



The Pulse

Florida Department of Health, Palm Beach County's Newsletter

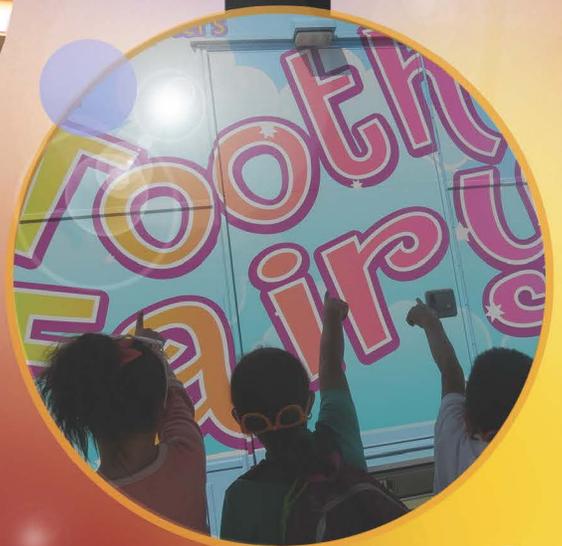
To be the Healthiest State in the Nation

Volume 11 - Issue 4

FALL 2014



Giving Thanks & Working Together this Holiday Season



ALSO INSIDE:
Acquired Chikungunya
Flu and You
Breast Cancer Awareness
World AIDs Day



From the Director

As the Holidays approach let's give thanks for all that we have and all that we are. Let's celebrate the cultural difference that makes each one of our lives so rich and diverse. Like the boy in the story below, sometimes people look at us and ask why do you do what you do? All of us working in Public Health know that what we do makes a difference in our communities. We protect, promote and improve the health of all people in our county. Maybe some folks do not understand exactly what we do; however, they do have a very high standard of what they expect from our Health Department in Palm Beach County.



To those to whom much has been given, much more is expected. That could not ring more true today than any other time in our history. I applaud each and every one of you for throwing that one starfish back into the sea. He may be a newly diagnosed HIV patient, a homeless, domestic battered mother with a baby girl in her arms, a grandmother with breast cancer, a fifteen year old pregnant for the first time, someone with an oral abscess or a new immigrant going for her first PAP smear. You hold their hands and comfort their fears. You smile and tell them, "It's all going to be ok." They may come to us for a birth certificate or death certificate, a permit or a new licensee, sometimes a complaint and once in a while, to say thank you. We are here for all of them.

Happy Holidays,

Alina Alonso, M.D.
Director

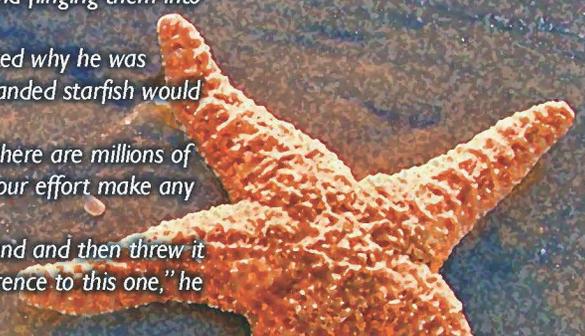
The Starfish Story

As the old man walked the beach at dawn, he noticed a boy ahead of him picking up starfish and flinging them into the sea.

Finally catching up with the boy, he asked why he was doing this. The answer was that the stranded starfish would die if left until the morning sun.

"But the beach goes on for miles and there are millions of starfish," said the old man. "How can your effort make any difference?"

The boy looked at the starfish in his hand and then threw it safely into the waves. "It makes a difference to this one," he said.



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Happy and Healthy Holidays!

The holidays are quickly approaching and no matter how you choose to celebrate one thing is always on our mind: weight gain during the holidays! Celebrating with friends and attending family holiday gatherings and outings can increase our beverage and food consumption. According to the National Institutes of Health 51% of our annual weight gain is during our holiday celebrations on average 1-2 pounds. While not a large weight gain at first, over the years it can accumulate and may cause health problems. So, what can we do to prevent the weight gain but enjoy time with friends and family?

During the holidays this year don't skip meals; this can lead to overeating later in the day. Start with breakfast and continue with your snacks and meals keeping them smaller if you want to eat more later. Eating high fiber foods can also help keep us feeling full. Fruits, vegetables, legumes and whole grains are high in fiber and snacking on these foods will help you feel full but not add on extra calories.

