

JULY/AUGUST 2022 • VOLUME 17 ISSUE 4

# COMMUNITY WELLNESS

## August is National Immunization Awareness Month

### Get back on track with routine vaccinations.

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all aspects of life, including your ability to attend important appointments and receive routine vaccinations.

During NIAM, we encourage you to talk to your doctor, nurse or healthcare professional to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.



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# Not Just For Valentine's Day

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

We have had over two years of exhausting and stressful news and deserve a topic that will ease the stress. I would say chocolate figuratively and literally is a solution, or at least my occasional solution to the distractions that persist! I am not making light of the important social, political and health issues that have recently affected us. I am just choosing this month a more lighthearted topic that might educate and surprise some readers.

Chocolate, especially dark chocolate, is good for you! Unless of course you fall into a vat of it. This actually occurred to two workers who were rescued and hospitalized after they fell into a vat of chocolate at the Mars M&M factory on June 9<sup>th</sup> this year. Sounds like fun, but really it is not. This is one of those situations where more is not better and has a high probability of killing you.. So yes, if you don't overindulge there are health benefits to enjoying one of nature's great treats.

Chocolate originates from Mexico where the Mayas, Incas, and Aztecs cultivated the cacao tree. Later, cocoa mixed with vanilla and sugar, was introduced to Europe by early Spanish explorers to great acclaim. Researchers have reported that flavanols (the antioxidant) in cocoa and chocolate have the following benefits on vascular health:

- Help limit buildup of plaque in arteries by lowering LDL (bad) cholesterol
- Help raise HDL (good) cholesterol
- Help blood platelets to be less "sticky" which promotes healthy blood flow
- Reduce blood pressure in people with high blood pressure
- May also have beneficial effects on maintaining healthy blood sugar levels, increasing blood flow in the brain, and keeping skin healthy.

1.4 ounces of dark chocolate has as much antioxidants as a cup of blueberries. Also, chocolate's cannabinoid-like fatty acids induce feelings of bliss, wellbeing, and euphoria. How does that sound?

I am sorry to say to those who are fans of white chocolate, that technically, white chocolate is not chocolate because it doesn't contain chocolate solids. And therefore, does not have the same health benefits. White chocolate is made with a blend of sugar, cocoa butter, milk products, vanilla, and a fatty substance called lecithin.

Thursday July 7, 2022, is World Chocolate Day. Treat yourself and a loved one to a few pieces of chocolate, while remembering moderation is key!



1.4 ounces of dark chocolate has as much antioxidants as a cup of blueberries.

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

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# Summer Recipes!

## Rice with Lima Beans and Cumin

This is really an amazing rice dish. It is so creamy and has an exotic flavor thanks to the tang of the yogurt and cumin. You can use any whole grain in the place of the brown rice.

### Ingredients

- 3 cups brown rice, cooked, warm
- 2 Tablespoons olive oil
- ½ cup green onions, sliced thin
- 1, 16-ounce bag of lima beans, cooked according to package directions and drained
- 2 Tablespoons water
- ¼ cup parsley, chopped
- ½ teaspoon salt, or to taste
- ¼ teaspoon black pepper
- 1 teaspoon ground cumin
- ¼ cup plain yogurt
- A few tablespoons of milk
- Fresh parsley for garnish – optional



### Directions

1. Over medium heat, heat olive oil in a medium skillet.
2. Add the green onions and cook for 1-2 minutes, do not allow it to brown.
3. Add the lima beans, water, chopped parsley, salt, pepper, and cumin.
4. Cook for 3-4 minutes.
5. Remove from heat and add yogurt.
6. Combine with the cooked brown rice. Add a few tablespoons of milk or more yogurt as needed for dish to be creamy.
7. Adjust salt and pepper.
8. Top with parsley, if using.

# Keep Your Cool in Hot Weather!

## Learn about heat-related illness and how to stay cool and safe in hot weather.

High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 700 people die from extreme heat every year in the United States.

Take measures to stay cool, remain hydrated, and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:



- **High humidity.** When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.
- **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

People age 65 and older are at high risk for heat-related illnesses.

**Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness.**

Closely monitor people who depend on you for their care and ask these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they need help keeping cool?

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as you can. Air-conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air-conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air conditioning in vehicles. Contact your local health department or locate an air-conditioned shelter in your area.



Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather:

- Limit your outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Pace your activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle

cramping may be an early sign of heat-related illness.

- Wear loose, lightweight, light-colored clothing.

If you play a sport that practices during hot weather, protect yourself and look out for your teammates:

- If you are wearing a cloth face covering and feel yourself overheating or having trouble breathing, put at least 6 feet of distance between yourself and others and remove the face covering. More safety tips: <https://www.cdc.gov/disasters/extremeheat/heattips.html>.
- Schedule workouts and practices earlier or later in the day when the temperature is cooler.
- Monitor a teammate's condition, and have someone do the same for you.
- Seek medical care right away if you or a teammate has symptoms of [heat-related illness](#).

**Everyone should take these steps** to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
  - Wear loose, lightweight, light-colored clothing and sunscreen.
  - Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.



# DISTRACTED DRIVING

## THE DANGERS OF **DISTRACTED DRIVING**

Texting while driving isn't just dangerous...



Every day **9** Americans are killed by distracted driving accidents



Cell phones cause about as many crashes as speeding does



Texting takes your eyes off the road for at least

### **FIVE SECONDS**

at just **55 MPH**, you'd have traveled the length of



Texting makes you eight times more likely to crash



that's twice as likely as driving drunk or taking a phone call

TAKING PHONE CALLS



4x as likely

DRIVING DRUNK



4x as likely

**Texting and calling aren't the only distractions**



GPS & MAPS



CHANGING THE RADIO



WATCHING VIDEOS



EATING



APPLYING MAKEUP



SMOKING

### Stop Distracted Driving Today



Store or silence your phone



Plan your route before departure



Pull over if you need to complete a task



Keep eyes on the road and don't respond to distractions



Be a safe passenger, reminding drivers to avoid distracted driving



**DEFENSIVE DRIVING.ORG**

For more information on distracted driving, visit [defensivedriving.org/stopping-distracted-driving/](https://www.defensivedriving.org/stopping-distracted-driving/)

# Rethink Your Drink

The next time you go grocery shopping, read the nutrition labels on the items in your cart to see which ones have the most added sugars. You may be surprised to see that the beverages have more added sugars than the food.

Sugary drinks are the leading source of added sugars in the American diet. These sweetened liquids include regular soda, fruit drinks, sports drinks, energy drinks, and sweetened waters. The flavored coffees we grab on the way to work and the sweetened tea we make at home also count as sugary drinks.

## Why should I be concerned about sugary drinks?

People who often drink sugary drinks are more likely to face health problems, such as weight gain, obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, cavities, and gout, a type of arthritis

## Tricks to Rethink Your Drink

- **Choose water** (tap or unsweetened, bottled, or sparkling) over sugary drinks.
- **Need more flavor?** Add berries or slices of lime, lemon, or cucumber to water.
- **Missing fizzy drinks?** Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- **Need help breaking the habit?** Don't stock up on sugary drinks. Instead, keep a jug or bottles of cold water in the fridge.
- **Water just won't do?** Reach for drinks that contain important nutrients such as low fat or fat free milk; unsweetened, fortified milk alternatives; or 100% fruit or vegetable juice first.
- **At the coffee shop?** Skip the flavored syrups or whipped cream. Ask for a drink with low fat or fat free milk, an unsweetened milk alternative such as soy or almond, or get back to basics with black coffee.
- **At the store?** Read the Nutrition Facts label to choose drinks that are low in calories, added sugars, and saturated fat.
- **On the go?** Carry a reusable water bottle with you and refill it throughout the day.

