



## Florida Department of Health in Gulf and Franklin Counties

# Wellness Newsletter May 2016

MISSION: To protect, promote and improve the health of all people in Florida through integrated state, county, & community efforts. Visit the state website at [floridahealth.gov](http://floridahealth.gov) and access each county by clicking the "counties" drop down tab on the top.

## The Results are in for the Gulf and Franklin Fitness Challenge Winners!

We want to congratulate all of the participants in the recent 12 week weight loss challenge!

Benjamin Brach from Franklin County and Susan Clark from Gulf County are our first place winners!



Pictured from Left to Right: David Walker, Mrs. Sullivan, Tim Sullivan, Benjamin Brach, Alma Pugh

### Franklin County Results:

The weight loss challenge winner is Benjamin Bach, with a 14.25% weight loss.

Second Place: Tim Sullivan at 8.95%. (pictured with wife)

Third Place: Dewayne Cook with 7.58% .

### Gulf County Results:

The weight loss challenge winner is Susan Clark at 11.60%

Second Place Karen Greene at 11.2%.

Third Place Christine Bonaparte at 10.4%.



Pictured from left to right Susan Clark with Administrator Marsha Lindeman, and Karen Greene.



**Congratulations to all our participants who made the decision to live a healthier life!**



## Arrive Alive Tour

"Good Decisions...Prevent Collisions" is the motto of Unite Corporation who brought the Arrive Alive tour to Wewahitcha and Port St. Joe High School. May 16th and 17th.

Sponsored by the Florida Department of Health in Gulf County in Partnership with the Gulf County Sheriff's office, students learned about the serious consequences of driving while distracted and under the influence of alcohol.



Florida State Law states "A person may not operate a motor vehicle while manually typing or entering multiple letters, numbers, symbols, or other characters into a wireless communications device or while sending or reading data in such a device for the purpose of nonvoice interpersonal communication, including, but not limited to, communication methods known as texting, e-mailing, and instant messaging."

Please remember to be safe behind the wheel.

## Tobacco Free Florida Week



Tobacco Free Florida program and Department of Health in Gulf County (DOH-Gulf) are launching a new initiative, *Secondhand Smoke Exposed* which focuses on dispelling the common myth that secondhand smoke is harmless. The fact is that breathing even small amounts of secondhand smoke can be dangerous.

Tobacco Free Florida Week was May 8-14 and SWAT's focus was eliminating second hand smoke in vehicles! The team geared up at the Franklin County Courthouse, Port St Joe Farmers Market, visited local Early Childcare organizations, and the Tupelo Honey Festival to hand out educational materials and air fresheners for vehicles that remind the drivers not to smoke, especially with children present.

Despite the growing trend of smoke-free policies and the substantial decrease of smokers in the state, many of our most vulnerable are still involuntarily affected by secondhand smoke, which has hundreds of toxic chemicals including about 70 that are known to cause cancer. Secondhand smoke greatly increases the risk of lung cancer, which is Florida's number-one cancer killer. Each year, primarily due to secondhand smoke exposure, an estimated 7,300 non-smoking Americans die of lung cancer.

Call Kari Williams (Gulf) at 850-227-1276 x 184 or Gina Moore (Franklin) at 850-653-2111 x 123 Franklin for more information.

## Swimming Kickoff



The Florida Department of Health in Gulf County is sponsoring FREE swim classes at the Taunton's Children Home in Wewahitchka. Classes begin May 30<sup>th</sup> and will continue through June. If you have a child aged 5-15 who needs level one, introductory swim lessons, sign them up today!

Each year, Healthy and Safe Swimming Week (May 23-29) focuses on simple steps that swimmers and pool operators can take to help ensure a healthy and safe swimming experience for everyone.

Good tips to follow for pool safety:

**Every hour everyone out, reapply sunscreen and drink plenty of fluids!**

- NEVER leave children alone in or near the water! Assign an adult to watch over children at all times.
- Take kids on bathroom breaks, check diapers, and change them in a bathroom or diaper-changing area—not poolside—this will help keep germs away from the pool.
- Check the free chlorine level and pH before getting into the water Pools: Proper free chlorine level (1–3 mg/L or parts per million [ppm]) and pH (7.2–7.8) levels maximize germ-killing power.

For more information, contact Jessie Pippin at 850-227-4193 x 168.





**Healthy.Community.**

## Healthy Cooking Update

May ends Closing the Gap's cooking demonstrations in grocery stores.

