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Message from the Health Officer

Community Health Needs Assessment and Improvement Plan

The health of a community is determined by various social, economic and environmental factors. As such, routine assessment of key community health indicators is core to public health and remains as a critical component to the broader community health improvement planning process. In 2016, DOH-Seminole participated in a collaborative effort with hospitals and surrounding county health departments to develop a comprehensive Community Health Needs Assessment (CHNA). A CHNA is a process that uses both qualitative and quantitative methods to systematically collect and analyze health data to identify current trends and opportunities for improvement. Health data utilized for the CHNA included factors addressing health risks, quality of life, social determinants, inequity, mortality, morbidity, community assets, forces of change and the public health system's ten essential public health services.

In February 2017, DOH-Seminole engaged thirty-six community partners in the development of the 2017-2020 Seminole County Community Health Improvement Plan (CHIP). The community-driven strategic planning process for improving community health, Mobilizing for Action through Planning and Partnership (MAPP), was the accredited framework utilized to develop the CHIP. Through this process, nine strategic health issues were identified for Seminole County. Health issues were then prioritized by the community partners related to trending community outcomes and larger scale emerging health issues. Three year strategic action plans were developed to establish accountability towards obtaining measurable health improvements and quality outcomes.

As part of the Florida Department of Health's integrated public health system, a new CHNA and CHIP are required every 5 years by all 67 county health departments in Florida. Implementation of the CHIP is systematically monitored and evaluated with participation from dedicated community partners. Measures of success and CHIP Priority Area action plans are analyzed quarterly to promote plan progression, effectiveness of processes and foster community partnerships.

Collaboration of community partners in the development, monitoring and evaluation of action plans that support prioritized health related issues establishes accountability towards obtaining measureable health improvements and quality outcomes. Community health improvement planning is a long-term, systematic effort that addresses health problems on the basis of the results of community health assessment activities, the local public health system assessment, and the community health improvement process. The resulting Community Health Improvement Plan (CHIP) is used by health and other government, educational and human service agencies, in collaboration with community partners, to set priorities, coordinate and target resources, develop policies and define actions to target efforts that promote health.

Based on the data provided in the Community Health Needs Assessment, DOH-Seminole collaborated with local community health partners over the course of four face-to-face planning sessions to initiate a community-wide strategic planning process for improving community health utilizing the Mobilizing for Action through Planning and Partnerships (MAPP) model. The

MAPP framework is an accredited approach towards the creation and implementation of a community health improvement plan that focuses on long-term strategies that address multiple factors affecting health in a community. The resulting 2017-2020 Seminole County CHIP is designed to use existing resources wisely, consider unique local conditions and needs, assess policy changes required to obtain goals, and form effective partnerships for action. Through community partner insight and engagement four priority areas for Seminole County emerged from the CHIP planning sessions. Priority 1 is to improve health literacy and access to care for all Seminole County residents. Priority 2 is to increase the percentage of Seminole County residents at a healthy weight. Priority 3 is to decrease black infant mortality rates. Priority 4 is to understand the mental health needs for adult residents of Seminole County. To learn more about these priority areas and to see the 2017-2020 Seminole County CHIP in its entirety please visit: seminole.floridahealth.gov/

Enjoy the newsletter!

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



DENTAL HEALTH / SEMINOLE HEART



School Based Sealant Program

DOH-Seminole Dental Program partnered with Seminole County Public Schools to provide preventive dental services to second grade students of Title I Elementary Schools in Seminole County through a grant awarded by the Renaissance Family Foundation and funding from the Florida Department of Health.

Education to Pre-K during Dental Health Month

DOH-Seminole's Dental Program provided education on oral health at the VPKs every Thursday during National Children's Dental Health Month. Each child in the class was given a toothbrush and a flyer with dental clinic information.



(left to right: Patricia Lemm, Yannelly Tavaréz, Marlene Bracamonte)

Access to Food and Food Pantry Partnership

Donna Walsh was interviewed by BJs Wholesale for a video to present at their leadership conference. The video highlighted food pantry partnerships in the community and how DOH-Seminole is partnering with the Feed the Need of Central Florida, Inc. food pantry to increase access to food in the community.



(Food delivery to DOH-Seminole for redistribution)



Seminole HEART

DOH-Seminole staff attended the Seminole HEART (Home-based Emergency Assistance Response Team) planning meeting for Tornado Awareness and Severe Weather Events at the Seminole County Emergency Operations Center (EOC). Attendees also toured the Southern Baptist Disaster Relief unit. Fox 35 Meteorologist, Kristin Giannas, presented on severe weather in Central Florida and the Seminole

County Emergency Management staff discussed their Hurricane Matthew experience as well as planning for severe weather events.