Drink (12-ounce serving)	Teaspoons of Sugar	Calories
Tap or Unsweetened Bottled Water	0 teaspoons	0
Unsweetened Tea	0 teaspoons	0
Sports Drinks	2 teaspoons	75
Lemonade	6 ¼ teaspoons	105
Sweet Tea	8 ½ teaspoons	120
Cola	10 ¼ teaspoons	150
Fruit Punch	11 ½ teaspoons	195
Root Beer	11 ½ teaspoons	170
Orange Soda	13 teaspoons	210





# Finding Hope and Wellness Through Community Gardening in Hillsborough County

By: Madeline Riley, M.S.  
The Well, Inc.

Two years ago, the number of people facing food insecurity in Tampa Bay stood at approximately 650,000. Today this number is nearly 1,000,000, meaning in Tampa Bay nearly a million people do not have consistent access to nutritious foods. This is almost 40% higher than pre-pandemic times.

Now imagine if there were a way to ease some of the effects of food insecurity. Imagine if, in addition to having access to more food, we could improve our physical health through exercise and exposure to nature while also supporting good mental health through social interaction and stress reduction. Community gardening can provide all of these benefits while also transforming our community food systems to be more secure and sustainable.

Community gardening can be defined in many ways and many of the efforts we see today in our communities come from Victory Gardens which were popular during the First World War when U.S. civilians were encouraged to grow food as part of the war effort. Today's community gardens range from plots of land within a garden split between community members to larger gardens built by communities working together. Neighborhood gardens may encourage participation from all of those within a specific local area. Some community gardens are aimed specifically at youth engagement and development.



Other types of gardens include therapy gardens, teaching gardens, and donation gardens. Regardless, they are all driven by an overall goal of participant wellbeing and a value putting sustainability back into agriculture by enhancing local food systems and bringing self-reliance to participants.

There are countless reasons why gardening can be considered a beneficial step for wellness that are supported by research. Community gardening adds an opportunity for participation within society that allows an all-encompassing sense of connection. Gardening may improve well-being through an increase in social interaction, cultural activity appreciation, and reduction of food insecurity. Other research found that gardening activities done within a community setting helped those involved feel a sense of belonging, offered increased opportunity to earn money, reduced food insecurity, and supported the improvement of the physical environment.

Here in Hillsborough, WellFed Community and the Eden Project focus on nutrition, food security, sustainable food systems, and food waste through a range of educational programs and opportunities for community members to get involved. WellFed operates within The Well, which hosts 10 Free Markets a month that provides recovered food from partners like Whole Foods to community members. And the Eden Project is a network of gardens aimed at providing community members with the skills and space to sow, plant, and harvest some of their own fruits and vegetables. Efforts like these show that community garden efforts in urban areas like Tampa can be successful and contribute to building a diverse local-scale sustainable food systems model for our communities.

To find out more about WellFed Community and the Eden Project, visit <https://www.wellbuilt.city/>.





# Making Health Equity a Priority with Tobacco Control

Nicole M. Sutton, MPH, CPH, CHES  
Health in All Policies

For decades, the tobacco industry has targeted Black Americans and other groups of people they deem as “vulnerable” to nicotine addiction with marketing for menthol cigarettes. This has resulted in 85% of Black adult smokers using menthol cigarettes, compared to just 29% of white smokers.

Tobacco use is the number one cause of preventable death among Black Americans, claiming 45,000 Black lives every year. It is a major contributor to three of the leading causes of death among Black Americans: heart disease, cancer, and stroke. Despite more attempting at quitting tobacco, Black tobacco users are less likely than white users to be able to successfully quit smoking in part due to limited access to tobacco cessation treatments like counseling and medication.



A rule proposed by the Federal Drug Administration could end the sale of menthol cigarettes in the United States for good. This current effort builds on previous flavor bans. If finalized, it could save countless Black lives and

result in significant savings in healthcare costs each year. Currently, the United States spends more than \$225 billion on smoking-related healthcare costs annually. For every smoker who quits because of this rule could result in at least \$11,000 worth of savings in long-term health care costs. And for every young person who is prevented from smoking because of this rule, at least \$21,000 in long-term health care costs can be saved.

