



**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.

**WELLNESS NEWSLETTER AUGUST 2015**

**SAVE THE DATE**

**August 20, 2015 at 9 a.m.**

108 Island Drive, Eastpoint



**Apalachicola National  
Estuarine Research Reserve  
Wellness Walk**

Join State Surgeon General and Secretary of Health Dr. John Armstrong, county health officials and community partners as we highlight health successes in Franklin County and explore the natural beauty of the estuary.

**Want to be part of the 'Health in All Places' tour? Come WALK with us!**

**Join community partners and fitness challenge participants for a relaxing trail walk on August 20<sup>th</sup> at 9:00 am EST.**

**Please contact 850-653-2111 x 119 to learn more about this opportunity. There is no cost associated with this event.**



This August, the Florida Department of Health in Franklin County (DOH-Franklin) is celebrating National Breastfeeding Awareness Month.

Franklin County is working to promote breastfeeding as a vital health activity and encourage breastfeeding-friendly work places and communities.



**Want to improve the health of your community?**

Join the first Community Workshop! We are working to gain insight into what you—**the community members**—think is most important for our overall health.

**When:** August 25, 2015, 9:00am-12:00pm EST

**Where:** Florida Department of Health in Franklin County—  
Apalachicola location— 139 12th Street

# National Immunization

## Awareness

### Month



Immunization helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and pneumonia adults need to get their shots just like kids do.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

#### HOW CAN NATIONAL IMMUNIZATION AWARENESS MONTH MAKE A DIFFERENCE?

We can all use this month to raise awareness about vaccines and share strategies to increase immunization rates with our community. Here are a few ideas:

- ♦ Talk to friends and family about how vaccines aren't just for kids. People of all ages can get shots to protect them from serious disease.
- ♦ Encourage people in your community to get the flu vaccine every year.
- ♦ Invite a doctor or nurse to speak to parents about why it's important for all kids to get vaccinated.

For more information please visit: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

## Help Us Reach 500 Surveys!

Don't miss this opportunity to have your voice heard! Please fill out a survey today!

This project will enhance our community workshops.

Please take a moment (about 7 minutes) to fill out our survey, by using the link provided.

Most importantly, ***pass this along to your co-workers, family and friends!***

The information gathered in the surveys will guide our future efforts to promote community health. We need as many responses as possible, in order to better ***understand*** and ***serve*** you, our community!

#### Survey Link:

<http://tinyurl.com/Franklin2015>

**Press CTRL and Click to complete the survey!**

**Thank You!**



## FITNESS CHALLENGE UPDATE

**One more weigh-in to go!**

**Final weigh-in August 28th, 2015**



We are excited to announce that our **School Health Team** will be implementing a program called **5-2-1-0** this school year!

**5— Fruits and Veggies a Day**

**2— Hours or less of Screen Time**

**1— Hour or more of Physical Activity**

**0— Sugary Drinks**

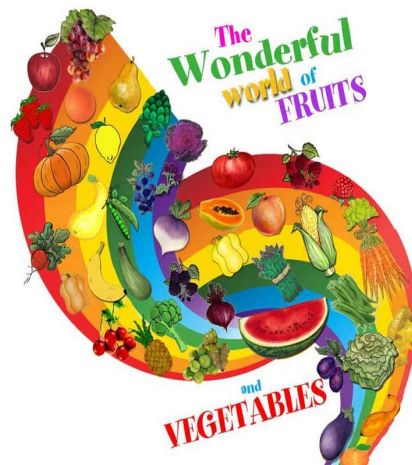
Great family resources about  
this program are coming  
your way!



We would like to wish the following  
staff a very Happy Birthday!

Rhonda Wilhite      8/7

Ellie Tullis      8/23



The DOH-Franklin/Gulf **Closing the Gap** Program  
will be hosting **healthy cooking demonstrations**

at the **Piggly Wiggly Grocery Store** in August!

Be sure to check out the healthy recipes and  
enjoy a delicious sample!

**August 12th 2:00-4:00 pm EST.**



**HealthiestWeight**