



The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 14 - Issue 4

Fall 2017

Healthiest Weight

tools:

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



Season's Greetings

INSIDE:

- Holiday Healthy Eating
- Volunteers and the Holidays
- National Diabetes Month
- World AIDS Day

From the Director

I wish you and your loved ones a wonderful holiday season and a joyous New Year.



I can hardly believe 2017 is slowly coming to a close. So much has happened both personally and professionally this last year. Personally, I have thanked many of you who sent prayers and well wishes after my kidney transplant. You made my recovery a success and I will be forever grateful. Professionally, I feel very blessed to have been recognized in several areas of Public Health and I owe it all to your dedication on behalf of the department. I would like to extend a sincere thank you for helping to make our Florida Department of Health in Palm Beach County a shining star in the state. Our greatest achievement this year, by far, has been the interest and participation with our community partners in our Community Health Assessment (CHA) and our Community Health Improvement Plan (CHIP). These two documents are taken by our partners to be implemented in making a difference in the community's everyday lives. We are addressing Health Equity for the first time and helping leaders realize that to improve lives we have to first improve the root causes of poverty, discrimination and institutional policies. The future has never been brighter and hopeful.

Our strength lies in our diversity. Recognize it and embrace it this holiday season. Realize that while there are many differences amongst us, we are more similar than different. We all live under the same sky and want the same things for our families and friends. The holiday season is especially hard for those who have lost loved ones or who are ill. Reach out to your fellow co-workers who may need a friendly hand this holiday. 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.



Dr. Alonso recently recognized as an Outstanding Director by Florida Department of Health at State Health Directors and Administrators meeting.

I wish you and your loved ones a wonderful holiday season and a joyous New Year.

Peace, Love and Health,

Alina Alonso, MD
Director

inside this issue

From the Director A Holiday Wish to All.....	2
Keep Your Body Healthy and Taste Buds Happy,.....	3
The Holidays With Volunteers	4
Hurricane Irma Gone But Not Forgotten.....	5
Zika Still A Threat.....	5
Flu Season Like Clockwork	6
Tooth Avulsion Treatment	6
Breast Cancer Month.....	7
National Diabetes Month	8
Smokefree Multiunit Housing.....	9
Maternity Incentives.....	9
World AIDS Day.....	10

Keep Your Body Healthy and Your Taste Buds Happy!

Pull out your jackets! It's getting a little cool in south Florida. More clothing will keep you warm, but will it protect your immune system, as flu season approaches? Probably not. Nutrition plays an important role in building a strong immune system. Fruit and vegetables provide an abundance of vitamins, minerals and antioxidants to help boost your immune system through the flu season!



The months of November and December mark a time for holidays, family, and lots of tasty foods. Often times, holiday foods contain high amounts of calories, fat, and sugar. For example, eggnog is high in calories, turkey leg is high in fat, and pecan pie is high in sugar. Consider healthy food substitutions that provide immune boosting nutrients. Add extra vegetables to baked dishes, season green beans in olive oil and garlic, use low fat milk with cream-based soups, or substitute spaghetti squash in noodle dishes. Also, try making an eggplant lasagna or zucchini casserole, and use fresh fruits for dessert! Have a happy and healthy holiday season!

Try This Recipe!

Pumpkin Pie Dip Stacey Antine, MS, RD, is founder of HealthBarn USA.

Ingredients

- 6 ounces, low fat cream cheese, room temperature
- 1/3 cup, reduced fat Greek yogurt
- 15 ounces (1 can) roasted pumpkin, no sugar added
- 2 1/2 teaspoons cinnamon, ground
- 1 teaspoon all spice, ground
- 1 teaspoons cloves, ground
- 1/8 teaspoon, nutmeg, ground (a pinch!)
- 3 tablespoons agave nectar
- 2 tablespoons brown sugar
- 1/8 teaspoon sea salt

Directions

1. In a food processor, place cream cheese and Greek yogurt and blend until smooth.
2. Add remaining ingredients in the food processor and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving with sliced fruit or salty whole grain pretzels.

Nutrition Information

Serving size: 2 Tablespoons. Total Recipe Serves 25

Calories: 35; Total Fat: 1g; Saturated Fat 1g; Trans Fat: 0g; Cholesterol: 5mg; Sodium: 25mg; Total Carbohydrate: 5g; Dietary Fiber: 1g; Sugars: 3g; Protein: 1g; Vitamin A: 50%; Vitamin C: 2%; Calcium: 2%; Iron: 2%

<http://www.eatright.org/resource/food/planning-and-prep/recipes/pumpkin-pie-dip-recipe>

The Holidays with Volunteer Services!

