

NOVEMBER/DECEMBER 2020 • VOLUME 15 ISSUE 6

COMMUNITY WELLNESS



NOVEMBER IS NATIONAL DIABETES MONTH

November is national diabetes month. The campaign hopes to raise awareness of symptoms, promote healthy living and ensure people are aware of risk factors.

One in ten Americans have diabetes. Another 84 million are at risk of developing type 2 diabetes. However there are small things that those at risk can do to minimize the risk of suffering with type 2.

The national cost of diabetes to the US is \$245 billion, and while for many this is a condition that is unavoidable, if more people acted upon medical advice and were aware of the risk factors, this cost could be reduced.

Physical activity and a healthy diet can help control and prevent diabetes. The Florida Department of Health in Hillsborough County has a Diabetes Self-Management Education (DSME) program for those diagnosed with diabetes to learn how to lower their A1c and manage their blood sugar.

We also have a Diabetes Prevention Program (DPP) for those who are at risk for diabetes and have prediabetes, this program focuses on making small lifestyle changes to reduce your risk of diabetes by half! These programs are FREE!



Interested in learning more call **(813) 307-8009** or email to programinfo@flhealth.gov.

TABLE OF CONTENTS

Planning For
The Holiday • P. 2

Healthy Meal Recipe • P. 3

Stay Fit & Active This
Holiday Season • P. 4

Gift Ideas For This Holiday
Season • P. 5

11 Setback Recovery
Tips • P. 6

Reading A Food Label With
Diabetes • P. 7

Flu Shot: Your Best Bet for
Avoiding Influenza • P. 9

What is an A1c? • P. 11

Diabetes Word
Scramble • P. 12

PLANNING FOR THE HOLIDAYS

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

So, are you ready for virtual holiday celebrations? No, I am not trying to be funny; holidays in 2020 will be vastly different from how we have celebrated in the past, pre COVID-19. I am sure that is not news to anyone. But different does not have to be disastrous or depressing —with a little creativity we can plan for a safe and enjoyable time together.

If community spread of COVID remains a concern, infection prevention guidelines still apply, even during the holidays! The lowest risk type of event is virtual. Families can join each other for dinner on a virtual platform. I have not done this before, but it could be as much fun as the virtual happy hours that folks have been enjoying together. An added benefit is that if your uncle in New York starts to fight with your aunt in Florida you can just mute them or turn them off. Can't do that when they are in the same room.

If you want to consider an in-person event, there are steps for making that as safe as possible. Here are some points you should consider:

- Keep the guest list small.
- If possible , plan your party for outside. We live in Florida and even the cool months still provide opportunities for outdoor events. If indoors is the only option, choose a location with good ventilation and keep windows and doors open if you can.
- Don't assume that everyone understands that that they are to stay home if they have a positive COVID test, if they are waiting on a test, if they are having symptoms, or if they were recently around someone who has tested positive. Don't be afraid to remind invited guests to stay home if any of those conditions exist.
- Encourage physical distancing. Arrange seating so that people from the same household can be in groups together and don't need to be 6 feet apart but are 6 feet away from families from another household.
- Masks may still be needed if guests are going to be close, talking and laughing for hours. Have extra masks available for guests who need one. Create some cute party masks from disposables or give away some cloth masks with your favorite team logo.

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

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- Make hand sanitizer containing at least 60% alcohol visible and available. Provide single-use hand towels or paper towels for drying hands in guest bathrooms and kitchen so guests don't share a towel.
- Limit guests going in and out of the areas where food is being prepared. Assign one person to serve all food so that multiple people are not handling the serving utensils.
- Clean and disinfect commonly touched surfaces before and after your event.

Your final option is to plan for a huge party after COVID is all over. You can choose to have 1 marshmallow this year or 2 next year... who says you can't postpone the big holiday party?!

Healthy Meal Recipe

Holiday Bagel Bites

Yield: 1 serving

Ingredients:

- 1/2 whole wheat mini-bagel
- 2 teaspoons low-fat cream cheese
- 2 Tablespoons finely chopped and washed red and green fruit such as kiwi, green grapes, green and red apples, strawberries, raspberries, etc.

Directions:

1. Wash hands with soap and water.
2. Spread a thin layer of cream cheese on the bagel.
3. Sprinkle fruit to resemble a holiday wreath.



Stay Fit and Active This Holiday Season



Exercise can help you manage the impact of holiday indulgences and stress.

