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## Message from the Health Officer

### Healthy Communities: Addressing Health Disparities through Collective Impact

Welcome to *Seminole Health Connection*, the new Florida Department of Health Public Health Newsletter! This publication highlights the activities that the health department has participated in with support from many partners to provide valuable public health services to the Seminole County community. As the new Health Officer for the health department, I am grateful for the opportunity to continue to serve our community through a dedicated team of professionals to improve the health of our residents. It is our mission to protect, promote and improve the health of all people in Florida through integrated state, county, and community efforts. Enjoy this edition which focuses on creating healthy communities through health equity and the collective efforts of community partnerships.

When people think of healthcare, oftentimes foremost in their minds are thoughts of doctor's offices, hospitals and health insurance. While having access to clinical care is important and often vital, it is not the only factor that influences good health. Although the United States (U.S.) spends far more on health than any other country, life expectancy for Americans has decreased according to the National Center for Health Statistics (NCHS), a component of the Centers for Disease Control and Prevention (CDC).

In a report entitled, *Mortality in the United States*, researchers found that life expectancy for Americans has decreased from that of 2014 while the age-adjusted death rate increased. Though the

amount of change for both was not large, this is the first time in a decade that the death rate has increased, and the first time since 1993 that there has been a drop in overall life expectancy. What makes this more troubling is that in most industrialized countries, the death rate has been dropping while life expectancy is still on the rise.

The same report noted that U.S. mortality from heart disease and stroke has increased after declining for years. Deaths are also up for Alzheimer's disease, respiratory disease, kidney disease and diabetes. More Americans are also dying from unintentional injuries and suicide. The increase in deaths from heart disease, strokes, diabetes and Alzheimer's disease may be attributed in part to the obesity epidemic, just as the epidemic of prescription opioid painkillers and heroin abuse is associated with an increase in unintentional injuries.

Another study published in the *Journal of the American Medical Association (JAMA)* in December 2016, in an analysis of 80 million deaths in the U.S. between 1980 and 2014, found that there are not only differences in life expectancy between counties, but also the causes of death. These variations in mortality and health are referred to as health disparities. Information on cause-specific mortality rates and rankings among causes has long been available at the national level, but this analysis is the first to consider an exhaustive set of causes of death and to track changes over an extended period at the county level. Variations in mortality rates highlight where access to treatment or quality of care is a pressing problem. Local-level

estimates of mortality, and particularly cause-specific mortality, provide a mechanism for evaluating the effect of policies and programs implemented in some localities. One of the most important cause-specific markers of mortality and overall health are what are collectively called the social determinants of health. These are the conditions in which people are born, grow, live, work and age and the wider set of forces that shape the conditions of daily life.

Where we live determines what we have access to, whether it is grocery stores, recreational facilities, medical providers or schools, where we work and the type of work we do, and the types of stress and challenges we face and experience. These factors can and do have long-ranging effects. Social determinants of health are interconnected, and in order for solutions to emerge they must be addressed as such, collectively and by a wide-range of organizations operating in a cooperative manner.

While the term health disparities was not around decades ago, the vision was. First Lady, diplomat, and visionary Eleanor Roosevelt led the drafting of the Universal Declaration of Human Rights. The 30 articles were unanimously adopted by 48 nations on December 10, 1948. Article 25 declared "that everyone has the right to health and well-being including food, clothing, shelter, medical care and social services and the right to security in the event of unemployment, sickness, disability, widowhood or old age...." Health equity, which means that everyone has the opportunity to attain their highest level of health,

# MESSAGE FROM THE HEALTH OFFICER

## Message from the Health Officer (*continued*)

is a core value of public health. Inequities are created when individuals and communities encounter barriers to reaching their full health potential. A reduction in health disparities is a key indicator that we are moving toward greater health equity.

Reducing or eliminating health disparities has long term benefits. The Joint Center for Political and Economic Studies calculated that during 2003-2006, the U.S. would have saved \$229 billion in direct healthcare expenditures if we had eliminated health disparities. The mission to reduce health disparities and increase overall health and life expectancy will require particular attention to the social determinants of health and focus on a multi-faceted approach embarked upon by organizations working together to achieve common goals. This is known as collective impact.

A collective impact approach seeks to problem solve by promoting the interaction of many partners within a larger system. There is a cross-sector alignment with government, nonprofit, philanthropic and corporate sector partners. Successful collective impact initiatives typically have five conditions that together produce alignment and lead to robust outcomes: a common agenda, mutually reinforcing activities, shared measurement systems, continuous communication and backbone support organizations.

There are a number of efforts that have been undertaken to improve the health of Seminole County residents through addressing social determinants of health. The United States Department of Agriculture's (USDA) Economic Research Service published a report in September, 2016 on household food security in the United States. The study found that an estimated 12.7 percent of American households were food insecure at least some time during the year in 2015, meaning they lacked access to enough food for an active, healthy life for all household members. That is down from 14.0 percent in 2014. The prevalence of very low food security declined to 5.0 percent from 5.6 percent in 2014. While the decline is encouraging the prevalence of food insecurity in the U.S. remains significant. Being food secure implies

access to and consuming quality, nutritious food. The lack of which contributes to the epidemic of obesity that the U.S. is experiencing.

The number one public health threat to Florida's future is unhealthy weight. Currently, only 36 percent of Floridians are at a healthy weight. On our current trend, by 2030, almost 60 percent of Floridians will be obese. Additionally, six out of ten children born today will be obese by the time they graduate high school. Over the next 20 years in Florida, obesity is expected to contribute to millions of cases of preventable chronic diseases such as type 2 diabetes, heart disease and cancer, costing an estimated \$34 billion. To address this important public health issue, the Department of Health launched the Healthiest Weight Florida initiative in January 2013. 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 consistent, informed choices about healthy eating and active living. The initiative works closely with partners to leverage existing resources to maximize reach and impact. These partners include the business community, hospitals, non-governmental organizations, non-profit agencies, other federal, state, or local government agencies and volunteer coalitions. The overall goal is to bend the weight curve by 5% by 2017. Healthiest Weight Florida employs five strategies to address behavior and environmental change. The strategies are to increase opportunities for physical activity, make healthy food available everywhere, promote health in the worksite, strengthen schools as the heart of health and market what matters for a healthy life.

DOH-Seminole in partnership with community members has launched several programs and initiatives to address food insecurity and unhealthy weight. A branch of the Feed the Need of Central Florida Food Pantry is located at our Sanford office providing non-perishable food items to those in need. In partnership with the city of Sanford Front Porch Council and

Orlando Health, the Goldsboro Farmers Market had its grand opening on December 2, 2016 and was established at the Westside Community Center to provide access to healthy fruits and vegetables for the Goldsboro community, a community that is a USDA designated food desert. A diabetes intervention program is also being developed at DOH-Seminole which will provide education and testing to individuals that may be experiencing or are vulnerable to developing pre-diabetes, as well as self-management for those diagnosed with diabetes. In addition, mobile health services supported by Seminole County Government and other community partners and operated by DOH-Seminole is bringing a variety of healthcare services to underserved areas and to individuals that have difficulty with access to care. The collective efforts of DOH-Seminole and community partners have made a difference and will continue to advance the health and well-being of our communities.



