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Message from the Health Officer

Health in All Policies

Health departments play a critical role in the health of the communities they serve. They work every day to ensure the safety of the water we drink, the food we eat, and the air we breathe. Over time, we have broadened our mission and scope of services to address the root causes that influence health. It is becoming commonly understood that factors like our socioeconomic status, education, physical environment, employment, social supports, and access to care all play a part in shaping our health and quality of life. In addition to addressing new and emerging infectious and chronic diseases, public health is focusing on these social determinants of health. With this increasingly complex view, it is imperative that we collaborate with the many organizations that impact the social determinants of health, through policies and programs.

A Health in All Policies (HiAP) framework addresses this view. HiAP is an approach that determines how decisions are made by local, state and federal entities to ensure that policy decisions have a beneficial impact on health determinants. The approach focuses on changing systems of decision-making as opposed to changing a single decision. HiAP acknowledges that health is greatly influenced by initiatives that are usually managed by non-health governmental and private institutions. Integrating health considerations into the policymaking process is essential for addressing the complicated web of factors that influence health.

DOH-Seminole remains committed to working with community leaders and agencies to address the many factors that shape our health. We are continuing programs and relationships fostered and established over the years and embarking on new initiatives to enhance and expand the range of

services offered. Community paramedicine is one such initiative. In partnership with the Health Council of East Central Florida, Seminole County Government and Florida Hospital, the community paramedicine program will offer visits for chronic care to vulnerable residents. Extending the care of physicians into their homes will help reduce hospital admissions and readmissions as well as unnecessary ambulance runs and emergency department visits.

DOH-Seminole continuously assesses the health of the population to ensure that services and programs provided promote healthy communities, prevent and control diseases and align with both state and national initiatives. As part of this process, DOH-Seminole has formulated a strategic plan that provides a framework to promote greater collaboration across our organization and with external community partners, support a comprehensive approach to public health service delivery and address the needs of Seminole County residents.

The current Strategic Plan for 2017 through 2020 includes a goal of improving infant mortality rates in Seminole County through decreasing the unintentional crude death rate for children ages 0-5 years and reducing black infant mortality. Florida Healthy Babies is one initiative for reducing infant mortality through education, training and workshops, including Sudden Infant Death Syndrome (SIDS) Prevention classes and the Safe Sleep Campaign. Another strategic goal is to improve cancer rates in Seminole County. The objectives include increasing mammography screening for females age 50-64, decreasing the death rate from prostate cancer and increasing the percentage of teens seen through DOH-Seminole clinics who have completed the first Human

Papillomavirus (HPV) vaccine to prevent cervical cancer and the other cancers caused by this virus. In addition, DOH-Seminole's Breast & Cervical Cancer Early Detection Program educates and raises awareness about breast and cervical cancer through community education and outreach, early detection and treatment. Men die nearly five years earlier than women and screening tests are one of the most important ways which can help them live longer lives. Health screenings are available for men and women through the health department and at the annual Take a Loved One to the Doctor Day. Over 200 people participated in the last event held in October (see page 11).

Another priority area is access to care. DOH-Seminole set a goal to increase the number of underinsured and underserved clients through mobile health services. During the last 6 months of 2017, the health department expanded mobile health services, supported by Seminole County Government, to over 640 clients (see page 12). For more information on the Strategic Plan for DOH-Seminole visit seminole.floridahealth.gov/ and enter "Strategic Plan" in the "Search" box.

Enjoy the newsletter!

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



To learn more about HiAP please visit naccho.org and cdc.gov

COMMUNITY PARAMEDICINE/SGTV

Community Paramedicine Program

Donna Walsh and Community and Population Health Division Director, Ana Scuteri, visited the Community Paramedic Program in Manatee County with Ken Peach, Executive Director for the Health Council of East Central Florida and Debbie Pusateri with Florida Hospital. The Health Council received funding from the Florida Hospital Community Health Impact Council for a community paramedicine program in Seminole County. DOH-Seminole will partner with Seminole County Emergency Medical Services (EMS) and the Health Council's Community Paramedic home visiting program which will allow patients the opportunity to receive home visits for chronic care when ordered by their physician. It is expected that residents who benefit from this program will see lower use of emergency services and visits to hospital emergency rooms.