MLK Family Fun Day



DOH-Seminole participated in the Dr. Martin Luther King Jr. Family Fun Day Celebration on January 16. The City of Oviedo in Partnership with Oviedo Citizens in Action hosted the annual event at Round Lake Park. The event featured the MLK Day parade, live entertainment, games, vendors and food trucks.

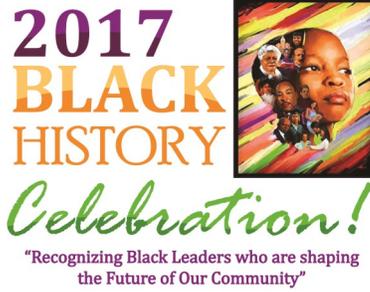


National Colorectal Cancer Awareness Month

DOH-Seminole staff dressed in blue to encourage colon cancer screening for **National Colorectal Cancer Awareness Month**. Colon cancer is the third most common cancer in the United States and the second leading cause of cancer death. However, through screening, it is one of the most preventable diseases. Colon cancer is most often found in people 50 years or older, but is currently on the rise in younger groups. Family history also has a significant impact on one's risk. In fact, people with a first-degree relative who has colon cancer are 2-3 times more likely to develop the disease.

Colon cancer screening detects precancerous polyps and allows them to be removed before turning into cancer. Screening also helps find colon cancer at an early stage, when treatment is most effective. Take control of your life and your health — if you are turning 50 or are experiencing abnormal symptoms, get screened, and urge those you love to do the same.

BLACK HISTORY CELEBRATION



DOH-Seminole celebrated local Black Leaders who are "Shaping the Future of Our Community" during National Black History Month on February 9.

The ceremony honored DOH-Seminole employees and community members in Seminole County of African-American/Afro-Caribbean descent who are actively engaged in the community and support public health efforts. During the celebration the following community leaders were honored: Dr. Geraldine Wright from the Seminole County Public Schools Great Start Program, Jeannette White, POUND fitness Instructor and representative of the Center for Multicultural Wellness and Prevention, Peggy Booth, retired DOH-Seminole employee and Pasha Baker from the Goldsboro West Side Community Historical Association for their contributions in Seminole County.

During the celebration the following DOH-Seminole employees were also recognized: Iris Quinn, Datra Williams, Willie Brown, Sakialynn Johnson and Brittney Frazier.

The community partners and employees were honored for serving the community through providing improved access to health care, healthier environments, education and compassion. Their contributions will continue to positively impact generations to come.

"It is an honor to celebrate these partners and employees for their dedication and efforts in the community and in public health. We will continue to collaborate to address health equity and the needs of our community," said Donna Walsh.

The DOH-Seminole Minority Health Task Force who organized the event collaborates with community partners in Seminole County to reduce and eliminate racial and ethnic health disparities. These efforts aim to ensure all residents are respected, treated fairly, and have equal opportunity to reach their optimal potential.



The Florida Department of Health in Seminole County was founded in 1941. Today, we have two satellite offices - WIC in Casselberry and Environmental Health in downtown Sanford.

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.

Seminole County is currently ranked number 4 out of 67 counties in the state of Florida for health outcomes and health factors.

Tobacco Prevention Information Shared with Local Businesses

The Tobacco Prevention and Healthy Start programs along with the Central Florida Area Health Education Centers participated in the Seminole Business Expo in January to provide local employers with information about the benefits of having a tobacco free worksite and tobacco cessation services available. The Expo hosted by the Seminole County Regional Chamber of Commerce showcased more than 100 companies. The Tobacco Prevention and Healthy Start program staff also visited the Seminole County Sheriff's Office in Sanford to provide information about Tobacco Cessation Services through the Quit Your Way program and Healthy Start services.





The City of Oviedo received the 2017 Healthy Weight Community Champions Award.



In observance of **National Public Health Week** April 3-9, DOH-Seminole, in partnership with *No Limit Health and Education, Inc.* and many community partners, hosted the 3rd Annual *Live, Work, Move Seminole 5K & Kid's Dash* on April 9 at Oviedo on the Park.

The event included nearly 300 youth and adult race participants in the 5K and Kid's Dash. During the awards ceremony, DOH-Seminole also presented representatives from the City of Oviedo government with the 2017 *Healthy Weight Community Champion Award*. The City of Oviedo has a number of policies in place supporting the objectives of the Healthy Weight Community Champion Recognition Program. Initiatives range from establishing mixed-used zoning districts, requiring bike facilities to be placed in new developments, and making sure sidewalks are landscaped properly, among others. Representatives stated that "the City is proud to receive the recognition and will keep on endorsing and enforcing policies that promote a healthy environment and a healthy community." "This annual event provides a rewarding opportunity to encourage family fitness, increased exercise and healthier diets to address chronic diseases such as diabetes and obesity," said Venise White, Community Programs Manager of the Office of Health Promotion and Education. "We hope to inspire families to set physical fitness goals, stay active yearlong and join us each year to celebrate their accomplishments at the event." Every participant received resources to maintain a healthy lifestyle and a medal at the finish line.



