



The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 16 - Issue 3

Summer 2019

Healthiest Weight

tools:

- my healthy weight!
- set goals
- my Florida plate
- eat your colors
- small steps big rewards
- move more, sit less



Ultra Violet (UV) Exposure

No Shots, No School, No Kidding

Childhood Obesity



INSIDE:
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 Backpack Awareness Day
 Childhood Obesity Month
 National Breastfeeding Week

From the Director



It's HOT, HOT, HOT

As we enter the summer months in South Florida, it is a great time to remind us of three important preventive measures:

1. Hurricane Preparedness

a. FDOH has prepared the following important tool kits:

i. Prepare—CO Generator Safety (CO motion graphic)

http://www.floridahealth.gov/programs-and-services/public-health-campaigns/index.html#prepare-co_safety

ii. Prepare—Before or After the Storm toolkit

http://www.floridahealth.gov/programs-and-services/public-health-campaigns/index.html#prepare-the_storm

iii. Prepare—Disaster Stress

<http://www.floridahealth.gov/programs-and-services/public-health-campaigns/index.html#prepare-disaster>

iv. Prepare—Flooding

<http://www.floridahealth.gov/programs-and-services/public-health-campaigns/index.html#prepare-flooding>

2. Back to school Immunizations

a. Heading back to school is an exciting time of year for students and families. As students go back to school, it is important that they eat healthy and stay active, are up to date on their immunizations, and know the signs of bullying for a healthier and safer school year. Now is also the time to beat the back-to-school immunization rush! Get all the info you need right now at NoShotsNoSchool.com.

b. What about using this message to also encourage adults to check if you are up to date on your vaccines? Check on Tetanus and Pertussis. What about your pet's rabies and other recommended vaccines?

3. Avoiding summer injuries

a. Drownings are the leading cause of injury death for young children ages 1 to 4, and three children die every day as a result of drowning. Always supervise children when in or around water. A responsible adult should constantly watch young children. Teach kids to swim. Formal swimming lessons can protect young children from drowning. Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life. Install a four-sided fence around home pools.

b. Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention. Never leave infants, children, or pets in a parked car, even if the windows are cracked open. Dress infants and children in loose, lightweight, light-colored clothing. Schedule outdoor activities carefully, for morning and evening hours. Stay cool with cool showers or baths. Seek medical care immediate if your child has symptoms of heat-related illness. Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.



Alina M. Alonso, M.D.

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Exposure to Ultraviolet rays (UV rays) could negatively affect the genes which control skin cell growth in your body; this could, in turn, increase your chances of getting skin cancer. “Ultraviolet rays” or “ultraviolet radiation” classify a band in the electromagnetic spectrum with wavelengths shorter than visible light. Sunlight is the primary source of ultraviolet radiation. Although UV rays make up only about 10% of the sun’s rays, they are one of the leading causes of the sun’s damaging effects on the skin.

The amount of UV exposure a person gets depends on several major factors; 1) the strength of the rays, 2) the length of time the skin is exposed, and 3) whether the skin is protected with clothing or sunscreen. Infrequent exposure to UV rays could have mild ill-effects, such as sunburn and tanning. Long-term exposure to UV rays, however, may result in early skin aging, wrinkles, loss of skin elasticity, dark patches (age spots or liver spots), and pre-cancerous skin changes (such as dry, scaly, or

rough patches). The sun’s UV rays may also increase a person’s risk of cataracts and certain other eye problems. It may also suppress the skin’s immune system. Children who are exposed and receive frequent sunburns have increased risk of some types of skin cancer, which could manifest many years or even decades later. Generally, those with naturally occurring melanin, meaning those with dark brown to black pigment occurring in their hair, skin, and iris of the eye, are less likely to get skin cancer than those with less melanin. Keep in mind; however, even people with a darker skin tone can suffer from cataracts and immune suppression after UV ray exposure.

The National Weather Service and the Environmental Protection Agency (EPA) have developed the UV Index. The UV Index is a helpful tool for the public which provides information on how intense the UV light is for a given area. On a scale from 1 to 11+ a higher number means a greater risk of exposure to UV rays and a higher chance of sunburn and skin damage that could ultimately lead to skin cancer. Before your next beach day, plan accordingly. Check your local UV Index, be sure to take some breaks out of the sun, wear sunglasses or hats, and apply sunscreen. After some time in the sun, your sunscreen’s effectiveness to protect your skin will steadily decrease. Reapply as needed, about every two hours.

