



# The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 13 - Issue 2

Spring 2016

## Healthiest Weight



# Summertime is coming!



**ALSO INSIDE:**  
**COUNTY HEALTH RANKINGS**  
**DEPARTMENT ACHIEVES ACCREDITATION**  
**FIGHT THE BITE**

# From the Director

## Award Winning

It's like winning the Triple Crown was my thought when three of us at the Florida Department of Health in Palm Beach County were honored for our work in Public Health this month. Additionally, we also had two groups of winners for the Davis Productivity Awards. While each individual winner deserves praise and acknowledgement, I would like to emphasize that each one of us would not be able to have achieved these honors without the dedicated and amazing staff we have working at this department.



When I received my award, I stated that the real heroes are our patients and clients we see every day. I am still overwhelmed by seeing how far we have come to become the premier health department in the state, while continuing to strive to become the best in the nation. Our community has embraced public health in ways that I never thought I would see. Prevention is now a common word at group discussions. Health equity and collective impact are the norm not the exception. Our community has embraced our Healthiest Weight Initiative, supported tobacco cessation and is working hard to improve our environment. We have improved our national county rankings and achieved accreditation at a national level by the Public Health Accreditation Board.

But the best is yet to come. While we have achieved much, we must achieve even more. Our sexually transmitted infections are increasing, heroin overdoses are killing our youth, and e-cigarettes have been exempted from regulation thanks to their very organized and effective lobbying. We must stay vigilant to stay ahead of emerging diseases such as Zika. We need to adjust our salaries to stay competitive with the private sector and maintain a competent workforce. We need to have a healthy workforce free from stress and worries.

To those to whom much has been given, much is expected. I thank every employee who gets up every morning and comes to work to accomplish our mission **"To protect, promote, and improve the health of all people in Florida through integrated state, county & community efforts."**

Alina M. Alonso, M.D.



Timothy G. Mayer Director, Environmental Public Health Division, received Path Award from Robert Stempel School of Public Health and Social Work at FIU.



Hero of the Year in Medicine 2016 Alina Alonso, MD Hero in Medicine for Health Care Prevention and Wellness, Robert Parkes, MD, MPH

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# Palm Beach County Moves Up in Health Rankings

Florida Department of Health in Palm Beach County recognizes the value in measuring health outcomes and again this year acknowledged the 2016 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, to enlist a ranking among counties and the state. Palm Beach County has retained its 9th rank for Health Outcomes like length of life and moved up to number 9 in Health Factors like healthy behaviors.

“We are always reviewing our Community Health Improvement Plan and encouraging all to improve their health and adopt a healthy lifestyle,” said Dr. Alina Alonso, Director of Florida Department of Health in Palm Beach County. “With help from our community partners and as these health rankings indicate, we continue to improve health outcomes in Palm Beach County making it a healthy place to live, work and play.”

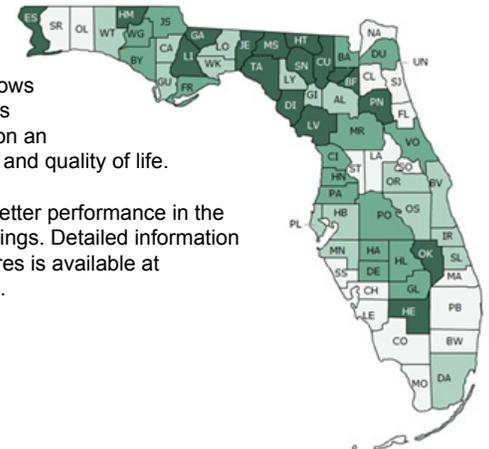
These rankings are a snapshot of the health of counties across the country and they emphasize that health is not a singular

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.

In Palm Beach County, the Community Health Improvement Plan (CHIP) is designed to address specific opportunities for improved health that have been identified by the community. The department has partnered with many stakeholders to implement the CHIP and collaborates regularly to track progress. Many municipalities have adopted the Healthiest Weight Initiative by improving parks, adding walking paths and adding public use outdoor exercise equipment. Other initiatives have included the Let’s Move Campaign and 5-2-1-0 Let’s Go. Both programs encourage a balance of exercise and diet. The rankings indicate that these combined efforts resulted in 98% of residents having access to exercise opportunities.

