

JANUARY/FEBRUARY 2023 • VOLUME 18 ISSUE 1

COMMUNITY WELLNESS

FEBRUARY IS HEART HEALTH MONTH

By living a healthy lifestyle, you can help keep your blood pressure in a healthy range. Preventing high blood pressure, which is also called hypertension, can lower your risk for heart disease and stroke. Practice the following healthy living habits:

Eat a Healthy Diet

Choose healthy meal and snack options to help you avoid high blood pressure and its complications. Be sure to eat plenty of fresh fruits and vegetables.

Keep Yourself at a Healthy Weight

Having overweight or obesity increases your risk for high blood pressure. Talk with your health care team about ways to reach a healthy weight, including choosing healthy foods and getting regular physical activity.

Be Physically Active

The Physical Activity Guidelines for Americans recommends that adults get at least 2 hours and 30 minutes of moderate-intensity exercise, such as brisk walking or bicycling, every week.

Do Not Smoke

Smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

Limit How Much Alcohol You Drink

Do not drink too much alcohol, which can raise your blood pressure. Men should have no more than 2 alcoholic drinks per day, and women should have no more than 1 alcoholic drink per day.

Get Enough Sleep

Getting enough sleep is important to your overall health, and enough sleep is part of keeping your heart and blood vessels healthy. Not getting enough sleep on a regular basis is linked to an increased risk of heart disease, high blood pressure, and stroke.



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Tips for Keeping a Resolution

LESLENE E. GORDON, PHD, RD, LD/N
COMMUNITY HEALTH DIRECTOR

It may be my age, but time seems to be moving a lot faster than it used to. It seemed like only yesterday that we were ringing in a bright new 2022, and here we are now in the year 2023. Not that I am complaining it's just an observation, I am grateful to be alive.

I like the start of each New Year with the sense of fresh new challenges and the opportunity to fix what did not work the previous year or simply do better. It's why we are all so fond of New Year resolutions. Many of us want a second chance, we want to set some positive expectation or goals that we seek to achieve for at least the first few weeks or months of the year. Yes, it's also a reality that many of us do not manage to keep our New Year's resolutions, but I am still a fan of making one anyway, especially when it relates to my health or my family. Not a thing wrong with setting a reasonable goal for yourself that is focused on improvement. So go for it, make a New Year's resolution. Note however that it needs to be reasonable, while I love lofty, audacious goals, I don't want to set myself up for failure. I would like to have the weight that I had at age 16, but it's not going to happen, talk about audacious! So my more reasonable resolution is to lose 10 pounds this year. Consider this tip one; be reasonable and realistic in making your resolution.

Another tip that helps in maintaining a resolution is finding some way to establish a method for accountability. How do I stay on track? That may vary from person to person. In my case sharing my intent, objective, goal or resolution with a friend helps. They may choose to join me in my efforts (many of my friends need to lose a few pounds anyway) or they may provide encouragement and support. Obviously if I have informed my good friend that I am working to lose a few pounds she would not be making offers of baked products and other high calorie items that would jeopardize my success.

Finally be reasonable with yourself. If you have some failure, don't give up, don't beat yourself up, keep trying. Track your progress and fix what you need, to stay on track. Of course as you see progress or when you achieve your objective, celebrate or reward yourself. When I lose my 10 pounds, I will not be rewarding myself with any baked goods or chocolate (a few of my favorite things), but I will be spending some time in Dillard's.

We all kind of snicker at the thought of making a New Year's resolution because the feeling is that it's not going to last. The fact is whether it's a new year or a new day, for most of us behavioral changes start with a strong determination or commitment to make that change. So go ahead even if internally you laugh a little at yourself, make a New Year's resolution.

Have a question or comment? Email us: DLCHD29WebsiteDistribution@flhealth.gov

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Recipe:

Chicken & Spinach Soup with Fresh Pesto

Ingredient

- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- ½ cup carrot or diced red bell pepper
- 1 large boneless, skinless chicken breast (about 8 ounces), cut into quarters
- 1 large clove garlic, minced
- 5 cups reduced-sodium chicken broth
- 1 ½ teaspoons dried marjoram
- 6 ounces baby spinach, coarsely chopped
- 1 15-ounce can cannellini beans or great northern beans, rinsed
- ¼ cup grated Parmesan cheese
- ⅓ cup lightly packed fresh basil leaves
- Freshly ground pepper to taste
- ¾ cup plain or herbed multigrain croutons for garnish (optional)

Directions

- 1) Heat 2 teaspoons oil in a large saucepan or Dutch oven over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.
- 2) With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.
- 3) Combine the remaining 1 tablespoon oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary. If you are very pressed for time, you can substitute 3 to 4 tablespoons of a store-bought basil pesto.
- 4) Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.



