



The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 12 - Issue 2

Spring 2015

Healthiest Weight

tools:

my healthy weight

set goals

my Florida plate

eat your colors

small steps

big rewards

move more, sit less



Sun's Up So Don't Forget to Cover Up

ALSO INSIDE:
 Live and Play Tobacco Free
 County Health Rankings
 Norovirus Update
 Be Prepared with Red Cross Shelter Map

From the Director

Director's Pledges

For the Spring Issue of The Pulse, I have decided to step back from my usual writing style and recognize one of my employees, Andy Edwards, who has a remarkable story to share about his successful weight loss.

Florida Health Palm Beach County strongly supports "Healthiest Weight Florida" which is a public private collaboration bringing together state agencies, not for profit organizations, business and entire communities to help Florida's children and adults make consistent informed choices about healthy eating and active living. Be sure to visit www.healthiestweightflorida.com to learn more about being active and making nutritious food choices. And now...here's Andy's story in his own words.



Alina Alonso, M.D.
Director

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THE MAN ALMOST KILLED BY A CHEESEBURGER!

It was New Year's Eve 2013 that I began evaluating where I stood in the scheme of my overall health. I started with my age, 50, not so bad I thought. Height 6' 3" and weight, 251 pounds, pretty good if I were playing in the NFL. But, my overall BMI was 31.4 and my waist was 48" hardly numbers for an athlete. I also realized I was wearing XXXL clothes that camouflaged how bad it was, I was obese. Oh yeah, I was suffering from chronic high blood pressure, a condition that killed my father and uncle at 60 years old. My cardiologist said I may not see age 60 at my current rate.

As a former athlete, at one time, I was put on a weight gain program to bulk up for the season; how'd I wind up here? Easy, years of office work, stress eating, all you can eat buffets, nightly Manhattans and love for anything fried. Fried okra? All you can eat Cuban? Super-size it? Yes please! Exercise and a healthy diet --- I'll get to it one day.

What is hard to understand is why I kept ignoring all the warning signs of being overweight and the Health Department's message regarding maintaining a healthy weight. Why ignore that even on medication your BP was often in the danger zone? Leading my cardiologist to frustratingly say "It's a very simple solution; lose weight and exercise!"

The signs were everywhere. I remember the Executive Leadership Team meeting involving a discussion about non-compliant clients. Dr. Alonso commented, there are lots of people that are aware of diabetes and high BP yet do nothing about it. Did she just call me out? My friend's comment that he couldn't believe one of the best athletes he knew was going to be taken out by a cheeseburger; referencing a brief BP related emergency room visit in 2012. There was also an embarrassing moment walking into the health clinic with a bag of McDonalds (the double quarter pounder not the grilled wrap) and a local police officer who commented, "Here's the Department of Health guy with McDonalds." What a good example, right? And worst of all was my brother's new nickname for me, fat boy!

Back to New Year's Eve 2013. As per usual, that evening my wife and I ordered take out (for me chicken wings, fries and, of course, don't forget the cheesecake) only this year was different with deep indigestion and generally feeling horrible

I couldn't even eat. Upon waking New Year's Day, I jumped on the scale and measured my waist. It couldn't be true - 251 lbs. with a 48" waist. Then and there I said to my wife, "I'm not living like this anymore. The diet starts today and we're joining the gym."

We joined the gym and started a workout regimen. Initially we were working out six days a week. We started a balanced 2,000 calorie a day diet; cutting out my beloved bread, fried foods, ice cream, sweets and of course nightly Manhattans. Starting out at the gym, it was tough being the out of shape guy; but one must persevere and realize you're here for your health not what others think. Putting ego aside and slowly building up, my hard work and healthy diet paid off. Within three months I was off the BP medications and by November 2014 my weight was 183 lbs. with a 32" waist; a 68 pound loss and back at high school weight. One of the gym exercise regulars even asked me to give him a spot. I was back!

