



# The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 12 - Issue 4

Fall 2015

## Healthiest Weight

tools:

my healthy weight

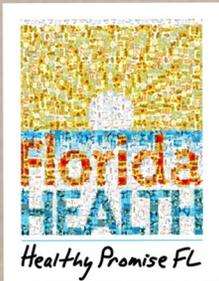
set goals

my Florida plate

eat your colors

small steps big rewards

move more, sit less



# Season's Greetings

*Palm Beach County Style!*



- ALSO INSIDE:**
- MINDFUL EATING
  - FLU UPDATE
  - HEART WALK
  - BREAST CANCER
  - SUGARCANE SMOKE
  - FACES OF HIV

# From the Director

## Have a Healthy 2015 Holiday Season

As the year ends, I reflect and I am grateful for all that we have accomplished and all that is still to come in the coming year. May you celebrate your Holiday Season with loved ones and friends and enjoy the peace, love and warmth of the season. I thank each of you for making Palm Beach County the best place to live, work, and play.



Enjoy these 12 ways to have a Healthy Holiday Season:

1. **Wash hands often** to help prevent the spread of germs. It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
2. **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
3. **Don't drink and drive** or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
4. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing. At home, work, and on the road, be prepared and prevent injuries too.
5. **Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
6. **Fasten seat belts while driving** or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.
7. **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history. Get insurance from the Health Insurance Marketplace if you are not insured.
8. **Get your vaccinations,** which help prevent various diseases and save lives. Everyone 6 months and older should get a flu vaccine each year. Besides the flu vaccine, adults should get other vaccines too.
9. **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
10. **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.
11. **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, and cook foods to proper temperatures and refrigerate them promptly.
12. **Eat healthy, stay active.** Eat fruits and vegetables, which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

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# Mindful Eating During the Holidays



The holidays are upon us and the anticipation and excitement are just beginning. What is your favorite holiday? Thanksgiving? Hanukkah? Christmas? Kwanza? For many of us it may be Thanksgiving because it is a time of celebration, reflection and giving thanks! In the health field there is a lot of “buzz” about mindful eating or intuitive eating. Dr. Susan Albers says that mindful eating is “...being more aware of your eating habits, the sensations you experience when you eat, and the thoughts and emotions that you have about food. It is more about how you eat than what you eat.”

In our busy lives and schedules it is often difficult to be mindful or fully present in our day to day activities. Meals may come from fast food restaurants or carry-out such as pizza without a lot of thought about the calories and nutritional value. During the upcoming holidays perhaps you can reflect on some of the concepts of mindful eating and enjoy your holiday meals without feeling guilty or deprived. An added benefit will be keeping your weight in check during the holidays.

Enjoy your wonderful holiday meals. One eating suggestion is to slow down and really taste the special holiday items and treats. The first bite is always the best! The 10th holiday cookie is never as wonderful as the first! Use a smaller plate for your meals and at the buffet. Position yourself away from the buffet table. Enjoy the holiday company and chance to catch up with friends and relatives. Conversation and connections can be the main focus and food is only one part of celebrating the holidays. And remember to add color to your plate by including fresh fruits and veggies from Florida!

Whatever your plans are, make sure that you balance out the extra calories with increased physical activity. Track your steps and aim for 10,000 steps or more per day. Maybe you can ask “Santa” for a Fitbit® or other activity tracking device for a holiday gift. Turn up the dance music and get moving at your holiday party. An important campaign of the Florida Department of Health is the Healthiest Weight Florida program. Last year staff participated in the “Maintain, Don’t Gain” program during the holidays as a way to avoid the extra pounds that can creep up during November and December.

If you overindulge at a holiday party, don’t beat yourself up! Remember that what you do between New Year’s and Thanksgiving is more important than what you do between Thanksgiving and New Year’s! Have a happy and healthy holiday season!

