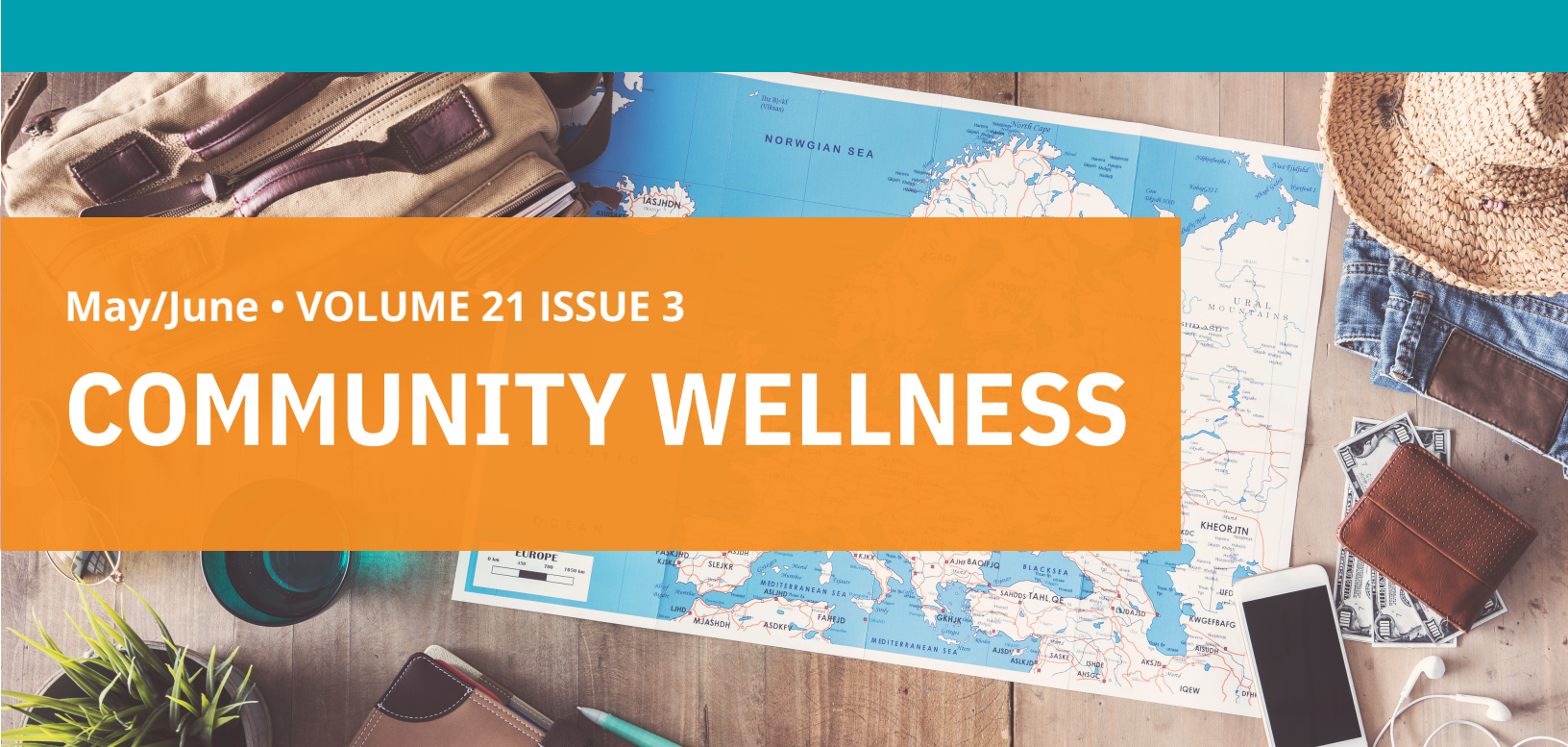




May/June • VOLUME 21 ISSUE 3

COMMUNITY WELLNESS

Celebrating National Physical Fitness and Sports Month: MOVING MORE THIS MAY

Each May, we celebrate **National Physical Fitness and Sports Month**—a nationwide initiative dedicated to encouraging people of all ages, abilities, and backgrounds to get active, build healthy habits, and enjoy the benefits of movement. Whether through organized sports, daily walks, dance classes, or simple at-home activities, physical activity plays a powerful role in improving overall health and well-being.

Regular movement supports heart health, strengthens muscles and bones, reduces stress, boosts energy levels, and can even improve sleep and mood. The good news: it doesn't take a gym membership or intense training to make a meaningful impact. Small steps, like stretching, taking the stairs, or adding a 10 minute walk to your day, truly add up.