The gym has replaced food as a stress relief; going four to five times a week for 1.5 hours sessions. Since the gym is nearby, I started walking to the gym. Why take the car when a 13 minute walk gets you there and provides an opportunity for cardio? At work I use the stairs and park in the farthest parking space. I am now able to climb the five flights at 800 Clematis with ease. Protein bars have replaced Snickers and M & Ms. My vegetarian daughter introduced me to some wonderful meatless dishes (not fried). Who knew?

Making diet and exercise a priority my weight maintains between 180 – 184 lbs. My BP is consistently below 120/80. Wow! My cardiologist was right - it's simple. Since reaching my goal, to help ensure I keep a healthy diet, I allow one cheat day a week to prevent any cravings for the old eating habits, even allowing one of my old favorites, a peanut butter and banana sandwich. However, 86 the bacon and mayo. My goal is never going back to being overweight; ideally never above 184 lbs. And of course never again being the group fat boy or the man almost killed by a cheeseburger. Could something so simple have prevented my father and uncle's death? It's sad to think about it, maybe yes.

Andy Edwards
Health Center Administrator, Florida Health Palm Beach County





SunFest

Giddy teenagers anxiously maneuver through the crowd in anticipation of their favorite music act. A line of approximately ten families waits patiently for their turn to spin the Tobacco Free Florida wheel while others play a fun (but competitive!) game of corn hole. Runners stretch and warm up, looking forward to a fun run along the intra-coastal. It's once again time for SunFest, the largest waterfront music and art festival in the Southeast, and a prime opportunity to educate our community about Tobacco Free Florida.

Tobacco Free Florida Palm Beach County serves as a Supporting Sponsor of SunFest

2015, and this year was also the Title Sponsor for the TGi5k. During SunFest 2015, our program distributed materials on tobacco prevention, the Florida Quitline's 3 Ways to Quit Program, and secondhand smoke to thousands of individuals. Of special highlight were the 15 individuals who came to our booth to say "Thank you" for helping them or a loved one quit using the 3 Ways to Quit Program. Before Kaskade's Friday night performance, a :30 second Students Working Against Tobacco (SWAT) recruitment video was played on the Jumbotron. Our program was one of only eight companies to have an ad in the official SunFest



Program. Seven SWAT youth, one University of Miami intern, School Board Member Erica Whitfield, and Tobacco Free Florida Palm Beach County Coordinator Janiece Davis ran the 5k as part of the Tobacco Free Florida Palm Beach County

team. The run was a perfect opportunity to enforce the message of integrating a tobacco free lifestyle as part of a fitness regimen.

Increasing our program's visibility is not the only reason we serve as sponsors of SunFest. Our continued sponsorship has resulted in a board policy that prohibits tobacco industry sponsorship or vendors. This policy was amended in 2014 to include prohibiting electronic nicotine delivery system vendors (such as E-lectronic cigarettes) from becoming a sponsor or a vendor. This policy helps reduce tobacco's presence in our community, and will assist with our efforts to limit underage youth's exposure to tobacco industry marketing and products.

About Us: *Tobacco Free Florida Palm Beach County is the local Tobacco Free Florida affiliate and is housed at Florida Health Palm Beach County. Our Program is funded from the Florida Tobacco Settlement and we receive direction from the Bureau of Tobacco Free Florida and the Tobacco Advisory Council. Tobacco Free Florida focuses on preventing initiation of tobacco products, eliminating secondhand smoke exposure, and increasing cessation through policies and systems change. Learn more at www.tobaccofreeflorida.com*



County Health Rankings

The Florida Department of Health in Palm Beach County recognizes the value in measuring health outcomes and acknowledged the sixth annual County Health Rankings & Roadmaps tool released by the University of Wisconsin and the Robert Wood Johnson Foundation. This study highlights the many community factors that influence health and uses established data, much of which is available from the department at www.floridacharts.com.

“There is always room for improvement and we remain committed to moving health forward in Palm Beach,” said Palm Beach County Health Director Alina Alonso, MD. “We are very pleased that through the collaboration of our many local partners that Palm Beach County continues to be in the top 10 of healthy communities in the State.”

