

MARCH/APRIL 2022 • VOLUME 17 ISSUE 2

COMMUNITY WELLNESS



APRIL 4-10, 2022

PUBLIC HEALTH IS WHERE YOU ARE

This year's theme, Public Health Is Where You Are, celebrates what we know is true: The places where we are, physically, mentally and societally, affect our health and our lives. As we celebrate the 27th NPHW, April 4-10, we want everyone to know they can make their communities healthier and safer for all. And as we move slowly back toward gathering in person, we're focusing not just on what we can do as individuals, but what we can do as communities to protect and prioritize public health.

This NPHW, we're taking a look at the intersections of our lives that affect our health and well-being. And we're encouraging everyone — public health professionals, students, elected leaders and the

general public — to step in and do what they can to make our world a more equitable, safe, healthy and just place. We're also going to have some fun along the way.

We hope you'll join us.

Daily Themes:

Monday: [Racism: A Public Health Crisis](#)

Tuesday: [Public Health Workforce: Essential to our Future](#)

Wednesday: [Community: Collaboration and Resilience](#)

Thursday: [World Health Day: Health is a Human Right](#)

Friday: [Accessibility: Closing the Health Equity Gap](#)

Saturday: [Climate Change: Taking Action for Equity](#)

Sunday: [Mental Wellness: Redefining the Meaning of Health](#)

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Welcomed Additional Work

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

One of the bright spots of 2021 was new Florida State legislation establishing under the Florida Dept of Health (FDOH) Office of Minority Health and Health Equity requirements to launch new efforts to promote statewide policies, programs and practices to increase health equity. This included the establishment of a minority health liaison in each county and specific guidance on steps to improve infrastructure at the county level. The purpose, to reduce health disparities and increase access to quality health services for racial and ethnic minority populations.

This was welcomed news to Hillsborough County. Although our county established an Office of Health Equity many years ago and has been diligently working on several initiatives, the new support from our legislators will help move our goals further and faster. It is certainly no secret that we have some work to do as it relates to health disparities. In Hillsborough County we continue to struggle with problems like infant death, low birthweight and various preventable diseases that affect our minority residents more than other residents. Our work is not even close to being completed.

In upcoming months, the health department will be working with varied stakeholders in a taskforce, a coalition, and a partnership. We will take a really deep dive into the issues and the associated data to jointly craft a Community Health Equity Plan as the first step. This plan will have broad input from local institutions, partners, and members of the community. We hope to later implement interventions that address the root causes of priority health disparity concerns. We will not reach for low hanging fruit, we are seeking to make a big impact, and to find sustainable solutions to deeply disturbing and preventable health issues.

I have worked in Hillsborough County for many years, and based on my experience, I know that we have some of the best partners. Folks who are not intimidated by the challenges we face. Therefore, I am very confident that our efforts will generate significant dividends from our investment of time and other resources. Don't hesitate to contact us if you have interest in helping to create the Health Equity Plan for our community. You can reach out to our Office of Health Equity Manager and our Health Equity Liaison, Allison Nguyen at Allison.Nguyen@flhealth.gov. We look forward to hearing from you.

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The purpose, to reduce health disparities and increase access to quality health services for racial and ethnic minority populations.

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

Healthy Homemade Salad Dressings



You can use olive oil for cooking, dressings, and marinades. Using herbs and spices in your cooking is

a great way to add flavor without adding a lot of salt.

Below are some delicious salad dressing recipes that are great for traditional salads or using on roasted vegetables. For need an easy side dish, roast a sheet pan full of vegetables (cauliflower, broccoli, and carrots for example) and toss them with various olive oil-based dressings after they have cooked for extra flavor!

