

JANUARY/FEBRUARY 2024 • VOLUME 18 ISSUE 1

# COMMUNITY WELLNESS

## JANUARY IS MENTAL WELLNESS MONTH

BY AMBER HAMMOND

The new year is a great time to take a good look at your overall health. Sometimes however, we might only take a look at our physical health and we might be neglecting our mental health and wellness.

Did you know that your mental well-being can affect your physical well-being? Stress for instance, can have a severe effect on our bodies if we are stressed too much or too often.

Taking stock of where we are on our health and wellness journey, both physically and mentally, and knowing when to ask for help from qualified professionals, is a good way to start this new year.



We are all on our own journeys in life, and sometimes we may need a little support. Encourage your friends and family to ask for assistance when they need it and make sure to tell your medical provider about any changes in your physical and mental wellness.

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# A LETTER FROM THE HEALTH PROMOTION AND EDUCATION PROGRAM MANAGER

KELSEY CHRISTIAN, MPH, CHES, CPH

Do you write things on a list so that you don't forget to do something important? I was writing a list the other day so that I didn't forget some important maintenance:

- Get an oil change for the car.
- Pay electric bill.
- Put gas in the car.
- Change air filters for my A/C unit.

We think about the things we must do, because if we don't do them something won't work. Such as, if I don't put gas in my car it won't go, or if I don't pay the electric bill I won't have electricity in my home.

Although, we don't think about our heart the same way. If I don't take time to take care of my heart, it won't work properly either. Very often we don't think about our heart until something is wrong or isn't working. It's the one organ that must work every day, all day, without skipping a beat- literally. So if it's so important, why isn't it high on our 'to do' list?

What if we put at the top of our 'to do' list just one of these tasks?:

- Go for a 10 minute walk once a day.
- Do something that makes me happy to de-stress.
- Get 8 hours of sleep a night.
- Find and cook a new recipe for a low-fat meal.

What if, this February during Heart Health month, we made a 'to do' list to take good care of our heart? For ways to do just that, read further into this newsletter for great articles, tips, resources, and recipes.

Wishing you and your heart good health,

*Kelsey Christian*

*"We think about the things we must do, because if we don't do them something won't work [...] If I don't take time to take care of my heart, it won't work properly either."*

**Have a question or comment? Email us:** [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov)

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# HEARTY CABBAGE SOUP

A WARM WELCOME IN A COOL SEASON



## INGREDIENTS

- 1 lb ground beef, 80% or 85% lean\*
- 2 Tbsp oil, divided
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 4 cups green cabbage, chopped, from ½ large head
- 1 large carrot, sliced
- 1 celery rib, thinly sliced
- 28 oz canned diced tomatoes, with their juice
- 15 oz tomato sauce
- 4 cups low sodium chicken broth
- 2 Tbsp brown sugar
- 1 tsp salt, or to taste
- ½ tsp ground black pepper, or to taste
- 2 bay leaves
- 2 Tbsp chopped fresh herbs, such as dill, parsley, or cilantro

## DIRECTIONS

1. In a dutch oven, heat 1 Tbsp oil over med/high heat. Once hot, saute the ground beef\* for about 4-5 minutes or until cooked through, breaking it apart with a spatula as it's cooked. Season with 1/2 tsp salt and 1/4 tsp pepper, or to taste.
2. Once the meat is browned, add 1 Tbsp oil and chopped onion, and saute for about 2-3 minutes or until onions are tender. Add in the minced garlic and saute for 30 seconds until fragrant.
3. Add in the chopped cabbage, carrot, celery, diced tomatoes, tomato sauce, chicken broth, brown sugar, 1 tsp salt, pepper, and bay leaves. Stir to combine and bring to a boil then reduce heat to a simmer, cover and cook for 30 minutes.
4. Remove the bay leaves and add in the fresh herbs. Season to taste with salt and pepper. Serve with a dollop of sour cream.

**\*Cooking Tip:** For a more **heart healthy** alternative, substitute 1 lb ground beef with 1 lb ground turkey! Don't forget to read labels to ensure you are buying lean meats!



# Self-Care

## Tips for Heart Health



**Heart disease is the leading cause of death in the United States, but there's a lot you can do to prevent it. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.**



### What does "self-care" mean?

Researchers define self-care as what you do to stay healthy. It's also what you do to care for any health problems you have, such as high blood pressure, diabetes, or mental health disorders. It's [heart-healthy living](#).

