



The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 12 - Issue 1

Winter 2015

Healthiest Weight

tools:

my healthy weight

set goals

my Florida plate

eat your colors

small steps

big rewards

move more, sit less

5210

Let's Go!

www.5210letsgo.com

Florida Health

Healthy Promise FL

ALSO INSIDE:

Measles Update

Flu and You

Children: New Seat Belt Safety Law

Tobacco Free Florida

From the Director

Director's Pledges

Let's make 2015 our healthiest year yet! Let's explore ways to boost our health, fitness, and well-being, and be an inspiration to others! Here are some suggestions for this coming year. They are also my pledges for this year.

1. Eat healthier:

- Eat a variety of fruits, vegetables, and whole grains every day
- Limit foods and drinks high in calories, sugar, salt, fat, and alcohol
- Eat a balanced diet to help keep a healthy weight

2. Be more Active:

- Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and strengthen your muscles.
- Physical activity helps to maintain weight; reduce high blood pressure; reduce risk for type 2 diabetes; heart attack, stroke, and several forms of cancer; reduce arthritis pain and associated disability; reduce risk for osteoporosis and falls; and reduce symptoms of depression and anxiety.

3. Protect yourself and your family:

- Wear helmets, seat belts, sunscreen, and insect repellent
- Wash hands to stop the spread of germs
- Avoid smoking and breathing other people's (or second hand) smoke
- Build safe and healthy relationships with family and friends
- Be ready for emergencies:
 - Gather emergency supplies
 - Make a plan
 - Be informed

4. Manage Stress:

- Balance work, home, and play
- Get support from family and friends
- Stay positive
- Take time to relax
- Get 7-9 hours of sleep each night. Make sure kids get more, based on their age
- Get help or counseling if needed

5. Get your check-ups:

- See your doctor or nurse for regular check-ups and as often as directed. Get seen if you feel sick, have pain, notice changes, or have problems with medicine.



Alina Alonso, M.D.
Director

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2015 Health Initiatives



The Florida Department of Health kicked off its Healthy Promise Florida Campaign on January 5, 2015. This campaign encourages everyone to make more informed choices about healthy eating and physical activity this year and for years to come.

“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending” ~ Carl Bard said it best. A new year...a chance to create a new you is upon each and every one of us. Change is on the horizon, but only if you seize the opportunities given to you.

Join us in Committing to Change! Reinvent yourself for 2015. There are at least three ways you can do so. The first is by signing off on your Healthy Promise Pledge.

The number one public health threat to Florida’s future and those who live right here in our county is continuing to foster an unhealthy weight. People often say that a goal isn’t realized until you write it down. So pay it forward and write a post-it note to yourself of what you want to improve upon this year and visit www.healthypromisefl.com to display your promise pledge today!

The second thing you can do is to adopt one or all of the healthy behaviors associated with 5-2-1-0 Let’s Go! Community Call to Action on Obesity, The Florida Department of Health, and the Medical Society have joined forces in the promotion of this community and evidence-based, social marketing campaign strategy centered around four key (5-2-1-0) recommendations and/or behaviors for improving the lives of children and their family’s health. The goal is to create a supportive environment for the family where they live, work, learn, and play in order to promote healthy weight and overall good health. It’s simple...just commit to one or all of the following:

- 5 or more fruits and vegetables a day
- 2 hours or less of screen time (TV, computer, smart phones, video games, or tablets)
- 1 hour or more physical activity
- 0 sweet drinks

www.5210letsgo.com

The third is to visit the Healthiest Weight Florida website to get information, facts, strategies, activities, and resources for the whole family on living a healthier life. Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Florida’s children and adults make choices about healthy eating and active living.

www.healthiestweightflorida.com/

The beauty of the New Year is that we may fall down only to learn how to stand back up again, so let these three things ensure that your 2015 is a year to remember!