This month is a great time to explore new activities, set achievable fitness goals, and encourage friends, family, and colleagues to join in. Together, we can make physical activity an enjoyable and accessible part of everyday life.



Let's celebrate National Physical Fitness and Sports Month by making May a month of movement, motivation, and momentum toward better health.

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From the Community Health Director

New Dietary Guidelines: Small Changes, Big Impact

Jennifer Waskovich, MS, RDN, LDN
Director, Division of Community Health

The latest Dietary Guidelines for Americans emphasize reducing highly processed foods—especially those high in sugar—and focusing on whole, nutrient-rich options. While this may sound like a big shift, dietitians have been promoting these principles for decades: eat more fruits, vegetables, whole grains, and healthy fats, and limit processed foods. The new guidelines simply reinforce what we've known all along.

Following these recommendations, along with proper portion sizes, can help you meet your nutrition and calorie needs without overeating. It helps us focus on getting the vitamins and minerals we need for our body. The ultimate goal? Lower the risk of chronic diseases like diabetes and heart disease, which are often linked to overweight and obesity.

Start Small: Tips for Success

Change can feel overwhelming, but small steps make a big difference. Here are a few strategies to help you succeed:

Plan Ahead: Create weekly meal plans and shopping lists to reduce food waste and save money.

Use Overlapping Ingredients: Build meals around similar ingredients to cut grocery costs while keeping variety.

Choose Foods for Your Health Needs:

- High cholesterol? Opt for lean meats.
- Diabetes? Pair proteins with carbs to help regulate blood sugar.
- High blood pressure? Limit processed foods to reduce sodium.

Eating Healthy on a Budget

Food costs are a concern for many families, and the new guidelines may feel intimidating. But eating healthy is possible—even on a budget. With smart planning, you can feed a family of four for about \$200 per week, including breakfast, lunch, dinner, and snacks.

Stock pantry staples like flour, olive oil, vinegar, and basic spices. These allow you to buy meats and produce in bulk and create multiple recipes using the same core ingredients.

Healthy eating doesn't have to be complicated or expensive. With planning and creativity, you can meet your nutrition goals, reduce chronic disease risk, and enjoy delicious meals every day.

DAY OF MEALS EXAMPLE

Breakfast: Fruit and Nut Oatmeal

¼ cup dry rolled oats
½ small apple, diced
½ small banana, sliced
1 oz walnuts
½ tsp cinnamon
½ cup milk for oatmeal
½ cup milk to drink

- Add oatmeal, cinnamon, and ½ cup milk to a microwave safe bowl and microwave on high for 2 minutes. Add another minute if needed. Let stand for 1-2 minutes.
- Top cooked oatmeal with diced apples, banana slices, and walnuts.
- Grab a spoon and enjoy.

Lunch: Chicken and Green Bean Bowls

1 cup green beans
½ cup grape tomatoes, halved
3 oz baked or grilled chicken breast
Seasoning of choice
1 tsp olive oil
½ cup cooked quinoa
½ banana

- Heat chicken in pan with 1 tsp olive oil. Once heated remove from pan, slice into strips and set aside.
- Add green beans to pan and cook until tender. Return chicken to pan along with tomatoes and seasonings of choice. Stir until mixed together well.
- Serve chicken and veggies in a bowl over ½ cup cooked quinoa.

Dinner: Salmon Tacos and Salad

3 oz salmon, cooked and seasoned
2 street taco size tortillas
¼ cup cabbage, shredded
1 tbsp sour cream
Squeeze of lime juice.
½ medium cucumber, sliced
3 oz grape tomatoes
¼ cup onion
2 tbsp vinaigrette dressing

- Break cooked salmon up into chunks.
- Add half salmon to each tortilla and top with half the cabbage, sour cream and squeeze of lime
- In bowl combine cucumber slices, tomatoes and onion. Cover with dressing and mix until well combined. Serve as side dish with tacos.

Snack

1 oz almonds
1 oz cubed cheese
½ small apple

Mediterranean Chickpea Salad

A simple, healthy recipe to boost your week!



Eating well doesn't have to be complicated. Sometimes the most nutritious meals come from fresh, everyday ingredients you can toss together in minutes.

This quick Mediterranean Chickpea Salad is packed with fiber, plant-based protein, and heart healthy nutrients—making it a perfect option for lunch, meal prep, or a refreshing side dish.