Citrus Salad Dressing

- Juice from 3 limes or lemons
- 6 tablespoons olive oil
- Salt and pepper to taste

Balsamic Dijon Vinaigrette

- 6 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 6 tablespoons olive oil
- Salt and fresh ground pepper to taste

Med House Salad Dressing

- 1/3 cup (or 5 Tablespoons + 1 teaspoon) olive oil
- 5 Tablespoons red wine vinegar (you can use white wine or cider)
- 1 Tablespoon olive oil mayonnaise
- 1 teaspoon sugar
- 2 teaspoons dried oregano

Chili Lime Vinaigrette

- 6 tablespoons vegetable oil (canola, grapeseed, or sunflower seed)
- 6 tablespoons white-wine vinegar
- 1-3 tablespoon jalapeno, finely chopped (can add more or less based on personal taste)
- 1-3 tablespoons finely chopped fresh mint leaves
- Juice and zest of 3 limes
- 3 tablespoon sugar (or less)
- 1/8 teaspoon cayenne pepper
- Salt and pepper to taste

Sherry Dijon Vinaigrette

- 9 tablespoons sherry vinegar
- 1 tablespoon Dijon mustard
- 12 tablespoons (3/4 cup) olive oil

National Garden Month

Research shows that cultivating plants is beneficial for us. Gardening has been associated with improvements in attitudes toward health and nutrition, better school performance for kids, and community spirit. Every April communities, groups, and individuals celebrate National Garden Month. Gardening can be a great way to enjoy being outside, get exercise, and grow fruits and vegetables.

Benefits of Gardening and Safety Tips:

- **Fruits and vegetables - more matters.** Gardens can motivate children to try new fruits and vegetables, and kids are eager to taste the 'fruits' of their labor. Fruits and vegetables are an important source of vitamins and minerals, provide fiber, color and texture, and may reduce disease risk, but few children or adults eat recommended amounts. Gardening with your kids will get them excited about the plants on their plate.
- **Increase physical activity.** Light gardening/yard work is considered moderate physical activity. The Centers for Disease Control and Prevention (CDC) suggest gardening as a way to get some of the 2 ½ hours of recommended weekly activity. If you have been inactive, start out gradually each day, building up time and intensity. Vary your gardening activities to keep it fun and broaden the benefits.
- **Grow a successful garden.** According to the National Gardening Association, the best way to launch a successful garden is to start small and choose varieties that do well in your area. You might start with vegetables your children already enjoy, or try selecting plants around a theme such as a rainbow garden to increase their interest.
- **Gear up for gardening with safety.** Wear safety goggles, sturdy shoes, and long pants when using lawn mowers or other machinery. Wear gloves to lower the risk for skin irritations, cuts, and certain contaminants and protect your hearing when using loud machinery. Lower your risk for sunburn by wearing long sleeves, wide-brimmed hats, sun shades, and sunscreen.
- **Stay hydrated.** As the gardening season progresses, it's important to be smart about staying hydrated when temperatures are on the rise. Drink plenty of water throughout the day to replace lost fluids. Sipping throughout the day is better than saving up for meals or breaks.
- **Take breaks.** Take breaks often and rest in shaded areas. Stop working if you experience breathlessness or muscle soreness. Signs of heat-related illness include extremely high body temperature, headache, rapid pulse, dizziness, nausea, confusion, or unconsciousness.

Gardening can have a positive impact on eating habits, physical activity level, and overall well-being. Whether you are a beginner or expert gardener, health and safety are always important.

What exactly is metabolism?



Metabolism is defined as the bodily processes needed to maintain life. But when you hear the word "metabolism" used today, it's usually in reference to weight issues. You may hear someone say, "I can't lose weight because I have a slow metabolism."

While there's some truth to this, other factors — such as how much you eat and exercise — play a much bigger role in your weight than your metabolism does. And while it's true that how much lean body mass you have can affect how many calories you burn at rest, its effect is limited — in part, because you can build only so

much lean muscle by strength training.

Here are some other facts about metabolism.

What it is:

Through the process of metabolism, your body turns the food you eat into the energy it needs. It's a vital process for all living things, not just humans.

What can affect your metabolism:

- Some medications can affect your metabolism — either dangerously speeding it up or slowing it down.
- Eating breakfast every day can jump-start your metabolism.
- Weight loss — especially when it's rapid — actually slows your metabolism because it takes less energy for your body to function at a lower weight. So, as you lose weight, you need to take in fewer calories or get more physical activity to burn more calories to keep losing pounds.
- Age can slow your metabolism. In general, as you age, you gain fat and lose muscle. Some people also become less active. However, you can do the opposite and take on more physical activity to make up for your slower metabolism.