It is also helpful to watch your portions. Try picking a plate that holds a smaller portion. If you are at a buffet, fill your plate with vegetables and salad and then head to the entrees or if you are going to a party take a healthy dish. If you have the choice, select the low-fat dressing, mustard before mayonnaise and white meat before dark meat. You can enjoy your holiday favorites but in smaller portions. If you do overeat, it is okay, but go light on your next meal.

If you plan to have an adult beverage at your party start with a non-alcoholic and calorie-free drink. This will help you satisfy

your thirst before indulging. Keep in mind moderate consumption is defined as one drink per day for women and two drinks per day for men. The more alcoholic drinks

you consume the more likely

you are to overeat. If you do plan to drink, make sure you have a designated driver to keep everyone safe.

Making healthy choices can help us maintain or minimize weight gain, while staying healthy and feeling good about ourselves. Make sure you stay realistic- don't try to lose weight, rather maintain your weight and try to include time for exercise most days.

For more information visit: www.eatright.org or contact a Registered Dietitian within the Florida Department of Health Palm Beach County. Happy Holidays!

Resources:

<http://www.ncbi.nlm.nih.gov/pubmed/11206847>

<http://www.eatright.org/Public/content.aspx?id=11644&terms=alcohol%20and%20holidays>

http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html



Volunteer Health Services Annual Thanksgiving Give-Away

Volunteer Health Services will bring warm smiles and thankful hearts to at least 235 Palm Beach County Families this year during their Annual Thanksgiving Give-Away from November 17, through November 21, 2014.

Volunteer Services partnered with Glades Healthcare Foundation, CBS 12's Project Thanksgiving, Channel 5's Food for Families and a host of community partners. Families from Delray Beach, Lantana/Lake Worth, Greenacres, West Palm Beach, Jupiter and Belle Glade Health Centers will participate in this year's Thanksgiving event.



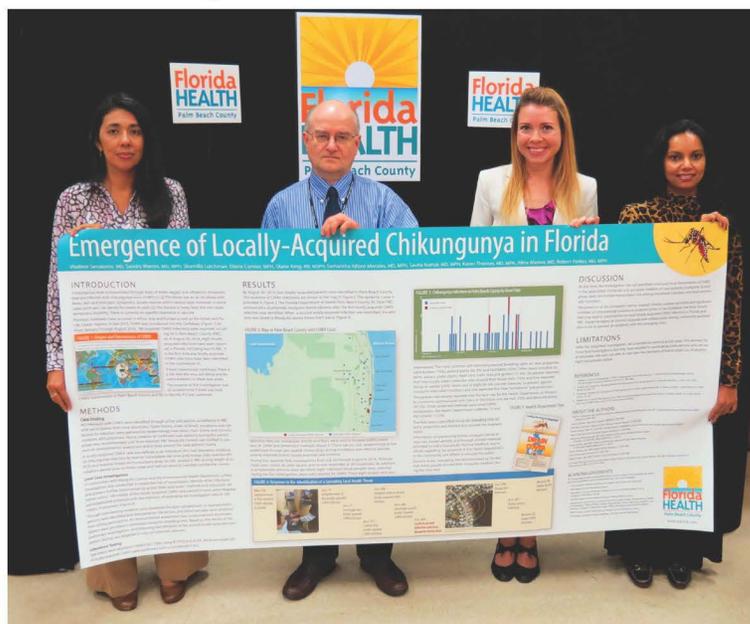
Poster Presentation: “Emergence of Locally-Acquired Chikungunya in Florida”

The Florida Department of Health in Palm Beach County became one of the first counties in the continental United States to identify a locally-acquired chikungunya fever (CHIK) infection. By mid-August, four locally-acquired cases were identified and a total of 11 have been identified in the state of Florida. No other states have reported a locally-acquired CHIK infection.

The epidemiology program immediately initiated a response. Starting in July, members of the Epidemiology Division, Environmental Public Health, Preventive Medicine/ Public Health Medical Residents and the Medical Reserve Corps visited a total of 78 households on four separate field investigations in three different cities in Palm Beach County. Epidemiology team members, Diana Connor and Shamilla Lutchman, along with medical residents, Dr. Vladimir Senatorov and Dr. Sandra Warren, documented the research and public health response by creating a poster which was submitted and accepted to the James J. Byrnes, MD Poster Symposium Competition at the Future of Medicine Summit VIII on October 9, 2014.

This Summit is held by the Palm Beach County Medical Society which has incorporated a poster symposium for the last three years. These four members presented the work and were honored by receiving third place in the research category for the poster “Emergence of Locally-Acquired Chikungunya in Florida”.

