



January/February 2007  
Volume 2, Issue 1

## COMMUNITY WELLNESS

**Know Your Numbers** by Beth Woytowich BS, CHES



It's that time of year when New Year resolutions are made. So take time to know your numbers - it could save your life! An ounce of prevention can go a long way. Automated blood pressure machines can be found through out the community. I found one in my local Publix in the pharmacy area. So why not stop for a minute to see where your numbers fall? **KEEP THE BEAT**. Set goals for a **heart** healthy year.

February is national Heart Month. Take time to be tested and find how your numbers compared to those located on the following chart. Don't forget to let you doctor know your test results and be sure to ask questions!

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<u>Blood Pressure:</u>	<u>Systolic</u>	<u>Diastolic</u>
Optimal	less than 120	less than 80
Pre-hypertension	120-139	80-89
Stage 1 Hypertension	140-159	90-99
Stage 2 Hypertension	160 or higher	100 or higher
<b>SEEK IMMEDIATE ATTENTION</b>	<b>210 or higher</b>	<b>120 or higher</b>

<u>Cholesterol:</u>	<u>LDL</u>	<u>HDL</u>	<u>Total Cholesterol</u>
Optimal	less than 100	greater than 60	less than 200
Borderline	130-159	40-59	200-239
High Risk	greater than 160	less than 40	greater than 240

<u>Blood Glucose for Diabetes:</u>	<u>Blood Sugar</u>
Optimal (fasting)	less than 126
High (fasting)	greater than 126

<u>Body Mass Index:</u>	<u>BMI*</u>
Underweight	less than 18.5
Normal weight	18.5-24.9
Overweight	25-29.9
Obesity	30 or greater

\*Measurement is based on height and weight for adults.

### FEBRUARY IS CHILDHOOD DENTAL HEALTH MONTH

Our teeth are often the first thing people notice when they meet us. They are also an incredibly important part of keeping healthy! Teeth are tools that break up food so that it can be properly digested. Good digestion helps us get all those important nutrients needed to keep our bodies healthy. It is well known that people with tooth loss, tooth decay and gum disease have a difficult time maintaining proper nutrition, which plays a critical role in overall health and prevents many chronic diseases. Children should begin dental visits regularly at 1 year of age or about 6 months after the first tooth erupts. Here are some good tips for maintaining those pearly whites:

- ❖ Establish daily tooth and gum hygiene.
- ❖ Avoid sugary foods and drinks.
- ❖ Never let a baby sleep with a bottle filled with milk, formula or juice.
- ❖ Plan regular visits to the dentist and ask about including fluoride to prevent decay.
- ❖ Eat healthy and always brush and floss afterwards.



Have a comment, question or suggestion? Let us know!  
Want to receive our newsletter by E-mail? Visit our website at  
[http://hillscountyhealth.org/healthpromo/healthpromo\\_main.htm](http://hillscountyhealth.org/healthpromo/healthpromo_main.htm)

**OR Call (813) 307-8071 Fax (813) 307-8094**



# February 16, 2007

Rampello School Downtown Walk  
901 E. Kennedy Blvd  
8:30 a.m.

&

# February 24, 2007

Lowry Park Zoo Walk  
(Free admission with walk)  
1101 W. Sligh Ave Tampa, FL 33604  
9:00 a.m.



Join this statewide event to promote physical activity. Other events are going on throughout the month of February at various locations. To join one of these events or host your own event, call

## (813) 247- STEP (7837)



**Is your morning wake-up call a good shot of caffeine?** Need that extra punch for a late night at work or study? Think caffeine and think tea, coffee or colas. But many other products have caffeine, including prescription and over-the-counter medications. And don't forget everyone's favorite – chocolate.

A good cup of joe smells like heaven and a tall iced tea hits the spot on a hot day but depending on how they are brewed, the caffeine level may be higher. Instant coffee has a lower level of caffeine than percolated which is lower than drip. So think about that if you are trying to cut down on caffeine.

Caffeine is also a diuretic and causes the body to lose fluids. To avoid dehydration, always drink plenty of water. Enjoy your jolt of java - in moderation!



While caffeine is a relatively mild stimulant taken in moderation, excessive intake can cause some problems – gastrointestinal upsets including heartburn, headaches, restlessness and difficulty sleeping. In fact, withdrawal symptoms can occur after prolonged or excessive use causing mood changes and headaches. If you have special medical conditions or take medications that might contain caffeine, talk to your medical provider just to be safe. ***Even “decaffeinated” coffee has some caffeine and amounts differ from place to place.***

### WHERE IS LEAD HIDING?

Lead is not just in old paint. It hides in many places in the environment and is especially harmful to children and pregnant women.

