



FLORIDA DEPARTMENT OF HEALTH IN FRANKLIN COUNTY

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



Partner with us for Community Health! (Please fill out survey)

The Franklin County Community Health Partners (CHIP) continue to lead the community health assessment initiative and are currently working to gain greater insights surrounding perceptions of community health.

Citizen opinion and feed back are a critical part of the process to identify priority issues.

Please click [HERE](#) (press ctrl and click) to complete a Franklin County Community Health Survey.

It should take you approximately 5-7 minutes to complete. You are also encourage to share this with others in our community for their input.

The information gathered in the survey will help guide future efforts to improve the health of the residents in our community. Thank you for your help in making Franklin County the healthiest in Florida!

**Community Health
Improvement Part-
ners Meeting
(CHIP)**

**July 29, 2015 at
11am-12pm**

**Location: Florida
Department of
Health in Franklin
County—2nd Floor
Conference Rm**

Parents...Splash into a Healthy Summer with These Ideas!

Have fun in the sun! Play outdoors during morning and evening hours to avoid heat exhaustion. Don't forget the sunscreen.

Eat breakfast every morning to charge up your family. Then go for a swim, hike, or bike ride.

Add seasonal produce to your family's meals. Make half of their plates fruit and vegetables.

Limit screen time on TVs, computers, and hand-held devices. Take crafts outdoors. Jump rope or play hopscotch or kickball.

Take your kids to a local park or walking path to increase their active time in the summer.

Help your kids drink plenty of fluids. Choose water or low-fat milk instead of sugary drinks like soda.

You can help your family have fun and be healthy this summer.



FITNESS CHALLENGE UPDATE

Weigh-In Dates and Nutrition Class - #HealthiestWeightFL



APALACHICOLA:
139 12th Street, Apalachicola, FL 32320
8:00-5:00 pm EST— MON-FRIDAY
Ask for Alma Pugh or Talitha Robinson 850-653-2111 x 133
July 8-9: 3 week weigh-in
July 29-30: 3 week weigh-in
August 28: Final weigh-in

CARRABELLE:
106 NE 5th Carrabelle, FL 32322
8:00-5:30 pm EST MON-THURS
Ask for Amy Crosby, 850-697-4121 ext 0
July 8-9: 3 week weigh-in
July 29-30: 3 week weigh-in
August 28: Final weigh-in

Heather Henderson with the University of Florida Family Nutrition Program – Franklin County Extension Office will host a Nutrition Education class on July 16, 2015 from 5:30pm-6:30pm for Fitness Challenge Participants and All is Welcome!

Location: Florida Department of Health in Franklin County
139 12th Street –Apalachicola, FL 32320

For more information please contact: 850-653-2111 ext 133/102



Closing the Gap Healthy Cooking Demonstration Dates

Piggly Wiggly Grocery Store
Apalachicola
July 8th and 15th—2pm-4pm

Dollar General Market—Port St. Joe
July 28th and 29th—2pm-4pm

Please join us in celebrating
WIC DAY!

When: July 30, 2015

Where: FL Dept of Health in
Franklin County

Time: 9am-3pm

Healthy Cooking Demonstration
Nutritional Information
Free Goodies and More!



In recent years, excessive heat has caused more deaths than all other weather events, including floods. A heat wave is a prolonged period of excessive heat, generally 10 degrees or more above average, often combined with excessive humidity.

- **Excessive Heat Watch** - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.
- **Excessive Heat Warning** - Heat Index values are forecasting to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110° Fahrenheit).
- **Heat Advisory** - Heat Index values are forecasting to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105° Fahrenheit).

Preparing for a Heat Wave

- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- Be aware of both the temperature and the heat index. The heat index is the temperature the body feels when the effects of heat and humidity are combined. Exposure to direct sunlight can increase the heat index by as much as 15° F.
- Discuss heat safety precautions with members of your household. Have a plan for wherever you spend time—home, work and school—and prepare for the possibility of [power outages](#).
- Check the contents of your emergency disaster kit ([bug out bag](#)) in case a power outage occurs.
- Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- If you do not have air conditioning, choose places you could go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
- [Get trained in First Aid](#) to learn how to treat heat-related emergencies.
- Ensure that your animals' needs for water and shade are met.

Caregiving—How to Treat Heat Related Illnesses

During heat waves people are susceptible to three heat-related conditions. Here's how to recognize and respond to them. **Heat cramps** are muscular pains and spasms that usually occur in the legs or abdomen. Heat cramps are often an early sign that the body is having trouble with the heat.

- Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and gently massage the area. Give an electrolyte-containing fluid, such as a commercial sports drink, fruit juice or milk. Water may also be given. Do not give the person salt tablets.

Heat exhaustion is a more severe condition than heat cramps. Heat exhaustion often affects athletes, firefighters, construction workers and factory workers. It also affects those wearing heavy clothing in a hot, humid environment.

- Signs of heat exhaustion include cool, moist, pale, ashen or flushed skin; headache; nausea; dizziness; weakness; and exhaustion.
- Move the person to a cooler environment with circulating air. Remove or loosen as much clothing as possible and apply cool, wet cloths or towels to the skin. Fanning or spraying the person with water also can help. If the person is conscious, give small amounts of a cool fluid such as a commercial sports drink or fruit juice to restore fluids and electrolytes. Milk or water may also be given. Give about 4 ounces of fluid every 15 minutes. If condition doesn't improve or he/she refuses water, or vomits, **call 9-1-1**.

Heat stroke is a life-threatening condition that usually occurs by ignoring the signals of heat exhaustion. Heat stroke develops when the body systems are overwhelmed by heat and begin to stop functioning.

- Signs of heat stroke include extremely high body temperature, red skin which may be dry or moist; changes in consciousness; rapid, weak pulse; rapid, shallow breathing; confusion; vomiting; and seizures. Heat stroke is life-threatening. **Call 9-1-1** or the local emergency number immediately.
- Preferred method: Rapidly cool the body by immersing the person up to the neck in cold water, or douse/spray with cold water.
- Sponge the person with ice water-doused towels over the entire body, frequently rotating the cold, wet towels. Cover w/ bags of ice. If you are not able to measure and monitor the person's temperature, apply rapid cooling methods for 20 min or until the person improve.