More information can be found at:

[www.eatright.org](http://www.eatright.org)

[www.eatingmindfully.com](http://www.eatingmindfully.com)

## Volunteer Health Services and Community

### Partners

### Lend a Helping Hand

### to Families

### during the

### Thanksgiving Holiday



Volunteer Health Services is sponsoring its Annual Thanksgiving Give-Away to the clients of the Florida Department of Health in Palm Beach County. Just prior to Thanksgiving, Volunteer Services will provide over 200 families with non-perishable foods and grocery gift cards to assist during the holiday. Distribution takes place at the following health locations; Delray Beach, Lantana/Lake Worth, Greenacres, West Palm Beach Jupiter and Belle Glade.

Thank you to all of our partners including; Good Health Foundation, CBS 12’s Project Thanksgiving, Channel 5 Food for Families and a host of community partners.

[visit us on the web: www.flhealthpalmbeach.com](http://www.flhealthpalmbeach.com)

## FLU UPDATE

Palm Beach County's flu activity has remained at low (mild) levels this season. The same holds true nationwide.

It is too early in the influenza season to predict the predominately circulating strain in Florida for the 2015-16 seasons. However, influenza A (H3) has been the most commonly circulating virus identified by BPHL in recent weeks. This is consistent with the national trend.

The CDC has received reports of early outbreaks in institutions across the country. Most of these outbreaks have been attributed to H3N2 viruses.

More than 123 million doses of 2015-16 flu vaccine have been distributed so far. This season's vaccines have been updated to better match circulating viruses. CDC recommends a yearly flu vaccine for everyone 6 months and older.

Pregnant women are among those at high risk for severe complications due to influenza infection.

Flu causes millions of illnesses, hundreds of thousands of hospitalizations and thousands of deaths every year.

Please remember to get the flu vaccine.



### STOP THE SPREAD OF FLU!

Don't be fooled and think... "It's only the FLU!"  
Flu is highly contagious, FLU is not a Cold.  
EVERYONE is at Risk!

**AVOID CLOSE CONTACT**  
Evite el contacto cercano



**STAY HOME WHEN YOU ARE SICK**  
Quédese en su casa cuando esté enfermo



**COVER YOUR MOUTH & NOSE  
WHEN YOU SNEEZE OR COUGH**  
Cúbrase la boca y la nariz al estornudar o toser



**WASH YOUR HANDS**  
Lava sus manos



**GET VACCINATED**  
Vacúnese



**AVOID TOUCHING  
YOUR EYES, NOSE  
AND MOUTH**  
Evite tocarse los ojos,  
nariz y boca



For more information, ask your healthcare provider  
- [WWW.IMMUNIZEFLORIDA.ORG](http://WWW.IMMUNIZEFLORIDA.ORG)

### 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

*Sources Florida Health Palm Beach County and  
[www.cdc.gov/flu/index.htm](http://www.cdc.gov/flu/index.htm)*



The benefit gained from walking is an investment in a person's heart health.

The Florida Inaugural 5K Run walk in conjunction with the American Heart Association took place in September. Over 15,000 people, including a team from the Department of Health in Palm Beach County participated in this year's event in Downtown West Palm Beach.



Your knowledge, abilities and skills during a person's critical heart stoppage event can save that life.



On World Heart Day the latest lifesaving CPR technique called, hands only or press the chest, was demonstrated to almost 100 people.





## NATIONAL BREAST CANCER AWARENESS MONTH

Many notable observances occur during the month of October including “National Breast Cancer Awareness Month.” Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. It’s important to become proactive in helping to raise the awareness about the early detection of breast cancer. You can make a difference by spreading the word about monthly self breast exams, mammograms and, encourage community organizations, families and individuals to get involved.

### Early Detection Saves Lives

Thinking “breast cancer won’t happen to me” is a risk no woman should take. Regular mammogram screenings are an important way to catch breast cancer early. A mammogram, an X-ray picture of the breast, is the best way to find breast cancer early, when it is easiest to treat and before it is big enough to feel or to cause symptoms.

- If breast cancer is found early, treatment can have a greater chance for success.
- Many women who are diagnosed with and treated for breast cancer live long and healthy lives.

