



Old Sol. That giant star in the Milky Way Galaxy around which Earth revolves. As the center of our solar system, it provides light that wakes us up and allows plants to grow, heat that keeps us from freezing, and gravitational pull that keeps Earth in its physical location in the system. Can't live without it!

Light and heat - both necessary for life, but detrimental when extreme. Summer in Florida is just plain hot and bright, so as the temperature rises, remember to prepare for protection during outdoor activities. Sunscreens are a safe and effective way to protect skin from the overexposure to the sun's rays. The American Academy of Dermatology encourages everyone to develop a daily sun-protection strategy to prevent skin cancer, including the deadliest form - melanoma. The Academy estimates that 75% of all skin cancer deaths are from melanoma, which has been rising annually for at least 30 years.¹

Even when the sun is not shining brightly, ultraviolet radiation can penetrate the skin layers causing sunburns. The Sun Safety Alliance advises that levels of UVA (ultraviolet A) rays remain almost the same year-round. There are numerous sunscreens available. Sun Protection Factor (SPF) indicates the level of protection against UVB (ultraviolet B—the burning rays) only and not UVA, which cause prematurely aged skin and deeper skin damage. For best protection, choose a broad spectrum product that contains both UVA and UVB filters. Using at least SPF 15 is recommended and SPF 30 for children under 6. Reapplication is also recommended, even if a product indicates it is “waterproof”, swimming, bathing, heavy sweating, or toweling off is enough to reduce the effectiveness. Many sunscreens contain Vitamins E and C, along with moisturizers to nourish the skin.²

If the sun can burn your skin, it can cause damage to your eyes, too. Protect the eyes and vision by wearing sunglasses that are both UVA and UVB-blocking. Sun damage can cause cancer of the eyelids and the conjunctiva, the membrane covering the eye ball and lining the lids, as well as contribute to development of cataracts.

Heat protection is also very important. Heat exhaustion and heat stroke are serious conditions that can have severe consequences. It cannot be overstated - whether at work or play, stay hydrated by drinking plenty of water (avoid alcohol and caffeine which cause you to lose fluid); take breaks from intense activity; get relief from direct sun through shade or hats; and wear lightweight, light-colored clothing.

Read more about Heat Exhaustion and Heat Stroke on page 6.

Enjoy the outdoors by planning good protection.

¹ American Academy of Dermatology, “Sunscreens Remain Safe”, May 23, 2011, www.aad.org, June 2011

² Sun Safety Alliance, “What Parents Should Know”, www.sun-safetyalliance.org, June 2011

Front Cover: Sun Safety

Back Cover : Contact Us

THE INSIDE STORY:

- 3 Nutrition Nuggets
- 4 Global Health - SHIGELLA
- 5 Be Cool
- 6 Breastfeeding
- 6 Waterproof FL—Pool Safety
- 7 You Can Live Healthier
- 7 Be a Mentor
- 7 Get a Plan!
- 8 Florida WIC—Good Nutrition
- 9 BACK TO SCHOOL!
- 10 Current GIFT Groups
- 11 What's Happening



Page 4



Page 5



Page 6



Page 7



Page 7

Back to the Future

I heard a quote yesterday that I liked. **“You can’t do anything about your ancestors but you can do something about your descendants.”** I am not aware of the original source but I see it is as true as it relates to a variety of family legacies. The family members who precede us do impart historical, socio-cultural, biological, and even behavioral baggage. But we don’t have to pass on the baggage to the next generation if it’s not worth carrying, at least for some things. We can, to some extent, change what our children, grandchildren and great-grandchildren have to contend with.

We often attempt to alter our children’s economic future in a very simplistic way. Many of us give a lot of attention to the money and material things that we hope to leave as our legacy. I am more intrigued by the legacy or things we can do or change related to health that are still associated with economics but in a more complex way - especially as it relates to genetic or biological conditions, as people often feel powerless in the face of these factors. To clarify my point, let’s use as an example, asthma, a disease that people rarely see as genetic, part of a biological legacy. The scientific evidence that asthma has a genetic basis comes from studies starting in the 1970s. Researchers found patterns of inheritance in families in the severity and triggers for asthma attacks. Researchers speculate that several genes (polygenic inheritance) combine to increase susceptibility to asthma and that there are also genes that lower susceptibility to development of the condition. Environmental triggers for asthma include allergens such as air pollution, tobacco smoke, dust, and animal dander. Researchers have found additional environmental factors that may be linked to its development such as a diet high in salt, and a history of lung infections. Can we change our genetics or what our ancestors experienced? Or is it more likely that we can change the economic or behavioral legacy that puts our descendants in living conditions that would promote high asthma prevalence? I think the latter.

