



## Florida Department of Health in Gulf and Franklin Counties

# Wellness Newsletter April 2016

MISSION: To protect, promote and improve the health of all people in Florida through integrated state, county, & community efforts. Website: [www.floridahealth.gov](http://www.floridahealth.gov)

### Gulf And Franklin Community Health Partners Kick Off Workshop Success

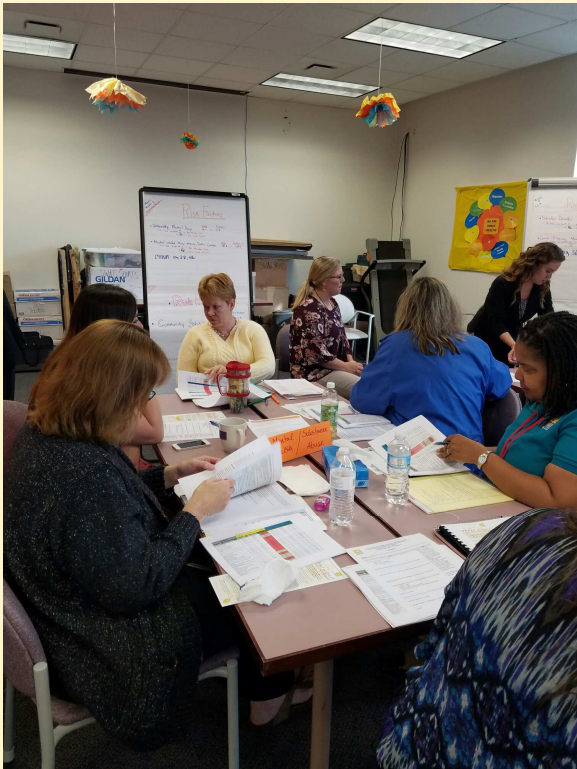
This month, the Florida Department of Health in Gulf and Franklin Counties hosted the first Community Health Improvement Partnership meetings to address the top health priorities identified from the Community Health Assessment Cycle.

Community members from all types of organizations attended their respective county's meeting to review the data. They worked together to form goals and measurable objectives to support the community's top health priorities:

Access to Care  
Mental Health/Substance Abuse  
Healthy Weight

Three subcommittee groups were formed to focus on each health priority. The health priority groups will continue to meet monthly to create strategies to improve these areas. Each quarter, all three groups will come back together to discuss progress made.

We would like to thank all of the partners who attended not only for your participation, but also for your commitment to improving the quality of life in Gulf and Franklin Counties!



If you'd like more information, or would like to join the partnership in Gulf County, please contact the Sarah Hinds at 850-227-1276 x 205 or email [sarah.hinds@flhealth.gov](mailto:sarah.hinds@flhealth.gov).

If you'd like more information, or would like to join the partnership in Franklin County, please contact the David Walker at 850-653-2111 x 119 or email [david.walker@flhealth.gov](mailto:david.walker@flhealth.gov).



# Public Health in Action

## Secondhand Smoke in Vehicles Prevention Campaign

This month, Gulf and Franklin Students Working Against Tobacco (SWAT) have been working on a new campaign to prevent second hand smoke in vehicles. You may even hear the Second Hand Smoking in Vehicles health message on Oyster Radio. Additionally, pledge cards have been created and will be coming to a local venue near you to sign and support!

For more information:

Call Kari Williams at 850-227-1276 x 184 for the Gulf County Tobacco Prevention Program.

Call Gina Moore at 850-653-2111 x 123 for the Franklin County Tobacco Prevention Program.



## SECONDHAND SMOKE IN VEHICLES IS DANGEROUS TO A CHILD'S HEALTH

**All passengers – especially children – should be protected from secondhand smoke exposure in cars.**

Whether the car is moving or parked, the windows opened or cracked, the air quality remains hazardous because smoke lingers in the back seat.



Emergency Preparedness



## Infectious Disease Training

One of the Gulf and Franklin County's strategic priorities is Preparedness for Emerging Health Threats. These threats can come from communicable diseases. Both Counties recently hosted an Infectious Disease Training for staff and community partners with key note speakers including David Chmiel, Biological Scientist and Eric Gilmore, Regional Emergency Response Adviser. The training provided an overview of current Infectious Diseases effecting public health as well as Personal Protective Equipment and N-95 Mask Fit Testing.

The training was attended by local nursing, school health and community emergency response team members. Attendees were able to review current Infectious Diseases from around the world.

As you can see, the participants learned how to best don and doff appropriate protective clothing to safely respond to public health needs.