### Fast Facts About Breast Cancer

- Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease.
- Men also get breast cancer, but it is not very common. Each year in the United States, about 2,000 men get breast cancer and about 400 men die from the disease.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. ([http://www.cdc.gov/cancer/breast/young\\_women/](http://www.cdc.gov/cancer/breast/young_women/)) About 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.
- Studies show that women with disabilities are less likely than women without disabilities to have received a mammogram during the past two years.
- Black women have the highest breast cancer death rates of all racial and ethnic groups, and are 40% more likely to die of breast cancer than white women.

### What Can I Do to Reduce My Risk of Breast Cancer?

Many factors can influence your breast cancer risk, and most women who develop breast cancer do not have any known risk factors or a history of the disease in their families. However, you can help lower your risk of breast cancer in the following ways—

- **Keep a healthy weight**

The key to achieving and maintaining a healthy weight isn’t about short-term dietary changes. It’s about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

- **Exercise regularly/physical activity**

Regular physical activity is important for good health, and it’s especially important if you’re trying to lose weight or to maintain a healthy weight.

Most weight loss occurs because of decreased caloric intake. However, evidence shows the only way to maintain weight loss is to be engaged in regular physical activity.

- **Get enough sleep**

More than one-quarter of the U.S. population report occasionally not getting enough sleep, while nearly 10% experience chronic insomnia. However, new methods for assessing and treating sleep disorders bring hope to the millions suffering from insufficient sleep. Getting sufficient sleep is not a luxury—it is a necessity—and should be thought of as a “vital sign” of good health.

- **Don’t Drink Alcohol or limit alcoholic drinks to no more than one per day.**

Although men are more likely to drink alcohol and drink in larger amounts, gender differences in body structure and chemistry cause women to absorb more alcohol, and take longer to break it down and remove it from their bodies (i.e., to metabolize it). In other words, upon drinking equal amounts, women have higher alcohol levels in their blood than men, and the immediate effects occur more quickly and last longer. These differences also make women more vulnerable to alcohol’s long-term effects on their health.<sup>1</sup>

- **Menopausal hormone therapy (MHT)**

Menopausal hormone therapy (MHT) is a treatment that doctors may recommend to relieve common symptoms of menopause and to address long-term biological changes, such as bone loss, that result from declining levels of the natural hormones estrogen and progesterone in a woman’s body during and after the completion of menopause.

## November is National Diabetes Month – Take Charge of your Health

Diabetes continues to be on the upward spiral on both a local and national level so it is important to take charge of your health. The Diabetes Coalition Palm Beach, Palm Healthcare Foundation, Inc. and 211 will sponsor diabetic screenings during Diabetes Week 2015 at locations throughout Palm Beach County from Jupiter to Belle Glade through November 27. If you need additional information, visit [www.211palmbeach.org](http://www.211palmbeach.org) or [www.diabetescoalitionpbc.org](http://www.diabetescoalitionpbc.org).

### Prevention

Preventive care for people with diabetes—and for the risk factors that cause related health problems—has improved significantly over the past 20 years, and people are living longer and better with the disease. But living longer can mean having other health problems longer, too. Good management over a lifetime is the key; starting with the day you're told you have diabetes.

### Get in the Know

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). With type 1 diabetes, your body can't make insulin, so you need to take insulin every day. Type 1 diabetes is less common than type 2 diabetes; about 5% of the people who have diabetes have type 1. Currently, no one knows how to prevent type 1 diabetes.

More than 29 million people in the United States have diabetes, but 1 out of 4 don't know they have it. Most people with diabetes—9 out of 10—have type 2 diabetes. With type 2 diabetes, your body doesn't use insulin well and is unable to keep blood sugar at normal levels. If you have any of these risk factors, ask your doctor if you should be tested for diabetes. The sooner you find out, the sooner you can start making healthy changes that will benefit you now and in the future.

- Complications can include: Heart Disease and stroke, blindness/eye problems, amputations due to blood vessel damage.

### Risk factors include

- Being overweight.
- Being 45 years or older.
- Having a parent or sibling with type 2 diabetes.
- Being physically active less than 3 times a week.
- Ever having gestational diabetes or giving birth to a baby that weighed more than 9 pounds.

