

JULY/AUGUST 2023 • VOLUME 17 ISSUE 4

# COMMUNITY WELLNESS



## AUGUST IS HEALTHY VISION MONTH: KEEP YOUR EYES

Protecting your overall health can go a long way toward keeping your eyes healthy! It's important to make healthy choices and take good care of yourself.

Keep in mind that healthy habits like eating well and being active can lower your risk for diseases and conditions that can lead to eye or vision problems, like diabetes or high blood pressure. Follow these tips for healthy vision:



**Eat healthy foods.** Be sure to have plenty of dark, leafy greens like spinach, kale, and collard greens. Eating fish that are high in omega-3 fatty acids — like salmon, tuna, and halibut — is good for your eyes, too.



**Get active.** Being physically active helps you stay healthy. It can also lower your risk of health conditions that can cause eye health or vision problems — like diabetes, high blood pressure, and high cholesterol.



**Quit smoking.** Smoking isn't just bad for your lungs — it can hurt your eyes, too! Smoking increases your risk of diseases like macular degeneration and cataracts — and it can harm the optic nerve. If you're ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) for free support.

### TABLE OF CONTENTS

Public Health Soup • P. 2

Recipes • P. 3

7 Steps to manage stress & build resilience • P. 4

Food safety tips for hurricane season • P. 6

Summertime healthy habits • P. 7

Summer sun safety • P. 9

Infant feeding during disasters • P. 10

Know your bone zone • P. 11

Florida's HEROs • P. 13

# PUBLIC HEALTH SOUP

**JENNIFER WASKOVICH, MS, RDN, LDN, CLC  
COMMUNITY HEALTH DIRECTOR**

Growing up my mom has always been able to make a delicious soup or stew without having to follow a recipe. While I love to cook, I have not yet mastered the ability to throw a bunch of ingredients into a pot and have it turn out amazing, unless I am following strict instructions. There is a science in mixing the precise amount of spices, salt, pepper, broth and other ingredients to get the perfect final product. The same is true for public health. Missing one aspect can throw off our whole system and our goal at the Florida Department of Health is to provide all the necessary pieces to create a healthy community.

Chronic and communicable disease prevention are like the base of the stew. These areas are foundations for a person's overall health and well-being. Preventing the development and spread of diseases is the ultimate goal in healthcare and we are here to help by providing chronic disease prevention & management education programs, sexually transmitted screenings, HIV/AIDS clinic services, and tuberculosis care. Nutrition, maternal and child health education, and immunizations provide the meat and veggies of our soup. Adding them to the pot provides further protective measures for diseases like diabetes, hypertension, pertussis, hepatitis, and a long list of others.

Finally, we have our spices that add the finishing touches on a great dish. In public health these are items like clean drinking water, swimming pool monitoring, adult/childcare inspections, public health/disaster preparedness, dental health, and health literacy. Missing any one of these supporting items can throw the whole pot (community) off. It is necessary to have all of these working together to build the healthiest community possible and provide a healthy future for all residents of Hillsborough.

If you are interested in learning more about our public health recipe, please visit us at <https://hillsborough.floridahealth.gov>. Here you can learn about all of the programs we provide to help support our county.

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

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# Recipe: Easy Lebanese-Style Hummus

## Ingredients:

- 2 cans chickpeas, drained
- 1 clove garlic
- 1/2 cup tahini
- 1/2 cup water
- 1 teaspoon salt

## Traditional Lebanese toppings:

- 2 tablespoons olive oil
- 1 teaspoon paprika
- 2 tablespoons fresh parsley, finely chopped



## Instructions:

1. Wash hands with soap and water.
2. Scrub garlic and lemon with a clean vegetable brush under running water. Cut the lemon in half and squeeze out the juice.
3. In a food processor or high-speed blender, add the drained chickpeas along with the garlic, tahini, lemon juice, water and salt. Blend until creamy and smooth.
4. Adjust flavor by adding more salt, lemon juice, garlic or tahini according to taste.
5. If the hummus is too thick, add water until it reaches a creamy consistency.
6. Gently rub fresh parsley under cold running water.
7. Transfer hummus to a deep bowl and drizzle with olive oil. Sprinkle with paprika and chopped parsley.

