



The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 17 - Issue 1

Winter 2020

Healthiest Weight



Happy, Healthy New Year



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2020

From the Director

Brain Awareness Week

March is dedicated to making everyone more aware about mental and behavioral health. For too long physical and medical health has been separated from our brain health.

World Health Organization defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. I have had the privilege to serve as Chair of the Palm Health Foundation Executive Board for the past two years. One of the innovative initiatives we launched was bringing attention to mental health and using the term "Brain Health." Please, read this letter from Pat McNamara, the President and CEO of Palm Healthcare Foundation. It will inspire you think not only about your body's health, but also your brain health. In addition to the free downloadable 2019 Train the Brain Wellness Kit, the campaign's website, www.TraintheBrainPBC.org provides a calendar of events that are free and open to the community.



Dr. Alina Alonso
Director
Florida Department of Health
Palm Beach County

JOIN US TO LEAD CHANGE IN BRAIN HEALTH INNOVATION



When we have our health, we have everything. But, when we think about our health, are we considering our brains? Since 2001, Palm Health Foundation's mission has been to inspire and fund solutions to improve the health of our Palm Beach County residents. Recently, we have been putting a spotlight on our brain health. Why? Because our overall health and wellbeing is intimately connected to the good health of our brains.

Sadly, mental health funding in Florida is ranked 49th in the nation. Existing mental health services are insufficient to address the current needs of our residents. But, there is great reason for hope. There is an explosion in brain health advancement right here in Palm Beach County. With the backing of research and technological innovations in the field, we are in a position to promote wellness while more effectively treating illness.

We have remarkable assets to build on. from world-renowned research facilities and leading academic institutions to an expansive array of medical centers and community-based health resources. Our new Brain Health Innovation Fund will strengthen the local bonds between scientific research, community ties and quality care to transform brain health right here in our own backyard.

Palm Beach County is ready ... ready to drag brain health out of the dark ages and into the 21st century. In my 25 years of work in this arena. I've never seen our community so ripe to make this happen. That's why Palm Health Foundation is leading the charge on brain health locally and shining a light on what we know is possible-with your help.

Please donate to The Brain Health Innovation Fund to advance brain health in Palm Beach County.



Patrick J. McNamara, LCSW
President and CEO
Palm Healthcare Foundation

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

January is National Birth Defects Prevention Month

By: Joanne Newman, RN

1 of every 33 babies will have some type of birth defect. Birth defects can occur during any stage of pregnancy and not all birth defects can be prevented. The chances of having a healthy baby increase by managing health conditions and adopting healthy behaviors before and during pregnancy. All birth defects cannot be prevented, but we can try to reduce how often they happen. Here is a list of suggestions from the Centers for Disease Control (CDC).

1. Make sure you take a supplement with at least 400 micrograms of folic acid every day – even before you get pregnant. Timing before conception makes a great difference. Waiting until after you find out your pregnant may be a little too late.
2. Avoid alcohol, tobacco, and street drugs when you are attempting pregnancy and certainly after you find out you are pregnant.
3. Practice good hand washing to prevent infections.
4. See a health care professional regularly to identify and manage medical conditions that may lead to a higher risk of birth defects.
5. Talk to a health care professional about medicine use (both prescription and over-the-counter medications) before you get pregnant to assess the risk of these medications on your planned pregnancy. You can also use this visit with your provider to discuss any substances at work that may be harmful to your developing baby.
6. Eat a healthy balanced diet including sources of protein and lots of well washed fruits and veggies. But stay away from unpasteurized milk and cheeses as these can cause an infection that can harm your baby. Another food to avoid is raw or rare meat as this too can cause an infection during your pregnancy.

Birth Defects are Common, Costly, and Critical

Birth defects are common



Every 4½ minutes, a baby is born with a birth defect in the United States.