There are biological conditions that we can do nothing about in terms of our descendants. But there are a number of conditions that allow some action to avoid an impact in the next generation. The “something we can do” may be more at the individual level, but many are broadly at the population, policy level. These are obviously very complex concerns but certainly worthy of consideration if we are interested in reducing biological and other liabilities for future generations. If you are not familiar with our Healthy Tree Healthy Fruit effort, check it out at our health department website. It is just one attempt to have families think about their legacy in a different way.

Have a question or comment?

Visit our website at

<http://hillscountyhealth.org>

Managing Editor: **Cindy Hardy**
Copy Editors: **Debbie Daniels**
Cindy Hosking

Nutrition Nuggets

Remember MyPyramid, the standard for helping people make wise food choices? **MyPlate** is the latest generation of United States Department of Agriculture's (USDA) efforts to help everyone make healthier choices while meeting nutrient and calorie needs.

The Choose**MyPlate**.gov website has a wide variety of tools, educational resources, and clear information to help consumers eat healthfully. Check it out! ¹



Food Group Amounts:

Color	Food Group	Amount
Orange	Grains	--
Green	Vegetables	1¼ c
Red	Fruits	--
Blue	Dairy	¼ c
Purple	Protein	0

Nutrient Totals

Per Serving:

Calories	100
Total Fat	1.5 g
Saturated Fat	1 g
Sodium	120 mg
Protein	6 g

Cucumber Yogurt Dip

As summer heats up, make snacks and mealtimes fast and simple. Pair this cool, tasty dip with fresh veggies for food that everyone will enjoy!

Serves 6 (serving size is 1/6 of recipe)

Ingredients

2 large cucumbers
 2 cups plain yogurt, low-fat
 1/2 cup sour cream, non-fat
 1 Tablespoon lemon juice
 1 Tablespoon fresh dill
 1 garlic clove, peeled and diced finely
 1 cup cherry tomatoes
 1 cup broccoli florets
 1 cup baby carrots

Preparation

- ◆ Peel, seed, and grate one cucumber.
- ◆ Slice the other cucumber and set aside.
- ◆ Mix grated cucumber, yogurt, sour cream, lemon juice, dill, and garlic together in a serving bowl and chill for 1 hour.
- ◆ Arrange tomatoes, sliced cucumber, broccoli, and carrots on a platter and serve with dip.



Source: SNAP-Ed Connection

¹ United States Department of Agriculture, www.choosemyplate.gov, June 2011



Global Health

Shigella infection, or SHIGELLOSIS, is endemic worldwide and is caused by a bacteria. There are several types with “group D Shigella” the most common in the United States. “Group B Shigella” comprise almost all of the other reported cases, with “Shigella dysenteriae type 1” causing deadly outbreaks in developing countries but rarely occurring in the U.S.

Transmission: Contact with stool/feces from an infected person through contaminated food or water or by person-to-person direct contact. Transmission may occur while the infected person is sick and for up to 2 weeks after they feel well. It may take several months before bowel habits return to normal. Poor sanitation, contaminated food and water sources, and crowded living conditions contribute greatly to the risk and transmission of this disease.

Annually in the U.S., approximately 18,000 cases are identified. Worldwide, approximately 164.7 million cases occur. Sixty-nine percent of all episodes and 61% of all deaths attributable to shigellosis involve children less than 5 years of age.

Symptoms: Typically develop within 1-7 days, usually about 3 days, after contact with the bacteria.

- Acute (sudden) abdominal pain and/or cramping
- Acute fever
- Blood, mucus, and/or pus in the stool
- Rectal pain that feels “crampy”
- Nausea and vomiting
- Watery diarrhea

Identification: On examination, patients may be found to have dehydration, fast heart rate and low blood pressure, and abdominal tenderness. White blood cell count in both blood and stool, and stool cultures are routinely used to confirm the diagnosis.

Treatment: Treatment options primarily targeted to replacement of fluids and electrolytes lost in diarrhea. Anti-diarrheal medications are generally discouraged since they may prolong the course of the disease.