# 7 Steps to Manage Stress and Build Resilience

As recent months have demonstrated, stress is unavoidable. Now more than ever, it's important to understand stress and how we can manage it. While stress can be beneficial, too much of it can be harmful.

When the body senses a threat (or stressor), it goes on high alert, and once the threat passes, the body quickly recovers. At least that's the way it's supposed to work. Stressors can include health matters, work, money, family issues, racism or gender inequality, and regular daily hassles. With unrelenting or too many stressors, your body might be on a constant state of high alert, leading to poor concentration, bad moods, professional burnout, and mental and physical health problems. When stress becomes chronic, the body cannot return to normal functioning. Chronic stress can be linked with health conditions such as heart disease, high blood pressure, diabetes, depression and anxiety.

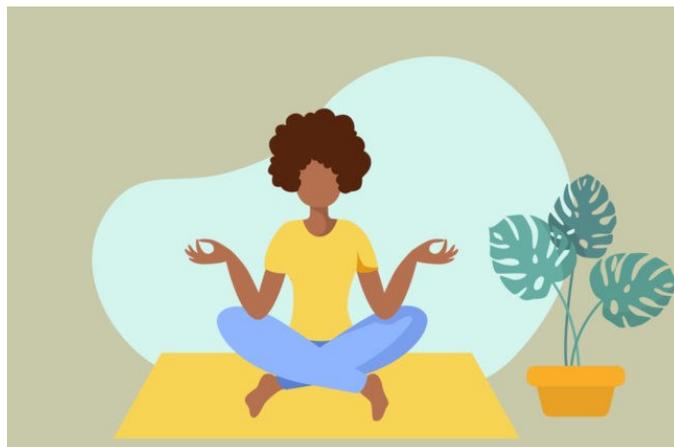
Stress affects women and men differently. Many conditions associated with stress — such as post-traumatic stress disorder, depression and anxiety — are more common in women than men.

Beyond sex and gender differences, there are individual differences, too. Some people are more resilient than others. Stress affects them less or more temporarily, and they might even perform better under stress. “There’s a saying, ‘It’s not how far you fall; it’s how high you bounce.’ For those of us who don’t bounce back so easily, there’s good news. Resilience, to some extent, can be learned and there are some simple, practical things that people can do that may make a noticeable difference,” says Dr. Janine Austin Clayton, Director of the NIH Office of Research on Women’s Health. Clayton explains that some resilient people might also develop a greater appreciation for their lives, family, friends or other matters after stress.

Stress management and resilience building are particularly important to the health of women. Here are several tips to help women as well as men:

1. **Recognize and counter signs of stress.** Your body sends signals that it's stressed, including difficulty concentrating, headaches, cold hands, tight muscles, a nervous stomach, clenched teeth, feeling on edge, fidgety, irritable or withdrawn. Knowing how your body communicates can help you deal with stressful moments. Learn to not only recognize but also to name these feelings, either to oneself or to a friend. Then, take action to counter their effects. For example, deep breathing, stretching, going for a walk, writing down your thoughts and taking quiet time to focus can help induce relaxation and reduce tension.
2. **Take time for yourself.** Make taking care of yourself a daily routine. It's not selfish or self-indulgent — and it might require saying “no” to requests or prioritizing yourself along with your responsibilities. Start with small changes in your routine to help build resilience to stressful circumstances. Work in time to exercise, eat healthy foods, participate in relaxing activities and sleep. In fact, including a regimen of exercise, which for some may include yoga or meditation, can be very important when feeling stressed. Also, take time to notice the “good minutes” in each day or to do something that you enjoy, such as reading a book or listening to music, which can be a way to shift your attention and focus on the positive rather than the negative.