## Free Tai Chi Lessons



Celebrate World Tai Chi Day  
 April 30th  
 10:00 AM  
 Dock Gazebo  
 Port St Joe

Did you know that unintentional falls are the top cause of accidents among Florida residents 65 and up? These tumbling mishaps are also a main reason of serious injuries and accidental deaths.

There are many things that you can do to prevent these possible catastrophic events in your life; some preventions are simple, like fall proof your home with carpet tape on throw rugs, install grab bars or handrails, and keeping floors clean and clear. Take care of your body by getting yearly check ups with your eye doctor and discuss medications that cause dizziness with your physician.

Regular exercise with a focus on agility, strength, and flexibility will improve balance. Tai chi is an evidence-based program intervention designed to impact these areas. Tai Chi is intended to be a slow moving, low paced exercise program focusing on breathing, core balance awareness along with arm stretching or pushing movements and leg strength.

FREE Tai Chi classes are going on now for all seniors! The local Senior Centers in both Port St. Joe and Wewahitchka have donated space for classes and there are certified Tai Chi instructors conducting each class.

Tuesdays 9:00-10:00 EST  
 PSJ Gulf Senior Center 120 Library Drive

Fridays 9:00-10:00 EST  
 PSJ Gulf Senior Center 120 Library Drive

Fridays 9:00-10:00 CST  
 Wewa Senior Center 314 N 3rd St.

Contact Amy Lee at 850-227-1276 x198  
 for more information.

## Teaching Teens CHOICES!

CHOICES, the Sexual Risk Avoidance Program at the Florida Department of Health in Gulf and Franklin County, was established in 2015. It is funded by a federal grant administered by the Florida Department of Health, Division of Community Health Promotion.

CHOICES offers evidence-based curriculum that develops skills to help youth avoid at-risk behaviors and make healthy CHOICES.

Goals are to reduce teen pregnancy and sexually transmitted diseases (STD) in youth. Through education and skills training, CHOICES promotes positive youth development in *goal setting*, developing *healthy relationships*, *STD and pregnancy prevention*, and *abstinence from sex, drugs, and alcohol*.

CHOICES educators Jessie Pippin and Amy Lee mentor and educate Gulf and Franklin County youth in schools, after-school care, churches, and youth organizations. The program utilizes youth and adult volunteers, as well as community partner resources, to provide mentoring for at-risk students and to promote ongoing activities and events.

Parent participation is encouraged and educational sessions on topics relevant to parents are provided.



Educated Mind, Healthy *CHOICES*, The Best *YOU*!

To reach Amy or Jessie call the Port St. Joe Health  
 Department 850-227-1276 ext 168 or 198.



## The April Food of the Month is.... The Bell Pepper!

The bell pepper, also called a sweet pepper, is a beautiful bell-shaped vegetable which comes in many colors. A green bell pepper is picked from the plant before it is completely ripe. If a bell pepper is left on the plant to ripen, however, it will change from green to red, yellow, orange, or even purple depending on the variety of bell pepper, and it will taste much sweeter. April is the month in which bell peppers are in peak production on South Florida farms. To grow bell peppers, the home gardener does not need much space, the plant can even be grown in a container. Six to eight hours of sunlight and well-drained soil is what is needed to grow a bell pepper plant.



The bell pepper is very nutritious containing as much Vitamin C as an orange. Vitamin C supports your immune system, and helps strengthen your bones and teeth. Peppers also contain Vitamin A, an antioxidant that protects your skin and eyes and improves cholesterol. With plenty of fiber, the bell pepper is beneficial to the digestive system.

To prepare a bell pepper for eating, wash under running water and remove the stem, the seeds and ribs in the inner cavity. It's the perfect healthy snack sliced and eaten raw, or chopped in smaller pieces and used in salads. Bell pepper is a great addition to many cooked dishes such as meatloaf, soups or stews adding taste and texture. Roasted on the grill or in the oven, or stuffed with ground meat and rice, the bell pepper is a vegetable you won't want to overlook.

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

- 5** - Fruits and vegetables a day (including bell peppers)
- 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)



A message from the Gulf and Franklin School Health Teams For more information, contact the Florida Department of Health in Gulf County at 850-227-1276.

## It's National Minority Health Month!

Studies show that minorities have more of a chance for chronic diseases such as *heart disease, stroke, diabetes, high blood pressure, obesity and certain cancers*. To celebrate minority health, we will be highlighting the Florida Department of Health's Closing the Gap (CTG) program in both Franklin and Gulf Counties.

The purpose CTG is to reduce health and ethnic disparities by improving health outcomes of minority populations. The program collaborates with various faith-based organizations, health-care facilities and community partners to implement evidence-based health and wellness curriculum. By empowering individuals and families to implement healthy lifestyle changes, the program hopes to close the gap on health disparities and enhance the quality of life for Gulf and Franklin minority populations.