For more information about the UV Index and your local UV Index forecast, visit the EPA’s website and download the mobile app at www.epa.gov/enviro/uv-index-mobile-app.

Delray Health Center Summer 2019

In addition to the public health services offered at the Delray Beach Health Center a teen clinic was created several years ago. This program continues to flourish, is well accepted and the number of attendees continues to grow.

Concerns about teen health typically focus on lifestyle issues — such as weight control, sleep, smoking and sex. So, it’s not really a “clinic”. It’s a safe place where teens can learn about and discuss subjects such as personal safety, healthy relationships, nutrition, body image, bullying, self-care, drugs or alcohol use, smoking and yes protection from sexually transmitted diseases and pregnancy. The sessions are intended to help build skills during a time of transition and hopefully will create a sense of trust towards the Health Department so that someday, if needed, they will be comfortable accessing the services we provide.



A list of presenters from various organizations in the community share the stage with our nursing staff. A provider is also available should the teen want to discuss something more personal or expresses a desire to be examined.

The Delray Beach Health Center also began offering Civil Surgeon exams. This was launched as part of a community initiative to encourage residents to learn more about the Public Health facility. Individuals come here for their immigration physicals and can obtain all services under one roof. STD testing is now required for teens and adults and this is processed in our onsite laboratory. Appropriate vaccines are given, and other preventative vaccines are discussed. TB testing is performed, and an onsite X-ray is taken if there is any concern of infection. If necessary treatment for STD and TB is available in the clinic.

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

NoShotsNoSchool.com

Back-to-School Health News

August 2019

No Shots, No School, No Kidding *2019 School Health Requirements*

In the blink of an eye summer will be over and a new school year will begin. As parents prepare for a new year, it is important to remember that all required health forms must be submitted to the school prior to the first day (8/12/19). A student's start date can be delayed if they do not have all the required immunizations.

All students entering Pre-K, Kindergarten, 7th grade, and new students to the state must present a school-entry health exam form performed within one year before enrollment (8/12/18 or later).

The Florida Certificate of Immunization, Form DH 680, is the only document that the schools are permitted to accept as proof of immunization. Immunization requirements are as follows:

Kindergarten – 12th Grade

- Diphtheria/Tetanus/Pertussis (DTaP) – 5 doses
- Tetanus/Diphtheria/Pertussis (Tdap) – 1 dose (7th grade)
- Polio – 3, 4 or 5 doses (the last one after age 4 for Kg)
- Measles/Mumps/Rubella (MMR) – 2 doses
- Hepatitis B (Hep B) – 3 doses
- Varicella (Kg-11th grade) - 2 doses (12th grade) – 1 dose or Chickenpox disease history on form DH 680

Pre-K Programs (age appropriate doses as indicated)

- Diphtheria/Tetanus/Pertussis – (DTaP)
- Polio
- Measles/Mumps/Rubella (MMR)
- Haemophilus Influenza type B (Hib)
- Hepatitis B (Hep B)
- Varicella or Chickenpox disease history on form DH 680

Contact your Health Care Provider or Health Dept. to schedule an appointment for immunizations.

1-855-GET-APPT (438-2778) or 561-625-5180

Beat the rush & avoid the lines!

For all the information you need to be school ready, go to NoShotsNoSchool.com!

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



Preparing for the First Day

- Purchase school supplies together
 - Allow your child to choose colors and styles
- Attend school meet and greet
- Discuss child's concerns about first day
- Eat a healthy breakfast
- Sleep
 - Designate lights out and wake up time.
 - Develop a bedtime routine.
 - Remove electronics from bedroom.
 - How much sleep? CDC suggests the following:

