

NOVEMBER/DECEMBER 2024 • VOLUME 19 ISSUE 6

COMMUNITY WELLNESS

Diabetes Awareness Month: Your Path to Health and Empowerment

November is designated as Diabetes Awareness Month. Let's take this important opportunity to enhance our knowledge about diabetes, its extensive effects, and resources available for prevention and management of diabetes.

Diabetes is a long-term condition that influences the body's ability to process glucose, which is the primary energy source. There are two main types of diabetes:

- **Type 1 Diabetes:** Usually diagnosed in children and young adults, this type arises when the body fails to produce insulin.
- **Type 2 Diabetes:** This more prevalent type is often associated with lifestyle choices and occurs when the body either becomes resistant to insulin or does not produce sufficient amounts.

Did you know?

- Approximately 38.4 million Americans are living with diabetes, meaning 1 in 10 Americans have the condition.
- Approximately 97.6 million adults have prediabetes.
- About 90-95% of those with diabetes have Type 2.
- If current trends continue, 1 in 3 adults could be diagnosed with diabetes by 2050.

These statistics underscore the urgent need for increased awareness, education, and access to resources for prevention and management.

Learn more about our diabetes prevention and diabetes self-management programs on page 14.



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From the Director



Jennifer Waskovich, MS, RDN, LDN
Community Health Division Director

Wellness-Focused Holidays

The end of the year is coming and while for many this means holidays and festivities; it can also mean a time of stress and exhaustion. Parties, preparing large family meals, shopping and gift giving all add to our already full plates while at the same time emptying our pockets.

There are some things we can do to help keep from feeling overwhelmed through the few months.

Set healthy boundaries

Family and friend get togethers can pull us in multiple directions. It is important to communicate your availability and limits to avoid overextending yourself. If you usually host social gathering for any holiday and feel you need a break, it is okay to say, "I can't do it this year". See if friends and family are willing to host. This can help relieve some of the work you need to do while still being able to enjoy time with those you care about.

Having a holiday get together rotation for the future can also help you pre-plan moving forward. Also be sure to set aside some "me" time to allow for quiet and decompression. Meditation, a walk-through nature, or even catching up on your favorite show can give you a chance to alleviate stress and focus on your own mental well-being while increasing your energy levels.

Keep it simple

Less can sometimes be more. Don't let gift giving and decorating strain your budget. There are many websites and videos out there that teach you how to create your own wrapping paper or handmade gifts. This can help save money and also make a gift more special.

Why spend \$8 on a roll when some inexpensive craft paper or old paper bags, paint, stamps, glue and beads can lead to your own uniquely designed wrap that others will love to receive.

If you and friends are looking for a way to celebrate early in the holiday season, have a crafting or gift making party. A great way to accomplish two things at once.

Stay nourished

Autumn and holiday time often brings in added treats, meals, and high calorie foods. It is important to maintain a balance and include whole, nutrient-dense foods daily. These include fruits, vegetables, whole grains, and lean proteins. Good nutrition is not just important for physical health. Maintaining a balanced diet can help us from feeling sluggish and tired due to lack of proper calories and nutrients.

If attending a holiday party, try to carry small healthy snacks with you or eat a nutritious snack before you attend to prevent any overeating of sugar and high fat foods we often see at parties. Homemade foods can also help reduce salt, sugar, and fats while saving money compared to already prepared foods purchased at a store.

Being mindful of how we are feeling and using some of the tips above can help us get through the remainder of the year with less stress on our minds, bodies and wallets. Try to maintain your normal sleep patterns and include a few minutes of deep breathing or meditation each week to keep a calm and clear mind while we enjoy the bustle of the holiday season.

Recipe

Easy Chickpea Stew



This Simple Chickpea Stew recipe is a delightful vegetable dish that can be prepared in around 30 minutes, featuring a captivating blend of flavors. If you're in search of an effortless one-pot meal that you can whip up any night of the week, this vegan chickpea stew is definitely worth trying.

