



The Pulse

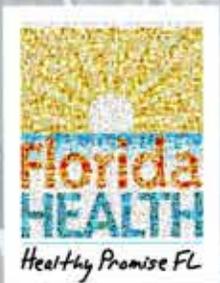
Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 13 - Issue 4

Fall 2016

Healthiest Weight



Seasons Greetings



ALSO INSIDE:

Healthy Holiday Tips

ZIKA Update

Hurricane Matthew/Special Needs Shelter

The FLU and You

From the Director

As 2016 draws to a close, I would like to extend a sincere thank you for helping to make our Florida Department of Health in Palm Beach County the best in the state. Our progress and prosperity is only possible because of each one's individual contribution to our goals and commitment this year. Our dedicated staff is our greatest asset and this year the team continued to provide the exceptional quality service that our customers have come to expect from us. I am proud to announce 98% of our customers consistently give a satisfactory rating when receiving our services. Our staff continues to distinguish itself both academically and in the Public Health arena by sharing best practices, presenting academic papers and/or posters and exceeding expectations every day.



I share with you the CDC's The 12 Ways to Health Holiday Song:

1. The first way to health, said the CDC to me Wash hands to be safe and healthy.
2. The second way to health, said the CDC to me Bundle up for warmth, and wash hands to be safe and healthy.
3. The third way to health, said the CDC to me Manage stress, bundle up for warmth, and wash hands to be safe and healthy.
4. The fourth way to health, said the CDC to me Don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
5. The fifth way to health, said the CDC to me BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
6. The sixth way to health, said the CDC to me Fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
7. The seventh way to health, said the CDC to me Get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
8. The eighth way to health, said the CDC to me Get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
9. The ninth way to health, said the CDC to me Monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
10. The tenth way to health, said the CDC to me Practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
11. The eleventh way to health, said the CDC to me Prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
12. The twelfth way to health, said the CDC to me Eat well and get moving, prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

As always, we remain dedicated to our mission of helping our neighbors realize their dreams, staying healthy and supporting the people who make a difference in our community. I wish you and your loved ones a wonderful holiday season and a joyous New Year.

Peace, Love and Health,

Alina M. Alonso M.D.

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Healthy Holiday Tips

As the holiday season is approaching, a good way to combat excess weight gain is to avoid extra calorie intake from overeating during the holidays. It is time to adopt a healthier lifestyle and participate in physical activity to help reduce the risk of chronic diseases.

Eating healthy during the holidays is a smart move for maintaining weight instead of gaining and having the chance of retaining over 10 extra pounds! The Florida Department of Health employees are encouraged to participate in the statewide “2016 Eat Smart, Move More... Maintain, don’t gain Holiday Challenge” to keep their weight in check during the seven holiday weeks.

It is a challenge to avoid over eating at this festive and fun time of the year. We can help by choosing foods that are lower in fat, salt, sugar and keeping our “special holiday treat” portions small. Choose lean meats, low-fat dairy products, healthy fats such as olive oil and limit the sugar content of your holiday recipes. With simple small changes, we can modify traditional menus to lower the calorie and fat content.



See how you can make better menu choices by comparing these two holiday menus*:

Original Menu:

- 3 ½ ounces of roasted turkey with skin
- ½ cup stuffing
- ½ cup broccoli with 2 tablespoon hollandaise sauce
- ½ cup strawberry relish
- 1 medium crescent roll plus 1 pat of butter
- 1 slice pecan pie

Total calories 1,410 and 68 grams of fat

Leaner Menu

- 3 ½ ounces skinless, roasted turkey
- ½ cup wild rice pilaf
- ½ cup broccoli with lemon juice
- ½ cup cranberry relish
- 1 whole grain roll
- 1 slice pumpkin pie

Total Calories 735 and 20 grams of fat

The leaner version contains about one-half the calories and less than two-thirds the fat. Now it is time to be committed to healthy eating habits and pack the shopping cart with plenty of fresh vegetables and fruits as well as choosing recipes that are rich in nutrients and flavor to celebrate the holidays with family and friends.

www.eatright.org

visit us on the web: www.flhealthpalmbeach.com

Volunteer Health Services and Community Partners bring Holiday Cheer to Families during the Holidays

Each year Volunteer Health Services host its Annual Thanksgiving Give-A-Way as a service to the clients of the Florida Department of Health-Palm Beach County. From November 21– 23, Volunteer Services will provide families with gift cards and food to local families in need during the Thanksgiving holiday. Volunteer Health Services has partnered Good Health Foundation, CBS 12's Project Thanksgiving, and Channel 5 Food for Families with a host of Community Partners.