Snack Smarter!

At one point or another, we have all found ourselves snacking when we may or may not actually be hungry. We may crave a specific food or just feel like eating and cannot decide if we really are hungry. Mindless snacking can be a greater challenge at this time of year with the various - and seemingly endless treats available during the holidays. By practicing mindful snacking and building better snacks, we can learn to read our hunger cues and choose snacks that satisfy us until our next meal. These skills may take a little bit of practice, but try incorporating them into your routine for greater satisfaction and satiety.

Practice Mindful Snacking:

- Before snacking, evaluate your hunger level and decide if you need a snack at this very moment. If you are unsure, try drinking a glass of water, brushing your teeth or taking a short walk around your house or building first.
- Portion out your snack. While eating chips out of the bag or cereal out of the box can be convenient, this will most likely lead to overeating. Portion out your serving on a plate or in a bowl, put the bag or box away and then enjoy your snack.
- Slow down and mindfully eat your snack. Take note of the taste and texture of your food. Be intentional about putting away electronic devices while eating. These will distract you from mindful enjoyment of your snack.
- Space out your meals and snacks. Try to eat every 3 to 4 hours to stop yourself from becoming overly hungry. When this happens, it is very easy to overeat.

Building Better Snacks:

- Aim to include healthy proteins, fats and carbohydrates in every snack. This hunger-crushing combination will keep you feeling full and satisfied longer!
- Healthy sources of carbohydrates include fruits, vegetables, whole-wheat toast, whole-grain crackers and popcorn.
- Healthy sources of fats and proteins include nut butters, nuts, hummus, Greek yogurt, cottage cheese or hard-boiled eggs.
- Be mindful of the calories in your snacks, aim for between 100 and 200 calories total. Refer to the serving sizes on any pre-packaged items as a guide so that your snack does not become a full meal.

Examples of healthy snacks...

- 1 Tbsp peanut butter with a medium apple (178 calories)
- 1 serving of whole-grain crackers (~6 crackers) and 1 slice of cheddar cheese (210 calories)
- 1 cup plain, non-fat Greek yogurt with $\frac{3}{4}$ cup of mixed berries (172 calories)
- 1 cup popcorn and a hard-boiled egg (113 calories)

Diabetes and Your Heart

Heart disease is very common and serious. It's the leading cause of death for both men and women in the United States. If you have diabetes, you're twice as likely to have heart disease or a stroke than someone who doesn't have diabetes—and at a younger age. The longer you have diabetes, the more likely you are to have heart disease.

But the good news is that you can lower your risk for heart disease and improve your heart health by changing certain lifestyle habits. Those changes will help you manage diabetes better too.

What Is Heart Disease?

Heart disease includes several kinds of problems that affect your heart. The term “cardiovascular disease” is similar but includes all types of heart disease, stroke, and blood vessel disease. The most common type is coronary artery disease, which affects blood flow to the heart.



Coronary artery disease is caused by the buildup of plaque in the walls of the coronary arteries, the blood vessels that supply oxygen and blood to the heart. Plaque is made of cholesterol deposits, which make the inside of arteries narrow and decrease blood flow. This process is called atherosclerosis, or hardening of the arteries. Decreased blood flow to the heart can cause a heart attack. Decreased blood flow to the brain can cause a stroke.

Hardening of the arteries can happen in other parts of the body too. In the legs and feet, it's called peripheral arterial disease, or PAD. PAD is often the first sign that a person with diabetes has cardiovascular disease.

How Diabetes Affects Your Heart

Over time, high blood sugar can damage blood vessels and the nerves that control your heart. People with diabetes are also more likely to have other conditions that raise the risk for heart disease:

- **High blood pressure** increases the force of blood through your arteries and can damage artery walls. Having both high blood pressure and diabetes can greatly increase your risk for heart disease.
- **Too much LDL (“bad”) cholesterol** in your bloodstream can form plaque on damaged artery walls.
- **High triglycerides** (a type of fat in your blood) and low HDL (“good”) cholesterol or high LDL cholesterol is thought to contribute to hardening of the arteries.

None of these conditions has symptoms. Your doctor can check your blood pressure and do a simple blood test to see if your LDL, HDL, and triglyceride levels are high.

These factors can also raise your risk for heart disease:

- Smoking
- Being overweight or having obesity
- Not getting enough physical activity
- Eating a diet high in saturated fat, trans fat, cholesterol, and sodium (salt)
- Drinking too much alcohol

People with diabetes are also more likely to have heart failure. Heart failure is a serious condition, but it doesn't mean the heart has stopped beating; it means your heart can't pump blood well. This can lead to swelling in your legs and fluid building up in your lungs, making it hard to breathe. Heart failure tends to get worse over time, but early diagnosis and treatment can help relieve symptoms and stop or delay the condition getting worse.