AGE in YEARS	HOURS of SLEEP EACH NIGHT
3-5	10-13
9-12	9-12
13-18	8-10

National School Backpack Awareness Day

September 18, 2019

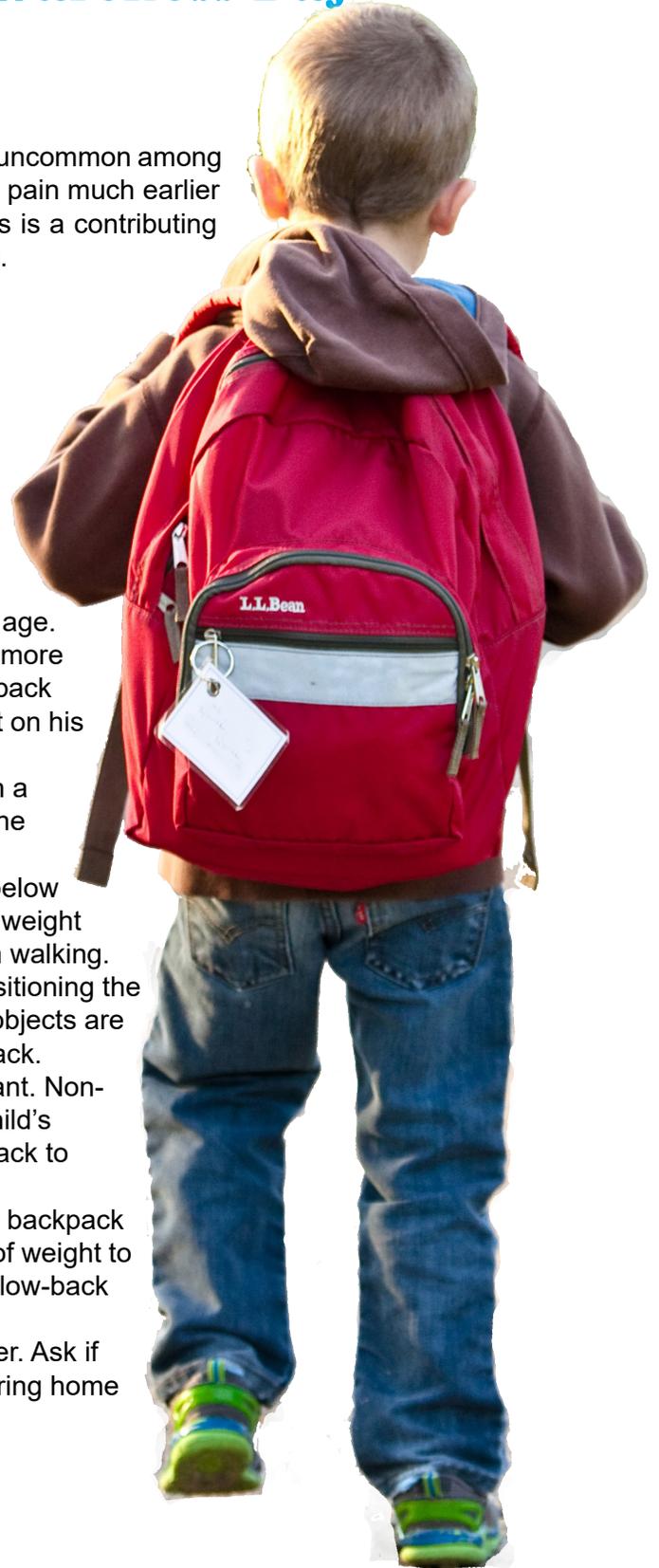
Back pain is pervasive among American adults; however, it is not uncommon among children and teens either. Young children are suffering from back pain much earlier than previous generations, and the use of overweight backpacks is a contributing factor, according to the American Chiropractic Association (ACA).

Getting new school supplies and equipment is well underway! A major thing to consider is the weight of your children's backpacks.

Backpacks that are too heavy or worn incorrectly can harm joints and muscles and cause back injuries.

Tips for backpack safety:

- A backpack should be appropriate to your child's size and age. Make sure your child's backpack when loaded weighs no more than 10 percent of his or her body weight. A heavier backpack will cause your child to bend forward to support the weight on his or her back, rather than on the shoulders, by the straps.
- Bigger is not necessarily better. The more room there is in a backpack, the more your child will carry-and the heavier the backpack will be.
- The backpack should never hang more than four inches below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking.
- A backpack with individualized compartments helps in positioning the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back.
- Wide, adjustable padded shoulder straps are very important. Non-padded straps are uncomfortable and can dig into your child's shoulders. Straps that are too loose can cause the backpack to dangle and cause back discomfort.
- Urge your child to wear both shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain.
- If the backpack is still too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school and bring home only lighter hand-out materials or workbooks.