Holidays are festive — and hectic — times. Between family gatherings, shopping trips and decorating, it can be hard to squeeze in a workout. Yet it's important to keep physical activity on your daily to-do list during this fun — and often trying — time of year.

How it helps

- **Exercise boosts mood.** The mood-enhancing benefits of exercise can help you manage the mental stress of the holidays.
- **Exercise burns calories.** It can help you maintain a healthy weight — even after indulging in that large holiday meal. There's nothing like a walk after a carb-laden feast. In fact, one study found that taking a 20-minute walk after a meal helps lower blood-glucose levels in people with diabetes.
- **Exercise can be fun.** A game of badminton or horseshoes with guests can provide laughs and exercise. In winter, in many parts of the country, the weather provides bonus activities to help you stay active, such as ice skating, skiing, sledding or snowshoeing.
- **Exercise is a good way to spend time with your loved ones.** Instead of sitting on the couch watching the game, get outside and play a game together or go for a walk.

How to fit it in

- **At home:** Cleaning the house is one way to build physical activity into your day. Burn calories by vacuuming and dusting, scrubbing the kitchen and bathroom floors, decluttering the garage, or cleaning up the yard and scrubbing down the outdoor furniture. Once the house is clean, invite your friends and family over for a golf, tennis or bowling tournament using your fitness-oriented video-game system. Or set up outdoor games and enjoy your beautiful yard.
- **At community facilities:** If you don't belong to your local fitness facility, ask if you can get a pass to try it out for a few hours. If you do have a membership, try something you don't usually do, such as a new class or different type of exercise equipment. Visit your local swimming pool to swim laps or your local indoor ice rink for a couple of hours of skating.
- **In the great outdoors:** Around the holiday season, take a walk around your neighborhood to view the decorations. If the weather is agreeable, go for a hike at a local park or nature preserve. If you live near the ocean, take a walk along the beach.

Making the effort to move regularly during a holiday weekend — or season — may seem like a challenging task to add to your growing to-do list. However, it will help you feel better and avoid weight gain, which could prevent added stress later on.

Gift Ideas For This Holiday Season

Looking for different gift ideas for this holiday season? Homemade food and cooking ingredients can be great gifts for friends and family. It is also the time of year when local food pantries need additional food items. This season try giving health-related gifts and providing healthier food donations. There are lots of options and here are some suggestions to help get you started.

Healthy holiday gifts & donations:

- **Holiday snack jar.** Choose a clear, covered container and add healthy snacks such as small boxes of raisins, trail mix, packs of various crackers or snack mixes, dried fruit, baked chips and pretzels. Personalize it further by decorating the lid and/or jar with holiday cheer.
- **Holiday food or beverage mixes in a Jar.** Mixes for soups, cookies, and beverages are popular gift items that are fairly inexpensive to make. The gift recipient will appreciate the attractive and thoughtful gift and also will value the convenience.
- **Spice up your gifts.** Zest up your holiday gifts this year by giving an assortment of herbs and spices. Examples that are good at replacing or mimicking the taste of salt include black pepper, minced garlic or garlic powder, minced onion or onion powder, basil, oregano, curry powder, and ginger. Examples of sweet-tasting spices that help reduce the need for sugar in certain foods and recipes are cinnamon, allspice, cloves, nutmeg, ginger, cardamom, mace, and star anise.
- **Mailing holiday food gifts.** Food is a popular holiday gift and can be mailed safely if carefully chosen, well packaged and delivered in a timely manner. According to the Academy of Nutrition and Dietetics, non-refrigerated foods stay fresher longer, are safe at room temperature, and lower the risk of causing food poisoning. While you don't need to worry about the temperature of non-refrigerated foods, you should protect the original packaging. Coffee blends are easy to pack into decorative plastic or metal containers. Dried foods, nuts and dry mixes such as spiced teas, herb blends and party mixes, are also options.
- **Personalized gift certificates/IOUs:** Give a "gift certificate" for healthy food from your kitchen. You could promise to cook a meal for several people or provide a baked good once a month for the next year. Other ideas include "gift certificates" for getting active together such as going walking or jogging or signing up for group classes.
- **Donating food.** Help your local food pantry improve the quality of food it distributes by donating healthier items:
 - Fruits:** Canned fruit (such as peaches, pears and pineapples) in water or its own juices, no sugar-added applesauce, dried fruits (such as raisins, cranberries and apricots) or 100 percent canned or boxed juices.
 - Vegetables:** Low-sodium or "no-salt-added" canned vegetables and soups.
 - Grains:** Brown rice, oatmeal, popcorn, and whole grain cereals, pastas and crackers, and whole wheat tortillas.
 - Protein:** Canned chicken, turkey or tuna (choose canned in water or lower fat), canned or dried beans (such as black, kidney, navy or pinto), unsalted nuts such as peanuts, almonds or walnuts, and peanut butter.
 - Dairy:** Examples include non-fat dry milk, evaporated or canned milk, and pudding cups made with milk (non-refrigerated). Examples of non-dairy sources of calcium include breakfast bars, canned or bottled juices, ready-to-eat cereals, and oatmeal with added calcium.