- Antibiotics can help shorten the length of illness or it’s spread, particularly in group living or day care situations. Patients with severe symptoms may also benefit.
- Self-care measures to avoid dehydration: Increased fluid intake and/or drinking electrolyte solutions, Small children or those who cannot drink by mouth due to nausea may need intravenous fluids. Individuals on diuretics (“water pills”) should seek counsel from their healthcare provider about whether to continue this medication while diarrhea is occurring.

Prognosis: The infection is generally mild and goes away without treatment in most people. Malnourished children and individuals with immune system problems are at the greatest risk of complications, which may include severe dehydration, kidney failure, anemia and blood clotting problems, reactive arthritis (an autoimmune reaction that develops in response to another infection), neurological problems particularly in children with severe disease.

If diarrhea persists, there is blood in the stool, or there are signs of dehydration, a healthcare professional should be contacted. Severest complications tend to occur most often in children. An individual should go to an Emergency Department if the following occur:

- Mental confusion
- Headache with stiff neck
- Lethargy (tiredness, exhaustion)
- Seizures

Prevention: Currently, there is no vaccine to prevent this disease. Proper hand washing with soap is most effective in prevention of disease in all age groups, with children being supervised by an adult to ensure frequency and thoroughness. Care to properly dispose of soiled diapers and subsequent hand washing is very important, particularly in group settings like childcare centers.

Food safety precautions are critical along with ensuring that drinking water remains uncontaminated. People with shigellosis should not prepare food or drinks for others until they are shown to be clear of the bacterium or have had no diarrhea for at least 2 days. Employing simple precautions during travel to developing countries, like drinking only treated or boiled water, not using ice in drinks, eating only cooked and hot foods, peeling fruits yourself, and frequent hand washing can help prevent shigellosis.

Between October 1, 2010 and June 30, 2011, Hillsborough County has reported 403 cases of shigellosis, a substantial increase from the same period a year ago in which only 15 cases were reported. A total of 104 (26%) of the reported shigellosis cases were in children attending daycare. Additionally, 322 (80%) of the cases in Hillsborough County were in children 14 years old or younger. In the past, Hillsborough County has experienced outbreaks of shigellosis every 4 to 5 years that last 6 to 8 months. Though shigellosis cases are down from the peak levels seen a couple of months ago, Hillsborough County-wide continues to report a higher than expected number of cases.

Sources: World Health Organization, Centers for Disease Control and Prevention, U.S. National Library of Medicine/National Institutes of Health

Be Cool! Protect Yourself at Work and Play

Exposure to heat can cause HEAT ILLNESS, which can result in serious health consequences and even death. Heat illness happens when the body's temperature control system can no longer handle the work of cooling the body. HEAT STROKE is the most serious, but heat exhaustion and heat cramps or rash should also be avoided.¹

Whether at work, at play, or enjoying a pastime like gardening, keeping cool and hydrated will help avoid the risk of heat illness. Heat illness is most likely to occur when:

- Temperature and humidity are high, with direct sun exposure and little breeze
- Involved in heavy physical activity, like work labor or athletics
- Wearing waterproof clothing (allows heat to build up in the body)
- Not taking in enough water
- Experienced heat illness in the past
- Working or playing in hot places with no recent exposure to hot environments²



SYMPTOM COMPARISONS

HEAT EXHAUSTION	HEAT STROKE
Heavy sweating	NO sweating
Pale, clammy skin	Red, hot, and dry skin
Dizziness, fainting, tiredness, weakness	Dizziness, confusion, unconsciousness
Headache	Throbbing headache
Nausea or vomiting, muscle cramping	Nausea
Fast pulse rate, fast but shallow breathing	Very high temperature (above 103 ⁰ F)
If not treated, heat exhaustion can progress to heat stroke. Drink cool, non-alcoholic beverages. Rest in a cool place or in the shade or air conditioning. Take a cool shower or bath if possible.	CALL 911 then, get the victim to a cool and/or shady area. Cool the victim down with water— tub of cool water, shower spray, or garden hose. Try to monitor body temperature and continue efforts to cool them until the temperature drops a degree or two. Do not give the victim alcohol to drink. Offer a cool drink only if the victim is conscious and can swallow. If emergency response is delayed, call a hospital emergency department for additional instructions. ³



Take frequent breaks during hot weather. Don't wait until you feel dizzy or weak. Schedule regular breaks if you plan to be outside for a long period of time to allow your body to cool down. Taking a break in air conditioning or a shady area is best. Avoid the sun from 11 am—2 pm if possible. Wear hats, sunglasses, sunscreen, and light-colored clothing that is thin and allows for good air flow. Stay hydrated! Drink plenty of water and avoid caffeinated and alcoholic beverages. These both cause the body to lose water faster than normal.