(Left to right: Ken Peach - Health Council, Debbie Pusateri - Florida Hospital, Donna Walsh, Health Officer, Ana Scuteri - DOH-Seminole Community and Population Health Division Director)



(Marcus Prevot, Community Paramedic, with the Community Paramedicine vehicle)

Collaborating with Seminole Government Television (SGTV)

DOH-Seminole is currently collaborating with Seminole Government TV (SGTV) for a quarterly health show to educate the public. The first episode of Healthy Seminole was about summer health and safety and featured topics such as water safety, back to school immunizations and mosquito borne disease prevention as well as highlights of DOH-Seminole programs and partners. The second episode of Healthy Seminole focused on food safety, nutrition and healthy living. Guests included Roniece Weaver from Hebni Nutrition Consultants and Julie England from the University of Florida IFAS Seminole County Extension.



(Roniece Weaver from Hebni Nutrition Consultants)



(Donna Walsh, Health Officer and Gloria Rivadeneyra, School Health Manager)

SWAT Plays Baseball

On June 15th, Seminole County Students Working Against Tobacco (SWAT) sponsored the Sanford River Rats Baseball Game Night. During the game, SWAT students from Seminole and Osceola Counties spread the word among the audience about their mission and how the community can support their initiatives to de-glamorize tobacco use and educate about Electronic Nicotine Delivery Systems (ENDS) misconceptions.



Goldsboro Farmers Market Receives Funding

DOH-Seminole received second year funding from Orlando Health Community Benefits to sustain the Goldsboro Farmers Market in Historic Goldsboro in the City of Sanford. Goldsboro is a USDA designated food desert and the weekly market provides convenient access in the community to fresh fruits and vegetables.

Food deserts are areas that lack access to affordable fruits, vegetables, whole grains, low-fat milk, and other foods that make up the full range of a healthy diet.

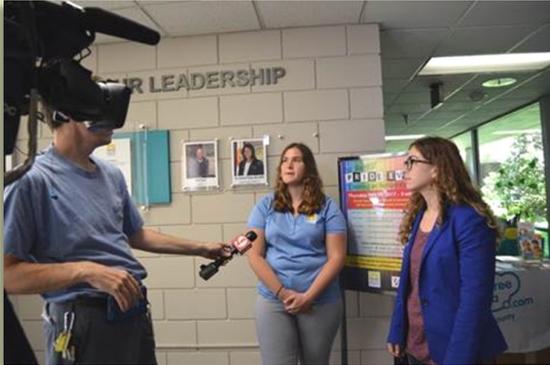


(Left to right: Andy Gardiner, Donna Walsh, Ana Scuteri, Venise White, Lainie Fox-Ackerman and Rosana Flores)

FIRST PRIDE EVENT / HEALTH EQUITY SUMMIT

First Pride Event in Seminole County

DOH-Seminole hosted the 1st Annual Pride Event: Creating an Inclusive Culture on Thursday, July 20th recognizing the importance of celebrating diversity and creating inclusive environments for LGBTQ+ clients in healthcare settings. This event included 12 vendors and guest speaker Ed Duda from Gilead Sciences.



(Left to right: Bethany Canales, DOH-Seminole Health Equity Coordinator and Nicole Elinoff, Area 7 Sexual Minority Health Coordinator interviewed by Channel 9)



Puerto Rican Festival



DOH-Seminole participated in the 2nd Puerto Rican Multicultural Festival at Ft. Mellon Park in Sanford on Saturday, July 22nd. The Tobacco,

Florida Healthy Babies, Hepatitis, Epidemiology and Women, Infants and Children (WIC) programs provided educational materials and shared resources with attendees.



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.

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

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.

Creating Awareness on Electronic Cigarettes

On October 4th, Seminole County's SWAT Chapter gave a presentation on Electronic Cigarettes: Educate Yourself on What is Known about the Devices that Have Risen in Popularity Across the State. A total of 17 received the valuable presentation.