These rankings are a snapshot of the health of counties across the country and they emphasize that health is not a singular effort but a combined work in progress across all community partners. The department works in collaboration with local governments, non-profit organizations, health care facilities, business groups, schools, faith-based organizations and many other stakeholders to improve the health of all people in Palm Beach County. These rankings use data related to physical environments, social and economic factors, health behaviors and clinical care.

For the complete report go to www.countyhealthrankings.org.

County Health Rankings & Roadmaps Building a Culture of Health, County by County

Palm Beach County

	Rank of 67 Counties
Health Outcomes	10
<i>Length of Life</i>	8
<i>Quality of Life</i>	21
Health Factors	10
<i>Health Behaviors</i>	4
<i>Clinical Care</i>	13
<i>Social & Economic Factors</i>	27
<i>Physical Environment</i>	24

Norovirus In Our Community

It can infect many in a very short time

Outbreaks

Epidemiology investigators have been very busy over the past few months in their attempts to track and confirm norovirus outbreaks at two local schools and at least five assisted living facilities. Specimens later confirmed norovirus at both schools and three of the five assisted living facilities.

Overview

Norovirus is very infectious and is spread from an infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes gastrointestinal symptoms; stomach pain, nausea, vomiting and diarrhea. Any person can be infected with norovirus and get sick. An individual can have norovirus illness many times in their life. The illness can be serious, especially for young children and the elderly.

Norovirus is the most common cause of acute gastroenteritis in the United States. Annually, it causes 19-21 million illnesses and contributes to 56,000-71,000 hospitalizations and 570-800 deaths. Norovirus is also the most common cause of foodborne-disease outbreaks in the United States (Center for Disease Control & Prevention, 2015).

Infection Control Measures

- Practice proper hand washing and general cleanliness.
- Carefully wash fruits and vegetables before preparing and eating them.
- Cook shellfish thoroughly before eating them.
- Food that might be contaminated with norovirus should be thrown out.
- Handle soiled items carefully without agitating them.
- Wear rubber or disposable gloves while handling soiled items.
- Do not prepare food for others or provide healthcare while you are sick and for at least 3 days after symptoms stop.
- Use a chlorine bleach solution to clean and disinfect contaminated surfaces.
- Reporting of outbreaks are critical for identifying the cause of the outbreak.

Reference

Center for Disease Control & Prevention. (2015). Norovirus. Retrieved from, <http://www.cdc.gov/norovirus/>

“Be Prepared”

Welcome to “Hurricane Season”, as your new Emergency Preparedness Manager I would like to share a few tips with you, so that we can all be prepared.

