



**Florida
HEALTH**

Palm Beach County

The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 13 - Issue 3

Summer 2016

Healthiest Weight

tools:

- my healthy weight
- set goals
- my Florida plate
- eat your colors
- small steps
- big rewards
- move more, sit less

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From the Director

Our Florida summer is HOT, HOT, HOT!

Our Florida summer is HOT, HOT, HOT! Are you protecting yourself by staying adequately hydrated, and safe from the sun’s UV rays by using sunscreen? What about those pesky mosquitoes? Make sure you and your neighbors are following our DRAIN and COVER messaging. Drain all standing water around your home at least once a week. Inspect your screens, and use repellent when enjoying the outdoors.



Both our Epi and Environmental Departments have been very busy monitoring Zika and blue-green algae blooms. I would like to thank Governor Rick Scott and State Surgeon General Dr. Celeste Phillip for hosting a roundtable discussion on Zika at our Health Department and committing resources to our local efforts.

A new exciting initiative called Florida Healthy Babies is happening with the help of the Community Health and Maternal Child Health Divisions. We will be working in the Riviera Beach/North Palm Beach census tracts to decrease infant mortality disparities.

With help from Public Health, communities all over the country are making improvements in school wellness. Palm Beach County is no exception. When it comes to nutrition, schools are raising the standards to make school breakfast and lunch healthier. The School district is ensuring healthier foods and beverages are served in school. Schools are now offering nutritious fruits, vegetables, whole grains, and nonfat or low-fat milk. The districts also encourage non-food or healthy food-related parties or rewards in the classroom. Schools are decreasing sodium, saturated fat, and sugar intake and increasing access to fruits and vegetables, through farm-to-school programs, school gardens, and salad bars.

What Parents Can Do to Support Healthier Schools

- Ask that water be made available throughout the day.
- Encourage teachers and administrators to reward kids with extra recess, fun pencils and erasers, or time for a special game—rather than with sweet treats.
- Encourage kids to sign up for after-school sports, running clubs, and other physical activity opportunities offered by the school—or volunteer to lead such activities.
- Talk with neighbors about forming a walking school bus—taking turns walking with groups of children to and from school.
- Support safe walking and biking routes to school if the community does not already have them

Alina M. Alonso, M.D.

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Florida Governor Rick Scott Hosts roundtable discussion on Zika Palm Beach County



Governor Rick Scott came to Palm Beach County recently to gain firsthand knowledge about local efforts to combat the Zika virus.

The roundtable discussion included representatives from municipalities, the Port Authority, Division of Airports, Palm Beach County Government, Mosquito Control, and Department of Health in Palm Beach County.

Health Department Director, Dr. Alina Alonso summarized the local efforts by saying, “We as a collective group in Palm Beach County continue to educate our local community on preventive measures.” Dr. Alonso added, “We have distributed over 200,000 flyers with a mosquito bite prevention message and continue to reach out to every segment of our population.”

Representatives from mosquito control advised that following notification of a suspected Zika case they immediately deploy a team to survey the area, educate the household on what to look for as breeding grounds for mosquitoes and conduct a return visit should the suspect case be confirmed.

The Governor announced that day he has committed \$26.2 million to help local communities throughout Florida combat the spread of Zika in the State. Dr. Alonso thanked him for his commitment.

Recommended Actions for Protection from Zika What you should know about Zika:

- There is no vaccine to prevent Zika, and there is no specific treatment for infected individuals.
- Zika is generally spread by the bites of infected mosquitoes.

- Exposure to an infected person’s blood or other body fluids may result in transmission.
- Eliminate sources of standing water to reduce or eliminate mosquito breeding areas.

Recommended actions:

- Use insect repellents according to the guidance below.
- Wear clothing that covers hands, arms, legs, and other exposed skin. Wear socks that cover the ankles and lower legs.
- Wear lightweight, loose-fitting clothing. This type of clothing provides a barrier to mosquitoes.
- Eliminate sources of standing water (e.g., tires, buckets, cans, bottles, barrels)
- If symptoms develop, seek medical attention promptly. Discuss any possible exposure to mosquitoes or infections spread by mosquitoes with a healthcare provider.