I promise to drink more water

“I promise to take more time off vacation time and not let my vacation time turn into sick leave”

“I promise to walk 30 minutes at lunchtime”

“I promise to lose weight and maintain this new weight”

“I promise to keep the promises I make to myself”

“I promise to quit smoking this year”



Palm HealthCare Foundation teams-up with CBS12 to kick the year off with Let's Move Commit to Change physical activity challenge. Let's Move asked Palm Beach County residents to complete and log thirty minutes of physical activity each day.

Palm Healthcare Foundation and CBS12 first launched Let's Move: Commit to Change in April 2013, joining First Lady Michelle Obama's national Let's Move! initiative. In the first year, just over 100,000 minutes were logged. Last year more than 6 times as many minutes were logged, totaling 660,745, or the equivalent of walking from West Palm Beach to Los Angeles 12.76 times. This year shattered all records with 3,500,000 minutes logged which is a whopping 58,000 hours of exercise in a short three week period. Let's keep it up Palm Beach County.

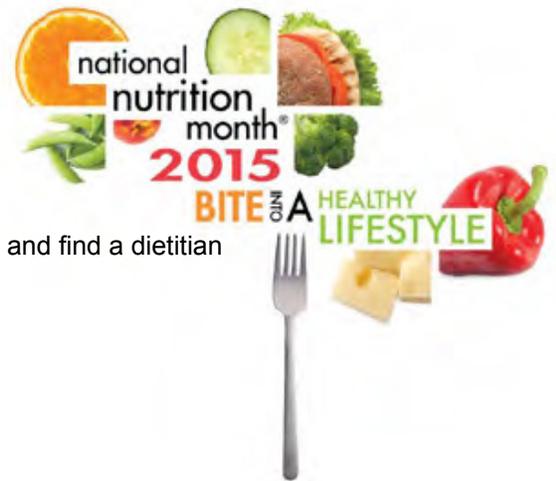
National Nutrition Month®

March is National Nutrition Month® and the theme this year is "Bite into a Healthy Lifestyle." The focus is on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, promote overall health and reduce your risk of chronic diseases such as heart disease and diabetes. Optimal health is a life-long commitment not a focus on just one meal or only a certain time of the year like January of a new year.

Where to start? Go to www.eatright.org to find information about healthy eating and find a dietitian in your zip code to get personalized nutrition counseling!

What is a Registered Dietitian?

- A trusted food and nutrition expert
- Committed to improve YOUR health along with the community's health
- A nutrition expert to help individuals make positive lifestyle changes
- Requirements:
 - o Advocate and influence nutrition policy change at the national level
 - o A bachelor's degree in nutrition, public health, dietetics or related field, complete an accredited internship and they must pass a national examination
- Registered dietitians are also called Registered Dietitian Nutritionists (RDN).
- RDNs work in hospitals, schools, health departments, nursing homes, fitness centers, food industry and management, research, private practice, etc.



Celebrate Registered Dietitian Nutritionist Day on March 11, 2015.
Recognize your RDN professional!

Many of our Florida Department of Health RDNs are members of the Palm Beach Dietetic Association (PBDA)! Support PBDA and participate in their "Fun Walk" to promote awareness of National Nutrition Month®.

When: Saturday, March 14, 2015 at 10 a.m.

Where: The Palm Beach Outlets, 1751 Palm Beach Lakes Blvd. West Palm Beach, FL 33401

There will be an opportunity to meet RDNs and get their insight!

Contact Sue Grammond, RDN at 561-671-4071 for more information.

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

Flu Season it isn't over yet! This flu season has really had its ups

It began in early December with the numbers of cases rising weekly; normally we don't see these numbers until early February.

The increased numbers announcement was followed by the CDC saying that the influenza A H3N2 strain had drifted and the drifted formulation was not in this year's flu vaccine. The good news is that the vaccine had protection against three other non-drifted strains, one influenza A and two influenza B.

So far the most commonly detected flu strain in Florida and the nation is the H3N2 which seems to have more adverse effects on children under age 5 and seniors 65 and up.

The good news is that by mid-February the number of reported cases had been falling and although the season continues through April that early charge may have peaked in the first week of January.

STOP THE SPREAD OF FLU!