The bottom line:

You can help your metabolism — and your odds of weight-loss success — by changing your energy balance, or the balance between what you consume and what you burn off, through a healthy diet and regular physical activity.

WHAT IS HUMAN TRAFFICKING?



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One Voice. One Mission. End Human Trafficking.®

HUMAN TRAFFICKING IS

modern day slavery.

exploiting a person through force, fraud, or coercion.

sex trafficking, forced labor, and domestic servitude.

happening everywhere, even in the United States, and victims can be U.S. Citizens or of any nationality, age, socioeconomic status, or gender.

any person under the age of 18 involved in a commercial sex act.

WHAT YOU CAN DO TO STOP HUMAN TRAFFICKING



RECOGNIZE AND REPORT SUSPECTED HUMAN TRAFFICKING



To contact federal law enforcement, call **1-866-DHS-2-ICE**



Or submit a tip online at **www.ice.gov/tips**

For victim support from the National Human Trafficking Resource Center (NHTRC), call **1-888-373-7888** or text HELP or INFO to **Befree(2333733)**

Help us bring this crime out of the shadows and into the light.
Join the Blue Campaign.

6 Tips to Stay Active This Winter

The winter season can be a challenging time to stay active, with colder temperatures, and fewer daylight hours. But staying physically active is one of the best ways to improve your mental and physical health and keep yourself on track to reach your fitness goals. Physical activity can help you sleep better and reduce anxiety. Regular physical activity also helps you feel better, improve your balance, lower your risk of type 2 diabetes and many kinds of cancer, strengthen bones and muscles, lower blood pressure, maintain or lose weight, and keep your mind sharp as you get older. Emerging research also suggests physical activity may help boost your immune function.

Experts recommend adults get at least 150 minutes a week of moderate intensity physical activity. Many activities count, such as walking, running, or wheelchair rolling. You can break that up into smaller chunks of time or spread your activity out during the week. Try 30 minutes a day, 5 days a week. It all counts. **Get started today with our 6 tips to stay active all winter long.**

1. Take nature walks.

Weather permitting, schedule time during the day to enjoy nature. Take a stroll around a safe neighborhood or park.

2. Monitor the weather and plan ahead.

Weather forecasts give several days' notice to prepare your week. Be sure to monitor the weather, dress appropriately, and plan your winter activity accordingly.

3. Wear layers.

Wear several layers of comfortable clothing so that items can be removed easily as you become warmer. Layers will help you guard against overheating, sweating, and eventually becoming colder.

4. Workout online.

Consider tuning into a TV, online, live Zoom, or Instagram workout class. Find free or low-cost exercise videos online to help you do aerobics, dance, stretch, and build strength.

5. Do some chores.

When bad weather keeps you from going outside, look for ways to be physically active indoors. Housework such as vacuuming, sweeping, and cleaning all count towards your physical activity goals. And you'll knock out some items on your to-do list while gaining health benefits. Walking or running up and down stairs in your home can be a great workout, too.

6. Volunteer in active ways while maintaining social distance.

Help others while helping yourself. Look for volunteer opportunities that involve physical activity such as walking dogs for elderly neighbors or shoveling snow. When volunteering, remember to follow social distancing recommendations to keep yourself and others safe.

Source: <https://www.cdc.gov/obesity/data/obesity-and-covid-19.html#steps>



WE'D LOVE TO HEAR FROM YOU!

COMMUNITY HEALTH NEEDS ASSESSMENT SURVEY REQUEST

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Access the Survey



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Debe tener 18 años o más para participar.
English option available!



Fiber: The Carb That Helps You Manage Diabetes

We all need fiber to keep our internal plumbing humming like a fine-tuned engine. But most US adults only get about half the fiber they need each day. You wouldn't skip out on maintaining your car with the necessary gasoline and oil, right? Then why do it to your body?

Here's the scoop. Fiber is a type of carbohydrate found mainly in fruits, vegetables, whole grains, and legumes. It helps keep you regular, but it offers many other health benefits as well, especially for people with diabetes or prediabetes.