DOH-Seminole Shares CHNA Process for National Study

Donna Walsh, Venise White, Gloria Rivadeneyra and Mirna Chamorro participated in an interview to share the Community Health Needs Assessment (CHNA) process with Betsy Skoda, Regional Community Food System Specialist with Health Care Without Harm (HCWH). The national, three-year research project, *Catalyzing Health Care Investment in Healthier Food Systems*, informs the development of tools and resources to help facilities address healthy food access and risk of diet-related health conditions in their CHNAs and community benefit implementation strategies.

HCWH's mission is to "transform health care worldwide so that it reduces its environmental footprint, becomes a community anchor for sustainability and a leader in the global movement for environmental health and justice." The project is funded by the Robert Wood Johnson Foundation.



Vegetable Gardening in the Fall

Vegetable gardening in the fall is easier because temperatures are cooler, pest pressures are reduced and rainfall is more predictable. The number of various things that can be planted in the fall garden is vast. Planting the fall garden in late August/early September is ideal but even later can often work as long as some crops such as tomatoes and peppers are protected from cold temperatures below 40 degrees. Many vegetables thrive in the fall in Central Florida including broccoli, cabbage, carrots, cauliflower, collards, kale, lettuce, onions, peas, radish, beans, cucumbers, squash, tomatoes and peppers.

As with summer vegetable planting, ensure that your vegetable garden has good soil with good drainage and receives plenty of sun. With the cooler weather, weeds and insects will begin to wane

but some will still be a threat. Florida betony, chickweed and other "winter weeds" can compete for nutrients and water. Insects and fungal diseases can also be an issue. Inspect your garden daily and if you see any infected leaves remove them from the garden before the disease spreads to other plants. Here are some tips to make your fall vegetable garden a success:

- If its getting cold and you have tomatoes still ripening on the vine, pull the plants up and bring them inside to a warm, dry place. Hang them up and the tomatoes will ripen on the vine.
- Garden vegetables that become over-ripe are an easy target for some pests. Remove them as soon as they are ripe.
- Onions are ready to harvest when the tops have fallen over.
- Keep dirt off lettuce and cabbage leaves when growing by spreading a 1-2 inch layer of mulch around each plant. This also helps keep the weeds down.
- For easy peas, start them indoors. The germination rate is far better, and the seedlings will be healthier and better able to fight off disease and pests.
- Ensure your fall garden plants receive enough water. Even a short period of drought stress will put a kink in the growth curve of most fall crops. Dry soil can be fatal for slow-growing carrots and any type of setback can devastate temperamental cauliflower.



QI CORNER



The development of an action plan is key when moving from the planning to doing phase of any quality improvement project. Action Planning is a process which helps to focus a team on defining what steps must be taken to achieve particular project goals. Action Planning involves setting objectives which are achievable and measurable, prioritizing the task effectively, assigning responsibility and setting a timeline to ensure work is completed and project momentum is not lost.

The main steps in preparing an action plan are to have a clear objective (What does the team want to accomplish?), define steps the team will take (How do I get there?), and setting accountability (Who will complete the step and by when?). When developing an action plan it is important for the team to identify potential problems that they might encounter at each step. What are some barriers in the way of achieving the goal? How will the team handle them and what resources are available? Routinely the project team will need to review their action plan progression to ensure deliverables are being accomplished and unexpected issues are resolved, and the action plan accurately reflects the work being completed.

In 2016 the Florida Department of Health in Seminole County developed detailed action plans for each organizational QI project selected for the upcoming 2017 - 2017 Quality Cycle. Project team members were identified, measures of success were established and anticipated timelines for each deliverable were set. Developed action plans were then presented at the semi-annual all staff Town Hall meeting to support awareness and communication.