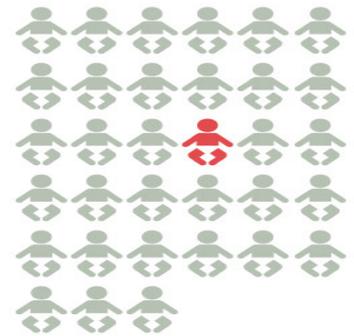
Birth defects affect

1 in every 33

babies born in the United States each year.

That translates into about

120,000 babies.



Birth defects are costly



Each year, total hospital costs for U.S. children and adults with birth defects exceed

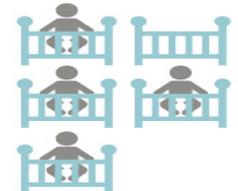
\$2.6 billion, not including outpatient care or many provider charges.

Birth defects are critical

Birth defects cause

1 in every 5

deaths during the first year of life.



Birth defects are critical conditions that can cause lifelong challenges.



Birth defects affect us all.
What effect will you have on birth defects?

Learn more about birth defects: www.cdc.gov/birthdefects



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



Folic Acid Awareness Week

January 6th-12th



By: Penny Masur, MPH, RDN, LDN

Get Your "B" Before You Get Pregnant!

Everyone needs B vitamins. The B vitamin folic acid, also called folate, is especially critical for women of childbearing age. All women who could become pregnant should take a multivitamin containing 400 micrograms of folic acid daily, in addition to eating a healthy diet with good sources of folic acid. Folic acid helps the body make new cells for skin, hair and nails. Getting adequate amounts of folic acid before and during pregnancy can help reduce the risk of birth defects in a baby's brain and spine.

Folate, the naturally occurring form of this B vitamin, is found in legumes, fruits and vegetables and like the word foliage, in dark green, leafy vegetables. Folic acid, the synthetic form, is used in supplements and fortified grains, pasta, bread, tortillas and some breakfast cereals.

How can women be sure to get enough folic acid?

1. Eat a varied diet with a mix of foods from the food groups - fruits, vegetables, grains, legumes, nuts and seeds, meats and milk.
2. Take a vitamin supplement that has folic acid. Check the Nutrition Facts label to see how much is in your supplement.
3. Eat fortified foods such as rice, pasta, whole grain cereals and breads. Read the Nutrition Facts label to check for amounts of folic acid.
4. Contact Florida WIC, the Special Supplemental Nutrition Program for Women, Infants and Children to see if you are eligible for the nutrition education and supplemental foods that include folic acid rich foods. For more information and income guidelines, go to www.FloridaWIC.org or call 561-357-6007 or 1-877-693-6703.

For more information go to: <https://www.cdc.gov/ncbddd/folicacid/about.html>

Condom Week

By Fabiana Ospina, Administrative Assistant in the HIV/AIDS Program

Every year during Valentine's Day week, organizations across the country come together and celebrate National Condom Week. This tradition started back in the 1970's at the University of California, Berkley has now expanded into a nationwide effort to promote safer sex.

The history of condoms can be traced back to 11,000 B.C. to the southwestern caves of France, but despite its recorded longevity in human history, a serious stigma, lack of use, and understanding of condoms still exists for a majority of the population.

The Center for Disease Control (CDC) reports that combined cases of syphilis, gonorrhea, and chlamydia have reached an all time high in the United States as of 2018. Urgent action is needed to break the cycle of rising sexually transmitted infection (STIs) rates. Promoting

safer sex, making condoms available to vulnerable communities, reducing stigma, and providing inclusive and thorough sex education is the only way to keep our nation and communities healthy.

By starting the right conversations and encouraging people to embrace and take responsibility in pleasurable and healthy sex lives, we can promote and protect against STIs and unintended pregnancy. Many types of condoms are now available to fit and suit every individual. Whether it's a preference on size, texture, or lubrication, today's ever-growing condom market allows people to choose whatever they prefer for their sexual experiences.

This year, National Condom Week will be held from February 14th to the 21st, 2020. At the Florida Department of Health in Palm Beach County, we are proud to promote using condoms consistently and correctly, and we are thankful to be a part of normalizing condom usage in our society and communities.

