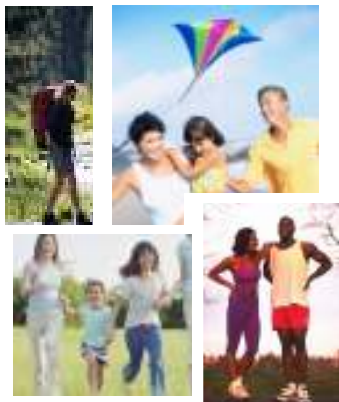




JULY/AUGUST 2006

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COMMUNITY WELLNESS

WALK TO A HEALTHIER YOU! by Beth Woytowich, BS, CHES

Walking is good for your heart. That is just one of the many benefits of incorporating walking 30 minutes a day into your daily routine. Other health benefits of walking include improved circulation, helps with breathing, combats depression, increases immune system function, helps prevent osteoporosis, helps prevent and control diabetes and helps control weight.

Thirty minutes of walking each day can lengthen your life by **1.3 years** and lengthen the time you avoid heart disease by **1.1 years**, according to a study in the Archives of Internal Medicine. Also, people who incorporate exercise into their daily routine are more likely to stick with an exercise program.

Here are some ways to incorporate 30 minutes of walking into your daily routine:

- Walk for 10 minutes before work, during your lunch & after work
- Take a family walk after dinner
- Go for a half-hour walk instead of watching a TV show you don't care about
- Take the stairs instead of the elevator
- Park further from your destination and walk

Join us in Florida on the Move, a FREE internet-based walking & exercise program by calling (813) 307-8015 ext. 7108 or ext. 6632

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Stroke: An Equal – Opportunity Disease by Dot Nettles

Stroke is the third leading cause of death in America and the No. 1 cause of adult disability. Stroke occurs when a blood vessel bursts or becomes blocked by a clot causing part of the brain to die.

What are the warning signs of stroke? Not everyone gets all of the warning signs of stroke, and sometimes these signs can go away and return. Treatments are most effective if given within one hour of when the attack begins. If you have any of these symptoms, call 911 right away!

- Sudden numbness or weakness of face, arm, or leg, especially on one side.
- Sudden confusion or trouble speaking or understanding speech.
- Sudden trouble walking, dizziness, or loss of balance or coordination.
- Sudden severe headache with no known cause.
- Blurred or double vision, drowsiness, and nausea or vomiting.

How is stroke prevented? The more stroke risk factors, the greater the chance of stroke. Some factors can't be prevented, such as aging, family health history, race and gender. But you can change and treat other factors to lower your risk.

- Eat healthy – diet low in saturated fat and rich in fruits and vegetables and whole grains. Don't overeat and keep your weight under control.
- Get regular exercise (30 minutes a day or more).
- Manage stress in your life and if you smoke, stop.
- If you have high blood pressure or high cholesterol, take your medicine and talk to your doctor about ways to lower those levels.
- Get help if you have a TIA ("mini-stroke"). Talk to your health care provider to see if you need medicine or surgery.
- Aspirin therapy may be useful, but check with your healthcare provider.

Want to receive our newsletter by E-mail?

Visit our website:
www.hillscountyhealth.org

Or
Call (813) 307-8071
Fax (813) 307-8094

**Have a comment,
question or
suggestion?
Let us know!**



Epidemiology – Prevent Mosquito-borne Illnesses – The “5 D’s”

Mosquito-borne diseases are more prevalent during summer months but are preventable if Floridians and visitors practice follow some simple rule recommended by the Secretary, Department of Health, Dr. Rony François:

- **Dusk and Dawn** – Avoid outdoor activities if possible when mosquitoes are most active.
- **Dress** – Cover up. Wear clothing to prevent bites.
- **DEET** (N,N-diethyl-meta-toluamide) – Use repellents that contain DEET for best results.
- **Drainage** – Eliminate any standing water near your home or play areas. Don't forget plant trays, birdbaths, pet dishes, house gutters and eaves, and tarps that might cover boats or grills.