11 Setback Recovery Tips

Don't worry, plateaus and lapses are normal. Recommit to your goals with these strategies.

Has it been a while since the scale moved in the right direction? Is motivation waning? Whether you've hit a plateau or started slipping back into old habits, it's never too late to get back on course. The key? Stay positive and don't be hard on yourself. Simply be curious about your choices, and use your experiences as learning opportunities for the future. Don't give up — use these tips to get back on track.

Plateaus

It's normal to hit plateaus. Most people reach one after six months of weight loss. Try these solutions:

- Review your food and activity records to make sure you haven't let yourself backtrack with larger portions or less exercise.
- Reduce your daily calorie intake by 200 calories, unless this puts you in a range that's too low for good health.
- Gradually increase your daily exercise time by 15 to 30 minutes. If possible, also increase the intensity.
- Focus on three- to four-week trends in weight loss instead of daily changes.
- Reassess your program and goals. If it's too much to decrease calories or increase activity, it's better to be satisfied with the weight you have lost than to throw in the towel and regain it.

Dealing with lapses

A lapse occurs when you revert to your old behaviors temporarily. If several lapses have occurred in a short time, it's tempting to think your weight-loss plan is too challenging. Not to worry; a lapse is just a short-term bump in the road. Following these tips will help you regain ground:

- **Don't let negative thoughts take over.** Mistakes happen, and each day is a chance to start anew.
- **Take another small step.** Changing your life doesn't happen all at once. Keep in mind that changing behaviors in small ways can add up to a big difference in your life.
- **Ask for and accept support.** Accepting support from other people isn't a sign of weakness, nor does it mean that you're failing. Get support from others when you have difficult days.
- **Plan your strategy.** Clearly identify the problem, and then create a list of possible solutions. If one solution doesn't work, try another until you find one that does.
- **Work out your frustration with exercise.** Keep it upbeat and even fun — don't use physical activity as a punishment.
- **Recommit to your goals.** Review them to make sure they're still realistic.

Although lapses can be disappointing, they can also teach you a lot. Perhaps your goals are unrealistic or certain strategies don't work. Most importantly, realize that all hope isn't lost when you lapse. Just recharge your motivation, recommit to your program and return to healthy behaviors.



Reading A Food Label With Diabetes: The 7 Areas You Should Never Ignore

Sugar may get all the attention, but these other nutrition facts are also key.

Sugar content: that's likely the first spot you check on a nutrition label when you have diabetes. It stands to reason, but looking at grams of sugar alone won't help you make the best food choices, say diabetes nutrition experts. Instead, total carbohydrates and serving size should be your focus. Here's why, as well as other food label lines that deserve a second glance.

1. Total carbohydrates.

This gram count includes all types of carbs: sugar, complex carbohydrates, and fiber. Each type of carb affects blood glucose, so when you have diabetes you need to consider all three together. "Total carbohydrate is the best indicator of how to fit a particular food or beverage into your meal plan," explains Toby Smithson, RDN, CDE, a registered dietitian nutritionist and certified diabetes educator. Your doctor will help determine about how many carbs you should have per meal. Many people with diabetes will aim for about 30 to 45 grams of total carbs per meal, but your doctor can help determine the right amount for you.

What about sugar grams? Don't focus on them, says Smithson. If you zero on that number alone, you could end up overeating foods don't have natural or added sugars, such as certain cereals and grains, but that do have lots of carbohydrates. Or, you might skip healthy foods like fruit, yogurt, and milk, which have natural sugars, but also loads of important vitamins and minerals.

2. Serving size.

All of the info on the nutrition label is based on the serving size listed at the top. Eat twice the serving size (not an uncommon habit for, say, your favorite box of crackers) and you consume double the calories, carbs, fat and other ingredients. For people with diabetes, being aware of the serving size is important so you can keep an accurate count on the carbs you're consuming and keep your blood sugar steady, says Smithson.