(Left to right: JahMya Hill, ChuNija White, Kailah Priant, Nicole Jimenez and Victoria Brown)

Women's Health and Health Equity Summit

Venise White, Community Programs Manager and Bethany Canales, Health Equity Coordinator attended *The Women's Health and Health Equity Summit*, hosted by Allies for Reaching Community Healthy Equity (ARCHE) in Washington, D.C. from July 18 - 19. Mrs. White had an opportunity to speak on the panel regarding community engagement and empowerment.



Childhood Vaccines

DOH-Seminole encouraged parents to prepare their children for the upcoming school year and beat the rush. Families visited the health department to get their children up-to-date on vaccines and ready for school. Immunization staff and volunteers worked diligently to see all children that came through our doors and provided the needed immunizations as well as 680 forms. During the Back to School Immunizations drive which took place from July 20th through August 20th, DOH-Seminole provided services to approximately 1,600 clients, gave 1,900 doses of vaccine, and completed 150 religious exemptions.



Immunization Requirements in the State of Florida

Public/Non-public Schools Kindergarten Through 12th Grade:

- Four or five doses of DTaP
- Four or five doses of IPV
- Two doses of MMR
- Three doses of Hep B
- One Tetanus-diphtheria-acellular pertussis (Tdap)
- Two doses of Varicella

WORLD REFUGEE DAY / THE BIG LATCH ON

World Refugee Day

The World Refugee Day event took place on June 24th at Oakridge High School and included over 250 attendees. Educational materials were provided on the Zika virus and mosquito bite prevention as well as programs and services at DOH-Seminole, including the Refugee Health Program, STD Prevention, Hepatitis Prevention, Dental Clinic and Food Pantry.

(Left to right: Enid Santiago, Kenyatta Badgette, Datra Williams and Diana Ruiz)



Most Refugee Resettlement Program participants received an overseas medical examination prior to coming to the U.S. Once here, refugees are offered a health assessment within 90 days of their arrival (or becoming eligible for services) at no charge to them, including vaccinations needed for adjustment of immigration status. These health services are administered by the Refugee Health Program at DOH-Seminole. Refugees with identified health conditions are referred to primary care physicians and specialists for follow-up healthcare.

DOH-Seminole Mobile Health Services at IDignity Event



Carlos Díaz from the DOH-Seminole Mobile Health Services program provided blood pressure checks, education on different health topics and services, as well as referrals at the IDignity event at the Salvation Army in Sanford on Wednesday, August 16th. A total of 24 services were provided to attendees during the event. The Vital Statistics program also served 51 clients with their birth and death certificate needs.

IDignity

IDignity was created to assist the disadvantaged in Central Florida to navigate the complexities and financial burden of obtaining the legal documentation that the State of Florida requires to obtain an ID or license. The documents IDignity obtains on behalf of their clients enable them to apply for employment or school, obtain access to shelters, vote, seek help from social service programs, open a bank account or cash a check, secure housing, or overcome many other obstacles to becoming self-sufficient.



On August 4, 2017, Cynthia Galvan, Breastfeeding Peer Counselor, participated in *The BIG Latch On* hosted by Allika Alce of Lika's Leaking Ladies at the Longwood Community Building. During the event, 30 mothers latched their babies at the same time. There were 85 registered attendees for the breastfeeding and health fair. *The Global BIG Latch On* takes place at registered locations around the world, where women gather together to breastfeed and offer peer support to each other.

Back 2 School Expo

On August 5th, Lactation Consultant Sakia Lynn Johnson attended the Back 2 School Expo at the Seminole Town Center. Mrs. Johnson answered questions about breastfeeding and enrollment in the WIC program. A total of 50 breastfeeding information and support packages were given to pregnant and breastfeeding women.



Exclusively Breastfed Babies:

- Do not get sick as often.
- Have fewer allergies.
- Have less chance of becoming overweight or obese.
- Have less chance of SIDS (Sudden Infant Death Syndrome).
- Have lower rates of diabetes, cancer, inflammatory bowel disease and asthma.