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 cup onions, chopped
- 1 cup red pepper, chopped
- 1 cup carrots, chopped
- 1 cup red potatoes, cut into quarters
- 2 cups cauliflower, cut into florets
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, peeled and minced
- 1/2 teaspoon jalapeno, minced
- 1-1/2 teaspoons cumin
- 1 teaspoon smokey paprika
- 1/2 teaspoon turmeric
- 2-3 tablespoons tomato paste
- 3 cups vegetable broth
- 1 15-ounce can chickpeas, drained and rinsed
- 3/4 cup unsweetened coconut milk

Instructions

1. In a medium size Dutch oven (or other pot), heat the olive oil.
2. Add the onions and red pepper and cook over medium high heat, stirring for about 5 minutes or until golden brown.
3. Add the carrots and red potato and cook for another 3-4 minutes. Add the cauliflower, garlic, ginger and jalapeno, and cook another 2-3 minutes.
4. Add the cumin, paprika, turmeric and tomato paste and stir to blend into the vegetables.
5. Add the vegetable broth and chickpeas and bring to a simmer.
6. Cove pot and simmer over low heat for about 12 - 15 minutes or until the vegetables are tender.
7. Add the coconut milk and bring back to a simmer.
8. Serve with chopped cilantro.

Florida Department of Health
in Hillsborough County

DIABETES AWARENESS HEALTH FAIR

- Open to the Public
- Health Screenings
- Diabetes Education
- Community Resources



Thursday, November 14, 2024

10 a.m - 2 p.m.

Plant City Community Resource Center

307 N Michigan Ave., Plant City, FL 33566

For more information about our
chronic disease prevention programs, call
813-307-8009 or visit [GetintoFitnessToday.net](https://www.getintofitness.today.net)

**Florida
HEALTH**
Hillsborough County



Food Science and Substitutions



Do you have food allergies and need to substitute an ingredient in your favorite dish or baked good? Have you ever forgotten an item you needed for a recipe?

When you know the science behind food, you can easily swap out ingredients without greatly affecting the taste or texture.

Leavening Agents

Leavening is what causes air in the recipe and makes it rise. Common leavening agents are yeast, baking soda, or baking powder.

Substitutions include:

- Add $\frac{1}{2}$ cup buttermilk and $\frac{1}{4}$ tsp baking soda to rest of ingredients in place of 1 tsp baking powder (you will need to reduce liquids by $\frac{1}{2}$ cup)
- $\frac{1}{2}$ cup plain yogurt (must reduce liquids)
- $\frac{1}{2}$ tsp cream of tartar and $\frac{1}{4}$ tsp baking soda in place of 1 tsp of baking powder (2:1 ratio of cream of tartar to baking soda)
- $\frac{1}{4}$ tsp baking soda and $\frac{1}{2}$ tsp vinegar for 1 tsp baking powder
- Club soda can replace any liquid in the recipe. This is best used in recipes that require only a bit of added volume since the amount of bicarbonate in the club soda is minimal.
- If using self-rising flour, you just need to omit the baking soda and baking powder

Sugar

Sugar has many roles in baking: sweetness, color, texture, and even leavening. Sugar helps baked goods to retain moisture, and it interferes with gluten so baked goods don't get as tough. The Maillard reaction is the chemical reaction that gives the golden color and changes in flavor (also creates caramelization). Sugar substitutions include honey, raw sugar, maple syrup, agave nectar, artificial sweeteners, and sugar alcohols.

Flour

Flour in baked goods provides structure, texture, and strength to the recipe. If someone has an allergy to a type of flour, they can substitute the type of flour, and it won't affect the structure, texture, or strength. Flour (wheat flour) substitutes include oat flour, almond flour, coconut flour, rice flour, cassava flour, and even mashed black beans. Mashed black beans work very well as a flour substitute in recipes that have dark chocolate and cocoa.



Eggs

Eggs have many roles in baking. Eggs provide structure, texture, color, emulsification, and even leavening. Eggs serve to bind ingredients together and when heated they create bubbles that help baked goods to rise. Egg substitutes include flaxseed, aquafaba, applesauce, silken tofu, and banana puree.