Don't be fooled and think..."It's only the FLU!"
Flu is highly contagious, FLU is not a Cold.

AVOID CLOSE CONTACT
Evite el contacto cercano

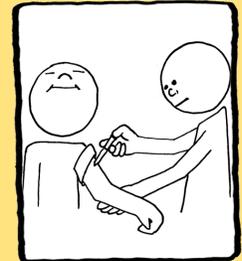


EVERYONE is at Risk!

STAY HOME WHEN YOU ARE SICK
Quédese en su casa cuando esté enfermo



GET VACCINATED!
Vacúnese



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

Evite tocarse los ojos, nariz y boca



COVER YOUR MOUTH & NOSE WHEN YOU SNEEZE OR COUGH
Cúbrase la boca y la nariz al estornudar o toser



WASH YOUR HANDS
Lave sus manos



Symptoms of the flu may include:

Headache, Fever, Severe cough, Runny nose, Body aches

MEASLES UPDATE: FACTS YOU NEED TO KNOW

Cause

Measles is a respiratory disease caused by a virus (also called measles) that is transmitted by infected droplets in the air. Measles virus normally grows in the cells that line the back of the throat and lungs.

Transmission

Measles is highly contagious and can spread to others from four days before to four days after the rash appears. Measles is so contagious that if one person has it, 90 percent of the people close to that person who are not vaccinated will also become infected with the measles virus. The virus lives in mucus in the nose and throat of an infected person. When that person sneezes or coughs, droplets spray into the air. The droplets can get into other people's noses or throats when they breathe or put their fingers in their mouth or nose after touching an infected surface. The virus can live on infected surfaces for up to two hours and spreads so easily that people who are not immune will probably get it when they come close to someone who is infected.

Measles is a disease of humans; measles virus is not spread by any other animal species.

Symptoms

The symptoms of measles generally begin about seven to 14 days after a person is infected and include:

- Blotchy rash
- Cough
- Feeling run down, achy
- Fever
- Red, watery eyes
- Runny nose
- Tiny white spots with bluish-white centers found inside the mouth



Three to five days after the start of symptoms, a red or reddish-brown rash appears. The rash usually begins on a person's face at the hairline and spreads downward. When the rash appears, a person's fever may spike to more than 104 degrees Fahrenheit. After a few days, the fever usually subsides and the rash fades.

Complications

About 30 percent of measles cases develop one or more complications, including:

- **Pneumonia**, which is the complication that is most often the cause of death in young children.
- **Ear infections** occur in about one in 10 measles cases and permanent loss of hearing can result.
- **Diarrhea** is reported in about 8 percent of cases.

These complications are more common among children under 5 years of age and adults older than 20 years old.

Prevention

Measles can be prevented with the MMR (measles, mumps, and rubella) vaccine. In the United States, widespread use of measles vaccine has led to a greater than 99% reduction in measles cases compared with the pre-vaccine era. Since 2000, when measles was declared eliminated from the U.S., the annual number of people reported to have measles ranged from a low of 37 people in 2004 to a high of 644 people in 2014. Most of these originated outside the country or were linked to a case that originated outside the country.

Measles is still common in other countries. The virus is highly contagious and can spread rapidly in areas where people are not vaccinated. Worldwide, an estimated 20 million people get measles and 146,000 people die from the disease each year—that equals about 440 deaths every day or about 17 deaths every hour.

For more information, visit DOH's webpage at <http://www.floridahealth.gov/diseases-and-conditions/vaccine-preventable-disease/measles/index.html> and the CDC's [Measles Vaccination](#) page.

Source: Centers for Disease Control and Prevention, [Measles Overview](#)



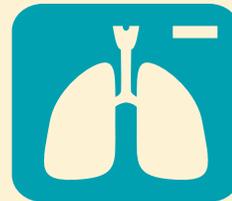
Measles & the MMR Shot

FloridaHealth.gov • Florida Department of Health

Measles is a respiratory disease.