INGREDIENTS

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup parsley, chopped
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Quick tip: Add feta cheese, olives, or quinoa for extra flavor and variety!

METHOD

1. Combine chickpeas, tomatoes, cucumber, onion, and parsley in a large bowl.
2. Drizzle with olive oil and lemon juice.
3. Season with salt and pepper, then toss gently to mix.
4. Serve immediately or chill for a refreshing, make ahead option.

This simple recipe proves that healthy eating doesn't have to be expensive or time consuming. With just a few fresh ingredients, you can create a delicious dish that supports energy, heart health, and overall wellness.

Healthy Spaces for Healthy Families: Why Tobacco-Free Parks and Beaches Matter

By The Tobacco Free Partnership of Hillsborough County

When families head to local parks, beaches, and recreational areas, they expect fresh air, clean sand, and safe places to play. Unfortunately, tobacco use in these public spaces undermines that expectation, exposing children and adults to secondhand smoke, and litters our community with toxic waste.

Secondhand smoke is not just a nuisance. It is a serious health hazard. Even outdoors, exposure to smoke can trigger asthma attacks, respiratory issues, and heart problems. Children are especially vulnerable, and they deserve the chance to run, breathe, and play without risk.

Cigarette butts are also the most littered item worldwide. Here in Tampa Bay, they often end up on the grass where children play or in our waterways where they harm wildlife. A single cigarette butt can

leach toxic chemicals into the environment for years. During a recent community park cleanup organized by the Office of Minority Health, volunteers found dozens of cigarette butts scattered around playground areas and even a vape cartridge that could have easily been mistaken for a toy by a child. Findings like these are a stark reminder that tobacco waste is not just unsightly. It is a real safety and health concern for families using these spaces.

By adopting tobacco-free policies in our public spaces, we can create cleaner, healthier, and more welcoming places for everyone. Dozens of communities across Florida have already taken this step and are seeing the benefits: less litter, lower cleanup costs, and healthier families.



This is not about punishing tobacco users. It is about protecting the shared spaces we all enjoy. People who smoke still have the freedom to do so in designated areas, but tobacco-free zones ensure that children, families, and visitors can enjoy public spaces without being exposed to harmful smoke or litter.

We all want our community to be known for its beauty, safety, and quality of life. By making our public spaces tobacco-free, we send a clear message: health matters here. These policies also help establish positive norms. When kids grow up in spaces where smoking is not the norm, they are less likely to start. That is a win for every family.

You can help. Talk to your friends and neighbors. Share why tobacco-free spaces matter. Support local efforts and speak up when these policies come before city leaders. Together, we can ensure the next generation inherits cleaner, safer, and healthier spaces to live, play, and thrive.



Discover your **HEALTHIER** **YOU**



The Florida Department of Health is providing free access to WeightWatchers® to support you on your journey to a **HEALTHIER YOU**.

This program will provide you with a free membership that includes access to:

- Nutritious eating plans, recipes, and meal-planning tools
- Physical activity trackers and on-demand workouts for all activity levels
- 24/7 coaching support and networking with others that share your goals



Free memberships available to Florida residents of Leon, Hillsborough, and Palm Beach counties.

Learn more about eligibility at **FloridaHealth.gov/WW**.

**START YOUR
JOURNEY**



**Florida
HEALTH**

MAY IS **HEPATITIS AWARENESS MONTH**

This observance serves as a time to raise awareness about hepatitis A, B, and C while encouraging testing, immunization, and timely treatment. Viral hepatitis is a major public health threat and worse, hundreds of thousands of people in the U.S. don't know they are infected. Work with us to remind everyone that hepatitis A and B can be prevented, and hepatitis C can be cured.

Why it's important

- Hepatitis A and hepatitis B are preventable and hepatitis C can be cured. Hepatitis B and C can lead to serious health issues, including cirrhosis or liver cancer.

Hepatitis A

- This infection usually causes a mild, short-term illness. An immunization is available to prevent hepatitis A, so talk to your medical provider to determine what options are right for you.

Hepatitis B and C

- Most people with hepatitis B or C do not look or feel sick. Getting tested is the only way to know if you have either virus and get treatment, which can prevent serious health problems including liver damage, liver cancer, and even death.
- Although there is no cure for hepatitis B, treatments are available that can delay or reduce the risk of developing liver cancer.
- There is currently no immunization to prevent hepatitis C, but curative treatments are available. Most people with hepatitis C can be cured with just 8–12 weeks of well-tolerated oral-only treatment. Testing is the first step.

This #HepatitisAwarenessMonth, learn the ABCs of viral hepatitis and what you can do to protect yourself!