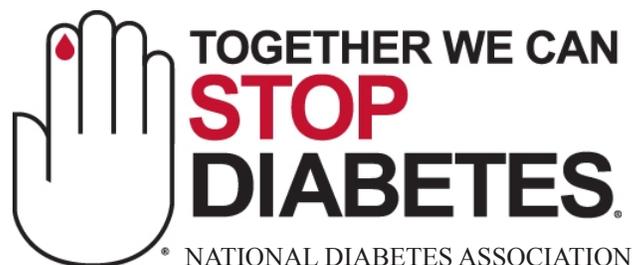
Race and ethnicity also affect your risk. African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at particularly high risk for type 2 diabetes.

### You've Been Diagnosed with Diabetes. Now What?

Learning how to take care of your type 2 diabetes shouldn't happen only when you're diagnosed; it should be a lifelong focus. And as you get older, your treatment may need to change. Managing diabetes from the beginning can mean fewer health problems later on. Healthy eating is an important—and delicious—part of managing your diabetes.

It's a balancing act—food, activity, medicine, and blood sugar levels—but one you can master. Manage your diabetes throughout the day by

- Following a healthy eating plan, including eating more fruits and vegetables and less sugar and salt.
- Getting physically active—10 to 20 minutes a day is better than only an hour once a week.
- Taking diabetes medicine as prescribed by your doctor.
- Testing your blood sugar regularly to understand and track how food, activity, and medicine affect your blood sugar levels.



### References

- [CDC's Division of Diabetes Translation](#)
- [Take Charge of Your Diabetes](#)
- [Staying Healthy with Diabetes](#)
- [Track Your Health Goals and Results](#)
- [National Diabetes Education Program—National Diabetes Month and Education Resources](#)
- [World Diabetes Day](#)

## Sugar Cane Burning vs. Air Quality



Sugar Cane Burn Smoke Forming Cumulus Cloud

It is that time of year again, when the harvesting of sugar from the cane fields west of town results in the release of smoke and ash into south Florida air. How does all of that smoke and ash affect our air quality? How do we go about seeking answers to these questions?



Sugar Cane Smoke Trapped by Inversion Layer

There are days when the visual appearance of smoke from sugar cane burning seems to dissipate cleanly into the air. On certain days, you may actually see the formation of cumulus clouds on top of the smoke plume from moisture formation on the smoke particles.

On other days, you may see smoke columns become trapped by temperature inversion layers near the ground.

As smoke is blown downwind from the burn location and is unable to dissipate easily, the smoke patterns formed will actually define the inversion layer very well, and can linger for hours.

But is poor air quality defined by visible smoke or ash in the air? Actually it is not. Many are aware of the Air Quality Index (AQI) the Department of Health County publishes daily detailing the air quality in Palm Beach County. This information is gathered by remote air samplers throughout the County that look at various air pollutants the United States Environmental Protection Agency has established as "criteria pollutants".

The AQI report is influenced by the pollutant of highest concentration on that day. The two pollutants most commonly reported are either particulate matter smaller than 2.5 micrometers in size (PM<sub>2.5</sub>) or ozone (O<sub>3</sub>). The pollutant that would be most affected by smoke in the air would be PM<sub>2.5</sub>. As ground level smoke rises, the PM<sub>2.5</sub> concentration in air will also rise causing the AQI for that pollutant to rise. This elevated AQI for PM<sub>2.5</sub> is our indicator that smoke in the air (or some other source of particulate, i.e. Sahara Dust) is causing the air quality in the county to decline. The AQI in PBC remains in the good range 95% of the time, even during the harvest season (October thru May).

Studies have been done using other indicators for defining air quality related to sugar cane smoke, but the concentration of PM<sub>2.5</sub> in the air continues to be our most reliable indicator. You may monitor the air quality index by using the phone number (561) 837-5092, or by accessing the link [Airnow.gov](http://Airnow.gov) (for zip code 33405).