Measles affects the lungs and breathing tubes. It causes fever, cough and rash. Measles is very contagious, and can be deadly.

Measles remains common outside of the U.S.—it is only a plane ride away.



Measles can be serious.

Measles can be serious, especially for babies and young children. From 2001–2013, 28% of children younger than 5 years old who had measles had to be treated in the hospital.

For some children, measles can lead to:

- Pneumonia, a serious lung infection
- Lifelong brain damage
- Deafness
- Death



Measles is very contagious.

- Measles spreads when an infected person breathes, coughs or sneezes.
- You can catch measles just by being in a room where an infected person has been—even up to 2 hours after that person has left.
- A person with rash or cough illness should wear a mask when seeking health care.
- Almost everyone who has not had the MMR shot will get measles if they are exposed.



The MMR shot is the best way to protect against measles.

The measles, mumps and rubella (MMR) shot:

- Protects your child from measles, mumps and rubella.
- Keeps your child from missing school and keeps you from missing work to care for your sick child.
- Helps keep your community and neighbors safe from measles.



The MMR shot is safe.

The MMR shot is effective at preventing measles, mumps and rubella.

Shots, like any medicine, may have side effects. Side effects of the MMR shot are usually mild, such as fever or a minor rash.

For vaccine appointment call your doctor or the Health Department 855-438-2778

➡ **The MMR shot is almost 100% effective at preventing measles.**

➡ **Adults may also need an MMR shot.**

Talk to your health care provider if you have questions about the MMR shot or measles.

LEARN MORE ABOUT THE MMR SHOT: contact your county health department or visit FloridaHealth.gov.

visit us on the web: www.flhealthpalmbeach.com

What is Go Red™ for Women?



Go Red™ for Women is a national effort organized by the American Heart Association in order to bring awareness to women's risk of cardiovascular disease. The "Go Red" movement

provides education for women on heart disease risks and allows women and men to come together to show their support of heart disease prevention.

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

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



February is Dental Health Month for Children

The Florida Department of Health is working to promote good oral health for children and families through preventive care. The Department's Public

Health Dental Program has partnered with the Florida Dental Health Association and Head Start to launch a new project to provide oral health screenings to 48 Head Start Centers across 29 counties.

State Surgeon General and Secretary of Health, Dr. John Armstrong is very pleased with this effort and states that "early dental care keeps children healthy."

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

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

Join the movement by wearing red in February to show your support for raising heart disease awareness. Be sure to share your knowledge on the dangers on this disease to help potentially save the life of a loved one.

For more information check out the following websites:

www.eatright.org

www.goredforwomen.org

February is designated as "Dental Health Month for Children," but parents are encouraged to be proactive in monitoring their children's dental health on a regular basis. Tooth decay continues to be the single most common chronic disease in children and also impacts people of all ages and backgrounds.

More than 47,000 children between the ages of 0-5 received over 257,000 dental services at the local county health department dental clinics last year.

TOBACCO FREE FLORIDA PALM BEACH COUNTY UPDATE

Tobacco Free Florida Palm Beach County has been working around the clock to educate our community and leaders about the importance of implementing tobacco control policies and their positive effect on both public health and return on investment. Here are some key highlights from the past few months:

Local Youth Elected to Serve as Statewide SWAT

Youth Advocacy Board Chair: Narrelle Gilchrist (Royal Palm Beach High School SWAT) was voted to serve as the Statewide Students Working Against Tobacco (SWAT) Youth Advocacy Board (YAB) Chair. Narrelle will work closely with the Bureau of Tobacco Free Florida's Youth Advocacy Coordinator and the YAB to set the direction of the SWAT Program across the State of Florida.

Funding Renewal: In November 2014, our agency submitted a response to a competitive request for application (RFA) from the Bureau of Tobacco Free Florida to continue our local efforts related to tobacco prevention and control policies and interventions. On January 27, 2015, Tobacco Free Florida Palm Beach County received an award notice for continued funding of our local program. For the next six years, our agency will receive over \$359,000 annually to maintain staff and work with colleges, multiunit housing communities, employers, and municipalities to implement tobacco-free policies and increase availability of cessation services. We will also continue funding the Students Working Against Tobacco Program throughout various middle and high schools in Palm Beach County.

