

MAY/JUNE 2022 • VOLUME 17 ISSUE 3

COMMUNITY WELLNESS

May is National Stroke Awareness Month and National High Blood Pressure Education Month

Did You Know: Stroke is a leading cause of death and a leading cause of preventable disability.

A stroke can happen to anyone at any time. In fact, someone has a stroke every 40 seconds. Calling 911 is the fastest proven way to access treatment because hospitals are set up to treat stroke patients arriving by ambulance. The good news? One way to prevent a stroke is by paying attention to your blood pressure.

High Blood Pressure (HBP) is the most common controllable cause of stroke. Do you know the signs of high blood pressure? It's a trick

question — so important to check your blood pressure and take steps to control your numbers. Recent guidelines redefined high blood pressure as a reading of 130/80 (The standard was 140/90.). Under recent guidelines, nearly half of all adults in the U.S. have high blood pressure. That's why it is important to regularly get your blood pressure checked – millions of Americans have high blood pressure but don't even know it.

Did you know you that the Florida Department of Health has a HBP management class? Call **(813) 307-8009** or email to **programinfo@flhealth.gov** to register for a class now!

To learn more how to prevent HBP, see page 13!



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Nutrition Security

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

When money to buy food is often limited or not available, for an individual or family, they are said to be food insecure. Food insecurity is defined as a “household-level economic hardship that limits a person’s ability to access an adequate amount of food”. Families experiencing food insecurity often must decide between choosing to buy food or pay for heat, electricity, transportation, and medicine. They worry about running out of food or if it will last until the next time they have the money to shop for groceries.

Food insecurity leads to the substitution of more healthy foods with unhealthy, cheap foods. It is a major health concern, affecting an estimated 38 million Americans. It is linked to low diet quality, low fruit and vegetable consumption, and high intake of unhealthy foods. This increases the risk of diet-related diseases or chronic conditions, such as obesity, diabetes, and cardiovascular diseases, to name a few.

During National Nutrition Month, March 2022, Agriculture Secretary Tom Vilsack announced a shift in the approach that the U.S. Department of Agriculture’s (USDA) was taking to address food insecurity. First and foremost is the recognition of the importance of **Nutrition Security** which goes beyond food availability and instead promotes consistent access to safe, healthy, affordable foods to reduce diet-related diseases in America. It is a shift that will better highlight the impact of this problem. The Secretary described the 4 strategic pillars below that would guide future USDA decisions. These included:

- **Meaningful Support:** Providing nutrition support throughout all stages of life
- **Healthy Food:** Connecting all Americans with healthy, safe, affordable food sources
- **Collaborative Action:** Developing, translating, and enacting nutrition science through partnership
- **Equitable Systems:** Prioritizing equity every step of the way. ¹

This is important news as the USDA is responsible for many of the policies that affect what we eat in the U.S. This new approach will lead to improvements in familiar programs, such as the Women Infant and Children’s Program (WIC), the Supplemental Nutrition Assistance Program (SNAP), and even school meals. It is clearly a move that takes health disparities into account and is therefore a move in the right direction.

Source: USDA Announces Actions on Nutrition Security. Retrieved March 18, 2022, from <https://www.fns.usda.gov/news-item/usda-0062.22>

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

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Summer Recipes!

Summer Vegetable Salsa

Ingredients:

- 1 medium zucchini
- 1 medium white onion
- 3 roma tomatoes
- 1 jalapeno pepper (optional)
- 4 garlic cloves
- 1/2 cup fresh cilantro or parsley, chopped
- 1/2 teaspoon salt (optional)
- 1/4 cup lime juice

Directions:

1. Wash hands with soap and water.
2. Rinse all vegetables and herbs under cool running water before cutting or eating.
3. Dice zucchini, onion and tomatoes into small pieces and put into medium bowl.
4. Because the jalapeno can burn the skin, an adult should remove the seeds and mince it. Mince the garlic. Add jalapeno and garlic to the tomato mixture.
5. Add cilantro, salt, and lime juice to the tomato mixture. Mix well. Enjoy!