Donna J. Walsh, MPA, BSN, RN  
Health Officer  
Florida Department of Health in  
Seminole County



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### Meet the Health Officer

*Donna Walsh is a formally trained nurse and epidemiologist who has worked in the field of public health for over 29 years and has held leadership positions with the Florida Department of Health for over 12 years. She graduated from the University of Central Florida Nursing Program in 1986 and received her Masters in Public Administration from the same university in 2008.*

*She has co-authored several academic publications and presented on public health topics in professional and community forums. She was instrumental in completing requirements for the recent Florida Department of Health accreditation application to the National Public Health Accreditation Board for Seminole County and facilitated the completion of the Community Health Assessment and Improvement Plan for the county. Mrs. Walsh is recognized for establishing community partnerships and creating innovative solutions to meet the needs of communities.*

*Mrs. Walsh was recently named as the Learning Partner for the Kresge Foundation Emerging Leaders in Public Health award received by the Florida Department of Health in Seminole County, and received the 2015 Public Service Excellence Award from the Central Florida Chapter of the American Society for Public Administration. She serves on multiple community boards, including the University of Central Florida Public Administration Advisory Board, University of Central Florida Institutional Biosafety Committee, Seminole County Youth Commission Board of Directors, J. Douglas Williams YMCA Family Center Board of Directors in Lake Mary, Healthy Seminole Collaboration and Leadership Seminole.*

# FRESH STOP MOBILE MARKET



As part of the Healthiest Weight Florida workplan, the Florida Department of Health in Seminole County partnered with the City of Sanford, the Front Porch Council and Hebni Nutrition to bring the Fresh Stop Mobile Market to the West Side Community Center in Sanford. Fresh Stop is a city bus repurposed to look like a grocery store with the mission to drive positive health outcomes for families hardest hit by diet related diseases.



(DOH-Seminole staff purchasing fruits and vegetables)

In 2016, the Fresh Stop Mobile Market was available for community members to purchase fresh fruits and vegetables at budget-friendly prices at the West Side Community Center located at 919 S Persimmon Avenue in Sanford.



### Making a Fresh Stop in Your Community!

Fresh Stop is a mobile farmers market on wheels. The bus travels throughout Central Florida neighborhoods offering fresh fruit and vegetables at budget friendly prices.

Our mission is simple, we want to make Central Florida healthier by making fresh produce more accessible and affordable!

**My Fresh Stop Route Location**  
 Florida Dept. of Health Seminole County  
**Location:** 400 West Airport Blvd, Sanford  
**Day:** Every 1st & 3rd Monday (monthly)  
**Time:** 2:30 - 4:30 PM  
**To See The Bus Schedule Go To:**  
[www.localcalendar.com/public/freshstop](http://www.localcalendar.com/public/freshstop)



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Thank You to Our Partners






On Thursday, October 27, 2016, DOH-Seminole staff participated in a Florida Health Cleans Up! activity. The Florida Health Cleans Up! Seminole team collected twenty bags of litter and plant debris on Airport Boulevard in Sanford. This was the eleventh Florida Health Cleans Up! activity coordinated by DOH-Seminole. These staff members made a difference by helping to keep a little piece of the environment clean.



Thirteen DOH-Seminole staff attended the 6th Annual Florida Community Health Worker's Coalition Summit on June 26 - 27, 2016. The Florida Community Health Worker Coalition is a passionate group of volunteers dedicated to the promotion of the community health worker profession in Florida.

### It's a New Day in Public Health.

The Florida Department of Health works to protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.



The Vietnam Traveling Memorial Wall came to Longwood on June 8, 2016 for a four-day memorial and historic display. The traveling exhibit provided thousands of veterans who have been unable to cope with the prospect of facing The Wall to find the strength and courage to do so within their own communities, thus allowing the healing process to begin.

Unveiled on Veteran's Day 1996, the half-scale replica of the Vietnam Veterans Memorial in Washington, D.C., has visited more than 400 cities throughout the nation, spreading the Memorial's healing legacy to millions. As with the annual Veteran's Stand Down, which DOH-Seminole hosts, John Meyers, Director of Business and Community Relations, and Donna Walsh, Health Officer, showed their support for our nation's veterans.

## Epilepsy Association of Central Florida

Every fourth Monday of each month starting May 23, 2016, the Epilepsy Association of Central Florida (EACF) has a Case Manager to provide a variety of services at the Florida Department of Health in Seminole County. The Association provides epilepsy neurology care, diagnostics like EEGs and MRIs as well as help in getting medication. The Case Manager is available to manage client intake and to develop individual action plans. All services are provided on a sliding fee scale. Call 407-422-1416 to schedule an appointment.

Established in 1962, EACF is a not-for-profit community based organization dedicated to serving the needs of those affected by epilepsy. Visit [epilepsyassociation.com](http://epilepsyassociation.com) for more information.



## Organic Pest Management

News about the effects of chemicals in synthetic pesticides on our environment and our health has driven a spike in interest in organic and natural gardening practices. Pests can include weeds, insects, diseases, nematodes, and even animals like birds and squirrels. Organic pest management requires a bit more time and work than synthetic pesticide application, but in the long run it is a much healthier alternative. Prevent pests in your garden using the organic approach by following the tips below. Be sure to develop a pest management plan specific to the pests and plants in your garden. For more information, visit: <http://edis.ifas.ufl.edu/>.



- Follow recommended planting dates.
- Rotate Crops — crop rotation is an essential component to pest management because it interferes with the life cycles of pests in the soil.
- Till or hand-turn the soil well in advance of planting to discourage soil insects.
- Control weeds in and around the garden by mulching and hand-pulling or hoeing small weeds.
- Choose plants with resistance or tolerance to nematodes and common diseases.
- Keep plants in a state of good health by supplying appropriate amounts of water and fertilizer. A healthy plant is often able to survive insect attacks.
- Monitor or scout the garden twice weekly for pest problems and remove large insects by hand and destroy.
- Identify beneficial insects which feed on pests and plant flowers that provide nectar and pollen that attract beneficial insects.
- Watch for early disease symptoms and remove any diseased leaves.
- Harvest ripe crops promptly.
- Use plant or petroleum derived oils which are most effective against small, soft-bodied insects and mites that are immobile or slow-moving such as aphids, scales, leafhopper nymphs, and whiteflies.
- Plant extracts such as hot pepper and pyrethrins can be used to repel certain insects.

## NACCHO Annual 2016: Cultivating a Culture of Health Equity



(Zeenat Rahman, Health Planning and Policy Research)



(Stephanie Fyock, Health Promotion and Education)

On July 19–21, more than 1,500 healthcare professionals convened in Phoenix, Arizona for the 2016 NACCHO (National Association for County and City Health Officials) Annual Conference, the largest gathering of local health department (LHD) leaders and other public health professionals in the United States. The meeting provided participants with an opportunity to hear from national thought leaders, learn about successful and replicable public health practices from their peers, and discuss the pressing challenges affecting LHDs today.