^{1, 3} Centers for Disease Control and Prevention, www.bt.cdc.gov/disasters

² U.S. Department of Labor, Occupational Safety and Health Administration, www.osha.gov

Everyone Can Help Make Breastfeeding Easier

Surgeon General Regina M. Benjamin has issued a "Call to Action to Support Breastfeeding."



How many American women breastfeed their babies?

- Three out of 4 mothers (75%) in the U.S. start out breastfeeding, according to the Centers for Disease Control and Prevention's 2010 Breastfeeding Report Card.
- At the end of 6 months, breastfeeding rates fall to 43%, and only 13% of babies are exclusively breastfed.
- Among African-American babies, the rates are significantly lower, 58% start out breastfeeding, and 28% breastfeed at 6 months, with 8% exclusively breastfed at 6 months.

What are the health benefits of breastfeeding?

- Breastfeeding protects babies from infections and illnesses that include diarrhea, ear infections and pneumonia.
- Breastfed babies are less likely to develop asthma.
- Children who are breastfed for six months are less likely to become obese.
- Breastfeeding also reduces the risk of sudden infant death syndrome (SIDS).
- Mothers who breastfeed have a decreased risk of breast and ovarian cancers.

What are the economic benefits of breastfeeding?

- Families who follow optimal breastfeeding practices can save between \$1,200–\$1,500 in expenditures on infant formula in the 1st year alone.
- A study published last year in the journal *Pediatrics* estimated that if 90% of U.S. families followed guidelines to breastfeed exclusively for six months, the U.S. would annually save \$13 billion from reduced medical and other costs.
- For both employers and employees, better infant health means fewer health insurance claims, less employee time off to care for sick children, and higher productivity.

What obstacles do mothers encounter when they attempt to breastfeed?

- Lack of experience or understanding among family members of how best to support mothers and babies.
- Not enough opportunities to communicate with other breastfeeding mothers.
- Lack of up-to-date instruction and information from health care professionals.
- Hospital practices that make it hard to get started with successful breastfeeding.
- Lack of accommodation to breastfeed or express milk at the workplace.

What can the health care community do?

- More hospitals can incorporate the recommendations of UNICEF/WHO's Baby-Friendly Hospital Initiative.
- Provide breastfeeding education for health clinicians who care for women and children.
- Ensure access to International Board Certified Lactation Consultants.

What can employers do?

- Start and maintain high-quality lactation support programs for employees.
- Provide clean places for mothers to breastfeed.
- Work toward establishing paid maternity leave for employed mothers.

waterproofFL
POOL SAFETY IS EVERYONE'S RESPONSIBILITY.



Drowning can be a silent catastrophe, one that can happen in the few minutes you take to answer a phone call or run inside for a towel. Florida leads the country in drowning deaths of children ages 1-4. Explore WaterproofFL.com to learn the steps you can take to secure your pool and protect Florida's children.

[OFFICE OF INJURY PREVENTION WEBSITE](#)

Layer 1. Supervision: Supervision, the first and most crucial layer of protection, means someone is always actively watching when a child is in the pool.

Layer 2. Barriers: A child should never be able to enter the pool area unaccompanied by a guardian. Barriers physically block a child from the pool.

Layer 3. Emergency Preparedness: The moment a child stops breathing there is a small, precious window of time in which resuscitation may occur. But only if someone knows what to do. Even if you're not a parent, it's important to learn CPR. The techniques are easy to learn and can mean the difference between life and death. In an emergency, it is critical to have a phone nearby and immediately call 911.

LAYERS OF PROTECTION ① SUPERVISION ② BARRIERS ③ EMERGENCY PREPAREDNESS

Are you 18 years of age or older with an ongoing health condition such as arthritis, diabetes, chronic pain, obesity, or anxiety? The Living Healthy workshop can help you take charge of your life.

You'll get the support you need, find practical ways to deal with pain and fatigue, understand new treatment choices, discover better nutrition and exercise choices, and learn better ways to talk to your doctor and family about your health.

"In just a few weeks, I got back to feeling better—and back to being the kind of person I like to be."