Other substitutions:

- **Herbs:** For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs. This applies to both woody (rosemary, thyme) and tender herbs (parsley, basil).
- **Kosher Salt:** For 1/2 teaspoon, use 1/4 teaspoon iodized (table) salt. The granules of iodized salt are smaller than kosher salt so they can't be evenly exchanged — 1/2 teaspoon of iodized salt is saltier than 1/2 teaspoon of kosher salt.
- **Lemon Juice:** Orange juice or lime juice. All citrus adds acid and a little bit of sweetness.
- **Nuts:** Most nuts can be exchanged for each other especially in baking recipes like quick breads and muffins. If the flavor of a nut is important to a recipe — like with pecan pie — then it may be better to wait and get the nuts, you need.
- **Sour Cream:** Plain yogurt, Greek yogurt or creme fraiche. All 4 of these are fermented dairy products that will provide a similar tang and creaminess.
- **Soy Sauce:** For small amounts: Worcestershire sauce. For larger amounts (like for a dipping sauce): Tamari, coconut aminos or liquid amino acids. While all of these are fermented sauces, Worcestershire sauce has such a distinct flavor that, if replacing a large amount of soy sauce, will be too distinct. The others will all meld and won't overpower.
- **Tomato Paste:** For 1 tablespoon, simmer 3 tablespoons tomato sauce or pureed tomatoes until very thick, then cool.
- **Vanilla Extract:** Maple syrup, bourbon, brandy, or rum. Pure vanilla extract is made by soaking vanilla beans in ethyl alcohol (vanilla essence or imitation vanilla also contains alcohol). All the suggested substitutions will help enhance the other flavors in a recipe — just like vanilla.
- **Vegetable Oil:** Canola oil, olive oil, avocado oil, melted and cooled coconut oil or ghee. All of these have a similar smoke point: the temperature at which a fat will stop shimmering and start to smoke. Butter has a very low smoke point (which means it will burn quicker) so is not a good substitute for sauteing or frying. However, melted butter can be substituted for oil in quick breads and muffins.
- **Vinegar:** Lemon juice or most other vinegars. Every vinegar will take on the flavors of what it was originally fermented from (white wine, red wine, raspberries). Keep those subtle flavor differences in mind though balsamic vinegar is a tad sweeter and more distinct than most.
- **White Wine (dry):** Broth or stock. Alternatively, water with a squeeze of lemon or a splash of vinegar.



Connecting to Resources in Hillsborough County

How the **Compass Program** is working to improve health disparities

MANY OF US HAVE HEARD THE PHRASE, "YOU ARE WHAT YOU EAT."

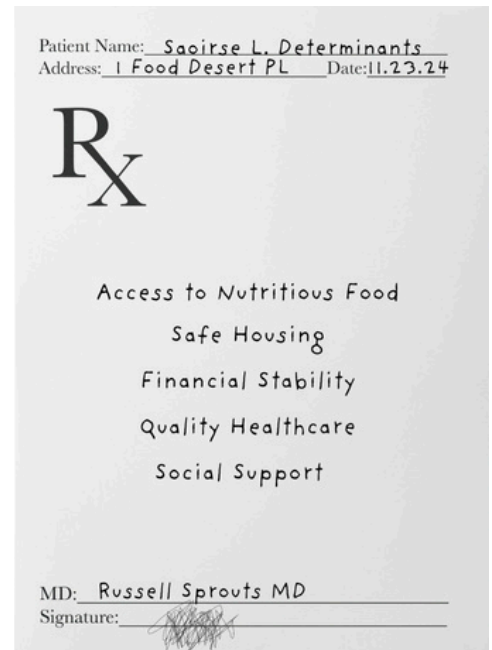
Well, we're also where we live.
Where we work.
Who supports us.
How we see ourselves.

Often, when we think of health, we think of appointments, lab tests, stethoscopes, and white coats.

We think about medical providers recommending dietary changes and which medications to take to manage chronic illnesses like high blood pressure, diabetes, and heart disease.

However, our health is also finding ways to reduce stress, spending time with loved ones, the ability to afford healthy food, and the opportunity to reach goals to fulfill dreams.

It's a combination of the genes we were born with and the environment we live in.