Remember to Fight the Bite!



Public Health Collaborates with Pharmacy

Collaboration and success initiatives involving Florida Department of Health in Palm Beach County from the 2009-2010 H1N1 pandemic is still being recognized today. The October 2014 article in *The Nation's Health*, a publication of the American Public Health Association, highlights the department's work in reaching out to the pharmacies and pharmacists in order to aid in getting the community vaccinated. Further, the article speaks on our efforts to provide education regarding influenza prevention, and to keep the doors open for future collaboration with pharmacists. Other key advocates for pharmacy collaboration are quoted in the article that includes pharmacists in public health. This pharmacy initiative has been recognized in several other articles and publications; great work DOH-Palm Beach.

How to Practice Good Dental Health

Your body cannot truly be healthy if your teeth and gums are not healthy. Why, you ask?

The answer is simple – the same blood that travels through your body from the hair on your head, through your heart, lungs, and down to your toes, also passes through your teeth and gums! There are tiny blood vessels and nerves in your teeth. If teeth are decayed and your gums become infected, the blood carries it throughout the entire body.

How can we all have healthy gums and teeth?

- **BRUSH** twice a day with fluoridated toothpaste. Once in the morning to start out germ free and fresh, and at night so food debris doesn't feed the germs while you sleep.
- **FLOSS** once a day. Your toothbrush can't get between your teeth to get out the germs that hide there.
- **LIMIT** intake of sugars. Every time you eat or sip sugary foods or drinks, the sugars begin to breakdown the enamel on your teeth.
- **CHECK UPS** every six months. This is important to help catch the problems before they get BIGGER.



We Can Keep Communities Safe if Ebola Happens in Florida

FloridaHealth.gov • Florida Department of Health

Could YOU have Ebola?

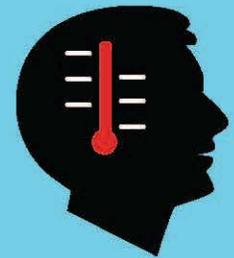


- Have you traveled within the last 21 days to **Guinea, Liberia, Sierra Leone or Mali** and/or touched a person with Ebola? Do you also have a fever?

IF SO:

- **CALL** your health care professional or local emergency room.
- You may be hospitalized and tested. If you test positive for Ebola, you will stay in the hospital and be kept safe in isolation for treatment.

Does SOMEONE YOU KNOW have Ebola?



- Did you touch someone with Ebola and active secretions (saliva, sweat, vomit, diarrhea or blood)?

IF SO:

- **CALL** your local county health department immediately.
- You may be asked to stay home and be monitored by health care professionals for a 21-day period.

Do you live in a COMMUNITY where a person is being treated for Ebola?



- Stay calm.
- People who have been exposed to the Ebola virus are at home and being monitored by health care professionals.
- Reduce your exposure to all viruses: wash your hands often with soap and water.

Do you work in a HEALTH CARE FACILITY treating a person with Ebola?



- Practice infection control guidelines.
- Follow warning signs posted outside of patient rooms.
- If caring for the patient:
 - Follow all instructions for donning and doffing personal protective equipment.
 - Wear water-impermeable protection from head to toe, to include: a gown, leg-high covers or boots, hat, face mask, face shield and double gloves.
 - No skin should be exposed.

Local county contact information can be found at FloridaHealth.gov.

The Flu and YOU!

FLU FACTS:

6.6 million – Estimated number of influenza associated illnesses, prevented by Flu vaccination last year. Equivalent to the population of Arizona!

3.2 million – Estimated number of flu-associated medical visits prevented by Flu vaccination during last season. More than the number of passengers on 1,067 mega cruise ships!

79,000 – Estimated number of flu hospitalizations prevented during last season.

The Flu virus is circulating now, infecting children and adults! As Flu season begins, it is important that you protect yourself and your family against this virus. The solution is easy. Get Vaccinated. The Flu vaccine is the first and most important step in protecting against Flu viruses. You even have some choices with the type of vaccine:

- Healthy children and adults, aged 2-49, can take the FluMist, the live intranasal vaccine, and it protects against all 4 types of circulating flu strains.
- For pregnant women, children aged 6 months and older, and anyone with any chronic disease, the inactivated vaccine injection is available, which protects against either all four (quadrivalent) or three predominant (trivalent) strains.
- For adults, aged 18 to 64, the intradermal vaccines offers trivalent Flu protection with a very small needle and absorption by the intradermal tissue.
- For adults aged 65 +, the High Dose vaccine is available.

