



The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 15 - Issue 4

Fall 2018

Healthiest Weight

tools:



set goals

my Florida plate

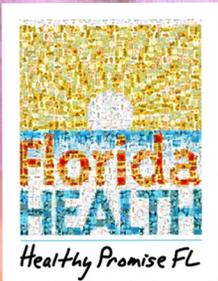
eat your colors

small steps

big rewards

move more, sit less

A Change in Seasons...



INSIDE:
WORLD AIDS DAY DECEMBER 1
Preventing Sleep-Related Infant Death
Train the Brain
Holiday Nutrition
FLU and other Immunizations

From the Director



As the holidays approach and we enjoy time with family and friends let's share this opportunity to celebrate life, to be grateful, and reflect on what's important. Let us use this holiday season to appreciate the gift of health. Here are some holiday tips suggested by the CDC to support your efforts for a healthy and safe season:

- Wash your hands often - Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.
- Manage stress - We cannot eliminate stress; we must manage it. There are many techniques available to do this from meditation to exercise. Find what works for you.
- Travel safely - Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, wear a seat belt every time, always buckle your child in the car using a child safety seat or booster.
- Be smoke-free - Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW.
- Get check-ups and vaccinations - Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives.
- Watch the kids – Whether your own or your visitors, it only takes a second for a tragedy to occur.
- Prevent injuries - Use step stools instead of climbing on furniture when hanging decorations. Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains.
- Handle and prepare food safely - Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to their proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.
- Eat healthy, and be active - With balance and moderation, you can enjoy the holidays the healthy way. Choose balance and moderation. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

Now enjoy this link for a Happy Holiday Season: <https://www.cdc.gov/family/holiday/12ways.htm>
Peace, Love and Health,

Alina M. Alonso, M.D.

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WORLD AIDS DAY 2018

The Joint United Nations Program on HIV/AIDS (UNAIDS) observes December 1st each year as World AIDS Day, and 2018 will mark its 30th anniversary. 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 “Know Your Status”, and although we can celebrate that significant progress has been made since 1988 in that today, 3-in-4 people living with HIV (PLWH) know their status, there’s a lot of work yet to be done. HIV testing is an essential first step for expanding treatment and ensuring that all people living with HIV can lead healthy and productive lives. Knowing your status is crucial to achieving the ambitious global 90–90–90 targets, that 90% of all PLWH will know their HIV status, 90% of all people with diagnosed HIV will receive sustained antiretroviral therapy (ART), and 90% of all people receiving ART will have viral suppression.

Unfortunately, many barriers to HIV testing remain. Stigma and discrimination still deters people from taking an HIV test. Globally, access to confidential HIV testing is still an issue of concern. Many people still only get tested after becoming ill and symptomatic. HIV testing programs must be expanded with novel and innovative approaches if we are to reach all people living with HIV who do not know their status, empowering them to make choices about HIV prevention so that they can protect themselves and their loved ones, and get linked to quality care and prevention services.

World-wide an estimated 36.7 million people are living with HIV/AIDS, and an estimated 1.8 million new infections occur each year, which is about 5,000 new infections every day, yet only 57% of PLWH are currently accessing life-saving antiretroviral therapy. 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 1! 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.

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



World
AIDS
Day

DECEMBER 1



www.cdc.gov/hiv

A Call to Action Preventing Sleep-Related Infant Deaths

The role of the local Child Abuse Death Review Circuit Committee #15 is to review all child deaths reported to the Florida Abuse Hotline, including those investigated and found verified, as well as those not verified as maltreatment. The case reviews are closed to the public due to the confidentiality of the information and records by Florida Statutes, but there is a section of the meeting set aside for public comment. Our purpose for meeting is to gain a better understanding of the causes and contributing factors of deaths, and reach consensus on what strategies can be implemented to prevent the death from occurring again.



We have spent the last few years focusing our attention on how to prevent sleep-related infant deaths. Studies have shown sleep-related deaths are the leading cause of death in infants between one month and one year of age. In our county, there were 20 accidental deaths caused by unintentional asphyxia for infants less than one year of age from January 1, 2014 through December 31, 2017. These incidents include many scenarios, but the most noted were Infants sleeping on their stomachs; soft infant sleep surfaces and loose bedding; toys or other objects in their sleep environment; sharing a bed with adults or others; a sleeping place other than a bassinet, crib, or Pack-n-Play® (e.g., adult bed, couch, sofa, chair); fatigue, drug or alcohol use by persons supervising or sleeping with child; quality of supervision at time of death; and the family's ability to provide safe sleep or play environment for the child.

