COMMUNITY WELLNESS

May 5th is Hand Hygiene Day!

Handwashing is one of the best ways to protect yourself and your family from getting sick.

How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during,** and **after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats

Cover: https://www.cdc.gov/handwashing/when-how-handwashing.html

THE INSIDE STORY:

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Healthy Meal Recipe

Spinach, Hummus, and Bell Pepper Wraps

This recipe is a colorful, fresh and flavorful packed meal. It delivers a combination of protein and healthy fat for Mediterranean flair. You can easily make this wrap in 10mins. or in advance and store in the fridge. Pair this appetizing wrap with a piece of fruit to round out a nutritious, delicious lunch.

Ingredients

- 2 (1.9-oz.) whole-grain flatbreads
- 1/2 cup roasted garlic hummus
- 1 small red bell pepper, thinly sliced
- 1 cup firmly packed baby spinach
- 1 ounce crumbled tomato-and-basil feta cheese (about 1/4 cup)

Directions

- Spread each flatbread with 1/4 cup hummus, leaving a 1/2-inch border around the edge
- Divide the bell pepper evenly between the flatbreads
- Top each with 1/2 cup spinach and 2 tablespoons cheese
- Starting from one short side, roll up the wraps
- Cut each wrap in half, and secure with wooden picks

Have a question or comment? Email us: DLCHD29WebsiteDistribution@flhealth.gov
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What's the Deal with the Toilet Paper?

The word novel, defined as "something new and not resembling something formerly known or used," is typically a positive term. But when attached to the name of a virus, as in Novel Coronavirus, this word takes on a different meaning, that has left us figurately, and literally, breathless. And what did we do, when faced with this new threat? Well, lots of things, but one of the most amusing things we did is we ran out and bought lots and lots of toilet paper. It's funny and bizarre, but also understandable… not judging!

According to behavioral researcher and author Dr. Eva Krockow, "[This] behavior points to deeply engrained psychological biases that affect the way we respond to risks. The current epidemic presents almost unprecedented levels of risk and uncertainty. People are grappling with the fear of contracting a potentially life-threatening illness, while balancing worries about job security and sustenance during periods of self-isolation." This is known as Zero-Risk Bias, an irrational logic that we apply in risky situations when making a choice. Apparently, our brains prefer options that eliminate *all* risk in one area over options that could more broadly reduce risks in more areas and produce better overall results. For example, research subjects, when asked if they would prefer A) to decrease risks from 5% to 0%, or B) to decrease risk from 50% to 25%, participants overwhelmingly select choice A, even though the decrease in risk is nowhere near as significant as choice B. Dr. Krockow further notes that, "one way of tackling complex threats is to reduce the number of risk sources and eliminate one threat in its entirety. In this context, the hoarding of toilet paper can be interpreted as strategic action to control at least one aspect of the multifaceted threat. While it is impossible to contain a deadly disease, an ample supply of toilet paper leaves people reassured that their regular visits to the bathroom will be unaffected. At least one less thing to worry about!"

So, most people, including my cousin in Canada, now have toilet paper for the year. Now it's time to think about some more reasonable ways to manage the risks associated with a new virus that has no cure yet. Prevention becomes the essential action. What we are referring to as mitigation is, at this time, the action of reducing the severity, seriousness, or painfulness of this pandemic. We must take these mitigation actions to reduce human and financial consequences. Various mitigation strategies have been implemented in different settings within different sectors, such as in schools, hospitals, etc. For all people, personal actions that we have been promoting for the past weeks to reduce risk include: staying home if possible; social distancing, keeping 6 feet between you and others; washing hands frequently with soap and water for at least 20 seconds, or using a hand sanitizer; avoiding touching eyes, nose and mouth; covering coughs and sneezes; disinfecting "high-touch" surfaces; and, recently, wearing a face covering in public. Maybe not as simple as buying a trunk load of toilet paper, but certainly more effective in reducing risks.

For our public health agency, along with mitigation, communication has proven to be essential. Honest, clear, and consistent public health communication, based on science, data and evidence are crucial for maintaining credibility and getting citizens to take necessary actions. Daily briefings to the media and partners as well as providing information on our website: https://floridahealthcovid19.gov/ are actions supporting that effort.

The Florida Department of Health in Hillsborough continues to work with stakeholders, has enhanced surveillance and disease investigation, provides testing and continues monitoring. We will be vigilant as we observe improvements. Even in this "new normal" we remain dedicated to health and devoted to you.