Insect repellents containing DEET should be used with caution in children. Be sure to check label instructions and never apply to the hands of children. Too often those go into the mouth! Permethrin is also a good alternative for repellents, but is for use only to spray clothing – never skin. For more information on mosquito-borne illnesses, visit the Department of Health website at www.doh.state.fl.us.

Health Promotion and Education – KIDS LEAD THE WAY by Cindy Hardy, RN

The STEP UP, FLORIDA! Campaign, kicking off every January/February, encourages everyone to incorporate physical activity into their daily lives by participation in various types of activities. This annual event is hosted in each of Florida's 67 counties. In 2006, Tampa was the state kick-off site and well over 22,000 individuals participated in the month long event all over Hillsborough County. Private companies, governmental agencies, neighborhood groups, schools and organizations were challenged to make physical activity a regular part of their day and they celebrated by getting out and getting active.

School children in the county were asked to draw pictures of what physical activity means to them. These were incorporated into calendars for school use. This artwork by a Walden Lake Elementary School student shows that activity can be FUN!



Physical activity is free! It strengthens the body and mind, helps prevent disease, and in some cases, reverses disease processes that can heavily impact our health. Get up! Get active! For more information about making your lifestyle healthy and more active, visit <http://www.fitness.gov/10tips.htm>.

Public Health Preparedness – Disasters, Emergencies, Readiness by Steve Castonguay

The 2006 Hurricane season began with early vigor when Tropical Storm Alberto moved faster than anticipated and gave us a taste of what may be in store for Florida this storm season. The possibility of a major influenza epidemic, bioterrorism, and natural disaster – all potential threats to health and safety are events of national consequence. Readiness on behalf of the entire community is critical to ensure that countywide devastation is avoided or minimized.

The Hillsborough County Health Department and other critical players on the area's disaster preparedness planning team work year-round to prepare for emergencies and disasters that put the public at risk. Many table-top and field exercises for various types of emergencies have taken place, including a Pandemic Flu exercise recently lauded by the Centers for Disease Control and Prevention as a model for other communities. While instructions to the public may seem merely an annual repeat of the same old information, it is critical for everyone to be informed and prepared to face an event with a minimum of risk to life and health.

PREPARE YOUR FAMILY BY DEVELOPING AN EMERGENCY PLAN. PREPARE YOUR HOME BY SECURING IMPORTANT PROPERTY AND INFORMATION. STOCK ENOUGH SUPPLIES FOR A MINIMUM OF 7 DAYS. LEAVE IF ADVISED TO EVACUATE. KEEP INFORMED. HEED THE INSTRUCTIONS OF EMERGENCY OFFICIALS. WE ARE IN THIS TOGETHER!!

Steps to a Healthier Hillsborough – Diabetes. Who's at risk? by Beth Woytowich, BS, CHES

Diabetes can be a silent disease. If you have diabetes and do not know it, you can harm your eyes, nerves, and kidneys. Did you know your risk for diabetes goes up as you get older? Other risk factors include being overweight or obese, physical inactivity, high blood pressure, family history of diabetes, having diabetes during pregnancy or having a baby weighing 9 lbs or heavier. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders.

Don't wait for signs of diabetes, talk to your doctor about being tested for diabetes. The following are signs of diabetes extreme thirst, frequent urination, or unexplained weight loss. Contact your doctor if you have any of those symptoms. To learn more about diabetes you can go to the American Diabetes Association's website at www.diabetes.org.

Through Steps, FREE classes in diabetes and diabetes management are offered. For more information about Steps visit our website at www.mysteps.org or call (813) 247-STEP.



GUEST COLUMNIST – Lindsey King, USF Graduate Student, College of Public Health

As a graduate student in the College of Public Health at the University of South Florida, I recently began interning in Health Promotion and Education. I will spend time in Public Health Preparedness, Epidemiology, Steps, the TB clinic, Environmental Health, the STD/HIV clinics, WIC, Refugee and Immunization clinics. I chose to pursue a career in public health because the field has immense value and importance in our lives. In 1988, the Institute of Medicine (IOM) defined public health as “fulfilling society’s interest in assuring conditions in which people can be healthy.” Although public health is a broad field that includes many different subfields, each with their own mission and objective, all of the areas work collectively to assure that people can be healthy. I will be able to observe each subfield, working to achieve better health for the people in our county. I am particularly interested in health education and promotion, especially among medically underserved populations. I want to encourage individuals and communities to adopt healthy lifestyles to prevent the harmful effects of disease, to improve quality of life, and to prevent early deaths. I would like to bring about more emphasis on prevention. Public health is such an important field, yet it is often highly misunderstood and underappreciated. I hope to work with others to open the public’s eyes to the importance of public health. This internship will give me knowledge and experience to begin my career in the field of public health so that I can positively impact the health of others.