Guidance on use of insect repellents:

- Always follow label precautions when using insect repellent.
- Use insect repellent containing an [EPA-registered active ingredient](#). Research suggests that repellents containing DEET typically provide longer-lasting protection, and oil of lemon eucalyptus provides longer-lasting protection than other plant-based repellents. In general, the more active ingredient (higher concentration) a repellent contains, the longer it will protect against mosquito bites.
- Products that combine sunscreen and repellent are not recommended. Use separate products, applying sunscreen first and then apply the repellent.



Summer is here – so beware and take precautions to protect yourself!



Remember to protect your health when temperatures are extremely high. Also remember to keep cool and use common sense.

During the hot weather you will need to increase your fluid intake regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot. (This information supplied by NCEH's Health Status Branch).

Summertime activity, whether on the playing field or the construction site, must be balanced with measures that aid the body's cooling mechanism and prevent heat-related illness.

Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough.

Several factors affect the body's ability; to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to

risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, prescription drug and alcohol use.

The best defense is prevention. Here are some prevention tips:

- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- **NEVER** leave anyone in a closed, parked vehicle.

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:

- Infants and young children
- People aged 65 or older
- People who have a mental illness
- Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

Cooling down with “Fresh from Florida” Watermelon



Summertime is here and the Florida heat is on! “Fresh from Florida” watermelon is a wonderful way to quench your thirst and add important nutrients into your diet. Watermelon is grown in the western parts of Florida from Collier to Columbia counties. Grilled watermelon or salsa with watermelon? There are lots of great ways to include this treat in your diet. Watermelon is filled with nutrients such as Vitamin C, Vitamin A, potassium and lycopene. Lycopene is an antioxidant that gives watermelon its reddish-pink hue. Lycopene has been associated with reduced risk of heart disease and various cancers. At only 46 calories per one cup and 90% water, watermelon is low calorie, inexpensive and helps keep you hydrated on hot summer days. Try grilling watermelon slices with a drizzle of honey, lime and a dash of sea salt. Or add watermelon to your favorite salad. Fruit Kabobs are easy and fun for brunch or a party. Or keep cut-up watermelon in the fridge for the kids...and grown-ups too! Yummy! Watermelon and other Florida fruits

are part of a healthy diet that support the Florida Department of Health’s “Healthiest Weight Campaign.” Try the recipe for “Fire and Ice Salsa” with some whole grain chips and enjoy! For more information, check out www.eatright.org and www.watermelon.org.

Fire and Ice Salsa Recipe

- 3 cups seeded and chopped watermelon
- 1/2 cup finely chopped green bell pepper
- 2 tablespoons lime juice
- 1 tablespoon chopped cilantro
- 1 tablespoon finely sliced green onions
- 2 tablespoons seeded and finely chopped jalapeño peppers

Combine ingredients; mix well and cover.
Refrigerate 1 hour or more.
Makes 3 cups



Nurse Family Partnership 2016 Graduation

The Palm Beach County Nurse-Family Partnership program honored 39 first time mothers for completing the 2 ½ year program on August 9.

The Nurse-Family Partnership is a national, evidence-based program that provides first-time mothers with education and care to promote healthy pregnancies and empowers mothers to achieve better lives for themselves and their families.

Nurses are paired with first time pregnant mothers who receive home visits up until their child reaches two years of age. The nurse home visitors work to promote client self-sufficiency, help clients navigate social support services, pursue career goals, form healthy relationships, achieve family health, and become confident mothers.

Since 2008, nurses from the Maternal Child Health Division have enrolled 1082 pregnant women in this Program.

Funding for the Nurse-Family Partnership is provided by the Children’s Service Council of Palm Beach County.



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

World Hepatitis Day 2016

“KNOW HEPATITIS – ACT NOW”

World Hepatitis Day was adopted by the World Health Organization (WHO) in 2006 to help raise awareness, promote prevention, and treatment of Hepatitis worldwide. Hepatitis Day is observed on July 28, with the theme “KNOW HEPATITIS – ACT NOW”!

Today, only 1 in 20 people with viral hepatitis know they have it. And just 1 in 100 with the disease is being treated. Viral hepatitis infection is widely spread, affecting 400 million people worldwide – over 10 times the number of people infected with HIV. Globally, about 1.4 million people die each year from hepatitis. It is estimated that only 5 percent of people with chronic hepatitis know of their infection, and less than 1 percent have access to treatment.

