

The Pulse

**Florida
HEALTH**
Palm Beach County

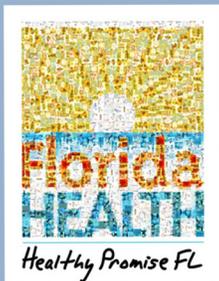
Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 16 - Issue 2

Spring 2019

Healthiest Weight



STD Awareness Mental Health Safety at Work



INSIDE:
Immunizations
Hurricane Season
National Public Health Week
Hepatitis

From the Director



Mental Health Awareness Month

Ever since 1949, Mental Health Awareness Month has been observed in May by reaching millions of people in the United States through the media, local events, and screenings. Public Health uses the definition of health defined as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” Now more than ever, we realize that we must take care of our body and mind to be healthy. Our Community Health Improvement Plan emphasizes mental and behavioral health as a top priority goal. The Department of Health in Palm Beach County is committed to being the agent of change to help many of our community partners achieve our goals. Take advantage of the many opportunities in the community to learn and participate in Brain Health activities.



One such event is right here in our backyard at The South Florida Science Center and Aquarium. The Science Center’s newest project is a one-of-a-kind permanent exhibit, Journey Through the Human Brain. It provides visitors with an in-depth look at the structure and function of the human brain. This exhibit also explores how the brain informs our senses, creates our thoughts and emotions, and showcases how it has evolved into the most complex structure in the universe. Exhibit development is in collaboration with Palm Health Foundation, FAU Brain Institute, Max Planck Florida Institute for Neuroscience, Scripps Florida, the Stiles-Nicholson Foundation, and Quantum Foundation.

Low Crampton, Science Center President and CEO notes, “This exhibit will offer an experience never seen before as visitors become immersed in understanding the basics of how their brains operate in complex ways to create senses, thoughts and emotions like joy, anger, confidence and fear. Visitors will also learn about how to live their own healthy brain lifestyles and how to pursue rewarding careers in neuroscience and related STEM fields.”

I highly recommend this for your entire family.

Alina M. Alonso, M.D.

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April is... STD awareness month

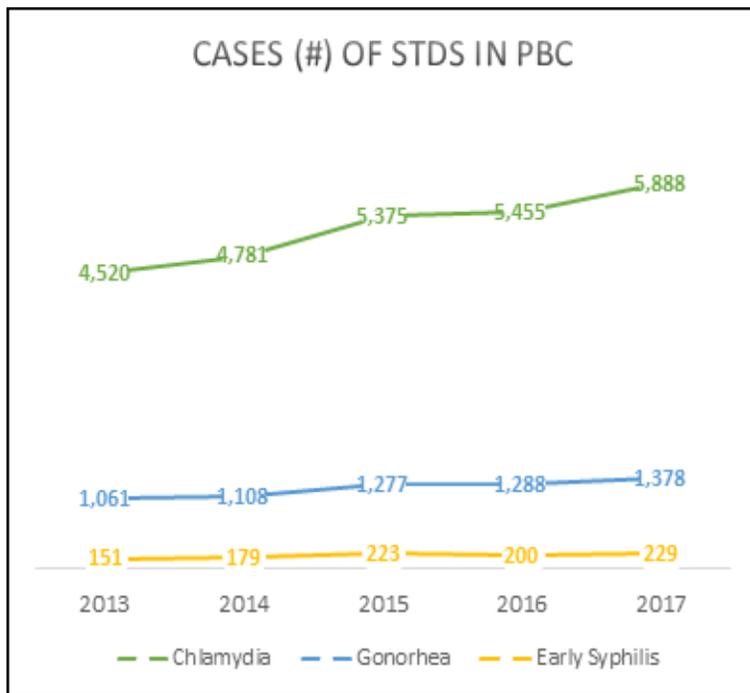


April is STD Awareness Month. Palm Beach County's STD program is reaching out to the community to spread education and awareness! STD rates are at an all-time high, now is the time to equip ourselves with the proper knowledge to protect our sexual health.



