

SEPTEMBER/OCTOBER 2024 • VOLUME 19 ISSUE 5

COMMUNITY WELLNESS



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National Child Health Day

In the United States, National Child Health Day occurs each year on the first Monday in October. The day is meant to recognize the care and guidance children need to grow strong and healthy.

Every child deserves to be as healthy as possible, from the food they eat to the words they hear. Children require support and opportunities to grow. Parents often worry about chronic disease, accidents, or childhood illnesses while also focusing on a child's mental and general health. Whether it's their environment, the food they eat, or how much television they watch, the day is an excellent opportunity to support the children in your life.

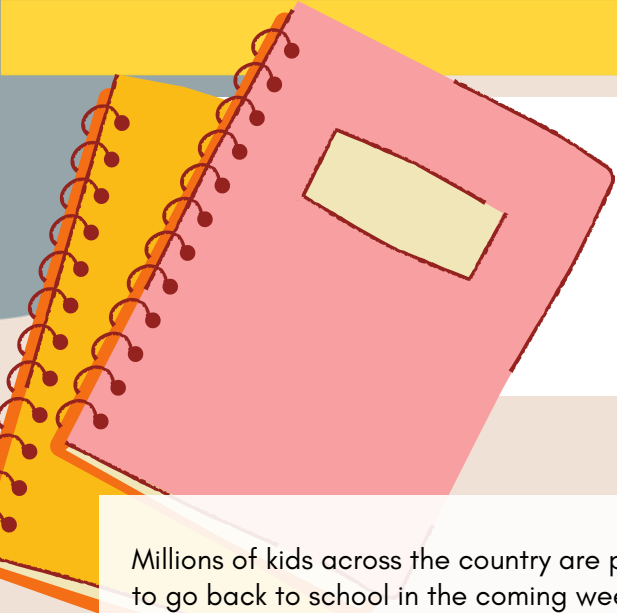
How to Observe Child Health Day

Go for a walk, play in a park, do some yard work, or participate in activities that promote child health. Other ways to participate include:

- Schedule your child's next routine checkup.
- Ensure immunizations are up to date.
- Schedule a routine dental checkup.
- Add new healthy activities to your child's routine.
- Set an example by letting your child catch you in healthy habits.
- Inspect your child's toys. Are they broken or age-appropriate?



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HEALTHY ROUTINES FOR HEALTHY STUDENTS

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

Millions of kids across the country are preparing to go back to school in the coming weeks. This usually means getting the family back into a routine. It can be difficult, especially for teenagers who spent the summer staying up late and sleeping in. In my house, irregular sleeping patterns for my older children sometimes resulted in cranky teenagers. Healthy behaviors and consistent routines in nutrition, physical activity, and sleep can help lead to an academically and physically successful school year. Here are a few things you can do to help build routines for your kids and reduce your stress.

NUTRITION

Hungry children do not focus as well in the classroom. A lack of proper vitamins and minerals can also affect how a child feels throughout the day. Schools often offer free and reduced-cost breakfasts and lunches for students to ensure there is less hunger and more opportunity for adequate nutrition intake.

If you prefer to have your child eat food prepared at home, it is important to provide a well-rounded meal plan that includes fruits, vegetables, whole grains, and other nutrient-dense foods. This will ensure your child is getting sufficient vitamins, minerals, and protein each day. Proper hydration with water also plays an important role in nutrition.

Preparing lunches the night before can help reduce the amount of work you need to do in the morning when trying to get the family out the door on time.

SLEEP

Sleep is important for children's growth and cognitive function. It is recommended that children ages 6-12 get nine to 11 hours of sleep per night, while teenagers, ages 13-18, should strive for eight to 10 hours a night. Adequate sleep with a consistent bedtime can help kids stay focused on learning during the school day.

To help kids fall asleep more easily, create a quiet area with minimal light and eliminate screen time an hour or two before bedtime.

PHYSICAL ACTIVITY

Keeping your child active will help them maintain a healthy weight, promote emotional well-being, and lead to better sleep. Sports are a great way to promote activity while allowing your child to build relationships with their peers. It is not necessary to sign your child up for every sports team available, as that can lead to overactivity and increased stress for some children and families. It is important to find an activity the child is interested in.