Lupus Awareness Month

FACTS ABOUT LUPUS

- Lupus is a chronic autoimmune disease that causes inflammation and pain in any part of the body. A person's immune system mistakenly attacks healthy tissue, cells and organs.
- The cause of lupus is unknown but tends to run in families.
- Lupus most commonly affects skin, joints and internal organs, like your kidney and heart.
- Some people are at higher risk for developing lupus: women ages 15-44; people who are African American, Asian American, Hispanic/Latino, Native American, or Pacific Islander; and those who have a family member with lupus or other autoimmune disease.
- Lupus is not contagious

TYPES OF LUPUS

- **Systemic Lupus** is the most common form of lupus. This form affects the entire body and can cause inflammation to the kidneys, nervous system/ brain, and blood vessels. Some results of this inflammation may include poor kidney function, memory problems, confusion, headaches, stroke, high fevers, seizures, and coronary artery disease. Brain inflammation may also cause behavioral changes.
- **Cutaneous Lupus** is limited to the skin and can cause many types of rashes and lesions. These rashes are not itchy. A butterfly rash may form over the cheeks and across the bridge of the nose. Other symptoms may include hair loss and changes in pigment of the skin. Almost 10% of people with cutaneous lupus will develop systemic lupus.
- **Drug-induced Lupus** is caused by certain prescription drugs and is similar to systemic lupus, however organs are rarely affected. Drugs most commonly associated with lupus are Hydralazine, Procainamide, and Isoniazid. Symptoms usually disappear within 6 months of stopping the medication. Not all individuals taking these medication will develop lupus.
- **Neonatal Lupus**—a rare condition that affects infants of women who have lupus and is caused by antibodies from the mother. This is not a true form of lupus. At birth, the baby may have a skin rash, liver problems, or low blood cell counts. Symptoms disappear completely after several months and leave no lasting effects.

STATISTICS

- 9 out of 10 people with lupus are women
- Estimated that 1.5 million Americans have a form of lupus
- 1 in 3 people with lupus suffer from multiple autoimmune diseases
- Systemic lupus accounts for 70% of all cases
- Lupus affects 1 in 537 young African American women

Recognition Days in May

Hand Hygiene Day.....May 5

World Lupus Day .....May 10

HIV Vaccine Awareness Day .....May 18

Preeclampsia Day .....May 22

Senior Health Fitness Day.....May 27

Don't Fry Day .....May 29

Information is from www.lupus.org

5 Tips For A Better Night's Sleep

Sleep is a critical part of managing stress and making healthy choices. Sleep is a remarkably productive and critical part of life; it's the time when the brain and body recharge for another day. Yet, most of us simply aren't getting enough sleep. Stress, everyday demands and— yes, your smartphone— are likely culprits negatively impacting your sleep.

Either too little or too much sleep can make it tough to function at your best. Sleep better and wake up feeling more rested with this advice:

- Eat meals (especially dinner) at the same time each day and at least two to three hours before bedtime.
- Limit naps to 30 minutes at least six to eight hours before bedtime.
- Stay active. Any activity is good. For best results, get moving 20 to 30 minutes most days, at least four to six hours before bedtime.
- Limit your caffeine intake and avoid it after noon. Also avoid stimulants such as decongestants and nicotine.
- Limit your screen time (this includes, smartphones, televisions, tablets, computers and video game deceives) 30 minutes to an hour before bed time.
- Go to bed at the same time every night and get up about the same time every morning— even on weekends.

A healthy amount of sleep for most adults is seven to eight hours a night. If self-care techniques don't help, talk to your health care provider. Sleep problems are treatable.

What's New With the Nutrition Facts Label?

The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label on packaged foods and drinks. FDA is requiring changes to the Nutrition Facts label based on updated scientific information, new nutrition research, and input from the public. This is the first major update to the label in over 20 years. The refreshed design and updated information will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. So, what's changed?

Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. The serving size now appears in larger, bold font and some serving sizes have been updated.
2. Calories are now displayed in larger, bolder font.
3. Daily Values have been updated.
4. Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

The New **Nutrition Facts Label** *What's in it for you?*

1 Serving Sizes Get Real

Servings per container and serving size information appear in large, bold font. Serving sizes have also been updated to better reflect the amount people typically eat and drink today. NOTE: The serving size is not a recommendation of how much to eat.

- The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however some containers may also have information displayed per package.
- One package of food may contain more than one serving.

2 Calories Go Big

Calories are now in larger and bolder font to make the information easier to find and use.