The conference theme, *Cultivating a Culture of Health Equity*, provided a venue for in-depth conversations about how local health practitioners can impact the social determinants of health equity to achieve health and well-being for all members of their communities. A diverse mix of speakers addressed the theme during four general sessions and more than 100 sharing sessions, providing attendees with a range of perspectives on and approaches for tackling health inequities at the local level.

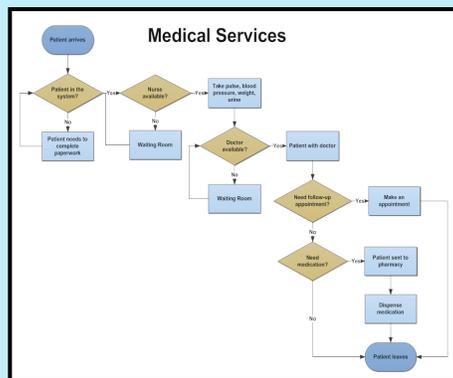
DOH-Seminole staff members, Stephanie Fyock and Zeenat Rahman, presented their Goldsboro Garden Project during NACCHO's Annual Conference in Phoenix, Arizona on Wednesday, July 20. The Goldsboro Garden Project strives to increase community access to fresh fruits and vegetables as well as encourage community engagement. The project is funded by seed money and Healthiest Weight Florida. The Goldsboro community resides in a food desert. Fifty-eight percent of the Goldsboro population is African American, and sixty-eight percent of the total population is obese.

# Q | CORNER

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new” (Socrates).

One of the major components of the planning phase to a quality improvement project is that of understanding what your current process is. Developing a process flow chart can assist an organization in visually presenting all steps within a procedure or process. By generating a process flow chart, it is easier for an organization to identify various forms of waste that take up time and deplete limited resources. The process can be anything: a manufacturing process, a service or an administrative process, or a project plan.

The goal of completing a process flow chart is to identify what the issue is in the current method or system that is causing problems, or that could be refined to contribute to a better solution. For an organization to successfully obtain this goal the process flow chart must be truthful and accurately present what the current process is and not what the organization thinks or wishes the current process was. This can be best achieved by involving key people who are involved in or actually perform the process. Elements that may be included are: services entering or leaving the process (inputs and outputs), sequence of actions, decisions that must be made, people who become involved, time involved at each step and/or process measurements.



In January 2014 the Florida Department of Health in Seminole County engaged their business office staff in developing a process flow chart for the purchasing of supplies. Immediately team members were able to identify numerous forms of waste, including searching and inspecting. Project results reflected an 80% reduction in process time and a total physical savings of \$3,000.

## NUTRITION 41

DOH-Seminole has an ongoing commitment to providing health education, promoting healthy choices and preventing chronic disease. We embarked on a series of recipes inspired by the publication of a list of 41 of the most nutrient rich fruits and vegetables.

Research has shown the connection between green, leafy vegetables and colorful citrus fruits with a reduction in cancer and chronic disease. While nutrient profiling is not new, the recent study published in the CDC journal, ‘Preventing Chronic Disease,’ is one of the first classification schemes in which fruits and vegetables have been ranked in terms of their nutrients. The foods in the list were scored based on their content of fiber, potassium, protein, calcium, iron, thiamin, riboflavin, niacin, folate, vitamins A, B6, B12, C, D, E and K. These fruits and vegetables are known as Powerhouse Fruits and Vegetables (PFV) and they made the list based on a nutrients-to-calories ratio. Higher ranking foods provide more nutrients-per-calories.

In our last issue we featured a recipe for scallions. Number 24 on the list is cauliflower. One cup of cauliflower contains 85 percent DV of vitamin C, 19 percent DV of vitamin K, 14 percent DV of folate, 13 percent DV of pantothenic acid, 12 percent DV of vitamin B6, 11 percent DV of choline, as well as significant amounts of omega-3 fats, manganese and phosphorus.

### Roasted Cauliflower with Caramelized Onions

Start to Finish: 50 minutes

#### Directions:

1. Preheat the oven to 450°. In a skillet, warm 1 tablespoon of the olive oil over medium heat. Add the onions and stir to coat with the oil. Stir in ½ teaspoon of salt. Cook, stirring frequently and reducing the heat if necessary to prevent burning, until the onions are soft and deep golden brown, about 30 minutes.
2. Meanwhile, in a small bowl, whisk the tahini with ½ cup water, ½ teaspoon salt, the lemon juice and the garlic. Set aside.
3. Grease a large baking sheet with the remaining 2 tablespoons olive oil. Add the cauliflower and turn to coat well with the oil. Spread the cauliflower on the baking sheet and season with salt. Roast until browned but not burned on the bottom, about 15 minutes. Turn the cauliflower and continue to roast until tender and browned on the second side, about 5 minutes longer.
4. Arrange the cauliflower on a serving plate. Garnish with the caramelized onions and parsley, and drizzle with the tahini sauce. Serve immediately, passing any remaining tahini sauce at the table.



Serves: 4

#### Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 large yellow onion, thinly sliced
- Kosher salt
- 1/2 cup tahini
- 3 tablespoons fresh lemon juice (about 1 lemon)
- 1 garlic clove, finely chopped
- 1 head cauliflower, cut into 1-inch florets
- 1/4 cup flat-leaf parsley leaves, finely chopped

Recipe from *This Is a Cookbook: Recipes for Real Life* by Max and Eli Sussman



Six DOH-Seminole employees (above) along with community partners with the CPR Alliance completed Hands-Only Train the Trainer training in preparation for World Heart Day on September 29, 2016. Direct patient care providers are required to have a current CPR certification card. Non-direct patient care providers are recommended to take the certification course.



**Learn how to save a life with Hands-Only CPR/AED training on**

# WORLD HEART DAY

**Thursday Sept. 29**

**Classes are only 1 hour. Please pre-register. See times, locations, and how to register below.**

**For these locations, please register by e-mailing: [savealife@seminolecountyfl.gov](mailto:savealife@seminolecountyfl.gov)**

<b>Seminole County Services Building</b> Learning Center (Room 1272) 1101 E. 1st Street, Sanford, FL	8:00 a.m. 2:00 p.m.	9:30 a.m. 3:30 p.m.	11:00 a.m.
<b>Central Branch Library (Casselberry)</b> 215 N. Oxford Road, Casselberry, FL	11:00 a.m. 3:30 p.m.	12:30 p.m. 5 p.m.	2:00 p.m. 6:30 p.m.
<b>Florida Dept. of Health in Seminole County</b> 400 W. Airport Blvd., Sanford, FL	8:00 a.m. 2:00 p.m.	9:30 a.m. 3:30 p.m.	11:00 a.m.