During this year's Thanksgiving Give-A-Way, Volunteer Health Services anticipates providing for over 300 families from the Health Centers in Delray Beach, Lantana/Lake Worth, Greenacres, West Palm Beach, Riviera Beach (Avenue P), Jupiter and Belle Glade.

SAFETY TIPS TO FOLLOW WHEN PREPARING YOUR HOLIDAY TURKEY

Follow these four food safety tips to take the guesswork out of preparing your holiday turkey.

1. Safely Thaw a Turkey

Thaw turkeys in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. A frozen turkey is safe indefinitely, but a thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than two hours, its temperature can creep into the danger zone between 40°F and 140°F, where bacteria can grow rapidly.

2. Safely Handle a Turkey

Bacteria from raw poultry can contaminate anything that it touches. Thoroughly wash your hands, utensils, and work surfaces to prevent the spread of bacteria to your food and family.

Take Care with Leftovers

- Clostridium perfringens is the second most common bacterial cause of food poisoning.
- Outbreaks occur most often in November and December.
- Meat and poultry accounted for 92% of outbreaks with an identified single food source.
- Refrigerate leftovers at 40°F or below as soon as possible and within two hours of preparation to prevent food poisoning.

3. Safely Stuff a Turkey

Cook stuffing in a casserole dish to make sure it is thoroughly cooked. If you stuff the turkey, do so just before cooking. Use a food thermometer to make sure the stuffing's center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F, and possibly cause food poisoning. Learn more about how to safely prepare stuffing.



4. Safely Cook a Turkey

Set the oven temperature to at least 325°. Place the completely thawed turkey with the breast side up in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times will vary depending on the weight of the bird. To make sure the turkey has reached a safe internal temperature of 165°F, check by using a food thermometer inserted into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat. Learn more about safe minimum cooking temperatures and how to use and calibrate a food thermometer for turkey and other foods.

ZIKA UPDATE

Zika virus is a major public health concern. This is true here in Florida, where we have a large population of tourists and residents who might be exposed to the virus internationally and also the types of mosquitoes that can carry the virus. The Florida Department of Health has been taking action across all 67 counties to help protect residents, testing pregnant women and investigating cases of Zika virus infection. DOH-Palm Beach is actively involved in this effort, and has successfully investigated instances of potential local transmission within the county.

One investigation required help from other county health departments to complete. During

the month of August, Epidemiology was notified of a case of Zika virus in a local resident with no travel to a Zika affected area. Three days later, four teams went door-to-door to the homes around this first case to provide education on the virus and distribute Zika prevention kits to pregnant women. DOH-Palm Beach later found that a close contact of the first case also had some evidence for Zika virus infection, so the decision was made to do a survey of the same area to see if there were other cases of local transmission of the virus.

Because of the timing, Epidemiology had only 24 hours to prepare for the deployment. Survey forms, along with gloves, sample collection materials and educational door hangers were packaged into kits for eight teams of three.

Teams went door-to-door over the course of two days to 182 households that were in the potential transmission area. In early September, urine samples were collected from 72 people to test for the virus. Testing was done by the Bureau of Public Health Laboratories in Miami who found that all samples were negative for Zika virus.

Strike team members were faced with several obstacles such as extreme heat, rain, long hours and a short timeframe to complete this task. Strike team members consisted of staff from Epidemiology, Environmental Public Health, Maternal Child Health, HIV Program, Tobacco Program, Preparedness Office, Logistics, General Services, and Public Information Office.

The Flu and You

Influenza (flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is to get a flu vaccine each fall.

Palm Beach County's flu activity has remained at low (mild) levels this season and the same holds true statewide. It is too early in the season to predict the predominately circulating strain in Florida for the 2016-2017 seasons.

On a National level influenza activity continues to circulate at low levels, however, the CDC reports a recent increase in influenza-like illness (ILI) in different parts of the country.

HOW DO YOU KNOW IF IT IS THE FLU?

- Body aches and pains
- Cough and chest discomfort which may become severe
- Early and significant exhaustion
- Fatigue and weakness that may last up to 2–3 weeks
- Headache
- High fever (102–104 degrees F) for 3–4 days
- Occasional stuffy nose, sneezing and sore throat

WHAT TO DO IF YOU GET THE FLU?

- Consider layered apparel for body temperature changes.
- Do not share cups and eating utensils.
- Do not take aspirin products without physician approval.
- Drink plenty of fluids.
- Get plenty of rest.
- Over-the-counter cold or cough medicines may also relieve some flu symptoms. Check with your doctor.
- Sleep and take it easy.
- Take acetaminophen (such as Tylenol) or ibuprofen (such as Advil or Motrin) to relieve your fever and aches.
- Wash your hands frequently.