As a community, we agree that using a variety of communication tools and techniques to educate and promote safe sleep practices is best. Secondly, we agree there has to be clear and consistent messaging about safe sleep practices with consideration to social, behavioral and cultural beliefs. Although the message seems simple, we realize that we must be mindful about where and when the message is given; be able to assess if the message was understood; and encourage the parents to effectively communicate the message with their family supports and caregivers.

The call to action is to keep infants safe while they are sleeping can be communicated by everyone. Remember, that infants should always sleep:

- Alone and on their backs (every time for naps and for night)
- In a safety approved bassinet, crib, or Pack-n-Play® on a firm mattress with a tight-fitting sheet
- Never with pillows, loose bedding, comforters, quilts, stuff animals, bumpers, wedges in the bassinet, crib, or Pack-n-Play®



Babies sleep safest

- ALONE**
I should not sleep
- ON MY BACK**
Always put me on my back, even for nap
- MY CRI**
It'd be empty, no blankets, pillows, bumpers or stuffed toy

For More Information: 561-671-4081



visit us on the web: www.flhealthpalmbeach.com

TRAIN THE BRAIN

For the second year Palm Health Foundation in conjunction with the Merrell Family Foundation and Jupiter Medical Center had a very successful Train the Brain campaign that highlights the need to improve your brain health along with your physical health.



The Need

Brain health affects everyone. Almost all of us know a person or family member who has been weighed down by mental health or addiction issues. Many of us have personal struggles. A recent article in Scientific American magazine reported that more than 80% of us will develop a diagnosable mental illness at some point in our lives. Put another way, we are more likely to experience a “bout” of mental illness than any other chronic health condition.

According to the National Institute on Mental Health, 1 in 4 people have a mental health disorder. In Palm Beach County, that translates to approximately 330,000 people.

In Palm Beach County, brain disorders - including substance use disorder - are claiming thousands of lives each year. Lack of resources and support for mental health conditions has claimed the top spot of Palm Beach County's greatest unmet health needs for several years in a row.

In Palm Beach County:

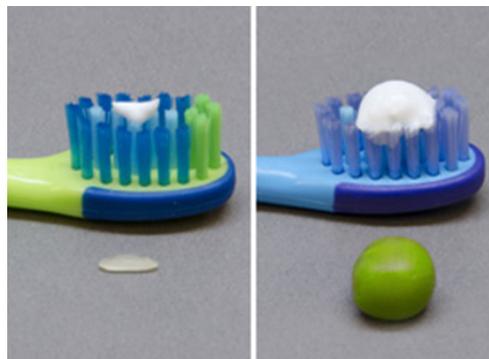
- 600 opioid overdose deaths in 2017
- 4,012 calls to 2-1-1 due to loneliness and isolation
- 49th ranked in funding for behavioral health (Florida)
- 27% of high school students reported sadness and hopelessness that was strong enough to interrupt normal, day-to-day activities
- 25% increase in suicides since 2008

Check off ways you'd like to commit to daily brain health

- Take a break to stretch every day
- Try a breathing exercise or meditation
- Offer a random act of kindness to someone
- Read or watch something funny
- Turn off electronics 1 hour before bedtime
- Choose water over sugary drinks
- Take a walk in nature
- Listen to music to relax
- Think of 3 things you are thankful for
- Call a friend

Preventing Early Childhood Caries

Early Childhood Caries is tooth decay in infants and toddlers. It most often occurs in the upper front teeth, but other teeth may also be affected. In some cases, infants and toddlers experience decay so severe that their teeth cannot be saved and need to be removed. Dental decay is almost entirely preventable with good oral hygiene, a proper diet and access to fluoridated water. Young children are unable to eat and brush properly on their own, so it is up to care givers to implement these two important components. Limiting refined carbohydrates, especially sugar, reduces the substrate on which decay producing bacteria feed. Good oral hygiene reduces the number of these bacteria.