The vaccine is available through your primary care provider, your local Health Department, or at many pharmacies and medical walk-in facilities. Protect yourself today! If your child received the FluMist during our recent school flu program, make sure you let the medical provider know, so they can have it for their record. If not, it's still the right time to get your child the vaccine. Remember, it takes 2 weeks to build up immunity.

HELPFUL HINTS TO STOP THE SPREAD OF FLU

1. Avoid close contact
2. Stay home when you are sick
3. Wash your hands
4. Cover your mouth and nose when you sneeze or cough
5. Avoid touching your eyes, nose and mouth
6. Get Vaccinated

Healthy Schools Teach Flu a Lesson Update

For many years the CDC has recommended that everyone age 6 months and older receive yearly influenza vaccine. Every year thousands of children miss valuable time in the classroom because of flu. This year, during late September and early October, students attending public, charter and alternative schools in Palm Beach County could "Teach Flu a Lesson". Healthy Schools LLC partnered with the Florida Department of Health in Palm Beach County and the School District of Palm Beach County to provide teams of nurses to administer "FluMist", the nasal influenza vaccine, to school children. Healthy Schools LLC also provided vaccines to staff and faculty at these schools. The final numbers are still being recorded but the response was excellent. Numerous students and staff have protected themselves and their campuses from the flu. Remember to KEEP WASHING YOUR HANDS OFTEN WITH SOAP AND WATER.

Breast Health Awareness

Early detection is very important to finding breast cancer early. It is also important to know your personal risk factors, and dispel the myths by getting the facts.

Breast Self-Awareness Messages

1. Know your risk

Talk to your family to learn your family health history. Talk to your health care provider about your personal risk.

2. Get screened

Have a clinical breast exam by a health care provider starting at age 20, and every year starting at age 40. Have a mammogram every year starting at age 40. Ask your health care provider about which screening tests are right for your personal risk.

3. Know what is normal for you

Know how your breasts look and feel. If you notice any changes, please see your health care provider.

4. Make healthy lifestyle choices

Healthy lifestyle choices may reduce the risk of some types of breast cancer. These include:

- Maintaining a healthy weight
- Being physically active
- Limiting alcohol intake
- Limiting menopausal hormone use, and
- Breastfeeding, if you can

Resources:

Florida Department of Health, Breast and Cervical Cancer Early Detection Program
<http://www.floridahealth.gov/diseases-and-conditions/cancer/breast-cancer/bccedp.html>

American Cancer Society
 1-800-ACS-2345
www.cancer.org

Susan G. Komen®
 1-877 –GO KOMEN
 (1-877-465-6636)
www.komen.org

WORLD AIDS DAY DECEMBER 1, 2014

The World Health Organization and the United Nations first declared December 1st as World AIDS Day over 25 years ago. During that time much has been done to create awareness, save lives and slow the spread of the disease.

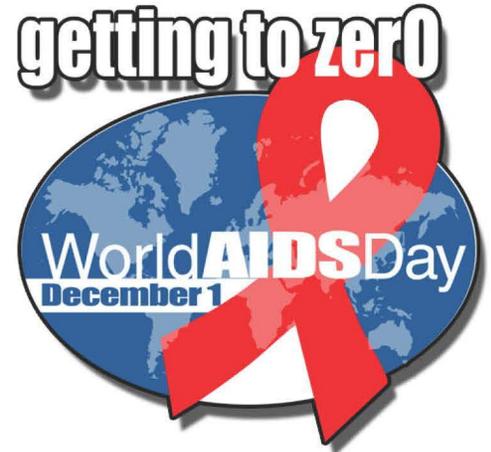
“While advances in the treatment of HIV and AIDS continue, there is still much work to be done,” said Florida Department of Health in Palm Beach County Director, Alina Alonso, M.D. “The number of new AIDS cases has declined over the last several years. But, it’s important to remember, people are still being diagnosed with the disease every day in our county and throughout Florida. Someday, by working together, that number will become zero.”

In Palm Beach County there are almost 8,000 people living with HIV/ AIDS. However, the consensus among HIV/AIDS educators and medical providers is that number is likely 20% greater. Dr. Alonso added, “We are encouraging everyone to get tested. A person who knows their status can get life prolonging care and by knowing, can help stop the spread of this acquired disease.” Free testing events, memorials to those who have died, and candlelight vigils will take place throughout

the world in honor of World AIDS Day.