County	Rank	County	Rank	County	Rank	County	Rank
Alachua	25	Franklin	39	Lee	16	Pinellas	26
Baker	50	Gadsden	67	Leon	23	Polk	36
Bay	38	Gilchrist	30	Levy	57	Putnam	65
Bradford	61	Glades	47	Liberty	51	Santa Rosa	8
Brevard	20	Gulf	31	Madison	64	Sarasota	3
Broward	11	Hamilton	63	Manatee	24	Seminole	5
Calhoun	33	Hardee	46	Marion	49	St. Johns	1
Charlotte	15	Hendry	53	Martin	4	St. Lucie	29
Citrus	44	Hernando	43	Miami/Dade	19	Sumter	17
Clay	6	Highlands	41	Monroe	7	Suwannee	56
Collier	2	Hillsborough	28	Nassau	10	Taylor	52
Columbia	54	Holmes	58	Okaloosa	12	Union	66
DeSoto	35	Indian River	18	Okeechobee	62	Volusia	40
Dixie	59	Jackson	45	Orange	21	Wakulla	22
Duval	48	Jefferson	60	Osceola	32	Walton	34
Escambia	55	Lafayette	27	<b>Palm Beach</b>	<b>9</b>	Washington	42
Flagler	13	Lake	14	Pasco	37		

## HOW DO COUNTIES RANK FOR HEALTH OUTCOMES?



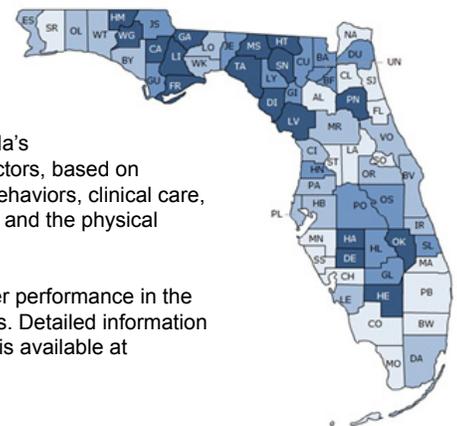
The green map below shows the distribution of Florida’s health outcomes, based on an equal weighting of length and quality of life.

Lighter shades indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at [countyhealthrankings.org](http://countyhealthrankings.org).

Rank 1-17 Rank 18-34 Rank 35-50 Rank 51-67

County	Rank	County	Rank	County	Rank	County	Rank
Alachua	10	Franklin	59	Lee	22	Pinellas	20
Baker	46	Gadsden	65	Leon	24	Polk	38
Bay	31	Gilchrist	39	Levy	51	Putnam	66
Bradford	45	Glades	47	Liberty	58	Santa Rosa	14
Brevard	19	Gulf	43	Madison	57	Sarasota	2
Broward	12	Hamilton	64	Manatee	15	Seminole	3
Calhoun	56	Hardee	62	Marion	34	St. Johns	1
Charlotte	7	Hendry	67	Martin	4	St. Lucie	37
Citrus	33	Hernando	36	Miami/Dade	28	Sumter	13
Clay	11	Highlands	41	Monroe	8	Suwannee	54
Collier	5	Hillsborough	26	Nassau	6	Taylor	52
Columbia	50	Holmes	55	Okaloosa	18	Union	48
DeSoto	61	Indian River	23	Okeechobee	63	Volusia	29
Dixie	60	Jackson	44	Orange	21	Wakulla	27
Duval	35	Jefferson	49	Osceola	40	Walton	30
Escambia	32	Lafayette	42	<b>Palm Beach</b>	<b>9</b>	Washington	53
Flagler	16	Lake	17	Pasco	25		

## HOW DO COUNTIES RANK FOR HEALTH FACTORS?



The blue map displays Florida’s summary ranks for health factors, based on weighted scores for health behaviors, clinical care, social and economic factors, and the physical environment.

Lighter shades indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at [countyhealthrankings.org](http://countyhealthrankings.org).

Rank 1-17 Rank 18-34 Rank 35-50 Rank 51-67



## Florida Department of Health Achieves National Accreditation



Interim State Surgeon General Dr. Celeste Philip announced, that the Florida Department of Health has received first-in-the-nation national accreditation as an integrated department of health through the Public Health Accreditation Board (PHAB). This seal of accreditation signifies that the unified Florida Department of Health, including the state health office and all 67 county health departments, has been rigorously examined and meets or exceeds national standards for public health performance management and continuous quality improvement.

“For the people of Florida, this accreditation is a testament to the Department’s ability to keep communities ahead of emerging health threats while promoting best practices to meet ongoing health challenges,” said Interim State Surgeon General Dr. Celeste Philip. “I want to thank Dr. John Armstrong for his leadership and dedication to make Florida the first-ever nationally accredited integrated department of health. This achievement demonstrates the passion and commitment of 15,000 public health professionals and numerous community partners to improving public health.”

The announcement comes after more than a year of compiling data to support the accreditation process. The process included visits to multiple county health departments where PHAB representatives did thorough site reviews. The announcement represents accreditation for all 67 county health departments, the Tallahassee offices, bureaus and divisions.