2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower depending on your age, sex, height, weight, and physical activity level. Check your calorie needs at https://www.choosemyplate.gov/resources/MyPlatePlan.

3 The Lows and Highs of % Daily Value

The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet. Daily Values for nutrients have been updated, which may make the percent Daily Value higher or lower on the new Nutrition Facts label. As a general guide:

- **5% DV or less** of a nutrient per serving is considered **low**.
- **20% DV or more** of a nutrient per serving is considered **high**.

The footnote at the bottom of the label has been updated to better explain %DV.

4 Nutrients: The Updated List

What information is no longer required on the label?

Calories from fat has been removed because research shows the type of fat consumed is more important than the amount.

Vitamin A and C are no longer required on the label since deficiencies of these vitamins are rare today. These nutrients can be included on a voluntary basis.

Learn more about the new Nutrition Facts label at: www.FDA.gov/NewNutritionFactsLabel

Chronic Disease and COVID-19: What You Need to Know

NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

Tips and information to protect yourself and your family

What is COVID-19?

COVID-19 is a new kind of illness caused by a virus. It spreads easily between people, and can cause fever, coughing, and trouble breathing.

What should people with chronic diseases know about COVID-19?

Anyone can get sick from COVID-19, but people who are older than 65 and people of any age who have a serious chronic disease are the most likely to become very ill or die.

People who have one or more of these chronic conditions should be extra careful to protect their health from COVID-19:

- Asthma and lung disease
- Heart disease
- Unmanaged diabetes
- Severe obesity (BMI>40)
- Weakened immune systems because of diseases like HIV or because people are going through cancer treatment.

What can people with chronic diseases and their families do to protect themselves from COVID-19?

Making healthier choices every day can help people prevent and improve their chronic disease as well as their well-being, overall. Some of the most important healthy choices include quitting tobacco use, getting more physical activity, and eating nutritious meals and snacks.

People with chronic diseases must be sure to:

- Take regular medications on time and as directed (reach out to your healthcare provider to ask about obtaining an extra supply of medications in case you cannot get to the pharmacy or clinic).
- Make time to keep measuring your blood pressure if you have hypertension or take your blood sugar if you have diabetes.
- Use the telemedicine/telehealth option for a regular medical visit (your healthcare provider can tell you if your insurance company offers this option).

Everyone should follow CDC's recommendations to prevent COVID-19:

- Avoid crowded places and stay at home.
- When you are outside your home, stay at least two arms' length away from other people.
- Wash your hands often with soap and water for at least 20 seconds (or the time it takes to sing "Happy Birthday" twice). If you don't have soap and water, you can use hand sanitizers that contain at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with the inside of your elbow.
- Clean objects or surfaces in your home that people touch a lot, such as door knobs, elevator buttons, and key pads.

! If you or a family member starts to get a fever, cough, or shortness of breath, it may be because of COVID-19. Here is what you should do next:

- Take steps to protect your family members from getting sick (read the CDC fact sheet on how to keep your family safe: www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html).
- Call your healthcare provider and follow their advice on what to do next. Do not go to the Emergency Room unless your provider tells you to do so.
- If you have a job or go to school, let them know that you are sick. You should not go to work or school.

Managing Your Chronic Disease to Prevent COVID-19

▶ I have... diabetes

When people with diabetes do not manage their blood sugar levels well, they can have more trouble fighting off illnesses like COVID-19. Because of this, people with poorly controlled diabetes are more likely to become very ill or die if they get COVID-19.

What you can do:

- Make sure to monitor your blood sugar regularly and to take your medications as directed. Contact your provider to help you get an emergency supply of medications.
- Follow your healthcare provider's advice about healthy eating and increasing physical activity.
- Stop smoking, as smoking can make it more likely that you have heart attack or stroke.

▶ I have... heart disease

COVID-19 can strain all of the systems in the body, which puts additional stress on your heart. In patients with heart disease, COVID-19 can make it more likely that your heart won't be able to keep up with the needs of your body.

What you can do:

- Ask your doctor about telehealth visits to manage your condition so that you don't have to go into the clinic, where you could catch COVID-19.
- Maintain the medications and treatment plan that you and your doctor created.
- Keep up the healthy habits that your doctor recommends, including healthy eating, exercise, getting enough sleep, and managing stress.
- Stay up-to-date on other vaccinations that can protect you from diseases that stress your heart, including pneumonia and the flu.