Counts & Rates of STDs - 2017							
	Chlamydia		Gonorrhea		Early Syphilis		Population
	Count	Rate	Count	Rate	Count	Rate	
Palm Beach	5,888	417.3	1,378	97.7	229	16.2	1,411,054
Florida	100,057	486.8	31,710	154.3	5,423	26.4	20,555,728

This year, the CDC took a blast to the past, utilizing past themes to encourage and promote STD awareness. Our program participated in many of their different themes including:



Palm Beach County reported a total of 7,724 cases of Bacterial Sexually Transmitted Diseases in 2017, an increase of 8.8% from 7,100 in 2016. In 2017, cases of chlamydia increased by 7.9% to 5,888 from a count of 5455 in 2016. Gonorrhea cases in 2017 increased by 7.0% to 1,378 from the 1,288 reported cases in 2016. There was a total of 229 cases for Early Syphilis.
Data from FLHeathCHARTS.com

- 1. Treat Me Right:** this theme focused on the patient-provider relationship. Helps healthcare providers identify tools needed to build positive, trusting relationships with their patients and provide them with information on how to improve the sexual health.
- 2. Syphilis Strikes Back:** this theme focused on the resurgence of syphilis across the nation. Specifically, among gay and bisexual men, pregnant women and newborn babies as these were more prone to syphilis.
- 3. Talk Test Treat:** this theme (one of CDC's most popular) focused on encouraging three simple actions to address the rising rates of chlamydia, gonorrhea, and syphilis. (1) Talking about STDs with partners, patients, and healthcare providers, (2) ensuring everyone knows who should be tested and when, (3) and the important roles both healthcare providers and patients play in making sure STDs are treated correctly.
- 4. GYT- Get Yourself Tested:** this theme focused on encouraging and empowering youth to get tested and treated for STDs as part of their overall sexual health. This theme was pretty straight forward, get tested and get treated or get tested and you're free to go. Target audience was from about ages 15-24.

Information above was gathered from <https://www.cdc.gov/std/news.htm>

HEPATITIS A

Hepatitis A Vaccine & Outreach Initiatives in Palm Beach County 2019

Hepatitis A infection is a disease that causes inflammation of the liver. It is a viral illness that is primarily transmitted person-to-person through the fecal-oral route (i.e., ingestion of something that has been contaminated with the fecal matter of an infected person). Average incubation time of Hepatitis A is 28 days, but illness can occur up to 50 days after exposure. A person infected with Hepatitis A will typically have symptoms of malaise, fever, abdominal cramps, diarrhea and jaundice. Most people typically recover without treatment because the symptoms are self-limiting; however, when this disease affects populations with already poor health (e.g., hepatitis B and C infections, chronic liver disease), infection can lead to more serious outcomes.

This year, Florida is on track to report the most Hepatitis A cases since 2005. Since May 2018, the number of reports received each month have been increasing. The counties that have reported the most cases are: Pinellas (n=224), Orange (n=150), Hillsborough (n=130), Pasco (n=172) and Seminole (n=45). The demographic characteristics of the reported cases include: 66% male, 88% white, 84% non-Hispanic and a median age of 39 years. Notably, it was determined that 88% of cases were acquired in Florida, an increase over previous years. Risk factors identified include: injection drug use (33%), non-injection drug use (33%), and men who have sex with men (MSM) (7%), Homelessness (17%), unknown risk factors (43%)

In response, the Florida Department of Health (DOH) has increased messaging, released health advisories and promoted vaccination efforts. For the counties most heavily impacted, several additional measures have been implemented. Despite these efforts, we continue to see a steady increase statewide. The increases of hepatitis A cases clearly demonstrates the need to enhance public health efforts, including raising awareness, testing and increasing our vaccination interventions. We reviewed best practices from other states that are seeing larger outbreaks as well as guidance from the CDC.

Palm Beach County has not seen an increase in the number of Hepatitis A cases, 2 cases reported as of March 12, 2019 compared to 4 cases at the same timeframe in 2018, and as a result are taking a more proactive role, to prevent an outbreak as seen in other parts of the State.

What is Palm Beach Currently doing?