Family walks or playing catch in the front yard are great ways to get moving while spending time together as a family. Young children thrive in households with positive family interaction and communication.

While returning to school can be stressful for kids, setting routines for sleeping and eating can lessen that stress and help them succeed in school. Setting aside specific times for homework, activities, and planning weekly meals will not only help your child but can also help reduce your stress as you get back into the school year routine.



Recipe

Apple Chips

Ingredients

- 3 large, sweet, crisp apples, such as Honeycrisp, Fuji, Jazz, or Pink Lady
- 3/4 teaspoon ground cinnamon

Instructions

1. Place racks in the upper and lower thirds of your oven and preheat your oven to 200°F. Line two baking sheets with parchment paper or a Silpat mat.
2. Wash the apples. With an apple corer, a very small cookie cutter, or the round side of a metal piping tip, core the apples (you can also skip this step if you don't mind a few seeds in the chips). Using a mandolin (recommended) or a very sharp knife, slice the apples horizontally into 1/8-inch-thick rounds.
3. Arrange the apples in a single layer on the prepared baking sheets. Sprinkle with cinnamon. Bake for one hour in the upper and lower thirds of the oven. Remove the baking sheets and switch the pans' positions on the upper and lower racks. Continue baking for one to 1 ½ additional hours, until a single apple chip removed from the oven is crisp when set out at room temperature for two to three minutes (to test the apple chips, remove a single apple slice but let the others continue baking). Once you are satisfied with the crispness (the total time will vary based on the thickness of your slices and the type of apple), turn off the oven and let the apples sit in the oven for one hour

as they cool down to crisp further. If you fear you overcooked them, remove the pan immediately and let it sit at room temperature.

Notes

- Thin slices are best! If you slice the apples more than 1/8 inch thick, they will still be delicious, but they won't be crisp.
- The color of the final apple chip will vary based on the type of apple. Crisper apples tend to be lighter, while softer, sweeter apples tend to be darker.
- The total cooking time will vary based on the moisture content of your apples.
- Store baked apple chips in an airtight container at room temperature for up to one week.
- Favorite ways to enjoy these: chopped and sprinkled over yogurt with granola, on top of salads, on top of oatmeal, and, of course, right out of the container!

WHAT IS A CHA/CHIP?

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



Have you ever wondered about the current health status of the community you live in? If you are familiar with community health, you may have heard the acronyms CHA and CHIP before.

A CHA is a community health assessment, and a CHIP is a community health improvement plan. Both are conducted by your local Florida Department of Health every five years to assess the overall health of a county. In addition to assessing a county's overall health, a CHA/CHIP identifies challenges and opportunities within the county.

Drawing from a community health framework such as Mobilizing for Action through Planning and Partnerships (MAPP) 2.0, developed by the National Association of County and City Health Officials (NACCHO), we are currently using this model for the 2024-2025 cycle. A CHA/CHIP helps determine which health priority area needs the most improvement, such as access to health services or behavioral health.



Health priorities are determined by gathering both qualitative and quantitative data, which is collected through the following three assessments: the Community Partner Assessment (CPA), the Community Status Assessment (CSA), and the Community Context Assessment (CCA).

During a CHA/CHIP cycle, collaboration with partners in other sectors is vital to determining the most pressing health priorities and keeping the process efficient.

The process includes, but is not limited to, the following tasks:

- Planning meetings
- Data collection
- Survey dissemination
- Holding focus groups and key informant interviews

To successfully complete a CHA/CHIP cycle, we need all hands on deck! Building and sustaining partnerships throughout the entire CHA/CHIP cycle is vital to successfully completing the process and preparing for future CHA/CHIP cycles.

If you are interested in learning more about the CHA/CHIP process in Hillsborough County, visit: [Community Health Assessment and Improvement Planning](#) or call the Community Health Division in Hillsborough County at 813-307-8071.

If you have any specific questions, suggestions, or feedback, contact our CHA/CHIP Coordinator, Marcela Jimenez Ramirez, at 813-559-4180.

