

Volume 14 - Issue 2

Spring 2017

## Healthiest Weight

tools:



set goals

my Florida plate

eat your colors

small steps

big rewards

move more, sit less



# Stay Safe and Healthy this Summer



**ALSO INSIDE:**  
Career Symposium  
County Health Rankings  
Community Health Assessment  
Mobile Dental Program Summer Activities  
Hurricane Season  
Summer Safety  
ZIKA Update

## From the Director

The Atlantic Hurricane Season starts June 1st. Are you ready? No, I mean are you really ready? We have had our share of multiple near misses and multiple glancing blows like Hurricane Mathew that worked its way up the east coast last season. Our last direct hit was Hurricane Wilma a category I in 2005. Hurricanes can bring torrential rains, flooding, and damaging winds amongst other threats. We live in a unique location near the coast with several waterways that also pose the threat of coastal flooding or surge in extreme events.

Preparing for hurricanes can be less stressful if you make your plan in advance. Here are four things you should think about this week.

### Determine Your Risk:

Risks in Palm Beach County vary across location in intensity based on the track and strength of a storm. Does your property flood with heavy rains? Are you in a flood zone? Do you know how to locate that information? Area-wide, heavy rains can still lead to inland flooding and strong winds can lead to tree, power line, and property damage. One of our biggest flooding events was not from a hurricane at all.

### Develop Your Evacuation Plan:

If you live in a flood zone and you are asked to evacuate, follow those instructions. Don't play a hero, it could cost you your life. Where would you evacuate to –across the state, next state over? Which way is the track of the hurricane?

### Make Your Disaster Kit:

A disaster kit should include items for all types of weather and disaster situations. You should include food/water supplies for at least 7 days for every person in your house, a first aid kit, tools you may need, medications for at least 7 days, and copies of all your important documents such as home and car insurance. Often during disasters, power outages can occur. Stay alerted with the latest weather and emergency information with a battery powered radio.

### Lastly - write it down!

Practice your procedures with your family, just like you'd routinely practice a fire drill in school.

### Some good resources for planning:

<https://www.ready.gov/hurricanes> - Step by step preparation before, during and after a storm

<http://www.weather.gov/wrn/hurricane-preparedness> - How to prepare for Hurricane Season

<http://maps.co.palm-beach.fl.us/gis/sams.aspx> - Evacuation tool for Palm Beach County search by name

Alina M. Alonso M.D.




## inside this issue

|   |     |
|---|-----|
| From the Director .....   | 2   |
| Career Symposium .....  | 3   |
| Residency Graduates 2017.....                                       | 3   |
| County Health Rankings .....  | 4   |
| Palm Beach County Community Health Assessments.....                 | 5   |
| Mobile Dental Program Summer Activities.....                        | 5   |
| Preparing your Family for Hurricanes and All Hazards .....          | 6-7 |
| Stay Safe and Healthy This Summer .....                             | 8   |
| Zika Update.....  | 9   |
| Sunfest Tobacco Free Florida .....                                  | 10  |
| Volunteer Services 39th Annual Volunteer Recognition Ceremony ..... | 11  |

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# Career Symposium

T. Leroy Jefferson Medical Society (TLJM) hosted its 5th Annual Career Symposium “Healthcare & Science – Stars of Tomorrow” at the Inlet Grove High School. Dr. Alonso was honored to attend along with our State Surgeon General, Dr. Celeste Philip who was the special guest speaker.

To provide a brief background, the T. Leroy Jefferson Medical Society is made up of dedicated healthcare professionals whose mission is to improve the health and wellness, access to medical care, academic and career opportunities and the quality of life for underserved populations through the provision of healthcare, education and youth development services.

The Inlet Grove High School is a B rated conversion charter school with less than 700 students. The smaller classroom size fosters student achievement and education growth. They offer full choice career academy training and industry certification in a host of high demand professions. Nearly all of their students graduate from high school and enter college or the military.

This symposium provided guidance for over 800 students from around the County interested in pursuing careers in healthcare, science and related fields. Doctors Philip and Alonso were able to share their experiences beginning with medical school through becoming the Director of one of the largest county health departments in the State and Surgeon General for the State of Florida.



