



The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 16 - Issue 4

Fall 2019

Healthiest Weight

tools:

my healthy weight!

set goals

my Florida plate

eat your colors

small steps big rewards

move more, sit less

The "Seasons" are upon us, may they find you in good health.



- Inside this Issue:**
- Lead Poisoning News
 - Children's Environmental Health Day
 - Diabetes Awareness Month
 - Earth Science Week
 - Great American Smokeout
 - World AIDS Day



From the Director

October is Breast Cancer Awareness Month



Breast Cancer Awareness Month, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection and treatment of this disease

Currently there is not enough knowledge on the causes of breast cancer, therefore, early detection of the disease remains the cornerstone of breast cancer control. When breast cancer is detected early, and if adequate diagnosis and treatment are

available, there is a good chance that breast cancer can be cured.



The month-long campaign is aimed at stopping women from dying of breast cancer and making sure that everyone affected by breast cancer receives the best possible treatment and services. Early detection is the key.

So, join me this Breast Cancer Awareness Month and do something great – bring awareness for early detection by wearing pink all month long. Take part in one of the many activities in your area. Invite your friends to join you. Palm Beach County offers several ways for locals to get involved, gain awareness and raise funds for breast cancer research. Click on the following link for fun events:

<https://www.palmbeachermagazine.com/noteworthy/10-events-attend-palm-beaches-breast-cancer-awareness-month>

Alina M. Alonso, M.D.

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visit us on the web: <http://palmbeach.floridahealth.gov>

LEAD POISONING NEWS

By: Karen Thomas, MD, MPH and Daniza Robinson

GOALS:

Work with the community to promote and protect the health and social well-being of Palm Beach residents and the environment in which they live, educating about the hazards of childhood lead poisoning.

Overview

Lead can be found in many materials around us, including paint, dust, soil water, lead glazed pottery and jewelry. Children are at greater risk than adults. Lead poisoning can cause learning, hearing and behavioral problems.

Participation

DOH-Palm Beach EPI Division participated in the Northwest Community Health & Wellness Fair on July 27, 2019 at Tabernacle Missionary Baptist Church at West Palm Beach, providing Blood LEAD level testing for children between ages of 0- 6years.

Lead prevention strategies:

- If you live in a home that was built before 1978, it may have been painted with lead based paint. Check home frequently for peeling or crumbling paint, and ensure child avoids putting this into their mouths.
- Wash your hands and your baby's hands with soap before preparing meals and eating.
- Do not heat foods in the can.
- Do not store food in containers that are glazed ceramic, leaded crystal or antique pewter.
- Make healthy food choices with good source of iron. Calcium and vitamin C. This will limit the amount of lead that can get into your child's body.



“Lead poisoning prevention and education materials were also distributed to many of the 300 event attendants. A total of 20 lead screening tests were conducted.”
-Daniza Robinson

Holiday Colors and Meal Time By: Marilyn Martinez MBA RD, LD, IBCLC

Red, orange, yellow, green, blue, indigo, and violet are colors of the rainbow that light up parks, homes and neighborhoods during the holidays. These colors help us to feel the joy and warmth of the season. When the holidays are over, we delay in removing the decorations as it feels like we are parting from the joy they bring us. Is there a way to enjoy this colorful warmth throughout the year? Yes! At every meal. A colorful plate may bring you joy and health.

The colors in your meals are related to the nutrients they provide. When you add a variety of colorful fruits and vegetables at each meal, you not only obtain the vitamins and minerals needed for health, but you also please the eye and feel warmth and joy. You have heard it before, “EAT THE RAINBOW!”

For breakfast, lunch, dinner and snacks, fill your plates daily with:

- Red colors such as tomatoes, watermelons, cherries, red cabbage. They are good for the brain and fight cancers.
- Add orange colors to the dish with carrots, mangoes, sweet potatoes. These are great for eyesight and healthy skin.
- Top it with yellow colors such as corn, papaya, bell peppers, and lemons to strengthen for your immune system and beautify your skin.
- For a side dish, have greens such as kale, spinach, avocado. They support different body systems such as the eyes and the brain.
- Drink up your blue, indigo, and violet colors in a shake or a smoothie with fruits such as plums, purple grapes, blue berries, and black berries. They support healthy aging and reduce risk of cardiovascular disease.

So, go ahead and get creative. Decorate your table and your meals with a variety of colorful fruits and vegetables every day. Your mind and body will love the warmth and joy they bring.

visit us on the web: <http://palmbeach.floridahealth.gov>

Children's Environmental Health Day



The Children's Environmental Health Network (CEHN) established Children's Environmental Health Day to be celebrated every second Thursday (October 10, 2019).

