a year-long program with 26 sessions designed around behavior modification that will give you the tools needed to cope with stressors, choose more nourishing meals, and once and for all get into an exercise routine! This program is great for those looking for ongoing accountability, support, and permanent lifestyle changes. This program 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

The Get into Fitness Today program is 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! It is for anyone who is looking for health and wellness information and 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)

This program is designed to encourage children ages 5-9 to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6-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.

To apply online, visit: FloridaKidCare.org.

FL HEALTH CHARTS

Have you ever wondered how healthy your community or state is? Or how your own health status compares to other Floridians? If so, Florida Health Charts is a great resource that paints an accurate picture of the health status of our state.



FLHealthCHARTS.com.

PARKS AND RECREATION

Florida State Parks

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

**MAIN OPERATOR
and Director's Office**.....307-8000

COMMUNITY HEALTH

Behavioral Health..... 235-3273
Breast/Cervical Cancer.....307-8082
Community Health Director.....307-8071
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
Weight Management.....307-8009

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 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 records).....307-8002

*All numbers are area code (813) unless otherwise indicated.

Have a question or comment? Email us:

DLCHD29WebsiteDistribution@flhealth.gov



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

**Florida Department of Health
Hillsborough County
Health Education (70)
Post Office Box 5135
Tampa, FL 33675-5135
813-307-8071**