## We Share Air! Striving to Make Multiunit Dwellings Healthy for All

You're sitting in your living room enjoying a relaxing cup of coffee when it happens: you start to smell smoke. No, the bacon isn't burning nor is the house on fire. It's secondhand smoke infiltrating into your unit from your neighbor who is smoking a cigarette. This is a common occurrence for nonsmokers living in a multiunit community such as an apartment or condominium. Research shows there are many adverse health outcomes associated with secondhand smoke exposure, and the US Surgeon General has determined there is no safe level of exposure. The American Society of Heating, Refrigeration, and Air Conditioning Engineers (ASHRAE) have concluded that ventilation cannot be relied on to control health risks from secondhand smoke exposure. But there is one solution that can protect against the harmful effects of secondhand smoke exposure: smoke-free multiunit housing policies.



Smoke-free multiunit housing policies are legal and can be implemented by a management company or a condominium association board. Such policies can be:

- Partial – The community designates specific buildings as being smoke-free, or prohibits smoking in the units but allows smoking to occur on outdoor patios and balconies.
- 100% Indoor – The community restricts smoking in units and on patios and balconies, but allows smoking in designated areas throughout the premises.
- Entire Grounds – Smoking is prohibited inside units and on the premises.

Not only are smoke-free housing policies great for the health of human and animal occupants, management companies can benefit financially from these policies.

Some insurance carriers offer discounts on property casualty insurance for having a smoke-free policy due to the reduction in residential fires. It is also significantly less expensive to turnover an apartment that was occupied by a nonsmoker versus one occupied by a smoker. Tobacco Free Florida Palm Beach County has experience working with housing communities on developing smoke-free policies. Visit us on the web at <http://www.tobaccofreeflorida.com/current-issues/smoke-free-housing-the-issue/> to learn more about smoke-free housing policies. If your community is ready to breathe easy, contact us!

## World AIDS DAY IS December

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. For the world to get to zero infections much still needs to be done.



“While advances in the treatment of HIV and AIDS continue, there are new infections every day,” said Florida Department of Health in Palm Beach County Director, Alina Alonso, M.D., “It’s important to remember, people are still being diagnosed with the disease in our county and throughout South Florida. Someday, by working together that number will become zero.”

In Palm Beach County there are over 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.”

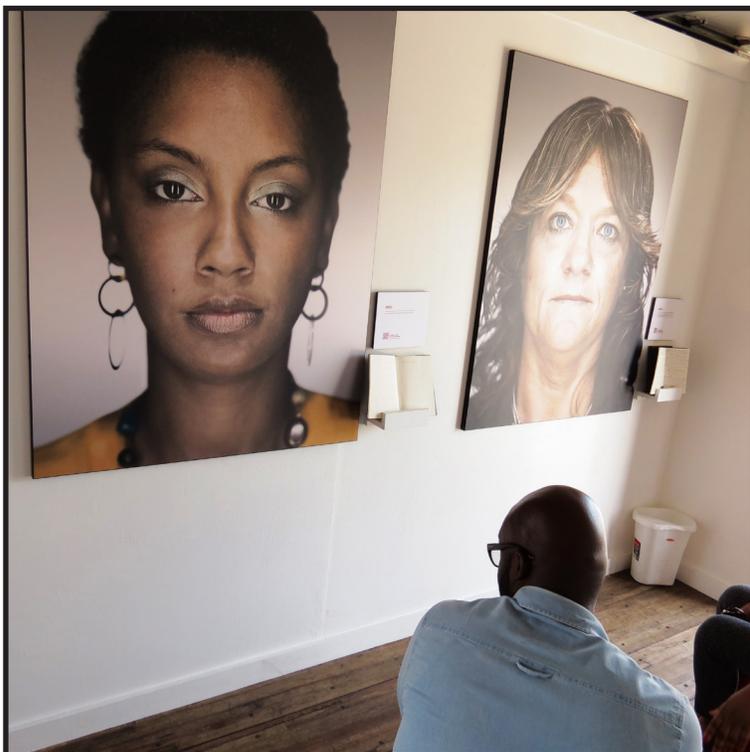
Free testing events, memorials to those who have died, and candlelight vigils will take place at several locations throughout the county in honor of World AIDS Day.