**For this location, please register by calling the phone number listed below.**

<b>Longwood Community Building</b> 200 W. Warren Ave., Longwood, FL • Call Lee Ricci at 407-260-3481	1:30 p.m.	4:00 p.m.
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DOH-Seminole employees (left) celebrated Heart Awareness Month by participating in the 2016 American Heart Association Greater Orlando Heart Walk on Saturday, September 10 at the University of Central Florida (UCF) campus. The Heart Walk aims to raise awareness on the dangers of heart disease and stroke, the United States' number 1 and number 5 killers, for World Heart Day on September 29.



## Center for Public Health Leadership, Health Equity and Policy Research

As we continue on our journey to improve the health of the communities in Seminole County, I have had the privilege of participating in the Emerging Leaders in Public Health program through the Kresge Foundation with fellow public health leaders from across the country this past year. Through this initiative, we have gained many valuable resources in transforming public health practice to better meet the needs of our community. A key factor in improving health outcomes is addressing the social determinants of health and health inequities in a community.

Public health practice supports the correlation between the social determinants of health, health equity, and life expectancy evidenced for over three decades. Equity is often not considered in decision-making processes in many communities in the United States resulting in health inequity through the disproportionate distribution of efforts and resources. Public health leaders have the capacity to positively impact the health of their communities by influencing individual health behaviors through effective health literacy programs, and promoting evidence-based policy making that considers health equity and the social determinants of health.

In order to address these issues, DOH-Seminole launched the *Center for Public Health Leadership, Health Equity and Policy Research* on July 1, 2016, which will provide resources to effectively address the social determinants of health in the communities of Seminole County through the newly created office of Health Promotion and Education, including Health Equity, Men's Health, and a Minority Health Task Force, and addition of Health Planning and Research and Health Informatics services. Upstream planning and community engagement through health impact assessments, policy research, evidence-based practice, health in all policies, and health equity and disparity approaches will reshape communities addressing issues such as safe places to live, work and play, access to healthy foods, and access to healthcare. Please contact Donna Walsh, Health Officer, with any questions regarding "The Center" at 407-665-3200.

A8 | Orlando Sentinel Tuesday, January 3, 2017

# OPINION

**DONNA WALSH, DEPARTMENT OF HEALTH IN SEMINOLE COUNTY**

## The Interview Leaner, fitter kids shape up in Seminole

Over the past 30 years, obesity rates among children and adults in the U.S. reached epidemic proportions, but there has been a change of late. In Central Florida, for example, Seminole County has seen obesity rates among elementary school students drop significantly, from more than 34 percent in 2006-07 to just over 29 percent in 2013-14. Although the adult obesity rate in the state has held steady, Florida has the lowest adult obesity rate in the South, and is near the bottom overall. To learn more about progress on obesity, the Orlando Sentinel Editorial Board spoke with Donna Walsh, acting health officer for the Department of Health in Seminole County. A complete transcript can be found at [OrlandoSentinel.com/Opinion](http://OrlandoSentinel.com/Opinion).



**Q:** What accounts for the significant drop in obesity rates for children in Seminole County elementary schools?  
**A:** Seminole County Public Schools is actively involved and committed to the health of their students and works through collaborations to help account for this drop in rate. The school system takes pride in creating healthy entrée options in on-site kitchens. It participates in the U.S. Department of Agriculture's Fresh Fruit and Vegetable Program, providing a fresh fruit or vegetable snack to students every day. Kids are even learning to grow produce themselves in school gardens.

**Q:** What types of programs help children to modify their behavior, particularly in Florida?  
**A:** Approaches that create supportive environments reach more people, are more cost efficient, and are more likely to

ORLANDO BUSINESS JOURNAL

## 2016 Healthiest Employers: Florida Department of Health in Seminole County

Aug 6, 2016, 2:06pm EDT

INDUSTRIES & TAGS Health Care, Career & Workplace, Healthiest Employers

SHARE

Anjali Fluker  
Associate Managing Editor  
Orlando Business Journal

Florida Department of Health in Seminole County

Rank: No. 4 in the medium category (100-499 employees)

RELATED CONTENT

How Central Florida businesses are creating 'wow' wellness programs

2016 Healthiest Employers: Medium category (100-499 employees)

Local employers offer workplace wellness insight

For some Orlando execs,



Walking challenges are a favorite activity for employees of the Florida Department of Health in Seminole County.

**Company description:** The state health department in Seminole County that works to protect, promote and improve the health of Florida residents through community efforts.

**Person answering questions:** Venice White, office of health promotion and education community programs manager and grants administrator

**Year wellness program founded:** 2005

**Wellness program participation rate:** 150 employees and 24 members on Employee Wellness Committee

**Health initiative you added that employees most enjoy:** Our annual Live, Work, Move Seminole 5k, walking challenges, and the Weight Watchers program.

**Your most-creative wellness program initiative or activity:** Wednesday Walks to Wawa and virtual 5ks to earn finisher's medals

**Your least-popular wellness initiative and why it didn't work:** Walking Challenges during the summer months due to extreme heat

**Next step for your wellness program:** Developing a fit-friendly initiative by implementing a walking trail on campus for staff and community use

# SANFORD HERALD

LAKE MARY, LONGWOOD, WINTER SPRINGS, OVIEDO, GENEVA, CASELBERY, OSTEEN, CHULUOTA, ALTA MONTE SPRINGS, DEBARY

## Dental company donates \$45k for dental healthcare in Seminole County

Submitted by Sanford1 on Wed, 08/03/2016 - 3:30pm



The Renaissance Family Foundation (RFF), an affiliate of Renaissance Dental, has awarded \$45,000 in grants to the Florida Department of Health in Seminole County (DOH-Seminole). The RFF is dedicated to improving oral health in Florida, where almost a quarter of third graders have untreated tooth decay.

"We're very happy that the Renaissance Family Foundation is providing funding to DOH-Seminole," said Robert Mulligan, president and CEO of Renaissance Dental. "Children miss 51 million hours of school every year because of oral-health-related issues, and tooth decay is the most common chronic childhood disease in the United States. Our goal is to ensure that more children can be successful in school and in life."

The grant will be used to fund sealant programs in Seminole County during the upcoming school year. Sealants are thin plastic coatings applied to the grooves on the chewing surfaces of the back teeth. Once applied, they can dramatically reduce the risk of tooth decay.

"There is a great need for the funding of sealant programs here in Seminole County and we are grateful for the support provided by the Renaissance Family Foundation," said Dr. Swannie Jett, Health Officer, DOH-Seminole. "These funds will be used to help hundreds of low-income students who are most at risk of suffering from painful tooth decay that often keeps them out of school."

According to the Florida Department of Health tooth decay affects over 20 percent of children in Florida. Sealants are painless and simply save money. In fact, the American Dental Association cites the cost of one dental sealant to be \$44.12 versus \$197.09 for each filling.

"Dental sealants are a proven answer for preventing adolescent tooth decay," said Mulligan. "This grant ensures more children in Florida have access to effective dental care so they can achieve their full potential."