September is National Childhood Obesity Awareness Month

A healthy childhood sets the foundation for a healthy adulthood. In the United States, nearly 1 in 5 children has obesity and it is a major public health problem. When it occurs in children, they are at greater risk for asthma, sleep apnea, bone and joint and type 2 diabetes. They are also more likely to experience bullying and teasing than children at a normal weight. Childhood obesity can also set the stage for adult obesity, type 2 diabetes, heart disease, and some types of cancers.

Why are more children obese now than in years past? Some of the reasons include children being less active, getting inadequate sleep and a lack of community sites for physical activity. Having easy access to low-cost, high-calorie foods and drinks is also a factor. Limited availability of inexpensive, nutrient rich foods in some neighborhoods is another issue.

What can parents and the community do to support healthy weights for children? Parents and other adults can serve as role models by practicing healthy behaviors with children. The 5-2-1-0 program specifies practices to help children and families achieve healthy weights:

- 5- Aim for 5 or more servings of fruits and vegetables every day. Offer nutritious foods such as fruits and vegetables in place of high sugar, high fat foods.
- 2 – Keep screen time to less than 2 hours/day.
- 1 – Ensure children have at least 1 hour of physical activity each day.
- 0- Zero sugary beverages. Make water the preferred beverage.

Participants in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) receive nutrition assessment, education, counseling and healthy foods that can help parents and caregivers prevent or treat childhood obesity. The WIC Program serves pregnant, breastfeeding and postpartum women, infants and children up to age 5.

For more information on eligibility for the WIC program, go to <http://www.floridahealth.gov/programs-and-services/wic/wic-eligibility.html>.

Additional resources on healthy childhood lifestyles include:

5-2-1-0 <http://www.5210letsgo.com/>

MyPlate <https://www.choosemyplate.gov/kids>

CDC <https://www.cdc.gov/nutrition/InfantandToddlerNutrition/index.html>





WABA | WORLD BREASTFEEDING WEEK 2019

Celebrating Breastfeeding: Empower Parents, Enable Breastfeeding

Research has shown there is no better food than breastmilk for a baby's first year of life, unless medically contraindicated. Breastfeeding provides nutritional, economical and emotional benefits to mother and baby.

The number of mothers in Florida who initiate breastfeeding is comparable with the rest of the country. However, more moms in Florida abandon the effort too soon, according to a study by the U.S. Centers for Disease Control. Lack of support is cited as one of the factors that contribute to early stopping of Breastfeeding which is a national problem according to CDC's annual Breastfeeding Report Card.

The decision to breastfeed is a family decision. Fathers, grandparents, and extended family often provide crucial support to young children and breastfeeding mothers. Different families involve different family members in a baby's care. Fathers play a particularly important role when deciding to breastfeed. Research shows that fathers, when they have the facts about breastfeeding and its impact, are strong supporters of breastfeeding and breastfeeding mothers.

Annually the World Alliance for Breastfeeding Action (WABA) coordinates and organizes World Breastfeeding Week between August 1-7. Since 2016, WABA has aligned the campaign to the United Nation's Sustainable Development Goals. "Empower Parents, Enable Breastfeeding" was chosen as the 2019 World Breastfeeding Week Slogan to be inclusive of all types of parents in today's world. Supporting both parents to be empowered is vital to



realizing personal breastfeeding goals.

Empowering parents and ensuring their rights require advocacy for policies, legislation, parent-friendly work places and gender equitable social norms. WABA describes empowerment related to breastfeeding as a process that requires evidence-based unbiased information and support to create the enabling environment where mothers can breastfeed optimally. Breastfeeding is in the mother's domain and when fathers, partners, families, workplaces and communities support her, breastfeeding improves.

Palm Beach County WIC continues to be a champion among breastfeeding advocates, designating the month of August as Breastfeeding Awareness Month and sponsoring various activities throughout the county. WIC will promote and celebrate breastfeeding among clients, community partners and employees, providing breastfeeding giveaways for clients, educational team building activities and an annual 2-hour breastfeeding update for staff. Celebrate Breastfeeding with Us!

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