### What parts of your self-care routine help your heart?

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- ✓ Get a daily dose of [physical activity](#), such as a brisk, 30-minute walk.
- ✓ Cook meals that are low in sodium and unhealthy fats.
- ✓ Take your medications as prescribed and keep your medical appointments.
- ✓ Sleep 7-8 hours a night.
- ✓ Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- ✓ Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

### How can you make self-care for your heart easier?

The trick is to plan ahead. Build heart-healthy activities into your daily self-care routine. Schedule things that are both good for you and important to you. You might want to set aside time to:

- ✓ Cook delicious, heart-healthy recipes. Choose some from the National Heart, Lung, and Blood Institute's delicious heart-healthy eating [website](#).
- ✓ Go for a bike ride, take an online exercise class, or have a family dance party.
- ✓ Make that doctor's appointment you've been putting off. Many providers now offer telehealth appointments to make accessing care easier.
- ✓ Organize your medications.

### What's your health status?

Part of self-care is knowing your health status. Even during uncertain and busy times, get your blood pressure, blood sugar, and cholesterol levels checked. Talk to your health care provider about your heart health.



National Heart, Lung,  
and Blood Institute



hearttruth.gov



## How can technology help with caring for your heart?

Your phone or favorite show can make getting off the couch difficult. But technology can be your heart's best friend! Tools that help with self-care for your heart include:

- ✓ Wearable devices that measure steps, heart rate, and sleep
- ✓ At-home blood pressure, blood sugar, and heart rate monitors
- ✓ Online activity and healthy eating [planners](#), like these from [health.gov](#) and [MyPlate.gov](#)

## How does support from others help you care for your heart?

Many studies show that having positive, close relationships and feeling connected to others helps our blood pressure, weight, overall health, and more. Even if it's virtual, that support makes self-care easier and even more effective.

Research also shows that text messages can improve self-care. Connect with friends or family for support. Ask them to text you reminders or encouragement to help you meet your goals. Make new friends who share your goals. Join an online exercise class or a weight-management group to connect with other like-minded people and stay motivated.

## How does self-care play a role if you or your partner is pregnant or considering pregnancy?

Self-care for your heart health is particularly important if you're pregnant or thinking of becoming pregnant. Regular physical activity reduces your risk of gestational diabetes, extra pregnancy pounds, and postpartum depression. Talk to your health care provider about what physical activities are safe during pregnancy and soon after delivery. Discuss how to avoid and watch for a type of high blood pressure called [preeclampsia](#).



## What are the obstacles to self-care?

Research shows that the three main obstacles to self-care are:

- Lack of confidence in one's ability to make a change
- Depression
- Having more than one health concern

If you want to boost your confidence, or if you struggle with a mental health disorder, seek support of family and friends, or talk to a qualified mental health provider. Ask your health care provider for help handling the demands of multiple medical conditions.

## What does it take to give your heart the care—and patience—it deserves?

Self-care includes being patient with your body. You may not see or feel the results of your efforts right away. But small steps can lead to big progress. When we take care of #OurHearts as part of our self-care, we set an example for others to do the same. Visit [hearttruth.gov](#) for resources and tools to help you and your loved ones make heart-healthy lifestyle changes.



# Tips to Prevent Vision Loss

## Your eyes are an important part of your health.

You can do many things to keep them healthy and make sure you're seeing your best. Follow these simple guidelines for maintaining healthy eyes well into your golden years.

## Have a comprehensive dilated eye exam.

You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure. When it comes to common vision problems, some people don't realize they could see better with glasses or contact lenses. In addition, many common eye diseases, such as glaucoma, diabetic eye disease, and age-related macular degeneration, often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

During a comprehensive dilated eye exam, your eye care professional places drops in your eyes to dilate, or widen, the pupil to allow more light to enter the eye—the same way an open door lets more light into a dark room. This process enables your eye care professional to get a good look at the back of the eyes and examine them for any signs of damage or disease. Your eye care professional is the only one who can determine if your eyes are healthy and if you're seeing your best.

## Maintain your blood sugar levels.

Approximately 90% of blindness caused by diabetes is preventable. Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol—also known as the **ABCs** of



*Follow these simple guidelines for maintaining healthy eyes well into your golden years.*

- **A1C:** The goal set for many people is less than 7% for this blood test, but your doctor might set different goals for you.
- **Blood pressure:** High blood pressure causes heart disease. The goal is less than 140/90 mmHg for most people, but your doctor might set different goals for you.
- **Cholesterol:** LDL or “bad” cholesterol builds up and clogs your blood vessels. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels. Ask what your cholesterol numbers should be.