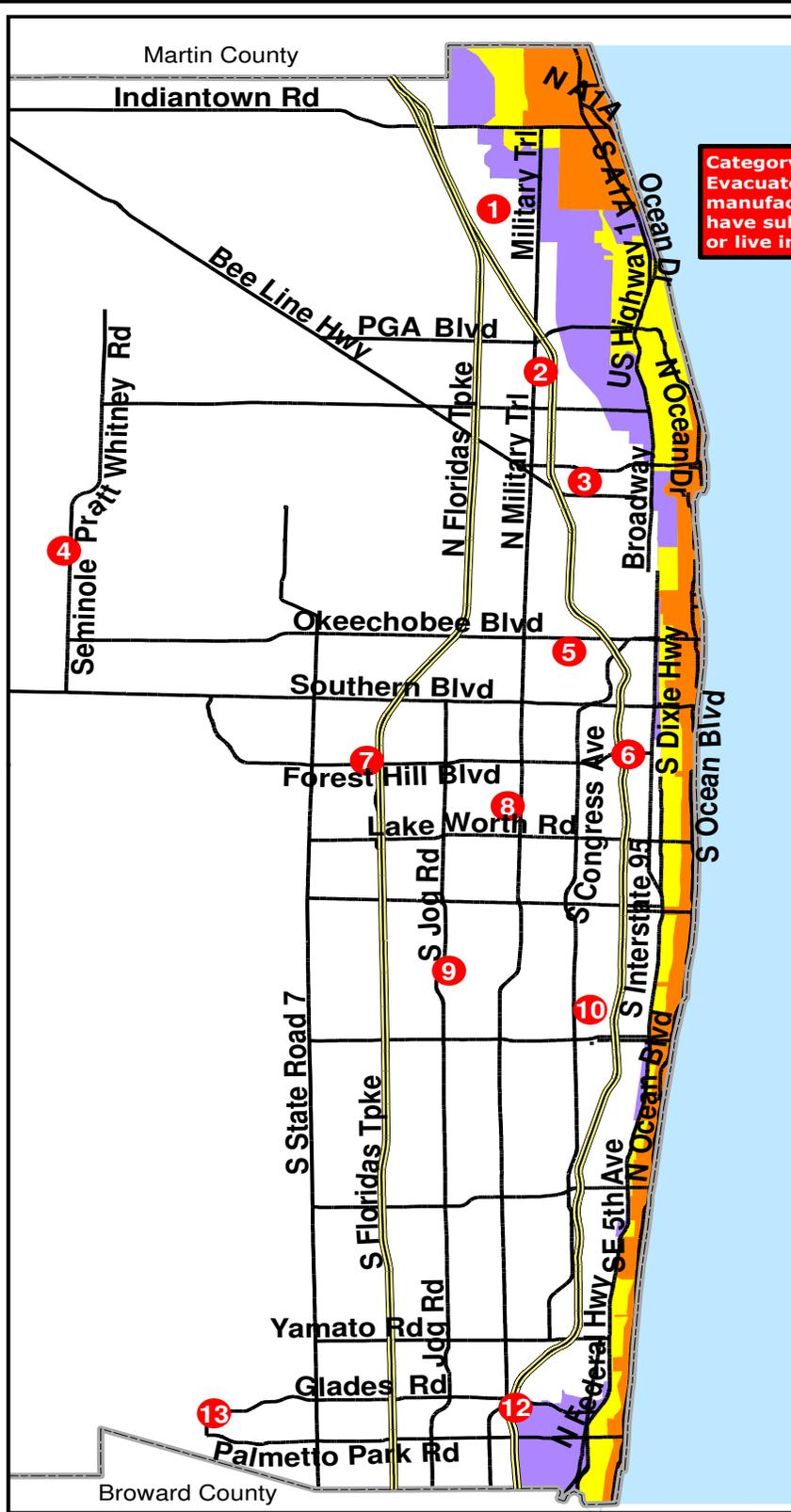


Everyone can minimize the impact of disasters by being prepared. Proactive

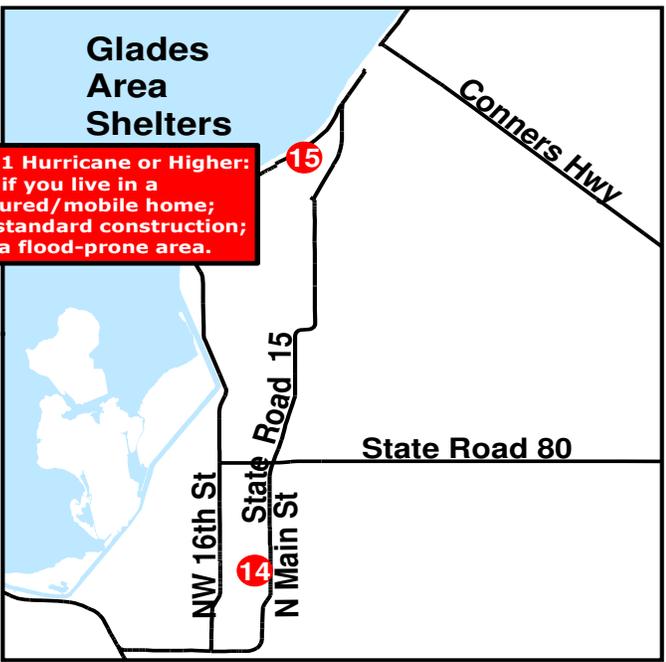
preparation can reduce fear, anxiety, and unneeded losses that accompany disasters. Communities, families, and individuals should know what is expected in the event of a hurricane. Everyone should be ready and know when to evacuate their homes if necessary during any natural disaster. You may need to take refuge in public shelters as well as know how to care for your basic medical needs and pets. It is also very important to know if your home is located in a storm surge zone, you can find this information at www.floridadisaster.org/publicmapping/index.htm