Public health departments play a crucial role in protecting and improving the health of people and communities. In cities, towns and states across the nation, health departments provide a range of services aimed at promoting healthy behaviors; preventing diseases and injuries; ensuring access to safe food, water, clean air and life-saving immunizations; and preparing for and responding to public health emergencies.

“PHAB is pleased and excited to recognize the Florida Department of Health for achieving national standards that foster effectiveness and promote continuous quality improvement,” said PHAB President and CEO Kaye Bender, PhD, RN, FAAN. “By going through the accreditation process, Florida’s statewide public health department system is ensuring the integration of the programs and services provided by the central office and the 67 local public health departments. We congratulate this integrated system of 67 local public health departments and the state health department for demonstrating a consistent and continuing commitment to improving public health in Florida.”

The national accreditation program, jointly supported by the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation, sets standards against which the nation’s more than 3,000 governmental public health departments can continuously improve the quality of their services and performance. To receive accreditation, a health department must undergo a rigorous, multi-faceted, peer-reviewed assessment process to ensure it meets or exceeds a set of quality standards and measures.

# May is Clean Air Month

Think back a week ago; perhaps you worked out in your garden, or you went for a morning jog; perhaps you went for a bicycle ride, or maybe a walk along the water at one of our area beaches. Was it a sunny day, was it hot or humid? Were there clouds in the sky, cumulus clouds or shelf clouds or just wispy clouds; or perhaps no clouds at all?



*Two cumulonimbus clouds form atop a smoke column as moisture condenses on smoke particles in the air.*

When you took a deep breath of fresh air, was it truly fresh; did you notice a fragrance in the air, no fragrance, a strong odor in the air, an offensive odor

in the air, or maybe dust? Did that breath of fresh air cause you to cough, sneeze or did you even have a thought about the air you breathed?

We are fortunate enough to live in an area of the country where there is very little industry to foul our air. When your Mom tells you to, “go outside and enjoy the fresh air”, you can actually do that most days of the week in south Florida.

We do have power plants in south Florida, cement batch plants, construction activity, asphalt plants, surface coating activity, boat building and painting activities and other potential sources of air pollutants in Palm Beach County. Automobile exhaust is one of our largest sources of air pollutants, and agricultural open burning is allowed in the state of Florida. But all of these sources of air pollutants follow state required standards for minimizing their pollutant emissions into our air.

At times there may be localized emission events, perhaps some nuisance dust, paint overspray or objectionable odors that offend neighbors near the source. But in general, the air in Palm Beach County remains consistently in the Good Range.

Of the six (6) priority pollutants established by the US EPA in the Clean Air Act of 1970 (Ozone, Particulate Matter, Carbon Monoxide, Nitrogen Oxides, Sulfur Dioxide and Lead), only Ozone and Particulate Matter contribute significantly to our air quality in Palm Beach County.

If you monitor the **Air Quality Index (AQI)** published daily by the Florida Department of Health Palm Beach County (**561-837-5092** or **Airnow.gov**), you will hear the air quality level determined for that day and the pollutant causing that determination. The Health Department samples the criteria pollutants in the County and reports the highest level for the AQI. The AQI report is updated twice a day (the morning and afternoon reports).

Occasionally, the AQI will venture up into the moderate range. During the summer months, we often experience Saharan dust events that cause the particulate matter levels to rise into the moderate range. You may also notice a gray, white or tan haze in the air during these events. You will also notice that air being stiflingly hot and humid. The Saharan dust in the air contributes to all of these conditions during these events. Yes, this dust does migrate all the way over to south Florida from dust storms in the Saharan desert in Africa. It is a very small world!

So, go ahead! Get outside and enjoy that fresh air. Notice the pleasant flower fragrances and beautiful, astounding clouds you may have missed before. It truly is fresh air.



# 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 repellents if applied according to package label instructions.
- Learn more: [www2.epa.gov/insect-repellents](http://www2.epa.gov/insect-repellents).



USE INSECT REPELLENT WITH ONE OF THESE ACTIVE INGREDIENTS

DEET →→

Picaridin (KBR 3023), Bayrepel and icaridin →→

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

IR3535 →→

BRAND EXAMPLES\*  
Overseas brand names may vary.

Off!, Cutter, Sawyer, Ultrathon

Skin So Soft Bug Guard Plus

Repel

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](http://www.cdc.gov/features/StopMosquitoes)

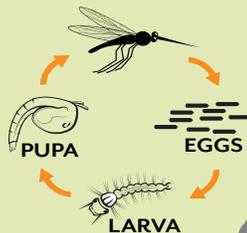
\*The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.