Want to know more about DOH-Seminole Quality Improvement projects? Please email the QI Team at: sara.warren@flhealth.gov



CSR Project Highlighted in PHQIX Newsletter

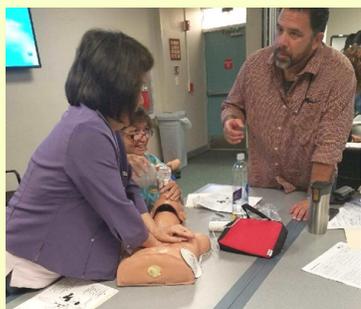
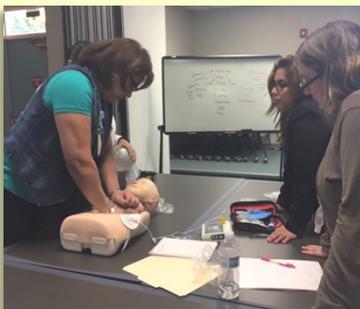
This year DOH-Seminole chose to increase the percentage of Client Service Records (CSRs) entered in the Health Management System (HMS) within 7 days of when the service was provided to the client. This would positively affect customer service and access to care. This measure is listed on the key performance indicator scorecard for the health department and affects the internal customer service Strategic Plan Priority 3: "Promote and improve access to care." The project used the Define, Measure, Analyze, Improve, Control (DMAIC) approach to stratify data, identify root causes, and develop countermeasures. After countermeasures were implemented, the team saw an increase in the average percentage of CSRs filed on time, which exceeded the established target. The average percentage of CSRs filed within 7 days prior to the implementation of the countermeasures was 85%. The current status is now 97.77%.

The Client Service Record (CSR) project was featured on the Public Health Quality Improvement Exchange (PHQIX) website. PHQIX is an online community designed to be a communication hub for public health professionals interested in learning and sharing information about quality improvement (QI) in public health. It was created by RTI International and funded by The Robert Wood Johnson Foundation.

Weaving A Tapestry of Optimal Health

DOH-Seminole staff attended the **Florida Health Equity Summit** on March 2 at Bethune-Cookman University (BCU), Daytona Beach. The theme was "Weaving a Tapestry of Optimal Health." The summit opened with remarks from Dr. Deanna Wathington, Executive Dean and

Professor at BCU Petrock College of Health Sciences and Patricia Boswell, Administrator - DOH-Volusia. The luncheon keynote speaker was CAPT Arlene Lester, US Public Health Services. The purpose of the summit was to provide an opportunity for public health professionals, health educators, health sciences students, staff and faculty and community health advocates to gain resources, pursue partnerships, and learn skills to work towards health equity for all. Health Equity training was provided in the areas of chronic diseases, human trafficking, law enforcement engagement, infant mortality and policy and systems change approaches.



CPR Certification Training to Help Save Lives

Cardiopulmonary Resuscitation / Automated External Defibrillator (CPR/AED) Certification training was provided at DOH-Seminole and staff had the opportunity to become re-certified. Sudden cardiac arrest can happen to anyone, at any time. The American Red Cross supports the position that improved training and access to AEDs could save 50,000 lives each year. The Centers for Disease Control and Prevention reports that the first moments after cardiac arrest are crucial. Chances of survival decrease 5-10 percent for every minute without CPR.

NUTRITION 41

DOH-Seminole has an ongoing commitment to provide health education, promote healthy choices and prevent 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 cauliflower. Number 25 on the list is cabbage. One cup of cooked, red cabbage contains 79 percent DV of vitamin K, 69 percent DV of vitamin C, 20 percent DV of vitamin B6, 17 percent DV of manganese, 16 percent DV of fiber, 11 percent DV of potassium, 9 percent DV of vitamin B1 and folate as well as significant amounts of choline, phosphorus, selenium, magnesium, iron and calcium.

The percent Daily Value (% DV) reported on product labels is based primarily on the Food and Drug Administration (FDA) reference values and a daily 2,000 calorie diet.

Sautéed Red Cabbage

Prep and Cook Time: 5 minutes

Directions:

1. Quarter cabbage, slice into 1/4-inch strips, and let sit for at least 5 minutes.
2. Chop or press garlic and let sit for at least 5 minutes.
3. Mix 3 tablespoons olive oil, 1 tablespoon lemon juice and 1 clove garlic, pressed or chopped finely to make Mediterranean dressing. Add sea salt and pepper to taste.
4. Sprinkle cabbage with 1 tablespoon lemon juice before cooking to prevent it from turning blue.
5. Heat 5 tablespoons broth over medium heat in a stainless steel skillet. When broth begins to steam, add cabbage and cover. Sauté for no more than 5 minutes.
6. Transfer to a bowl. For more flavor, toss cabbage with the dressing ingredients and any of the optional ingredients you desire while it is still hot.

Recipe from *The World's Healthiest Foods* (whfoods.org)



Serves: 2

Ingredients:

- 4 cups red cabbage, shredded
- 2 tablespoons lemon juice
- 5 tablespoons low sodium chicken or vegetable broth
- 3 tablespoons extra virgin olive oil
- 2 tablespoons grated ginger
- 1 medium clove garlic
- 1 tablespoon sesame seeds
- 1/2 teaspoon soy sauce
- 1 tablespoon chopped cilantro
- 1/4 teaspoon rice vinegar or rice wine

NATIONAL WEAR RED DAY



DOH-Seminole staff wore red on February 3 to show support for women with heart disease and stroke and to encourage all women to take control of their heart health. Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds.