On March 30, 2016, our CTG program was recognized by the National Association of County & City Health Officials as a Promising Practice as it relates to *Fighting Health Disparities Through Healthy Cooking Demonstrations*. Congratulations, Talitha Robinson and Alma Pugh!

### Closing the Gap Health Food Demonstrations:

- April 13, 2016  
Piggly Wiggly 2pm-4pm
- April 18, 2016  
Piggly Wiggly 2pm-4pm
- April 21 & 28 –  
Dollar General Market

Wednesday April 20th  
Cooking Matter Class 7pm to 8pm at New Life Christian Center 504 6th Street, Port St. Joe



If you have questions about either Closing the Gap program please call Alma Pugh: (850) 653-2111 x 133 or Talitha Robinson: (850) 653-2111 x 102



# What a Day! Health the Florida Way

In celebration of National Public Health Week we thought that we would share a snap shot of just how public health affects you. Thanks to the efforts of Florida Health, residents and tourists alike are able to work, live and vacation in safety. Most people aren't aware of how Florida Health affects and average Floridian on an average day.

7 AM *Another beautiful Florida sunrise today!* Florida Health monitors your air quality to be sure that there is no air pollution.



7:30 AM *A good day starts with a "Fresh from Florida" breakfast.* The breakfast table is set by your spouse with plenty of fruits and whole grain cereals, a result of the Florida Health messages about reducing fat, increasing fruits and vegetables in your diet, and lowering cholesterol.



8 AM *Time to brush your teeth.* The drinking water is safe—Florida Health has inspected the water facilities in your area. Dental programs have added fluoride to the water, reducing the chance of cavities and preventing 65 percent of all tooth decay.



8:15 AM *You put on your prescription sunglasses to get ready for the beach.* A school health program sponsored by your county health department found your vision problem when you were a kid, so you got glasses when you needed them.

8:30 AM *Down to the beach.* You know there is no red tide today because warnings would have been issued to stay out of the water.



8:45 AM *Time for sunscreen.* Florida Health messages have been warning you about the dangers of ultraviolet rays and the need for protection from the sun to prevent skin cancer.

10 AM *You go for a swim.* The water is clear—Florida Health has prevented the dumping of sewage and garbage into the ocean waters. You watch for riptides and other dangerous areas.



12 PM *Lunchtime!* Remembering Florida Health messages about healthy eating, you skip the soda and fast food burgers and choose a turkey sandwich and a bottled water instead. Florida Health has inspected the bottled water plant to be sure that the water is safe.



1 PM *You decide to play a little tennis.* Florida Health promotes the benefits of exercise in reducing heart disease and strokes.



3 PM *School is out and you watch the kids pedal by on their bikes.* They're all wearing helmets, a result of a Florida Health safety program. None are crippled by polio or disfigured by smallpox as a result of Florida Health immunization programs.

4 PM *You and your spouse drive to a restaurant for dinner.* Seat Belts are fastened automatically. Florida health advocated the seat belt laws that have saved thousands of lives.

6 PM *At the seafood restaurant there is no smoking.* That is a result of ordinances fostered by Florida health to reduce the dangers of secondhand smoke. You want to have raw oysters for an appetizer, but Florida Health officials have issued warnings about the possibility of vibrio contamination so you have steamed oysters instead. You dine inside rather than on the open deck because Florida Health officials have issued a temporary alert for St. Louis Encephalitis in your county.



7 PM *Suddenly, a diner collapses on the floor with a heart attack!* Another patron administers CPR that she learned from a Florida Health class. Soon emergency medical service workers arrive to transport the victim to a hospital. Florida health staff regulate ambulance services and their personnel.

9 PM *You return home to meet your parents who have cared for your son for a few days.* Even though your son was born premature, he is now healthy and happy thanks to Florida Health programs that provided funding for a regional perinatal intensive care unit.



9:30 PM *Your mother tells you that she will not be home tomorrow.* She has an appointment with a primary care physician in her small rural town—the physician was brought to the town through the efforts of a Florida Health recruitment and retention program. Your mother plans on getting a mammogram as recommended by Florida's Health's cancer awareness program.

10 PM *You and your family go to bed.* Tomorrow is another day, and the Florida Health staff who helped make today safer will be at work again tomorrow.



**2016**  
**FIRST**  
**ACCREDITED**  
**PUBLIC HEALTH**  
**DEPARTMENT SYSTEM**  
**IN THE U.S.**

PUBLIC HEALTH THE FLORIDA WAY