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

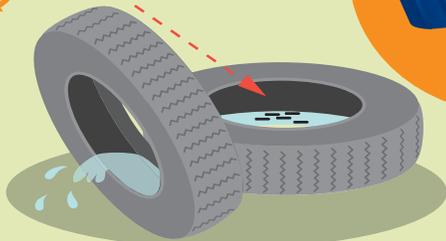
# Keep mosquitoes **outside**



# Stop mosquitoes from **breeding**



Mosquitoes breed by laying eggs in & near standing water.

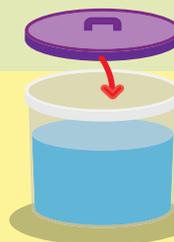


As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply.

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



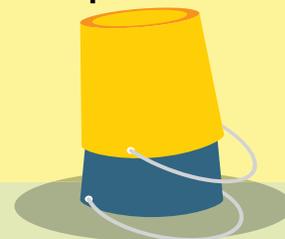
In your garden:  
Keep flower pots and saucers free of standing water. Some plants, such as bromeliads, hold water in their leaves—flush out water-holding plants with your hose once a week.



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



# It's Never too Early to be Prepared...

The start of Hurricane season is rapidly upon us, but we should always be mindful to be ready for any type of event – both natural and manmade. Other threats include: thunderstorms, tornados, lightning strikes, flash flooding and many others. When severe weather strikes, it may already be too late. The key is to have a disaster plan, a “to go Kit,” and stay informed.

The Florida Department of Health recommends Florida residents and visitors create an emergency plan by taking the following steps:



## **EVALUATE**

- Discuss how natural and man-made threats could affect your family.
- Identify potential threats in your community, such as the location of flood prone areas, power plants and hazardous chemicals.
- Evaluate your property's vulnerability to hazards, such as storm surge, flooding and wildfires.
- If you're in a flood zone, review your flood insurance policy.
- Identify the safest areas of your home for each threat. In many circumstances, the safest area may not be your home but elsewhere in your community. During times of evacuation, you will be given instructions on evacuation routes.

## **PREPARE and PLAN**

*Make an emergency plan for your family and pets to include:*

- What you and your family will do
- What to have on hand if you stay

*Where to go and what to take with you if you have to evacuate*

*Make an emergency supply kit to include:*

- Water—at least one gallon per person, per day for 3 to 7 days
- Healthy, nonperishable food
- Medicine and/or prescriptions
- Glasses, hearing aids, medical devices, first aid kit
- Clothing and bedding
- Important documents— forms of identification, list of property, contacts, medical and insurance information.
- Other items—personal hygiene, spare keys, TTYs with extra batteries, battery-powered radio and flashlight.
- Don't forget food and supplies for your pets!

## **More Tips:**

- Have cash on hand and keep your car's gas tank full.
- Take food safety precautions, i.e. turn your refrigerator and freezer temperature to the coldest settings.