The Renaissance Family Foundation is the philanthropic arm of Renaissance Dental. It awards grants to organizations that provide dental care for the underserved, to programs that promote the importance of good oral health and to educational institutions to enhance dental education and research.

The Florida Department of Health in Seminole County Presents



## Feed The Need

STOPPING HUNGER ONE MEAL AT A TIME

## Central Florida Food Pantry

NON-PERISHABLE FOOD ITEMS

Monday and Wednesday, 4 p.m. to 6 p.m.

400 West Airport Boulevard

Sanford, Florida 32773

\*For more information call: 407- 665-3022

Volunteers and non-expired food donations welcomed!  
Contact us for more information.

You may also reach us at:  
Email: [feedtheneedcf@gmail.com](mailto:feedtheneedcf@gmail.com)  
Website: [www.FeedtheNeedCF.com](http://www.FeedtheNeedCF.com)  
Facebook: FeedtheNeedCF  
Twitter: @FeedtheNeedCF



# 1ST ANNUAL PUERTO RICAN FESTIVAL

## Florida Healthy School District



DOH-Seminole congratulates the Seminole County School District on their Bronze level recognition as a Florida Healthy School District. This recognition, developed by the Florida Coordinated School Health Partnership, aims to recognize the hard work and success of school districts related to physical, mental and social health of students and staff.

"The Healthy District assessment is a great tool to recognize the hard work and service coordination school districts undertake to support the health of students," said the health officer. "It is also a great opportunity to share resources and learn about work happening in other areas across the district that support student's health."



The Florida Healthy District recognition is based on the successful submission of the Florida Healthy District Self-Assessment and lasts for a period of two years, after which districts will need to reapply for recognition. The Self-Assessment is divided and scored based on the following categories: district infrastructure; physical education; health services; and counseling, psychological and social services.

"Our School Health Program worked closely with the Seminole County School District and members of the School Health Advisory Committee (SHAC) to support the completion of the assessment and facilitate resources," said Gloria Rivadeneyra, School Health Program Manager for DOH-Seminole.



Since 2009, the Coordinated School Health Partnership, in cooperation with Florida Action for Healthy Kids, Florida Association of School District Superintendents and Florida Healthy Kids Corporation, has recognized 47 districts for establishing a culture and climate that embraces the Coordinated School Health approach to reduce and eliminate barriers to learning and support academic achievement.



## 1st Annual Puerto Rican Festival

The 1st Annual Puerto Rican Festival took place on Saturday, July 23 at Fort Mellon Park in Sanford. The event featured live music, dancing, food and over 100 vendors. Some vendors, musicians and singers flew in from Puerto Rico to display and perform. DOH-Seminole provided literature and education about Zika, STDs, hepatitis, and breast and cervical cancer. The Healthy Start and Tobacco Prevention programs also provided information about the services they provide. Over 3000 people attended the event.



## Mobile Health Services

The Florida Department of Health in Seminole County is scheduled to provide services at the following locations during the month of May.

- 5/3, 5/10, 5/17, 5/24, 5/31 – Rescue Outreach Mission of Central Florida, 10 am to 1 pm, Grace and Grits, 3 pm to 6 pm.
- 5/4, 5/11, 5/18, 5/25 – DOH-Casselberry, 9 am to 12 pm, Goodwill, 2 pm to 5 pm.
- 5/2, 5/9, 5/16, 5/23 – Sharing Center, 9 am to 12 pm, Remington Inn, 2 pm to 5 pm.



The homeless, uninsured and underinsured will be able to obtain health services, screenings and referrals. Individuals with chronic diseases such as diabetes can also utilize the mobile health services. Health services include:

- Family Planning – Education, Referrals and Free Condoms.
- Immunizations – Child and Adult, Flu and Pneumonia.
- Screenings – Diabetes, Hypertension, Cholesterol, Heart Disease, Body Mass Index (BMI), and Blood Pressure.
- STD, HIV/AIDS, Hepatitis – Testing, Screening and Education (at specified sites).
- Referrals – Follow-up Care, Smoking Cessation and more.
- WIC – Nutrition and Breastfeeding Counseling and WIC EBT Eligibility.

Mobile Health services are provided by healthcare professionals.

Mobile Health services are provided as walk-in only. Call 407-665-3000 for more information. Specific dates, times and locations are featured on [www.seminolecohealth.com](http://www.seminolecohealth.com).



DOH-Seminole in collaboration with Seminole County Government's Department of Community Services hosted its 3rd Annual Back-to-School Bash on July 23, 2016. The event took place at DOH-Seminole's Sanford Health Office. Approximately 32 community organizations and district departments provided information and activities to students for a safe and successful school year.

"Over the last few years this event has helped hundreds of children start their school year off with a successful foot forward," said Valmarie Turner, Director of Seminole County Government's Department of Community Service. Attendees received free haircuts, backpacks, school supplies, lunch and a variety of health services including physicals, dental screenings and immunizations.



DOH-Seminole staff with Seminole County Commissioners, Brenda Carey and Bob Dallari.



# DOH-SEMINOLE 75TH ANNIVERSARY

## Never Leave a Child Alone in a Car



DOH-Seminole's Healthy Start Program exhibited a Hyperthermia Display along with the Healthy Start wrapped vehicle in November, 2016 to raise awareness about heatstroke and never leaving a child alone in a car. The display indicated the temperature inside the car. In hot weather in an open parking lot, the inside temperature of a car can rise by 7 degrees Fahrenheit in five minutes, 13 degrees in 10 minutes and 29 degrees in 30 minutes.



## DiabetesWalk



In observance of National Diabetes Month DOH-Seminole's Mobile Health Unit offered A1c screenings on November 4, 2016 to assess Prediabetes/Diabetes risk levels at the Peace, Love and Cure 5K in partnership with Tru-Valu Drugs Pharmacy and other partners. A total of 15 A1c screenings were provided and 45 condoms distributed along with information on the new Diabetes Prevention Program and the *Holiday Maintain Don't Gain Challenge* registration information. Three DOH-Seminole employees also participated in the 5K race.



**Picture on the right:** Venise White, *Community Programs Manager of the Office of Health Promotion and Education* and Allika Alce, *Breastfeeding Consultant*, participated in the 5K.

**Picture on the left:** Joan Vargas, *Health Support Tech*, April Darrow, *Front Running Sports*, and Carlos Diaz, *driver for the Mobile Health Unit*.

## The 75th Anniversary of the Florida Department of Health in Seminole County

DOH-Seminole celebrated its 75th Anniversary the week of Nov. 1 through Nov. 4, 2016. The theme for the week's celebrations was **Making Healthy Communities a Reality**. The week celebration started with an Employee Fun Day and BBQ. Staff engaged in different games to promote physical activity, and were recognized by the health officer and nursing director for their dedication and commitment to public health. Activities continued throughout the week with a Programs and Services Open House and Mobile Health Unit Tour, a door decorating contest, committee's exhibition and a Public Health Awards Ceremony to close the week-long celebration. Ten employees were recognized in categories such as best care provider, health fanatic, most encouraging and innovative thinker among others. A door decorating contest incorporating the "Making Healthy Communities a Reality" theme was part of the week-long celebration.