Kick Butts Day: Tobacco Free Florida Palm Beach County and Roger Dean Stadium are partnering to host the annual Kick Butts Day celebration on Wednesday, March 18th at Roger Dean Stadium. 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 event, approximately 90 youth from local SWAT clubs, the Boys and Girls Clubs of Palm Beach County, and COMPASS will disseminate information on the Florida Quitline and host interactive games to educate about the dangers of flavored tobacco products and secondhand smoke exposure, while Roger Dean Stadium will have public address (PA) announcements throughout the game urging tobacco users to utilize the free services provided by Tobacco Free Florida.

Flavored Tobacco Resolutions Are Still Being Passed:

On January 27, 2015, the Town of South Palm Beach unanimously passed a resolution urging tobacco retailers to refrain from selling flavored tobacco products due to their appeal to underage youth. On February 5, 2015, the Village of Royal Palm Beach passed a similar resolution. The Town of South Palm Beach resolution is of special interest because even though South Palm Beach is 100% residential, the Town Council still strongly support measures to protect youth from exposure to tobacco products.

Office of Preparedness—Practice Makes Perfect

Florida Department of Health in Palm Beach County (DOH-Palm Beach) annually participates in an exercise to simulate and assess the county's response should radioactive elements be released as a result of a failure at the St. Lucie Nuclear Power Plant.

The primary function of the Palm Beach County team is to supply and provide manpower for two Radiological Emergency Reception Centers (Okeehetee Park and John Prince Park). The Center will provide persons exiting the 10 mile radius surrounding the plant with decontamination, and Potassium Iodide (KI) pills to prevent radiation from settling in the thyroid. Should something of this nature occur it is anticipated 100,000 persons will head south into Palm Beach County to receive this medication.

An effort of this magnitude takes the cooperation from numerous agencies that would fall under a unified command to get the job done. Partner agencies include; Health Care District of Palm Beach County, Fire Rescue, Sheriff's Office, The American Red Cross, Medical Reserve Corps, PBC Medical Society, Region 7 Domestic Security Task Force, Emergency Management, Bureau of Radiation Control, and Department of Health in Palm Beach County.

Following the drill agencies identify areas for improvement and incorporate them into the plans. Every two years FEMA sends representatives to evaluate and grade how well we execute the plans.

New Seatbelt Safety Law for Children

Changes to the child safety restraint law went into effect in Florida effective January 1, 2015. Children aged 4 and 5 years must be transported in federally approved child safety seats or booster seats, instead of seatbelts only.

Child care providers and family child care providers in Palm Beach County are required to comply with the law when they transport children in their care. Palm Beach County Child Care Licensing program will follow the lead

of the Department of Children and Families in ensuring that child care providers comply with the new law. Currently, child care licensing inspectors are informing child care providers about the changes in the law. Child care licensing inspectors have been providing technical assistance during routine visits to child care centers or family child care homes. Inspectors will monitor these centers and homes during subsequent visits to ensure compliance with the new law.

Article XVII (A)(7) of Palm Beach County Rules and Regulations Governing Child Care Facilities requires child care providers to comply with Florida's Child Restraint Law. In Palm Beach County, 215 (48%) child care centers and 37(13%) family child care homes reported that they provide transportation services in 2014, using more than 470 vehicles.

Changes in Child Restraint Law (Booster Seats) FAQs, Facts & Figures

When will my child be ready for just a seatbelt?

Many children need booster seats even beyond the age of 5, depending on the size of the child and where the seatbelt crosses the body. The following recommendations can help you determine if your child is ready to wear a seatbelt without a booster seat:

- the child is at least 4'9" tall;
- the child can sit all the way back in the seat and bend knees at the edge of the seat;
- the shoulder belt lays across the chest, not the neck;
- the lap belt lays across the upper thighs, not the stomach.

Are there any exceptions to this requirement?