For information about free screenings, risk assessments and on-site education call:  
**813-307-8015 ext. 7108**

**ASK ABOUT THE JUNIOR LEAD  
DETECTIVE PROGRAM FOR YOUR  
SCHOOL, CHILDCARE, CHURCH OR  
SOCIAL GROUP!**



### LOW HEALTH LITERACY CAN EFFECT ANYONE, EVEN YOU!

Find out more about health literacy and how you can increase your knowledge of and ability to use health information. It may help improve your own health outcomes!

**Call: (813) 307- 8071**  
for information about  
no-cost, on-site education for  
your workplace or  
group.

### TAKE STEPS TO A HEALTHIER YOU!

Steps is a community-based program that can help you reduce obesity, diabetes, asthma and tobacco use. People who live or work in the following zip codes can participate in Steps classes at no cost!  
33602, 33603, 33604, 33605, 33606, 33607, 33609, 33610, 33611, 33612, 33613, 33616, 33617, 33619, 33629, 22637.

**Call today for more information. (813) 247-STEP (7837)**  
**www.mysteps.org**



## VOLUNTEERISM – A Health Department Who Serves

Government employee – what does that mean to you? There are long-standing jokes about government employees that are not flattering and perpetuate the misguided notion that these individuals are less than dedicated, not particularly hardworking, impersonal, impolite and not really earning their pay. Nothing could be further from the truth. While every organization – private business, major corporations, or government agencies, has employees that don't pull their own weight and are not customer-friendly, this health department has worked long and hard to identify people of integrity and commitment to provide high quality service to the citizens and visitors of Florida. This is about the above-and-beyond commitment to make our world a better place. It is a testimony that these "government employees" have a dedication that overflows the normal workday and reflects their deep concern for helping others. Listed below are just some of the Health Department employees who volunteer personal time in numerous places quietly making a difference.

Frances Andrade  
Bradley Biggers  
Donna Dinning  
Rhonda Dupree  
Van Fritz  
Lashonda Green  
Eliot Gregos  
Greg Alisen  
Elaine Castillo  
Mike Dreyer  
Jason Fulton  
Tonja Kendrick  
Therese LaDouceur  
John Mayfield  
Dennis Milak  
Cindy Morris  
Gregg Rottler  
Dorothy Stevens  
James Watson  
John Zayowski  
Ray Hewitt  
Shirley Hamilton  
Hyde Radford  
Susan Johnson  
Linda LaComb-Williams  
Audrey Reid  
Dot Nettles  
Veronica List  
John Livingstone  
Entire MIS department  
Judith Richards  
Gale Shultz  
Judy Valleri  
Cynthia Keeton  
Margie Buddemeier  
James Roth  
Maria Pellegrina  
Dorothy Perry  
Sholanda Lock-Morales  
Clarence Gyden  
4 employees who wish to  
remain anonymous

Brandon Outreach Clinic  
Boys Scouts  
Elder Net – Crisis Center  
Sulphur Springs Council, Inc.  
Bloomingdale High School  
Servants of Christ feeding ministry  
Knights of Columbus  
Burns Middle School  
The Miracle Center  
Giving Thanks Thanksgiving outreach  
Nursing Home exercise classes  
USF Global AIDS campaign  
Peace Corp (as of July 07)  
Metropolitan Ministries & Thrift Store  
Big Brothers-Big Sisters  
Family Child Care Home Advisory  
Buffalo Soldiers community outreach  
Paint Your Heart Out  
Girl Scouts  
WMNF community radio  
Regular trash pickup along Gunn Hwy  
Thorn Ministries feeding ministry  
Sisters Study for Breast Cancer  
American Diabetes Association  
American Cancer Society  
MBLCA – HIV/Aids minority education  
Dominican Republic annual ministry  
Ecuador mission  
Church – community outreach ministry  
SHARE Program  
Pastor's Aid  
ABWA  
American Diabetes Association  
American Heart Association  
Arthritis Foundation  
Boys and Girl Club  
Church Health Ministries  
Community Food Bank  
Neighborhood United  
Plant City High School  
The Society for Cultural Enrichment, Inc  
Toys for Tots