**Picture on left:** the Healthy Start door won the door decorating contest. **Center picture:** Herronda Mortimer from the WIC program presenting the Public Health Awards. **Picture on right:** Gigi Rivadeneyra receives **The Sunshine Award** for being pleasant and always greeting people with a smile.

# GOLDSBORO FARMERS MARKET GRAND OPENING



The Goldsboro Farmers Market grand opening was held on Friday, December 2, 2016, from 2:00 to 6:00 pm at the Westside Community Center in Sanford.

“One of the factors that plays a role in unhealthy weight is the environment which is a very promising area for prevention. Through the establishment of the Goldsboro Farmers Market, we are aiming to increase opportunities for residents to conveniently purchase nutritious foods,” said Stephanie Fyock, Healthiest Weight Florida Coordinator for the Florida Department of Health in Seminole County.

A number of factors determine what people eat, but access to healthy food and beverages has a major influence. Finding healthy food is not always convenient. The Farmers Market was created to increase access to fresh healthy foods in a community that has been designated by the USDA as a food desert. “The Farmers

Market in Goldsboro is truly a blessing for the community as we work to improve the quality of life in Goldsboro”, shared Mr. Vernon McQueen, Chairman of the Goldsboro Front Porch Council.

The market, supported through funds from the Orlando Health Community Benefits Grant Program, is coordinated by DOH-Seminole in partnership with the Goldsboro Front Porch Council, Inc. and the City of Sanford. “We are thrilled to be supporting such a unique program. What’s most remarkable about this initiative is that every generation from the Goldsboro community will benefit from the Farmer’s Market,” said Lainie Fox Ackerman, Director of Community Benefits at Orlando Health.

“We are very excited about all the wonderful opportunities taking place in the City of Sanford and the Goldsboro Community to encourage healthy living. The Farmers Market is another way for families to have access to healthy fruits and vegetables and help prevent chronic diseases such as obesity, diabetes and heart disease,” said Donna Walsh, health officer for DOH-Seminole. The Farmers Market will continue services every Friday.

For more information about the Goldsboro Farmers Market contact Venise White, Community Programs Manager, in the Office of Health Promotion and Education at (407) 665-3008. Farmers Market updates will be posted on the *Healthy Seminole County* Facebook page.



**Pictured above:** Donna Walsh, Health Officer, with a gorgeous bouquet of collard greens!

# FLU / MAINTAIN, DON'T GAIN HOLIDAY CHALLENGE

## Stay Flu Free



Cooler weather and shorter days mark the transition from summer to fall and it is also a sign that the flu season begins. It is critical that all Floridians do their part to prevent getting seasonal flu and spreading it to others by getting the flu vaccine as early as possible. Flu strains change from year to year so it is important to get the flu shot this year even if you got one last year.

"Getting a flu shot each year provides protection to you and your loved ones, especially babies in their first 6 months of life. Vaccines are not approved for babies from newborn to six months, so it is very important for parents, grandparents and babysitters to get vaccinated in order to protect these babies from getting the flu," said Donna Walsh, health officer for the Florida Department of Health in Seminole County.

The annual flu vaccine is safe and remains the most effective way to protect yourself and your loved ones. The flu vaccine is recommended for everyone six months and older, including pregnant women. It takes about two weeks after vaccination for your body to develop protection against the flu so it is important to get your flu shot early. This year, the Centers for Disease Control and Prevention only recommends people get injectable flu shots. Nasal spray vaccine is not recommended for this flu season because of concerns about its effectiveness.

In addition to protecting yourself, receiving the flu vaccine helps prevent the flu virus from spreading to our most vulnerable populations, including older adults, pregnant women, children ages newborn to five and people who have existing medical conditions like asthma.

Flu shots for children and adults are still available for this season at the Florida Department of Health in Seminole County, Sanford location at 400 West Airport Boulevard by appointment Monday through Thursday 8:00 am to 4:00 pm, except for the 2nd Thursday of each month, when the office closes at 11:30 am, and Fridays from 8:00 am to 12:00pm. Flu shots are free for children 6 months through 18 years of age. For more information on immunizations visit [www.seminolecohealth.com](http://www.seminolecohealth.com).

### How Do You Know if it is the flu?

- Body aches and pains
- Cough and chest discomfort which may become severe
- Early and significant exhaustion
- Fatigue and weakness that may last up to 2 – 3 weeks
- Headache
- High fever (102–104 degrees F) for 3 – 4 days
- Occasional stuffy nose, sneezing and sore throat

### What to Do if You Get the Flu?

- Consider layered apparel for body temperature changes.
- Do not share cups and eating utensils.
- Do not take aspirin products without physician approval.
- Drink plenty of fluids.
- Get plenty of rest.
- Over-the-counter cold or cough medicines may also relieve some flu symptoms. Check with your doctor.
- Sleep and take it easy.
- Take acetaminophen (such as Tylenol) or ibuprofen (such as Advil or Motrin) to relieve your fever and aches.
- Wash your hands frequently.

## Maintain, Don't Gain! Holiday Challenge



To help Florida families across the state enjoy a happy and healthy holiday season, the Florida Department of Health partnered with North Carolina State University to offer the *Maintain, Don't Gain! Holiday Challenge* for the third year in a row. This free seven-week challenge ran from November 14 through December 31, 2016 and provided participants with tips and ideas to help maintain their weight throughout the holiday season.

"*The Maintain, Don't Gain Challenge* is an excellent tool to keep us all motivated and not fall off our health goals during the holiday season. The variety of resources kept participants engaged, inspired and provided support which is essential for reaching personal health goals," said Donna Walsh, health officer for DOH-Seminole.

Many Americans gain between one and five pounds each holiday season. Last year, more than 1,600 Floridians participated in the *Maintain, Don't Gain! Holiday Challenge*, the second most participants of all 50 states, and received helpful advice on enjoying the holidays in a healthier way. Participants in last year's challenge experienced beneficial results. Sixty-seven percent reported they maintained their weight, 18 percent lost three to five pounds and 98 percent said they will continue to use the strategies learned during the challenge.

Venise White, Manager of the Office of Health Promotion and Education at DOH-Seminole emphasized, "We routinely set annual weight-loss resolutions at the beginning of the year, however most people never manage to lose extra holiday pounds. Rather focusing on trying to lose weight this holiday season, commit to maintaining your weight."

For information about assessing your weight and health risks contact Venise White at (407) 665-3008 or via email at [venise.white@flhealth.gov](mailto:venise.white@flhealth.gov).

**65% of adults in Florida are at an unhealthy weight.**

# GREAT AMERICAN SMOKEOUT / FEED THE NEED

## Great American Smokeout



DOH-Seminole's Tobacco Prevention program celebrated the Great American Smokeout at a Seminole Chamber of Commerce event, *Seminole Sessions*, on November 17, 2016, to encourage smokers to quit tobacco for one day and to inform them of free cessation resources.