LOVE
your liver!



**Bureau of Communicable Diseases Division
of Disease Control and Health Protection
Florida Department of Health**

Call your county health department for
information on hepatitis testing
and immunization.

FloridaHealth.gov/Hepatitis

	Hepatitis A (HAV)	Hepatitis B (HBV)	Hepatitis C (HCV)
Reason for Infection	Contact with fecal matter from an infected person - Eating food prepared by an infected person who did not clean hands properly - Drinking contaminated water - Eating raw contaminated shellfish - Close personal contact	Contact with infected person's blood or body fluids - Sharing injection drug or tattooing equipment - Close personal contact - Infected mother to her infant during pregnancy or delivery - Household contact - Occupational exposure through needle stick	Contact with infected person's blood - Sharing injection drug or tattooing equipment - Blood transfusion before 1992 - Infants born to a mother with hepatitis C - Occupational exposure through needle stick - Occasionally during close personal contact
How to prevent Infection	- Wash your hands after using the bathroom, after changing a diaper, and before preparing or eating food - Avoid engaging in risky behaviors - Cook shellfish thoroughly	- Don't share needles to inject drugs, tattooing equipment, razors, toothbrushes, or nail clippers - Avoid engaging in risky behaviors - Pregnant women screened for HBV - Use standard precautions in occupations which involve possible exposure to blood and body fluids	- Do not injection equipment - Don't share tattooing equipment, razors, toothbrushes, or nail clippers - Use standard precautions in occupations which involve possible exposure to blood - Avoid engaging in risky behaviors
Symptoms of Infection In many cases symptoms may be absent or very mild.	If present, may include any of the following: - Yellow skin or eyes (jaundice) - Feeling very tired - Abdominal pain - Loss of appetite - Nausea - Diarrhea	- Most children and many adults don't have symptoms - Symptoms, if present, similar to hepatitis A	- Most people don't have symptoms - Symptoms, if present, similar to hepatitis A - Might not show any symptoms until 10-30 years after getting infected
How do you treat it?	- No treatment except management of symptoms - Rest - Don't drink alcohol—it can worsen liver disease - Eat a healthy diet	- Medications are available for chronic illness - Don't drink alcohol—it can worsen liver disease - Eat a healthy diet - Regular exercise	- Medications are available to treat chronic illness - Don't drink alcohol—it can worsen liver disease - Eat a healthy diet - Regular exercise

Healthy Hillsborough Collaborative

Quarter 1 Updates

On March 5, the collaborative met for their quarter one meeting at the Town & Country Public Library.

Committee leads gave updates on their work plans and ways to get involved. Community partners networked and shared upcoming events.



Community Partner Spotlight

Family Healthcare Foundation

Assistance with the following health care programs:

- Florida KidCare
- Florida Medicaid and Medically Needy
- Health Insurance Marketplace
- Hillsborough County Healthcare Plan

Hillsborough County Health Care Plan

A comprehensive no-cost managed care program for Hillsborough County residents with limited income and assets who do not qualify for other health care coverage.

FamilyHealthCareFDN.org | 813-995-7005

GET IN TOUCH

If you have any queries or questions, contact Marissa.Khan@FLHealth.gov

Please scan the QR code if you are interested in becoming a subcommittee member.



Get Involved

Behavioral Committee

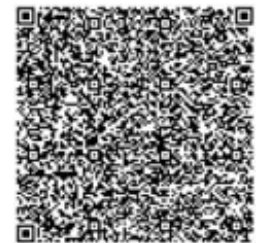
- Host a mental health workshop or activity at Mort Elementary school
- Share resources and upcoming events
- Participate in partner fundraising events
- Support Youth Summit planning and outreach



Scan to email 
subcommittee leads.

Social & Economic Committee

- Participate in upcoming volunteer opportunities
- Refer organizations and community members to promote FindHelp.org
- Share civic opportunities and voting resources



Scan to email 
subcommittee leads.

Environmental Committee

- Aid in outreach to disaster preparedness partners
- Refer outreach events in local communities
- Share educational materials and attend events



Scan to email 
subcommittee leads.

Mobile Lung Screening Unit

The Mobile Lung Screening Unit is coming to your location. Early detection of lung cancer can save lives.

60,000 Lives Saved Starts with You!



IF YOU ARE 50 YEARS OLD OR OLDER WITH A HISTORY OF SMOKING, THEN THIS SCREENING IS FOR YOU!