Chicken Salad with Bacon, Lettuce, and Tomato

Ingredients:

- 2 stalks celery, thinly sliced
 - 3/4 cup mayonnaise
 - 2 tablespoons minced green onion
 - 1 tablespoon lemon juice
 - 1 dash Worcestershire sauce
 - Salt and ground black pepper to taste
 - 12 leaves romaine lettuce
 - 1 large avocado, sliced
1. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels; crumble.
 2. Stir chicken, bacon, tomato, and celery together in a bowl.
 3. Whisk mayonnaise, parsley, green onions, lemon juice, Worcestershire sauce, salt, and black pepper together in a bowl until dressing is smooth. Pour dressing over chicken mixture; toss to coat. Refrigerate until chilled, at least 30 minutes.
 4. Stir chicken mixture and serve over romaine lettuce leaves; garnish with avocado slices.

Directions:

1. Place bacon in a large skillet and cook over medium-high heat, turning



Sun Safety

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

Shade. You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing. When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor. If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hat. For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses. Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen. Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

How sunscreen works. Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics. Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.

Maternal Mental Health Awareness Week

May 2nd - 8th, 2022

- One in five women suffer maternal mental health issues during pregnancy or in the first year after birth.
 - Post-partum depression is the #1 complication of childbirth.

Participate and register for the **FREE 2022 Women's Mental Health Conference** here:

https://whova.com/portal/registration/wmhc_202205/



Resources for Sharing:



**CALL 844-YOU-OKAY? – A FREE, 24/7 CONFIDENTIAL
SUPPORT LINE FOR TAMPA BAY**

Postpartum Support International

(800) 944-4773

Crisis Center of Tampa Bay

(813) 964-1964

Drowning: It Can Happen in an Instant

Not including boating incidents, on average about 10 people die from drowning every day in the United States, according to Injury Facts® the annual statistical report on unintentional injuries produced by the National Safety Council.



Pool Safely This Summer; Take the Pledge

NSC and the Consumer Product Safety Commission are encouraging everyone to keep water safety at the top of their mind and reduce child drowning in pools and spas. The Pool Safely campaign reminds everyone to follow five simple steps to stay safer in and around water.

More than 75,000 adults and children signed the Pool Safely Pledge last summer. Take the Pledge today and get a free Pool Safely Toolkit.

The USA Swimming Foundation reports nearly 90 children younger than 15 drowned in a pool or spa from January through May 2018, and every year about 19 children drown during the July 4 holiday. CPSC also reports:

- 74% of drowning incidents for children younger than 15 between 2015 and 2017 occurred in residential locations
- Boys younger than 15 die from drowning at twice the rate as girls
- 351 children younger than 15 died in pools and spas in 2015
- Emergency departments treat about 6,400 pool and spa injuries in children younger than 15 every year

Teens and Young Adults Often Don't Think About Water Safety

While drowning deaths peak among one and two year olds, drownings continue to be the second leading cause of preventable death through age 15. According to NSC research, 353 people ages 5 to 24 drowned in 2017.

Swimmers should keep a few safety precautions in mind:

- Don't go in the water unless you know how to swim; swim lessons are available for all ages
- Never swim alone
- Learn CPR and rescue techniques
- Make sure the body of water matches your skill level; swimming in a pool is much different than swimming in a lake or river, where more strength is needed to handle currents
- If you do get caught in a current, don't try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free

- Swim in areas supervised by a lifeguard
- Don't push or jump on others
- Don't dive in unfamiliar areas
- Never drink alcohol when swimming; alcohol is involved in about half of all male teen drownings, according to KidsHealth.org

The Younger the Child, the Greater the Risk

Most parents think water safety is first and foremost on their minds whenever they are enjoying summer activities with their young kids. But when the unthinkable happens, caregivers often say, "I only looked away for a second."

NSC statistics point to drowning as a leading cause of death for young children – mostly due to children falling into a pool or being left alone in the bathtub. Of the 3,709 drownings in 2017, more than 12% were children age 4 and younger, according to Injury Facts. Bathtubs, toilets and even buckets also can pose a danger for very young children.