Florida Health Palm Beach County Health Centers located in Delray Beach, Lantana, West Palm Beach and Belle Glade will all be offering free testing and counseling for the event and throughout the year.

Other organizations like COMPASS, FoundCare, Community Health Centers, CAP, Genesis Health Center and numerous other clinics, and medical practitioners will all be participating. Further information can be obtained on the web at www.Floridahealth.gov



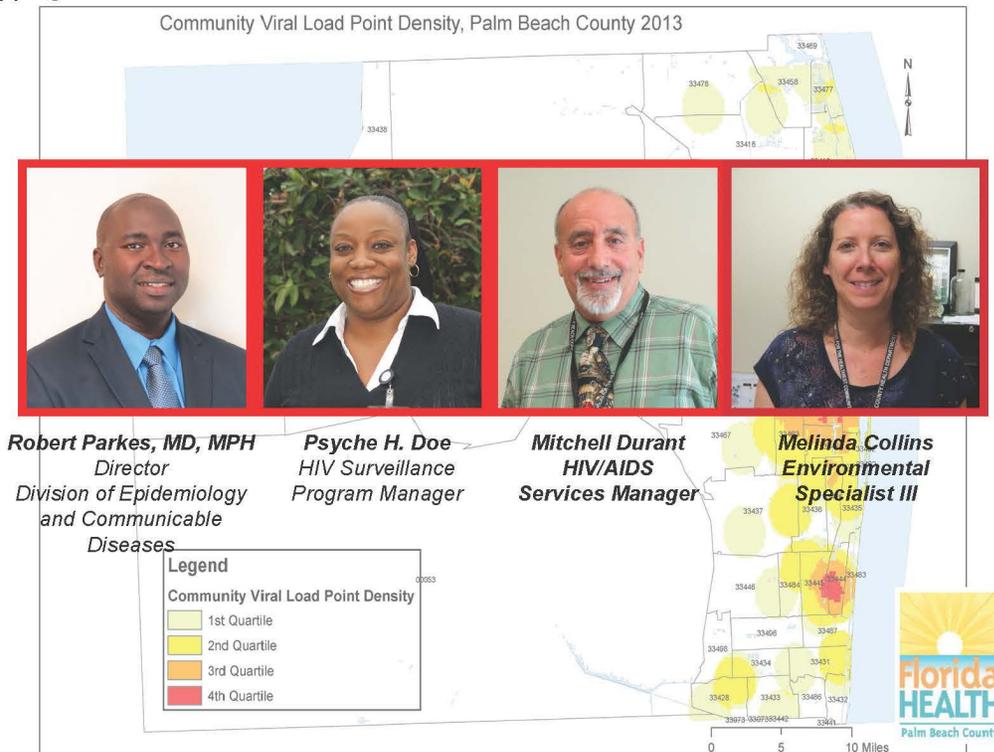
GIS EXPO 2014- Mapping HIV

County Department of Community Services partnered together to present an abstract entitled “Density mapping shows a correlation of elevated community viral loads and new HIV infection in Palm Beach County.” The abstract was presented during the 2014 South Florida GIS Expo at the Palm Beach County Convention Center.

The use of Geographical Information System (GIS) to create density maps improved upon past practices that limited mapping HIV disease incidence by zip code boundaries. Density mapping provides a more accurate description of the HIV disease and identifies changes in geographical concentration and distribution of HIV disease in Palm Beach County.

Preliminary analysis of the results show that areas with high density of persons living with HIV disease were positively correlated with new HIV infection diagnosis. Both agencies will use this data to develop a more concise strategic

HIV prevention plan and encourage collaboration with other community organizations. Enhancing resource allocations that link clients to HIV care will aid in reducing the community viral load and HIV incidence.



Florida Health Palm Beach County Building receives “Energy Star” Rating from EPA

The Environmental Protection Agency (EPA) has recognized the Florida Department of Health in Palm Beach County building for the second year in a row. The Administrative Complex located at 800 Clematis Street, West Palm Beach; FL is the proud recipient of EPA’s “Energy Star Building Award.” This building has been identified as one of America’s energy allstars and is also the only State Building in Florida to be recognized this year. Local Government buildings in Hillsborough and Manatee also received this award for 2014.

Further, the Energy Star Building award is presented to facilities that use 35 percent less energy and generate 35 percent fewer greenhouse gas emissions than similar buildings in the nation. This building is now listed on EPA’ ENERGY STAR registry at www.energystar.gov/submitprofile.

