



Florida Department of Health in Gulf and Franklin Counties

Wellness Newsletter June 2016

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

Florida Healthy Babies Community Meetings in Gulf and Franklin Counties!

The Florida Department of Health in Gulf and Franklin Counties are pleased to announce they will be hosting community meetings to discuss Florida Healthy Babies. Florida Healthy Babies is a collaborative statewide initiative designed to positively influence social determinants of health and reduce racial disparities in infant mortality.

"Although the infant mortality rate in Gulf and Franklin remains relatively low, the loss of even one child is a tragedy," said Marsha Lindeman, Administrator for the Florida Department of Health in Franklin and Gulf Counties. "This meeting brings opportunities to partner with local organizations and programs that play a role in improving health outcomes for babies. We want every baby born in our counties to be a healthy."

Recently, the department invested \$1.4 million in the Florida Healthy Babies initiative, which is an effort of the department's Health Equity Program Council. The Council focuses on helping all Floridians achieve health equity, or the highest level of health. Part of the funding provided to all 67 counties supports a localized enhanced data analysis of infant mortality to share at a community-action planning meeting to address disparities in infant mortality.

Franklin County Florida Healthy Babies Community Meeting

Tuesday, June 28, 2016 from 10:00 a.m. - 12:00 p.m. EST
Holy Family Senior Center
203 Dr. Frederick Humphries Street, FL 32320

Gulf County Florida Healthy Babies Community Meeting

Wednesday, June 29, 2016 from 10:00 a.m. - 12:00 p.m. EST
Philadelphia Primitive Baptist Church
274 Avenue D, Port St. Joe, FL 32456

If you have any questions or would like more information please contact: DT Simmons
Deanna.Simmons@flhealth.gov

850-227-1276 x124





New Tobacco Free Ordinance!

On May 17, 2016, the Port St. Joe City Commissioners adopted a new Tobacco Prevention Ordinance!

Under Ordinance 524, the use of tobacco products and e-cigarettes is prohibited at all times in all areas of city owned parks within 150 feet of playground equipment and other facilities designed primarily for use by children.

We would like to thank the City of Port St. Joe Commissioners for their continued support to protect youth from the dangers of tobacco

CHIP Subcommittees Going Strong!

CHIP stands for Community Health Improvement Partners.

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.

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.

Some of the current projects include the creation of a Mental Health/Substance Abuse resource guide and a parent summer calendar for health/fitness activities!

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

Healthy Cooking



Cooking Matters Classes sponsored by the Closing the

Gap Program are being held at: The New Life Christian Center 504 6th Street. June 15th, 2016 from 7pm-8pm EST.

If you have questions call: Alma Pugh (850) 653-2111 x 133 or Talitha Robinson (850) 653-2111 x 102

Swimming Update

The Florida Department of Health in Gulf County sponsored FREE swim classes at the Taunton's Children Home in Wewahitchka. We are very proud to say that enrollment for classes were full to capacity with 5-15 year olds!

This year to prepare all young swimmers for the summer the Swimming Injury Prevention program sent information filled bags home with all the kindergarten and first grade students in Port St. Joe and Wewahitchka.

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.





TOMATOES



The classic succulent vegetable of summer is ripe for your salads, sandwiches and salsa. Tomatoes can be used many ways to make good food with good nutrition.

USES & PREPARATION

Unripe tomatoes take 3 to 4 days to ripen. Use ripe tomatoes within a day or two.

For best flavor, do not refrigerate.

Slice, wedge or dice; sprinkle with a fresh herb, drizzle with olive oil and serve. Wonderful with slices of avocado, but then skip the olive oil.

Stuff with seafood, chicken, or pasta salad.

Cherry tomatoes make a delicious, nutritious snack by themselves.

SELECTION

Ripe tomatoes will give slightly to gentle pressure.

STORAGE

Store unwashed at room temperature and out of direct sunlight.



NUTRITION INFORMATION

Excellent source of vitamin C

Good source of vitamin A

AVAILABLE FRESH
June–July & September–October

RECIPES

TOMATO, ZUCCHINI & ONION

2 cups sliced tomato
2 cups sliced zucchini
2 cups sliced onion
1 1/2 teaspoon Italian herb seasoning
1/2 teaspoon salt (optional)
dash of pepper

Preheat oven to 350E. Layer onion, tomato, and zucchini in a 2-quart casserole dish that has been sprayed with a non-stick coating. Sprinkle each layer with seasonings.