## Residency Graduates 2017



### Denise M. Josey, MD, MPH, MS

Dr. Josey was born and raised in the metropolitan New York City area. She graduated cum laude from Atlantic Union College with a Bachelor’s of Science degree in Biology and a minor in Chemistry. Dr. Josey then completed a Master’s degree in Human Nutrition from Columbia University College of Physicians and Surgeons and then a Master’s of Public Health degree with a concentration in Quantitative Methods from the University of Medicine and Dentistry of NJ School of Public Health- now Rutgers University. She earned her MD degree from Howard University College of Medicine. Dr. Josey completed two years of Psychiatry training prior to Preventive Medicine/Public Health residency and has been accepted into the Addiction Medicine fellowship program at St. Joseph Mercy Ann Arbor Hospital in Ypsilanti, Michigan. She is excited about using her combined expertise in Psychiatry and Public Health to help address the opioid epidemic in our country.



### Monees Syed MD

Dr. Monees Syed graduated from Deccan College of Medical Sciences, India. Before joining our residency program, Dr. Syed received his training in Psychiatry (PGY-I) from University of North Dakota, Fargo. He is currently finishing his final year as a PGY III resident, at our Preventive Medicine Residency Program, Florida Department of Health -Palm Beach County. He is also pursuing his Masters in Public Health from Nova Southeastern University, Florida. His clinical interests include Occupational Medicine with particular inclination towards workplace injury management and employee wellness. He will be working in Occupational Medicine next year.

# County Health Rankings

## Palm Beach County Keeps moving on up

The Florida Department of Health in Palm Beach County recognizes the value in measuring health outcomes and acknowledges the 2017 County Health Rankings & Roadmaps tool released by the University of Wisconsin and the Robert Wood Johnson Foundation. This study highlights the many community factors that influence health and uses established data, much of which is available from the department at [www.FLHealthCHARTS.com](http://www.FLHealthCHARTS.com).

The 2017 County Health Rankings in Florida demonstrate that Palm Beach County has now improved to eighth in Health Outcomes (How healthy our county currently is) and seventh in Health Factors (how healthy our county might be in the future based on the many factors that influence health). Palm Beach County continues to be a leader among the 67 Florida counties and continues to rank highest among all large population counties of one million or more people.

“These rankings are a testament to the hard work and commitment our community partners have toward assuring a healthy community,” said Dr. Alina Alonso, Director, Florida Department of Health in Palm Beach County.

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.

During the past four years, the CHIP has contributed to success in several areas that improved the health in our community, including reducing the percentage of youth who drank one or more sodas (sugary drinks) per day from 24.6% to 15.6% reducing the number of youth watching more than two hours of television from 38% to 26%; increasing the percentage of WIC infants being breastfed from 71% to 81%, and reducing the consumption of alcohol among middle and high school students from 37% to 25%. Additionally, the county’s uninsured rate dropped from 16.3% to 13.1%.

### 2017 FLORIDA COUNTY HEALTH RANKINGS—HEALTH OUTCOMES AND HEALTH

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

## Palm Beach County Community Health Assessment

The recently released Community Health Assessment (CHA) for Palm Beach County, a systematic method of identifying unmet health care and human service needs and possible interventions, is a collaboration between the Florida Department of Health in Palm Beach County, the Health Care District of Palm Beach County, and over 40 community partner organizations.



*Congratulations to Monica Arango, RN from Maternal Child Health for being named Nurse of the Year at the PalmHealthCare Foundation Heart of Gold reception.*

*Monica works with the most vulnerable population, she juggles a heavy caseload of infants with complex medical issues, family domestic violence and maternal depression. Her calm compassion gives great encouragement to mothers facing difficult experiences. She has also played an important role in the Community Health Improvements.*

Following on these successes, the Community Health Assessment will allow the community to develop a new Community Health Improvement Plan, CHIP, that reflects the current needs of our community. Palm Beach County is faced with the challenge of balancing access to quality health and human services for our residents with both decreasing resources and increasing demand. By understanding the needs of the community, working collaboratively, and focusing efforts, resources can be focused to more effectively improve the health of our residents.

“The Community Health Assessment gives us an excellent picture of the overall health of our community,” said Dr. Alina Alonso, Director, DOH-Palm Beach. “This information directs us to areas needing improvements that, through a community effort, build on our previous successes and will be the focus for action over the next several years.”

The new CHA includes secondary data from national, state, and local sources, primary data that encompasses the community’s perspective (including the results of 14 focus groups), and identifies areas of success along with areas needing additional efforts.