Testing for Heart Disease

Your blood pressure, cholesterol levels, and weight will help your doctor understand your overall risk for heart disease. Your doctor may also recommend other tests to check your heart health, which could include:

- **An electrocardiogram (ECG or EKG)** to measure your heart's electrical activity. Your heartbeat is the result of an electrical impulse traveling through your heart.
- **An echocardiogram (echo)** to examine how thick your heart muscle is and how well your heart pumps.
- **An exercise stress test (treadmill test)** to see how well your heart functions when it's working hard.

Take Care of Your Heart

These lifestyle changes can help lower your risk for heart disease or keep it from getting worse, as well as help you manage diabetes:

- **Follow a healthy diet.** Eat more fresh fruits and vegetables, lean protein, and whole grains. Eat fewer processed foods (such as chips, sweets, and fast food) and avoid trans fat. Drink more water, fewer sugary drinks, and less alcohol.
- **Aim for a healthy weight.** If you're overweight, losing even a modest amount of weight can lower your triglycerides and blood sugar. Modest weight loss means 5% to 7% of body weight, just 10 to 14 pounds for a 200-pound person.
- **Get active.** Being physically active makes your body more sensitive to insulin (the hormone that allows cells in your body to use blood sugar for energy), which helps manage your diabetes. Physical activity also helps control blood sugar levels and lowers your risk of heart disease. Try to get at least 150 minutes per week of moderate-intensity physical activity, such as brisk walking.
- **Manage your ABCs:**
 - **A:** Get a regular A1C test to measure your average blood sugar over 2 to 3 months; aim to stay in your target range as much as possible.
 - **B:** Try to keep your blood pressure below 140/90 mm Hg (or the target your doctor sets).
 - **C:** Manage your cholesterol levels.
 - **s:** Stop smoking or don't start.
- **Manage stress.** Stress can raise your blood pressure and can also lead to unhealthy behaviors, such as drinking too much alcohol or overeating. Instead, visit a mental health counselor, try meditation or deep breathing, get some physical activity, or get support from friends and family.

Your doctor may also prescribe medicines that can help keep your blood sugar, blood pressure, cholesterol, and triglycerides close to your target levels.



Hillsborough County Health Equity Plan

July 1, 2022 - June 30, 2027



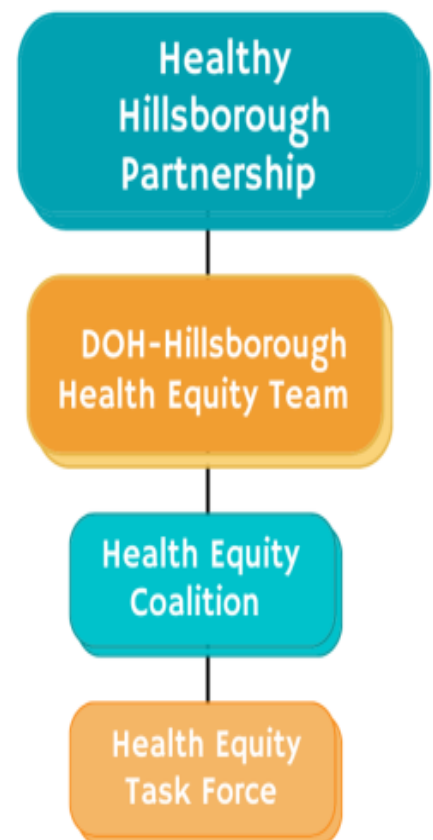
Vision: “Health Equity is achieved when everyone can attain optimal health.”

The Hillsborough County Health Equity Plan (Plan) serves as a guide and resource for improving systems and opportunities to achieve optimal health for all residents. This Plan is not solely a county health

department plan; our desire is for this plan to be a community-centered and community focused plan to address the disparities seen across the county.

Through a collaborative process with the University of South Florida (USF), College of Public Health, a Task Force developed a visioning process to conceptualize a Health Equity Plan. Additionally, a Health Equity Coalition was developed from this process. These groups stem from representation of a variety of government, nonprofit, and other community organizations within the County. The Health Equity Plan will guide Hillsborough County in improving systems and opportunities to achieve optimal health for all residents, especially priority populations, or groups historically marginalized, such as racial and ethnic minorities, LGBTQ communities, people with disabilities, immigrants, and others. The Plan outlines specific activities to address social determinants of health (SDOH), or the conditions in which we are born, live, work, play, age and worship, to improve health outcomes of racial/ethnic minorities and other vulnerable populations.