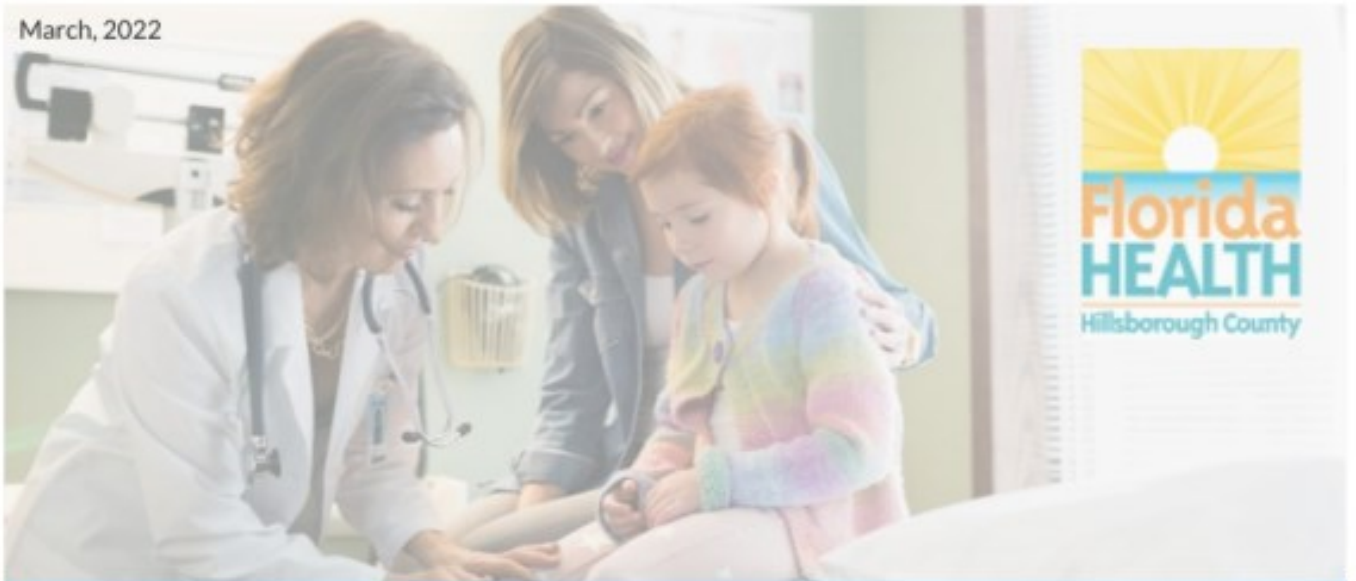
Distractions Make for Tragedies

Parents are cautioned all the time about water safety, but drownings still occur. Always be aware and be in the present moment with your children. **Following are a few water safety precautions:**

- Never leave your child alone; if you have to leave, take your child with you
- Find age-appropriate swim lessons for your child, but keep in mind that lessons do not make your child "drown-proof"
- Lifeguards aren't babysitters; always keep your eyes on your child
- Don't let children play around drains and suction fittings
- Never consume alcohol when operating a boat, and always make sure everyone is wearing U.S. Coast Guard-approved life jackets
- Don't underestimate the power of water; even rivers and lakes can have undertows
- Always have a first aid kit and emergency contacts handy
- Get training in CPR
- If a child is missing, check the water first
- Every pool, every lake and every warm summer day holds the possibility of new, fun summer experiences. All you need to add is your undivided attention.



Source: <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/drowning>



Attention Pediatricians: Do not miss this important update! The blood lead reference value has changed.

Dear Health Care Provider,

The Centers for Disease Control and Prevention have lowered the blood lead reference value from $\geq 5 \mu\text{g/dL}$ to $\geq 3.5 \mu\text{g/dL}$ (referenced in the October 2021 MMWR issue). The Florida Department of Health, in conjunction with the CDC, recommends all health care providers adopt the blood lead reference value of $\geq 3.5 \mu\text{g/dL}$ and remember that Lead poisoning is listed as a reportable disease in the state of Florida under section 381.0031, Florida Statutes, and Florida Administrative Code, Chapter 64D-3.029. All entities (laboratories, hospitals or providers) that conduct blood lead analysis are required to report lead poisoning and all blood lead test results (regardless of the level) to FDOH. More information can be found at the FL DOH Lead Poisoning Prevention Program and through CDC's FAQ on Childhood Lead Poisoning.



Hello, I'm Jorge Flores and I am here representing the Lead Prevention Program with the Florida Department of Health in Hillsborough County.

813-559-4181
Jorge.flores@flhealth.gov

The purpose of the Childhood Lead Poisoning Prevention Program is to reduce the prevalence of childhood lead poisoning in Hillsborough County. We educate health care professionals and the public about the hazards of childhood lead poisoning and identify and provide follow-up care to children with childhood lead poisoning. DOH provides education to health care professionals and parents about the screening guidelines and hazards of lead poisoning. This includes the provision of care coordination to children with high blood lead levels, and education to citizens and contractors about lead poisoning on lead hazards and remediation from residential neighborhoods.