The toothbrush on the left shows a smear of toothpaste and the one on the right a pea-sized amount

The guidelines according to the American Dental Association state that for children younger than 3 years of age, parents should brush their child's teeth twice daily

with fluoride toothpaste in an amount no more than a smear or the size of a grain of rice as soon as the first tooth erupts. A child's baby teeth are at risk for decay as soon as they first appear—which is typically around age 6 months but can be as late as 12 to 14 months. For children 3 to 6 years of age, caregivers should use no more than a pea-sized amount of fluoride toothpaste. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician. Supervise children's brushing to minimize swallowing of toothpaste. With a proper diet and good oral hygiene, Early Childhood Caries is preventable!!



Health for the Holidays

The holidays bring good cheer and good food. How can you savor holiday treats without all of the guilt? With a few recipe and menu tweaks, you can trim calories, saturated fat, or sugar and still maintain flavor. Try these tips to make your holiday menu lighter yet flavorful.

1. **Appetizers** – Replace regular sour cream in dips with low-fat or nonfat plain Greek yogurt or nonfat sour cream. This can save 40-45 calories per ounce.
2. **Beverages** – Pare back alcohol calories and serve a wine spritzer. Replace two ounces of a five-ounce wine serving with seltzer water and save 50 calories. For alcohol-free beverages, mix pure fruit juice and seltzer water.
3. **Cranberry Sauce** – Skip the canned cranberry sauce, made with corn syrup and high fructose corn syrup, and prepare a fresh cranberry relish. To prepare the relish, cook fresh cranberries with chopped apples, pears or dried fruit. Reduce the added sugar by $\frac{1}{4}$ or use sugar substitutes such as Splenda or stevia.
4. **Sweet Potato Casserole** – Reduce the typical sugar amount by $\frac{1}{4}$ and enhance the flavor with cinnamon, nutmeg, ginger or orange rind. Make a topping of a couple of tablespoons of brown sugar and chopped pecans.
5. **Desserts** – Serving pumpkin pie instead of pecan pie can be a savings of 200 calories and provide a healthy serving of vitamin A. Skip the crust entirely to limit fat.
6. **Stuffing** – Pass on the box stuffing and make your own. Sauté chopped celery, onions, carrots or other vegetables in 1 to 2 tablespoons of olive or canola oil. Mix the vegetables with cubes of whole-grain bread or cornbread. Add no- or low-sodium chicken broth to moisten and sprinkle in herbs before baking.
7. **Vegetables** – Roasting vegetables (cauliflower, Brussels sprouts, peppers, eggplant, etc.) brings out the sweetness in each one. Cut vegetables into $\frac{1}{2}$ -1" pieces; toss with a little olive oil. Spread vegetables on a large baking sheet and bake at 400° for 30-40 minutes; stir vegetables every 10-15 minutes to ensure even roasting. Season with herbs and spices as desired.

For healthy holiday recipes, try these websites:

Cookinglight.com, Eatingwell.com, Foodnetwork.com

Volunteer Services this holiday season



This holiday season Volunteer Services at the West Palm Beach, Jupiter, Belle Glade, Lantana, Greenacres WIC and Delray Beach Health Centers will be conducting a Fall Food Share and Toy Giveaway. We have partnered with generous organizations and donors that have brought us many goods in the past, present and near future. It is our continued goal to diversify and reach many families in need.

One of our goals this season was to supply pull tab canned fruit, soup and meat including snacks to our area homeless, knowing these clients would not benefit from the typical can good donated during the holidays. Volunteer Services has partnered with the Palm Beach Post and FEMA to obtain food boxes that helped the homeless population.

For our Fall Food Share, we will receive canned goods from longtime partners, WPTV Channel 5 Food for Families, St. Mark's Episcopal Church & School and a host of donors. Volunteer Services has collaborated with Health Council of Southeast Florida, Hearts for Humanity, CBS 12's Project Thanksgiving to receive grocery store gift cards for families in need. We will be distributing these goods amongst clients from each center.

Additionally, Volunteer Services will host a Toy Giveaway with the help and partnership of FAU College of Medicine- Pediatric Interest Group, Rosarian Academy, the Marine's Toys for Tots and their generous supports. Children from each health center will receive new toys, pajamas, books and blankets. The gifts are delivered to each Health Center for sorting by our dedicated group of volunteers who work tirelessly to complete 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.