Put Life
Back in
Your Life


Living
Healthy

SIGN UP NOW!

 Join a 2 1/2 hour Living Healthy workshop, held weekly for 6 weeks.

 Learn from trained leaders with healthcare experience.

 Set your own goals and make a step-by-step plan to improve your health and your life.

REGISTER TODAY!

CALL: (813) 307-8071 Ext. 7103 or 7107 or email:

Barbara_Roberts@doh.state.fl.us or Cindy_Hosking@doh.state.fl.us

www.hillscountyhealth.org

Under Grant/Cooperative Agreement Number 1U58DP001465-01, the Centers for Disease Control and Prevention (CDC) supports this educational materials. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.



FOR THE FAMILY

Building a stronger community through its families

ARE YOU WILLING TO SHARE YOUR WISDOM TO HELP FAMILIES?



For the Family mentoring helps people deal with difficult challenges before they get worse. Our **Motherhood Mentoring Initiative** helps new and expectant mothers. Our **Parental Mentoring Initiative** helps parents keep their children on the right track.

You can make a difference! As a mentor you can expect:



- All mentoring takes place on the phone, from the comfort of home.
- You make every phone call at your convenience.
- It's fully confidential.
- Mentoring requires only one hour per week.
- You'll guide people through situations that match your strengths.
- You'll know how you can help.
- Participants in the program will know you by first name only.

For information about how you can share the your life lessons, get involved, and learn more,
Email: ALFOLK@aol.com
Call (813) 653-5239
Visit the website at
www.StrongerCommunity.com

**GET A
PLAN!**
FloridaDisaster.org

FLORIDADISASTER.org

Florida Division of Emergency Management

Summer weather is beginning to build toward more turbulent levels - thunderstorms are becoming more frequent and sea water temperatures are heating up. Good reminders to be ready for hurricanes and other severe weather, flooding, and high winds. If you aren't prepared, you can get it done!

Visit <http://www.floridadisaster.org/> and you'll find information and tools to help you develop plans for protecting your family, business, and home. Disaster Disability information is also included, along with plans and information just for kids. Get ready. Get a plan!



**Do you have children under age 5 years?
Is someone you know pregnant or breastfeeding?**

WIC provides the following at no cost:

- Healthy foods
- Nutrition education and counseling
- Breastfeeding support
- Referrals to health care, immunizations, and community services

To be income-eligible for WIC:

- Total household income must be equal to or less than amounts show in the [WIC Income Guidelines](#)
- OR you are receiving Medicaid, Temporary Cash Assistance (TCA), or Food Stamps

WIC Income Guidelines

Pregnant women: each unborn baby counts as 1 extra person in the household size.

Household Size	Monthly Income Before Taxes & Deductions
1	\$1,679
2	\$2,268
3	\$2,857
4	\$3,446
5	\$4,035
6	\$4,624
7	\$5,213
8	\$5,802

Convenient locations throughout the Tampa, Ruskin, and Plant City areas

Call today for an appointment!
(813) 307-8074



www.hillscountyhealth.org







**FLORIDA
DEPARTMENT OF HEALTH**
HILLSBOROUGH COUNTY HEALTH DEPARTMENT
DEDICATED TO HEALTH. DEVOTED TO YOU.

FREE



BACK TO SCHOOL PHYSICALS AND IMMUNIZATIONS

-  Parent or legal guardian must accompany child at all times.
-  Immunization record is required for free immunizations to school-aged children.
-  Free school physicals for any school-aged (K-12) child entering Florida schools for the first time.
-  No sports, Head Start or child care physicals will be available.

SATURDAY, JULY 30, 2011

UCH-Carrollwood Auditorium
9 a.m. – 12 p.m.

7171 North Dale Mabry Hwy., Tampa, FL 33614
Walk-ins Only • Call (813) 443-3048

SATURDAY, AUGUST 6, 2011

Walden Lake Medical Arts Center
9 a.m. – 1 p.m.

1601 West Timberlane Dr., Plant City, FL 33566
Appointment Required • Call (813) 443-3048

**– IMMUNIZATIONS ONLY –
Sulphur Springs Health Center**
9 a.m. – 1 p.m.

8605 N. Mitchell Ave., Tampa, FL 33604
Immunizations Only
Walk-ins Only • Call (813) 443-3048

SATURDAY, AUGUST 13, 2011

**Howard W. Blake High School
Project LINK/St. Joseph's Hospital**
9 a.m. – 1 p.m.

1701 North Boulevard, Tampa, FL 33607
Appointment Required • Call (813) 443-3048

University Area Community Health Center
9 a.m. – 1 p.m.