Most people who get the flu recover without having to see their healthcare provider. If your flu symptoms worsen, you have a high temperature for more than a few days, or if you seem better but then feel worse, call your healthcare provider right away.



Dr. Alonso leading the way by getting her flu shot.

INTERESTED IN LEARNING MORE ABOUT THE FLU?

- www.flu.gov
- www.cdc.gov/flu/weekly
- <http://www.floridahealth.gov/diseases-and-conditions/influenza/florida-influenza-surveillance-reports/index.html>

Your flu shot is the first & most important step to fight the flu.

FluFreeFlorida.com

Keep healthy habits between you & the flu.

Every year, vaccinate before Halloween!

Don't touch your face with unwashed hands.

Don't touch or shake hands with people who are sick.

Clean & disinfect frequently touched surfaces.

Stay home when you're sick & keep your children home when they're sick.

Wash your hands often with soap & water.

Regular soap & water should be your first choice. Alcohol-based hand sanitizer your second choice.

Cover your mouth & nose when you cough or sneeze.

Cough or sneeze into your upper sleeve or elbow, not your hands, if you don't have a tissue.

Pass the turkey not the flu! Get your flu vaccine if you haven't earlier.

PREGNANCY – A GREAT TIME FOR ORAL HEALTH EDUCATION

Good oral health for children starts during the mother's pregnancy. It is often recommended that children see a dentist by age one or with the eruption of their first teeth. That is a good recommendation. However, planning for a healthy mouth for children should begin before this.

The statement "Babies are born without teeth" isn't exactly correct. The teeth start forming by the eighth week of pregnancy. By the time the baby is born, the crowns of all the primary (baby) teeth are forming or nearly complete. The buds for the permanent teeth start forming by the third month of pregnancy. A newborn has teeth, they just have not erupted into the oral cavity.

Good nutrition during pregnancy provides the elements for proper formation and calcification of teeth. Properly formed and strengthened teeth give them the best chance to resist decay in the future. This good foundation gives teeth a head start once they do erupt into the mouth.

Educating expectant mothers about this and about how their own oral health status can affect their child's status is important. Mothers with healthy mouths will pass less problem causing bacteria on to their babies, reducing the chance of decay and infection. Mothers should seek dental care during pregnancy to reduce inflammation and disease in their mouths. They should learn and practice good oral hygiene before the baby is born and maintain it after delivery.

Parents should also clean the baby's gums daily with a soft, moist cloth even before the teeth are present. Continued good oral hygiene along with good nutrition can lead to healthy mouths for a lifetime for mother and child. Most women are more receptive to health information during pregnancy. Pregnancy is a great time to discuss oral health.

WORLD
AIDS
DAY



World AIDS DAY 2016 "Hands Up for #HIVPrevention"

The global spread of HIV infection and AIDS necessitates a worldwide effort to increase communication, education and action to stop the Spread of HIV/AIDS. The World Health Organization and the United Nations observe December 1 of each year as "World Aids Day." This day commemorates those individuals who have passed on, celebrate victories such as increased access to treatment and prevention services, and to reinvigorate the worldwide effort to stop the spread of HIV/AIDS.

The World AIDS's Day theme for 2016 is "Hands Up for #HIVPrevention" and focuses on condoms, harm reduction, equal access, male circumcision, PrER, sex education, and testing and viral suppression.

In Palm Beach County there are more than 8,000 people living with HIV/AIDS. However, the consensus among HIV/AIDS educators and medical providers is that number is likely 20% greater. Meanwhile, in the United States, more than 1.2 million people are infected with HIV and every 11 minutes a new infection occurs resulting in an estimated 50,000 new annual infections.

Alina Alonso, MD, Director of Florida Department of Health in Palm Beach County says "we are encouraging everyone to get tested. Individuals who know their status can get life prolonging care and by knowing, can help stop the spread of this acquired disease."

The Palm Beach County HIV Community Prevention Partnership and the Palm Beach County HIV CARE Council, in conjunction with its partners are working together to renew HIV/AIDS awareness and to expand and strengthen the local effort to stop the spread of HIV in Palm Beach County on World AIDS Day.

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 such as COMPASS, FoundCare, Community Health Centers, CAP, Genesis Health Center and many other clinics, and medical practitioners will also participate. Further information can be obtained at www.flhealthpalmbeach.org or www.floridahealth.gov.