There are four very important things to remember:

- 1. Make a plan:** Knowing what to do is your best protection and your responsibility.
 - Locate Evacuation Shelters near your area
 - Determine where you can get building supplies or groceries during a disaster
 - Make a Family Disaster Plan and practice it with family members
- 2. Build a kit:** You may need to survive on your own after an emergency event has taken place. This means having important supplies in sufficient quantity for each member of your family to last for 3 - 5 days. Know what to have in place now in case a disaster should ever occur. For lists and plans go to ReadyPBC.org
- 3. Get involved:** Get involved before a disaster strikes! Volunteer to support disaster efforts in your community. Get trained and volunteer with a Community Emergency Response Team, Medical Reserve Corps unit and/or other Citizen Corps Partner Program or affiliate organization.
- 4. Be Informed:** Knowing where to turn to for reliable, up-to-date emergency information is the key to making it through a disaster.



Category 1 Hurricane or Higher:
Evacuate if you live in a
manufactured/mobile home;
have substandard construction;
or live in a flood-prone area.



IMPORTANT: Not all shelters will be opened at the same time. Stay tuned to local TV and radio for shelter opening announcements.

1. Independence Middle School
4001 Greenway Dr, Jupiter 33458
2. Palm Beach Gardens High School
4245 Holly Dr, Palm Beach Gardens 33410
3. Dr Mary McLeod Bethune Elementary School
1501 Avenue U, Riviera Beach 33404
4. Seminole Ridge High School
4601 Seminole Pratt Whitney Rd, Loxahatchee 33470
5. West Gate Elementary School
1545 Loxahatchee Dr, West Palm Beach 33409
6. Forest Hill High School
6901 Parker Ave, West Palm Beach 33405
7. Palm Beach Central High School
8499 Forest Hill Blvd, Wellington 33411
8. John I Leonard High School
4701 10th Ave N, Greenacres 33463
9. Park Vista High School
7900 Jog Rd, Boynton Beach 33427
10. Boynton Beach High School
4975 Park Ridge Blvd, Boynton Beach 33426
11. Atlantic Community High School
2455 W Atlantic Ave, Delray Beach 33445
12. Boca Raton High School
1501 NW 15th Ct, Boca Raton 33486
13. West Boca Raton High School
12811 Glades Rd, Boca Raton 33428
14. Lake Shore Middle School
425 W Canal St N, Belle Glade 33430
15. Pahokee Middle School
850 Larrimore Rd, Pahokee 33476

**2015 Risk Shelters
With Evacuation Zones**

- Shelter
- Category 1 and Higher - See Text Box Above
- Category 2 and Higher
- Category 3 and Higher
- Category 4 and Higher
- Category 5 and Higher

Disclaimer:

 Legal: Palm Beach County is providing this data "as is," and Palm Beach County disclaims any and all warranties, whether expressed or implied, including (without limitation) any implied warranties of merchantability or fitness for a particular purpose. In no event will Palm Beach County be liable to you or any third party for any direct, indirect, incidental, consequential, special, or exemplary damages or lost profits resulting from any use or misuse of this data.

Palm Beach County
GIS Service Bureau April 02, 2015

Sun's Up So Don't Forget to Cover Up



The Department of Health and Department of Environmental Protection have joined forces to promote Sun safety. May is Melanoma Sun Cancer Detection and Prevention Month. The two agencies hope that this new sun safety project will remind visitors who come to Florida's beautiful state parks that "Sun's Up, Cover Up."

"Sun safety prevents skin cancer for Florida's residents and visitors who enjoy being outside in the Sunshine State," said State Surgeon General and Secretary of Health Dr. John Armstrong. This partnership is a natural fit for our agencies and helps to share actionable health information with park visitors."