Thanksgiving

As the holidays approach, many families begin preparing for an abundant feast and family traditions. However, for many the holidays often mean a struggle simply to provide a Thanksgiving meal for their families. At the Florida Department of Health- Palm Beach County, the Volunteer Health Services Program will host its annual Thanksgiving Give-A-Way, to help struggling families prepare for the holiday with a Thanksgiving food basket and grocery gift cards.

During November, Volunteer Services will provide over 200 families with a Thanksgiving meal. Volunteer Health Services has collaborated with Health Council of Southeast Florida, CBS 12's Project Thanksgiving, Channel 5 Food for Families and a host of Community Partners. During this year's 2017 Thanksgiving Give-A-Way, Volunteer Health Services will provide services to families that visit the following Health Centers: Delray Beach, Lantana/Lake Worth, Greenacres, West Palm Beach, Jupiter and Belle Glade.

Christmas

For many years, the Florida Department of Health- Palm Beach County Volunteer Services Program has been bringing joy to families during the holidays through our annual Christmas Give-away. Many of our families are underserved and go without during the Christmas Holiday. During December, Volunteer Services Program will collaborate with a host of agencies to receive new toys, pajamas, books, blankets and gift cards to help families in need.



The program has the Volunteer Coordinators and volunteers, as well as our wonderful donors work tirelessly getting everything ready. The gifts are delivered to each Health Center for sorting, wrapping and to make ready by the distribution date. Santa, the Volunteer Coordinators and volunteers are up bright and early on distribution day to present the gifts to each child. When the children enter, the festive room filled with toys, gifts and Christmas decorations, they are always surprised and filled with joy and gratitude.



HURRICANE IRMA GONE BUT NOT FORGOTTEN

The entire state of Florida was affected by Hurricane Irma. Whether it was flooding, wind damage, power outages, loss of fuel, food and water shortages, or downed trees, all have a story to tell.

Before, during and after the storm personnel from the Department of Health in Palm Beach County were on duty helping the general population maintain good health practices with a focus of keeping everyone safe. One of the first orders of business was to get the Special Needs Shelter up and running at the fairgrounds. This 500 bed facility dedicates itself to patients who are oxygen dependent and need special nursing attention due to illness or age. These individuals are pre-registered and evaluated by Department of Health Medical staff and are asked to bring a caregiver. Overall the facility accommodates over 1,000. During Irma the catastrophic predictions continued to grow and many more were seeking a higher level of shelter care. The Special Needs Shelter added 100 beds and we opened the Special Care Unit at Palm Beach Central High School.

The Special Care Unit has 300 cots and designates an area for Alzheimer's patients from the Alzheimer's Home Care group. The remaining beds were filled with persons needing a little special attention and their care giver. The Department staffs this facility with two nurses and a doctor. Environmental Public Health pre-storm notifies facilities to ensure preparedness plans are in place and what will be required post storm to assure a healthy environment. These

facilities include, Child Care Centers, Family Day Care Centers, Adult Living Facility kitchens, schools, biomedical waste disposal facilities, water plants, sewage systems, beaches, swimming pools, and numerous others. Post storm the environmental teams are immediately dispatched to survey the overall situation of its regulated facilities.

Epidemiology has on-going surveillance for potential outbreaks tied to the storm. They continually send reminders to use generators wisely and avoid carbon monoxide poisoning, keep lock jaw at bay by updating tetanus vaccines, only drink clean potable water to avoid any number of diseases. Overall the number of outbreaks were few. However, two people died from carbon monoxide poisoning and a number of others needed to be hospitalized due to exposure.

With the first activation notice from the Emergency Operations Center, Department staff are deployed to the Health and Medical section (ESF 8). These team members identify the mission critical functions associated with the storm, answer questions, submit supply needs requests, monitor dialysis centers, hospitals, shelters, ALF's, coordinate medical transports, and logistics for transportation to the Special Needs Shelter and much more. Working together the community in Palm Beach County fared well during and after the storm. Department of Health staff were all accounted for as needed and performed above and beyond serving the community's health needs.

ZIKA STILL A THREAT IN FLORIDA

By the end of October two sexually transmitted cases of Zika had been found in Florida, one in Manatee and the other in Miami-Dade Counties. Both of these cases were isolated incidents with no on-going evidence of active transmission. In both cases the individuals partner had travelled to countries where Zika transmission is more likely to occur.

It is critical for people who recently traveled overseas to an area with Zika to prevent mosquito bites for at least three weeks after they return home. It is also important to reduce the chance of sexual transmission by using condoms. CDC has issued additional guidance related to sexual transmission and prevention.