The complete Palm Beach Community Health Assessment can be accessed on the websites of DOH-Palm Beach, the Health Care District of Palm Beach County, and the Health Council of Southeast Florida. Look for the new CHIP in June of this year. We would appreciate your feedback on the CHA and CHIP; please send any comments, questions, or suggestions to [Adam.Reback@flhealth.gov](mailto:Adam.Reback@flhealth.gov).

## Mobile Dental Program Summer Activities

The Mobile Dental Team, which provides school-base services on the Marjorie S. Fisher Tooth Fairy Bus during the school year, is also active in the summer months. Not only are they making preparations for the next school year’s activities, but they also are providing dental screenings and fluoride varnish applications for children at Head Start and community centers throughout the county. In addition to their role in education, the Head Start programs are making an impact in the health status of young children.

The Mobile Dental Team is privileged to be a part of the process. Head Start requires a dental evaluation as part of the health evaluations required for a child to be enrolled in the Head Start program. The Mobile

Dental Team participates in these evaluations for Head Start Centers run by the Palm Beach County School District, Lutheran Services Florida and the Early Learning Coalition of Palm Beach County. Many of these events are designated as mass screenings, where parents can have multiple health screenings done at one location. This saves time and energy for parents who would otherwise have to travel to different locations to get all the required screenings completed.

Last Summer the Mobile Dental Team provided oral evaluations and fluoride varnish throughout the county. A total of 676 children were impacted. Those needing additional services were referred for follow-up dental care.

# Preparing your Family for Hurricanes and All Hazards

The official start of Hurricane season is less than a month away but we should always be prepared for any type of event – both natural and manmade. Other threats include thunderstorms, tornadoes, lightning strikes, flash flooding, acts of terrorism, disease outbreaks and many others.

Hurricanes are dangerous and destructive weather events that can cause catastrophic damage to coastlines and several hundred miles inland. Hurricanes can produce winds exceeding 155 miles per hour as well as tornadoes. According to the Federal Emergency Management (FEMA) Agency, a hurricane is a type of tropical cyclone or severe tropical storm that forms in the southern Atlantic Ocean, Caribbean Sea, Gulf of Mexico, and in the Pacific Ocean.

The Atlantic Hurricane season lasts from June 1 to November 30, with the peak season from mid-August to late October. The Eastern Pacific hurricane season begins May 15 and ends November 30. Hawaii is part of the Central Pacific, and is subject to a tropical cyclone season of June 1 to November 30.

You can take steps now to protect yourself, your loved ones and pets during hurricane season and other hazards by (1) preparing an emergency or go kit, (2) make a plan, (3) stay informed.

## **Pack an emergency supply kit. Here's what you'll need:** **At Least a three-day Supply of Food and Water**

- Water - one gallon per person, per day.
- Food - foods that are easy to make and won't spoil, like canned soup, dry pasta, and powdered milk.
- Manual can opener.
- Basic utensils to prepare and serve meals.

## **Health Supplies**

- Three-day supply of all medicines, at a minimum
- Medical supplies like syringes, a walking cane, or hearing aids with extra batteries

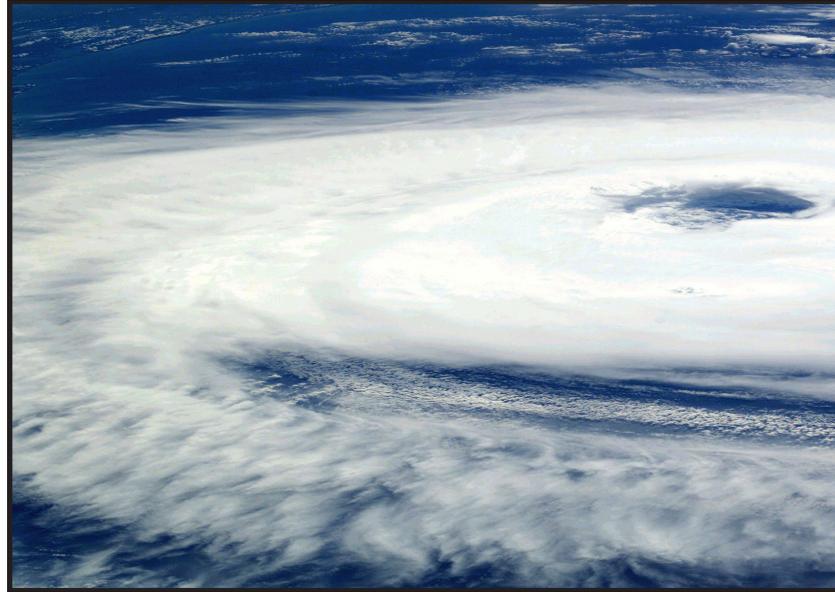
*Note: If emergency is declared a 30-day supply of prescription medicine can be used.*