**COMMUNITY CALENDAR****July 2006**

7/4 – Health Department offices CLOSED

7/15 – Beat-the-Heat Run series
7210 N. Taylor Rd. Call 903-3469**BACK TO SCHOOL FAIRS – FREE PHYSICALS AND IMMUNIZATIONS, CALL FOR APPOINTMENTS:**

7/15 - Back-to-School Coalition fairs – HCC campus, Plant City, 754-4444, Beth Shields School, 870-4747

7/22 - Back to School Coalition fairs – University Health Center, 870-4747 or Blake High School, 870-4444

7/29 - Town & County Recreation, 870-4444 or Mintz Elementary (Brandon), 870-4444

7/29 – TGH Health Park, N. 30th Street – walk-in, no appointment

7/24 – Word of His Grace health fair – 2506 S. Parson, Seffner

August 2006

8/3 – Public School starts

8/19 - Beat-the-Heat Run Series – call 903-3469

Summer basketball camps for children - Tampa Parks and Recreation – call 744-5595

Summer Fun Camp for children 6 and up – call 975-2160

HERE'S TO YOUR HEALTH !**TURKEY SLOPPY JOES**

Preparation time: 20 minutes Serving size: 1/2 cup Serves 4

2 tsp canola oil	1 cup tomato sauce
1 cup chopped onions	1 tsp brown sugar
1 cup chopped green bell pepper	½ cup catsup
1 lb lean ground turkey breast	2 tsp wine vinegar
1 tsp red pepper flakes	¼ tsp pepper

Heat oil in large skillet and sauté onion and bell pepper until translucent. Add Turkey and cook 5 minutes. Drain off any fat. Add remaining ingredients and mix well. Simmer 15 minutes.

To reduce the Sodium content, use salt-free tomato sauce.

Source: The New Soul Food Cookbook for People with Diabetes/American Diabetes Assoc.
Fabiola Demps Gaines and Roniece Weaver

Calories	239
Calories from fat	51
Total Fat	6g
Saturated fat	0g
Cholesterol	68g
Sodium	787mg
Carbohydrates	21g
Dietary Fiber	2g
Sugars	11g
Protein	27g
Exchanges:	1 starch,
	3 very lean meat,
	1 vegetable
	½ Monounsaturated fat

LINKS OF INTEREST

<http://socom.mil/hurricane/maps/hur-map-hills.pdf>

www.yourdiseaserisk.harvard.edu/

www.cdc.gov/flu/avian/gen-info/facts.htm

www.nutritiondata.com

<http://www.srh.noaa.gov/tbw/html/tbw/> (Nat'l Weather)

www.mypyramid.gov

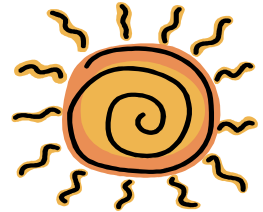
www.cdc.gov/nip

www.nhc.noaa.gov

www.americanheart.org/

FUN IN THE SUN by Cindy Hardy, RN

Ahhhh, Florida – the land of the sun, the world's vacation destination where favorite pastimes are just outside the door – biking, jogging, fishing, golf, rollerblading, tennis, soccer, swimming. Sound like Paradise? Well, Paradise can turn mighty unpleasant if we neglect two very important things before we head out to enjoy activities – good hydration and skin protection. Florida is called the Sunshine State for a very good reason – it's very sunny and can be very hot, particularly during summer months.