We are at a critical time of ensuring that all people regardless of race or ethnicity have the opportunity to achieve health and wellness. With the FDA’s commitment to evidence-based actions aimed at saving lives and preventing future generations of smokers, this measure is just one step to creating change that can help do so.

To find out more, visit Center for Black Health at <https://www.centerforblackhealth.org/>.

# Take a Fresh Look at Frozen Foods

## **Frozen. How Fresh Stays Safe.**

Freezing is nature's pause button. Freezing simply pauses just-picked and just-baked foods, keeping them at their peak of freshness and locking in their flavor and nutrients.

Freezing, one of the oldest methods of preserving foods, can keep foods fresh for a longer period of time. Freezing is a natural way to keep foods safe by preventing microorganisms from growing and by slowing down the enzyme activity that causes food to spoil. Modern freezing techniques used by fruit and vegetable growers and makers of prepared meals capture and preserve food at the peak of its freshness and nutrient content.

When preparing the variety of options available to consumers in the frozen food aisle, remember to always read and follow the package cooking instructions to achieve the right temperature to make your foods safe and delicious.

Another important tip to remember is if you can't eat your leftovers quickly, freeze them because cold temperatures slow the growth of harmful bacteria.

## **Frozen. How Fresh Stays Nutritious.**

Did you know that frozen fruits and vegetables are as rich in nutrients and, in many cases, are packed with even higher nutrient levels than their fresh counterparts?

Two Frozen Food Foundation-commissioned studies conducted by the University of Georgia (UGA) and University of California, Davis (UC Davis) reveal that frozen fruits and vegetables are as rich in nutrients, and often more so, than fresh-stored produce.



## **Frozen. How Fresh Stays Accessible.**

About 40 percent of the food produced in the United States each year is never eaten, according to the Natural Resources Defense Council, amounting to about \$162 billion lost every year, according to the U.S. Department of Agriculture.

All of this wasted food is staggering considering 17.5 million U.S. households are food insecure.

Frozen foods mean less wasted food and access to well-balanced, portion-controlled nutritious meals in every season and community. In fact, research published in the British Food Journal shows that frozen food generates 47 percent less food waste at home than non-frozen food, so families can save money while still eating healthy meals.

We've got your back with safe, nutritious and easy-to-prepare frozen foods.

Source: <https://www.fightbac.org/take-a-fresh-look-at-frozen-foods/>

# August is Breastfeeding Month



## COME CELEBRATE!

World Breastfeeding Week with WIC

**Florida HEALTH**  
WIC Florida



A day full of  
**Games, prizes, and FUN!**  
for our families



Wednesday, August 3rd  
University Area  
13601 N 22nd St.  
Tampa, FL 33613  
9:00 AM - 12:00 PM

**Walk-ups are welcome!**

This institution is an equal opportunity provider.



WIC is holding a community event on Wednesday, August 3rd to celebrate breastfeeding families. WIC staff and community partners will be on site to provide breastfeeding information, support, and encouragement to families and those interested in learning more. For more information about the event, please contact the WIC Breastfeeding line at 813-496-BABY (2229)

**Florida HEALTH**  
WIC Florida

For more information on applying for WIC, please call 813-307-8074, or use the [WIC PreScreening](#) tool to see if you qualify!

This institution is an equal opportunity provider.

WIC is excited to announce our virtual breastfeeding support programs! Pregnant women may be eligible to enroll in a virtual breastfeeding class, over Microsoft Teams. Classes are hosted by our breastfeeding staff. Please call 813-307-8074 to be enrolled.

WIC is also offering virtual breastfeeding support groups. Groups are held on the 2nd Thursday of the month, at 11 AM for Spanish speaking, and 2 PM for English speaking. For more information on how to access, please call 813-496-BABY (2229)

### **Breastfeeding Warmline:**

813-496-BABY (2229)

*Available 7 days a week, from 8 AM—9 PM, for breastfeeding support.*





## COPH introduces the Lifelong Learning Academy

*Story by Caitlin Keough, USF College of Public Health*

The [USF College of Public Health](#) (COPH) is introducing a new way of learning and teaching beyond the degree programs.