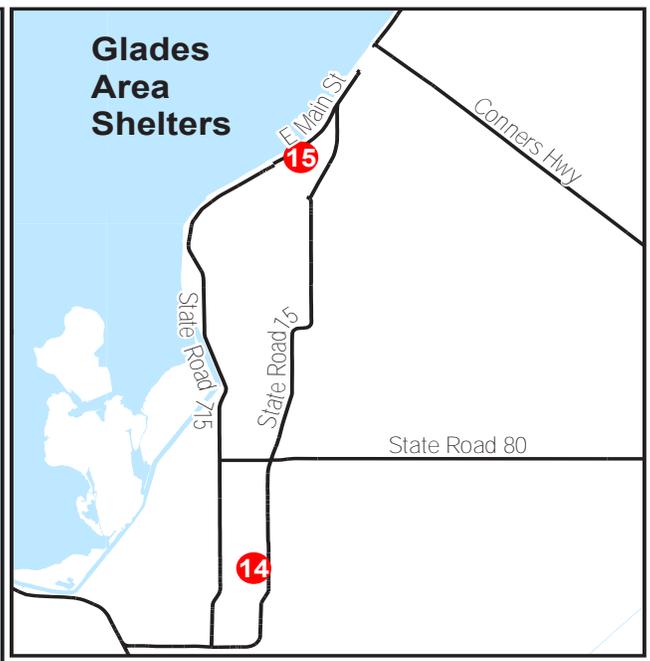
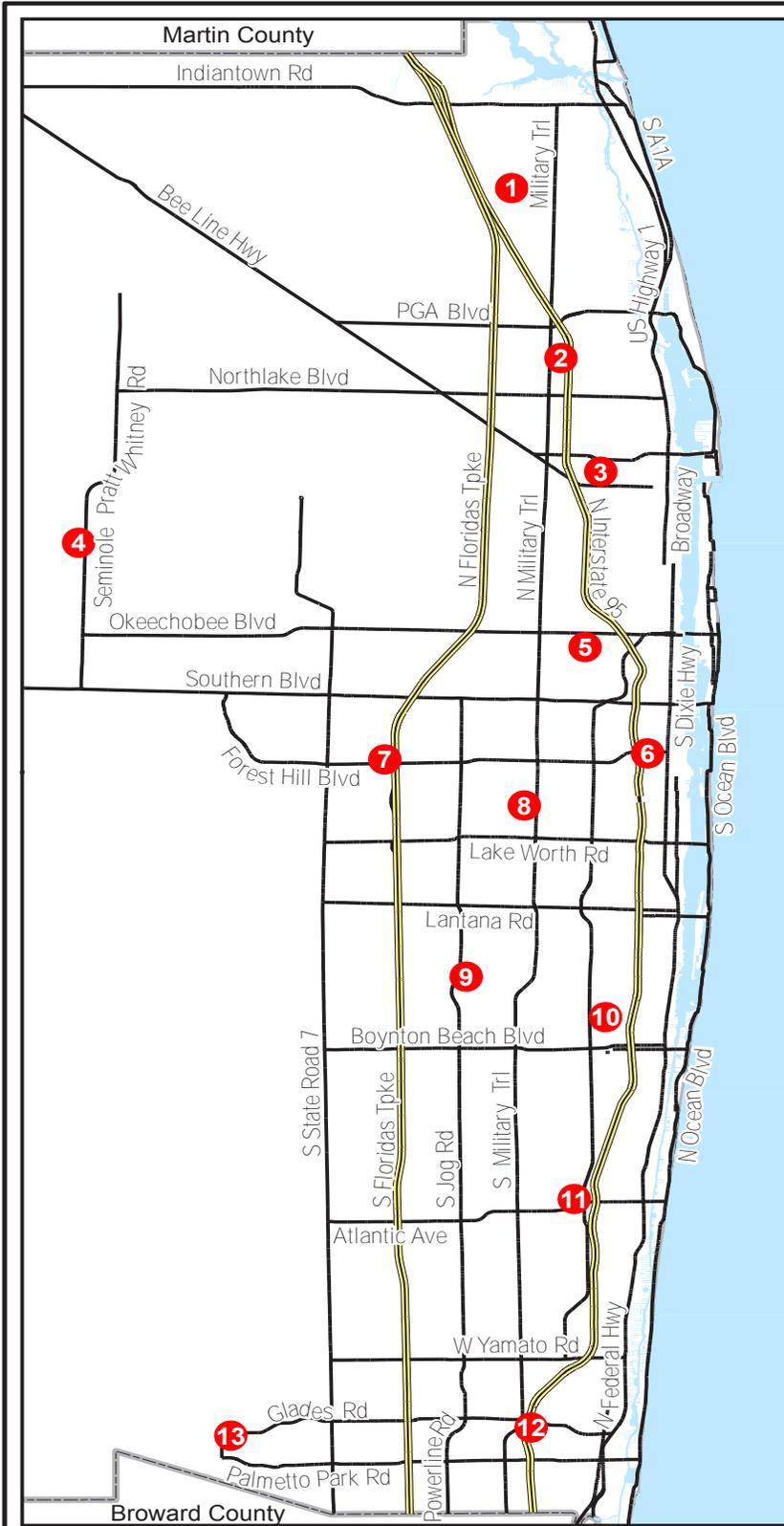
- Post emergency telephone numbers by your phones and make sure your children know how and when to call 911. Make sure any cell phones are fully charged.
- Designate out-of-area contact so family members have single point of contact to share information. Let others know your intended evacuation destination and route.
- Locate shelters in your area, including special needs and pet-friendly shelters.
- Become familiar with local resources like the county health department, emergency management office, etc., and federal agencies like the American Red Cross, Federal Emergency Management Agency (FEMA), etc.

## **Additional items for People with Disabilities or Access and Functional Needs:**

- Mark all items with fluorescent tape, large print or Braille.
- Be sure to have items specific to your disability like:
  - ◆ Spare parts, batteries or chargers for equipment and supplies
  - ◆ Repair kits
  - ◆ Walker, crutches or canes
  - ◆ Dialysis equipment
  - ◆ Oxygen
  - ◆ Talking or Braille clock
  - ◆ Cards, notification that you have a disability
  - ◆ Electronic communicator
  - ◆ Other specialty equipment and supplies you need

## **STAY INFORMED**

- Follow local alerts/evacuation notices on the radio, television, internet and other warning systems.
- Evacuate or seek medical attention quickly if instructed by authorities.
- Follow your family's emergency plan.
- Limit use of your telephone or cell phone; make sure phones and TTY are fully charged and back-up batteries are available.
- Wait for official notice that the emergency is over.