For more information, please visit:
- **NACDD webpage for COVID-19 resources:** www.chronicdisease.org/news/496967/NACDD-Resources-to-Support-States-Response-to-COVID-19.htm
- **CDC website for COVID-19 resources:** www.cdc.gov/coronavirus/2019-ncov/index.html

▶ I have... asthma

Both asthma and COVID-19 can harm your lungs. If you have asthma and get ill with COVID-19, it could lead to life-threatening lung conditions.

What you can do:

- If you have one, follow your Asthma Action Plan (www.cdc.gov/asthma/actionplan.html).
- Take your medications as directed. Talk to your doctor and pharmacist to be sure you have an emergency supply of prescription medications.
- Stop smoking and using e-cigarettes, which can cause lung damage.

Quitting tobacco use now can help you improve your health. People with chronic diseases who use tobacco are most likely to have life-threatening health issues. If you use tobacco, make the commitment today to quit. Call the free quitline today to get started at 1-800-QUIT-NOW (1-800-784-8669).

▶ I have... cancer

Some types of cancer and cancer treatments can weaken people's immune systems and can make them more likely to get very ill from COVID-19.

What you can do:

- Before going into your appointments for cancer treatment, ask your doctor how you can help protect yourself from catching COVID-19.
- Check if any oral medications that you are taking can be sent directly to you so that you don't have to go to the pharmacy or the clinic.
- Your doctor may recommend other things that you should do to isolate yourself from others to help make sure that your treatments have the best chance of working.

"Whether you make the decision to quit smoking, choose fruit instead of your regular snack, or take some light exercise during TV commercial breaks, it's never too late to try something new to improve your well-being."

– John W. Robitscher, MPH, CEO,
National Association of Chronic Disease Directors

Whole Grains Vs. Regular Grains: What's The Difference?

Whole grains provide a variety of healthy nutrients and are naturally low in fat. Here's how to get more into your diet.

Chances are you eat lots of grains already. But are they the healthiest kind? If you're like most people, you're not getting enough whole grains in your diet. Aim to choose whole grains for at least half of all the grains you eat. Read on to learn about the different types and why you should skip refined and enriched grains.

Types of Grains

Also called cereals, grains and whole grains are the seeds of grasses cultivated for food. They come in many shapes and sizes, from large kernels of popcorn to small quinoa seeds.

1. **Whole grains.** These unrefined grains haven't had their bran and germ removed by milling; therefore, all of the nutrients remain intact. Whole grains are better sources of fiber and other important nutrients, such as selenium, potassium and magnesium. Whole grains are either single foods, such as brown rice and popcorn, or ingredients in products, such as buckwheat in pancakes or whole wheat in bread.

2. **Refined grains.** In contrast to whole grains, refined grains are milled, a process that strips out both the bran and germ to give them a finer texture and longer shelf life. The refining process also removes many nutrients, including fiber. Refined grains include white flour, white rice, white bread and degermed cornflower. Many breads, cereals, crackers, desserts and pastries are made with refined grains, too. These processed foods will not keep your blood sugar levels steady, which is why you will be hungry again soon after consumption.

3. **Enriched grains.** Enriched means that some or many of the nutrients that are lost during processing are added back in later.

Most refined grains are enriched, and many enriched grains are also fortified — meaning nutrients that don’t occur naturally in the food are added — with other vitamins and minerals, such as folic acid and iron. Enriched grains lack fiber and are not an optimal choice because while they have traces of nutrition, many important vitamins and nutrients are lost during processing.

Choosing Whole Grains

Eat whole grains rather than refined grains as often as possible. Examples of whole grains include:

1. Barley
2. Brown rice
3. Buckwheat
4. Bulgur (cracked wheat)
5. Millet
6. Oatmeal
7. Popcorn
8. Whole-wheat bread, pasta or crackers
9. Wild rice

It's not always easy to tell which grains are in a particular product, especially bread. For instance, a brown bread isn't necessarily whole wheat — the color may come from added coloring. If you're not sure something has whole grains, check the product label or the Nutrition Facts panel. Look for the word "whole" on the package, and make sure whole grains appear among the first items in the ingredient list.

How To Enjoy More Whole Grains In Your Diet

Try these tips to add more whole grains to your meals and snacks:

1. Enjoy breakfasts that include whole-grain cereals, such as bran flakes, shredded wheat or oatmeal.
2. Substitute whole-wheat toast or whole-grain bagels for plain. Substitute low-fat bran muffins for pastries.
3. Make sandwiches using whole-grain breads or rolls. Swap out white-flour tortillas with whole-wheat versions.
4. Replace white rice with kasha, brown rice, wild rice or bulgur.
5. Feature wild rice or barley in soups, stews, casseroles and salads.
6. Add whole grains, such as cooked brown rice or whole-grain bread crumbs, to ground meat or poultry for extra body.
7. Use rolled oats or crushed bran cereal in recipes instead of dry bread crumbs.