3. **Try new routines.** From scheduling bath and bedtimes to blocking off time to plan and prioritize tasks, additional structure can provide a daily framework that allows you to attune to your body's signals. Then, you can take steps to potentially manage stress earlier than you once did.
4. **Stay connected and make new friends.** Stay in touch with family, friends and groups in your life — technology makes this easier than ever. Having or being a person to talk with can be reassuring and calming. Using video features can enhance the connection in telecommunication or online communications for some people.
5. **See problems through a different lens.** Experts call changing the way we think about and respond to stress “reframing.” View sitting in traffic or around the house as an opportunity to enjoy music, podcasts or pleasant views. Reduce anger in response to rude or aggressive behavior by imagining what might be happening in that person's life. Keeping situations in perspective is an important way to boost stress resilience. Other steps include positive thinking and creating plans before you begin to resolve problems. You can practice reframing and get better at it over time.
6. **Seek help with problems.** Many people experience the same day-to-day strains related to caregiving, relationships, health, work and money. Look to friends and family, as appropriate, or other trusted individuals or resources for tips and information.
7. **Talk to a health professional if stress is affecting your well-being, you feel you cannot manage the stress you're experiencing, or stress has caused you to engage in or increase substance use.** Seek appropriate care if stress is harming your relationships or ability to work. If you have suicidal thoughts, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Lifeline chat is a service available to everyone 24 hours a day, 7 days a week. In addition, if you need help locating a mental health provider, the Substance Abuse and Mental Health Services Administration (SAMHSA) offers a site that can assist you at <https://findtreatment.samhsa.gov>. People who have experienced traumatic stress (directly or indirectly experiencing life-threatening and dangerous events) should find a treatment provider who practices trauma informed care — see <https://go.usa.gov/xvydm> for details. Additionally, in times of disasters and other sorts of emergencies, the National Disaster Distress Helpline (Call 1-800-985-5990 or text “TALKWITHUS” to 66746) can provide crisis counseling, emotional support and referrals to care related to disasters and public health emergencies.



Recognizing individual signals of a body's stress responses and learning to respond to those signals in new ways can help build the emotional, intellectual and physical strength that comprise resilience, which can help you tackle future stressors.

Source: <https://orwh.od.nih.gov/in-the-spotlight/all-articles/7-steps-manage-stress-and-build-resilience>

# Food Safety Tips for Hurricane Season

Do you have emergency supplies ready for a storm? It's Atlantic hurricane season in the United States until November 30. Hurricanes can disrupt our normal life and cause floods and power outages that may contaminate food. The following tips can help you protect yourself, your family, and your pets from foodborne illness during and after a storm.

## Hurricane preparation food safety tips:

Prepare for a hurricane now before a storm hits.

- Purchase and store food and water for your household in case the food supply is disrupted for an extended amount of time. Each person and pet should have at least one gallon of water each day. Purchase non-perishable foods that have a long shelf-life and remember to represent the needs of your whole household like pets, infants, and any special diets.
- To reduce the use of water for cleaning, stock up on plastic forks, spoons, and knives; paper plates, bowls, cups, and towels; and propane or charcoal for grills. Remember to have a manual can opener on hand.

## Refrigeration tips to reduce foodborne illness:

Before you lose power, here are some tips from [Ready.gov](https://www.ready.gov) to help keep your refrigerated food from spoiling. The longer your perishable items stay cool, the lower the risk of food contamination.

- Perishable food should be kept at a temperature of 40 °F or below. Your refrigerator will keep at temperature for four hours without power. A fully stocked freezer will keep food at temperature (at 0 °F or below) for 48 hours. If the freezer is half-full, it will keep food at temperature for 24 hours without power.
- If a storm approaches, freeze ice packs, bottles of water, or other containers. Fill any coolers you have with ice. Purchase dry ice or ice blocks to place in your freezer and/or refrigerator. Ready.gov says 25 pounds of dry ice will keep a 10-cubic-foot freezer below freezing for three to four days.
- Transfer items from your refrigerator that need to be kept cold to your freezer. Also, transfer some ice products to the refrigerator to keep the temperature. Move perishable foods to the front of the refrigerator for quick access.

## Watch for food expiration:

Help prevent foodborne illness when the power goes out by paying extra close attention to your food's integrity and expiration.

- Discard refrigerated perishable food such as meat, poultry, fish, eggs, and leftovers after four hours without power.
- Pay attention to the integrity of the packaging containing your food. If a container or can has a dent on the seam or lid, dispose of it. Also, if containers or cans seem blotted, dispose of them.
- After a power outage, never taste food to determine if it is safe to eat. You will need to evaluate each food item separately. If any food item is in question, remember, "When in doubt, throw it out!"