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

FOLIC ACID AND YOU:

Your Healthy Pregnancy

Folic acid is a B vitamin. Getting 400 micrograms (mcg) of folic acid every day at least a month before becoming pregnant can help prevent serious birth defects of the brain and spine. Here are three ways to get the recommended daily amount of this important nutrient:

MAKE IT QUICK!

A fast way to get your daily dose of folic acid is to take a multivitamin every day. Check the label to be sure it contains the recommended daily amount of 400 mcg.



MAKE IT EASY!

Many breakfast cereals contain 100% of the recommended daily amount of folic acid per serving. Check the label to be sure.



MAKE IT DELICIOUS!

Give your vitamin intake a boost by enjoying a healthy smoothie. Blend together these ingredients for a nutritious tropical smoothie: 1 small banana, ½ cup mango, ½ cup pineapple, ¼ cup orange juice, and ice.



TO LEARN MORE ABOUT FOLIC ACID, VISIT

<http://www.cdc.gov/ncbddd/folicacid/about.html>



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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Rn
Radon
222.018

testing

Rafael Reyes, EPH Director; Daniel Ukpong, MPH; Laxmana Tallam, PE

January is National Radon Action Month. During January, the U.S. Surgeon General and the Environmental Protection Agency (EPA) urges all Americans to protect their health by testing their homes for radon. A national effort is underway to implement strategies for preventing 3,200 lung cancer deaths annually by 2020 by reducing high radon levels in five million homes, apartments, schools and childcare centers. The partnership includes three federal departments and agencies and nine national organizations.

The National Radon Action Plan: A Strategy for Saving Lives sets out strategies to drive the changes needed to reduce exposure to radon. Strategies include requiring radon testing and reduction systems as a standard practice in housing finance and insurance programs, and institutionalizing radon risk reduction through building code requirements.

The strategies in National Radon Action Plan (NRAP) reflect the strongest potential to effectively reduce radon risk through institutionalizing risk reduction. The coalition of NRAP members have formed committees to execute all strategies, with a particular focus on those strategies most likely to result in systems change. Building on the framework for planning action that the federal government had started, the four key strategies in the NRAP are the following: build in radon risk reduction, provide incentives and support for radon risk reduction, test and mitigate using professional radon services, and increase visibility.

Radon is a naturally occurring radioactive gas released from rock, soil and water. It is colorless, tasteless, and odorless and can be present in your home in unsafe levels.

The only way of knowing that your home has an elevated radon concentration is to test your home! According to

the US Surgeon General, radon gas is the second leading cause of lung cancer in the US and the number one cause of lung cancer among non-smokers with more than 20,000 deaths annually. Radon exposure often occurs with no obvious symptoms, and therefore it frequently goes unnoticed.

Radon gas enters the home through cracks in floor foundations and walls, construction joints, cavities inside walls, crawlspaces, and water supplies. Although elevated radon gas levels in homes is considered the most preventable environmental disease among young children and the elderly, many homes still have elevated radon levels.

Mandatory Radon Testing Act of 1999

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 Florida Department of Health – Palm Beach County (FDOH-PBC) radon test requirement jurisdiction.

Radon Testing in Palm Beach County

The FDOH - Palm Beach County has proposed to once again streamline Mandatory Radon Testing services which ended in September 2016. The proposed FDOH-PBC

Radon Program plan to offer 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. The Program also provides county-wide community awareness through outreach to the target populations.

EPA recommends home mitigation if the radon level is 4 picocuries per liter (pCi/L) or more. Some radon reduction mitigation techniques include radon resistant new construction with passive mitigation techniques, natural ventilation, sealing of radon entry routes., sub-slab depressurization, drain-tile suction depressurization, submembrane depressurization, block wall depressurization; collectively called active soil depressurization, and an aeration system for well water.