The COPH [Lifelong Learning Academy](#) (LLA) was developed in response to proposed legislation to address public health workforce gaps, including positions required to prevent, prepare for and respond to public health emergencies.

The LLA is designed to provide an array of lifelong learning and educational opportunities to enhance the public health practitioner's knowledge, skills, competence and performance to improve public health practice. The courses and webinars are taught by COPH faculty.

“The LLA provides the infrastructure to support workforce development outside of formal academic degrees,” said Dr. Janice Zgibor, professor and associate dean for academic affairs. “The field of public health is constantly evolving and changing. Through the LLA, public health practitioners will have a resource to advance their skillsets.”

Created with the understanding that traditional education models may not be suitable for evolving learner needs and that employers are demanding continuous learning and new skills, the LLA's flexible educational platform incorporates alternative learning options and offers digital badging for the verification of credentials.

COPH alumni interested in advancing their careers and workforce development opportunities are encouraged to participate in LLA courses. These include community-based public health professionals working in hospital systems, epidemiologists, community health workers, laboratory professionals, public health department staff, clinicians and those working in public health organizations.

To read more, visit: <https://hscweb3.hsc.usf.edu/health/publichealth/news/coph-introduces-the-lifelong-learning-academy/>





# FOR THE FAMILY

Building a stronger community through its families

[www.StrongerCommunity.com](http://www.StrongerCommunity.com)

## YOUR CARING SPIRIT MAKES EVERYONE HEALTHIER

After all, you're in health care to help other people feel better. Caring about others is what you're all about as a professional, and in your life. **For The Family WANTS to feature you and other caring people you know in Kindness of the Heart.** When you nominate someone for a national Family Flame Award by describing their kindness in a smartphone video, you know how deserving they are. *Thanks for sending your video to [FDOH.Kindness@gmail.com](mailto:FDOH.Kindness@gmail.com).*

Your video can be about a relative, friend, or colleague...but it's all about their Kindness of the Heart. It can even focus on your own good deed. **Our ongoing celebration of the positive honors people like you who care about others.**

**Along with presenting Family Flame Awards in 14 categories, we'll honor the health care profession at the 7<sup>th</sup> Annual National FAM Awards in November.** Your video will get national recognition even if it doesn't win a Family Flame Award. The more we receive, the more we can show. Thanks for telling your friends. Find out more by contacting Ward Cox at [Alfolk@aol.com](mailto:Alfolk@aol.com) or (813) 932-1477, and by watching this video: <https://youtu.be/Ct8BQzfkTg>

## THE SIXTH ANNUAL NATIONAL FAM AWARDS

<https://youtu.be/7Vh3sy6maJo>

We appreciate your interest in how our agency is spreading Kindness of the Heart.

This landmark video and its uplifting reassurance would not have been possible without the active involvement of students who participate in our Kindness of the Heart Internship Program. We are also deeply indebted to our Organizational and Corporate Partners, and to the hundreds of people who submitted Family Flame Award nominations in 2021.

Thank you for realizing that caring about others creates its own positive unity.

Pay it forward and pass it on.

# 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.

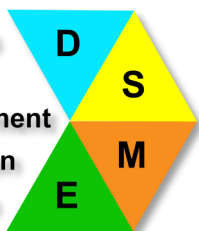


**BP F  R ME**

## [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.



**PREVENT T2**  
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

## [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](http://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](http://www.FLHealthCHARTS.com).

## PARKS AND RECREATION

Hillsborough County Parks, Recreation, and Conservation  
[www.hillsboroughcounty.org/](http://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/](http://www.templeterrace.com/)

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

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Health Literacy ..... 307-8071  
Insulin Program ..... 307-8082  
Lead Poisoning Prevention ..... 307-8071  
School Health ..... 307-8071  
Sterilizations ..... 307-8082  
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**HUMAN RESOURCES** ..... 307-8031

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

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(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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Tampa, Florida 33675-5135  
813-307-8071**

**[Hillsborough.flhealth.gov](http://Hillsborough.flhealth.gov)**