National Night Out Sanford / Longwood / Lake Mary

DOH-Seminole's Epidemiology, Hepatitis, TB/Refugee Health, WIC, Office of Health Promotion and Education and Tobacco programs attended the *National Night Out* event that took place in Sanford on October 3rd. Approximately 50 people stopped by the DOH-Seminole booth. *National Night Out* is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make neighborhoods safer, more caring places to live.

Gladys Fernando, Community Health Nurse for School Health and Bethany Canales, Health Equity Coordinator attended the *National Night Out* event in Candyland Park in Longwood also on October 3rd. Approximately 200 people attended the event and 40-50 people including children stopped by the DOH-Seminole table.

Carmen Pearman and Alfredo Maldonado-Lebron attended the *National Night Out* event in Lake Mary on October 3rd where they networked and provided health and services information. Over 800 people attended the event and approximately 200 visited the DOH-Seminole table. Among those who visited the table were 2 families that arrived from Puerto Rico after the hurricane and received services and information.





The Master Gardener's Column



The University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) is a federal, state and county partnership

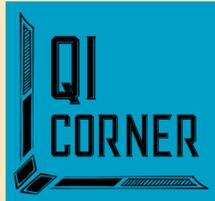
dedicated to developing knowledge in agriculture, human and natural resources, and the life sciences and to making that knowledge accessible to sustain and enhance the quality of human life. The Seminole County Extension Service is a cooperative partnership between Seminole County Government and the University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) in Gainesville. The partnership is dedicated to developing knowledge in agriculture, human and natural resources and to making that knowledge accessible to sustain and enhance the

quality of life. The Extension Service's Urban Horticulture program promotes environmentally sound practices to manage plants inside and outside the home which will reduce fertilizer, water, and pesticide use, consequently reducing costs and labor while protecting the environment.

As the cool temperatures of Winter fade, the time to begin planting warm season crops is upon us. Bean, pepper, cucumber, tomato, eggplant, and summer squash can be started now for late spring harvest. Replace declining winter annuals with varieties such as angelonia, gazania and salvia that will provide color now and into the summer months.

A yearly soil test can help keep your plants happy and growing - pH tests are done at the Seminole County Extension Service's lab for \$2.00 per sample. Tests are conducted Monday and Thursdays 9-12 a.m. and results are available within one week.

For more information or questions regarding plants, bugs, weeds or disease answered please contact the Urban Horticulture Help Desk at 407-665-5550 or email mastergardener@seminolecounty.gov .



Design Thinking in Public Health

A significant aspect of public health practice has to do with improving health outcomes in our communities. One way to do this is to practice design thinking.

Design thinking is an exploratory process that is open-ended, open-minded and iterative. It is a system that focuses on the problem, not a pre-determined solution. Design thinking is a method for practical, creative resolution of problems and is a form of solution-based thinking with the intent of producing a constructive future result.

Compared to the scientific method, which begins by stating a hypothesis and then, via a feedback mechanism, continues iteratively to form a model or theory, design thinking differs by including consideration of the emotional content of the situation. While feedback in the scientific method is mostly obtained by collecting observational evidence with respect to observable/measurable facts, design thinking feedback also considers the consumer's emotional state regarding the problem, as well as their stated and latent needs in discovering and developing solutions.

Design thinking in public health is custom made for developing innovations. It is a human-centered approach in which you collect and test solutions that benefit the client. You find out, through conversation and observation, what they want and need. This helps uncover the true root of a problem and clearly define the challenge at hand.

Design thinking in public health has three main components: to inspire, to ideate and to implement.

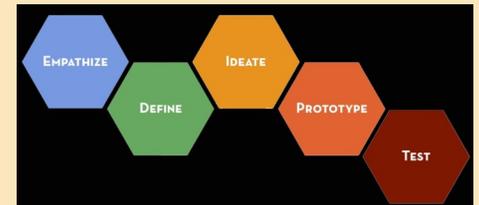
To inspire is to gain insights from the lives of others through what they say or don't say, and do or don't do. In this phase, you gain empathy for the problems and needs of others. It's not about us and them or us versus them, but us with them.