Residents of Palm Beach County who are planning to build new homes are encouraged to consider construction of their homes using radon-resistant features.

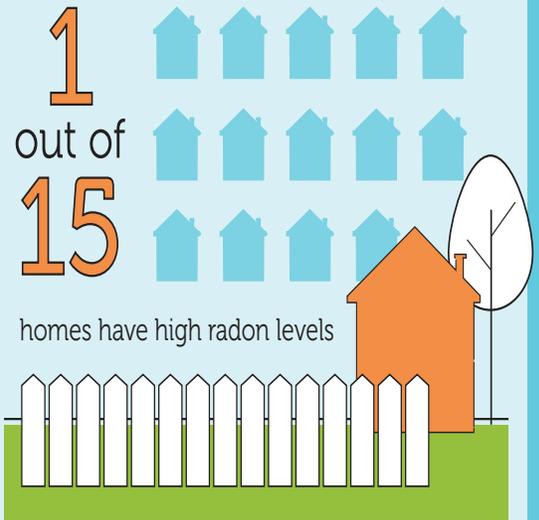
If you would like your home tested, call Florida Department of Health Palm Beach County Public Environmental Health Division: @ 561-837-5938 for a free test kit.

Protect Your Family from Radon

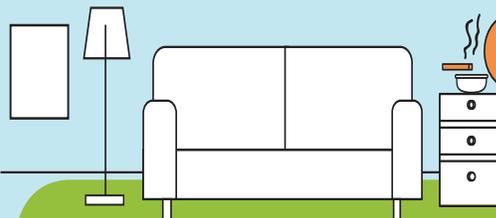


Radon is in the ground naturally. But sometimes it gets into homes through cracks in the floors or walls.

Radon is a gas that you can't **see, smell, or taste** but it can be dangerous. It's the second leading cause of lung cancer in the U.S.



Radon and Smoking: A Dangerous Combination



If you live in a home with high radon levels, smoking raises your risk of lung cancer by **10 times**.

10x
the risk of lung cancer

Take the First Step

There's good news – you can protect your family by testing your home for radon.

Learn more by calling the National Radon Hotline:
1-800-SOS-RADON



American Heart Month

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

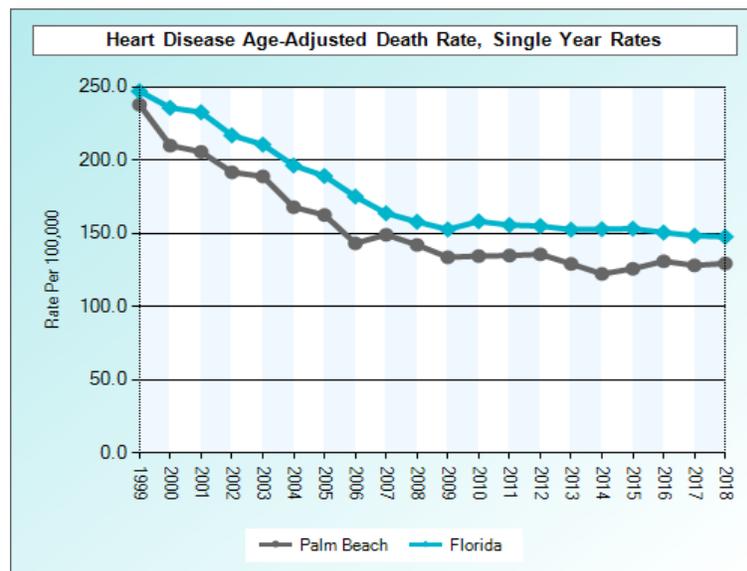
February is American Heart Month and Valentine's Day fall on February 14th. Many Hearts yearn for love on this day. According to the Center for Disease Prevention and Control (CDC), heart disease is the leading cause of death for both men and women. In Palm Beach County heart disease is the leading cause of death.