Yet, hepatitis is fully preventable and treatable: there are effective vaccines and treatments for hepatitis B, and over 90 percent of people with hepatitis C can be cured with treatment. The vision of eliminating hepatitis as a public health threat by 2030 can be achieved, if people and countries affected by this disease were better equipped and enabled to “know hepatitis” and “act now”.

What is Viral Hepatitis?

- Viral hepatitis is a group of infectious diseases known as hepatitis A, B, C, D, and E causing acute and chronic liver disease. According to WHO, these diseases affect 1.5 million people every year. In the United States Hepatitis B and Hepatitis C are significantly troublesome.

Know hepatitis - Are you at risk?

- Hepatitis B and C infections are transmitted through contaminated blood as well as through contaminated needles and syringes in healthcare setting and among people who inject drugs. The viruses can also be transmitted through unsafe sex and from an infected mother to her newborn child.
- With better information and knowledge about hepatitis risks, people can prevent themselves from getting infected and passing the infection on to others. To do this, people should seek testing and learn if they need treatment.

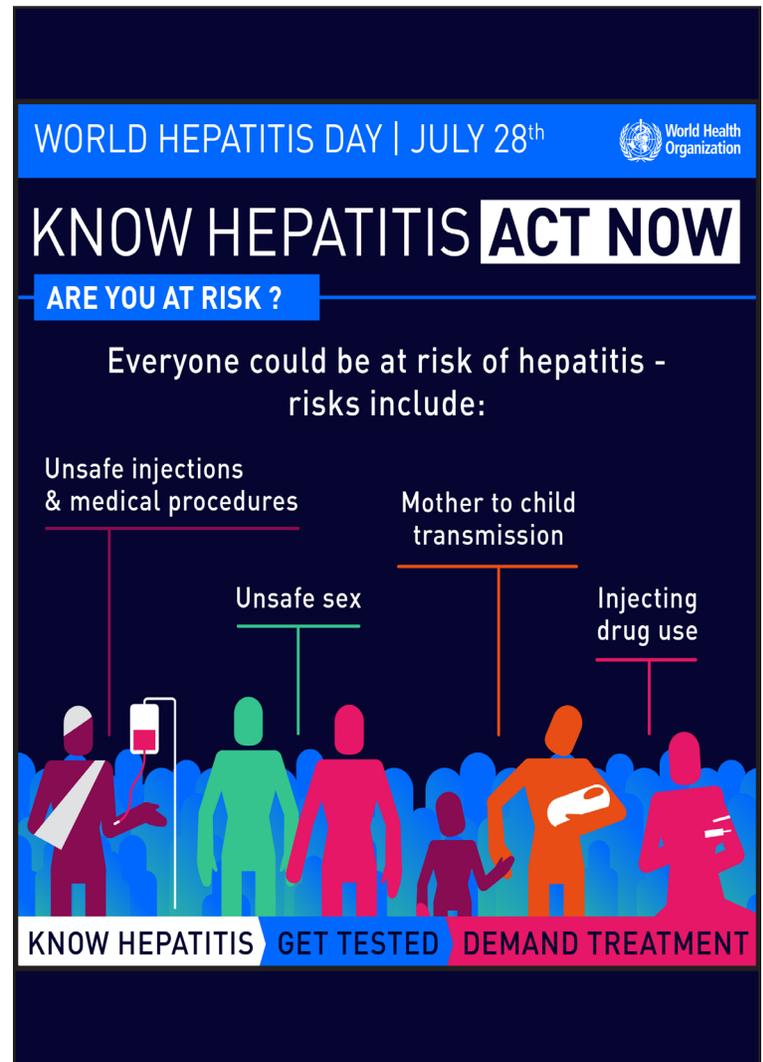
Know hepatitis - Get tested

- Increasing access to hepatitis testing is key to scaling up hepatitis treatment and care.
- An estimated 95% of people with hepatitis are unaware of their infection, in part due to a lack of awareness and lack of access to testing services in countries.

WHO will release its first hepatitis testing guidelines in 2016. The guidelines will provide guidance on who should be tested, and will recommend simple testing strategies to help country efforts to scale up hepatitis testing, treatment and care.