This event teaches and motivates us about the importance of protecting the health of children, the future citizens, from the environmental causes, such as; air and water quality, safe food products, schools and care centers.

Eco-Healthy Child Care (EHCC) program, promoted by CEHN, encourages child care centers to address and remove the toxics such as lead, mercury, unsafe toys, formaldehyde, and others from their establishments. A child care center can be qualified as a 'Eco-Healthy' center when complies with 24 out of 30 EHCC practices.

According to United States Environmental Protection Agency, Children are often more vulnerable to pollutants than adults due to differences in behavior and biology. This can lead to greater exposure and/or unique windows of susceptibility during development.

By: Laxmana Tallam, P.E. and Daniel Ukpong, MPH

Children are often more likely to be at risk from environmental hazards than adults because of unique activity patterns and behavior, physiological differences, and windows of susceptibility during early life stages including fetal development and puberty. Children are also dependent upon adults to ensure that their environment is safe.

Children's Unique Activity Patterns + Behavior:

Children crawl and play close to the ground making them more likely to come into contact with dirt and dust, which can include toxicants. Children often put their hands, toys, and other items into their mouths.

Children's Physiology:

Children eat, breathe, and drink more relative to their body mass than adults do. Children's natural defenses are less developed. More permeable blood-brain barrier. Less effective filtration in nasal passages. Highly permeable skin. Lower levels of circulation of plasma proteins. Digestive system, metabolic pathways, renal clearances, and vital organs are still developing.

Children's Windows of Susceptibility

Environmental Hazards: The timing of exposure to chemicals or other insults is critical in determining the consequences to children's health. Because of the differing windows of susceptibility, the same dose of a chemical during different periods of development can have very different consequences. For example, fetal loss or birth defects are most likely to occur as a result of exposures to chemicals during the embryonic period, when organs are beginning to differentiate. Even after the basic structure of an organ has been established, disruption of processes such as growth and cell migration can have lifelong consequences on the function of key organ systems. Due to the complexity and speed of development during the prenatal period, organ system development is particularly susceptible to adverse effects resulting from environmental exposures.

For more information, please visit WWW.CEHN.ORG.

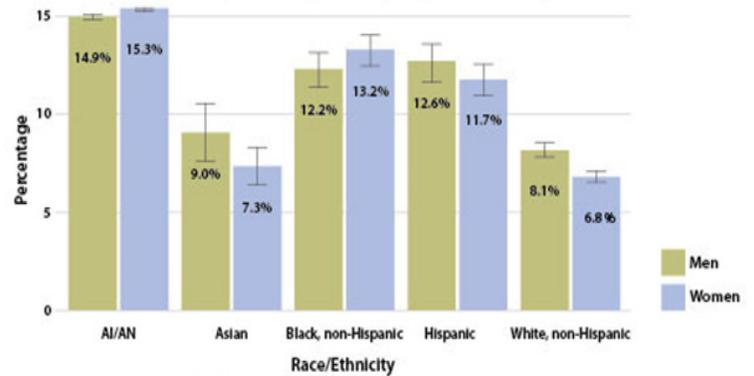
Diabetes Awareness Month

By: *Merlene Ramnon PhD, MPH, MSN, RN and Charles Baldwin*

Approximately thirty million (30.3 million) people have diabetes, 9.4% of the US population; 23.1 million people are diagnosed and 7.2 million undiagnosed (23.8%, CDC, National Diabetes Statistics Report, 2017). According to the CDC, prediabetes is when blood sugar levels exceed normal levels, but do not exceed levels high enough to be considered type 2 diabetes. It is estimated that 86 million American Adults have prediabetes. This is very alarming as nine out of ten people with diabetes are unaware they have it. Some of the warning signs of prediabetes include increased thirst, frequent urination, fatigue, and blurred vision. Another contributing factor to prediabetes is family history and genetics. Diabetes is the 7th leading cause of death in the US in 2015. Diabetes is listed as any cause of death on 252, 806 death certificates in 2015 (National Diabetes Statistics Report, 2017).

November is diabetes awareness month, and the State of Florida is no stranger to this chronic disease. In 2016, approximately 11.8% of Florida's adult population had a diabetes diagnosis. In Palm Beach County, the number of adults with a diabetes diagnosis was approximately 10.8%. Fortunately, type 2 diabetes is preventable. The Florida Department of Health in Palm Beach County, Community Health Division spreads awareness on risk factors associated with type 2 diabetes. Awareness campaign provides diabetes screening and health education. During the month of November, the Florida

Estimated age-adjusted prevalence of diagnosed diabetes by race/ethnicity and sex among adults aged ≥18 years, United States, 2013–2015



AI/AN = American Indian/Alaska Native.