Fortunately, 80 percent of cardiac and stroke events may be prevented with education and action. Five numbers that all women should know to take control of their heart health are: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI). Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases.



Screening for Diabetes at Neighborhood Fair

Staff participated in the Choice Neighborhoods Initiative Community Information Fair in collaboration with Orlando Housing Authority, Sanford Housing Authority, City of Sanford, EJP Consulting Group, LLC and others invested in the revitalization and development of the Goldsboro Community in Sanford.

During the event 29 A1C screenings were conducted and residents participated in an interactive survey to identify unmet health needs.



DOH-Seminole Participates in Community Health Workers Regional Meeting

Enid Santiago, Co-chair of the Regional Community Health Worker Coalition (CHW) for the East Region, Patty Mondragon and Gigi Rivadeneyra attended the 2nd Community Health Workers Regional Meeting on March 2 in Clermont, Lake County.

During the meeting the group discussed CHW's past, present and future work, and strategies to maximize CHW's activities in various health arenas. The group also addressed approaches to help educate community leaders about the CHW role in health promotion, resources for re-certification, as well as recruitment of future CHWs. In September 2017, the Florida Community Health Workers Coalition hosted their annual summit in Gainesville.

A community health worker serves not only as a link between health/social services and the community, he or she also builds individual and community capacity by increasing health knowledge and self-sufficiency.



DOH-Seminole staff attended the **Young Fathers of Central Florida 5th Annual National Teen and Young Fatherhood Conference** on February 23-24 in Orlando. Sponsored by the City of Orlando, the conference addressed issues facing young fathers 14-24 years old.

Workshops focused on social determinants of health as related to innovative teen fathers' programming, proven parenting techniques, unique obstacles teen fathers face in education, legal issues, mental health and identifying employment resources.



ORLANDO HEALTH SWIFT NEWS CENTER

CLINICAL DEPARTMENTS LEARNING HR POLICIES QUALITY REGULATORY PATIENT EXPERIENCE

News Center Email PeopleSoft Kronos BrandSource Incentive Dashboard Downtimes



Orlando Health News Review

In this episode, see how team members are using the Community Grant Program to benefit our area, learn how to "Stop the Bleed" and share your interests in the new Applause Central.

- Orlando Health Review for Fe
- Quality & Safe Right Care
- 2017 January
- Check out the Applause Central
- Team Member Use Online S
- Orlando Health Pavilion - Spr New Open
- Orlando Health highlighted in

Community Update

New Farmers Market Opens in Historic Goldsboro

The Goldsboro Farmers Market is now open every Friday from 2:00 to 6:00 p.m. at the Westside Community Center located at 919 S. Patsimmon Avenue, Sanford. Fresh produce, honey, and other goods are available through partnerships with local vendors.

"Finding healthy food is not always convenient. However, the establishment of the Goldsboro Farmers Market aims to increase opportunities for residents to conveniently purchase nutritious foods," says Sydney Townend, Goldsboro Farmers Market coordinator. "The market is grant funded and addresses a need to increase access to fresh produce in what is deemed as a USDA Food Desert here in the Goldsboro community."

Supported through funds from the Orlando Health Community Grant Program, the market is coordinated by the Florida Department of Health in Seminole County in partnership with the Goldsboro Front Porch Council, Inc. and the City of Sanford.

For general information about the market, call Venise White at 407-665-3008. To become a market vendor, contact Sydney Townend at 407-665-3234 or Sydney.Townend@FLHealth.gov.




LOCAL



INVESTIGATORS WORK TO TRACK DOWN SOURCE OF SHIGELLA BACTERIA OUTBREAK AT ALTAMONTE SPRINGS DAY CARE

June 22, 2017 8:33 PM
Updated: June 22, 2017 8:33 PM

The Seminole County Health Department was working Thursday to track down the source of an outbreak of Shigella bacterial infections at an Altamonte Springs day care.

While the Health Department would not release information on how many adults and/or children were infected, officials did categorize the situation as an outbreak. The Shigella bacteria can cause diarrhea, fever and cramps, according to the U.S. Centers for Disease Control and Prevention. Symptoms can start showing up one to two days after the initial exposure to the bacteria and generally last five to seven days, the CDC said. It could be weeks, or months, before officials in Seminole County are able to track down the source of the recent outbreak. "Our epidemiology team works to contact whoever has symptoms to ask any questions to them and try to figure out how people got this bacteria," said Mirna Chamorro, with the Florida Department of Health. The day care involved can remain open as the investigation is ongoing, but the situation will be monitored, Chamorro said.