## Know your family's eye health history.

Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since many are hereditary. This information will help to determine if you're at higher risk for developing an eye disease or condition.



### **Eat right to protect your sight.**

You've heard that carrots are good for your eyes. But eating a diet rich in fruits and vegetables—particularly dark leafy greens, such as spinach, kale, or collard greens—is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

### **Maintain a healthy weight.**

Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma. If you're having trouble maintaining a healthy weight, talk to your doctor.

### **Wear protective eyewear.**

Wear protective eyewear when playing sports or doing activities around the home. Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for the activity in which you're engaged. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.

### **Quit smoking or never start.**

Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.

### **Be cool and wear your shades.**

Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99-100% percent of both UV-A and UV-B radiation.

### **Give your eyes a rest.**

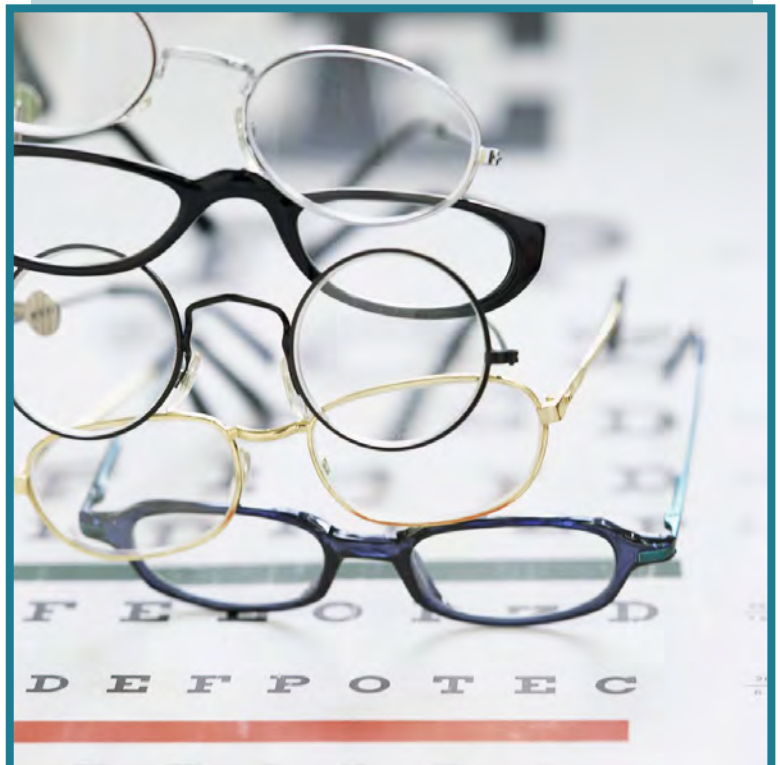
If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This short exercise can help reduce eyestrain.

### **Clean your hands and your contact lenses—properly.**

To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

### **Practice workplace eye safety.**

Employers are required to provide a safe work environment. When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type at all times, and encourage your coworkers to do the same.



# Handwashing

## at Home, at Play, and Out and About



Germes are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

### How can washing your hands keep you healthy?

Germes can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

### Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germes from unwashed hands may get into foods and drinks when people prepare or consume them. Germes can grow in some types of foods or drinks and make people sick.



Germes from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



### What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Centers for Disease  
Control and Prevention  
National Center for Emerging and  
Zoonotic Infectious Diseases

CS 280522A



## When should you wash your hands?

Handwashing at any time of the day can help get rid of germs, but there are key times when it's most important to wash your hands.

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- After touching garbage
- If your hands are visibly dirty or greasy

## What type of soap should you use?



You can use bar soap or liquid soap to wash your hands. Many public places provide liquid soap because it's easier and cleaner to share with others. Studies have not found any added health benefit from using soaps containing antibacterial ingredients when compared with plain soap. Both are equally effective in getting rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

## How does handwashing help fight antibiotic resistance?

Antibiotic resistance occurs when bacteria resist the effects of an antibiotic – that is, germs are not killed and they continue to grow. Sickneses caused by antibiotic-resistant bacteria can be harder to treat. Simply using antibiotics creates resistance, so avoiding infections in the first place reduces the amount of antibiotics that have to be used and reduces the likelihood that resistance will develop during treatment. Handwashing helps prevent many sicknesses, meaning less use of antibiotics.