Breast Cancer Awareness

Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease. Most breast cancers are found in women who are over 50 years old. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age. Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.

Breast cancer screening means checking a woman's breasts for cancer before she has any symptoms. Mammograms, an x-ray picture of the breast, are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Most women who are 50 to 74 years old should have a screening mammogram every two years. If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.

Black Women have the highest breast cancer death rates of all racial and ethnic groups and 40% more likely to die of breast cancer than white women.

Studies show that women with disabilities are less likely than women without disabilities to have received a mammogram during the past two years.

Some Warning Signs of Breast Cancer Are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in the breast.

Other conditions can cause these symptoms. If you have any signs that worry you, call your doctor right away.

What Can I Do to reduce my Risk of Breast Cancer?

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways—

- Keep a healthy weight.
- Exercise regularly (at least four hours a week).
- Research shows that lack of nighttime sleep can be a risk factor.
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.
- Avoid exposure to chemicals that can cause cancer (carcinogens) and chemicals that interfere with the normal function of the body.
- Limit exposure to radiation from medical imaging tests like X-rays, CT scans, and PET scans if not medically necessary.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed any children you may have, if possible.

If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may be at high risk for getting breast cancer. Talk to your doctor about more ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

More information is available at:

Younger Women

http://www.cdc.gov/cancer/breast/young_women/index.htm

Tobacco Free Florida: Ten Years In November

2006 Florida voters overwhelmingly supported Amendment 4, a state constitutional amendment which mandated funds to create a statewide tobacco education and use prevention program. That program is now known as Tobacco Free Florida. Since its inception, Tobacco Free Florida has made significant strides in reducing adult and youth smoking rates at both the state and local levels, efforts which have saved billions of dollars and countless lives. The free resources provided under Tobacco Free Florida's Quit Your Way program has help more than 159,000 Floridians successfully quit tobacco.

According to the 2013 Behavioral Risk Factor Surveillance Survey (BRFSS), the adult smoking rate of Palm Beach County is 9.5%. Data from the 2016 Florida Youth Tobacco Survey (FYTS) reveals the youth smoking rate* in Florida is at a historic low of 3%. Even more fascinating is the Palm Beach County youth smoking rate which is at 1.7%. But there is still work to be done. Tobacco remains the leading cause of preventable death both nationally and in the state of Florida. While traditional tobacco use is on the decline, rates of youth engaging in hookah and electronic cigarette use are on the rise. Though only 1.7% of Palm Beach County youth report current use

of cigarettes an astounding 12.4% report current electronic vaping and 6.0% report using hookah.

Our program continues to assist with the implementation of tobacco free grounds policies. Such policies, coupled with our media campaign and youth advocacy program known as Students Working Against Tobacco (SWAT), are crucial in preventing secondhand smoke exposure and providing an environment that will encourage cessation efforts.

For more information on the resources Tobacco Free Florida provides to assist with your quit journey, visit tobaccofreeflorida.com/quityourway. *Youth are defined as individuals 11-17 years old.

November is National Diabetes Month

The rate of new cases of diagnosed diabetes in the United States has begun to fall, but the numbers are still very high. More than 29 million Americans are living with diabetes, and 86 million are living with prediabetes, a serious health condition that increases a person's risk of type 2 diabetes and other chronic diseases.

The Centers for Disease Control and Prevention (CDC) is working to reverse the US diabetes epidemic by tracking disease trends, focusing on prevention, identifying effective treatments, and improving medical care.

The Diabetes Coalition Palm Beach County and Palm Healthcare Foundation, Inc. will sponsor their annual free diabetes screenings at numerous locations throughout Palm Beach County during the month of November. The main focus for 2016 is "Know Your Numbers."

Public Health Problem

People with diabetes either don't make enough insulin (type 1 diabetes) or can't use insulin properly (type 2 diabetes). Insulin allows blood sugar (glucose) to enter cells, where it can be used for energy. When the body doesn't have enough insulin or can't use it effectively, blood sugar builds up in the blood. High blood sugar levels can lead to heart disease, stroke, blindness, kidney failure, and amputation of toes, feet, or legs.

Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes, and type 1 diabetes accounts for about 5%. The health and economic costs for both are enormous:

- Diabetes was the seventh leading cause of death in the United States in 2013 (and may be underreported).
- Diabetes is the leading cause of kidney failure, lower-limb amputations, and adult-onset blindness.
- More than 20% of health care spending is for people with diagnosed diabetes.