For more tips on preventing foodborne illnesses in the wake of a hurricane, visit the Division of Food Safety's consumer resources and outreach website at [FDACS.gov](https://www.fdacs.gov).



## Summertime Healthy Habits

During the summer months, most fresh produce is in season. This is great news if you are trying to eat a well-balanced diet rich in fruits and vegetables. Fresh produce can help improve your diet and maintain your energy levels while you branch out and try new fresh, seasonal fruits and vegetables. In this summer edition newsletter, you will learn tips and resources for living well during the summertime.

## Eat Healthier This Summer

Several delicious fruits and vegetables are in season during the summer. While fruits and vegetables are nutritious year-round, they often taste better and are more affordable when purchased in season. Try using your seasonal produce to make a seasonal salad for lunch. Making your seasonal salad can be simple and fun! Here is why:

- ✦ **Quick preparation.** All you need is a big bowl, a cutting board, a knife, and your favorite in-season fruits and vegetables.
- ✦ **Easy to adapt.** You can make a sweet salad by adding fresh berries or dried fruit. You can make a savory salad by adding tomatoes and cucumbers.
- ✦ **Keeps you full.** You can add protein to your salad, like grilled chicken or fish or a hard-boiled egg for a more filling salad.

Next time you are at the grocery store, be adventurous and reach out for a new fruit or vegetable to include in your seasonal salad!





## A Healthy Lunch & Delicious Snack

Eating nutritious foods can help you stay healthy by keeping your metabolism running efficiently, maintaining your energy levels, and reducing your risk of overeating at mealtimes. An ideal snack consists of 2 food groups: protein and a fruit or vegetable. During the summertime, this combination is easy to make because there are more fruits and vegetables available.

**Try these healthy snack options and tasty seasonal salad:**

### Simple Healthy Snack Combos



- Sliced apple with peanut butter.
- Sliced cucumbers and bell peppers with hummus.
- Fresh berries mixed with plain Greek yogurt.
- Whole grain crackers with low-fat cheese.
- Your favorite fruit and handful of nuts.
- Low-fat string cheese and carrot sticks.

### Kale Salad with Berries



#### Ingredients

- 2 cups of kale
- 1/2 cup blackberries
- 1/2 cup raspberries
- 1/4 cup crumbled goat cheese
- 1/2 cup walnuts
- 1 cup strawberries
- 1 tsp
- 2-3 Tbsp olive oil
- 6oz. grilled, sliced chicken

#### Directions

1. Slice strawberries.
2. Toss kale, berries, walnuts, cheese, and chicken together.
3. For the dressing, drizzle the olive oil on top and squeeze and twist the juice into the salad.
4. Serve and enjoy!

## Quiz Time!

1. **True or False:** Eating healthy in the summer is easy because there is a variety of fresh fruit and vegetables to choose from.
  - a. True
  - b. False
2. To make a tasty seasonal salad, you will need:
  - a. An expensive salad kit
  - b. Your favorite in-season produce
  - c. A lot of time
3. A simple and nutritious snack consists of what 2 food groups?
  - a. Carbohydrates and fats
  - b. Dairy and fruits
  - c. Protein and fruits/vegetables

Answer Key:

1. A
2. B
3. C

Article Source: <https://www.fns.usda.gov/f2s/farm-summer-ripe-local-foods>

July 2023

# SUMMER SUN SAFETY MONTH

## Summer has arrived!

While the sun is shining brightly, it's a golden time to highlight July as UV Safety Awareness Month

We love to take in the warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun. Check out the tips below!

## Sun Safety Tips

- 1. Cover Up:** Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.
- 2. Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin.
- 3. Choose the Right Sunscreen:** (FDA) recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.
- 4. Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in!

Article Credit: UV Safety Awareness Month - Quality of Care (va.gov)





# Infant Feeding DURING DISASTERS



## BREASTFEEDING matters because...

It can be impacted if stopped for even a short period of time. Breastfeeding cannot be put on 'hold' until the disaster is over.

It protects infants from the risks of using contaminated water supplies during a disaster.