Parish Nurse/Brandon  
Born to Read  
Awana mentoring activities  
Humane Society Pinellas  
Personal hurricane relief to FI & others  
Lawn care for ill or disabled  
Literacy activities  
Adopt-A-Highway - E. Kennedy Blvd.  
SW Assoc Mountain bikers trail cleanup  
Give Peace a Chance  
Libertarians  
United Way Health/Independence Team  
AIDS Institute  
March of Dimes  
Neighborhood WATCH  
Church conference services  
Nat'l Coalition 100 Black Women  
Feed Our Children Ministries  
Neighborhood tutoring and health ed.  
Church daycare and usher board  
SERVE  
4-H group  
AARP  
Young Middle School  
Nursing home visitation  
Lincoln Elementary



## HERE'S TO YOUR HEALTH!

### Chicken Gumbo Soup –

1 lb boneless, skinless chicken breast, diced  
 3 cups reduced-sodium, reduced-fat chicken broth, divided  
 3 cups of water  
 1 clove garlic, minced  
 ½ tsp pepper  
 1/8 tsp sage  
 ¼ tsp thyme  
 1 cup corn kernels, frozen or fresh  
 2 Tbsp canola oil  
 2 cups cooked brown rice

1 cup chopped onion  
 1 tsp salt  
 1 bay leaf  
 ¼ tsp red pepper flakes  
 1 cup chopped fresh tomatoes  
 1 cup frozen okra  
 ¼ cup flour

Servings – 6	size: 1 cup
Calories	279
Calories from Fat	61
Total Fat	7 g
Saturated fat	0 g
Cholesterol	43 mg
Sodium	720 mg **
Carbohydrates	31 g
Dietary Fiber	4 g
Sugars	5 g
Protein	23 g

\*\* Not for low sodium diets

1. Place the chicken in a large soup pot with 1 cup of broth. Bring to a boil
2. Add the additional broth, water, onion, garlic, salt (omit if you need to reduce total sodium), pepper, bay leaf, sage, red pepper flakes, and thyme and simmer for 20 minutes.
3. Add the tomatoes, corn and okra and simmer for 15 minutes.
4. In a separate pan, heat the oil and flour and stir until the flour and oil are golden brown and bubbly, stirring constantly. Add 1 cup of the soup broth to the mixture and whisk until smooth.
5. Add the mixture back to the soup pot and whisk until dissolved. Simmer 50 minutes. Stir in rice the last 10 minutes of cooking.

This recipe is from The New Soul Food Cookbook for People with Diabetes

The longer we live, the more we learn. So goes the Food Pyramid. Only recently, guidelines encouraged us to eat five servings of fruits and veggies per day. New guidelines for healthiest nutrition encourage everyone to eat even more fruit and vegetables servings – the more the better (5 at the least – 9 or more is better). In Florida, the availability and cost of fresh fruit and vegetables is unmatched. So load up on food that is full of vitamins, has anti-aging and cancer-preventing properties, helps control weight and just tastes good!



### AED – Automated External Defibrillator

According to the American Red Cross, “more than 200,000 Americans die of sudden cardiac arrest every year. Up to 50,000 of these deaths could have been prevented if someone had initiated the Cardiac Chain of Survival, and an **automated external defibrillator (AED)** had been available for immediate use at the time of the emergency.”

AEDs are portable automatic devices used to restore normal heart rhythm to people in cardiac arrest. An AED is applied outside the body. It automatically analyzes the patient’s heart rhythm and advises the rescuer whether a shock is needed to restore a normal heartbeat.

Businesses are recognizing the value of these small devices in helping save lives. The American Heart Association, [www.americanheart.com](http://www.americanheart.com), has a tool kit available on line for businesses interested in implementing an AED program. Just type in “AED” in the search box. Their motto is “SAVING LIVES IS AS EASY AS “A-E-D”.



FEBRUARY 2, 2007  
 Keep the beat!  
**GO RED DAY**

NATIONAL  
 AWARENESS FOR  
 HEART DISEASE  
 #1 KILLER



# FOOD-BORNE ILLNESSES PROTECT YOURSELF!

*E. coli* usually makes the headlines, but it is estimated that there are more than 250 food-borne illnesses. These cause 80 million cases of food poisonings a year and result in 5,000 deaths per year. Food-borne illnesses can cause abdominal cramps, diarrhea and/or vomiting, and liver disease or neurological complications. Food poisoning can result if meat is undercooked or if food and drinks are improperly stored. Another way illnesses are spread is on unwashed hands.