Florida Health Palm Beach County Health Centers located in Delray Beach, Lantana, West Palm Beach and Belle Glade offer testing and counseling 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 at [www.flhealthpalmbeach.org](http://www.flhealthpalmbeach.org) or [www.floridahealth.gov](http://www.floridahealth.gov).

## THE FACES OF HIV EXHIBIT ROLLS INTO TOWN

The Faces of HIV mobile exhibit was on display at Palm Beach State College and the Palm Beach Outlet Mall. This exhibit travels throughout the state and gives people the opportunity to hear the stories behind the faces of those affected by HIV.

Members of communicable disease division were present during the exhibit and gave them the opportunity to better educate individuals on the disease, prevention methods, and reduce some of the stigma and barriers associated with HIV.



visit us on the web: [www.flhealthpalmbeach.com](http://www.flhealthpalmbeach.com)

## HIGH IMPACT PREVENTION TOWN HALL MEETING

In 2010 the White House released the National HIV/AIDS Strategy (NHAS), which lists three primary goals; prevent new HIV infections, increase access to care and optimizing health outcomes, and reduce HIV-related health disparities. To advance the prevention goals of the NHAS and maximize the effectiveness of current HIV prevention methods, the Centers for Disease Control and Prevention (CDC) released its High-Impact Prevention (HIP) approach in 2011. By using combinations of scientifically proven, cost-effective, and scalable interventions targeted to the right populations in the right geographic areas, this approach promises to greatly increase the impact of HIV prevention efforts. Given this new approach and implementation statewide through formal agreements Mara Michniewicz and Marlene LaLota, from the state HIV/AIDS Section of the Bureau of Communicable Diseases, scheduled town hall meetings across the state to determine what is and is not working with HIP. Furthermore, the state HIV/AIDS Section wanted to hear from the local communities to see if HIP was fully implemented in agencies and if so how full implementation was achieved.

The Palm Beach County version of the HIP town hall meeting was conducted in September and included discussion about case management worker overload, the need for mobile HIV testing units in Palm Beach County, and the increased importance of using social media for HIV prevention.

Feedback from other areas around the state expressed the necessity for flexibility when customizing programs to meet the needs of the community, and increased support for a more comprehensive approach to include wellness models that start with emphasizing overall health. Dr. Robert Parkes, assistant director over communicable disease, provided information regarding the local health department's response to HIV prevention. Using Geographic Information System (GIS) technology, Dr. Parkes and HIV/AIDS program staff have mapped county care, prevention, and support services for further analysis. The findings from this analysis will guide future HIV/AIDS program activities.

At the conclusion of the calendar year the state HIV/AIDS Section plans to produce a report detailing the responses from the HIP town hall meetings. The feedback will shape policy and initiatives to increase the effectiveness of HIV prevention efforts within the state.

## GRADUATIONS CONTINUE FOR NURSE FAMILY PARTNERSHIP TWO YEAR OLDS

The Nurse–Family Partnership is a program managed through the Florida Department of Health in Palm Beach County and Children's Services Council. They recently held their fifth graduation class for two year olds.

Nurse-Family Partnership (NFP) is a voluntary prevention program that provides nurse home visitation services from the Department of Health to low income, first-time mothers. Nurses begin home visits early in the mother's pregnancy and continue visitation until the child's second birthday. Nurses provide support, education and counseling on health, behavior and self-sufficiency issues. 150 families are currently being served by the program.

On a national level, mothers who have participated in the program have consistently demonstrated improved prenatal health, fewer subsequent pregnancies, increased employment of the moms, improved school readiness of the children, reduced involvement in crime by the mothers and their children, and less child abuse, neglect and injuries. The Children's Services Council brought the national evidence based Nurse-Family Partnership to Palm Beach County in 2009. Currently, 300 families have completed the two year program and graduated.



# 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**