It can help protect against respiratory illnesses & diarrhea, which can be fatal to displaced families.

Breast milk is available all the time without needing other supplies.

## Barriers to BREASTFEEDING during a DISASTER



Lack of lactation support, whether it is a new mother or a mother with a newly-weaned baby.

Being away from home - displaced or having to relocate.

Being separated from people who usually support the mother.

Lack of privacy, security, comfort, dim lights & quiet in emergency shelters.

## BREASTFEEDING benefits



### Breastfeeding Mothers

Reduce their risks for:  
- Ovarian cancer  
- Breast cancer  
- Type 2 Diabetes



### Breastfed infants

Have a reduced risk of:  
- SIDS  
- Lower respiratory infections  
- Type 2 diabetes  
- Asthma  
- Obesity



### Workforce & environmental

- Infants have less illness so mothers miss less work  
- Less trash & plastic waste compared to formula & bottle supplies



### Communities who promote breastfeeding\*

- Could save \$13 billion annually  
- Prevent 1,000 deaths per year  
*\*(for 90% of women for their babies first 6 months of life)*

## How RESPONDERS can help

Ensure access to healthcare providers with lactation experience.



Assure mothers that breastfeeding can provide sufficient nutrition for babies when other foods aren't available.

Create safe locations for pregnant & breastfeeding women.



Keep families together.



Provide water & food for breastfeeding mothers.



As a last resort, ready to use infant formula in a disposable cup should be the alternative.



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**  
Office of Human Services Emergency Preparedness & Response

For more information visit  
<http://www.acf.hhs.gov/ohsepr>

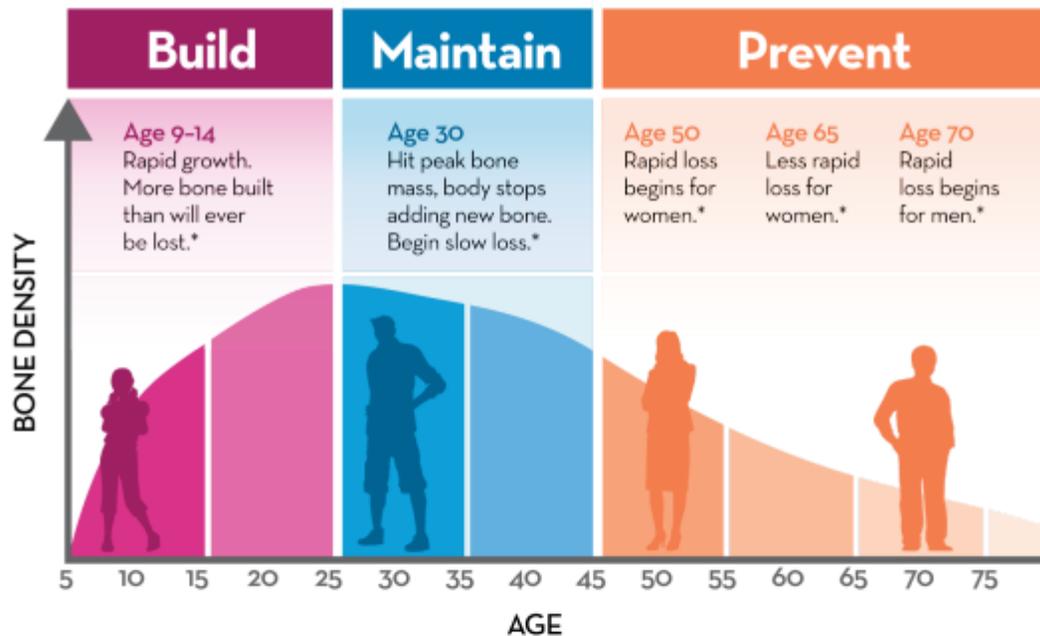
References: 1. 2011 Surgeon General's Call to Action to Support Breastfeeding: <http://www.surgeongeneral.gov/library/calls/breastfeeding/index.html>  
2. American Academy of Pediatrics Infant Feeding During a Disaster: <http://www2.aap.org/breastfeeding/files/pdf/InfantNutritionDisaster.pdf>  
3. La Leche League International: <http://www.llli.org/faq/emergency.html>



# KNOW YOUR BONE ZONE

By understanding the typical milestones in your bone lifecycle, you can take steps to maximize your bone density at all stages of your life.