Health Benefits of Fiber

If you have diabetes or prediabetes, fiber is your friend because it helps with blood sugar control and weight management. It can also lower your risk of heart disease and some cancers. Specifically, fiber can help:

- **Control your blood sugar.** Because the body is unable to absorb and break down fiber, it doesn't cause a spike in blood sugar the way other carbohydrates can. This can help keep your blood sugar in your target range.
- **Protect your heart.** Fiber prevents your body from taking in some fat and cholesterol, lowering your triglyceride and cholesterol levels to help reduce your risk of heart disease.
- **Maintain your digestive health.** Fiber acts like a scrub brush, cleaning your digestive tract. It helps clean out bacteria and other buildup to improve gut health and help reduce your risk of colon cancer.
- **Keep you feeling full and help with weight management.** Since fiber can't be digested, it moves slowly through the stomach, making you feel fuller for longer. And many foods high in fiber tend to be low in calories, which can help with weight loss.

Types of Fiber

There are two types of fiber, soluble and insoluble. Each has important health benefits and plays a different role in the body.

- **Soluble fiber.** This type dissolves in water and forms a gel-like substance in your stomach, slowing down digestion. It helps control your blood sugar and cholesterol, which can help prevent or manage diabetes complications. Soluble fiber is found in apples, bananas, oats, peas, black beans, lima beans, Brussels sprouts, and avocados.
- **Insoluble fiber.** This type does not dissolve in water and typically remains whole as it passes through your stomach. It supports insulin sensitivity and helps keep your bowels healthy to keep you regular. Insoluble fiber is found in whole wheat flour, bran, nuts, seeds, and the skins of many fruits and vegetables.

Fiber: The Carb That Helps You Manage Diabetes, Cont.

Ways to Add More Fiber to Your Diet

The *Dietary Guidelines for Americans, 2020–2025* recommends that adults eat 22 to 34 grams of fiber each day, the specific amount will depend on your age and sex. You may ask yourself, “So *how much is 22 to 34 grams of fiber?*” Well, think about it this way, 30 grams of fiber would be like eating about six apples a day. And although apples are a great source of fiber, eating six a day is not recommended or necessary. Instead, spread your fiber intake among different foods throughout the day. You can:

- **Have a fiber-friendly breakfast.** Try avocado toast topped with chickpeas, or make a bowl of oatmeal with nuts and berries.
- **Choose whole grains.** Look for bread that lists whole grain flour as the first ingredient. Swap out white rice for brown rice or quinoa. Try whole wheat pasta instead of regular pasta.
- **Focus on non-starchy vegetables.** Start dinners with a salad. Or, add spinach, broccoli, or a bag of frozen mixed vegetables to your meals for a fiber boost.
- **Add beans or other legumes.** Try adding legumes such as lentils and peas or different kinds of beans (pinto, kidney, lima, navy, garbanzo) to salads, soups, stews, or casseroles. Or you can puree legumes to make dips and spreads.
- **Snack on fruit, vegetables, nuts, and seeds.** Choose fruits and vegetables such as apples, pears, bananas, or baby carrots to snack on. Keep almonds, sunflower seeds, and pistachios handy for a quick fiber-friendly snack.

Just remember to take it slow by adding a bit more fiber every few days. A sudden increase in fiber can lead to uncomfortable digestive problems such as bloating, gas, constipation, diarrhea, or cramps. Drink plenty of water to help food move easily through your system.

Fiber in a Nutshell

If you have diabetes, a meal plan that includes the right amount of fiber can help you manage your diabetes and reduce your risk of complications. Talk with a dietitian or diabetes educator to help you create a diabetes meal plan that’s right for you. We know that managing diabetes can sometimes be overwhelming. And understanding how to get more fiber into your diet can be hard at first, but with time and knowledge, you’ll learn how to get enough of this important nutrient.



Want to be a healthier you? We can help!

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

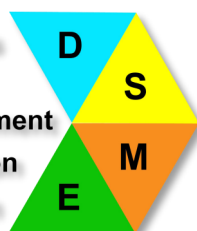
Call **813-307-8009** to register.

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!

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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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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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