The early stages of this initiative led to the development of the Plan, and related activities in April 2022 highlighting National Minority Health Month. Based on a review of Hillsborough County data, available resources, and existing capacities, the Health Equity





Coalition and Task Force identified **Severe Maternal Morbidity (SMM) rates**, and **Pre-Exposure Prophylaxis (PrEP) usage for HIV prevention**, as the health disparities to address. **Healthcare quality and access** was found to be one of the root causes of these health disparities. The SMM and PrEP projects are being led by Task Force members from the Healthy Start Coalition of Hillsborough County and the Family Healthcare Foundation, respectively. USF's College of Public Health remains engaged for social marketing efforts in both projects.

Interested parties, subject matter experts, and community members with lived experience will be invited to the table as well to help develop and implement the projects. The projects will contain deliverables to include goals, objectives, and specific activities as they pertain to each health disparity. As projects are implemented, these activities may evolve and be updated over time based on new data, feedback and the community's needs and plan goals.

Moving forward, the Plan will serve as a guide, outlining the specific projects that will pave the way toward improving health care quality and access for populations experiencing these health disparities. We will conduct ongoing evaluation and annual reports assessing progress towards reaching goals and objectives and identify achievements, obstacles and necessary revisions to the Plan. These revisions will additionally outline strengths, opportunities for improvement, and lessons learned.

For more information, and the detailed plan, please visit our website: <https://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/health-equity/index.html>.

To learn more about getting engaged in the Coalition or the SMM and PrEP projects, email us at MHHE.Hillsborough@flhealth.gov.



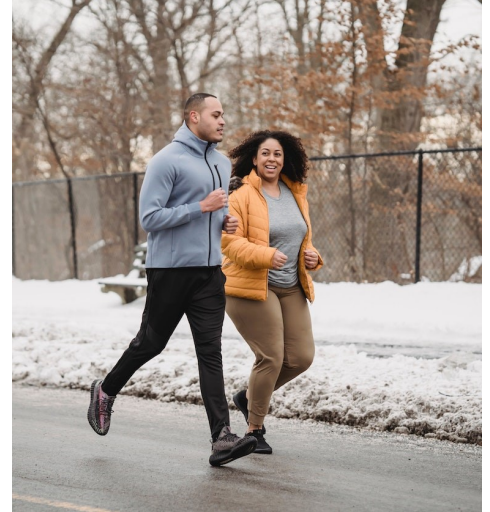
7 Tips to Stay Active When it is Cold and Dark

The weather is getting colder and the days are getting darker. It is possible (and even enjoyable) to be outside in the colder weather. It just takes a bit more effort. Here are 7 tips I have used to stay active in the colder, darker months of the year.

Outdoor Activities

• **Be Visible**

- Flashlights, headlamps, or bike lights are essential for outdoor activities.
- Wear Reflective Gear – choose light colors or consider a reflective vest, glow-in the dark stickers, or reflective leash/collar for your pets.
- Be mindful of the light provided by streetlights or roads along your route.
- Make sure you are in a safe area without a lot of traffic and move off to the side when a car/truck goes by.
- Bike with traffic and walk/run against traffic.
- For longer workouts, let someone know where you are going. There are several running, biking, and hiking apps that can provide real-time location and maps of your location.



• **Dress in layers**

- It doesn't take high-tech gear to stay warm but there are some basic rules that are helpful. Layers are really helpful to keep you warm and protected from wind/rain/snow/sleet. Find out which part of your body needs to stay warm for you to enjoy being outside.
- **Adjust Your Schedule.** Consider changing your schedule so that at least 1 workout or active session a week is done in daylight. Switch up routine days or times so it doesn't seem so monotonous. Start your workout or activity before sunrise so it finishes when the sun is coming up.
- **Drink Water.** This rule still applies in colder weather. You may not realize how much you are sweating or how much energy you are using so make sure you drink water before and after your activities. For longer runs, bike rides, and hikes, you will want to bring water and food/snacks with you on your activities.

Indoor Activities

- **Be Active Indoors.** Try out an activity you haven't done before, get a month-to-month membership at a gym for the winter, find a rock climbing club, or a Silver Sneakers class, or join in on a local community center.
- **Have a Backup Plan.** Some days are too cold, too dark, too rainy, too windy, too much to be outside. So have a backup plan. Do you have an exercise app? Do you have a favorite YouTube fitness channel? Have that plan written down or the app downloaded on your phone/tablet/SmartTV so it's ready when you need it.