Hydration (process by which our bodies absorb water) is critical for a body to work properly. It keeps our kidneys able to remove wastes from our system, our electrolytes (minerals in the body) in balance so our hearts beat regularly, our muscles contracting and our brains functioning. Body water levels make it possible for us to sweat properly which helps keep us cool. Before, during and after time in the sun, in physical activity, or in warm spaces, drink plenty of liquids, preferably water. And avoid caffeine and alcohol, which are diuretics and causes excess fluid loss.

- **Heat Exhaustion** can happen quickly which we get too hot. **Dizziness, paleness, nausea, vomiting, and fainting indicate that a cool down, rehydration and rest are needed quickly. Very cold drinks, ice packs and shade can help.**
- **Heat Stroke** is a very serious illness and needs immediate treatment. **People with Heat Stroke have very high fevers, warm flushed skin, and usually do not sweat. Call 911. These people need immediate hospital treatment and should have their temperature lowered as quickly as possible, often with ice packs. Heat Stroke can cause organ failure and death if not treated quickly.**

That other important step to take before going outside – skin protection. Sun exposure can put us at risk for one of the most deadly of all cancers – Melanoma. More than 53,000 people develop it annually. Receiving only one or two serious sunburns as a child can increase the risk of this serious disease. Protect yourself and your children every time you venture outdoors:

1. Use Sunscreen of SPF 30 and higher and make sure the product protects against both UVA and UVB. Many don't.
2. Wear light, loose and breathable clothing that allows for air circulation.
3. Wear a hat or visor.
4. Protect you eyes with sunshades – if the sun can damage your skin, it can damage your eyes as well.

Drink plenty of water and drink it often. Use lots of sun protection. You can have fun in the sun and stay healthy, too!



NATIONAL PUBLIC HEALTH WEEK - 2006

"Communities, health departments, schools, organizations and other public health advocates used both tried-and-true methods and new twists during National Public Health Week to bring attention to the impact of public design on...health." – Nation's Health magazine June/July 2006 issue.

The Hillsborough County Health Department activities were featured in Nation's Health with a picture of a dedicated HCHD employee incorporating physical activity in his life by riding his bike to work daily. Our community partner, University of South Florida was also featured, holding a health expo.

"Public health is one area which applies to people all over the world. Let's think about Public Health as an avenue of communication. Who could disagree with that? "

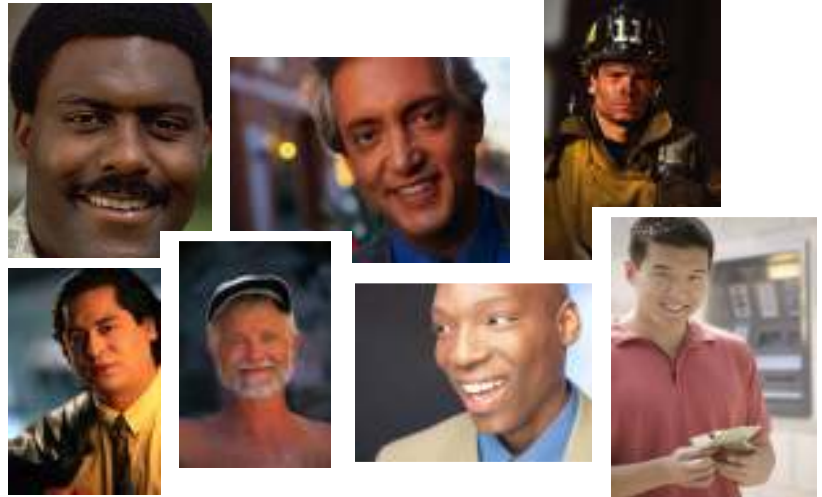
Marlene Gayle, RN, MPH
Community Health Nurse



MEN'S HEALTH - MAKE TIME TO BE HEALTHY

Top 10 causes of death in males.

All Races, Males	Percent*
1) Heart Disease	28.4
2) Cancer	24.1
3) Unintentional injuries	5.8
4) Stroke	5.2
5) Chronic lower respiratory diseases	5.1
6) Diabetes	2.9
7) Influenza and pneumonia	2.4
8) Suicide	2.1
9) Kidney disease	1.6
10) Chronic liver disease	1.5



Just like taking the car in for an oil change or for the 25,000-mile checkup, men also need to take themselves to the doctor's office to make sure everything is running smoothly.