In Palm Beach County, year to date, we have identified eight travel related cases and no subsequent transmission by a mosquito or sexual contact. In 2016 we had a total of 65 travel related cases and eight identified as locally acquired (no outside Florida travel).

The department urges Floridians to take action around their home and business to reduce the mosquito population. Mosquitoes can breed in as little as one teaspoon of water so it is critical to drain all sources of standing water to keep mosquitoes from multiplying. Residents and visitors should also use mosquito repellent day and night to prevent mosquito bites.

FLU SEASON LIKE CLOCKWORK COMES EVERY YEAR



Asian Flu, Bird Flu, Pandemic Flu, Swine Flu, no matter what you call it, you can be assured that every year from October to May millions of people will be infected. Remember a flu shot also helps to “Keep Vaccine Between You & Disease.”

The best defense a person has to prevent the flu is to get a flu shot every year. The CDC Advisory Committee on Immunizations Practices, monitors flu viruses spreading throughout the world and determines what would be a good matching vaccine. They then make their recommendation to the manufacturers who produce a vaccine with two strains of influenza A and two strains of influenza B. Once produced the flu vaccine is widely distributed to doctor’s offices, pharmacies, clinics, hospitals, health departments and many other medical providers.

There is a long standing myth that the flu vaccine actually gives you the flu. It is not a live virus like you might get from a sick person. It is produced to mirror the flu so your body can create antibodies that will prevent the virus from growing while keeping you safe and healthy.

You should also not confuse the flu with a common cold. Unlike a cold, the flu starts very suddenly, people get a fever, chills, a cough, runny nose, muscle aches, headaches and in general, symptoms that last for up to 10 days.

If you should get the flu this year, follow these tips:

- Avoid close contact—You can spread the flu through droplets a day before symptoms.
- Stay home when you are sick
- Cover your mouth and nose completely when coughing or sneezing
- Wash hands often
- Avoid touching your eyes, nose and mouth
- **GET VACCINATED!!!**

Treatment and Prevention of Tooth Avulsion

One often overlooked aspect in preventive dentistry is injury to the teeth and mouth. In children, traumatic injuries to the oral cavity most often occur during recreational activities and participation in contact sports. Types of injuries include lacerations, fractures to teeth and bones, and dislodgement or avulsion of teeth. Knowing what to do, when a tooth is avulsed (knocked out) is critical for tooth survival.

A permanent tooth can be replanted but a primary (baby) tooth cannot due to possible damage to the developing permanent tooth below. Time is of critical importance for success in replanting a permanent tooth. The tooth should be reinserted into its socket immediately. First, rinse the tooth gently with cold, clean water. Never scrub the root of the tooth as this would damage the fibers and cells that are crucial for reattachment. Once the tooth is in place, a visit to a dentist or emergency room is needed to stabilize the tooth, check for bone fractures, and treat related traumatic injuries.

If not possible to replant the tooth on location, the tooth should be transported to the dentist office for reinsertion within two hours.

Do not wrap the tooth. The tooth should never be handled by the root and should be transported in one of the following liquids in order of preference: 1) Hanks Balanced Salt Solution (can be ordered and kept on hand in contact sports venues), 2) Cold milk, 3) Saline solution or 4) Cold tap water. Chances of success diminish with time so every minute counts. Of course the best way to treat a tooth avulsion is to prevent it in the first place.

Play environments for children should be made as safe as possible. For those participating in contact sports, a good fitting mouth guard is crucial and also aids in preventing concussion. Prevention is the best medicine.

OCTOBER – BREAST CANCER MONTH

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage families, communities, organizations and individuals to get involved.

Cancer is a disease in which cells in the body grow out of control. Except for skin cancer, breast cancer is the most common cancer in women in the United States. Deaths from breast cancer have declined over time, but remains the second leading cause of cancer death among women overall. The risk of contracting breast cancer has increased for black women, Asian and Pacific Islander women. Black women have a higher risk of death from breast cancer than white women. Each year in the United States, about 237,000 cases of breast cancer are diagnosed in women and about 2,100 in men. Overall about 41,000 women and 450 men in the U.S. die each year from breast cancer.

The risk of getting breast cancer goes up with age. In the United States, the average age when women are diagnosed with breast cancer is 61. Men who get breast cancer are diagnosed usually between 60 and 70 years old.

Breast cancer screening means checking a woman's breasts for cancer before she has any symptoms. A mammogram is an X-ray picture of the breast. Mammograms 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.