“HEALTH EQUITY IS A PRIORITY OF THE HEALTH DEPARTMENT.”

DOH-SEMINOLE Celebrates 1st Annual Pride Event

SANFORD – The Florida Department of Health in Seminole County (DOH-Seminole) will host its 1st Annual Pride Event – Creating an Inclusive Culture on Thursday, July 20th at their 400 West Airport Boulevard location in Sanford from 9:00am to 3:00pm. There is no cost for this event, and people are encouraged to pre-register at www.seminolecohealth.com.

“Health equity is a priority of the health department. The Pride event is another example of how we continue to create awareness, promote health equity and foster a culture of inclusion throughout all populations,” said Donna Walsh, health officer for the Florida Department of Health in Seminole County.

Free education, health screenings, vendor resources, food and raffles will be offered to all attendees. Guest speaker, Ed Duda from Gilead Sciences will be presenting on the Timeline of HIV Treatment. Participants will also have the opportunity to earn CEU credits.

“DOH-Seminole is committed to recognizing and celebrating diversity and creating environments that decrease health disparities. This Pride Event, like others, is an opportunity to show the power of acceptance and inclusiveness for the population we serve,” said Andrew Derry, Healthiest Weight Florida Coordinator for the Florida Department of Health in Seminole County.

SECTIONS SEARCH

Orlando Sentinel

WEDSDAY AUG. 23, 2017 NEWS SPORTS ENTERTAINMENT BUSINESS TRAVEL LEGAL NOTICES CLASSIFIED

The Seminole County health department has recognized cities of Oviedo and Sanford as Healthy Weight Community Champions for implementing best practices to promote physical activity and wellness. They will be recognized during the annual Live, Work, Move Seminole 5K & Kid's Dash event April 9.

People

Donna Walsh is the new director of Seminole County health department. She has been acting director of the health department since August.

Florida Department Of Health In Seminole County Encourages STD Testing



SANFORD – During the month of April, the Florida Department of Health in Seminole County (DOH-Seminole) recognizes Sexually Transmitted Diseases (STD) Awareness Month and encourages the community to get tested. DOH-Seminole is offering free testing for Gonorrhea, Syphilis, HIV and Chlamydia on the following dates: April 18 & 25 from 8:30-11:30am & 1:30-3:30pm at the Health Clinic

Florida Department of Health in Seminole County located at 400 West Airport Blvd. Sanford and on Saturday, April 15, 2017 from 10:00am-2:00pm at the Westside Community Center located at 919 S. Persimmon Avenue, Sanford.

“Many STDs do not present symptoms and go undetected, that is why testing is so important for diagnosis and to avoid spreading the disease to others. Anyone sexually active should talk to their partner and a doctor about risk factors, get tested, and if necessary, get treated to avoid additional health problems,” said Donna Walsh, health officer for the Florida Department of Health in Seminole County.

Sexually Transmitted Diseases can threaten immediate and long-term health and well-being. Untreated STDs can lead to reproductive complications such as infertility (inability to get pregnant) and ectopic pregnancy (pregnancy outside the womb). They can also cause severe health problems affecting the brain, eyes, heart and other organs, and increase a person’s risk for becoming infected with and spreading HIV.

For more information on STD testing and treatment you may call (407) 665-3700 or visit www.seminolecohealth.com. For more information on STD Awareness Month visit www.cdc.gov/Features/STDAwareness/.

MEN’S HEALTH CHALLENGE

“Empowering Men To Take Control Of Their Health”

SANFORD – In observance of Men’s Health Month, the Florida Department of Health in Seminole County (DOH-Seminole) in collaboration with community partners will be hosting the Men’s Health Challenge on June 10th, from 9:00am to 1:00pm at their Sanford office located at 400 W. Airport Boulevard.

The theme of this year’s Men’s Health Challenge is Empowering Men to Take Control of Their Health with a goal to increase awareness of preventable health problems and encourage early detection of disease in men and boys. Families play a key role in men’s lives and they are also invited to join the event and help the men in their lives stay healthy.

“Men are faced with many health risks and disparities. The Men’s Health Challenge gathers experts and resources in one location to facilitate learning and finding providers and organizations who can help men achieve better health,” said Donna Walsh, health officer for the Florida Department of Health in Seminole County.

Pinwheels for Prevention

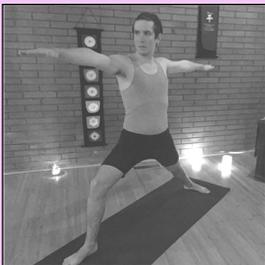
DOH-Seminole’s Healthy Start program raised awareness in April for **Child Abuse Awareness & Prevention Month** by wearing blue on April 7.