We hope you will join in our vision to make Florida the healthiest state in the nation!



Continued from front page.

When it comes to children, it's important to ensure they are growing and eating well. Sometimes, it's hard to know what that includes. A healthy lifestyle involves a combination of factors that can help children grow and reduce the risk of developing chronic diseases.

There are far too many children with symptoms that lead to chronic diseases like diabetes, high blood pressure, sleep disorders, and more. Children who are above the recommended weight for their height are at a greater risk of developing these diseases.

What can we do to keep those risks low? Choosing healthier food options, eating foods prepared in a healthy way, limiting screen time, and engaging in daily physical activity are all ways to help lower the risk.

Have you ever heard of “five, two, one, zero”? Following this rule of thumb is a great way to kickstart your family's journey to good health:

5

Eat at least five fruits and vegetables a day.

- The best source of vitamins and minerals needed for growth and development come from fruits and vegetables.
- Try at least three bites of a fruit or vegetable at each meal.
- Consider eating fruits and vegetables for snacks, or hide them in other foods such as smoothies, pastas, soups, casseroles, cereals, etc.

2

Limit TV, computer, and tablet use to two hours or less a day.

- Especially in children ages 4-9, watching more than 1.5 hours of TV a day can increase the risk for obesity.
- Do not reward children with TV as it makes it seem that much more important.
- Turn off all electronics during mealtimes.
- Find other activities to do instead of watching the TV, computer, smart phone, or playing video games.

1

Get at least one hour of physical activity a day.

- Be creative with physical activities as a family, such as playing with the family pet, dancing, taking the stairs, playing frisbee, or taking a bike ride.

0

Drink less sugar by opting for water instead of drinks with lots of sugar.

- Drink milk or water.
- Limit juices to four to six ounces.
- Try mixing the juice with water to stretch it out.

BREAST CANCER DAY

Mammography is the single most effective method of early detection, as it can identify cancer several years before physical symptoms develop. According to the revised 2016 U.S. Preventive Services Task Force (USPSTF) screening guidelines, early detection is possible through mammograms beginning at age 50, or earlier if family history increases risk, or as decided by the physician in consultation with the patient.

After age 50, mammograms are recommended every two years or as advised by the woman's physician.

**Age 50-64?
Low income?
Uninsured?**

Get your **free** or **low-cost** mammogram and Pap test.

To see if you qualify, call
813-307-8082 or visit
[FloridaHealth.gov/cancer](https://www.floridahealth.gov/cancer)



October is Health Literacy Month



Human milk does not equal “milk”

In literature, the terms "human milk" and "breast milk" are often used interchangeably. While these terms refer to the same thing, it's important to clarify the impact on infant feeding: human milk is specifically made for human babies.

Did you know that humans are the only mammals that don't always feed their own milk to their own babies? Milk from a lactating woman, or breast milk, is not the same as other "milk" or artificial baby milk (ABM), commonly referred to as formula, which infants who aren't breastfed drink. Most formulas are derived from cow's milk or plant-based sources. However, what's in a woman's breast is much more than what's in a bottle of ABM.

If you want to see a difference in your baby's growth and development by providing a balanced, clean, and ever-changing source of nutrition, try breast milk. The composition of breast milk, which includes vitamins, carbohydrates, minerals, and antibodies, speaks for itself. These components, which change daily, are produced for as long as a woman continues to breastfeed. Studies show that breastfed infants have a reduced risk of allergies, asthma, and ear infections, while nursing mothers have a lower risk of developing ovarian and breast cancer and type 2 diabetes. Empowering mothers to learn how to produce breast milk in the early days will help ensure a consistent supply for their babies

By C. Laping, Health Educator Consultant

At birth, a baby's stomach is no bigger than a toy marble and holds about 1 to 2 teaspoons. Colostrum, the first breast milk your baby will receive, is enough to fill the baby's stomach at birth. By day 10, a baby's stomach grows to the size of a small ping pong ball, holding about 1 to 2 ounces. This is why it's important for a breastfed baby to eat often—at least 8 to 12 times, or more, every 24 hours—to empty the mother's breasts, signaling them to produce more milk and fill the baby's small stomach.