Canned Foods—Good for You and Your Wallet

February is American Heart Month and National Canned Food Month. Heart disease continues to be a leading cause of death among Americans. Diet is one of the best ways to prevent and treat chronic diseases. It is important that we include fiber from whole grains, fruits, and vegetables in our daily eating.

Eating canned fruits and vegetables is an affordable, convenient, and easy way to include more fruits and vegetables in your diet! Canned foods are just as nutritious as frozen or fresh and they don't expire nearly as quickly as fresh produce.



Tips for Buying Canned Food

- **Select:** Choose cans that are in good condition- no rusting, bulging or severe dents on the seam.
- **Watch for sodium:** Sodium is usually added to canned foods to preserve them. Look for low-sodium, reduced-sodium or no-salt-added labeled foods. Compare the sodium content on the Nutrition Facts label and choose the product with the lowest amount. Drain and rinse canned vegetables to reduce sodium even more.
- **Watch for added sugar:** Look for fruit that's canned in water, its own juice, or light syrup. You can drain and rinse to remove any excess sugar. Canned fruit contributes far less to the added sugar in most American diets than sources such as soda and sports drinks.
- **Store:** Store cans in a cool dry place, away from temperature extremes (not above the stove or in the garage). Use by the date on the can and once opened, refrigerate any unused portion in a different container.

More Inspiration

- Add drained cans of corn, tomatoes and pinto beans, or any other vegetable to low-sodium chicken broth for a super-fast and filling vegetable soup.
- Use a blender, food processor, or a fork to smash drained and rinsed garbanzo beans, northern beans, or any beans into a bean dip for baby carrots; add a little lemon juice and garlic powder for some zip.
- Serve canned fruit as a dessert topped with low-fat, no sugar-added yogurt; or top whole-grain cereal with canned fruit.

GIFT @ Work

A Worksite Wellness Program

HOW IT WORKS



Increases In:

- Productivity
- Employee Morale
- Self-Esteem
- Overall Health Outcomes



Decreases In:

- Absenteeism
- Employee Turnover Rate
- Stress Levels
- Healthcare Costs



It is known that a productive company would not exist with unhealthy employees. Daily chores that we make can aid creating healthier, stronger, and happier versions of ourselves at work and at home. The Community Health Division within the Florida Department of Health in Hillsborough County is offering any businesses a corporate wellness program to improve the overall health of their employees.

If your business is interested, please call **(813) 559-4153** and learn how you can get started!

**EVERY DOLLAR
INVESTED YIELDS \$6
IN HEALTH-RELATED
SAVINGS**



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.

Want to be a healthier you? We can help!

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

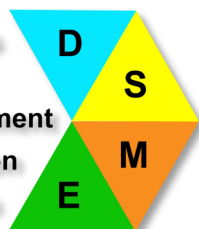
Call **813-307-8009** to register.

The logo for the 'BP For Me' program. It features the text 'BP F ME' in a bold, black, sans-serif font. The letter 'F' is replaced by a red heart with a white ECG line passing through it.

BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to improve their heart health and reduce their risk for complications.

Diabetes
Self-
Management
Education
Program



Diabetes Self Management Education

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity and self-monitoring, learning about medications, and practicing coping skills.



Diabetes Prevention Program

This program can help anyone who is overweight, pre-diabetic, or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active, and positive coping for a healthy lifestyle change.



Get Into Fitness Today

In a 6 week or 12 week program, participants learn about healthy eating, physical activity and ways to live a healthier life.



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 their 5-9 year-olds in the program!

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 an appointment, call Sophia at **813-284-4529**

Fl♥rida KidCare FLORIDA KIDCARE

The State of Florida health insurance for children (birth through age 18, even if one or both parents are working).

To apply by phone, call **1-888-540-5437**, or

TTY-877-316-8748.

To apply online, visit: www.floridakidcare.org.



FL HEALTH CHARTS

Have you ever wonder 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 — with factual information.

The website continues to provide the most up-to-date health statistics you'll find in Florida. Be sure to bookmark the new site: www.FLHealthCHARTS.com.

PARKS AND RECREATION

Hillsborough County Parks, Recreation, and Conservation
www.hillsboroughcounty.org/

Plant City Parks and Recreation
<https://www.plantcitygov.com/parksrec>

Tampa Parks and Recreation
<https://www.tampagov.net/parks-and-recreation>

Temple Terrace Parks and Recreation
www.templeterrace.com/

Farmers Markets around Tampa Bay
<https://www.american towns.com/tampa-fl/local-food/>

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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

DISEASE CONTROL

HIV/AIDS Specialty Center 307-8064
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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 & death records) 307-8002

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



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

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