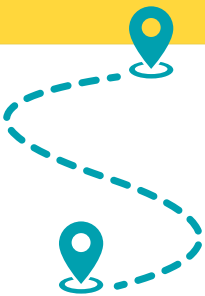


ADDRESSING HEALTH DISPARITIES

A health disparity is when certain groups of people tend to be sicker, die sooner, or face more obstacles when seeking medical care than others, often for reasons that are preventable.

Examples of health disparities include:

- Black American mothers and babies experiencing higher mortality rates in the United States, a disparity that comes from a variety of factors, including access to prenatal care.
- Higher rates of chronic illnesses, like diabetes and heart disease, in people who live in areas where access to affordable nutritious food is limited.



COMPASS

The Compass Program, supported by the "Closing the Gap" state of Florida Office of Minority Health grant, began in 2019.

The goal of Compass is to improve the health of Florida Department of Health clients in Hillsborough County by connecting them to community resources. These resources can help to address unmet social and economic needs, which can lead to increased health disparities.

CLIENT CONNECTION TO RESOURCES

The program has Compass navigators who work with clients to find community resources.

These resources might include help with utility payments, finding food pantries in Hillsborough County, or even finding a job.

COMPASS NAVIGATORS AND CLIENTS WORK TOGETHER

- 1 A client is seen at a clinic location in Hillsborough County. At the clinic, a few additional needs are identified in areas where Compass can assist. Clients can also self-refer to the program by emailing, calling, or visiting Compass online.
- 2 The program receives the referral, and a Compass navigator contacts the client using the client's preferred method: email, text, or phone.
- 3 The client fills out and returns the program's survey, which both the client and the navigator use to identify needs as well as which needs are the highest priority.
- 4 The navigator creates a tailored resource sheet with a list of community resources to help the client meet those needs.
- 5 Ten days after sending the resource sheet, the navigator contacts the client to check on their process and provide additional resources, if needed. An additional follow-up is performed again in 90 days.

CONTACT COMPASS TODAY

Florida Department of Health in Hillsborough County
Client Services Program
813-307-8000
MHHE.Hillsborough@FLhealth.gov

What is Cholesterol?

Cholesterol is a waxy, fatlike substance in your blood. Cholesterol is essential for good health. But too much of the bad kind of cholesterol can put you at a higher risk for heart disease or stroke.



Your liver naturally produces all the cholesterol you need, but some is also taken in when eating certain foods, primarily animal products, like, meat, eggs, cheese, and milk.

CHOLESTEROL PURPOSE

Cholesterol is necessary to make new cells and vitamins. However, too much in your bloodstream can be a problem, by depositing plaque on the inside of your arteries. This raises your risk of heart attack or stroke.

TYPES OF CHOLESTEROL

High Density Lipoprotein (HDL) This is also known as “good cholesterol” and can help prevent plaque from forming in your arteries.

Low Density Lipoprotein (LDL) This is also known as “bad cholesterol” and contributes to plaque forming in your arteries.

KEEPING YOUR CHOLESTEROL AT A HEALTHY LEVEL

- Eat a heart healthy diet, such as vegetables, fruits, whole grains, fish, seafood, poultry, lean meats, low-fat dairy, nuts.
- Find time for physical activity: Aim for 150 minutes per week of moderately intense activities.
- Don’t smoke, vape, or use tobacco products.
- Limit alcohol intake.
- Manage your weight: Even a modest weight loss can make a difference.
- Make a plan with your doctor: If cholesterol levels are still high, medications can help.

Want an easy hint to remember which is which?

HDL = “H”appy -- “H”igher is better

LDL = “L”ousy -- “L”ower is better

Lather, Rinse, Repeat

GLOBAL HANDWASHING DAY - OCTOBER 15, 2024

Author Nicole Abrahamsen, CHES
Health Educator

We touch our face between three to thirty times an hour. If this is the case, how much more frequently are we touching various surfaces that are contaminated with bacteria, viruses, and microbes?

Although it is impossible to keep our hands completely germ-free, there are ways that we can limit the transfer of germs to help prevent all sorts of illnesses and infections. Washing our hands is the best way to avoid getting sick and spreading diseases.

Start with wetting your hands with clean running water, then lather your hands by rubbing them together with the soap, making sure to scrub all surfaces of your hands for at least twenty seconds – enough time to sing twice through “Happy Birthday.”