In 2018, 3,018 Palm Beach County residents died due to heart disease. Florida Department of Health employees are the promoters of health and strive to be a role model in healthy behaviors. The Community Health Promotion and Health Education Division message aligns with the CDC, "Our behavior can be our savior when it comes to managing heart disease." Heart healthy behaviors include eating a healthy diet, engaging in physical activity, not smoking, limiting alcohol consumption, and monitoring blood pressure, cholesterol and diabetes. These behaviors can significantly reduce the chances of heart disease, including heart attack and stroke.

A work friendly heart healthy behavior is simply to pack a heart healthy lunch. One example is a protein packed turkey wrap made with turkey, cheese, roasted red pepper, whole grain wrap, extra virgin olive oil, vinegar, and hummus. All these ingredients are placed inside the wrap, providing you

with a low-cost, heart healthy lunch. Another simple work friendly, heart healthy activity is to avoid sitting for too long. During the month of February, the Community Health Promotion and Health Education Division challenges all employees to walk during their lunch break. These simple activities can significantly improve heart health and extend life.

The diagram below illustrates heart disease age adjusted death rate by year. Although Palm Beach rates are lower, compared to the State, the trends are similar.



Cervical Cancer Awareness Month

By: *Dana M. Heinlein, RN, BSN*

What is Cervical Cancer?

According to the CDC, "cervical cancer is a disease in which cells in the body grow out of control, starting in the cervix."

What are my risk factors?

- Multiple Human Papilloma Virus (HPV) infections
- Having HIV
- Smoking
- Using birth control for 5 or more years
- Given birth to 3 or more children
- Multiple sexual partners

Cervical Cancer Prevention

- Avoid Promiscuous Sexual Activity
- Use Condoms/contraceptives during sex
- Quit Smoking
- Get Vaccinated

MYTH	FACT
Cervical cancer cannot be treated	Detected early, can be treated
HPV infection is uncommon	Commonly transmitted by skin to skin contact
Older women do not need a PAP	Women 21+ need routine PAP tests

Call Community Immunization Services (CIS) at
561-840-4868
 for more information about cancer prevention vaccines



NATIONAL CHILDREN'S DENTAL HEALTH MONTH

By: William S. Staten, DDS

Every February, the American Dental Association (ADA) sponsors National Children's Dental Health Month (NCDHM) to raise awareness about the importance of children's oral health. NCDHM messages and materials reach millions of people in communities across the nation. The ADA provides free online resources to teachers, parents or dental team members that help to get the message out. Developing good habits at an early age and scheduling regular dental check-ups helps children to get a good start on a lifetime of healthy teeth and gums. This year's message also includes the benefits of fluoridated water. The NCDHM 2020 slogan is "Fluoride in water prevents cavities! Get it from the tap!"

National Children's Dental Health Month began as a one-day event on February 3, 1941 in Cleveland, Ohio. On February 8, 1949, the ADA promoted the first national observance of a day to recognize children's dental health. The single day observance became a week-long event in 1955 and in 1981, the observance was extended to one month and continues today, each February, as a month-long event. Schools and dental teams often use coloring contests, health fairs and presentations during this time to get the message out.

Locally, our school dental oral health team, focuses on the dental needs of children, not only in February but throughout the year, reaching underserved children in Title 1 schools. February is a great time to recognize their efforts as well as the efforts of other similar teams across our state. Together we have greatly increased the percentage of children in Florida who receive preventive dental services, an accomplishment that should be celebrated during National Children's Dental Health Month.

WORLD TB DAY
MARCH 24

By: Wanda Frazier, BSII

On March 24th each year, we celebrate progress in tuberculosis prevention and elimination by remembering the discovery of the disease-causing bacteria.

Tuberculosis has burdened humanity since ancient times. By the 1800s, so many people in Europe and the Americas had wasted from the disease they called it The Great White Plague. The cause was unknown, and millions died as an effective treatment did not exist.