Visit The Florida Lead Prevention Program
<http://www.floridahealth.gov/environmental-health/lead-poisoning/index.html>

Made with VISME

In 2017-2018,
Hillsborough County had
the second most pediatric
lead poisoning cases in
Florida.

What can you do as
a health care
provider?

- Report all lead screenings. Negative and positive.
- Contact me so I can help your office register with our reporting portal. It's fast and easy and no more faxes.
- If there are any opportunities within your organization for me to present, I would appreciate it.



Did you know that in 2018
lead poisoning cases were
the second most ^{Florida}
reportable disease among
children ages 1-5 in
Florida?

PREVENT CHILDHOOD LEAD POISONING

24 million

homes in the U.S. contain deteriorated lead-based paint and elevated levels of lead-contaminated house dust.



4 million of these are home to young children.

535,000

U.S. children ages 1 to 5 years have blood lead levels high enough to damage their health.



EXPOSURE TO LEAD CAN SERIOUSLY HARM A CHILD'S HEALTH



Damage to the brain and nervous system



Slowed growth and development



Learning and behavior problems



Hearing and speech problems

Exposure to lead can cause lower IQ, decreased ability to pay attention and underperformance in school.

LEAD CAN BE FOUND THROUGHOUT A CHILD'S ENVIRONMENT.



TAKE THESE STEPS TO MAKE YOUR HOME LEAD-SAFE.

- Talk with your child's doctor about a single blood lead test. If you are pregnant or nursing, talk with your doctor about testing in the second or third trimester.
- Talk with your local health department about testing your soil and dust in your home for lead if you live in a home built before 1978.
- Remove safety. Common renovation activities can cause lead-based lead dust. If you're planning renovations, use contractors certified by the Environmental Protection Agency (EPA) or your state's lead abatement program.
- Remove recalled toys and toys from your child's play area. Check up on toys on current recalls by visiting the Consumer Product Safety Commission's website: www.cpsc.gov

VISIT - WWW.FLORIDAHEALTH.GOV/ENVIRONMENTAL-HEALTH-LEAD-PO
OR WWW.CDC.GOV/NCEN/LEAD TO LEARN MORE.

Made with VISME



We are seeking help for Preventing Alzheimer's with Cognitive Training.

Every day, our dedicated team of researchers is working to find ways to prevent dementia, such as Alzheimer's disease. We can't do it alone. If you're aged 65 and older, please volunteer for the PACT (Preventing Alzheimer's with Cognitive Training) research study to see if computerized training exercises can reduce the risk of dementia.

Can You Help?

You may qualify if you:

- Are 65 years of age or older
- Do not have any neurological disorders
- Have not had a stroke or brain injury
- Do not have mild cognitive impairment or dementia such as Alzheimer's disease

Potential Benefits of Computerized Training Exercises

Our research has shown that brain games may:

- Protect against dementia such as Alzheimer's disease
- Enhance mental quickness and visual attention
- Improve gait speed and balance
- Improve driving safety
- Maintain health and well-being
- Allow you to perform everyday tasks more efficiently
- Protect against depression

Your Commitment

If you qualify, study participation takes about three years and includes 3 study visits of up to 2 hours each. You will also complete 45 computer training sessions on your own, in your own home.

Call Now to Volunteer

LAKELAND - WINTER HAVEN
(863) 800-0835

USF ST. PETERSBURG
(727) 873-4090

USF TAMPA
(813) 974-6703

PI Jerri D. Edwards, WIRB® Protocol #20182630



NATIONAL OSTEOPOROSIS MONTH

Take Charge of Your Bone Health! Register today for any of our FREE 1 hour virtual programs and learn ways to achieve your optimum bone health!

Build
Better
BONES



NATIONAL OSTEOPOROSIS MONTH • 2022



HEALTHY BONES FOR LIFE™

A presentation that covers the basics of bone health and why it should be important to you.

Tuesday, May 3rd at 4:30 PM ET

Register here: <https://americanbonehealth.org/hbflabh>



FREEDOM FROM FRACTURES™

A presentation to explain how medicines, medical conditions and family history can affect the risk of fractures and what to do to prevent them.

Thursday, May 5th at 3:00 PM ET

Register here: <https://americanbonehealth.org/fffabh522>



EATING FOR HEALTHY BONES™

A presentation that teaches the best sources of dietary calcium, vitamin D, magnesium, protein and other important nutrients. Learn how to make bone-healthy food choices for you and your family.