Then rinse your hands well under clean, running water, and dry your hands using a clean towel or air dry them.

We also need to ensure that we are washing them frequently, either before or after preparing or eating food, treating wounds, caring for the sick, touching an item that’s been frequently touched (such as door handles, gas pumps, shopping cart, etc.), when entering or leaving a public space, or even when inserting or removing contact lenses.

You can make clean hands a healthy habit by following these five steps:

-  **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
-  **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
-  **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
-  **Rinse** your hands well under clean, running water.
-  **Dry** your hands using a clean towel or air dry them.

If soap and water aren’t available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

We also should wash our hands after using the bathroom, changing a diaper, touching, or feeding animals, blowing our nose, coughing, sneezing, handling garbage, and especially when visibly dirty



While increasing the frequency you wash your hands, you may begin to ask questions regarding best practices for hand hygiene. You may ask which is more effective, drying your hands with a paper towel or an air dryer? There is not enough scientific evidence to determine which is more beneficial, so both are deemed effective.

Regardless of which method you prefer, it's important to dry your hands completely because germs are spread more easily when your hands are wet.

Is it better to use warm water or cold water? You can use whichever temperature you prefer, as water does not usually kill germs unless it's hot enough to scald your hands, which is certainly not recommended. Water is primarily used to create soap lather which is what is effective in removing the germs from your skin.

You also might begin to develop a curiosity about how handwashing removes germs and chemicals. When working soap into a lather, it traps germs and chemicals by forming pockets called micelles.



Scrubbing your hands for 20 seconds is critical as it is the action that physically destroys the germs, which are then washed down the drain after rinsing.

Using good hygiene practices are important to reduce our risk of illness and also reduce the risk of others close to us.

Upcoming CHA Prioritization Session

Avery Rodriguez, MPH, CHES®
Healthy Communities Senior Health Educator

A Community Health Assessment (CHA) is a continuous process that allows residents, workers, and students in Hillsborough County to share their insights and perspectives on health-related issues and opportunities within the county.

It is essential to collect information not only from professionals in community health and related fields but also from local residents, as they are the ones directly affected by the health conditions in their community on a daily basis.



One of the upcoming steps in the CHA process is to conduct a prioritization meeting scheduled for January 2025. This meeting will bring together the local health department, community partners, and residents.

During this gathering, we will present the results from various community assessments, including surveys, key informant interviews, focus groups, the photovoice project, and the forces of change exercise carried out this year.

With this data, we will collaboratively rank the top priority areas, such as affordable housing, transportation, and health care access, that the local health department and community partners will concentrate on in Hillsborough County over the next five years.

After the prioritization meeting, we intend to organize community conversations across various neighborhoods in Hillsborough County. This will help us stay connected with community members and gather their insights on the priority areas discussed during the meeting.

Most importantly, the input, feedback, and needs identified will be incorporated into our county's Community Health Improvement Plan (CHIP) and utilized to enhance the overall health of the community.



This emphasizes the importance of involving community members throughout the entire CHA process. The changes we aim to implement are designed to enhance their health both individually and as a collective, ultimately leading to improved health outcomes.

To achieve our goal of making Florida the healthiest state in the nation, we must begin at the county level. By coming together to enhance the health of Hillsborough County, we are making significant progress toward realizing this vision.

If you would like our team to visit your neighborhood for a community dialogue, please contact Marcela Jimenez Ramirez (Marcela.JimenezRamirez@FLhealth.gov).

We look forward to seeing you at the prioritization session in January!

Want to be healthier you? We can help!

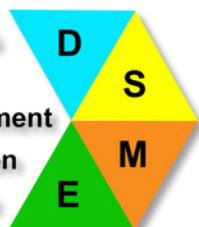
The Florida Department of Health has health education programs at no cost.
Call 813-307-8009 to register or visit GetIntoFitnessToday.net

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% 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 levels.



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 or state and how it compares to other Floridians? 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

* All numbers are area code, 813, unless otherwise indicated.

MAIN OPERATOR
and director's office 813-307-8000

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

Have a question or comment, email us at DLCHD29WebsiteDistribution@FLhealth.gov



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