3. Fiber.

Because fiber helps slow down the absorption of more simple carbohydrates, eating foods rich in fiber can help keep your hunger and blood sugar in check, explains Smithson. Any food that contains more than 5 grams of fiber per serving is considered an excellent source of fiber, says Jessica Crandall, RDN, CDE, a certified diabetes educator and spokesperson for Academy of Nutrition and Dietetics; more than 3 grams of fiber per serving is considered a good source. Overall, women should try to eat about 25 grams of fiber per day; for men, the recommendation is 38 grams per day.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4. Ingredients list.

This is particularly helpful when you're comparing labels on grain products, says Smithson. Whole grains are rich in vitamins, minerals and fiber—they're a much healthier choice than foods made with "refined" or "enriched" flour. Look for whole wheat flour, bulgar, or whole oats as a first ingredient on the list to ensure the grains you're buying are truly whole.

You should also eyeball the ingredients list for things you want to avoid—namely, hydrogenated or partially hydrogenated oils. These are high in trans fats, a bad fat that can raise your risk of heart disease and stroke. Type 2 diabetes is already a major risk factor for cardiovascular disease, so you want to limit these unhealthy fats. Heart-healthier options include olive, canola, or peanut oils.

5. Sodium.

Even though sodium doesn't directly affect your blood sugar levels, most of us eat way more than we should (and most of that comes from sneakily high sodium levels in processed foods, like condiments, snacks, bread, and more). Too much sodium in your diet can up your blood pressure; high blood pressure raises your risk of heart attack and stroke. The American Diabetes Association recommends that people with diabetes aim to have 2,300 mg or less per day. If you already have high blood pressure, your doctor may suggest you aim to consume even less sodium per day.

6. Sugar-free labels.

Don't let that stamp be your only guide, for one very good reason: Sugar-free doesn't automatically mean carb-free. The sugar in "sugar-free" products may be replaced with sweet-tasting substances called sugar alcohols, which are still high in carbohydrate. The same is true for "no sugar added" claims; even though no sugar was added during processing, the food may still be high in carbs.

When you're choosing between standard and sugar-free items, compare the total carbohydrates to help you decide. Taste may factor in as well, adds Crandell. Food made with sugar substitutes may have an unpleasant aftertaste in some cases, she says; and overeating foods with sugar alcohols can cause digestive issues.

7. Total fat.

Included in this count per serving are the good-for-you fats, like mono and polyunsaturated fats, as well as the not-so-good saturated and trans fats. People with diabetes should try to cut down on saturated fat and avoid trans fats to help reduce their risk of cardiovascular disease, says Smithson. To help limit your sat fat intake, check out the percent daily value (% DV) on the label and choose foods with 5% DV or less saturated fat per serving, she advises.

Flu Shot: Your Best Bet For Avoiding Influenza

This year's annual flu shot will offer protection against three or four of the influenza viruses expected to be in circulation this flu season. A high-dose flu vaccine as well as an additional vaccine also will be available for adults age 65 and older.

Influenza is a respiratory infection that can cause serious complications, particularly in young children, older adults and people with certain medical conditions. Getting an influenza vaccine — though not 100% effective — is the best way to prevent the misery of the flu and its complications. The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone age 6 months or older.

Here are the answers to common questions about flu shots:

When is the flu vaccine available?

Private manufacturers make the flu vaccine and take about six months to produce it. The availability of the flu vaccine depends on when production is completed. But generally, shipments begin sometime in August in the United States. Doctors and nurses may begin vaccinating people as soon as the flu vaccine is available in their areas.

It takes up to two weeks to build immunity after a flu shot, but you can benefit from the vaccine even if you don't get it until after the flu season starts. It's usually best for people in the United States to get their flu vaccine in September and October, and aim to get it by the end of October. However, you can still protect yourself against late flu outbreaks if you get the vaccine in February or later.

Why do I need to get vaccinated every year?

Because flu viruses evolve so quickly, last year's vaccine may not protect you from this year's viruses. New flu vaccines are released every year

to keep up with rapidly adapting flu viruses.

When you get vaccinated, your immune system produces antibodies to protect you from the viruses included in the vaccine. But antibody levels may decline over time — another reason to get a flu shot every year.

Who should get the flu vaccine?