The building was constructed in 2009 and is owned and managed by the State of Florida. This energy efficient building was designed with many windows to allow natural light into the rooms. The impact resistant windows were installed with a slight film to reduce heat gain from direct sunlight. T8 lamps and occupancy sensors were installed throughout the building and in the stairways. The main floor men’s restrooms have waterless urinals to reduce water consumption.

Environmental Public Health Department – Indoor Air Program manager and the building manager decided to implement energy efficient strategies to further reduce energy cost and the building’s greenhouse footprint. As part of our EPA Air Grant Commitment to promote energy efficient projects, the energy management team decided to begin benchmarking using Energy Star Portfolio Management Program.

Also, in order to improve energy efficiency the energy management team purchased and installed energy efficient blinds further reducing the building’s heat gain from direct sunlight. The team then focused on the HVAC system. The building manager implemented an HVAC energy management protocol. This protocol consists of changing HVAC filters monthly, regular system optimization, as well as adjusting the dampers. Information Technology department implemented various energy



saving policies, by only purchasing energy star approved equipment and installing power down features on all existing computers.

The administration building was able to maintain an ENERGY STAR Energy Performance Rating score at or above the required 75 points which has resulted in the department receiving the Energy Star Award again in 2014.

More information can be obtained by contacting Florida Health Palm Beach County, Environmental Public Health.



In recognition of superior energy performance, the U.S. Environmental Protection Agency awards the ENERGY STAR® to

Florida Department of Health - Palm Beach County (800 Clematis)

2014



United States Environmental Protection Agency



Jean Lupinacci
Director, ENERGY STAR Commercial & Industrial Branch

October 24, 2014

State

Buildings that earn EPA’s ENERGY STAR use 35 percent less energy and generate 35 percent fewer greenhouse gas emissions than similar buildings across the nation.

Services Provided

Florida Health Palm Beach County is a service organization responsible for the health of over a million residents in Palm Beach County.

The many and varied core programs include disease prevention and control, environmental public health, school health and health education. In addition, the department shares responsibility for primary care of the medically indigent population of the county with the Health Care District of Palm Beach County and private sector by providing millions of services annually through seven health centers.

Florida Health Palm Beach County has served as the model agency for the State of Florida and many other states throughout the country. For over 60 years it has led the way with innovative programs that include:

- ❖ Immunizations for children
- ❖ Parental education in child care from pregnancy to birth and beyond
- ❖ Monitoring the land, air and water
- ❖ Monitoring and testing for potential epidemics

The future holds many unknowns, but Florida Health Palm Beach County will be there to serve your needs.

HEALTH ACCESS DIVISION (561) 671-4036

EPIDEMIOLOGY & COMMUNICABLE DISEASE (561) 671-4184

ENVIRONMENTAL PUBLIC HEALTH (561) 837-5900

COMMUNITY & SCHOOL HEALTH (561) 671-4161

MATERNAL CHILD HEALTH (561) 671-4140

STD/TB (561) 803-7362

IMMUNIZATIONS (561) 840-4568

NUTRITION SERVICES (561) 671-4089

OFFICE OF EMERGENCY PREPAREDNESS (561) 671-4014

PREVENTIVE MEDICINE/PUBLIC HEALTH RESIDENCY PROGRAM (561) 837-5165

DENTAL PUBLIC HEALTH (561) 837-5560

VITAL STATISTICS (561) 837-5841

WIC (561) 357-6007

APPOINTMENT LINE

1-855-GET-APPT (438-2778)

(561) 625-5180

Health Centers



Delray Beach Health Center



225 South Congress Avenue
Delray Beach, FL 33445
(561) 274-3100

C.L. Brumback Health Center



38754 State Road 80
Belle Glade, FL 33430
(561) 996-1600

Jupiter Auxiliary Health Center



6405 Indiantown Road
Jupiter, FL 33458
(561) 746-6751

Lantana/Lake Worth Health Center



1250 Southwinds Drive
Lantana, FL 33462
(561) 547-6800

Northeast Health Center



851 Avenue "P"
Riviera Beach, Florida 33404
(561) 803-7362

West Palm Beach Health Center



1150 45th Street
West Palm Beach, FL 33407
(561) 514-5300

Pahokee-Glades Health Center



1839 East Main Street
Pahokee, Florida 33476
(561) 924-4500

Florida Health Palm Beach County Main Phone Number
(561) 840-4500