## TIPS:

- Meats should be cooked so their juices run clear. Use a thermometer when cooking. Roasts and steaks should be cooked to a temperature of at least 145 degrees. Ground meat should be cooked to 160 degrees. Poultry should be cooked to 180 degrees. Fish should be cooked until it looks opaque and at a temperature of 145 degrees.
- When making salads, wash produce and refrigerate after preparing, keeping the salad cold until served.
- Make salads first. Usually you want to prepare the meat before you start the salad, but uncooked beef, turkey and chicken are likely to contaminate cutting boards.
- Scrub your cutting board. You should scrub it with detergent or run it through the hot water cycle of your dishwasher each time you use it.
- Clean with paper towels. Many people wipe their counters with the same towel after preparing a meal. Do cleanup with a paper towel that can be thrown away. If you do use a cloth towel, throw it in the washer after each use.
- Wash your hands with soap and water before beginning food preparation, after handling raw produce and meat, and before serving prepared or cooked foods.
- Check food labels for proper storage, like "refrigerate after opening".

## Sources:

"Protect Yourself From Food-Borne Illness." AETNA Intelhealth  
Jylmarie Kintz, MPH, Hillsborough County Health Department  
Epidemiology Department



## LINKS OF INTEREST

<http://www.askme3.org> (health literacy)  
[www.mypyramid.gov](http://www.mypyramid.gov) (good nutrition guide)  
[www.diabetes.org](http://www.diabetes.org) (American Diabetes Assoc)  
[www.jdrf.org](http://www.jdrf.org) (Juvenile Diabetes Research Foundation)  
[www.americanheart.org/](http://www.americanheart.org/) (American Heart Association)  
<http://www.tampabayhealth.org/> (Tampa Bay Healthcare Collaborative)  
[www.nationalwellness.org/pdf/2007hoc.pdf](http://www.nationalwellness.org/pdf/2007hoc.pdf) (2007 Health Observances & Calendar)  
[www.doh.state.fl.us/Tobacco/quitline.html](http://www.doh.state.fl.us/Tobacco/quitline.html) (Tobacco Quitline)  
<http://www.floridacharts.com/charts/chart.aspx> (Florida Health Statistics)  
<http://aom.americaonthemove.org/site/c.krLXJ3PJKuG/b.1837173/k.C4FC/Florida.htm> (Free Walking Program)  
<https://www.healthatoz.com/healthatoz/Atoz/clients/haz/general/custom/default.jsp> (Health quizzes from A-Z)  
[www.flucliniclocator.org](http://www.flucliniclocator.org) (Find a local flu vaccination clinic)  
<http://www.growingbolder.com> (fun for healthy aging)

## COMMUNITY CALENDAR

Please check our website for complete event details  
[http://24.173.147.140/community/community\\_calendar.htm](http://24.173.147.140/community/community_calendar.htm)

### January 2007

1/1 – HEALTH DEPARTMENT CLOSED  
 1/13-14 Black Heritage Festival, Inc. 888-224-1733 ext. 143  
 1/18 Senior Injury Prevention Program, call 335-4849  
 1/20 Children's Gasparilla Parade  
 1/27 Gasparilla Parade  
 EVERY TUESDAY – South Florida Baptist Hospital  
 Main lobby - Blood pressure checks 1 – 2 pm  
 EVERY 4th THURSDAY – South Florida Baptist  
 Hospital Main lobby - Cholesterol screenings 1 -3 pm  
 1/6 & 1/16 – Wellness Screenings – University Community  
 Hospital – 3100 E. Fletcher – call 1-800-326-4325

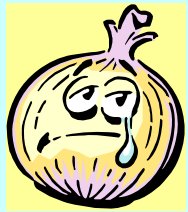
### February 2007

**2/2 WEAR RED DAY – Heart Health Awareness**  
 2/10 Walk on the Wild Side at Lowry Park Zoo sponsored  
 by the American Diabetes Association  
 2/16 Step Up Florida Rampello School Walk 8:30 am  
 2/17 Mega Fest – 10am – 2 pm Call 745-4972 for info.  
 2/24 Step Up Florida Lowry Park Zoo 9:00 am 247-STEP

## My look at the Hillsborough County Health Department

As a graduate student in public health with a concentration in Maternal and Child Health, this semester I had the pleasure of interning at the Community Health division. The area that was of most interest to me was Health Literacy. During the month of October, members of the department took turns visiting various schools and presenting Curious George Goes to the Hospital to children. We also visited daycares for presentations on hand washing, healthy eating and other topics. Health Literacy and health education teach basic principals that are very important at any age; however, learning them at a young age helps ensure lifelong habits that produce the best health outcomes.