## **Personal Care Items**

- Soap
- Toothbrush and toothpaste
- Baby wipes
- Contact lenses or glasses

## **Safety Supplies**

- First aid kit
- Emergency blanket
- Multipurpose tool (that can act as a knife, file, pliers, and screwdriver)
- Whistle



## **Electronics:**

The National Oceanic and Atmospheric Administration (NOAA) provides weather updates during emergencies. Look for a radio labeled "NOAA Weather Radio."

- Flashlight
- Radio (battery-powered, solar, or hand-crank) for updates on the situation
- Cell phone with chargers
- Extra batteries

## **Documents**

Keep copies of your important documents, cash, spare keys, and maps in your emergency supply kit.

- Copies of important documents such as insurance cards and immunization records.
- Paperwork about any serious or on-going medical condition.
- Your completed family emergency plan, complete with family and emergency contact information.

## **You should also keep**

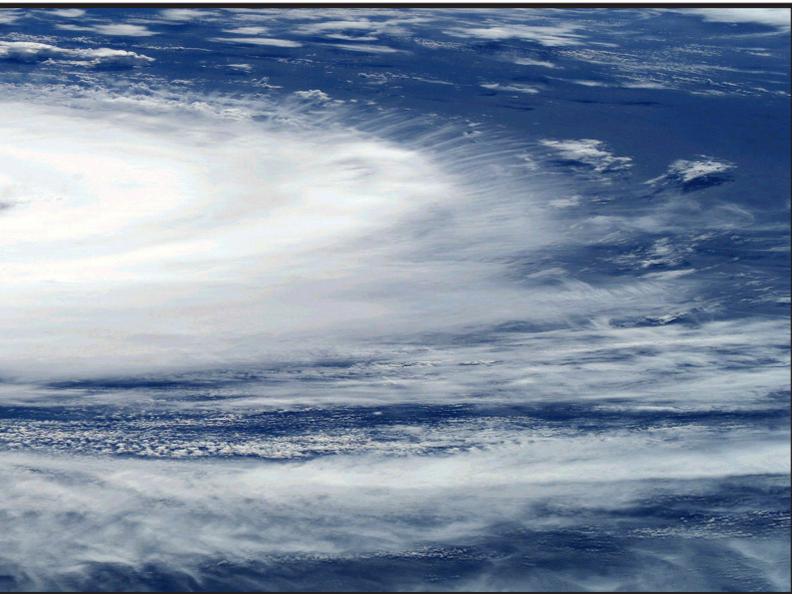
- Extra cash
- Maps of the area
- Extra set of car keys and house keys

## **Taking Care of Others**

You may need additional supplies to make sure the whole family is ready.

## **For Children**

- Baby supplies like bottles, formula, baby food, and diapers
- Games and activities for children



- Know emergency telephone numbers. Keep them in your cell phone and post them near your home phones. Some good numbers to have are your emergency contact, the fire department, police station, and hospital near you.

**Be Informed**

There are many ways that authorities share emergency warnings, updates, and safety instructions. Take steps now to make sure you'll get the information you need when an emergency happens.

**Stay Informed**

Check with your local emergency management agency to find out what kinds of emergencies could happen in your area.

- Find out how to get local emergency alerts. Check with your local health department or emergency management agency to see how they share emergency information. Some places use:
  - o Emergency texts
  - o Phone calling systems
  - o Digital road signs
  - o Social media
  - o Sirens and speakers

These are in addition to emergency alerts sent by the federal government.

- Learn about your community's warning signals. Be able to recognize what the warning signals sound and look like and what you should do when you hear or see them.
- Tune in. Listen to and watch reliable news sources. Keep a weather radio handy.

**Involve Children**

Families can make emergencies less stressful by preparing in advance and working together as a team.

- Ask your kids to think of items that they would like to include in an emergency supply kit, such as books, games, and pre-packaged foods.
- Your kids can mark the dates on a calendar for checking emergency supplies. Tell them to remind you when it's time to check the supplies.

**Make a Family Communication Plan**

Phone lines in the emergency area may be busy. It may be easier to make phone calls into a different town than to connect by phone with someone in the same town. Text messages may still go through, even when phone lines are very busy.