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a cold or the flu.

For more information and a video demonstration of how to wash your hands, visit the CDC handwashing website:

**[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)**



# DIABETES AND YOUR IMMUNE SYSTEM

*Boost your immune system and stay healthy with diabetes*



HAVING DIABETES CAN INCREASE YOUR CHANCES OF GETTING SICK AND SLOW DOWN YOUR RECOVERY. FIND OUT HOW YOU CAN BOOST YOUR IMMUNE SYSTEM AND STAY HEALTHY WITH DIABETES

Diabetes can make it harder for you to fight off infectious diseases, which are illnesses caused by germs. If you have diabetes, you might have a higher risk of getting sick and becoming more severely ill if you do get sick. Being sick can also make it harder to manage your blood sugar levels.

## HOW YOUR IMMUNE SYSTEM WORKS

Your immune system recognizes and fights off germs that can make you sick. Many people think of the immune system as protection inside the body. But your first line of defense is your skin, which keeps unwanted germs out. The second layer of your immune system is a type of white blood cells circulating throughout your body known as lymphocytes. These white blood cells are on the lookout for threats that could make you sick, like bacteria, viruses, toxins, or fungi. Once your immune system recognizes these germs, it fights them off, often without you even noticing. Your immune system also helps you build up immunity, or protection, against some viruses. Once your immune system has learned to fight off a certain virus, it often remembers how to do it again, if needed. This means if you're exposed to a virus more than once, your immune system can usually fight it off faster, and with fewer or no symptoms at all.

When you get a vaccine, it gives your immune system instructions on how to fight off a virus, protecting you from getting severely ill.

## HOW DIABETES AFFECTS YOUR IMMUNE SYSTEM

High blood sugar adds stress to your body and makes nearly every system work harder, including the white blood cells of your immune system. This means that if you have diabetes, your immune system might be weakened and less effective. High blood sugar can also trigger a protective immune response called inflammation, which can damage your internal organs over time.

If you have inflammation, your immune system is working harder. When this happens while your immune system may already be weakened, it can be more difficult to fight off infections. Research shows that people with diabetes can have more frequent illnesses like respiratory tract infections, flu, pneumonia, urinary tract infections, and skin infections. It may take longer to heal or recover from illnesses, cuts, and wounds.

If you do get sick, you may notice that your blood sugar levels become higher than usual. To fight off illness, your immune system releases hormones that can increase your blood sugar temporarily. Some cold and flu medicines can also raise your blood sugar. On the other hand, fever, sweating, and poor appetite can cause low blood sugar. Be sure to monitor your blood sugar closely and take steps if it gets too high or too low.

## DIABETES AND FLU

People with diabetes might not have a higher risk of getting infected with the flu. However, research shows that they have an increased risk of getting severe illness from these viruses, especially if their diabetes is not well managed. One of the best things you can do to protect yourself from the flu is to get vaccinated. Vaccines are a safe and effective way to prevent getting severely ill.



There are plenty of things you can do to boost your immune system:

1. **Keep your blood sugar levels within your target range** to protect your immune system. This can help prevent short- and long-term illnesses, and help you recover sooner if you do get sick.
2. **Eat plenty of fruits and vegetables.** Fruits and vegetables are rich in vitamins and minerals that help your immune system work well. A great strategy is to eat as many colors of fruits and vegetables as you can to get a variety of vitamins and minerals. Talk to your doctor before taking any vitamin or mineral supplements.
3. **Be physically active.** Physical activity can help you manage your blood sugar levels and keep your immune system strong in case you get sick.
4. **Wash your hands.** Germs can spread from surfaces you touch every day. Washing your hands often is an important way to stay healthy.
5. **Manage stress.** When your stress level is high, your immune system may have a harder time fighting off infections. Stress can also raise your blood sugar levels. Learn how to recognize when your stress level is high and practice relaxing activities like mindfulness, meditation, or yoga. Even 5 minutes can help you unwind.
6. **Get enough sleep.** Being well rested is important for everybody's good health. If you regularly get less than 7 hours of sleep, your diabetes will be harder to manage. Too little sleep can also make it harder for your immune system to fight infections.

