



# The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 16 - Issue 1

Winter 2019

## Healthiest Weight

tools:

my healthy weight

set goals

my Florida plate

eat your colors

small steps big rewards

move more, sit less

# A Fresh Start to a New Year



### INSIDE:

- Eating Disorder Awareness
- Drug & Alcohol Facts
- End TB
- Radon Testing

# From the Director

## The History Behind Valentine’s Day

One version claims the festival of love is named after a martyred saint called Valentine who was killed by King Claudius II Gothicus. As per other accounts, the holiday was named after Saint Valentine who secretly married off couples to spare their husbands from war. It was only by the 16th century that formal Valentine’s Day messages appeared. The first commercial Valentine’s Day greeting cards came into being only by 1700s. They reached United States by mid-1800s. While greeting cards now bear all kinds of symbols like teddy bears, chocolates, diamonds, back in the days, cards mostly depicted “Cupid” - the Roman god of love. In 1913, Valentine’s Day changed forever as Hallmark Cards started mass production of Valentine’s Day cards in Kansas City, Missouri. For me the heart symbolizes love, friendship and health. So celebrate these special events coming up and stay healthy.



**National Wear Red Day® for Awareness of Heart Disease** - Chances are we all know someone affected by heart disease and stroke, because about 2200 Americans die of cardiovascular disease each day. That’s in average of one death every forty seconds. But together we can change that. Cardiovascular diseases, which includes stroke, claim the lives of about one woman every 80 seconds unnecessarily -- because about 80 percent of cardiovascular diseases may be preventable with education and action. Raise awareness to fight against cardiovascular disease and stroke by wearing RED.

**American Diabetes Association® Alert Day®** - Held the fourth Tuesday of March each year, American Diabetes Association Alert Day is a day to sound the alarm about the prevalence of type 2 diabetes by asking everyone to take the Type 2 Diabetes Risk Test. The free, anonymous risk test only takes a minute to complete. By answering questions such as “Do you have a family history of diabetes?” and “Are you physically active?” you can learn if you’re at risk for type 2 diabetes in 60 seconds. Go to this link and see for yourself: [60 Second Type 2 Diabetes Risk Test](#)

**Brain Awareness Week (March11-17)** - The South Florida Science Center and Aquarium, in partnership with the Florida Atlantic University Brain Institute, Quantum Foundation and Palm Health Foundation are creating A Journey Through the Human Brain, a major permanent exhibit and educational outreach initiative that seeks to present information to a wide range of general public audiences about the human brain, its structure and how it controls every function in our bodies, and how advanced research and imaging techniques are unlocking the secrets of brain development and functioning. A Journey Through the Human Brain will open in March.

Alina M. Alonso, M.D.

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# EATING DISORDER

## Awareness and Screening Week (Feb25-March3)

We talk about healthy eating, losing weight and exercises as part of our new year resolution. Those goals are achieved through meal planning and exercise routines. Yet there are millions of Americans (Men, women, children, adults of all races and origins) taking eating healthy and exercise to the extreme. They may be suffering with an eating disorder.

### What is an Eating Disorder?

Eating disorders are mental health conditions where the person goes to the extreme to lose weight and exercise. Whether the person deprives themselves of food and nutrients, or eat an enormous amount of food beyond satiety, their organs such as the heart and kidney may begin to deteriorate and may lead to fatality. The three common disorders include Anorexia Nervosa, Bulimia Nervosa, and Binge Eating.

### Disorder Descriptions

**Anorexia Nervosa:** An extreme restriction of eating to avoid gaining weight. This person has a fear of eating and would continue restrict eating even if they are underweight. This may be accompanied by episodes of binge eating and purging

**Bulimia Nervosa:** A fear of eating and weight gain. This condition involves eating followed by purging. Purging may be done through vomiting and or taking a laxative. Overexercising and or fasting may follow Binge Eating: Extreme overeating of a large amount of food in a short time. The person does not pay attention to level of hunger or fullness. It is nonstop eating. It is not followed by purging but by an overwhelming guilt shame and distress. This is the most common disorder in the United States.

### Cause of Eating disorder

It is not known what causes eating disorders. Researchers at the NIH are examining various factors such as genes, family history, mental and emotional

health, and environment and culture. The problems may affect you or someone you love. Many celebrities have undergone or are undergoing treatment. Here are what some celebrities with eating disorders states might have triggered their condition:

**Paula Abdul** started dancing at age 7. She wanted to have the perfect muscular and body frame. She begins to purge and over exercise. Today she still undergoes treatment.