- A Statewide press release was distributed to all Palm Beach Hospitals and community partners with the purpose of educating the public of increased cases of Hepatitis A among high risk groups: homelessness, substance abuse, MSM. The advantage is that it would provide the opportunity to raise awareness and promote vaccination.
- The Palm Beach County Health Department immunization nurses, along with representatives from the STD program have been interfacing monthly with Drug rehabilitation centers, homeless shelters, Behavioral Health facilities to Provide education to persons who report drug use, homelessness and/or Men who have Sex with Men (MSM) activity through encouraging vaccination and proper hand hygiene.
- The Palm Beach Epidemiology Department has issued Bureau of Epidemiology and CDC updates and messaging to all Palm Beach hospitals and medical community.
- Provided hepatitis screening risk assessment questionnaires in our HIV and STD clinics to identify clients and their partners who would benefit for vaccines and provide vaccines at no cost.
- Palm Beach Epidemiology has interfaced with local Jail Infection Control partners and continue to emphasize that persons who report drug use (injection and non-injection), are at high risk for drug use (e.g., participating in drug substitution programs, receiving substance abuse counseling or treatment, recently or currently incarcerated), experiencing homelessness and/or MSM should be vaccinated against hepatitis A virus.
- Health Department team comprised of STD program, Epi will be participating in the annual Detention Center Health Fair on April 17, 2019 at the Correctional facility located at Gun Club road to educate staff and inmates concerning Hepatitis A and discuss need for vaccinations as part of the high-risk groups. We continue to provide outreach programs to provide education re: hepatitis A vaccinations in jails, substance abuse treatment programs, homeless shelters, warming centers, food distribution centers, and any venues where the at-risk populations may congregate or seek medical care, such as free clinics and Healthcare for the Homeless programs.

Hepatitis A vaccine and outreach initiatives in Palm Beach County 2019

continued...

- Palm Beach County Epidemiology, Immunization programs, STD program has collaborated with the HIV program to provide Health Education at the upcoming PrideFest March 30 and 31st. Appointments will also be given for patrons who are interested in receiving Hepatitis A vaccines.
- Epidemiology in collaboration with the immunization program has responded quickly to provide timely access to post-exposure prophylaxis for case contacts to Hepatitis A exposure.
- Provide all high-risk clients who present to DOH clinics for various services (HIV, STI, TB) with the opportunity to receive hepatitis A vaccination.
- A weekly report has been sent to the State using EPI assignment to report all Hepatitis A activities inclusive as to the number of vaccines provided and education opportunities. Vaccines are provided to qualified clients free of charge.
- Palm Beach County has developed metrics to track vaccination efforts such as:
 - o Number of adult HAV vaccine doses administered by Palm Beach CHD per week (from FL SHOTS).
 - o Number of HAV vaccine outreach events conducted by Palm Beach CHD per week.
 - o Documentation of integration of routine HAV vaccine needs assessment into CHD program activities (STD, HIV, TB, other services).

Palm Beach is collaborating with the Bureau of Epidemiology and other affected counties to identify what may be some of the contributing factors for the increasing numbers of Hepatitis A cases in other parts of the State. Some thoughts may be due to Transience of some of the affected, economic instability, limited access to healthcare, distrust of public officials and public messages, or lack of follow-up contact information make this population difficult to reach for preventive services such as vaccination, use of sterile injection equipment.

Per the CDC, National Infant Immunization Week (NIIW)-April 27th-May 4th; is observed to promote the benefits of immunizations and to improve the health of children two years old or younger. NIIW began in 1994 when the CDC, local/state health departments, national immunization partners, healthcare professionals, and community leaders from across the United States worked together to highlight the impact of vaccination on the lives of infants and children focusing attention on immunization achievements.



**National Infant
Immunization Week**
**IMMUNIZATION.
POWER TO PROTECT.**

What's the fuss over vaccines? Why so important?

Important milestones to consider:

- Vaccines have drastically reduced infant death and disability caused by preventable diseases.
- We can now protect infants and children from 14-vaccine preventable diseases BEFORE AGE TWO.
- Routine childhood immunization in one birth cohort prevents an estimated 381 million illnesses, 24.5 million hospitalizations, and 855,00 early deaths over their lifetimes, net savings of \$360 billion in direct costs and \$1.65 trillion in total societal costs.

The diseases of the past still exist and can still impact society in a major way. Just look at the number of reported Measles cases in 2014. In 2014, 27 different states reported a total of 667 cases! This number will continue to increase if immunizations are not provided. Measles was eliminated in the United States in 2000, or so everyone thought!

Reference: Centers for Disease Control and Prevention. (13 Feb. 2019).