7. **Get vaccinated and stay up to date.** Vaccines are a crucial way to protect yourself from getting sick and prevent severe illness. Vaccines are especially important for people with diabetes. Be sure to ask your doctor about your vaccine schedule if you're not sure whether you're up to date:

- o Hepatitis B vaccine is recommended for all adults with diabetes younger than 60. People with type 1 or type 2 diabetes have a higher risk of hepatitis B.
- o Influenza (flu) vaccine is recommended every year for everyone, and especially for people with diabetes who might have weaker immune systems.
- o Pneumococcal vaccine is recommended for adults 65 or older and for adults 19-65 with certain medical conditions or risk factors, including diabetes.
- o Shingles vaccine is recommended for all adults 50 years and older, even if you've already had shingles, chickenpox, or the varicella (chicken pox) vaccine.
- o Tdap vaccine is recommended every 10 years to protect against tetanus, diphtheria, and pertussis (whooping cough).



# Stress Less for a Healthier Heart

#OurHearts

**Stress happens. You can't always prevent or avoid it. But you can change how you respond to it. Try these tips. You may feel better—and have a healthier heart, too!**

## Know How Stress Affects Your Body

Whether it's from everyday deadlines, the work-life balancing act, or financial struggles, stress shows up often. Your body reacts to it. Your heart rate increases, your blood vessels narrow—and especially over the long term that's not healthy! Research shows that stress can make us more likely to get heart disease and have a heart attack.

The origins of heart disease begin at a young age, so the earlier in life you learn how to de-stress, the happier you and your heart will be.

Ongoing stress acts on more than just your heart. It affects everything from your nervous system and hormones to your lungs and gut. You may not see the connection, and healthcare providers may not ask about your stress. So try to listen to your body while thinking about what's going on in your life.

## Turn On Your Relaxation Response

Did you know your body also has a relaxation response? Your breathing slows and **blood pressure** and heart rate decrease. The good news is you can trigger that response.

Ways to do so often combine breathing deeply and focusing your attention on pleasing thoughts and images.

Here are a few relaxation response techniques to try. You can do these on your own or find a teacher or class to start. They may take some practice!

### Progressive muscle relaxation

**This approach** calls for tightening individual muscles in your body and then releasing the tension. Start by tensing and relaxing your toes, then your calves, and on up to your face. Do one muscle group at a time.



### Meditation

This is one of the most-studied approaches for handling stress. There are a variety of ways to do it, including through **mindfulness meditation**. Most meditation styles involve:

- Being in a quiet location with as few distractions as possible
- Being physically comfortable either sitting, lying, or walking
- Focusing your attention on a specific word or set of words, an object, or your breathing
- Having an open attitude and letting distractions, including thoughts, come and go without judgment



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and Blood Institute



[www.hearttruth.gov](http://www.hearttruth.gov)



### Guided imagery

This involves a series of steps that include relaxing and visualizing the details of a calm, peaceful setting, such as a garden. Learn more about stress and try a [guided imagery session](#).



### Deep breathing

This is something you can do anytime, anywhere. Take in a slow, deep breath, let your stomach or chest expand, then exhale slowly. Repeat a few times.



## Find Your Way to Healthy Relaxing

There's no one way to control stress. You may want to try a stress management program, do yoga, talk to a professional counselor, take an art class, or join friends for a brisk walk. Being in nature is very soothing for some people.

**If you're short on time, make a list of three-minute activities you love. Add one to each day of your calendar. Consider:**

- Listening to a favorite tune during lunch
- Stretching after a warm shower
- Catching a few minutes of the sunrise or sunset



Finding healthy relaxation exercises is just one way to protect your heart. Combine de-stressing with other **heart-healthy habits**: eat nutritious foods, move your body more and exercise, get enough sleep, and develop a strong social support system.

## Know When It's More Than Just Stress

If you're feeling overwhelmed and unable to cope, are using drugs or alcohol more frequently, or are having suicidal thoughts, **seek professional help right away**. Resources are available from the [National Institute of Mental Health](#).



National Heart, Lung,  
and Blood Institute



[www.hearttruth.gov](http://www.hearttruth.gov)

# Want to be a healthier you? We can help!

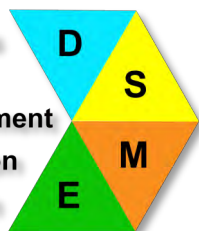
The Florida Department of Health has **FREE** health education programs.  
Call **813-307-8009** to register or visit **GetIntoFitnessToday.net**.

The logo for the Blood Pressure Management Education Program. It features the text "BP FOR ME" in a bold, black, sans-serif font. The letter "O" is replaced by a red heart with a white pulse line.

