Welcome to the New Year

Welcome to the New Year at Florida Department of Health in Palm Beach County. We have much to accomplish this year as we move forward with our partners and the Community Action Plan (CHIP). Additionally, many of our programs align with the Department of Health Strategic Plan goals of Improving HIV outcomes, childhood vaccine rates, infant mortality, health equity and tobacco prevention.

Below are a few division objectives for the year:

- The Maternal Child Health Division will be working with community partners in a comprehensive effort to drive down rates of preterm birth in the county.
- Community Health will be working to expand partnerships in an effort to address Safe Sleep awareness and education.
- Lantana Health Center will be offering the peer to peer emotional support group “Circle of Moms” to women and their partners struggling with pregnancy related anxiety and/or stress.
- Tuberculosis will be working to keep TB treatment above the State of Florida Average of 88.36%.
- Epidemiology and Communicable Disease will fully implement HIV Test and Treat and Pre-Exposure Prophylaxis (PrEP) to high risk clients seen in the health department’s clinics.
- CHIP will focus on its three priorities, Mental and Behavioral Health, Active Living and Healthy Lifestyles, and Access to Care and services.

We will remain champions for the healthiest community in the nation, empower the youth to choose healthier lifestyles, build healthier communities and improve access to care with the help and support of our many partners in this community.

Alina Alonso, MD
Director

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INFLUENZA CLASSIFIED AS SEVERE THIS SEASON
DID YOU GET YOUR FLU SHOT?

This year influenza, better known as the FLU, returned with a vengeance. After five years of relative calm the number of recorded flu cases has steadily risen and to date the season is now classified as severe.

The best preventive measure in fighting the flu is an annual flu shot. None of the six influenza associated pediatric deaths had received the flu vaccine. However, a recent study showed that flu vaccination can reduce a child’s likelihood of dying from influenza by 50% - 60%.

HOW DO FLU VACCINES WORK?
Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since February 24, 2010 when CDC’s Advisory Committee on Immunization Practices (ACIP) voted for “universal” flu vaccination in the United States to expand protection against the flu to more people.

Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza. Especially those under age 5, pregnant women and persons greater than age 65. See People at High Risk of Developing Flu-Related Complications for a full list of age and health factors that confer increased risk.

Signs and Symptoms of Flu
People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in young children than in adults.

Note: Not everyone with flu will have a fever

Other Preventive Measures
To avoid getting the flu or spreading it to others there are a few simple steps you can follow.

- Cover your nose and mouth completely when coughing or sneezing
- Wash your hands with soap and water
- Avoid contact with persons who are sick
- Avoid touching your mouth, nose or eyes
- Stay home if you are sick
  - Do not return to daily activities until symptoms have stopped for 24 hours.
- Get a flu shot

If you do become sick from the flu it is always good to contact, your medical provider. They can prescribe an antiviral that would lessen the symptoms. Keep in mind this must be administered within two days of the onset of symptoms. Other over the counter medications are available to treat the various symptoms like fever, cough, sore throat and congestion.

Tracking the virus is always an important task. The charts compiled by Epidemiology are a sample of what they review.
National Nutrition Month® March 2018

Every year in the month of March, the United States and other countries celebrate National Nutrition Month®. The event, created by the Academy of Nutrition and Dietetics, emphasizes the importance of making informed food choices and incorporating physical activity. Eating healthy food fuels the mind and body for optimal performance.

This year’s theme, “Go Further with Food,” encourages everyone to achieve a healthy eating habit, while saving both food and money. Did you know that in the United States food waste is estimated to be between 30-40 percent of the food supply? You can find ways to minimize food waste by planning and preparing meals in advance, eating raw vegetables and fresh fruits at the beginning of the week and donating non-perishable foods. Practicing these methods will help reduce food spoilage and waste.

Here are some key messages of National Nutrition Month® on the best ways to reduce food waste and help you save money.

1. Include a variety of healthful foods from all the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist.

RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

Be sure to check out nutrition month activities that are happening in your local health centers and community to promote “Go Further with Food.”

https://www.usda.gov/oce/foodwaste/
www.eatright.org
visit us on the web: www.flhealthpalmbeach.com
A healthy corner store is a corner store or convenience store that promotes the sales of healthy foods by stocking and marketing items such as fresh produce, low fat dairy, lean proteins, and whole grains. Participation in the Riviera Beach Healthy Corner Store Project gives store owners access to store promotion, consumer data, technical assistance to become an EBT vendor, free merchandizers, free produce, free marketing materials and more. Nationally this is an evidence based initiative for increasing access to fresh fruits and vegetables for persons living in a food desert.

In urban areas a food desert is classified as at least 500 people and/or at least 33 percent of the census tract’s population residing more than one mile from a supermarket or large grocery store.