Note: Error bars represent upper and lower bounds of the 95% confidence interval.

Data source: 2013–2015 National Health Interview Survey, except American Indian/Alaska Native data, which are from the 2015 Indian Health Service National Data Warehouse.

Department of Health along with Palm Health Foundation and the Diabetes Coalition of Palm Beach have teamed up to offer free diabetes screening. This event will be held at the Palm Beach Outlets in early November, which will be an excellent opportunity for the community to engage in the planned activities and to learn about their diabetes status.

If you or a loved one feel you might be at risk for prediabetes, the Florida Department of Health encourages you to participate in this screening event. There are several healthy behaviors Palm Beach residents can engage in to further reduce the risk of a diabetes diagnosis. These healthy behaviors include managing your weight, eating a healthy diet, exercising regularly and not smoking.

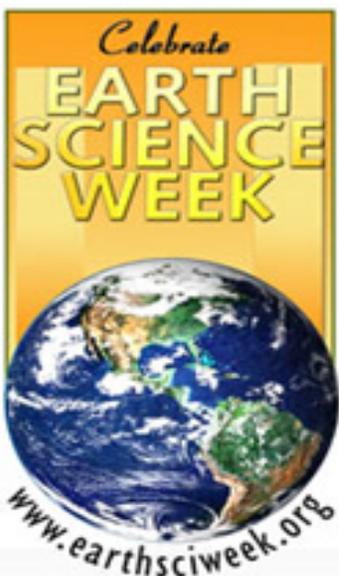
Earth Science Week 2019

By: *Laxmana Tallam, P.E. and Daniel Ukpong, MPH*

Earth Sciences Week is a yearly event run by the American Geosciences Institute to promote the knowledge of Earth sciences at local, state, national, and international levels. This event is celebrated since 1998, and it will be held during October 13-19 in 2019.

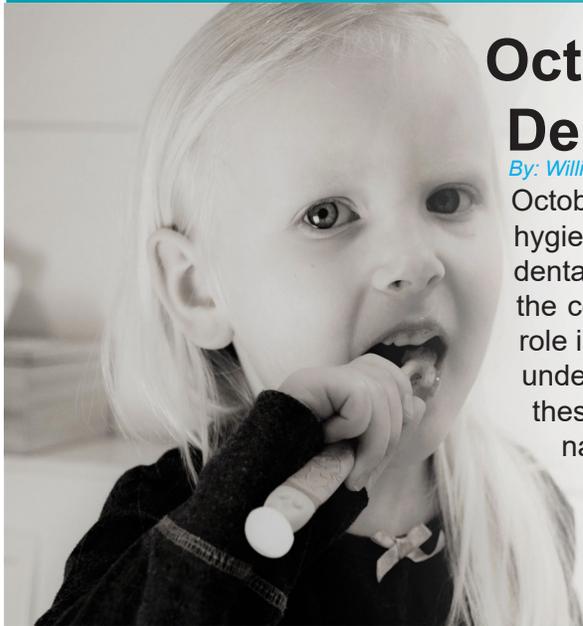
Earth Science Week 2019 emphasizes how the arts can be a powerful tool to promote and build awareness of geoscience principles and issues as diverse as energy, climate change, the environment, natural disasters, technology, industry, agriculture, recreation, and the economy.

Many classroom activities are planned to promote the awareness of our planet and its importance in our life; and to engage and inspire the students in learning about the Earth. For more details please visit <https://www.earthsciweek.org/> website, and you can also order, for free, the Earth Science Week 2019 toolkit.



October is National Dental Hygiene Month

By: William Staten, DDS



October is National Dental Hygiene Month. The role that a clinical dental hygienist plays in patient care is well known, but it is important to note the role dental hygienists play in public health and improving the oral health status of the community. Florida Department of Health dental hygienists play a critical role in our county and across the state in bringing preventive dental services to underserved children in Title 1 elementary schools. Great strides in delivering these services have been made over the last few years, improving our ranking nationally. This is mostly due to the efforts of school-based programs, staffed almost exclusively by dental hygienists. This dental hygienist model is the recommended and most cost-effective way to provide these services. It became possible to utilize this model when changes were made to the Florida statutes to allow dental hygienists to work in health access settings, including schools, to provide assessments and preventive

services without the supervision of a dentist. Dental hygienists had been crucial players prior to this, but this change recognized both the dental needs of underserved children and the importance of dental hygienists in meeting this need. This emphasis on prevention is key to reducing the disproportionate disease burden in the target population and ties in with the national Healthy People 2020 Oral Health Objectives for children and preventive dental services including dental sealants. Department hygienists in Palm Beach County, provide dental sealants, oral health education, fluoride varnish treatments and oral health assessments. The assessments lead to referrals for children with severe needs and engagement of parents to find a dental home for their families. Our county and counties across the state have done well reaching the underserved, but there is more work to do. Dental hygienists will lead the way.