Some things may increase your risk

The main factors that influence your breast cancer risk are being a woman and getting older. Other risk factors include—

- Changes in breast cancer-related genes (BRCA1 or BRCA2)
- Having your first menstrual period before age 12
- Never giving birth, or being older when your first child is born
- Starting menopause after age 55
- Taking hormones to replace missing estrogen and progesterone in menopause for more than five years
- Taking oral contraceptives (birth control pills)
- A personal history of breast cancer, dense breasts, or some other breast problems
- A family history of breast cancer (parent, sibling, or child)
- Getting radiation therapy to the breast or chest
- Being overweight, especially after menopause

Symptoms

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.

More Information: www.cdc.gov/cancer/breast





National Diabetes Month

November is National Diabetes Month and according to a recent report from the Centers for Disease Control (CDC), more than 100 million Americans have Diabetes or Prediabetes.

The report confirms that the rate of new diabetes diagnoses remains steady. However, the disease continues to represent a growing health problem: Diabetes was the seventh leading cause of death in the U.S. in 2015. The report

also includes county-level data for the first time, and shows that some areas of the country carries a heavier diabetes burden than others.

“Although these findings reveal some progress in diabetes management and prevention, there are still too many Americans with diabetes and prediabetes,” said CDC Director Brenda Fitzgerald, M.D. “More than a third of U.S. adults have prediabetes, and the majority don’t know it. Now, more than ever, we must step up our efforts to reduce the burden of this serious disease.”

Diabetes is a serious disease that can often be managed through physical activity, diet, and the appropriate use of insulin and other medications to control blood sugar levels. People with diabetes are at increased risk of serious health complications including premature death, vision loss, heart disease, stroke, kidney failure, and amputation of toes, feet, or legs.

The National Diabetes Statistics Report, released approximately every two years, provides information on diabetes prevalence and incidence, prediabetes, risk factors for complications, acute and long-term complications, mortality, and costs in the U.S.

Key findings from the National Diabetes Statistics Report

- In 2015, an estimated 1.5 million new cases of diabetes were diagnosed among people ages 18 and older.
- Nearly 1 in 4 four adults living with diabetes – 7.2 million Americans – didn’t know they had the condition. Only 11.6 percent of adults with prediabetes knew they had it.
- Rates of diagnosed diabetes increased with age. Among adults ages 18-44, four percent had diabetes. Among those ages 45-64 years, 17 percent had diabetes. And among those ages 65 years and older, 25 percent had diabetes.

For more information:

<https://www.niddk.nih.gov/health-information/communication-programs/ndep> from the National Diabetes Education Program

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Rates of diagnosed diabetes were higher among American Indians/Alaska Natives (15.1 percent), non-Hispanic blacks (12.7 percent), and Hispanics (12.1 percent), compared to Asians (8.0 percent) and non-Hispanic whites (7.4 percent). Other differences include:

- Diabetes prevalence varied significantly by education. Among U.S. adults with less than a high school education, 12.6 percent had diabetes. Among those with a high school education, 9.5 percent had diabetes; and among those with more than a high school education, 7.2 percent had diabetes.
- More men (36.6 percent) had prediabetes than women (29.3 percent). Rates were similar among women and men across racial/ethnic groups or educational levels.
- The southern and Appalachian areas of the United States had the highest rates of diagnosed diabetes and of new diabetes cases.

Diabetes can affect any part of your body. The good news is that you can prevent most of these problems by keeping your blood glucose (blood sugar) under control, eating healthy, being physically active, working with your health care provider to keep your blood pressure and cholesterol under control, and getting necessary screening tests.

How can diabetes affect cardiovascular health?

Cardiovascular disease is the leading cause of early death among people with diabetes. Adults with diabetes are two to four times more likely than people without diabetes to die of heart disease or experience a stroke. Also, about 70% of people with diabetes have high blood pressure, a risk factor for cardiovascular disease.

What healthy food choices should I make?

Eat smaller portions. Learn what a serving size is for different foods and how many servings you need in a meal.

Eat less fat. Choose fewer high-fat foods and use less fat for cooking. You especially want to limit foods that are high in saturated fats or trans fat, such as:

- Fatty cuts of meat
- Fried Foods
- Whole milk and dairy products made from whole milk
- Cakes, candy, cookies, crackers, and pies
- Salad dressings
- Lard, shortening, stick margarine, and nondairy creamers

Heart and Blood Vessel Problems (<https://www.cdc.gov/diabetes/library/reports/prevention.html>)

Smokefree Multiunit Housing: Good for Health, Good for Business

More and more communities are recognizing the value in providing smokefree housing options to current and potential residents. The benefits of having a smoke-free policy include reduction in secondhand smoke exposure (for both residents and pets); reduction in turnover and renovation costs; decreased risk of fire; decreased tobacco litter; and a potential discount on property casualty insurance. There is a growing demand for smoke-free multiunit policies. In a Tobacco Free Florida survey of 790 property managers with smokefree properties, 99.8% agreed that smokefree policies did not hurt occupancy and 50.9% believed these policies actually increased occupancy! Many popular apartment search engines have even added “smokefree” as a searchable amenity.