You and your loved ones may not be together when a disaster hits. Make a plan for how you will connect to each other. Start by taking the following steps:

- Complete a contact card for each family member. Everyone should keep these cards with them at all times.
- Choose an emergency contact. Memorize the phone number if you can. A friend or relative who lives out of town might be easier to reach in an emergency.

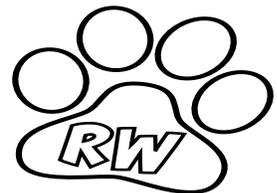
During an emergency, family members can text or call this person to let them know that they are safe.

- Make sure all your family members know how to text. Make sure everyone knows how to turn on a cell phone, find the text messaging app, type a message, and send it to a contact.

**PET EMERGENCY KIT CHECKLIST**

Stock up on items your pet may need during a disaster. Below are some items to help you get started.

- Pet first aid kit
- Food
- Water
- Bowls
- Extra collar
- Extra leash
- Medical records
- Two-week supply of medications
- Crate or sturdy carrier
- Blanket
- Recent photos of your pets (in case you are separated and need to make "Lost" posters)
- Toys and bones
- Disposable litter trays
- Litter or paper toweling
- Disposable bags for clean-up



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

CS259306-C

# Stay Safe and Healthy This Summer

The temperatures are rising and the days are getting longer. It's almost summertime once again. Here are some tips on swimming safety, fun in the sun and food safety tips (chill and grill) to help make your summer the best, and healthiest, one yet.

The week before Memorial Day has been designated "National Healthy and Safe Swimming Week" (formerly known as Recreational Water Illness and Injury (RWII) Prevention Week). Healthy and Safe Swimming Week 2017 will take place May 22-28, 2017, marking the 13th anniversary of this observance. Each year, Healthy and Safe Swimming Week focuses on simple steps swimmers and pool operators can take to help ensure a healthy and safe swimming experience for everyone. It focuses on the role of swimmers, aquatics and beach staff, residential pool owners, and public health officials in preventing drowning, pool chemical injuries, and outbreaks of illnesses. It highlights swimmer hygiene and the need for swimmers to take an active role in helping to protect themselves and prevent the spread of germs.

## Swim Safe

Swimming is a fun way to stay cool and be active. Before diving in, make sure you know these tips for staying healthy and safe while swimming.

- Avoid swallowing pool water or even getting it in your mouth.
- Shower before swimming and wash your hands after using the toilet or changing diapers.
- Take children on bathroom breaks or check diapers often.
- Keep an eye on children at all times. Kids can drown in seconds and in silence.
- Never swim alone or in unsupervised locations. Teach children to always swim with a buddy.
- Don't use air-filled swimming aids (such as "water wings") with children in place of life jackets or life preservers.

For More Information 1-800-CDC-INFO <http://www.cdc.gov/>

## Fun in the Sun

Your summer plans may include hitting the beach, or just spending more time outdoors. Make sure you plan to avoid sunburn, which can increase your risk of skin cancer.

- Seek shade, especially during midday hours (10 a.m. to 4 p.m.), when UV rays are strongest and do the most damage.
- Cover up with clothing to protect exposed skin. A long sleeved shirt and long pants with a tight weave are best.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Grab shades that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Rub on sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.



## Grill and Chill

Whether you prefer burgers off the grill or a picnic in the park, one thing you don't want on the menu this summer is foodborne illness. Take these steps to help keep germs at bay.

- Wash your hands before and after handling food.
- When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.
- When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
- Use a meat thermometer to ensure that food reaches a safe internal temperature.
- Never let raw meat, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the cooler or refrigerator (one hour when the temperature is above 90°F).
- Make sure to pack plenty of extra ice or freezer packs in your cooler to ensure a constant cold temperature.

## Beat the Heat

Heat-related illnesses claim the lives of hundreds of people each year, so it is important to take these precautions when working or playing outside during the hot summer months.

- Drink plenty of water or other non-alcoholic beverages.
- Wear lightweight, loose-fitting clothing that is light in color.
- Reduce strenuous activities or do them during the cooler parts of the day.