Scan the QR code, visit Moffitt.org/LungCare, or call 813-745-6635 or 813-745-1713 to register for your lung cancer screening at one of our convenient Tampa Bay mobile locations.

May 12 - 13 | 9 a.m. - 3 p.m.

Mobile Lung Screening Clinic

Florida Department of Health in
Hillsborough County

1105 E. Kennedy Blvd., Tampa, FL 33602

Must be pre-registered. Call 813-745-6635 or 813-745-1713.

No cost lung screening for those without health insurance.

Medicare and most health insurance will cover lung screenings.



Learn more about our free health education programs by calling 813-307-8009 to register or visit Hillsborough.FloridaHealth.gov

BP For Me

Blood Pressure Management Education

A five week program helps participants understand blood pressure numbers and how high BP can increase your risk for heart attack, stroke, heart disease, heart failure, kidney disease, and more. With the guidance and education from our registered dietitian, learn how to control your blood pressure through the foods you eat and how you prepare them.

Diabetes Self Management Education

A six week program that gives participants tools to monitor glucose at home, make lifestyle changes, learn about medications and insulin, and make informed choices about foods and carbohydrates to manage diabetes.

The program is accredited by the Association of Diabetes Care and Education Specialists and participants in the program have an average reduction in A1C of 1.15!

Diabetes Prevention Program

A year-long program (26 sessions) designed around behavior modification and resources to cope with stress, choosing healthy meals, and getting into an exercise routine. This program is great for those looking for ongoing accountability, support, and permanent lifestyle changes. This evidence-based weight loss program has a participant average weight loss of 6% of their body weight. Those who lose 5-7% of their body weight, it can reduce the risk for developing type 2 diabetes, heart disease, and some cancers, along with lowering cholesterol, and improving blood glucose levels.

Get Into Fitness Today

A 12-week program for health and wellness, using science-based information to reduce chronic diseases through obesity prevention. This program is great for those who already know the basics of wellness and just need a refresher and motivation to lose weight. Our GIFT program has helped 90% of participants increase their physical activity, and is for anyone who is looking for a starting point to lose weight. You'll learn tools for healthy eating and how to be more physically active.

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

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

BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

We offer **free** mammogram and Pap smear testing. For more information and to schedule an appointment, call 813-307-8082.

Tampa Family Health Center

To schedule an appointment, call
813-284-4529

FL **KidCare**

The Florida health insurance for eligible children, birth through age 18, even if one or both parents are working. To apply by phone, call 888-540-5437, or TTY-877-316-8748.

FL HEALTH CHARTS

Have you ever wondered about the health of your community or state and how it compares to other Floridians? If so, Florida Health Charts is a great resource for accurate health data.

Learn more at **FLHealthCHARTS.gov**

PARKS AND RECREATION

Florida State Park

FloridaStateParks.org

Hillsborough County Parks, Recreation, and Conservation

HillsboroughCounty.org

Plant City Parks and Recreation

PlantCityGov.com/ParksRec

Tampa Parks and Recreation

TampaGov.net/parks-and-recreation

Temple Terrace Parks and Recreation

TempleTerrace.com

CONTACT US

*All numbers are area code, 813, unless otherwise indicated.

MAIN OPERATOR

and director's office 813-307-8000

COMMUNITY HEALTH

Behavioral Health 235-3273
Breast/Cervical Cancer 307-8082
Community Health Director 307-8071
Compass Program 267-6103
Diabetes 307-8009
Epidemiology 307-8010
Health Education 307-8009
Health Literacy 307-8071
Insulin Program 307-8009
Lead Poisoning Prevention 307-8071
Office of Minority Health 307-8066
School Health 307-8071
Tobacco Prevention 559-4760
Weight Management 307-8009

DISEASE CONTROL

HIV/AIDS Specialty Center 307-8064
Immunizations 307-8077
Sexually Transmitted Diseases 307-8058
Anonymous Testing 307-8058
Tuberculosis (TB) 307-8047

ENVIRONMENTAL HEALTH 307-8059

HUMAN RESOURCES 307-8031

NUTRITION/WIC 307-8074

PHARMACY

(HIV/AIDS care clients only) 307-8072

PUBLIC HEALTH PREPAREDNESS 307-8042

PUBLIC INFORMATION OFFICER 307-8044

VITAL STATISTICS

(birth and death records) 307-8002

Have a question or comment, email us at
DLCHD29WebsiteDistribution@FLHealth.gov



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

**Florida Department of Health in
Hillsborough County**

Health Education (70)
P.O. Box 5135
Tampa, FL 33675