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

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

It is not just market-rate housing that are going smoke free. On October 1, 2017, the Pahokee Housing Authority implemented a tobacco-free grounds policy. The U.S. Department of Housing and Urban Development recognizes the important role smokefree housing has on health and by July 31, 2018, all public housing authorities must have a smokefree policy in place.

Tobacco Free Florida Palm Beach County has experience working with housing communities on developing smoke-free policies. Visit us on the web at <http://www.tobaccofreeflorida.com/current-issues/smoke-free-housing-the-issue/> to learn more about smoke-free housing policies. If your community is ready to breathe easy, contact us!

Sources: 1. www.tobaccofreeflorida.com

Volunteer Health Services Program implements a Maternity Incentive Program

The Volunteer Health Services Program implemented a Maternity Incentive Program last November. The Program provides mothers with incentive that include necessary items after child birth such as; car seat, pack and play, starter diapers, blanket, feeding bottles, onesies, and more.

Expectant mothers that began prenatal services in the first trimester (0 to 12 weeks); receive an incentive in the third trimester, once the mother adheres to a minimum of seven scheduled maternity visits.

Since the inception of the Maternity Incentive Program, nursing staff have observed that the patients are willing to become maternity patients of the Department. Mother's are more compliant in keeping their appointments, appear happy and appreciate the incentives. The happiness is due, in part, to some basic needs being fulfilled with incentives as pregnancy ends.

Clients that successfully complete the program, tell their friends/ relatives about the program and encourage them to become clinic patients.

In summary, the Maternity Incentive Program is a motivating factor in encouraging pregnant women to become and remain clinic patients, and compliant in keeping their clinic follow up appointments.



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The Joint United Nations Program on HIV/AIDS (UNAIDS) observes December 1st each year as World AIDS Day, and 2017 will mark its 30th observance. Founded in 1988, World AIDS Day was the first ever global health day, establishing an opportunity for people worldwide to unite in the fight against HIV, to commemorate those who have died from an AIDS-related illness, and to inspire the world to achieve its shared vision of zero new HIV infections, zero discrimination and zero AIDS-related deaths.

The theme this year is “My Health, My Right” and focuses on our human right to physical and mental health, to the highest attainable standard, and explores the challenges that people around the world face in exercising their rights. “All people, regardless of their age, gender, where they live or who they love, have the right to health,” said Michel Sidibé, Executive Director of UNAIDS. “No matter what their health needs are, everyone requires health solutions that are available and accessible, free from discrimination and of good quality.”

Too many people around the world are being denied their right to health. People living with HIV are particularly affected. The right to health is more than access to quality health services and medicines; it includes being treated with respect and dignity, free from discrimination. The people most affected by HIV are often the most

marginalized in society, including sex workers, gay men and other men who have sex with men, people who inject drugs, migrants, and prisoners. They are also the most frequently denied their right to health.

World-wide an estimated 36.7 million people are living with HIV/AIDS, and an estimated 1.8 million new infections occur each year, yet only 19.5 million people who are living with HIV are currently accessing life-saving antiretroviral therapy (ART). Ending AIDS as a public health threat can only happen if our human right to health is fully realized and quality health care is available and accessible for everyone and leaves no one behind.

The global spread of HIV necessitates a worldwide effort to increase communication, education and action to stop the spread of HIV. So go out and do something on December 1st! Get tested for HIV. Talk with your health care provider about your risks for HIV. Volunteer at a local AIDS-service organization or HIV test site. Ask community leaders and elected officials to increase their response to addressing the epidemic. Host an event in your community or place of worship. Wear the red ribbon as a symbol of awareness and support for people living with HIV. And keep the conversation going; talk with family, friends, and colleagues about HIV’s impact in our community, and why this important awareness day matters to you.

HIV/AIDS Testing is available through the Department's Health Centers in

- Delray Beach
- Lantana
- West Palm Beach
- Belle Glade

Call the appointment line
855-438-2778

**WORLD
AIDS DAY**

1 DECEMBER 2017



My health, my right.

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

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Main Phone Number
(561) 840-4500