Yes, 4 and 5 year-olds can be secured with just a seatbelt if the child: 1) is being given a ride as a favor by someone who is not a member of their immediate family; 2) is being transported in a medical emergency; or, 3) has a medical condition documented by a health professional that necessitates an exception.

Do public transport vehicles have to provide car seats/booster seats?

No. It is the obligation and responsibility of the parent, guardian, or other person responsible for a child's welfare to provide child restraint seats in motor vehicles hired for transporting persons in exchange for compensation (e.g., taxi, bus, limousine, motor coach, etc.).

Can a 3 year-old ride in a booster seat?

No. Children age 3 and under must be secured in a separate carrier (a car seat that is attached to the vehicle's seat) or a vehicle manufacturer's integrated child seat.

Facts & Figures:

- Riding while improperly restrained is one of the reasons traffic accidents are the leading cause of death for American children ages 5 to 14. [NHTSA]
- Children ages 2 to 5 who use safety belts prematurely are four times more likely to suffer a serious head injury in a crash than those in child safety seats or booster seats. [Safekids.org]
- Booster seat use reduces the risk for serious injury by 45% for children aged 4–8 years when compared with seat belt use alone. [Centers for Disease Control and Prevention]
- In 2013, 5 children were killed and 150 injured in Florida traffic crashes as a result of improper or no child restraint use. As of 12/24/14, 5 children have been killed and 145 injured for the same reason in 2014. [Department of Highway Safety and Motor Vehicles]

See §316.613 (2014) Fla. Stat, for more information on Child Restraint Requirements. To locate the nearest child car seat inspection station, visit: www.safercar.gov/cpsApp/cps/map/findfitting.htm?q_State=FL&q_Zip.

For Every Child 4 and 5... a Booster Seat* on Every Drive!

*As of January 1, 2015, children ages 4 and 5 must ride in a child safety seat or a booster seat...it's the law!



SOUTH FLORIDA FAIR – IT'S A FAMILY AFFAIR

Just when you thought you've survived all the hustle and bustle of the holiday season – it's time for more fun and adventure that the entire family can enjoy at the South Florida Fair.

Each year, millions of Floridians and visitors converge upon the South Florida Fair. This year marks the 103rd Anniversary of this gigantic fair. Florida Health Palm Beach County has been a participant at the Fair for the past 26 years. Staff from various programs greet fairgoers throughout the duration of this spectacular event. Staffers answer questions and distribute

information about the services we provide. Young children especially like to visit our booth just to spin the wheel in an attempt to win a prize if they can correctly answer a health related question.



At one time, employees from environmental health would inspect all the trailers to ensure that they were in compliance, but that task has been turned over to the Department of Business and Professional Regulations (DBPR).

South Florida Fair has something for everyone – whether it's the outstanding entertainment; touring yesteryear village; visiting farm animals as they give birth; or viewing the state of the art milking parlor or trying all the exciting rides; sampling unique delicacies like chocolate covered bacon, chicken and waffles, fried veggies are also a truly unique experience.

If you missed the fair this year, make plans to include it as part of your family's entertainment for next year because there's something for everyone at the South Florida Fair!



visit us on the web: www.flhealthpalmbeach.com

Services Provided

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

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

OFFICE OF EMERGENCY PREPAREDNESS
----- (561) 671-4014

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

DENTAL PUBLIC HEALTH ----- (561) 837-5560

VITAL STATISTICS----- (561) 837-5841

WIC ----- (561) 357-6007

APPOINTMENT LINE

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

(561) 625-5180

Health Centers



Delray Beach Health Center



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

C.L. Brumback Health Center



38754 State Road 80
Belle Glade, FL 33430
(561) 996-1600

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) 803-7362

West Palm Beach Health Center



1150 45th Street
West Palm Beach, FL 33407
(561) 514-5300

Pahokee-Glades Health Center



1839 East Main Street
Pahokee, Florida 33476
(561) 924-4500

Florida Health Palm Beach County Main Phone Number
(561) 840-4500