## WHICH BONE ZONE ARE YOU IN, RIGHT NOW?



**Bone is living tissue. To keep bones strong, your body naturally breaks down old bone and replaces it with new bone, typically over a 6-month remodelling cycle. As a result, your entire skeleton is remodeled every 7-10 years, a process which can be impacted by healthy choices you make, as well as risk factors for weakened or broken bones.**

[AmericanBoneHealth.org](http://AmericanBoneHealth.org)

## KNOW YOUR BONE ZONE

	Build	Maintain	Prevent
<p><b>What's typically happening during this stage?</b></p>	<ul style="list-style-type: none"> <li>Throughout childhood, bone-forming osteoblast cells work faster than osteoclast cells, which break down bone.</li> <li>At around age 10, the skeleton grows very rapidly until around age 20. These are a person's peak bone-building years.</li> </ul>	<p>After reaching peak bone mass, osteoblast and osteoclast activity is balanced, so bone mass stays relatively stable.</p>	<ul style="list-style-type: none"> <li>Estrogen regulates the bone cells and how bone tissue is broken down and rebuilt.</li> <li>A loss of estrogen at menopause, at any age, results in rapid bone loss, because osteoclast cells are then working faster than osteoblast cells.</li> <li>During the five years around menopause, women can lose as much as 15-20% of their bone mass.</li> <li>Men lose bone density at a steady and slower rate than women.</li> <li>Around age 70, the reduction in men's hormone levels begins to cause more rapid bone loss.</li> <li>Around age 70, men and women lose bone at the same pace.</li> </ul>
<p><b>What are some of the risk factors that can impact bone density during this stage?</b></p>	<ul style="list-style-type: none"> <li>Inactivity: anything that "unloads" the skeleton, such as prolonged bedrest or inactivity, weakens the bones</li> <li>Athletic Energy Deficit (AED), when teenagers in active sport programs (like ballet, running gymnastics) burn up so many calories that even a "normal" caloric intake is not enough to meet their energy requirements</li> <li>Poor nutrition (e.g., eating disorder or low calcium or vitamin D)</li> <li>No period by age 15 or three consecutive periods missed</li> </ul>	<ul style="list-style-type: none"> <li>Early menopause</li> <li>Low testosterone</li> <li>Certain health conditions or medications (such as diabetes, cancer, malabsorption, rheumatoid arthritis...)</li> <li>Poor nutrition (e.g., eating disorder or low calcium or vitamin D)</li> <li>Inactivity</li> </ul>	<ul style="list-style-type: none"> <li>Falls can lead to fractures, loss of mobility or abnormal gait</li> <li>Low testosterone</li> <li>Health conditions or medications (such as diabetes, cancer, malabsorption, rheumatoid arthritis...)</li> <li>Poor nutrition (e.g., eating disorder or low calcium or vitamin D)</li> <li>Inactivity</li> </ul>

>>> For a more comprehensive list of risk factors for weakened or broken bones, download the [handout, HEALTHY BONES: The Foundation of Healthy Bodies.](#)

<p><b>What are the first steps in creating a Bone Health Plan to maximize bone density during this stage?</b></p>	<p>If you have risk factors, ask health care provider about a DXA bone density test and TBS (trabecular bone score) analysis</p>	<ul style="list-style-type: none"> <li>Take the <b>Bone Health Quiz</b> on the American Bone Health website to learn about your fracture risk factors</li> <li>If you have risk factors, ask health care provider about a DXA bone density test and TBS analysis</li> </ul>	<p>Use the <b>American Bone Health Fracture Risk Calculator™</b></p> <ul style="list-style-type: none"> <li>Learn about your fracture risk factors</li> <li>Understand your risk level for breaking a bone during the next 10 years.</li> <li>If you have risk factors, ask health care provider about a DXA bone density test and TBS analysis</li> </ul>
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SCAN ME



SCAN ME



**AmericanBoneHealth.org**

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Supported by



Medimaps has no input over any educational content.