The CDC recommends annual influenza vaccinations for everyone age 6 months or older. Vaccination is especially important for people at high risk of influenza complications, including:

- Pregnant women
- Older adults
- Young children

Children between 6 months and 8 years may need two doses of the flu vaccine, given at least four weeks apart, the first time they are given a flu vaccine. After that, they can receive single annual doses of the flu vaccine. A 2017 study showed that the vaccine significantly reduces a child's risk of dying of the flu. Check with your child's doctor.

Chronic medical conditions also can increase your risk of influenza complications. Examples include:

- Asthma
- Cancer or cancer treatment
- Chronic obstructive pulmonary disease (COPD)
- Cystic fibrosis
- Diabetes
- HIV/AIDS
- Kidney or liver disease
- Obesity



Can the vaccine give me the flu or other respiratory diseases?

No. The flu vaccine can't give you the flu. It also does not increase your risk of COVID-19. But you might develop flu-like symptoms — despite getting a flu vaccine — for a variety of reasons, including:

- **Reaction to the vaccine.** Some people experience muscle aches and a fever for a day or two after receiving a flu vaccine. This may be a side effect of your body's production of protective antibodies.
- **The two-week window.** It takes about two weeks for the flu shot to take full effect. If you're exposed to the influenza virus shortly before or during that time period, you might catch the flu.
- **Mismatched flu viruses.** In some years, the influenza viruses used for the vaccine don't match the viruses circulating during the flu season. If this occurs, your flu shot will be less effective, but may still offer some protection.
- **Other illnesses.** Many other illnesses, such as the common cold, also produce flu-like symptoms. So you may think you have the flu when you actually don't.

Can I lower my risk of the flu without getting a flu shot?

The flu vaccine is your best defense against the flu, but there are additional steps you can take to help protect yourself from the flu and other viruses, including COVID-19. These steps include the following:

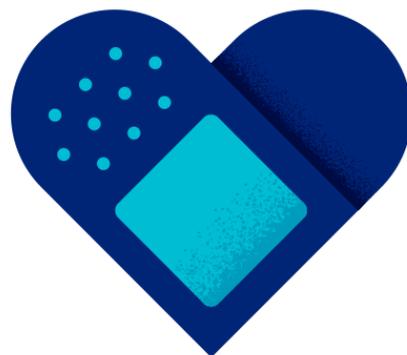
- Wash your hands often and thoroughly with soap and water for at least 20 seconds.
- Use an alcohol-based sanitizer on your hands if soap and water aren't available.
- Avoid touching your eyes, nose or mouth.
- Avoid crowds when the flu is spreading in your area.

- Avoid being in close contact with others who are sick.
- Cover your mouth with a tissue or your elbow when you cough or sneeze, and then wash your hands.
- Regularly clean and disinfect commonly touched surfaces, such as counters, light switches or doorknobs. This can help to prevent spread of infection from touching a surface with the virus on it and then your face.
- Practice good health habits. Get regular exercise, get enough sleep, drink plenty of fluids, eat a healthy diet, and manage your stress.

If you become sick with the flu, you can also help prevent the spread of the flu by staying home and away from others. Continue staying home until your fever has been gone for at least 24 hours.

During the COVID-19 pandemic, both COVID-19 and the flu may be spreading at the same time. Your local health department and the CDC may suggest additional precautions to reduce your risk of COVID-19 or the flu, such as practicing social distancing and keeping 6 feet (2 meters) away from anyone outside your household. You also may need to wear a cloth face mask when in public, especially when it's hard to maintain distance.

Getting your flu vaccine can reduce your risk of the flu and its complications, and following these precautions can help protect you from the flu or other respiratory illnesses.



What Is An A1c?

What is an A1c?

A1c is a widely- used blood test that measures the amount of sugar in your blood over the last 2 - 3 months. Other names for this test include hemoglobin A1c, HgbA1c, HbA1c, or glycosylated hemoglobin. It can be done from a fingerstick poke but is most often performed when getting other blood work done by a blood draw in the arm.

What is it used for?