We are very thankful for all contributions from our Community Partners and Volunteers and excited to help those in need during the Holiday Seasons.

Infant Mortality Awareness Month

September was Infant Mortality Awareness Month, and on September 5, 2018, the Women's Health Initiative Program nurses, in collaboration with the Children's Services Council of Palm Beach County (CSC) held a special event, "Oh, What Fun! Look Who's One! Birthday Celebration".

At the event, Dr. Alonso announced that the rate of black infant deaths in Palm Beach County is at a 20-year low. The new numbers recognize Palm Beach County as a national leader in reducing the rate of black infant deaths.



Infant mortality is the death of a child before his or her first birthday. The infant mortality rate is the number of infant deaths for every 1,000 live births. In addition to giving key information about maternal and infant health, the infant mortality rate is an important marker of the overall health of a community's well-being. Unfortunately, black babies have a higher infant mortality rate than non-Hispanic whites and are more likely to die from complications related to low birth weight and premature births. Black mothers are more likely to receive late or no prenatal care.



While we celebrated the rate reduction in Palm Beach County, infant mortality continues to be a major social crisis and health care concern in our state and county. Through awareness and education, we can continue to make a difference.



We are currently in Flu season, so it is important to protect yourself and your family. Stop the flu bug before it stops you and robs you of your healthy lifestyle. There are two vaccines available Quadrivalent and High-dose (those aged 65 years and older). The CDC states "The most important thing is for all people six months and older to get a flu vaccine every year." Right now, is the time to prevent symptoms or illness. It is estimated by the CDC that between 140,000 and 700,000 people get sick enough to need hospital care from the flu every year in the U.S. Annual flu epidemic kills anywhere from 12,000 to 56,000 people a year, depending on how bad the flu season is.

Here are some flu prevention tips:

- Receive your annual flu vaccine (6 months and older).
- Avoid close contact with anyone who displays flu symptoms.
- If you get sick, avoid contact with others. Stay home from work.
- Cover your nose and mouth with a tissue if coughing or sneezing.
- Wash your hands frequently or use hand sanitizer.
- If you get sick with the flu, hydrate yourself and take any prescribed medications from the doctor.

Together we can KNOCK the FLU OUT! Become a Flu Fighter today. Visit your healthcare provider or nearest pharmacy to get annual flu shot.

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) 837-5847
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

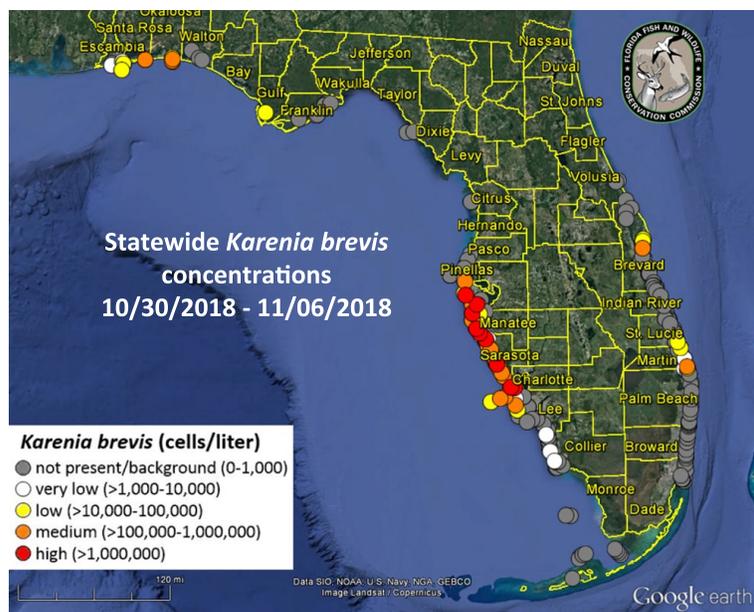
RED TIDE

As a results of recent events related to red tide (*Karenia brevis*) along Palm Beach County beaches, the DOHPBC website (<http://palmbeach.floridahealth.gov/>) has been updated to include health tips, FAQs, and helpful links in order to help answer questions from concerns citizens. A few important facts are provided below:

Red Tide is a naturally occurring event caused by a sudden high growth or "bloom" of microscopic organisms known as dinoflagellates. It can have some health effects as outlined in the chart below, available on the DOH Sarasota Website. Should you experience any of these symptoms while at the beach, leave the area immediately and see your primary care provider if symptoms do not quickly go away.