**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, Lake Worth 33467
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

## 2016 Risk Shelters

Shelter Location

**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 March 21, 2016

## DROWNING PREVENTION WORKS IF YOU FOLLOW THE RULES

Florida leads the nation in drowning deaths for children ages 1 to 14. Drowning is also prevalent in all age groups – including experienced and non-experienced swimmers. Drowning is preventable and everyone in Florida should know how to swim and exercise safety precautions while swimming in pools, beaches, lakes or other bodies of water.

The Drowning Prevention Coalition of Palm Beach County reminds us to become “proactive and water smart by following the DOs and Don’ts of water safety.”

### Do

- ☞ Teach children water safety and swimming skills as early as possible.
- ☞ Teach yourself water safety/rescue and swimming skills.
- ☞ Appoint a “designated-water watcher” to monitor children during social gatherings at/or near bodies of water.
- ☞ Always brief babysitters on water safety, emphasizing the need for constant supervision.
- ☞ Keep rescue equipment accessible at poolside and post CPR instructions.
- ☞ Invest in layers of protection for backyard pools such as: installing doors and windows that exit to a pool area with alarms and fencing with self closing latches.
- ☞ Maintain constant visual contact with children in a pool or pool area.
- ☞ Install a poolside phone, preferably a fully charged cordless model, with emergency numbers programmed into the speed dial.
- ☞ If a child is missing, check all sources of water near home first; seconds count in preventing death or disability.
- ☞ Always require all children and adults who are unable to swim to wear a USCG-approved life jacket
- ☞ Be knowledgeable on basic emergency rescue techniques
- ☞ Ensure children always wear a life jacket when boating AND set a good example by also wearing one yourself!

### Don't

- ☞ Don't rely on swimming lessons, life preservers or other equipment to make a child “water safe.” There is no substitute for supervision.
- ☞ Don't ever leave a child alone in a body of water (bathtub, pool, etc.), 2 seconds is too long, let the phone ring.
- ☞ Don't allow children to push playmates, jump on others, “dunk” one another, dive or jump in shallow water.
- ☞ Don't leave objects such as toys that might attract a child in the pool or pool area.
- ☞ Don't use flotation devices as a substitute for supervision.
- ☞ Never prop the gate to a pool area open.
- ☞ Never assume someone else is watching a child in a pool area.
- ☞ Don't leave chairs or other items of furniture where a child could use them to climb into a fenced pool area.
- ☞ Don't think you'll hear a child who is in trouble in the water; drowning is a silent death, with no splashing to alert anyone that there is trouble.
- ☞ Don't use ANY flotation device that is not approved by the USCG.

# MANAGING STRESS

Florida Health Palm Beach County Worksite Wellness Team is raising the bar in their efforts to help employees manage stress on and off the job. The Worksite Wellness Team sponsored a number of events and activities during “April Stress Awareness Month.” “Lunch and Learn” sessions were scheduled for staff including the “Kick-Off” noontime lecture “Wellness for Busy People.” “Mandala Monday,” including adult coloring and relaxing music, was featured at the Delray Beach Annex, Greenacres WIC and 800 Clematis. “Try it Tuesday” encouraged staff to try new and fun foods such as kale chips and smoothies. “Intro to Yoga” was enjoyed by staff who could practice gentle stretching and breathing exercises. Feedback from staff was very positive and the team will continue to provide fun, relaxing and informative sessions that help staff manage stress.

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Common reactions to a stressful event can include:

- Disbelief, shock, and numbness
  - Feeling sad, frustrated, and helpless
  - Fear and anxiety about the future
  - Feeling guilty
  - Anger, tension, and irritability
  - Difficulty concentrating and making decisions
  - Crying
  - Reduced interest in usual activities
  - Wanting to be alone
  - Loss of appetite
  - Sleeping too much or too little
  - Nightmares or bad memories
- Reoccurring thoughts of the event
  - Headaches, back pains, and stomach problems
  - Increased heart rate, difficulty breathing
  - Smoking or use of alcohol or drugs

## Healthy Ways to Cope with Stress

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Engaging in healthy activities and getting the right care and support can put problems in perspective and help stressful feelings subside in a few days or weeks. Some tips for beginning to feel better are:

- Take care of yourself.
  - Eat healthy, well-balanced meals
  - Exercise on a regular basis
  - Get plenty of sleep
  - Give yourself a break if you feel stressed out
- Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- Avoid drugs and alcohol. Drugs and alcohol may seem to help with the stress. In the long run, they create additional problems and increase the stress you are already feeling.
- Take a break. If your stress is caused by a national or local event, take breaks from listening to the news stories, which can increase your stress.