**Elton John** had a history of alcoholism and bulimia underwent treatment.

**Jane Fonda** suffered from Bulimia since age 12. She thought she had to be thin and pretty to be loved.

**Lady Gaga** struggled form anorexia and Bulimia since age 15. She had problems with body image.

### Treatment

Treatment requires expert help for a combination of talk therapy, nutrition counseling and medication. Help and information may be obtained from various organizations such as the Alliance for Eating Disorders in Palm Beach County, Renfrew Center Foundation, National Eating Disorders Association. If you or someone fits the description for the eating disorders stated in this article, speak to our Registered Dietitians and Licensed Dietitians at the Health Department who will help you start a healthy eating habit and refer you to more help.

[When Food Consumes You](#)

[Understanding Eating Disorders](#)

[Celebrities With eating Disorders](#)

# NATIONAL DRUG & ALCOHOL FACT WEEK



The National Drug and Alcohol Facts Week® (NDAFW) January 22-27, 2019.

The week provided local communities the opportunity to dispel the myths about alcohol and drug use; discuss how alcohol and drugs affect the brain, body, and behaviors; and provide awareness and resources for schools and communities. How much do you know about drug and alcohol facts?

**Take the quiz:** [National-Drug-Alcohol-Facts-IQ-Challenge 2019](#)

The 2018 Florida Youth Substance Abuse Survey-Palm Beach County Report tells us that among high school drinkers, the usual source of alcohol within the past 30 days, 9.9% bought it themselves in a store; 35.9% someone gave it to them; 12.9% someone bought it for them; and 8.0% bought in a restaurant, bar or club. For more data and information, please use the link to the latest report from the 2018 Florida Youth Substance Abuse Survey.

Two of the major problems we face when trying to reduce underage drinking in Palm Beach County are easy access to alcohol, and attitudes and beliefs of teens and adults. The Palm Beach County Substance Awareness Coalition's Underage Drinking Taskforce, as well as its partners and sponsors have joined together to reach the goal of 80% by 2018. We surpassed that goal and hit 83% of teens are alcohol free with the implementation of the following strategies:

- Compliance checks for stores and other outlets that sell alcohol
- Responsible Beverage Server training offered to anyone who has failed a compliance check
- Educational classes at Youth Summits, Driver's Ed classes, youth empowerment centers taught to teens by members of the Teen Coalition in Action
- Solution focused town hall events - #TeenTalk
- Parent classes offered by Teen Coalition in Action at PTA meetings and local libraries
- Alternative events - offering non-alcohol options during key breaks of the year, such as our Spring Break Glow Night
- The 877 MEANS 21 tip line to report anyone who buys for, sells to, or provides alcohol to those under 21

For more information and to get involved, please visit [www.pbcscac.org/](http://www.pbcscac.org/).

# It's time to **END TB**

World Tuberculosis Day. March 24, 2019.

World TB Day, falling on March 24th each year, is designed to build public awareness that tuberculosis today remains an epidemic in much of the world, causing the deaths of nearly one-and-a-half million people each year, mostly in developing countries. It commemorates the day in 1882 when Dr. Robert Koch astounded the scientific community by announcing that he had discovered the cause of tuberculosis (TB), the TB bacillus. At the time of Koch's announcement in Berlin, TB was raging through Europe and the Americas, causing the death of one out of every seven people. Koch's discovery opened the way towards diagnosing and curing TB.

The theme of World TB Day 2019 is "It's TIME" CDC and its domestic and international partners, including the National TB Controllers Association, Stop TB USA, and the global Stop TB Partnership are working together to eliminate this deadly disease.



### It's time to test and treat latent TB infection.

Up to 13 million people in the United States have latent TB infection, and without treatment, they are at risk for developing TB disease in the future. We must

continue to find and treat cases of active TB disease and also test and treat latent TB infection to prevent progression to disease.

### It's time to end stigma.

Stigma associated with TB disease may also place certain populations at higher risk. Stigma may keep people from seeking medical care or follow-up care for TB.

### Florida Department of Health in Palm Beach County.

Florida Department of Health in Palm Beach County has made significant progress over the years toward tuberculosis prevention and control in an effort to end tuberculosis.



**February is International Prenatal Infection Prevention Month**

International Prenatal Infection Prevention Month, is a worldwide observance to promote awareness of infections transmitted from mother to baby. Prenatal infections are bacterial or viral illness that can be passed from a mother to her baby during pregnancy or during the delivery process. These infections have serious implications for the fetus or soon-to-be newborn and can result in premature birth, severe illness, miscarriage, deformity or death. National organizations, including the Centers for Disease Control and Prevention (CDC) share information on their websites regarding common infections that mothers might pass on to their unborn child (CDC information can be accessed @ <https://www.cdc.gov/features/prenatalinfections/>). The good news is that many types of infections are preventable with the healthy pregnancy behaviors.