Piggly Wiggly – 13<sup>th</sup> & 16<sup>th</sup> 2pm-4pm  
Dollar Market – 23<sup>rd</sup> & 25<sup>th</sup> 2pm-4pm

Cooking Matters Classes are being held at the New Life Christian Center:

May 18<sup>th</sup>, 2016 7pm-8pm  
June 15<sup>th</sup>, 2016 7pm-8pm

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



## May 2016 Healthy Food of the Month: Cantaloupe



The cantaloupe is a member of the melon family and often called a "muskmelon". In Florida, the peak season for cantaloupe is the spring and early summer. Freshly harvested melons are being sold in farmer's market produce stands and in the grocery store right now.

So the month of May is the perfect time to enjoy a juicy, sweet Florida-grown cantaloupe!

The cantaloupe is in the same family as squash, pumpkin and cucumber and grows on the ground as a trailing vine. The plant likes well-drained sandy soil and it must have honeybees to pollinate the flowers and develop fruit.

Cantaloupes are round or oblong shaped and are usually ripe when they have a musky, sweet smell and feel heavy for their size. When washed and cut in half the inside section contains a hollow cavity filled with small white seeds which are removed and the orange-yellow fruit is eaten.

The cantaloupe can be sliced or cubed and is great in fruit salad, eaten as a snack or served as dessert.

As a healthy food the cantaloupe is low in calories and fat and its nutritional value is impressive. The fruit is high in Vitamin A which is beneficial for eyesight and healthy skin. The cantaloupe also contains an abundance of Vitamin C, which is an antioxidant that helps strengthen the immune system to prevent illness.

Don't miss your chance to enjoy a Florida-grown cantaloupe, a delicious refreshment and healthy food.

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

- 5** - Fruits and vegetables a day (including the cantaloupe)
- 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)

Brought to you by the Florida Department of Health in Gulf/ Franklin - School Health Team

## Franklin County Sheriff's Office Kids and Cops Day 2016

The Florida Department of Health in Franklin County participated in the Franklin County Sheriff's Office (FCSO) 11th Annual "Kids and Cops Day" held on Friday May 6, 2016 at the FCSO.



The purpose of this event is to familiarize youth with the various different types of law enforcement and how they work

together with other community resources to protect and serve our Country. This successful and fun filled day continues to grow every year.

Approximately 750 kids were in attendance this year. DOH-Franklin's booth included education materials and handouts from the following programs: Tobacco Prevention, Closing the Gap, Dental, School Health and Preparedness.

Birth Control STD's Healthiest Weight Childbirth Education Health Education Nutrition Counseling Treatment and Follow Up Equality Chip Education & Prevention  
 Beach Water Monitoring Community Breast and Cervical Cancer Screening Community Wellness Women, Infants & Children (WIC) Communicable Disease Life The Healthiest YOU Safety Healthy Start  
 Health Safety Risk Screenings Breast feeding support Healthy Choices Women's Health Services SWAT Immunizations Tobacco Prevention School Health Health Clinics Vital Statistics Emergency Preparedness and Response Best Practices  
 Environmental Health Public Health Diagnosis Tips For Reducing Stress

Emergency Preparedness



## 2016 Hurricane Preparedness Week (May 15-21)

It only takes one storm to change your life and community so you need to be prepared. You can follow the weekly themes to keep you and your family safe!

Sunday, May 15 – Determine your risk.

Monday, May 16 - Develop an evacuation plan.

Tuesday, May 17 - Secure an insurance check-up.

Wednesday, May 18 - Assemble disaster supplies.

Thursday, May 19 - Strengthen your home.

Friday, May 20 - Identify trusted sources of information for a hurricane event.

Saturday, May 21 - Complete your written hurricane plan.

From developing plans, to assembling supplies, to learning where you can find the most up to date information on hurricanes, the National Oceanic and Atmospheric Administration's National Weather Service has you covered. Visit <http://flgetaplan.com/> to make a family plan or visit <http://go.usa.gov/3KM8Y> to learn more.

#HurricanePrep #PrepareAthon



## Community Health Improvement Partners (CHIP) Update:

We would like to thank all of our community partners for attending the **Mental Health/Substance Abuse and Healthy Weight** subcommittee meetings held! We are on our way to improving the quality of life for our Gulf and Franklin Residents.

Community Health Improvement Partners are working to address the top health priorities identified from our Community Health Assessment. A Community Health Assessment involves looking at health data and community survey responses to better understand how to improve the quality of life for the citizens of Gulf and Franklin counties.



Working together, community partners have created goals to support the community's top health priorities: **Access to Care, Mental Health/Substance Abuse, and Healthy Weight**. As a result, 3 subcommittees have been formed and are beginning to meet on a monthly basis.

For more information, contact Sarah Hinds (Gulf) at 850-227-1276 x 205 or David Walker (Franklin) at 850-653-2111 x 119.