Bake for 30–45 minutes, depending on how soft you want the vegetables.

BASIL TOMATOES

The addition of basil gives an excellent flavor to fresh tomatoes.

2 cups tomatoes, diced or sliced
1 teaspoon dried basil
1 teaspoon chopped garlic
1/2 teaspoon salt (optional)
1/8 teaspoon pepper

Mix ingredients and let sit at room temperature at least 1 hour. Serve plain or on a lettuce leaf.



National HIV Testing Day

**Rapid
HIV
Testing**

FREE INFORMATION & FREE GIVEAWAYS

Dollar General Market

550 US 98

Port St. Joe, FL 32456

Thursday, June 30th

10:00am-2:00pm est

NO APPOINTMENT NECESSARY

For more information
please contact
850-872-4455 ext 1182





Mosquito Bite Protection in Florida

FloridaHealth.gov • Florida Department of Health

Not all mosquitoes are the same. Different mosquitoes spread different diseases and bite at different times of the day. Some mosquito species bite during the day, such as those mosquitoes that can spread chikungunya, dengue and Zika viruses. Other species of mosquitoes bite most often at dawn and dusk, including those that can transmit West Nile virus.

Mosquitoes can live indoors and will bite at any time, day or night.



Use Environmental Protection Agency (EPA)-registered insect repellents

Wear repellent when you are outdoors. Use products with active ingredients that are safe and effective.

- Always follow the product label instructions.
- Do not spray repellent on skin under clothing.
- If you use sunscreen, put sunscreen on first and insect repellent second.
- It is safe for pregnant or nursing women to use EPA-approved repellants if applied according to package label instructions.
- Learn more: www2.epa.gov/insect-repellents.



USE INSECT REPELLENT WITH ONE OF THESE ACTIVE INGREDIENTS



BRAND EXAMPLES*
Overseas brand names may vary.

DEET →→

Off!, Cutter, Sawyer, Ultrathon

Picaridin (KBR 3023), Bayrepel and icaridin →→

Skin So Soft Bug Guard Plus

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) →→

Repel

IR3535 →→

Skin So Soft Bug Guard Plus Expedition, Skin Smart

Higher percentages of active ingredient=longer protection

If you have a baby or child:

- Always follow product instructions when applying insect repellent to children.
- Spray insect repellent onto your hands and then apply to a child's face.
- Do not apply insect repellent to a child's hands, mouth, cut or irritated skin.
- Do not use insect repellent on babies younger than 2 months.
- Dress babies or small children in clothing that covers arms and legs.
- Cover cribs, strollers or baby carriers with mosquito netting.



Cover up with clothing

- Wear long-sleeved shirts and long pants.
- Mosquitoes can bite through thin clothing. Treat clothes with permethrin or another EPA-registered insecticide for extra protection.



Use permethrin-treated clothing and gear.

- Permethrin is an insecticide that kills mosquitoes and other insects.
- Buy permethrin-treated clothing and gear (boots, pants, socks, tents), or use permethrin to treat clothing and gear—follow product instructions closely.
- Read product information to find out how long the permethrin will last.
- Do not use permethrin products directly on skin.

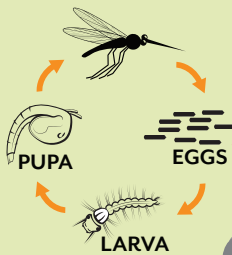
www.cdc.gov/features/StopMosquitoes

* The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.

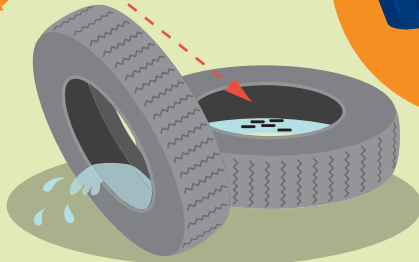
Keep mosquitoes **outside**



Stop mosquitoes from **breeding**



Mosquitoes breed by laying eggs in and near standing water.



As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply.

At your house or business:
Put away items that are outside and not being used because they could hold standing water.



In your garden:
Keep flower pots and saucers free of standing water. Some plants, such as bromeliads, hold water in their leaves—flush out water-holding plants with your hose once a week.



Around all buildings:

At least once a week, empty, turn over or cover anything that could hold water:

- tires
- buckets
- toys
- pools & pool covers
- birdbaths
- trash, trash containers and recycling bins
- boat or car covers
- roof gutters
- coolers
- pet dishes