Please note the paragraphs below contain some timely information from the Centers for Disease Control that will help you to better manage stress on a day to day basis. Everyone—adults, teens, and even children—experiences stress at times. Stress can be beneficial by helping people develop the skills they need to cope with and adapt to new and potentially threatening situations throughout life. However, the beneficial aspects of stress diminish when it is severe enough to overwhelm a person’s ability to take care of themselves and family. Using healthy ways to cope and getting the right care and support can put problems in perspective and help stressful feelings and symptoms subside.

Stress is a condition that is often characterized by symptoms of physical or emotional tension. It is a reaction to a situation where a person feels threatened or anxious. Stress can be positive (e.g., preparing for a wedding) or negative (e.g., dealing with a natural disaster).

Sometimes after experiencing a traumatic event that is especially frightening—including personal or environmental disasters, or being threatened with an assault—people have a strong and lingering stress reaction to the event. Strong emotions, jitters, sadness, or depression may all be part of this normal and temporary reaction to the stress of an overwhelming event.

Recognize when you need more help. If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

# Return to School with Immunizations Up to date!

One of our most successful medical and public health accomplishments has been the use of vaccines to promote and maintain health, for both children and adults. By preventing so many contagious diseases, we are saving lives, and preventing the serious effects of up to 16 different diseases!

Now is a good time to think about your child's need for their immunization booster for school. In order to start Kindergarten and be protected, children ages 4 and 5 must receive their vaccine booster doses. Also 11-12 year olds, our seventh graders, need to start school with their Tdap booster. There are other recommended vaccines for this age group. It is important for new students coming to Palm Beach County from out of state to register with their immunizations up to date on a Florida Immunization form, 680.

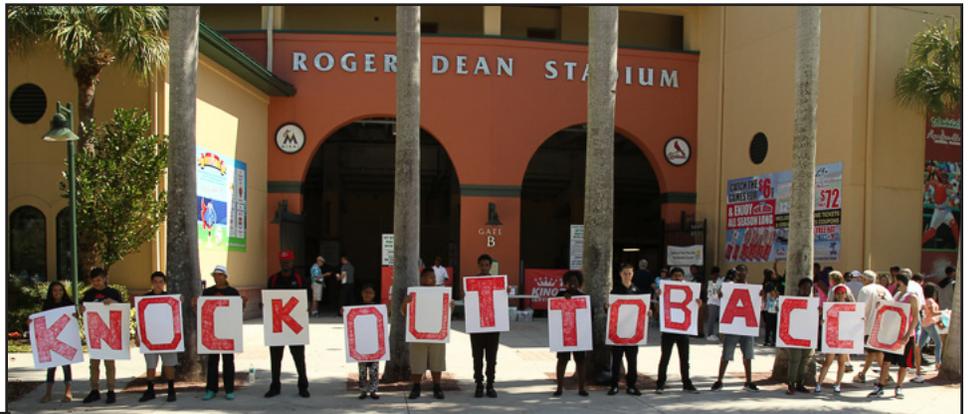
Early summer is the best time to schedule an appointment due to decreased crowds. Schedule an appointment now with your child's doctor or the Health Department for these important vaccines! Immunizations are available at specific times at our various clinic locations in Delray, Lantana, West Palm Beach, Jupiter and Belle Glade. Contact our Call Center for an appointment at 561-625-5180.

**Let's be "Vaccine Ready" for school early!!!**

# Kick-Butts Day at Roger Dean Stadium

Palm Beach County Students Working Against Tobacco (SWAT) in conjunction with Tobacco Free Florida were on hand to educate patrons at Roger Dean Stadium during the annual Kick Butts Day event.

Prior to the Miami Marlins and Washington Nationals Spring Training game SWAT kids talked about electronic cigarette usage, gathering public opinion and advising all to kick the cigarette habit.



Tobacco Free Florida Palm Beach County coordinator, Janiece Davis said, "We like to empower our youth to make the right choice and never begin smoking. Kick Butts Day is a great opportunity for them to empower others."

Tobacco Free Florida is an initiative to protect people of Florida from the dangers of tobacco. Further information can be found at [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com).



# Pirates of the Palm Beaches



## Tobacco Free Florida Palm Beach County – SunFest 2016

Runners of all ages and athletic ability gather at Palm Beach Atlantic's Green Sports Complex awaiting the start of the SunFest TGI5k while music fans congregate along Flagler Drive hoping to win big at the various vendor tents prior to the night's musical acts. 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 the efforts of the Tobacco Free Florida Palm Beach County program.