Florida WIC encourages mothers to choose breastfeeding and provides enhanced food packages, often allowing mothers to continue receiving benefits until their baby turns one year old.

Contact your local Florida WIC agency to see if you qualify, or for more information, visit [FLWIC.org](https://www.flwic.org).

Food Safety Essentials

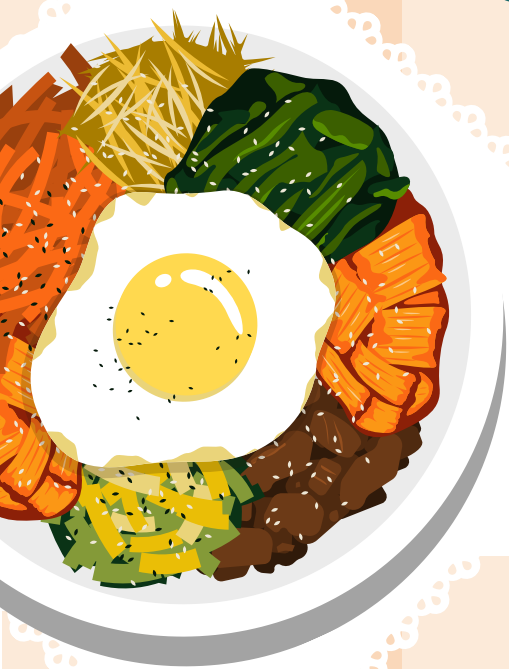


Food safety is not something we think about every day. However, we should! Knowing and understanding how to keep our food safe to eat can mean the difference between contracting food poisoning or not. Food poisoning is any illness or disease that was a result from eating food that was contaminated. Food poisoning affects many Americans each year and some of those illnesses result in hospitalizations and even death.

How do you get food poisoning? Eating foods that are not cooked to proper temperatures, mishandling foods which can cause cross contamination, and not storing foods at the appropriate temperatures. The onset of symptoms may take a few minutes to weeks. Symptoms may range from mild to severe. Symptoms include upset stomach, stomach cramps, nausea, vomiting, diarrhea, and fever.

How can you prevent food poisoning? Follow these four simple steps! **Clean, separate, cook, and chill.**

Clean: Wash Hands, Utensils, and Surfaces Often



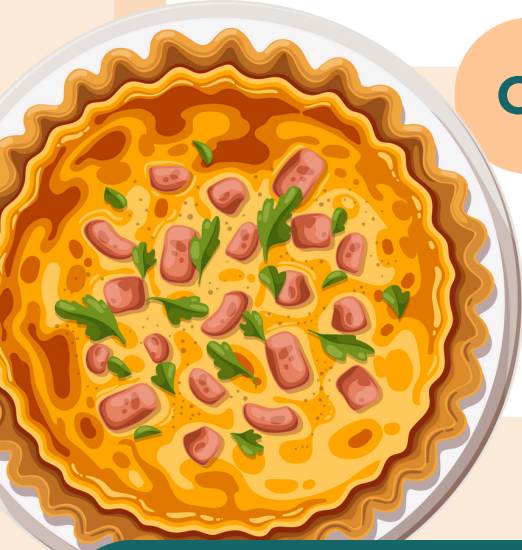
Germs that can make you sick can survive in many places around your kitchen, including your food, hands, utensils, cutting boards, and countertops.

- Wash your hands often. Proper handwashing includes using warm, soapy water for at least 20 seconds.
- Wash surfaces and utensils with hot soapy water after each use. This includes cutting boards and countertops!
- Wash fruits and vegetables, but not meat, poultry, or eggs. Bacteria that are on these items when washed can splatter onto surfaces or other objects which could then cause cross contamination.

Separate: Don't Cross Contaminate

Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs:

- Use one cutting board for fresh produce and one for raw meat, poultry, or seafood.
- Use separate plates and utensils for cooked and raw foods.
- Use hot, soapy water to wash plates, utensils, and cutting boards.
- Keep foods in your shopping cart separated.
- Store raw meat, poultry, and seafood in sealed leakproof plastic bags or containers.