## BP For Me

The Blood Pressure Management Education Program is a 5-week program that helps participants understand what your blood pressure numbers mean and how an increased blood pressure can increase your risk for heart attack, stroke, heart disease, heart failure, kidney disease, and more. With the guidance and education from our registered dietitian, you will 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

The Diabetes Self-Management Education (DSME) program is a 6-week program that gives participants the tools to monitor glucose at home, make lifestyle changes, learn valuable information on medications and insulin, and make informed choices about foods and carbohydrates to manage diabetes. The program is accredited by the Association of Diabetes Care and Education Specialists (ADCES) and participants in the program have an average reduction in A1C of 1.15!



## Diabetes Prevention Program

Our Diabetes Prevention Program is a year-long program with 26 sessions designed around behavior modification that will give you the tools needed to cope with stressors, choose more nourishing meals, and once and for all get into an exercise routine! This program is great for those looking for ongoing accountability, support, and permanent lifestyle changes. This program is an evidence-based weight loss program and has a participant average weight loss of 6.14% of their body weight. Those who lose 5-7% of their body weight can reduce the risk for developing type 2 diabetes, reduce the risk for heart disease and some cancers, lower cholesterol, and improve blood glucose.



## Get Into Fitness Today

The Get into Fitness Today program is a 12-week program that is all things health and wellness. It utilizes science-based information to reduce chronic diseases through obesity prevention. This program is great for those who already know the basics of wellness and just need a refresher along with some motivation to help them lose weight. Our GIFT program has helped 90% of participants increase their physical activity! It is for anyone who is looking for health and wellness information and a starting point to lose weight. You'll learn tools for healthy eating and how to be more physically active.



## Get Into Fitness Together– a Learning Emotional Activity Program (GIFT-LEAP)

This program is designed to encourage children ages 5-9 to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6-weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join in the program!



## BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

We offer **FREE** mammogram and pap smear testing.

For more information and to schedule an appointment, call **813-307-8082**.

### Upcoming mobile mammography:

1/5/2024 - Tampa Family Health Center (North Dale Mabry)

1/5/2024 - Mammolink (Judeo Christian Health Clinic)

1/16/2024 - Tampa Family Health Center (Fletcher Avenue)

1/20/2024 - Mammolink (ELL Wellness Integrative Center)

2/16/2024 - Tampa Family Health Center (Sligh Avenue)

## FL♥rida KidCare FLORIDA KIDCARE

The Florida health insurance for children for those that are eligible, birth through age 18, even if one or both parents are working.

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

**TTY-877-316-8748**.

To apply online, visit: [FloridaKidCare.org](https://FloridaKidCare.org).



### FL HEALTH CHARTS

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

[FLHealthCHARTS.com](https://FLHealthCHARTS.com).

## PARKS AND RECREATION

Florida State Parks

[FloridaStateParks.org](https://FloridaStateParks.org)

Hillsborough County Parks, Recreation, and Conservation

[HillsboroughCounty.org](https://HillsboroughCounty.org)

Plant City Parks and Recreation

[PlantCityGov.com/ParksRec](https://PlantCityGov.com/ParksRec)

Tampa Parks and Recreation

[TampaGov.net/Parks-and-Recreation](https://TampaGov.net/Parks-and-Recreation)

Temple Terrace Parks and Recreation

[TempleTerrace.com](https://TempleTerrace.com)

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Health Education ..... 307-8009

Breast/Cervical Cancer ..... 307-8082

Diabetes ..... 307-8009

Tobacco Prevention ..... 559-4760

Weight Management ..... 307-8009

Health Literacy ..... 307-8071

Insulin Program ..... 307-8009

Lead Poisoning Prevention ..... 307-8071

School Health ..... 307-8071

Office of Minority Health ..... 307-8066

### DISEASE CONTROL

HIV/AIDS Specialty Center ..... 307-8064

Immunizations ..... 307-8077

Sexually Transmitted Diseases ..... 307-8058

Anonymous Testing ..... 307-8058

Tuberculosis (TB) ..... 307-8047

**ENVIRONMENTAL HEALTH** ..... 307-8059

**HUMAN RESOURCES** ..... 307-8031

**NUTRITION/WIC** ..... 307-8074

### PHARMACY

(HIV/AIDS care clients only) ..... 307-8072

### PUBLIC HEALTH

**PREPAREDNESS** ..... 307-8042

**PUBLIC INFORMATION OFFICER** ..... 307-8044

### VITAL STATISTICS

(birth and death records) ..... 307-8002

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



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