Healthy Start also displayed pinwheels in front of the building signifying DOH-Seminole’s commitment to healthy child development and helping Seminole County’s children live healthy, happy lives.

Pinwheels for Prevention, a national campaign designed to increase awareness of child abuse prevention efforts, is Florida’s statewide coordinated effort to highlight programs and activities that promote healthy child development and prevention of child abuse. The campaign, coordinated by Prevent Child Abuse (PCA) Florida, the Ounce of Prevention Fund of Florida and the Florida Department of Children and Families, creates awareness of the proven idea that child abuse can be prevented.



YOGA



**TUESDAY, APRIL 4, 2017
YOGA CLASS KICKOFF**



Andrew Derry, RYT Instructor and Healthiest Weight Florida Coordinator, provided yoga classes at DOH-Seminole. The yoga classes were held at both the Sanford and Casselberry locations for employees and the community.

Dental Education



DOH-Seminole’s Dental Program provided education to the community at the **Westside Community Center Health Fair** on April 15.

MEN'S HEALTH CHALLENGE



In observance of Men's Health Month, DOH-Seminole in collaboration with community partners hosted the Men's Health Challenge on June 10th at our Sanford location.

The theme of this year's Men's Health Challenge was **Empowering Men to Take Control of Their Health** with a goal to increase awareness of preventable health problems and to encourage early detection of disease in men and boys. Families play a key role in men's lives and they were also invited to join the event and help the men in their lives stay healthy.

"Men are faced with many health risks and disparities. The Men's Health Challenge gathers experts and resources in one location to facilitate learning and finding providers and organizations who can help men achieve better health," said Donna Walsh.

During the challenge, participants received free health screenings, immunizations, sport physicals, haircuts, and learned about available resources. Dr. Haki Nkrumah from Young Fathers of Central Florida, Inc. was the keynote speaker of the day and was joined by guest panelists, Mark Gumble - University of

Central Florida, Joe Horton - Aspire Health Partners, Dr. Michael Rovito - Men's Health Initiative, Inc., Imani A. Smith - Region's Bank and Dr. Richard Bocco - Elevation Health. The panel discussion was moderated by Evangelist Veronica Smith from Virtuous Precepts for Prosperous Living. Self-defense classes, Hands-Only CPR training and health and fitness workshops were included in the Men's Health Challenge this year.

"It is encouraging to see men's health being recognized here in Central Florida through the Florida Department of Health in Seminole County's Men's Health Summit. I am happy to help organize such a great event and be able to promote healthier living and a more holistic lifestyle among males and their families and friends in our communities," said Dr. Michael J. Rovito, founder/chairman of Men's Health Initiative, Inc.

Most men do not visit their doctors nor have a yearly physical. Men die at higher rates than women from the top 10 causes of death and they are victims of over 92% of workplace deaths. Community resources and education are key to preventing illness, injury and death in the male population.



SWAT VISITS THE CAPITAL

Seminole County SWAT Visits the Capital

The Seminole County chapter of Students Working Against Tobacco (SWAT) visited the Capital building in Tallahassee in March to educate state legislators on the dangers of Electronic Nicotine Delivery Systems (ENDS), also known as Electronic Cigarettes. They also shared how they continue to fight tobacco companies by educating their peers to make informed decisions despite their exposure to heavy tobacco advertising. During the visit students were able to meet Surgeon General Dr. Celeste Philip, Representative Scott Plakon, Representative Bob Cortes, Senator David Simmons, and Representative Jason Brodeur among others.

SWAT is Florida's statewide youth organization working to mobilize, educate and equip Florida youth to revolt against and de-glamorize Big Tobacco.



SWAT members with Dr. Celeste Philip, State Surgeon General



SWAT members with Rep. Scott Plakon, District 29



SWAT members with Sen. David Simmons



SWAT members with Rep. Bob Cortes, District 30



SWAT members with Rep. Jason Brodeur, District 28

Immunizations in the News



School Health nurses working in conjunction with Seminole County Public Schools (SCPS) and Healthy Schools, LLC provided Tdap vaccination clinics between May 8-12. The goal of the vaccination clinics was to reduce the back to school rush for immunizations and increase the number of students who are ready to start school on the first day of class.

Gloria Rivadeneyra, School Health Program Manager, was interviewed by Channel 13 Spanish news on the importance of infant and school age immunizations.



Gloria Rivadeneyra, School Health Program Manager



Grace Oh, School Health Nurse administering a vaccine

Bookertown Community Resource Fair

DOH-Seminole in partnership with the Bookertown Improvement Association, Inc. and Waste Pro hosted the 3rd annual Bookertown Community Resource Fair on Saturday, May 20, 2017. Health screenings, employment resources and educational resources were provided to the residents in Bookertown. Over 10 residents were screened for Pre-Diabetes and Diabetes and referred to the DOH-Seminole Diabetes Prevention Program.