USF College of Public  
Health  
Intern Karyn Jackson



**Teary-Eyed?** Onions are full of nutrients! Egyptians worshipped the onion as far back as 3500 B.C. The onion symbolized eternity, because of its concentric-circle construction. This veggie is filled with layers of health benefits. Onions are rich in powerful sulfuric compounds. **They may lower high blood pressure, reduce heart attack risk, and help protect against cancer. One large onion only has 63 calories, is made up of more than one cup of water, and provides up to 20% of your RDA of vitamin C.**

## SHINGLES – They Are Not Just For Houses

by Cindy Hardy, RN

Did you know that people could have shingles, too? SHINGLES is caused by the same virus that causes Chicken Pox (Varicella zoster virus) and usually occurs in people 50 years of age and older who experienced Chicken Pox disease earlier in life. The Centers for Disease Control and Prevention answers some commonly asked questions:

**What is shingles?** Shingles, also called herpes zoster or zoster, is a painful skin rash.

**What does shingles look like?** Shingles usually starts as a rash on one side of the face or body. The rash starts as blisters that scab after 3 to 5 days. The rash usually clears within 2 to 4 weeks. Before the rash develops, there is often pain, itching, or tingling in the area where the rash will develop. Other symptoms of shingles can include fever, headache, chills, and upset stomach.

**Who gets shingles?** Anyone who has recovered from chickenpox may develop shingles, including children. The risk of getting shingles increases as a person gets older. In the United States, there are an estimated 1 million cases each year.

**Can shingles be spread to others?** Shingles cannot be passed from one person to another. However, the virus that causes shingles, VZV, can be spread from a person with active shingles to a person who has never had chickenpox through direct contact with the rash. The person exposed would develop chickenpox, not shingles. The virus is **not** spread through sneezing, coughing or casual contact. A person with shingles can spread the disease when the rash is in the blister-phase. Once the rash has developed crusts, the person is no longer contagious. A person is not infectious before blisters appear or during pain after the rash is gone. Medicines, called anti-virals, are used to treat shingles and may help reduce the pain and shorten how long the illness lasts. Your doctor must prescribe these.

**PREVENTION** - A new vaccine, ZOSTAVAX, can prevent shingles in approximately 50% of the population. Currently, it can be given to people 60 years of age and older. Since this is a “live” vaccine, (the virus used to make the vaccine is alive but weakened), people whose immune system is depressed, like those with leukemia or HIV/AIDS, persons undergoing chemotherapy or taking high dose cortisones cannot receive the vaccine.



Check with your healthcare provider to see if you should take the immunization for shingles or call the main Immunization Clinic at the Health Department. (813) 307-8077.

## CONTACT US

Epidemiology	(813) 307-8010
Health Promotion and Education	(813) 307-8071
STEPS Program	(813) 307-8066
Breast & Cervical Cancer Screening	(813) 307-8015 x3502
Community Health Advisors	(813) 307-8071
Florida KIDCARE	(813) 307-8015 X3502
Health Literacy	(813) 307-8015 X7104
Insulin Program	(813) 307-8015 X3502
Lead Prevention	(813) 307-8015 X7108
School Health	(813) 307-8015 X8502
Sterilizations	(813) 307-8015 X3502

### VISIT US ON THE WEB

[www.hillscountyhealth.org](http://www.hillscountyhealth.org)  
[www.mysteps.org](http://www.mysteps.org)



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



## DIRECTOR'S DESK by Leslene Gordon, PhD, RD, LD/N

### The Whole Truth

A quick informal (not at all scientific) survey confirmed for me that people were aware that November was National Diabetes Month. I was excited about these positive results. Further exploration regarding the theme this year was not so positive. My sample of individuals did not know or remember what the focus or theme was. Now you certainly could conclude that the folks I interact with are not very bright. But based on their education level I would suspect that was not the case. Like the average consumer, my sample of respondents heard a health message but not the whole message or maybe the entire message was not important to them? It seemed important to me. The theme or focus was, "Take Small Steps Toward Big Rewards: Prevent Type 2 Diabetes". We can actually prevent type 2 diabetes. That is such an important message that it is more than a pity that it got lost.

Type 2 diabetes is responsible for 90-95% of all diagnosed diabetes cases and incidence is increasing rapidly not only in the U.S. but globally. While this has a major impact on healthcare cost, more important is the impact on individuals and communities. Complications of diabetes include coronary heart disease, stroke, lower limb amputation, impotence, renal failure and visual impairment. The impact on minority communities is also profound as they are disproportionately affected by this chronic condition. Further, diabetes is seen by experts as a growing epidemic that threatens to wipe out some indigenous populations especially in developing countries.

Randomized controlled trials have demonstrated that in individuals at high-risk of type 2 diabetes, lifestyle modification can contribute to the delay or prevention of the disease. That is a powerful message to share. The challenge continues to be, how we make it relevant so that people hear, understand and respond to the total message, to the whole truth.