Help protect your baby from infection during pregnancy!

Many types of infections can be prevented with a healthy pregnancy behaviors. use the word "HYGIENE" to help you make these behaviors routine.

- Handwashing helps
- Yes to prenatal care
- Good food prepared safely
- Immunizations
- Evade others' bodily fluids
- No to unnecessary invasive procedures
- Environmental precautions

For more information and resources on how to help protect your baby from prenatal infections, please visit

[www.groupbstrepinternational.org](http://www.groupbstrepinternational.org)



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# RADON testing

## Introduction

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.

## Radon Testing in Palm Beach 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 natural ventilation, sealing of radon entry routes, slab or drain-tile suction, 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 561-837-5938 for a free test kit.

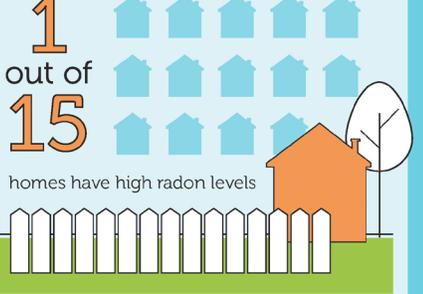
**Protect Your Family from Radon**



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.

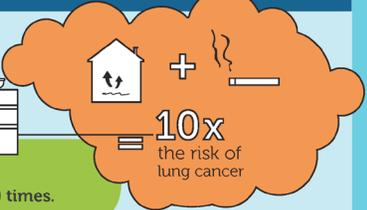
**1** out of **15** homes have high radon levels



**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**



Centers for Disease Control and Prevention  
National Center for Environmental Health

Source: U.S. Environmental Protection Agency

# NATIONAL CONDOM WEEK

Every year during Valentine's Day week, organizations across the country host events to recognize National Condom Week, an observance day started in 1978 by students at the University of California – Berkeley. #CondomWeek is celebrated the same week as Valentine's Day, as February 14th is the official National Condom Awareness Day, and February is National Condom Month. Today, National Condom Week is widely observed by high schools, colleges, HIV and STD prevention and family planning organizations, and condom manufacturers.

Finally! An opportunity to pull out all of the cool classic condom slogans we've been holding in all year!! "Don't be silly, protect your willy!" "When in doubt, shroud your spout!" "It will be sweeter if you wrap your peter!" And of course, the classic, "No glove, no love!" National Condom Week provides health departments and community-based HIV/STD prevention organizations the perfect medium for livening-up and having fun with our prevention efforts, all the while providing serious and vital education to our communities, specifically young adults, about the risks involved with unprotected sex. Condoms are the only contraceptive option that can prevent both unintended pregnancies and sexually transmitted infections, and when used consistently and correctly are easy to use and highly effective.

Here in south Florida, for National Condom Week 2019, AIDS Healthcare Foundation hosted a Safer is Sexy Burlesque Show to recognize the day and promote safer and healthier lifestyle choices. And other local community-based organizations promoted HIV testing and condom distribution events.

Condoms have apparently been around for longer than you might think. Cave paintings found in France indicate that condoms were used as far back as 10,000-13,000 BCE. The images depict a man covering the tip of his penis with something similar to a condom, most likely made from animal bladders, intestines, or skin. The first known tests with condoms were conducted and

published in the 1500s by an Italian named Gabriele Fallopius who claimed to have invented a condom made of linen. He performed the tests on 1,100 men using his invention, and none of the subjects contracted syphilis. Way to go Gabriele! The oldest condoms ever excavated, dated back to as early as 1642, were found in a cesspit located in the grounds of Dudley Castle in the town of Dudley, West Midlands, England, and were made from animal membrane.

The invention of latex in the 1920's allowed for the condoms that we're familiar with today to be brought to market. And nowadays condoms come in all shapes, sizes, textures and colors, and are made out of latex, polyurethane, polyisoprene or nitrile, all to meet user comfort and to satisfy a wide range of user preferences.

In September 2018, the U.S. Food and Drug Administration (FDA) changed the classification of the female condom from a class III device to a class II medical device, the same classification shared by male condoms. The order also includes a new name for the product. The "single-use female condom" will now be called the "single-use internal condom," reflecting its potential use during anal sex, a new indication for the product. The change will make it easier for manufacturers to distribute this product to a wider market opening the door for greater public access.

#CondomWeek is recognized around the world, and in the spirit of the day let us consider how easy we have it here, for in Denmark the formal word for condom is svangerskabsforebyggendemiddel. Now, the Danes do use a more common word, gummimand, which translates to "rubber man". And look, he's just the HIV/STD prevention Superhero that we need!

**CDC Condom Information Resources**  
[Condom Use Effectiveness](#)

# 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