Cook to the Right Temperature

Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick:

- Use a food thermometer to make sure your food is safe.
- Keep hot foods hot at 140 degrees or higher.
- Reheat leftovers to 165 degrees.

Chill: Refrigerate and Freeze Food Properly

Refrigerate perishable foods within 2 hours:

- Two hours rule - Never leave perishable foods out of the refrigerator for more than 2 hours. In hotter temperatures above 90 degrees, refrigerate within 1 hour.
- Bacteria multiply rapidly between 40 and 140 degrees. To keep food out of this "danger zone," keep cold food cold and hot food hot!
- Never thaw or marinate foods on the counter. The best and safest way is in the refrigerator.

Epi Corner

Influenza Season: Flu Prevention



Get immunized:

Who: Everyone 6 months and older.

Why: Protects against flu viruses and reduces severity of illness.



Practice good hygiene:

Wash hands frequently with soap and water for at least 20 seconds.

Use hand sanitizer when soap and water aren't available.



Cover your coughs and sneezes:

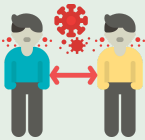
Use a tissue: Or cough/sneeze into your elbow, not your hands.

Dispose properly: Throw tissues in the trash immediately.



Stay home when sick:

Avoid spread: Rest at home until fever-free for at least 24 hours, without using fever-reducing medications.



Avoid close contact:

Limit exposure: Stay away from sick people as much as possible.



Clean and disinfect:

Surfaces: Frequently touched surfaces at home, work, or school.



Boost your immune system:

Healthy habits: Eat nutritious foods, stay hydrated, exercise regularly, and get enough sleep.



Seek medical advice

High risk: If you are at high risk for complications (young children, older adults, pregnant women, or those with chronic illnesses).

Remember: Prevention is key to staying healthy during flu season!

Swimming Safety to Prevent Primary Amoebic Meningoencephalitis (PAM)

Know the risks:

Primary amoebic meningoencephalitis (PAM) is a rare but serious infection caused by the amoeba *Naegleria fowleri*, found in warm freshwater environments, such as lakes, rivers, and hot springs.

Avoid stagnant water:

Swim in well-maintained, properly chlorinated swimming pools or other treated recreational water venues. Avoid swimming in stagnant or untreated bodies of water where amoebae may thrive.

Minimize water entry:

Keep water out of your nose by using nose clips, keeping your head above water, or holding your nose shut while jumping or diving into water.

Limit submerging in warm freshwater:

The amoeba thrives in warm temperatures, particularly in water temperatures above 77 degrees. Minimize prolonged or deep submersion in warm freshwater areas.

Supervise children:

Always supervise young children during water activities and teach them not to jump or dive into warm freshwater or other potentially contaminated water sources.

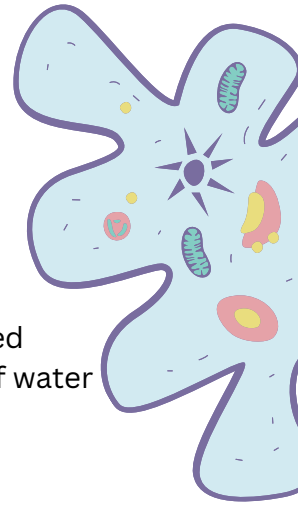
Be vigilant for symptoms:

Be aware of symptoms, such as severe headaches, fever, nausea, vomiting, and changes in taste or smell after swimming in warm freshwater. Seek medical attention immediately if symptoms develop, especially if they occur within a week after swimming.

Spread awareness:

Educate family, friends, and community members about the risks of PAM and the importance of swimming safely in freshwater environments.

While PAM is rare, taking precautions can significantly reduce the risk of infection. Check with your local county health department advisories on water quality and safety.



Want to be healthier you? We can help!

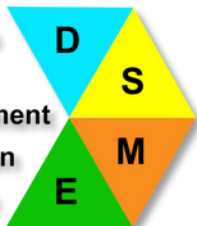
The Florida Department of Health has health education programs at no cost.
Call 813-307-8009 to register or visit GetIntoFitnessToday.net

BP FOR 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 dietician, 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 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



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

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