DESCRIPTION	KARENIA BREVIS CELLS/LITER	POSSIBLE EFFECTS (K. BREVIS ONLY)
NOT PRESENT - BACKGROUND	background levels of 1,000 cells or less	None anticipated
VERY LOW	>1,000 to 10,000	Possible respiratory irritation; shellfish harvesting closures > 5,000 cells/L
LOW	>10,000 to 100,000	Respiratory irritation, possible fish kills and bloom chlorophyll probably detected by satellites at upper limits
MEDIUM	>100,000 to 1,000,000	Respiratory irritation and probable fish kills
HIGH	>1,000,000	As above plus discoloration

FWC is the lead agency responsible for collecting samples and reporting red tide results – maps and results (below) can be found at <http://myfwc.com/research/redtide/statewide/>.



DOH does not sample for red tide. Under an EPA grant, the Department of Health collects Enterococci bacteria samples at 13 beaches. The county office is then responsible for posting the results to the DOH Healthy Beaches website and for notifying local government officials, the State Health Office, DEP and media outlets, of any issued advisories. Health ADVISORY signs are posted at beaches when bacteria standards are exceeded. Enterococci bacteria results are available at <http://palmbeach.floridahealth.gov/programs-and-services/environmental-health/beach-water-sampling/index.html>.

Hurricane Michael Jackson County Incident



The state deployed 15 members of the Region 7 All Hazards Incident Management Team on October 9 to assist Hurricane Michael Recovery. Our team was deployed to manage PODS and support the EOC's in Jackson, Calhoun, Washington, and Gulf County. The team assisted in coordinating the delivery of water, tarps and Meals ready to EAT (MRE).

A Logistical Staging Area (LSA) is chosen by the county and the supplies from the State, FEMA etc. are delivered to this site. Once the Points of Distribution (POD) are designated, a supply of water, MRE's and tarps are delivered to these sites on a daily basis and given out to the public.



AAHIMT team is generally on a 14-day rotation. Once the team served it's 14-day rotation it was clear that certain counties still needed support. Jackson County requested a Logistics Section

Chief (LSC-Sandra Ambris) and a Planning Section Chief (PSC-Adam Taft). We deployed together October 25-November 1. Initially, we need to sleep at a base camp. However, most EOC's have rooms that can be used as an overnight sleeping facility, restrooms, showers and a backup generator that support AC. This means we are able to work from 6:00am until 9:00PM or as needed and without interruption. At times we



Palm Beach County EOC, Sandy Ambris (center), with Jackson County EOC

deploy to the field to gather POD and LSA information and to personally meet with the volunteers and Guard. I like the face-to face as it builds a working relationship for the deployment.

When I deploy to an incident, I am there in multiple capacities. I represent the DOH, the AHIMT and as an individual that wants to help others. Your job description does not always depict the needs of where you end up. I need to order supplies and equipment, ensure the PODS are full, communicate with the National Guard and many other designated responsibilities as a LSC. What I deem the most important is to support the residents of that area and the staff at the EOC. These people have experienced various levels of trauma and loss and are in some cases fragile. I am patient, give hugs, offer a shoulder to cry on and try to delicately steer them in the right direction. I am asked to advise, tie up loose ends, educate on our process and ensure that these people are on their way to recovery.

-Sandra Ambris, DOH-Palm Beach

Michael Facts:

- 800 people are living in a shelter in Bay County.
- The state's cotton industry took the biggest hit, estimated at \$51 million, as the storm came ashore as the harvest was just getting underway and about 90 percent of the crop was still in the field.
- Peanut growers are expected to see losses of \$22 million, as more than 245,000 acres were affected, with field corn losses at \$5 million and oat crops at \$600,000.
- Greenhouses and nurseries suffered an estimated \$39 million hit, while another \$9 million in losses is projected for growers of vegetables and melons, \$4 million for fruits and \$3 million for tree nuts, including pecans.