



Florida Department of Health in Gulf and Franklin Counties

Wellness Newsletter January 2016

MISSION: To protect, promote and improve the health of all people in Florida through integrated state, county, & community efforts. Visit our website: www.FloridaHealth.gov.

Are you up for the Challenge?

Each year, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75% of people stick to their goals for at least a week, less than half are still on target six months later. We are here to help you stay on track! Back by popular demand, the Gulf and Franklin 12 Week Weight Loss/Fitness Challenges will run from **February 1 - April 29, 2016**.



The cost is only \$15 per participant and all of the proceeds go back to you; first place winner taking home 50%, second place 30% and third place receiving 20%. We strive to make our challenges fun and fair so results are based on the percentage of weight lost and there will be a weigh-in every three weeks to keep everyone on track and motivated.

Workout on your own or coordinate with a group and make sure that you plan for bumps in the road. You may want to use a food journal to keep track of what you eat and have a cheering support system in place. "Around week four to six...people become excuse mills," Dr. Peeke from Healthy Living Magazine says. "That's why it's important to have someone there on a regular basis to get you through those rough times."

One way Fitness in Port St. Joe has offered to assist all participants with a membership discount. Contact Sarah Hinds for more information about the challenge in Gulf County, 850-227-1276 x 205. Contact Talitha Robinson for more information about the challenge in Franklin County, 850-653-2111 x 102.



Healthy Cooking Demonstrations with Closing the Gap



The Dollar Market in Port St. Joe and Piggly Wiggly in Apalachicola will continue to host healthy cooking demonstrations this year! All food used are healthy options available inside the store and incorporate a wide variety of fruits and vegetables.

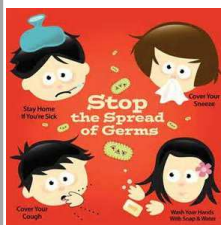
Piggly Wiggly Grocery Store – January 14, 2016 2pm-4pm

Dollar General Market – January 20 & 27, 2016 2pm-4pm

Please contact:

Talitha Robinson
(850) 653-2111 x 102 or
Alma Pugh
(850) 653-2111 x 133

Stop the Spread of Germs



The most common way to catch the flu is to touch your own eyes, nose or mouth with your hands. Don't let the flu ruin your new year. The Florida Department of Health reminds you that your best defense against preventable diseases is vaccination. Take advantage of the "Keep Vaccine Between You and Disease" campaign by taking the time to go get your flu vaccine if you haven't done so already.

A simple step that can help keep the flu out of your way in 2016 is frequent hand washing. Remembering to wash our hands may sound simple, but often, it is one of the most important steps we can take to avoid getting sick and spreading germs to other people.

Wash your hands thoroughly and often. After putting away those holiday decorations – rinsing your hands under the faucet just won't do the job. Use clean, running water and soap to remove dirt and skin oils that allow germs to build up. Rub your hands together for about 20 seconds. Use paper towels to turn off faucets in public facilities, and use alcohol-based products like hand sanitizer if soap and water aren't available.

See <http://www.floridahealth.gov/Newsroom/2015/12/122315-keep-vaccine-between-you-and-disease.html> for more information.



Community Health Improvement Partners (CHIP) asked and the Communities Spoke

The Health Priorities have been selected for Gulf and Franklin Counties! The final Community Health Assessment workshop started with an in-depth review of Community Health Survey results, followed by a health data review of factors related to top community concerns, and ended with the final priorities selected!

Gulf and Franklin Health Priorities are:

1. Access to Care
2. Weight
3. Mental Health/Substance Abuse

Using these top priorities, the partners will create goals, objectives and strategies to improve the health of our communities. You are welcome to join these meetings! Contact DT Simmons for more information: 850-227-1276 x 198.

Franklin and Gulf County SWAT News Updates!



The Gulf County Tobacco Prevention Program has a new program coordinator this year! Kari Williams jumped right in after only two days on the job by participating in the Region One SWAT Retreat! Kari is a local from Port St. Joe and has a background in working with both the Children's Home Society & Department of Children & Families. She is a great asset to the Health Education Team!

It was a carnival of a ride for the Region One SWAT retreat this year with SWAT chapters around the state participating in fun carnival style games to improve their leadership skills, empower their knowledge and work on policy initiatives. Gulf and Franklin Coordinators and SWAT youth participated in a beach area clean up day and made signs about the dangers of tobacco use. Those signs were used in street marketing around the PCB beach area.

Kari and her SWAT members say that they are focusing the 2016 year on second hand smoke prevention and eliminating tobacco usage among youth. For more information on how you or your youth can get involved in SWAT, call Kari at 850-227-1276 x 184.