Tuesday, May 10th at 7:00 PM ET

Register here: <https://americanbonehealth.org/BBBEHB>



STEPPING OUT STRONG™

A presentation on fall prevention focusing on simple, daily exercises to improve balance, strength and flexibility.

Monday, May 16th at 6:00 PM ET

Register here: <https://americanbonehealth.org/abhsos522>



POSTURE POWER™

A presentation covering the importance of posture and body mechanics to prevent fractures, along with quick techniques for safe movement.

Tuesday, May 24th at 3:00 PM ET

Register here: <https://americanbonehealth.org/abhpp522>

Food Safety for Summer Grilling



As the weather warms up, I think about the nights I spend grilling with my family. Though we grill year-round, the food seems to taste just a little bit better on warm, summer evenings. With summer approaching, it is a great time to brush up on safe food preparation and cooking methods to avoid foodborne illness so that we can enjoy cookouts with peace of mind. Before you fire up your grill, review these important food safety practices!

Wash your hands!

This is a simple yet effective way to prevent the spread of any harmful bacteria that cause foodborne illness. Wash your hands before handling any food and after touching raw meats, poultry, and fish.

Storage & Thawing

- Store raw meats, poultry, and fish away from any fresh produce or other foods.
- Double bag these products to prevent any leaks from spreading.
- Thaw frozen products in the refrigerator overnight.
- Submerge frozen products in a container of cool water and change every 30 minutes until thawed.

Preparation

- Use separate utensils and cutting boards for raw meats, poultry, or fish as much as possible.
- Sanitize all utensils, cutting boards, or surfaces that come into contact with raw food products. Utilize a dishwasher or wash diligently in hot, soapy water.
- Marinate all foods in the refrigerator. Do not use the same marinade that has touched raw meat on cooked meat or other foods.

Grilling

- Use a food thermometer! Checking the internal temperature is the only way to ensure your food is fully cooked.
- Safe internal cooking temperatures:
 - * Poultry (ground or whole) = 165 °F
 - * Ground or tenderized meat = 155 °F
 - * Beef, pork, veal, lamb, or fish (whole cuts) = 145 °F
 - * Commercially processed, fully cooked foods such as hot dogs = 135 °F

Leftovers

- Refrigerate any perishable foods within one hour of grilling.
- Eat leftovers within 3-4 days.



American Stroke Month & National High Blood Pressure Education Month cont.'

One way to prevent high blood pressure: get smart about sodium!

Adjusting your habits now can help you avoid a high blood pressure diagnosis and stay strong for the future. Here are five tips to get started:

1. **Eat a heart-healthy diet.** This involves eating plenty of fruits, vegetables and whole grains. It also means including low- and non-fat dairy, skinless poultry, fish, beans and legumes, non-tropical vegetable oils, nuts, and seeds. At the same time, you want to watch for and limit salt and sodium, added sugar, sugary drinks, sweets, and fatty or processed meats (choose lean or extra-lean meats instead).
2. **Cutting out excess sodium.** About half the U.S. adult population faces increased risk of high blood pressure due to excess sodium, particularly black people; people over age 50; and people with diabetes or chronic kidney disease. And, more than 70% of the sodium we eat comes from processed, prepackaged, and restaurant foods. Even if you don't have high blood pressure, cutting back on excess salt can be beneficial. Blood pressure naturally increases as people get older, but cutting back on sodium can limit or delay that process. By one estimate, 90 percent of all American adults are expected to develop high blood pressure in their lifetime.
3. **Limiting alcohol.** Drinking more alcohol increases such dangers as alcoholism, high blood pressure, obesity, stroke, breast cancer, suicide and accidents. If you drink alcohol, do so in moderation. This means an average of one to two drinks per day for men and one drink per day for women. (A drink is one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits, or 1 oz. of 100-proof spirits.)
4. **Avoid tobacco.** You probably know about the relationship between smoking and lung cancer, but did you know smoking is also linked to heart disease, stroke and other chronic lung diseases?
5. **Move more.** People of all ages and abilities benefit from being more active. Regular activity may help lower your risk of high blood pressure, heart disease, stroke, diabetes and certain cancers. It's a great way to deal with stress. And staying active can boost energy, mood, and overall wellbeing.

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.

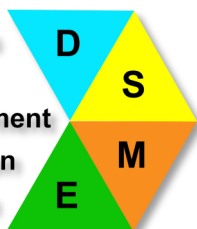
Call **813-307-8009** to register.

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

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 & 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.

Florida Department of Health
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