Skin cancer is defined as a cancer that forms in the tissue of the skin, and melanoma, the deadliest kind of skin cancer is caused by too much exposure to the sunlight (ultra violet radiation). It is estimated that one in five people will develop skin cancer in their lifetime. Melanomas account for only a small percentage of skin cancers, they are more likely than other types of skin cancer to spread to other parts of the body and account for more than 9,700 of the nearly 13,000 skin cancer deaths each year, according to the American Cancer Society.

It is estimated that in Florida there will be approximately 5,480 new melanomas diagnosed and 820 deaths due to Melanoma in 2015.

To learn more about the project and tips for staying safe in the sun – visit www.floridahealth.gov/sunSUP.

To learn more about Florida's state parks and plan your next trip visit www.floridastateparks.org.

Helpful Hints to protect you from the Sun Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

For more information visit http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

visit us on the web: www.flhealthpalmbeach.com

Clean Air Month



Sahara dust cloud over WPB

“On a clear day, you can see for miles and miles...”

What the song says, is true, at least here in South Florida. The Air and Solid Waste Program functions in Environmental Public Health as the local program for the Florida Department of Environmental Protection, the state agency that regulates air pollution (and other pollution) sources throughout the state.

During the year, our air quality remains in the Good Range most of the year for Particulate Matter (2.5 micrometers in size and smaller, PM_{2.5}) and for Ozone, the two criteria pollutants that predominate our area. Of the six criteria pollutants established by the U.S. Environmental Protection Agency (EPA), PM_{2.5} and Ozone are the pollutants that we find in higher concentration during daily air sampling. Carbon monoxide, lead, nitrogen dioxide and sulfur dioxide remain in the low, good range throughout the year.

Ozone develops when volatile organic compounds from combustion sources and certain chemical sources combine with ultraviolet radiation. It tends to become elevated during the summer months when vehicular traffic patterns increase and sunlight hours become extended. The stretch of I-95 from Yamato Road to Glades Road alone has recorded as many as 85,000 vehicles per day. We had a “blue haze” event in March of this year that was caused by an elevated level of ozone. Ozone haze is typically the cause of “smog” (although smoke contributes to smog, as well).

PM_{2.5} is most often caused by combustion sources (vehicular and industrial activities) and construction activities. Combustion sources generate smoke and exhaust fumes which are controlled by onboard devices.

When construction sites clear properties for development, you will see clouds of dust escaping into the ambient air. Dry cutting of concrete generates clouds of very fine dust particles that generate nuisance dust conditions to neighboring properties. DOH-Palm Beach monitors the loading of cement silos, grain silos and exhaust stack emissions for proper dust, smoke and exhaust control to minimize these emissions.

Fine dust particles and the irritating nature of ozone can cause health concerns for sensitive members of our community. Smoke from open burning is also irritating to sensitive people.

In May the area experienced our first Sahara dust event of the year. It caused a white haze throughout the area, as well as hot, humid conditions. When you looked into the distance, building details on the horizon were hard to define.



Sahara dust obscuring Southern Blvd Bridge & distant buildings

We can experience up to five similar dust conditions a year during the summer months, but typically we experience 2 to 3 each year. As it is named, these dust clouds are caused by sand storms in the Saharan desert of western Africa. Upper level winds bring these finer dusts to South Florida and can actually prevent the formation of hurricanes. We have also received dust clouds from sand storms that occurred in Colorado. Sensitive individuals should limit their outdoor activities under these conditions, and seek guidance from their physician if having problems.

You can monitor the Air Quality Index (AQI) at:

561-837-5974, Airnow.gov, PBCHD.com.

NEW AND IMPROVED WIC!

The Palm Beach County WIC program hosted an outreach open house for community partners to develop and enrich partnerships and collaborations. The event showcased the “New” Palm Beach County WIC.