## Recognition Benchmarks

Florida's HEROES is focused on recognizing healthy environments for reducing obesity in Florida's early care and education (ECE) settings. We support ECEs that apply for recognition by providing free technical assistance and continuing education opportunities related to the benchmarks for nutrition and physical activity.

**Provide  
Healthy Food**

**Offer Healthy  
Beverages**

**Support  
Breastfeeding**

**Limit Screen  
Time**

**Increase  
Physical  
Activity**

## Recognition Requirements



### Professional Development

Submit certificates of completion from approved trainings for directors and/or staff.



### Childcare Environment

Submit pictures of your childcare program's healthy environment for each benchmark.



### Childcare Policies

Submit a copy of your childcare program's policies that align with each benchmark's best practices.



### Staff Practices

Submit pictures of your childcare program's staff implementing healthy practices for each benchmark.



### Family Engagement

Submit pictures of events or handouts that your childcare program shares with families you serve focused on benchmark best practices.

## Benefits

- Free Technical Assistance
- Award Package\*
  - Window Cling & Banner
  - \$500–1,000 in Kaplan credits

\*Incentives are based on the percentage of best practices met and are subject to change based on funding

## Contact Us

For more information,  
[www.eces4healthykids.org](http://www.eces4healthykids.org)  
[programinfo@flhealth.gov](mailto:programinfo@flhealth.gov)  
 (813) 307-8009

# Want to be a healthier you? We can help!

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

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

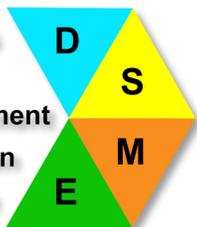


**BP F  R ME**

## BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to improve their heart health and reduce their risk for complications.

Diabetes  
Self-  
Management  
Education  
Program



## Diabetes Self Management Education

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity and self-monitoring, learning about medications, and practicing coping skills.



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

## Diabetes Prevention Program

This 26-session 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. Participant will lose weight and increase their physical activity during the program.



## Get Into Fitness Today

This 12 week program, participants learn about healthy eating, physical activity and ways to live a healthier life while. Participant will lose weight and increase their physical activity.



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

This program is designed to encourage children ages 5-9 to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year-olds in the program!

## BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

We offer **FREE** mammogram & pap smear testing!

For more information and to schedule an appointment, call **813-307-8082**.

### Upcoming mobile mammography:

*Tampa Family Health Center*

To schedule an appointment, call Sophia at **813-284-4529**

## Fl♥rida KidCare FLORIDA KIDCARE

The State of Florida health insurance for children (birth through age 18, *even if one or both parents are working*).

To apply by phone, call **1-888-540-5437**, or

**TTY-877-316-8748**.

To apply online, visit: [www.floridakidcare.org](http://www.floridakidcare.org).



### FL HEALTH CHARTS

Have you ever wonder how healthy your community or state is? Or how your own health status compares to other Floridians? If so, Florida Health Charts is a great resource that paints an accurate picture of the health status of our state — with factual information.

The website continues to provide the most up-to-date health statistics you'll find in Florida. Be sure to bookmark the new site: [www.FLHealthCHARTS.com](http://www.FLHealthCHARTS.com).

## PARKS AND RECREATION

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

Plant City Parks and Recreation  
<https://www.plantcitygov.com/parksrec>

Tampa Parks and Recreation  
<https://www.tampagov.net/parks-and-recreation>

Temple Terrace Parks and Recreation  
[www.templeterrace.com/](http://www.templeterrace.com/)

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

# CONTACT US

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& Director's Office** ..... 307-8000

### COMMUNITY HEALTH

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Health Education ..... 307-8009  
Breast/Cervical Cancer ..... 307-8082  
Diabetes ..... 307-8009  
Tobacco Prevention ..... 559-4760  
Weight Management ..... 307-8009  
Health Literacy ..... 307-8071  
Insulin Program ..... 307-8009  
Lead Poisoning Prevention ..... 307-8071  
School Health ..... 307-8071  
Sterilizations ..... 307-8082  
Office of Health Equity ..... 307-8066

### DISEASE CONTROL

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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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