For More Information 1-800-CDC-INFO <http://www.cdc.gov/> or [www.flhealth.gov](http://www.flhealth.gov)

## Zika Update

Florida Department of Health in Palm Beach County continues to maintain a proactive stance to prevent and identify the spread of Zika Virus to keep it from gaining a strong hold in areas of the county. As we approach the time of year when individuals are spending more time outdoors, we can be assured that Palm Beach County Mosquito Control, and local community partners are working diligently to educate the community on how to protect themselves, their families, and their homes from mosquitoes.

Mosquitoes also carry other types of diseases such as Chikungunya, Malaria, Dengue and West Nile Virus.

Many people infected with Zika virus won't have symptoms or will only have mild symptoms. The most common symptoms of Zika are

- Fever
- Rash
- Headache
- Joint pain
- Red eyes
- Muscle pain

Symptoms can last for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.

### What we know

- No vaccine exists to prevent Zika.
- Prevent Zika by avoiding mosquito bites
- Mosquitoes that spread Zika virus bite during the day and night.
- Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- Zika can be passed through sex from a person who has Zika to his or her sex partners.
- Condoms can reduce the chance of getting Zika from sex. Condoms include male and female condoms.
- Local mosquito-borne Zika virus transmission has been reported in the continental United States.

### Prevent mosquito bites

- Zika virus is spread to people mainly through the bite of an infected mosquito.
- Mosquitoes that spread Zika virus bite mostly during the day, but they can also bite at night.
- The best way to prevent Zika is to protect yourself from mosquito bites.

### Tips for Everyone – Applying Insect Repellent

- Always follow the product label instructions.
- Reapply insect repellent as directed.
  - o Do not spray repellent on the skin under clothing.
  - o If you are also using sunscreen, apply sunscreen first and insect repellent second.

### Tips for Babies & Children

- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months old.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
  - o Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.

### Protect your baby or child

- Dress your child in clothing that covers arms and legs.

Courtesy [www.cdc.gov](http://www.cdc.gov)



Governor Rick Scott & Dr. Alonso

# SUNFEST 2017

## Tobacco Free Florida Palm Beach County

Music is blaring. A line of both kids and adults waiting to spin the wheel forms while others provide their feedback about tobacco-free environments. Still others stop by to say “Thank you” for helping them with their tobacco cessation. SunFest, one of the largest and longest waterfront music festivals in the South, provides a prime opportunity to educate both smokers and nonsmokers alike about Tobacco Free Florida Palm Beach County and our efforts to make Palm Beach County a healthier place to live, work and play. Attendees learned about a variety of tobacco control issues, including how tobacco litter impacts our environment. Many stopped by to inquire about the free services offered as part of our Quit Your Way program, which allows individuals to pick a cessation program that best fits them.

In addition to providing information on our free Quit Your Way services, our program also used this opportunity to gather public opinion survey data to assess the level of support for the following policies:

- Tobacco Free Parks and/or Beaches
- Smoke-Free Multiunit Housing
- Limiting Tobacco Advertisements
- Prohibiting Sales of Tobacco Products in Pharmacies
- Tobacco Free College Campuses
- Prohibiting the Use of Electronic Cigarettes Indoors



Public health policy has been the backbone and direction of our program since 2011. We focus on creating a healthier community through policy, systems and environmental changes. Our program intends to use this data (along with data collected from other events) to show decision makers there is indeed support for tobacco free policies in Palm Beach County.

Increasing our program’s visibility is not the only reason we serve as sponsors of SunFest. Our continued sponsorship has resulted in a board policy that prohibits sponsorships or vendor opportunities to tobacco and electronic nicotine companies. 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.

### HEALTHIEST WEIGHT CHAMPS BOYNTON BEACH & LAKE WORTH!



Boynton Beach Mayor, Steven B. Grant accepting the Healthiest Weight Community Champion Certificate from Dr. Alina Alonso, Director, Florida Department of Health Palm Beach County.

The City of Boynton Beach has created a Greenway/Blueway Plan that encourages bike paths in new developments, and has linked its existing bike and sidewalks to points of interest. The City also has a 50/50 mix of active and passive parks. Employees were commended for participating in the “Let’s Move Campaign” and logging more physical activity than any other community in the past three years.



Florida Health Palm Beach Director, Dr. Alina Alonso presented Mayor Pam Triolo with the Healthiest Weight Community Champion certificate during their city council meeting. Successes that contributed to the award, prioritizing pedestrian and community safety by converting 4,000 streets lights to LED and installing 300 new poles in dark areas, upgrading 250 acres of parks, 70% of which are considered “active” facilities such as playground and fields. The City changed over all vending machines to a new vendor that only offers healthy options.