The Great American Smokeout: One Day Can Mean a Lifetime

By: Janiece Davis

One day can make a difference. That's the premise behind the Great American Smokeout (GASO), a national tobacco control observance sponsored by the American Cancer Society (ACS). Held the third Thursday in November, GASO is used to encourage tobacco users to take that day to develop their plan to quit; abstain from tobacco use just for that one day; or begin their tobacco-free journey. The event is also used to bring awareness to youth and non-tobacco users about the effects and consequences of tobacco use and how to be supportive of a loved one's journey to become tobacco free.

Tobacco Free Florida offers several free options for individuals looking to start their tobacco free journeys:

- Telephone. Talk to a Quit Coach® who will help personalize your plan.
- Web Quit Program. A free and private web quit plan tailored to your individual needs.
- Group Quit Sessions. Trained specialists lead group sessions and provide guidance and assistance to attendees. Classes are conveniently throughout Palm Beach County.

For more information on tobacco cessation, contact us at: 561-671-4094 or visit us on the web at www.tobaccofreeflorida.com.





By: Rob Scott and Fabiana Ospina

World AIDS Day is one of the eight official global public health campaigns marked by the World Health Organization (WHO). Founded in 1988, World AIDS Day was the first ever global health day to exist. Each year, World AIDS Day

takes place on December 1st and acts as an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.

Preventing the spread of HIV requires a comprehensive strategy that includes effective, sustained health education and health promotion programs. Since 2019, AIDS-related deaths have been reduced by more than 55% since the peak in 2004 and overall AIDS-related mortality has declined by 33% since 2010. Investments in prevention programs have grown in recent years and at the end of 2018, \$19.0 billion USD was available for the AIDS response in low- and middle-income countries.

Stigma, discrimination, and human rights violations are still a threat for people living with HIV/AIDS and can create

a barrier when attempting to access quality healthcare services and socio-economic and psychological needs. Some people living with HIV and other key affected populations are often shunned by family, peers and the wider community, while others face poor treatment in educational and work settings, erosion of their rights, and psychological damage. UNAIDS and the World Health Organization (WHO) cites fear of stigma and discrimination as the main reason why people are reluctant to get tested, disclose their HIV status, and take antiretroviral drugs (ARVs).

Today we have the tools available to end the HIV epidemic. Landmark biomedical and scientific research advances have led to the development of many successful HIV treatment regimens, prevention strategies, and improved care for persons living with HIV. With the Fast Track to Ending the AIDS epidemic by 2030 campaign closely approaching, this goal seems more achievable now than ever.

As we observe the 31st anniversary of World AIDS Day, it is important to remember the efforts we can take to increase the visibility of HIV/AIDS by enhancing our communication, educational outreach, and plan of action to stop the spread of HIV.

Here's to Your Health and the Holidays!

Penny Masur, MPH, RDN, LDN

At the holiday season we share wishes for joy and good health. But how can you stay healthy when the holidays include indulgence in food and drink? Consider these five steps to keep cheer and health in your holidays.

1. Have a plan.
 - a. On the day of a large meal or buffet, plan to have breakfast to keep you from being overly hungry.
 - b. If you have diabetes and a meal is later than normal, eat a small snack with protein and carbohydrate to keep your blood sugar in check.
2. Keep moving
 - a. Use the stairs or take a walking break to talk with a colleague.
 - b. Gather family together for a post-meal walk, bike ride or dancing.
3. Enjoy the unique holiday foods in small portions.
 - a. If Aunt Ella's lemon bars are your favorite, then don't deny yourself the enjoyment but be moderate in your serving size.
 - b. Be mindful when you eat. Take the time to eat with focus and awareness. Eat more slowly to

appreciate the aromas, flavors, and textures of foods.

4. Stay positive.
 - a. Avoid negative self-talk. There may be days when you may overeat but that doesn't mean all is lost. You can balance indulgent days with days of healthier choices.
 - b. Small steps matter. Choose a side of fruit instead of fries or park further away from a store entrance for extra steps.
5. Get your rest. Holiday celebrations and festivities often lead to later nights and less sleep. When sleep-deprived, you may choose more high-fat, high-sugar food. Aim for 7 to 8 hours per night.
6. Stay hydrated with water. Start drinking water before you start your day. Seltzer water, herbal teas and unsweetened beverages are other options.

For more healthy holiday tips, go to <https://www.choosemyplate.gov/ten-tips-make-healthier-holiday-choices>

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