In Palm Beach County there are over 80 census tracts classified as food deserts. DOH-Palm Beach was awarded funds in October 2017 to recruit four corner stores located in Riviera Beach. Riviera Beach has greater than 50% African-American population and is a designated food desert. As part of this project DOH-Palm Beach will assess the readiness of interested corner stores in the area to participate and provide technical assistance and financial support to enhance each corner store’s ability to procure, market and increase sales of fresh produce and healthy foods.

The goal is to promote health equity and increase adults at a healthy weight by improving access to fresh produce and healthy foods in Riviera Beach by June 30, 2018.

**Update: School Based Preventive Oral Health Pilot Project**

February is National Children’s Dental Health Month and February 1, 2018 was the first anniversary of the Health Department’s School-based Preventive Oral Health Pilot Project. The project has made progress since it began operating on February 1, 2017.

This program now reaches children in grades K-5 at five Title 1 elementary schools: Barton, Greenacres, Indian Pines, Washington and Wynnebrook, with the addition of a sixth school planned before the end of the current school year. The program employs a part-time dental hygienist to provide preventive dental services and education for the students. Since the program’s inception, 3,176 children have received oral health and nutrition education.

Participation in other aspects of the program requires parental consent. Of 2,607 consent forms taken home, 45.65% were returned allowing oral health assessments for 1,190 students. Fluoride varnish treatments have been provided for 1,174 children through the program. Fluoride varnish strengthens the enamel on teeth, making them more resistant to decay.

Dental decay is prevalent in the children served by the pilot program. Twenty-six percent of those examined have active decay and 115 children were identified with an acute dental need, meaning pain or infection. These conditions can limit daily activities, affect focus in the classroom, and become quite serious if left untreated.

It is a primary function of the pilot program to refer these children for care. Of the 115 children with an acute dental need, it is known that 63 (almost 55%) have received treatment due to a referral from the program. This care is provided by our community partners: Health Care District, Genesis Community Health and Foundcare. The program is anticipate to expand into more Title 1 schools. It is fitting that this important children’s oral health program celebrates its anniversary in National Children’s Dental Health Month.
Radon & Indoor Air Program

Introduction

Radon and Indoor Air Program in the Florida Department of Health Palm Beach County, Division of Environmental Public Health is designed to protect young children and adults from radon gas poisoning emanating from soil, rocks, water, and building materials in residential structures, school buildings, and private and commercial facilities. According to US Surgeon General, radon gas is the second leading cause of lung cancer in the U.S. and the number one cause of lung cancer among non-smokers with more than 20,000 deaths annually. The only way of knowing that your home has elevated radon concentration is to test your home!

Although radon gas in homes is considered the most preventable environmental disease among young children and the elderly, many homes still have elevated radon levels. Radon exposure often occurs with no obvious symptoms, and therefore it frequently goes unrecognized. Radon gas is naturally radioactive occurrence from rock in the soil. It is colorless, odorless, tasteless, and discharges into indoor air through cracks in floor foundations and walls, construction joints, cavities inside walls, crawlspaces, and water supplies.

Radon Testing in Palm Beach County

The Mandatory Radon Testing Act of 1999 was amended to require it only in select counties. Under Section 404.056(4), F.S., Mandatory Radon Testing requirements, Palm Beach County was selected as one of the counties to identify and test the potential for elevated radon concentration in all private and public school buildings, or school sites housing students in kindergarten through grade 12. The Mandatory Radon Testing requirement also mandates all state-owned, state operated, state regulated or state-licensed 24-hour care facilities, hospitals, nursing homes, foster homes, assisted living facilities, mental health facilities, detention centers, correctional institutions, and pre-release centers to comply with this guideline. Lastly, all state-licensed day care centers for children or minors are under FDOH-PBC radon test requirement jurisdiction.

The FDOH - Palm Beach County continued the operation of the Mandatory Radon Testing and Radon Prevention Program during April – September 2016. The Program offered radon test reviews and radon consultations for child care centers, including public and private schools throughout the county. In August 2017, the Palm Beach Community Radon Testing Pilot Program (PBCRTPP) was implemented. The PBCRTPP provides free radon testing for private and public dwellings in Palm Beach County. If you want your home tested, call 561-837-5938 for free test kits. In cases where home radon levels are 4 picocuries per liter of air (pCi/L) or more, home mitigation to reduce radon levels is recommended.

The Program also provides county-wide community awareness through outreach to the target populations. Residents of Palm Beach County who are planning to build new homes are encouraged considering construction of their homes using radon - resistant features.
FREE
RADON TESTING

Florida Health – Palm Beach County, Division of Environmental Public Health

Radon is a naturally occurring radioactive gas released in rock, soil and water that can build up in your home to very high levels.