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

## VOLUNTEER SERVICES 39TH ANNUAL VOLUNTEER RECOGNITION CEREMONY

Volunteer Services held its 39th Volunteer Recognition Ceremony recently at the Airport Hilton Hotel in West Palm Beach, FL. This year's theme was "Volunteers, Treasures for All Seasons."

The following volunteers, agencies, community partners and staff were recognized and awarded for giving extensively of themselves over the years with outstanding service to the Florida Department of Health in Palm Beach County.

- Volunteer Physician of the Year- Dr. Harvey Hathaway of the West Palm Beach Health Center
- Volunteer Health Care Provider Leadership- Betty Yon of Mission Clinic of Palm Springs
- Volunteer Health Care Provider Agency: Florida Baptist Convention- Mobile Dental Unit

### C.L. Brumback Volunteer of the Year Service Award:

- Project Linus representatives, Kathy Adams & Maida McHale

### Presidential Award:

- Mary Moore of Greenacres WIC Center

### Rookie of the Year:

- Euclid Joseph- Delray Beach Health Center
- Rose Mompremier- Lantana Health Center
- Rosetta Stanford- West Palm Beach Health Center



### Leadership Award:

- Joseph Rubsamen- Shoes2You
- Felicia Kemp- West Palm Beach Health Center
- Dr. Cynthia Clayton- Caridad Health Center and School Health

### Center Award:

- Patricia Seaman- Delray Beach Health Center
- Theresa Thirbenny- West Palm Beach Health Center

### Years of Service:

- Dr. Cynthia Clayton- 5 year Award
- Felicia Kemp- 5 year Award

### Center Staff Awards:

- Michael Watts
- Robert Benker
- Caroline Hayes-Ivanovic
- Fredrick Beach
- Jenny Arauz
- Gregory Cole
- Mary Romano

*This event was sponsored by Vending Machine patrons and the following donors:*

- Publix Supermarket Charities
- Spoto's Oyster bar
- Vending Bear
- Top Hat Car Wash
- Alternative Automotive

# 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) 983-9220

## 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) 803-7300

## 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

# SAVE FOR YOUR CONVENIENCE



## **Palm Beach County Childhood Immunization Requirements School Year 2017-2018**

Florida Certificate of Immunization, Form DH 680 is the only document that the schools are permitted to accept as proof of immunization.

### **Kindergarten – 12th Grade**

- Diphtheria/Tetanus/Pertussis (DTaP) – 5 doses
- Polio (OPV or IPV) – 3, 4 or 5 doses (the last one after age 4 for K)
- Measles/Mumps/Rubella – 2 doses (usually given as 2 doses MMR)
- Hepatitis B (Hep B) – 3 doses

### **Kindergarten, 1st – 9th Grade**

- Varicella – 2 doses or provider verification of Chickenpox diseases history on form DH 680

### **10th – 12th Grade**

- Varicella – 1 dose or provider verification of Chickenpox disease history on form DH 680

### **7th – 12th Grades**

- Tetanus/Diphtheria/Pertussis booster (Tdap) – 1 dose

### **Pre-K Programs (age appropriate doses as indicated)**

- Diphtheria/Tetanus/Pertussis – (DTaP)
- Polio (OPV or IPV)
- Measles/Mumps/Rubella (MMR)
- Haemophilus Influenza type B (Hib)
- Hepatitis B (Hep B)
- Varicella (VZV)

### **Licensed Child Care Facilities and Family Day Care Homes**

Children entering or attending Licensed Child Care Facilities and Family Day Care Homes shall have received as many of the following age-appropriate immunizations as are medically indicated in accordance with the current Recommended Childhood Immunization Schedule:

- Diphtheria/Tetanus/Pertussis (DTaP)
- Polio (OPV or IPV)
- Measles/Mumps/Rubella
- Varicella
- Haemophilus Influenzae type B (Hib)
- Pneumococcal Conjugate (Prevnar) for children age 2 to 59 months
- Hepatitis B (Hep B) (Recommended)



*Dr. Tommy Schechtman was named Centers for Disease Control Childhood Immunization Champion for Florida.*

*This award was presented by State Surgeon General Dr. Celeste Philip and Director, Florida Department of Health in Palm Beach County, Dr. Alina Alonso. Dr. Schechtman is a person who demonstrates through his practice, advocacy, and education of his peers and has become an authority on pediatric immunization throughout Florida.*