DIABETES PREVENTION PROGRAM

Healthy Kids Day

DOH-Seminole's School Health Program and Health Promotion teams participated in the J. Douglas Williams YMCA Healthy Kids Day on Saturday, April 29th. The event was geared to encourage families to explore fun healthy activities in their community, such as art, kids Zumba, gardening, interactive games, etc. Our team hosted a booth with health information and facilitated a nutrition trivia game with youth and adults.



Sheryl Boxer, School Health Nurse



Andrew Derry, Health Educator Consultant



Gigi Rivadeneyra, School Health Program Manager

The Florida Department of Health in Seminole County presents the National Diabetes Prevention Program

KICKOFF EVENT

Health Education • A1C Screenings • Referrals • Registration
 Make a commitment to your health and wellness by attending a FREE informational session about risk factors and eligibility* for the Diabetes Prevention Program. Classes will start mid-May.

Wednesday, May 10, 2017 from 6 p.m. - 8 p.m.
Florida Department of Health in Seminole County
400 West Airport Boulevard, Sanford, FL 32773

You may be at risk for Type 2 Diabetes if you:

- > Are 45 years of age or older
- > Have a family history of type 2 diabetes
- > Are overweight
- > Are not physically active
- > Had gestational diabetes



*Please be sure to bring a state issued identification and proof of income (IRS 1040, paystubs, or bank statements) per grant requirements for eligibility.




Contact Andrew Derry, NDPP Coordinator, at (407) 665-3011 or Andrew.Derry@flhealth.gov to RSVP for this event or register online at www.seminolecohealth.com

National Diabetes Prevention Program Kickoff

The National Diabetes Prevention Program (NDPP) kicked-off at the DOH-Seminole Sanford location on May 10th for what will be the start of a free year-long program to help reduce the risk of developing type 2 diabetes. Free prediabetes and diabetes health education, resources and A1c screenings were offered.



Participants had the opportunity to receive free diabetic foot screenings in partnership with True Health and Dr. William Vivas.

The Centers for Disease Control and Prevention estimates that 1 of every 3 U.S. adults has prediabetes and half of all Americans aged 65 years and older have prediabetes. It is important to find out early if you have prediabetes or type 2 diabetes, because early treatment can prevent serious problems that diabetes can cause, such as loss of eyesight or kidney damage.

Celebrating the Hispanic Community

The 4th Annual Celebrating the Hispanic Community Event was held on Saturday, May 20 in the City of Sanford. DOH-Seminole's WIC, EPI, Tobacco and Clinical programs participated. Over 100 clients visited the Mobile Health Services tent and 20 community residents were screened for pre-diabetes and diabetes.



World Asthma Day

Asthma is an ongoing public health concern in Florida. During World Asthma Day, the Tobacco Prevention and School Health Programs displayed an information table at the DOH-Seminole entrance and promoted the *Let's Kick Asthma Support Group* which helps Seminole county residents who suffer from asthma learn about resources available to cope with the disease.



MOBILE HEALTH / JOYFUL JOURNEY BABY EXPO

Mobile Health Services

The Florida Department of Health in Seminole County provides health services at the following locations each month.

- Rescue Outreach Mission of Central Florida
- Grace and Grits
- DOH-Seminole Casselberry office
- Goodwill
- The Sharing Center
- Remington Inn



The homeless, uninsured and underinsured can 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.
- 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 and community partners.

No appointment necessary. Call 407-665-3000 for more information. Specific dates, times and locations are featured on www.seminolecohealth.com.

Fresh Fruits, Vegetables & More

Goldsboro Farmers Market

fresh. local. convenient.

Every Friday

2-6 p.m.

Westside Community Center
919 S. Persimmon Avenue, Sanford

Logos for Florida Health Seminole County, Goldsboro Fresh Procs, Inc., Sanford Florida 1872, and Orlando Health.

Joyful Journey Baby Expo

DOH-Seminole WIC's dietitian, Patricia Lemm, and lactation consultants, Sakia'lynn Johnson and Herronda Mortimer, attended The Joyful Journey Baby Expo event at the Oviedo Mall. The event was held for pregnant women and mothers with young children. Nutrition/breastfeeding counseling and general information about WIC services was provided.



Cinco de Mayo Hepatitis Health Fair



On May 5th, DOH-Seminole's Hepatitis Program hosted the Cinco de Mayo Hepatitis Health Fair. A total of 65 people were in attendance along with 15 vendors. Many participated in hepatitis, STD and cholesterol testing.



Compiled and edited by Pranav Mehta. Please send comments and suggestions to:

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