Radon is colorless, tasteless, and odorless radioactive gas, testing your home is the only way of knowing if your home is safe!

Call 561-837-5938

Website:
Radon.floridahealth.gov
http://palmbeach.floridahealth.gov

FLORIDA DEPARTMENT OF HEALTH – PALM BEACH COUNTY
800 Clematis Street
West Palm Beach, FL 33401

visit us on the web: www.flhealthpalmbeach.com
RABIES

Rabies is a deadly virus that is nearly 100% fatal in humans. The virus is spread through the bites and scratches of infected mammals. Among wildlife in Florida, raccoons, bats, and foxes are the animals most frequently diagnosed with rabies. Feral cats and dogs can also be a threat for people exposed to their saliva.

The most common cause of human rabies in the United States is exposure to the saliva of bats. Bat exposures can be difficult to identify, as bite or scratch wounds from them may be small and near impossible to recognize. Potential exposures to bats can range from an obvious bite or scratch to something as innocuous as being asleep in the same room as a bat, as physical contact cannot be ruled out. Because their bites can be small, any bat exposure should be reported to your local health department.

Rabies can be prevented in a number of ways for humans:

- Try to avoid contact with wild or stray animals that are unfamiliar to you.
- Do not feed wild or stray animals, or your own pets outdoors. This food will attract other animals and create an environment where rabies, along with other diseases like distemper, is easily transmissible.
- Follow leash laws by keeping pets and livestock secured on your property.
- If you or your pet are bitten by any animal, report it to Palm Beach County Animal Care & Control at 561-233-1200. They can investigate the incident and help determine if you or your pet are at risk for rabies.
- Immediately wash the wound with soap and water.
- If the animal cannot be located and its rabies vaccination status verified, the health department will provide the recommendation to receive post-exposure prophylaxis.
- Post-exposure prophylaxis is the most effective way to prevent a rabies infection but it must be administered before signs and symptoms develop.

Post-exposure prophylaxis is provided to an exposed person over the span of 2 weeks with a dose of rabies immunoglobulin and four doses of the rabies vaccine (five if the patient is immunocompromised). These doses are administered on a strict schedule, so it is important that you work with your provider and health department to ensure that you receive your vaccinations on time.

If you ever have any questions, please call the Department of Health (561) 671-4184.
What is Go Red™ for Women?

Heart disease is currently the number one killer of women making it more deadly than all types of cancer combined. Studies have shown that this disease is the cause of one out of every three deaths of women each year, which is almost one a minute.

Go Red™ for Women is a national effort organized by the American Heart Association in order to bring awareness to women’s risk of cardiovascular disease. The “Go Red” movement provides education for women on heart disease risks and allows women and men to come together to show their support of heart disease prevention.

Why so deadly? One reason this disease is taking so many lives is that women and men have very different symptoms when experiencing a heart attack or stroke. Most people associate the onset of a heart attack with a man clutching at his chest and falling to the floor. Women tend to have more subtle symptoms, many of which may occur weeks to days prior to having a heart attack or stroke. A few of these symptoms include: shortness of breath, back pain (upper or lower), jaw pain (usually with the onset of exercise), nausea and other flu-like symptoms.

So, what increases my risk for heart disease? One of the greatest risks is a family history of cardiovascular disease. Though you can’t fight your genetics, reducing other factors that may increase your risk of heart disease is something you can do. Other risk factors include high LDL (bad) cholesterol levels, high blood pressure, smoking, being overweight or obese and having a sedentary lifestyle.

What can I do to prevent heart disease? Ways to assist in the prevention of heart disease comes down to consuming a healthy diet that is low in saturated and trans fats, avoidance of all types of smoking and tobacco use, maintaining a healthy body weight and incorporating regular physical activity into your daily routine. Knowing your cholesterol, triglycerides and blood pressure numbers is also a key component to prevention. If you do find your values are above normal, you need to make steps to improve your diet and make lifestyle changes.

For more information check out the following websites:
www.eatright.org      www.goredforwomen.org     www.heart.org

visit us on the web: www.flhealthpalmbeach.com
Public Health Preparedness Participates in Radiological Exercises

PLUMEX 18 is a series of FEMA evaluated exercises, that took place in January and February of this year. The exercise involves a radiological incident at the St. Lucie Nuclear Power Plant that forces a partial evacuation of Martin County to a Radiological Emergency Reception Center (RERC) in Palm Beach County. This reception center exercise involves multiple Palm Beach County agencies to include Fire Rescue for decontamination, the Sheriff’s Office for security, Animal Care and Control, the Red Cross and Emergency Management in order to be successful.