Eating a variety of whole grains not only ensures that you get more health-promoting nutrients but also helps make your meals and snacks more interesting.

As families and children are staying at home more, Safe Kids Worldwide would like to offer some tips to keeping them safe, inside and outside!

Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html.

The newsletter can be printed and mailed to your address for your convenience.

To preserve your privacy, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to DLCHD29WebsiteDistribution@flhealth.gov.

Improve your health

with the following programs from your Florida Department of Health

Florida HEALTH Hillsborough County

Diabetes Self-Management Education

If you are diagnosed with diabetes (type 1 or type 2) the Diabetes Self-Management Education program can help you improve your A1c to improve your health and reduce your risk for complications due to diabetes. The program covers several topics including nutrition, monitoring, physical activity, reducing risks, medications, and coping. Sessions offered in English and Spanish.

The Diabetes Prevention Program

PREVENT T2

If you are at high risk of developing type 2 diabetes, the Diabetes Prevention Program can help you reduce your chances of developing diabetes. This evidence-based program can assist you to prevent or delay the onset of type 2 diabetes. The program is 26 sessions that give participants the tools and support they need to make and sustain a healthy lifestyle. This program is offered in English and Spanish.

Get Into Fitness Today!

GIFT Get Into Fitness Today!

In 6 or 12 weeks participants learn about healthy eating, physical activity, and ways to live a healthier life. Over 80% of participants lose weight and increase their physical activity. Program sessions are offered all throughout Hillsborough County in English and Spanish!

BP for Me

This 4 week program covers heart health, specifically blood pressure management. Participants will learn how to reduce their risk for complications due to high blood pressure through healthy eating, stress management, physical activity, and more!

Call us at (813) 307-8009

For more information and to register for classes

****All programs require that participants be at least 18 years old**

The Florida Department of Health in Hillsborough,

Florida Breast and Cervical Cancer Early Detection Program

We offer **FREE** mammogram & pap smear testing! For more information and to schedule an appointment, call **813-307-8082**

Upcoming mobile mammography:

Tampa Family Health Center

To schedule and appointment, call **813-284-4529**, Sophia

Florida KidCare, the state of Florida health insurance for children (birth through age 18), *even if one or both parents are working.* To apply, call 1-888-540-5437, TTY-877-316-8748, apply online, print application and instructions. Visit: www.floridakidcare.org.

Florida KidCare

PARKS AND RECREATION:

Hillsborough County Parks, Recreation, and Conservation……***www.hillsboroughcounty.org/***
Plant City Parks and Recreation…….. **www.plantcitygov.com/**
Tampa Parks and Recreation……**www.tampagov.net/dept_parks_and_recreation/**
Temple Terrace Parks and Recreation…….. **www.templeterrace.com/**
Farmers Markets around Hillsborough County…… ***www.americantowns.com/fl/hillsborough-county-local-food***

Do you ever wonder how healthy your community or state is? How does your own health status look compared to the rest of Floridians? If you are interested in statistics and data, Florida Charts is a great resource that paints an accurate picture of the health status of our state— with factual information. Twelve years ago, the site was founded and continues to provide the most up-to-date health statistics you'll find in Florida. Each month, over 24,000 visitors generate over 1 million hits to the 3,500 health indicators, 19 health profile reports and 10 query systems in FLHealthCHARTS. The website has been updated with a new look. Be sure to bookmark the new site: www.FLHealthCHARTS.com.

FLHealthCHARTS
Community Health Assessment Resource Tool Set

CONTACT US

MAIN OPERATOR
and Director's Office 307-8000

COMMUNITY HEALTH

Community Health Director **307-8071**
Epidemiology..... **307-8010**
Health Education..... **307-8071**
Breast/Cervical Cancer..... **307-8082**
Diabetes..... **307-8071**
Florida KidCare **307-8082**
Weight Management **307-8071**
Health Literacy **307-8071**
Insulin Program **307-8082**
Lead Poisoning Prevention..... **307-8071**
School Health..... **307-8071**
Sterilizations..... **307-8082**
Office of Health Equity..... **307-8066**

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

DISEASE CONTROL

HIV/AIDS Specialty Center **307-8064**
Immunizations **307-8077**
Sexually Transmitted Diseases **307-8058**
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**…….. 307-8002**

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

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