Statistics show that men do not see a physician for a physical exam nearly as often as women, nor are they as likely to receive health screenings to prevent the onset of more serious conditions

To address this growing men's health crisis in America, visit the [Men's Health Network \(MHN\)](http://www.menshealthnetwork.org/) or <http://www.menshealthnetwork.org/>.

And it's not just a "men's only" problem. To quote Congressman Bill Richardson (Congressional Record, H3905-H3906, May 24, 1994): "Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."



FOOD – IT CAN MAKE YOU SICK!

Summertime means picnics, barbeques, parties, camping – all of which include good, home-style food. And while there are some tasty, healthy foods to be found, many of them can actually make you ill if they are not prepared properly and kept at recommended temperatures.

"The risk of food borne illness increases during the summer months because disease-causing bacteria grow faster on raw meat and poultry products in warmer weather," said USDA Under-Secretary for Food Safety Dr. Richard Raymond. "Bacteria also need moisture to flourish and summer weather, often hot and humid, provides the perfect conditions."

USDA's four key recommendations can help keep friends and family safe from food borne illness:

- **Clean - Wash hands and surfaces often.**
- **Separate - Don't cross-contaminate. Keep raw meat and poultry apart from cooked foods.**
- **Cook - Use a food thermometer to be sure meat and poultry are safely cooked.**
- **Chill - Refrigerate or freeze promptly.**

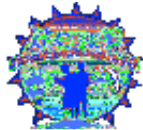
If you have a question about meat, poultry or egg products, "Ask Karen" is the FSIS virtual representative available 24 hours a day to answer your questions at http://www.fsis.usda.gov/Food_Safety_Education/Ask_Karen/index.asp#Question. Or call the USDA Meat and Poultry Hotline toll free at 1-888-MPHotline or 1-888-674-6854, TTY: 1-800-256-7072. You can call the year-round hotline Monday through Friday from 10 a.m. to 4 pm. EST (English or Spanish).

CONTACT US

Epidemiology	(813) 307-8010
Health Promotion and Education	(813) 307-8071
Public Health Preparedness	(813) 307-8071
STEPS Program	(813) 307-8066
Breast & Cervical Cancer Screening	(813) 307-8071
Florida KIDCARE	(813) 307-8071
Insulin Program	(813) 307-8071
Lead Prevention	(813) 307-8071
Rheumatic Fever Program	(813) 307-8071
School Health	(813) 307-8017
Sterilizations	(813) 307-8071

VISIT US ON THE WEB

www.hillscountyhealth.org
www.mysteps.org



Community Health (71)
Hillsborough County Health Department
Post Office Box 5135
Tampa, Florida 33675-5135



On Prevention and Preparedness

On the evening following the warnings of Tropical Storm Alberto, I was in Wal-Mart rushing around trying to put together my hurricane supplies. The store was crowded, they had run out of the kind of bottled water I like and I got soaked returning to my car, but whose fault was that? This of course is well past June 1st. So I am ashamed to say that much as I actively participate in and preach preparedness, I was not prepared. Not walking the talk. I guess my excuse could be that it's hard to get prepared when you are helping others to be? No..... I don't think that excuse works. The simple truth is that it's hard to take those preparedness and even prevention steps when you are not being faced with eminent danger, illness or harm.

We talk about prevention a lot! We constantly tell healthy people to eat right and exercise to avoid heart disease and many other scary health consequences. We beg our young people to avoid certain behaviors to avoid STDs or unwanted pregnancies. We ask people to leave their homes because of potential danger if a storm should by chance, come their way. And as we make these requests we do it with a certain amount of arrogance, assuming that because we said it people will comply. If and when they don't, then it's their fault that they got sick, died or got washed away by a storm, they are noncompliant. My own lack of preparation not only humbles me but it reminds me how hard it can be to change behavior even when you are well educated on the rationale for doing so.

There are a variety of behavioral models and theories that explain these attitudes, behaviors and actions. We can become informed and draw on these to assist us in moving our clients in the direction they need to go. It is certainly our responsibility to be educated about and apply these principles before blaming the victim for noncompliance.

By the way, do you have your hurricane supplies?