13601 North 22nd Street, Tampa, FL 33613
Walk-ins Only • Call (813) 443-3048

SATURDAY, AUGUST 20, 2011

SouthShore Community Resource Center
9 a.m. – 1 p.m.

201 14th Avenue SE, Ruskin, FL 33570
Appointment Required • Call (813) 443-3048

Webb Middle School
9 a.m. – 12 p.m.

6035 Hanley Rd., Tampa, FL 33634
Walk-ins Only • Call (813) 443-3048

**OUR MISSION: No child shall miss one day of school due to lack of a physical examination or immunizations.
APPOINTMENT LINES OPEN JUNE 1, 2011**



Back to School Coalition of Hillsborough County: AHCA, Amerigroup, Be Wise – Immunize (The Kiwanis Club of Tampa), BOCC Head Start/EHS, Catholic Charities Mobile Medical, Citrus Health Care, Hillsborough County Health Department, Hillsborough County Health & Social Services, Hillsborough County Public Schools, Plant City Kiwanis Club, Project LINK, Shriners Hospital for Children – Tampa, St. Joseph's Children's Hospital of Tampa, South Florida Baptist Hospital, Suncoast Community Centers, Tampa General Hospital, United Health Care, University Area Community Development Corporation, University Community Hospital, USF Pediatrics & Ronald McDonald Care Mobile

Monday

New Day Unity Church (Eva) (ENGLISH/SPANISH)
8012 W. Waters Avenue, Tampa 2 pm

Greater Friendship Missionary Baptist (Jannie)
3325 E. Emma St., Tampa 6 pm

Revealing Truth Ministries (Yolanda)
5201 N. Armenia Avenue, Tampa 7 pm

Tuesday

Bealsville Community Center (Theresa)
5009 Nesmith Rd., Plant City 10—11 am

Williams Landing (Pat)
3730 Williams Landing Circle, Tampa 10:30-11:30 am

Town 'N Country Center (Eva) (ENGLISH/SPANISH)
7606 Paula Drive, 2:45—3:45 pm

University Area Health Center (Alisa)
13601 N. 22nd St., Tampa (just no. of Fletcher Ave.) 6-7 pm

Harmony Spiritual Life Center (Eva) (ENGLISH/SPANISH)
2517 W. Henry Avenue, Tampa 6-7 pm
And 7-8 pm

CALL FOR MORE INFORMATION
813-307-8015 EXT 7103 OR 7107

New classes are always starting!

Wednesday

Bealsville Community Center (Theresa)
5009 Nesmith Rd., Plant City 10—1pm
(kid time—call 307-8015, ext 7103 for more information)

New Life Unity (Eva) (ENGLISH/SPANISH)
13540 N. Florida Ave., Tampa 2—3 pm

Knollwood Manor (Eva) (ENGLISH/SPANISH)
6801 Diana Court, Tampa (off 30th St.) 7pm

Thursday

Trinity United Methodist—Sunset Heights Ministry Center (Karen)
416 Walter Dr., Plant City 10 am

Exciting Faith Alive Mt. Silla Baptist Church (Betty)
5705 E. 32nd St, Tampa (Off MLK Blvd/50th St) 11 am

Life Enrichment Center Senior Center (Sandy)
9704 N. Boulevard, Tampa 1:00—2:30 pm

New Hope Church (Eva) (ENGLISH/SPANISH)
3005 E. Ellicott, Tampa 6—7 pm

Friday

Brandon Recreation/Community Center (Theresa)
510 E. Sadie Street (off Kings Way) 9—10 am

Saturday

Al Lopez Park, (Arletys) (ENGLISH/SPANISH)
4810 N. Himes Avenue, Tampa 2—3:00 pm



Think you'd like to try your hand at a new physical activity? Get a glimpse of some fantastic teams as Tampa plays host to the World Dragon Boat Racing Championship.

- Pan American Club Crew Championships July 30-31, 2011
- 10th IDBF World Dragon Boat Racing Championships August 2-7, 2011

Both of these events take place Downtown Tampa at the Tampa Convention Center and on the Seddon Channel, in between Davis and Harbour Islands.