The A1c test is used for three main reasons:

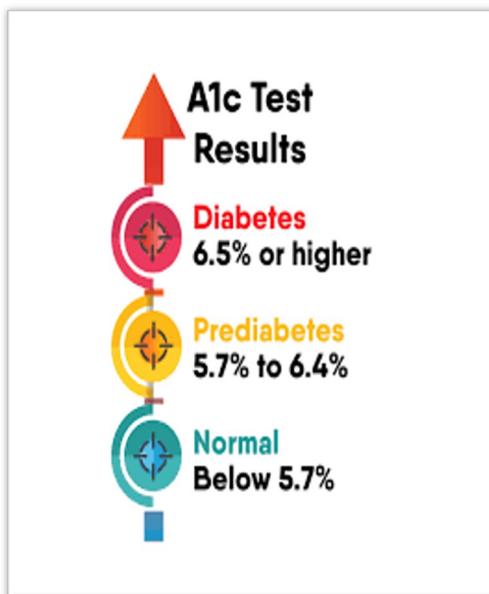
- 1) to diagnose pre-diabetes
- 2) 2) to diagnose diabetes
- 3) 3) to measure blood sugar control for those who have diabetes.

When/ how often should the A1c test be done?

A1c tests are usually done 3 or 4 times per year once someone is diagnosead with diabetes.

For those without diabetes, A1c tests are usually started by age 45, and repeated every 1–3 years.

Testing recommended sooner than 45 if you have risk factors for diabetes (overweight, family history of diabetes, less physical activity, certain ethnicities: African- American, Hispanic/ Latino, American Indian, Alaskan Native, Asian- American, Pacific Islander)



Ask your doctor about the A1c test!

DIABETES WORD SCRAMBLE

Directions

The object of the game is to rearrange or unscramble the letters to form a word using the clue given.

- | | |
|---|-------------------|
| 1) Timing of meals | LMEA NPAL |
| 2) Medical term for amount of sugar in bloodstream | BODOL SOLCGUE |
| 3) How you might feel if blood sugar is low | HSYKA |
| 4) The kind of sugar in bloodstream after eating | CGEOLSU |
| 5) Hormone that lowers blood sugar | NISINUL |
| 6) Machine used to measure sugar in the blood | EELUTMCOGR |
| 7) Blood test used to diagnose diabetes | CA1 |
| 8) Organ in body where insulin is made | CSAAPRNE |
| 9) Nutrient that affects diabetes the most | RTDYHBAREOCA |
| 10) Chemicals that lower blood sugar | TOIENIMASCD |
| 11) This can also lower your blood sugar- it's not food | CPHAISLY YVCAITTI |
| 12) This can raise your blood sugar- it's not food | SRSSTE |
| 13) Medical term for blood sugar being too low | ELPGOCYMIHAY |
| 14) Problems resulting from a chronic disease | MILITCOCAPSNO |
| 15) Higher than normal A1c, but not diabetes | REP BADETSEI |
| 16) Not knowing about a health condition | ODSUDNNAIEG |
| 17) Taking steps to prevent complications! | FESL ETGAMMENNA |

Send your answers to Deanna.Davis@flhealth.gov to be entered for a prize! Random drawing of the first 25 entries will receive a bag! Please include word scramble answers and a mailing address in your email response! Drawing will be done on December 11, 2020. Winners will be notified by email.



Real Food On A Budget

Are you concerned with the cost of your new good-for-you food choices? Some healthy real foods —such as fresh produce and fish— can be expensive. But your overall grocery bill may actually be lower because you're eating less of other costly foods, namely all those pricey processed offerings: chips, cookies and ice cream. Plus, you may find that you're eating more meals at home and fewer in restaurants, which can also save money.



Here are some ideas for sticking to your grocery budget while eating healthy foods:

- **Plan ahead.** With smart planning, you can obtain your recommend daily servings of fruits and vegetables at a very limited price. Shop smart at your grocery store and watch for specials.
- **Buy grains such as oatmeal and brown rice in bulk.** Food co-ops are often good at offering foods in bulk.
- **Visit farmers markets for summertime deals.** You can usually pick up the freshest produce at the lowest prices.
- **Consider growing some of your own produce.** It's not as hard as you think. If you don't have room for a garden, you can grow items such as tomatoes and peppers in outdoor pots.
- **Eat simple meals sometimes.** A peanut-butter sandwich made with whole-wheat bread or a bowl of soup and a few pieces of fruit don't cost much.

And remember, your health is worth the investment. Making good choices now will make your life easier later —and it may just save you money down the road.

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.

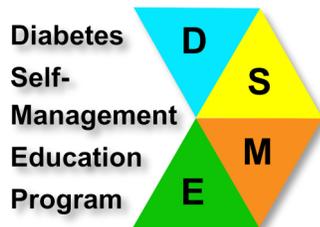
Call **813-307-8009** to register.



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

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 for ages 5-9 to encourage children 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**

FLORIDA 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.americantowns.com/tampa-fl/local-food/>

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Epidemiology 307-8010

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.

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