STUDENTS WORKING AGAINST TOBACCO

Nicole Jimenez, chair of the Students Working Against Tobacco (SWAT) chapter in Seminole County, was elected to join 15 other youth on the Statewide Youth Advocacy Board that will be overseeing SWAT progress for the state of Florida.



## SECONDHAND SMOKE KILLS



### What is secondhand smoke?

- Secondhand smoke is smoke from burning tobacco products, such as cigarettes, cigars, or pipes.
- Secondhand smoke also is smoke that has been exhaled, or breathed out, by the person smoking.
- Tobacco smoke contains more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer.
- More than 46,000 non-smoking Americans die of heart disease each year, and 3,000 of lung cancer, primarily due to exposure to secondhand smoke.

**LET'S KICK ASTHMA**  
 \*Educational Support Group for patients with asthma

Topic: Does Asthma Increase the Risk of Lung Cancer?  
 Wednesday, November 16, 2016  
 6:00pm-7:30pm  
 Florida Department of Health  
 in Seminole County  
 400 West Airport Blvd.  
 Sanford, FL 32773

Facebook.com/LetsKickAsthma  
 For more information call 407-435-7513

The Florida Department of Health in Seminole County and Tobacco Free Florida partnered with the Let's Kick Asthma Educational Support Group to bring the presentation, "Does Asthma Increase the Risk of Lung Cancer?" for patients with asthma. For a person with asthma, an asthma attack can occur when something irritates the airways and "triggers" an attack. Tobacco smoke is one of the most common asthma triggers. Tobacco smoke, including second hand smoke, is unhealthy for everyone, especially people with asthma.

## Feed the Need Central Florida Food Pantry

**Holiday Open House**

**Feed the Need**  
 Central Florida Food Pantry  
 Meet our team of volunteers, check out our pantry & enjoy some holiday refreshments!

When: Monday December 19<sup>th</sup>, 2016  
 4:00 p.m. to 5:00 p.m.

Where: Florida Department of Health in Seminole County  
 400 E. Airport Boulevard, Sanford 32773

• Bring in canned goods in exchange for raffle tickets. You won't want to miss this prize!  
 1 can = 1 ticket or 5 cans = 10 tickets

Feed the Need Central Florida Food Pantry celebrated their Holiday Open House on Monday, December 19, 2016 at their DOH-Seminole location. Guests donated canned goods and met volunteers working at the pantry. Seminole County UF/IFAS Extension office as well as DOH-Seminole provided educational information to those in attendance.

The new Feed the Need pantry location at DOH-Seminole launched in September, 2016 and had an official opening on October 24. It is open Mondays and Wednesdays from 4 p.m. to 6 p.m. Feed the Need Central Florida is an all-volunteer charity. Any Seminole County resident who qualifies for food-stamp assistance or the federal nutrition program for Women, Infants and Children (WIC) is eligible to receive food at the department's pantry. Feed the Need also serves a Thursday-evening meal and has its original pantry at Lion of Judah House of Worship at 2548 Park Drive in Sanford.



# HEALTH CHAMPION DESIGNATION

## Health Champion Designation Award



DOH-Seminole received the prestigious Health Champion Designation award from the American Diabetes Association. The Health Champion designation recognizes companies and organizations that integrate and champion a culture of wellness within the workplace. Those meeting criteria in nutrition and weight management, physical activity and organizational well-being have an opportunity to be recognized by receiving this award. The award was presented by Nicole Donelson, American Diabetes Association, Area Executive Director (Central & Southwest Florida) to Venise White, Manager of the Office of Health Promotion and Education, Stephanie Fyock, Healthiest Weight Coordinator, Brittney Frazier, Health Educator, and the DOH-Seminole executive leadership team.

*(From left to right: Donna Walsh, Stephanie Fyock, Venise White, Nicole Donelson, Brittney Frazier, Sarah Wright, John Meyers, and Dr. Meena Joseph)*



Aura Barrascout and Christina Milian of DOH-Seminole's Vital Statistics office participated in the IDignity Seminole event on November 9, 2016 at the Seminole County Salvation Army Center. IDignity provides assistance to homeless and low income individuals to obtain basic identification documents, such as birth certificates, Florida ID cards, driver licenses, and Social Security cards, and various other documents. A total of 149 clients were served. Of those 149 clients, 51 received birth certificates.



Venise White, Community Programs Manager of the Office of Health Promotion and Education, has been selected to serve on the MetroPlan Orlando's Community Advisory Committee. MetroPlan Orlando leads transportation planning efforts in Orange, Osceola and Seminole counties. They coordinate with elected officials, industry experts and the community to shape a future system that offers travel options. As the metropolitan planning organization for Central Florida, they also set priorities and determine how federal and state transportation dollars are spent in the region. Mrs. White will be representing the Public Health sector. She will be offering expertise and affiliations for health data and resources in public health to determine potential health impacts on the local population related to the development of new projects, policies and programs.

## Community Health Planning

DOH-Seminole partnered with Quad R, LLC and Harvest Time International, Inc. to conduct the Local Public Health System Assessment (LPHSA) with about 30 community partners and Department of Health staff on December 13, 2016. The agenda included a participatory SWOT (strengths, weaknesses, opportunities and threats) assessment of the 10 Essential Public Health Services. Data collected will be used to enhance the Community Health Needs Assessment which will inform the Community Health Improvement Plan.



*(Facilitator: Sandra Ruzycki, president, Quad R LLC)*



# SUMMIT / HURRICANE MATTHEW

## 2nd Annual Amoeba Summit



**SEPT 09 2016**  
**7 a.m. to 2:45 p.m.**  
 FLORIDA HOSPITAL CHURCH  
 2800 North Orange Avenue  
 Orlando, Florida 32804

Event will also be streamed live at [www.hospitalchildren.org/live/stream](http://www.hospitalchildren.org/live/stream)

Sponsored by Florida Hospital for Children

**2ND ANNUAL AMOEBIA SUMMIT 2016**

Register Today! [www.FHCME.com](http://www.FHCME.com)

Join clinicians and specialists as we launch a national and international movement to end deaths from Primary Amoebic Meningoencephalitis (PAM) through workshops in: (1) prevention and awareness, (2) early detection and treatment, and (3) research.