Sponsorship of both SunFest and the TGI5k provides an opportunity to educate citizens about our local policy initiatives and the three Free and Easy Ways to Quit Program while increasing our visibility in the community. Students Working Against Tobacco (SWAT) members from Gold Coast School of Choice, Spanish River Community High School, and Royal Palm Beach Community High School participated in the TGI5k, while SWAT members from Boca Raton Community High School and Pahokee High School assisted with the onsite booth. The booth's theme was "Pirates of the Palm Beaches" and included interactive components such as a Walk the Plank game, an educational wheel, cornhole (a crowd favorite), and a treasure chest. Public opinion surveys on a variety of tobacco control policies ranging from smoke-free multiunit housing policies to use of electronic cigarettes in public places was completed by 873 attendees.

Education and awareness is not the only reason for sponsorships. Our continued sponsorship with SunFest 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 electronic 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 local funding is used to assist with the creating of tobacco control policies and local sustainability. Tobacco Free Florida focuses on preventing initiation of tobacco products, eliminating secondhand smoke exposure, and increasing cessation through policy, system, and environmental change. Learn more at [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com).



## City of Delray Beach tapped as Healthy Weight Community Champion

The flourishing City of Delray Beach has been honored for many things over the years, and they were recently recognized by the Florida Department of Health as one of 80 communities to become a “2016 Healthy Weight Community Champion.” Health Officer, Dr. Alina Alonso, of the Florida Department of Health in Palm Beach County presented the Certificate to Mayor, Cary Glickstein at the City Commission Meeting. Healthy Weight Community Champion is part of the Florida Department of Health’s Healthiest Weight Florida initiative.

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida’s children and adults make consistent, informed choices about healthy eating and active living.

Florida’s county and municipal governments play an important role in decreasing the prevalence of unhealthy weight in their jurisdictions. Delray Beach has joined other local governments to promote healthy lifestyles by implementing policies and programs that increase physical activity, improve nutrition and create environments where a healthy choice is an easy choice.

For information about Healthiest Weight Florida, visit [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com)



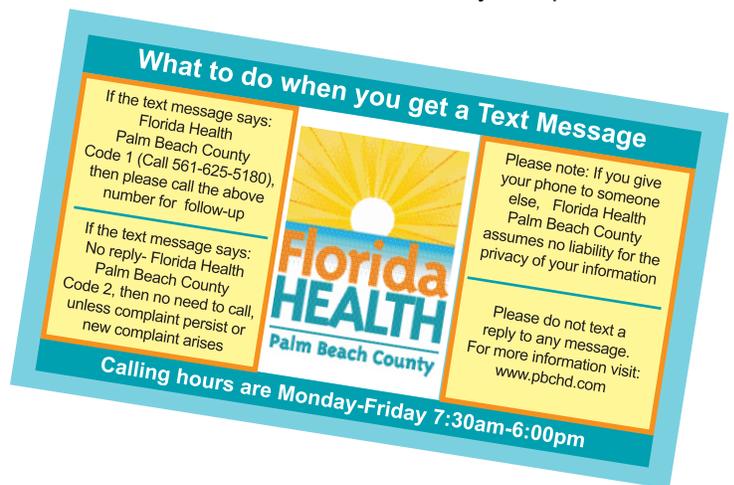
### Davis Productivity Awards go to two projects of DOH-Palm Beach

Combined saving by promoting efficiency and service delivery. \$187,052.

#### Team Plaque PROTEXT Project

Laboratory Team, Robert Parkes, MD, MPH, Tony Loncke, Nicholette Roach-Pixley, Jesus Diaz, Jill Rubin, Diana Connor, Suzette Nine.

A program developed to communicate STD test results through text messaging. The client no longer requires a return office visit for results unless they test positive.



#### Team Plaque Assessing HIV Resource Distribution Using GIS Mapping

Team—Alina Alonso, MD, Mitchell Durant, Ph.D., Psyche Doe, Robert Scott, Melinda Collins.

GIS mapping utilized to link HIV patients to services and pinpoint areas of service need.

# PUBLIC HEALTH ON THE MOVE

State Surgeon General and Secretary Dr. Celeste Philip with Donna Williams, Chair of the 1st Diabetes Educational Symposium hosted by the Palm Beach County Diabetes Coalition at Scripps Research Institute, Jupiter, Fl. Dr. Philip was the keynote speaker.



Dr. Philip meets the administrative staff of DOH-Palm Beach Statewide informational tour.



Services on display and available through DOH- Palm Beach during the Diabetes Educational Symposium.



S.W.A.T. (Students Working Against Tobacco) Kids promoting Kick Butts Day at Roger Dean Stadium during Spring Training.

CELEBRATE  
**NATIONAL  
 PUBLIC  
 HEALTH  
 WEEK**  
 APRIL 4-10



**2016  
 FIRST  
 ACCREDITED  
 PUBLIC HEALTH  
 DEPARTMENT SYSTEM  
 IN THE U.S.**

**PUBLIC HEALTH THE FLORIDA WAY**

# 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**