You may not be quite ready to join a competitive team like this, but local rowing clubs already provide opportunities for lessons and advice. Whether on a team or in your own canoe or kayak, being out on our waterways is a FUN way to get great physical activity.



Come out to cheer on the teams and get inspired!

JULY 2011

- 7/4 Health Department Closed for Independence Day
- 7/8 Town 'N Country Family Support & Resource Center hosts Florida Blood Services Bloodmobile Call 356-1703 if you want to give the gift of life.
- 7/16 South Florida Baptist Hospital— Childbirth Class: 9 am—1 pm, Community Conference Room. Registration is required. Course is free. Call (813) 443-2039 to register and for more information. Class prepares mother and partner for all phases of labor and delivery.
- 7/19 Town 'N Country Family Support & Resource Centers Hurricane Preparedness Event 6 pm—7:30 pm—7520 W. Waters Avenue, Tampa. Prepare for the season—preparation packages available while supplies last. Registration encouraged. Call (813) 356-1703.
- 7/30 Back to School Coalition—free physicals and immunizations: University Community Hospital in Carrollwood Auditorium, 7171 N. Dale Mabry Hwy., Tampa 33614. WALK-INS ONLY. Call (813) 443-3048 for more information. Parent or legal guardian must accompany child and provide child's immunization record. Physical and Immunization forms for school entry provided.

AUGUST 2011

- 8/2 thru 10th International Dragon Boat Racing Championships: Check out these fantastic boats and amazing crews from all over the world. Physical activity at it's best!
8/7
- 8/13 Action Health Fair—Tampa Convention Center, in partnership with Gospel Music Workship of America - www.actionhealthfair.com
- Back to School Coalition—free physicals and immunizations for school entry.
See details and locations page 10!
- 8/23 HILLSBOROUGH COUNTY PUBLIC SCHOOLS START

>>>> ON-GOING COMMUNITY ACTIVITIES >>>>**DIABETES SUPPORT:**

- St. Joseph's Hospital—Diabetes Support Groups & Education
870-4995 to register/information
- Tampa General Hospital—Diabetes Self-Management
844-8087 for more information.
- Brandon Regional Hospital—Diabetes Self-Management
653-1065 to register.

OPEN-AIR MARKET for fresh fruits and vegetables:

- YBOR MARKET - Free admission & parking.
May to Aug. 9am—1 pm, Centennial Park, 8th Ave. & 19th Street

ST. JOSEPH'S CHILDREN'S MOBILE CLINIC - FREE exams & immunizations - call 558-1877, 356-1703, 740-4634, 641-5600, 752-8700, 634,7136, or 204-1741 for locations/appointments. All (813) area code.
Parent/legal guardian must accompany child. Please bring child's immunization records.

MAIN OPERATOR/ & DIRECTOR'S OFFICE	307-8000	DISEASE CONTROL	
HEALTH CENTER SERVICES (Pre-natal, Family Planning, Pediatrics)		HIV/AIDS Specialty Center	307-8064
Floyd Kelton Health Center	307-8055	Immunizations	307-8077
Joyce Ely Health Center	307-8056	Sexually Transmitted Diseases	307-8064
Plant City Health Center	307-8057	Anonymous Testing	307-8064
Sulphur Springs Health Center	307-8054	Tuberculosis (TB)	307-8047
University Health Center	307-8058	ENVIRONMENTAL HEALTH	307-8059
North Hillsborough Health Center	307-8053	HUMAN RESOURCES	307-8031
COMMUNITY HEALTH		NUTRITION/WIC	307-8074
Community Health Director	307-8071	PHARMACY (HIV/AIDS care clients only)	307-8072
Epidemiology	307-8010	PUBLIC HEALTH PREPAREDNESS	307-8015 X4405
Health Education	307-8071	PUBLIC INFORMATION OFFICER	307-8015 X4404
Breast & Cervical Cancer	X3502	VITAL STATISTICS	307-8002
Community Health Advisors	X7103	(birth & death records)	
Family Reunion Program	X7102		
Florida KidCare	X3502		
G.I.F.T. Program	X7103		
Health Literacy	X7104, X7106		
Insulin Program	X3502		
Lead Poisoning Prevention	X7108, X7112		
School Health	X8502		
Sterilizations	X3502		
Office of Health Equity	307-8066		

* All numbers are area code (813).

Community Health (71)
1105 E. Kennedy Blvd.
Tampa, Florida 33602