**Opening Remarks**  
 Rajan Wadhawan, MD, MMM, Chief Medical Officer, Florida Hospital for Children  
 Deborah Spielman, VP, COO/Assistant Administrator, Florida Hospital for Children

**Keynote Speakers**  
 Ibne Ali, MD, Centers for Disease Control and Prevention  
 Jennifer Cope, MD, MPH, Centers for Disease Control and Prevention

**Session Speakers**  
 Francine Marciano-Cabral, PhD, Professor and Researcher, Virginia Commonwealth University  
 Adriana Castilla, MD, Infectious Disease Specialist, Nemours Children's Hospital  
 Juan A. Dumois, MD, Pediatric Infectious Disease Specialist, All Children's Hospital, St. Petersburg  
 Dennis Kyle, PhD, FASTM, FAAAS, Health Professor, University of South Florida  
 Warren Marks, MD, Medical Director, Cook Children's Medical Center  
 Kevin M. Sherin, MD, MPH, MBA, FACPM, FAAP, Health Officer, Florida Department of Health in Orange County  
 Steve and Shelly Smelski, Parents of Jordan  
 Alejandro Jordan-Villegas, MD, Pediatric Infectious Disease Specialist, Florida Hospital for Children  
 Vincent Vilems, DO, FACEP, Assistant Medical Director, Florida Hospital Flight & EMS  
 Donna Walsh, MPA, ESN, RSN, RN, Interim Health Officer, Florida Department of Health in Seminole County

The 2nd Annual Amoeba Summit 2016 is accredited by the Florida Medical Association to provide continuing medical education for physicians. The AMA PRA Category 1 Credit™ designates the amoeba summit for a maximum of 5 credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Presented by **JORDAN SMELSKI**  
 The Jordan Smelski Foundation for Amoeba Awareness was established in loving memory of Jordan Cole Smelski who passed away from Primary Amoebic Meningoencephalitis (PAM) in July 2, 2014. Neopteria floridii is a deadly brain-eating amoeba found in warm or hot freshwater such as lakes, rivers, and hot springs and if contracted through the nose can lead to PAM. The foundation's primary goal is to increase awareness to the public about the risks associated with amoebas in fresh water sources and to inform the public of best practices for the prevention of PAM.

The 2nd Annual Amoeba Summit was held on September 9, 2016. The summit was an opportunity for specialists and clinicians from around the nation to come together to discuss Primary Amoebic Meningoencephalitis (PAM), a deadly brain-eating amoeba.

The Amoeba Summit was founded by Steve and Shelly Smelski to bring national attention to the dangers of *Naegleria fowleri* (N. fowleri) and PAM, which took the life of their young son, Jordan, in 2014. *Naegleria fowleri* is an amoeba found around the world, often in unchlorinated pools and warm or hot freshwater such as lakes, rivers and hot springs and has a 97 percent fatality rate. If contracted through the nose it can lead to PAM. The foundation's primary goal is to increase awareness about the risks associated with amoebas and to inform the public of best practices for the prevention of PAM. The summit included presentations by national experts, as well as workgroups in prevention and awareness; early detection and treatment; and research.

Sebastian DeLeon, a South Florida teen, was admitted to Florida Hospital for Children in August while vacationing in Orlando with his family. Sebastian is one of only four people in the country to survive the infection in the past 50 years.

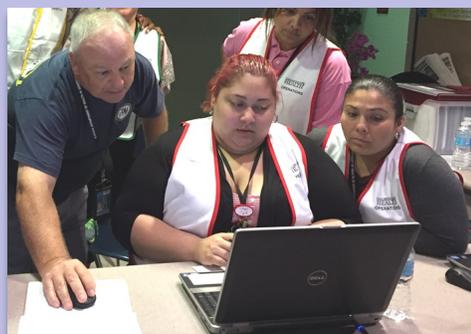
Florida Hospital officials and the Smelskis attributed the successful treatment of Sebastian in part to lessons learned through the partnership. "The lab technician who was actually able to identify the amoeba attended our PAM summit last year," said Shelly Smelski. "That's indicative of how critically important it is to do these types of summits, and to do these conferences to educate the medical community, because there is so little known and so little data to go by."

The second annual event was hosted and sponsored by Florida Hospital for Children, and presented by the Jordan Smelski Foundation for Amoeba Awareness. Members from the Florida Department of Health in Seminole and Orange Counties presented at the Summit.

## Hurricane Matthew



Hurricane Matthew rolled into Seminole County on October 6, 2016. While Seminole County was spared the extreme devastation that seemed likely, it responded to its communities' needs with efficiency and determination. The Florida Department of Health in Seminole County's Special Needs Shelter teams, staff at the health department Field Operations Center and Seminole County Emergency Operations Center were mobilized to ensure the health and safety of the communities we serve. Approximately 70 special needs clients were provided exceptional care. DOH-Seminole's environmental and epidemiology teams monitored for conditions that could adversely affect the health of our communities, provided public health education and issued warnings as appropriate.



## Central Florida Family Bash

Virtuous Precepts for Prosperous Living in association with DOH-Seminole hosted the Central Florida Family Bash on Saturday, July 30, 2016. The free event took place from 8:30 a.m. to 1:30 p.m. at the Sanford Health Office. Seminole County residents and visitors experienced a variety of family-oriented activities and educational workshops. During the event, a panel of experts discussed topics such as drugs, sex crimes, domestic violence, suicide prevention and teenage

dropout. Virtuous Precepts for Prosperous Living is a faith-based non-profit organization founded in 2015 which offers to disadvantaged families of Orange and Seminole Counties along with surrounding communities spiritual instructions, guidance, mentoring and enrichment leading to a well-balanced and rewarding life.



## Take A Loved One to the Doctor Day

DOH-Seminole provided free health screenings and education at the 15th annual Take a Loved One to the Doctor Day on September 24, 2016 at the Westside Community Center in Sanford.



Since 1992  
**FLORIDA STERLING COUNCIL**  
*The Epicenter of Excellence*

The Florida Department of Health in Seminole County was represented at the 24<sup>th</sup> annual Sterling Conference and Expo which was held

May 31 through June 3, 2016 in Orlando. Donna Walsh, Sara Warren and Crystal Wagner highlighted two QI projects including the Goldsboro Gardening 2015-2016 project and the Workforce Development 2016-2017 project. In addition, expo participants were provided with informational material including: services offered, the mobile health unit and the development of an academic health department."



Crystal Wagner (L) with Florida State Surgeon General, Dr. Celeste Philip



### What you should know:

- There is no vaccine to prevent Zika, and there is no specific treatment for infected individuals.
- Zika is generally spread by the bites of infected mosquitoes.
- Exposure to an infected person's blood or other body fluids may result in transmission.
- Eliminate sources of standing water to reduce or eliminate mosquito breeding areas.

### Recommended actions:

- Use insect repellents.
- Wear clothing that covers hands, arms, legs, and other exposed skin.
- Wear lightweight, loose-fitting clothing. This type of clothing provides a barrier to mosquitoes.
- Eliminate sources of standing water (e.g., tires, buckets, cans, bottles, barrels).
- Talk to your supervisor(s) about any outdoor work assignment(s) if you are or may become pregnant, or for males, if your sexual partner is or may become pregnant.
- If symptoms develop, seek medical attention promptly. Discuss any possible exposure to mosquitoes or infections spread by mosquitoes with a healthcare provider.

For more information, contact Tania Slade, Epidemiology Manager at 407-665-3266 or go to <http://www.floridahealth.gov/diseases-and-conditions/zika-virus/>.



Compiled and edited by Pranav Mehta. If you have any comments and/or suggestions please send them along.

Email:  
Pranav.Mehta@flhealth.gov