Retrieved from: <https://www.cdc.gov/vaccines/events/niiw/overview.html>

visit us on the web: www.flhealthpalmbeach.com

THINK SAFE - BE SAFE

In honor of June being National Safety Month, we present these fall prevention tips from The National Safety Council:

- Clean up all spills immediately
- Stay off freshly mopped floors
- Secure electrical and phone cords out of traffic areas
- Remove small throw rugs or use non-skid mats to keep them from slipping
- Keep frequently used items in easily reachable areas
- Wear shoes with good support and slip resistant soles
- Arrange furniture to provide open walking pathways (Office furniture)
- Keep drawers and cabinet doors closed at all time: (Desk and file drawers)
- Install handrails on all staircases on both sides
- Remove tripping hazards (paper, boxes, bins)
- Ensure adequate lighting indoors and outdoors
- Remove debris from exterior walkways
- Periodically check the condition of walkways and step and repair damages immediately.
- Never stand on a chair, table or other surface on wheels.

The most common type of slip, trip or falls that occur with employees at our locations is basically not being mindful of your surroundings. An example would be if there was recently a storm with strong winds and rain, the steps may be wet and tree limbs or leaves on the sidewalks may cause you to slip and fall. Walking and texting on your phone at the same time are two factors that can result in a slip, trip and fall. Other areas that are predisposed to wetness or spills such as the sink areas in the restrooms and breakrooms are always a potential risk for a slip and fall from water on the floor.

So, everyone think SAFETY, work SAFELY and stay SAFE.

Hurricane Preparedness Week

Did you know that Hurricane Preparedness Week is May 5-11 this year? While it is recognized during this week, you can prepare for Hurricane Season all year long! Hurricanes are naturally occurring and are a great threat to people, property, and wildlife. Here's what you can do to ensure that you are fully prepared for Hurricane Season, which occurs June 1-November 30.

- Prepare a hurricane "go kit" with items such as: flashlights with extra batteries, cash, emergency prescriptions, baby items (diapers, wipes, etc.) toys for children, pet supplies important paperwork, cell phone power bank, water (1 gallon per person per day for a minimum of 3 days), non-perishable food, insect repellent, can opener, first aid kits, and battery powered radios.
- Create a family emergency plan. Decide now if you are going to evacuate. Remember you don't have to evacuate far to be safe! Review and practice your plan.
- Know your zone! Find out if you live in a mandatory evacuation zone by connecting with your local Public Safety-Emergency Management offices.
- Review insurance policies
- Stay informed by listening to your local news stations.
- Know where the nearest Hurricane Shelters are located. Special Needs shelters and Pet Friendly shelters are available and require pre-registration.

A little bit of preparedness goes a long way. You can add to your kit weekly or monthly throughout the year, so you don't "break the bank" Don't wait until a storm is approaching to start making preparations. Stores will run out of supplies fast.



DOH-Palm Beach Conducts Table Top Exercise With Over 15 Partner Agencies

On Thursday March 14th, 2019 in preparation for Bioshield 2020, a regional exercise involving a simulated Complex Coordinated Terrorist Attack (CCTA) of Anthrax, DOH–Palm Beach conducted a preparatory Table Top Exercise (TTX) with partner agencies including the Sheriff’s Office, Fire Rescue, universities, hospitals and others.

The purpose was to act out, in a tabletop setting, the request, receipt and dispensing of medical countermeasures. This involved all aspects from the Strategic National Stockpile (SNS), to the public through both open and closed Points of Dispensing (POD). This exercise is part of the Cities Readiness Initiative (CRI) program and was designed, prepared, and conducted by the DOH-Palm Beach Public Health Preparedness team.

Three members of the planning team are also training at the FEMA Emergency Management Institute to become Master Exercise Practitioners (MEP) to expertly plan and conduct a series of Full-Scale Exercises (FSE) leading up to the Federal evaluated FSE Bioshield 2020. The planning team consists of Shamilla Lutchman and Christopher O’Rourke from DOH-Palm Beach and Steve Hynes from Delray Beach Police Department.Planner, Shamilla Lutchman-Exercise Director and Christopher O’Rourke-Exercise Planner.



The Planning Team: L to R, Steve Hynes, Delray Beach Police Department, Shamilla Lutchman and Christopher O’Rourke from DOH-Palm Beach

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

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(561) 840-4500