Last year was a banner year for the Special Supplemental Nutrition Program for Women, Infants, and Children. New and exciting innovations have made WIC in Palm Beach County more user-friendly including:

- ◆ Electronic Benefits Transfer (EBT) cards in place of WIC checks,
- ◆ Paper-less client records,
- ◆ Central appointment and information center,
- ◆ Q-Flow in clinics to reduce wait time
- ◆ Automated appointment reminder dialer system.

The Open House was held at the Greenacres location. All six WIC clinics in Palm Beach County were represented with display tables and staff were available to answer questions. In addition, displays were shown of the monthly food packages provided to families and nutrition education opportunities. An informal presentation on the history and goals of WIC as well as a discussion of the various roles of WIC staff were provided. Attendees had the opportunity to speak one on one with staff.



More than 65 community partners attended the open house including public and private officials and staff, social services staff, faith-based

partners, day care providers, health care providers, radio personalities and WIC authorized vendors.

Among the comments heard were,

- ◆ I didn't know WIC provided so many services
- ◆ My clients tell me they really like the EBT cards
- ◆ That's a lot of food given to a family every month
- ◆ I will definitely display the WIC poster and encourage my patients to contact WIC

The open house also provided community programs an opportunity to network with other programs that serve the same populations. Guests left with a folder of WIC brochures and an outreach poster to display at their businesses.

More outreach programs are planned for the coming months.



Call WIC Today
 (561) 357-6007 ~ 1-877-693-6703
 Belle Glade • Delray Beach • Greenacres • Lantana • Jupiter • West Palm Beach

**The NEW Florida Health
 Palm Beach County WIC!**

Nurses' Celebration

The Florida Department of Health in Palm Beach County celebrated Nurses' Day. During the observance nursing staff were recognized at a day long program in West Palm Beach. More than 70 nurses attended this event – sponsored by the Nursing Leadership Team.

Health Department Director, Dr. Alina Alonso, congratulated all the Nurses and read the Nurses' Day Proclamation from Governor Rick Scott and a letter from State Surgeon General and Secretary of Health, Dr. John Armstrong to Public Health Employees.

The Nurses participated in several educational programs including an orientation to the “Special Needs Shelter” by Steve Lamson, RT/RCP, CHSS to prepare everyone for the upcoming storm season. They also received a “Contraceptive Update” from Maternal Child Health Nurses and an Adult Immunizations update. The day ended with a presentation on Ethics and Public Health Nursing.

Each nurse received “Certificates of Appreciation” signed by Dr. John Armstrong.



37th Annual Volunteer Recognition

Volunteer Services celebrated “Volunteer Appreciation Week” during the month of April and concluded its festivities at the, 37th Annual Volunteer Recognition at the Airport Hilton. This year’s theme, “Volunteers like YOU are rare,” was hosted by Florida Atlantic University Professor at the College of Medicine, Dr. Mario Jacomino. Dr. Jacomino acknowledged honorees for outstanding contributions to the programs that support our mission to promote and protect the health and welfare of all residents of Palm Beach County.

The event honored 17 individuals for outstanding service to the community, including C.L. Brumback Award Winner JLBR Diaper Bank and Volunteer Physician of the Year Dr. Phillip Crawford

Rookie of the Year:

Mary Littles
Wilgemps Georges
Degeline Edwards

Leadership:

Theresa Thirbenny
Patricia Seaman

Center:

Chris Klaiber
Felicia Kemp

5 years of Service:

Patricia McClean

10 years of Service:

Theresa Thirbenny

C.L. Brumback:

JLBR Diaper Bank

Presidential Award:

Patricia Seaman

Physician of the Year:

Dr. Phillip Crawford

Volunteer Health Care Provider Agency:

Mission Medical Center



Health Department Employee Attends Advanced Diabetes Training as a Master Trainer

Quinn Hayes was recently trained by the Diabetes Training and Technical Assistance Center (DTTC) at Emory University’s Rollins School of Public Health as a Master Trainer. This training will allow our agency to implement and sustain lifestyle change programs specifically related to diabetes. A continual relationship with Emory/DTTAC will ensure Florida Health Palm Beach County provides evidence-based interventions and remain current on best practices.



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 six 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

PUBLIC HEALTH 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

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