Employees and volunteers from the Department of Health, the Health Care District and the Medical Reserve Corps established a Point of Dispensing (POD) for the mass prophylaxis of Potassium Iodine (KI) to the evacuees. This is done in order to prevent any adverse effects of radiological contamination on the thyroid. POD responders demonstrated dedication to public health preparedness by participating in a variety of roles prior to and during the exercise that included planning, coordination and logistics. The POD itself was established in Okeechobee Park with stations for registration, triage, dispensing, symptom screening and out processing. We also established Emergency Support Function Eight (ESF-8) Health and Medical, in the County Emergency Operations Center (EOC) to coordinate all our efforts.

This was a very successful exercise. We were able to test new concepts and improve our processes as well as accomplish some of the objectives for the Cities Readiness Initiative (CRI) program. The team received praise on a job well done from the All Hazards Incident Command Team, Palm Beach County Division of Emergency Management as well as FEMA.

Palm HealthCare Foundation - Train the Brain 2018 Kickoff Luncheon

Palm Healthcare Foundation kicked off their newest "Better Health" Campaign, Train the Brain, with a luncheon at the Kravis Center Cohen Pavilion on January 19, 2018 with world renowned neuroscientist Amishi Jha, Ph.D. as speaker. Dr. Alina Alonso, Director of DOH-Palm Beach, opened the Luncheon as the new Chairman of the Board of Trustees.

The goals of the campaign are:

- Help Palm Beach County residents reduce stress through brain fitness,
- Achieve balance in their lives,
- Show compassion to individuals with acute and persistent mental health issues.

Palm Healthcare Foundation was created in July 2001 as the successor to Good Samaritan Medical Center Foundation and St. Mary’s Hospital Foundation. Staying true to their heritage, grantees of the Palm Healthcare Foundation represent the diversity of needs and ideas in Palm Beach County. The Foundation inspires and funds solutions for better health in Palm Beach County through community collaboration. The vision of the foundation is for all Palm Beach County residents to have an opportunity to reach their full health potential and thrive.
CONNECTING WITH OUR COMMUNITY

Welcome Our New Neighbors, The 4th District Court of Appeals

SOUTH FLORIDA FAIR

2018

Community Outreach

TEEN SOCIAL VIBES

Real Answers

All teens between 12-18 years of age who desire reproductive health education or have unanswered questions are invited to attend the Teen Social VIBES Clinic. Health Care Providers will be available to provide exams and confidential counseling.

Teen Social VIBES is held Wednesday February 7th & 21st at 3pm—8pm. Pick-up transportation provides to teens and free bus pass for return home transportation.

No appointment is needed.

Refreshments & Free Pizza will be provided.

Prizes and gifts with participation.

A Community Hours will be provided.

For more information please call 561-687-6242.

38754 State Rd #83
Belle Glade, FL 33430
Phone number: 561-687-6242

visit us on the web: www.flhealthpalmbeach.com
Services Provided

Florida Health Palm Beach County is a service organization responsible for the health of over a million residents in Palm Beach County.

The many and varied core programs include disease prevention and control, environmental public health, school health and health education. In addition, the department shares responsibility for primary care of the medically indigent population of the county with the Health Care District of Palm Beach County and private sector by providing millions of services annually through six health centers.

Florida Health Palm Beach County has served as the model agency for the State of Florida and many other states throughout the country. For over 60 years it has led the way with innovative programs that include:

- Immunizations for children
- Parental education in child care from pregnancy to birth and beyond
- Monitoring the land, air and water
- Monitoring and testing for potential epidemics

The future holds many unknowns, but Florida Health Palm Beach County will be there to serve your needs.

HEALTH ACCESS DIVISION  (561) 671-4036

EPIDEMIOLOGY & COMMUNICABLE DISEASE  (561) 671-4184

ENVIRONMENTAL PUBLIC HEALTH  (561) 837-5900

COMMUNITY & SCHOOL HEALTH  (561) 671-4161

MATERNAL CHILD HEALTH  (561) 671-4140

STD/TB  (561) 803-7362

IMMUNIZATIONS  (561) 840-4568

NUTRITION SERVICES  (561) 671-4089

PUBLIC HEALTH PREPAREDNESS  (561) 671-4014

PREVENTIVE MEDICINE/PUBLIC HEALTH RESIDENCY PROGRAM  (561) 837-5165

DENTAL PUBLIC HEALTH  (561) 837-5560

VITAL STATISTICS  (561) 837-5841

WIC  (561) 357-6007

APPOINTMENT LINE 1-855-GET-APPT (438-2778)

(561) 625-5180

Health Centers

Delray Beach Health Center
225 South Congress Avenue
Delray Beach, FL 33445
(561) 274-3100

C.L. Brumback Health Center
38754 State Road 80
Belle Glade, FL 33430
(561) 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