Know hepatitis - Demand treatment

- Globally, most people who need treatment have not been treated, largely due to a lack of awareness, and access to hepatitis treatment services.
- Over 90 percent of people with hepatitis C can be completely cured of the virus within 3–6 months.
- Appropriate treatment of hepatitis B and C can prevent the development of the major life-threatening complications of chronic liver disease: cirrhosis and liver cancer.



WORLD HEPATITIS DAY | JULY 28th 

KNOW HEPATITIS ACT NOW

ARE YOU AT RISK ?

Everyone could be at risk of hepatitis - risks include:

- Unsafe injections & medical procedures
- Unsafe sex
- Mother to child transmission
- Injecting drug use

KNOW HEPATITIS GET TESTED DEMAND TREATMENT

Community Water Fluoridation: A Foundation for Good Oral Health

A healthy mouth is essential for good overall health. There are four factors that play a role in achieving and maintaining good oral health. Some of these are more attainable than others and we have control of some of these factors more than others.



- The first two, good oral hygiene and proper nutrition are highly controlled by each individual.
- Access to a dental home for preventive care and necessary treatment is a factor that is easily controlled by some but is more difficult for others, especially lower income individuals.
- The final factor for optimum oral health is daily use of fluoridated water. This is the easiest factor to access for those individuals living in communities that fluoridate their water systems.

Using water fluoridated at the optimal level of 0.7 mg/L for drinking and cooking has been shown to reduce dental decay by 25% over a person's lifetime. No effort or investment by an individual is needed and the reduction in decay extends to all people using the water regardless of age, race or socioeconomic status. Fluoridating the water supply is one of the safest, most cost effective and equitable public health measures that can be taken by a community.

Recently, the Village of Wellington council members voted unanimously to re-instate optimally fluoridated water in their community, a victory for the health of the citizens of Wellington. At the council meeting in June, the council members listened to presentations both for and against water fluoridation and chose to make the right choice for their community. There was a lot of support including local dentists and

hygienists, state and local health department representatives, local pediatricians and renowned fluoride advocate, Dr. Johnny Johnson. The council's ultimate decision was based on valid science and the recommendations by all major health organizations in favor of water fluoridation. It stands as a foundation for good oral health in the community of Wellington.

For more information about community water fluoridation visit: <http://ilikemyteeth.org> or <http://www.cdc.gov/fluoridation/>



Celebrating Breastfeeding: A Key to Sustainable Development

"Breast is best." Despite the proven health benefits of breastfeeding, only 77% of infants born in Florida are ever breastfed, 18.3% exclusively at 6 months, and 26.9% are still breastfeeding when that birthday cake is topped with the number 1 (CDC, 2014). These numbers are below the Healthy People 2020 recommendations.

For the past few decades, many initiatives have been implemented to increase breastfeeding rates. One event is World Breastfeeding Week (WBW), birthed August 1st 1992. WBW celebrates breastfeeding as the normal and optimal form of infant nutrition, mobilizes communities towards breastfeeding supporting, and raises public awareness.

This year's theme is Breastfeeding: A Key to Sustainable Development. With no need for formula bottles and feeding supplies which produce waste, breastfeeding protects the

environment. Breast milk is at the right temperature and is always available, so it is a form of food security and optimal nutrition. This rings true especially when our sunshine state is battered by hurricanes, tornadoes, floods, forest fires, and other disasters. Breastfeeding can help families save up to \$1500 a year!

At the Department of Health, the WIC division continues to be a champion among breastfeeding advocates. Breastfeeding initiation, duration and exclusivity are all health indicators measured by WIC to protect and promote breastfeeding. Every year, Palm Beach County WIC designates the entire month of August as Breastfeeding Awareness Month with various activities.

This year, WIC will celebrate and promote breastfeeding among clients, community partners and employees. This includes providing breastfeeding giveaways for clients, performing breastfeeding public service announcements in the clinics, facilitating fun team building activity where staff record an educational breastfeeding commercial and presenting a 2-hour annual breastfeeding update. WIC will also participate in the "Big Latch On" a National Initiative to promote Breastfeeding during the first week of August.

Celebrate with us!

visit us on the web: www.flhealthpalmbeach.com

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**