In 1882, a German physician named Robert Koch enlightened the world with his discovery of the TB bacillus, mycobacterium Tuberculosis, the bacteria that leads to TB disease. On March 24, 1982, 100 years after Koch's discovery, the world celebrated the first official World TB Day the theme of which was Defeat TB: Now and Forever.

In 2020, this sentiment continues. Globally, tuberculosis continues to kill approximately 1.5 million people annually. The CDC, WHO, Stop TB Partnership and its partners provide guidelines for treatment and prevention. In the United States, Latent TB infects up to 13 million people. Left untreated, latent TB infection can progress to TB Disease. We must defeat Latent TB Infection in order to prevent new cases of disease and to eliminate TB globally.

For World TB Day 2020 the Florida Department of Health in Palm Beach County will engage with our local communities by participating in wellness events, display materials for our county health clinics and educate clinicians about latent TB infection treatment options. We continue to lead the effort of reducing the burden of tuberculosis on our communities. One day, we will defeat TB forever.

[visit us on the web: http://palmbeach.floridahealth.gov](http://palmbeach.floridahealth.gov)



By: Janiece Davis, MPH

Kick Butts Day is a national day of advocacy dedicated to empowering youth to stand up and speak out against the tobacco industry's marketing tactics and product development. During this national observance, Students Working Against Tobacco (SWAT) Clubs take place at 22 middle and high schools across Palm Beach County. They will host various activities highlighting the issue of tobacco use and vaping with a call to action for elected officials to protect youth through policies. Kick Butts Day will take place on March 18, 2020. To learn more about Kick Butts Day, including the 2020 theme, go to www.kickbuttsday.org.

About Us: Tobacco Free Florida Palm Beach County is the local Tobacco Free Florida affiliate and is housed at Florida Health Palm Beach County. Our Program is funded from the Florida Tobacco Settlement and local funding is used to assist with the creating of tobacco control policies and local sustainability.

Tobacco Free Florida focuses on preventing initiation of tobacco products, eliminating secondhand smoke exposure, and increasing cessation through policy, system, and environmental change. Learn more at www.tobaccofreeflorida.org.

The National Nutrition Month® 2020 Eat Right, Bite by Bite

By: Marilyn Martinez RD, LD/N – Director of Clinical Nutrition Services – Health Access

National Nutrition Month® was created by the Academy of Nutrition and Dietetics to be celebrated annually during the month of March. The focus is to create campaigns that encourages each of us to make informed food choices and develop sound eating and physical activity habits. This year's theme Eat Right, Bite by Bite refers to the belief that every nutritious bite is a step toward the right direction.

This made me think about my definition of a bite, the portion of the meal that goes into my mouth, touching my tongue, exciting my taste buds, bringing joy to me. Mmm, mm.. I imagine biting into my favorite foods: a crunchy, juicy apple, or a spoonful of yogurt parfait or even rice and beans topped with sautéed vegetables or that freshly baked sweet potato. You are probably thinking about a bite of your favorite food too. Wait! Is it healthy? If not, start by making changes in your food choices bite by bite. It is the same as saying step by step.

How to begin: start small. Small goals and changes can eventually add up to healthful effects. Websites such as choosemyplate.gov will provide you with the information you need. Here are some MyPlate guidelines:

- 1) Make half your plate fruits and vegetables- you may start with a small fruit
- 2) Make half of your grains whole - you may start with some popcorn
- 3) Vary your protein - try chili beans
- 4) Move to low-fat or fat-free milk or yogurt - try using a small amount of low-fat milk
- 5) Drink and eat less sodium, saturated fat and added sugars - drink water more often
- 6) Be physically active – go walking with a friend

In addition, get to know the food you eat by reading the nutrition fact label and the ingredients list. The first item on the list is in the highest amount.

Don't let nutrition information overwhelm you. Bite by bite you can adopt a healthy lifestyle. May every bite you take be filled with healthy nutrients.

<https://www.choosemyplate.gov/eathealthy/start-simple-myplate>

<https://www.eatright.org/food/resources/national-nutrition-month?>



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
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