On December 11th, Franklin County SWAT leadership was on the air 'live' at POWER COUNTY 106.5 with radio host Mike Bewley aka 'Bucky'. They were getting the message out on the dangers of Smokeless Tobacco use and the need for Smoke-free parks, recreational areas, and sports venues. Kudos to our SWAT leadership for a job well done!

January 18th—Franklin County SWAT will be co-sponsoring the 29th Annual Martin Luther King Day Celebration event held at the historic Chapman Auditorium in the City of Apalachicola. Their theme is 'Martin Luther King had a dream and Franklin County SWAT has a dream too-Smoke-free parks, recreational areas and sporting venues'. Many of our SWAT youth will also be involved in various parts of the event such as the march, presentations, dance, and music. They will also be conducting a petition drive to ban smoking in our parks and sports venues. For more information about Franklin events, contact Gina Moore, Franklin County Tobacco Prevention Program Coordinator at 850-653-2111 x 123.





Tai Chi Strong today- Fall free tomorrow!

Unintentional falls are the leading cause of injury death among Florida residents ages 65 years and older and the fourth leading cause of injury death overall. Additionally, falls are the leading cause of non-fatal injury related hospital admissions in Florida. There are many reasons why an adult might fall, including a variety of biological, behavioral, and environmental factors.

Are you looking to improve your balance this year? Studies show that regular exercise that increases strength balance and cardiovascular fitness are the key to decreasing traumatic falls after age 55.

The newest member of the Health Education Team, Amy Lee will be hosting Tai Chi for Seniors in various locations starting in February! So spread the word, be on the lookout for the location nearest you or feel to contact Amy Lee at 850-227-1276 x 198.

Empowering Teen Choices!

The Florida Department of Health in Gulf and Franklin Counties collaboratively received a Sexual Risk Avoidance Grant for fiscal year 2015-16 (previously known as the Abstinence Education grant). The term "sexual risk avoidance" more clearly describes the optimal health priorities of our program. Congress replaced the term "abstinence education" for "sexual risk avoidance" to reflect the overriding health benefits teens experience when they forgo sexual activity. Consistent with how the public health community addresses other youth risks, the sexual risk avoidance approach offers a well-defined and consistent emphasis on information and skills that help youth avoid all sexual risk.

This program promotes and supports abstinence only educational curriculum for grades 6-12. Due to the funding of the new grant, the program now has two Health Educators! Jessie Pippin has passed her tobacco prevention torch and will serve as the Program Coordinator. Amy Lee joins her from Ohio with 18 years as a Teacher and Advocate of youth.



About the Curriculum: *Choosing the Best* is the evidence-based curriculum that the grant adopted for use in Gulf and Franklin County public schools, charter Schools and other community agencies. The program includes student books, videos and parent support. The program was well perceived in Wewa in grades 6-9 and Jessie and Amy will continue to teach students throughout Franklin and Gulf Counties all year!

If you are interested in hearing more about the SRA Choosing the Best Choices program or want us to come teach the 8 one hour lessons in your classroom, school or community, please feel free to contact:

Jessie Pippin
jessie.pippin@flhealth.gov
850-227-1276 x 168

OR

Amy Lee
amy.lee@flhealth.gov
850-227-1276 x 198

5120 Healthy Food of the Month



The radish is a root vegetable that comes in different shapes and colors including the familiar red, as well as white and black varieties with round or elongated roots. Originating from China, this nutritious vegetable is grown world-wide, and in Florida it is cultivated during the cooler months of the year. It is a perfect home garden vegetable that grows quickly without much care; it is small and easily tucked around other larger vegetables in the same growing space, and harvested as early as one month after planting from seed.

The root of the radish is considered the main vegetable but the leaves and young pods are also edible, an added advantage of growing your own crop of radishes. The plant's leaves can be eaten raw as part of a salad, or lightly pan fried in olive oil and garlic until wilted. Seed pods are produced on radish plants that are allowed to grow past the root harvesting stage and they have a mild radish taste and slight spiciness. Fresh radish roots are high in vitamin C, and most often eaten raw as part of a salad. Also a good source of anti-oxidants, dietary fiber and potassium the radish is a small vegetable gem well worth growing and eating.

Remember: Make 5-2-1-0 your goal every day.

- 5** - Fruits and vegetables a day (including the radish)
- 2** - Only 2 hours or less of screen time a day (TV, computers, video games)
- 1** - One hour of physical activity a day
- 0** - Sugar-sweetened drinks (drink more water and non-fat milk)