People who have one or more of the following risk factors should talk to their doctor about getting their blood sugar tested:

- Being overweight.
- Being 45 years or older.
- Having a family history of type 2 diabetes.
- Being physically active less than 3 times a week.
- Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds.



Race and ethnicity are also factors: African Americans, Hispanics and Latinos, American Indians, Pacific Islanders, and some Asian Americans are at higher risk than whites.

Diabetes Complications

Diabetes complications and related conditions include the following:

- Heart disease and stroke: People with diabetes are twice as likely to have heart disease or a stroke as people without diabetes—and at an earlier age.
- Blindness and other eye problems: Diabetic retinopathy (damage to blood vessels in the retina), cataracts (clouding of the lens), and glaucoma (increase in fluid pressure in the eye) can all result in vision loss.
- Kidney disease: High blood sugar levels can damage the kidneys long before a person has symptoms. Kidney damage can cause chronic kidney disease, which can lead to kidney failure.
- Amputations: Diabetes damages blood vessels and nerves, particularly in the feet, and can lead to serious, hard-to-treat infections. Amputation is sometimes necessary to stop the spread of infection.

Gestational diabetes is diagnosed during pregnancy and can cause serious complications for mothers or their babies. These complications include preeclampsia (pregnancy-induced high blood pressure), birth-related trauma, and birth defects. Women with gestational diabetes also have a higher risk of developing type 2 diabetes later in life. Up to 25% of US adults who have diabetes don't know that they have it or that they could be developing serious complications.

Structured lifestyle change programs such as the CDC-led National Diabetes Prevention Program

(<http://www.cdc.gov/diabetes/prevention/index.html>)

([National DPP](#)) can help people with prediabetes cut this risk sharply.

visit us on the web: www.flhealthpalmbeach.com

Sickle Cell-E-Bration Walk

To promote World Heart Day, the Florida Department of Health Palm Beach County partnered with the Sickle Cell Foundation of Palm Beach County for their annual Sickle CELL-E-BRATION WALK at the Wells Recreation Center, in Riviera Beach. We were one of the Aerobic Warm-Up Hosts to get the walkers ready. We also had a display table with information about how to make healthy lifestyle choices to prevent cardiovascular disease. There were over 300 walkers and 60 participants received a World Heart Day bag for taking time to stop by the display table to talk about things they can do to prevent cardiovascular disease.



WORLD HEART DAY 5K WALK

To promote the Florida Department of Health 5K Walk/Run, the Florida Department of Health Palm Beach County had a team of 12 employees and family members who participated in the American Heart Association's 5K Heart Walk. There were thousands of participants that attended the walk in downtown West Palm Beach. Palm Beach County Fire Rescue and the West Palm Beach Fire Department provided hands-only CPR techniques to all interested participants. The Palm Beach County walk surpassed a significant milestone raising over \$1.1 million dollars. This far exceeded all other fundraisers in our county.

HURRICANE MATTHEW

EMERGENCY OPERATIONS CENTER (EOC)

Hurricane Matthew was a great learning experience for the Health and Medical Unit and Preparedness Team. The unit is staffed by members from the Preparedness Team, Palm Beach County Medical Society, the Medical Reserve Corps, The



Healthcare Emergency Response Coalition, the Special Needs Unit, and the Dialysis unit. This team worked day and night to ensure the health and medical needs of the community were met before, during, and after the storm. We train, practice, and exercise for many disaster scenarios throughout the year so we were fully prepared to respond to this event. Hurricane season runs from June 1-November 30 each year so we still need to be prepared. Now is the time to replenish your disaster preparedness kits with items you may have used during the storm. If we don't have another storm this year your kit will be ready to go for next season!

SPECIAL NEEDS SHELTER

More than 180 Clients along with their family members, caregivers and service dogs converged upon Palm Beach County's Special Needs Shelter to ride out Hurricane Matthew as it churned towards Florida.



The South Florida Fairground facility was transformed into a shelter for oxygen dependent clients who needed access to electricity, had multiple chronic conditions or required medical observation that made it unsafe for them to stay at home. The shelter provides round-the-clock monitoring of clients and access to emergency services if needed. Eligible clients must be recommended by their physician and pre-registered with the Emergency Operations Center.

The shelter was activated Wednesday through Friday afternoon and personnel was commended for a job well done despite a few obstacles. Staffing is comprised of many community partners and volunteers such as nurses and Residency Physicians from Florida Health Palm Beach County, the Health Care District, Residency Physicians from Lakeside Medical Center, Palm Beach County Fire and Rescue, Palm Beach County Sheriff's Office and numerous volunteers from local non-profit agencies and businesses.

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