To ideate is to frame the opportunities and brainstorm ideas. After working through to end up with the real issue, you move on to tossing out as many solutions and ideas as possible. In design thinking, you work in teams to develop multiple possibilities, where you seek the best answer, not necessarily the "right" answer.

You develop a way to implement a small test of the solution or idea by prototyping or "thinking with your hands." A prototype is anything tangible that lets you explore an idea. This doesn't necessarily create a working model; it gives you a way to learn about the strengths and weaknesses of an idea and provides a way to advance, either with the selected solution or a new one. It is an interdisciplinary process that, when allowed, fosters seemingly unlimited creativity across silos leading to innovation. It uses your imagination, new insights, and inspiration to explore new possibilities that you haven't considered before. So much may be achieved when we see innovation in our health departments as a way of doing business and the way to public health modernization, improving the health of everyone we serve.

With the advent of Hurricane Irma this past year and the health department's role in operating the shelters during the event and through the post storm response and recovery, there were many opportunities to review what had taken place and what could improve as part of the after action review process. DOH-Seminole's Management Advisory Council (MAC) reviewed and engaged in individual and group brainstorming to think of as many ways as possible to mitigate and resolve the issues that were presented and observed.

Spending many hours in the shelters alongside evacuees provided direct feedback from clients and the public-at-large. The specific, immediate needs of individuals required timely relief compared with long-term public health policies and planning. While planning and advanced preparation were vital and necessary for responding to the threat and difficulties that Hurricane Irma presented, the observational knowledge that was obtained on a one-to-one interactive basis with Seminole County residents was equally significant and instructive for developing future improvements and solutions.



To empathize in public health is to work to fully understand the experience of the people whose health we are mandated to protect, promote and improve.

To learn more about design thinking and other quality improvement tools and initiatives visit phqix.org

Public Health Quality Improvement Exchange (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.

Puerto Ricans Welcomed to Florida



On Friday, October 6th, a welcome reception area was set up at the Orlando-Sanford International Airport to provide information and resources to persons arriving from Puerto Rico. Several DOH-Seminole staff, the Seminole County Emergency Management team and Seminole State College representatives reported to the airport to greet and provide important information to passengers who stopped at the welcome table. The welcome reception area was stationed at the Airport to receive the Allegiant flights at 2:30 pm on Mondays and Fridays from October 6th through December 20th. A total of approximately 2,039 passengers were provided services.



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 red cabbage. Number 26 on the list is carrots. One-half cup of cooked carrots contains 26 percent DV of vitamin K, 266 percent DV of vitamin A, 6 percent DV of vitamin B6, 5 percent DV of potassium, 6 percent DV of manganese as well as significant amounts of niacin, folate, vitamin A, thiamin, vitamin E 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.

Hot Moroccan Carrots

Prep and Cook Time: 20 minutes

Directions:

1. Heat oil in a large skillet over medium heat. Add carrots and salt, and cook stirring occasionally until the carrots are crisp-tender, 12 to 15 minutes.
2. Push carrots to one side of the skillet, leaving an open area of the skillet. Tilt skillet until oil pools in open area of the skillet.
3. Add garlic to the oil and allow garlic to sizzle in the oil until fragrant and starting to brown in spots, 30 seconds to 1 minute. Stir into the carrots.
4. Sprinkle cumin, coriander, cayenne and turmeric over the carrots, and stir to combine. Continue cooking, stirring constantly until the spices are fragrant, about 1 minute.
5. Add lemon juice and cook, stirring constantly until the spices are fragrant, about 1 minute. Add lemon juice and cook, stirring constantly until the lemon is mostly evaporated. Remove from the heat and stir in parsley.
6. Serve hot or warm.



Serves: 2

Ingredients:

- 3 tablespoons plus 1 teaspoon extra-virgin olive oil, divided
- 2 pounds carrots, peeled and sliced into 1/3 inch slices (about 6 cups)
- 1 1/4 teaspoons salt
- 1 tablespoon chopped garlic
- 1 tablespoon ground coriander
- 1/2 teaspoon cayenne
- 1/4 teaspoon ground turmeric
- 3 tablespoons lemon juice
- 1/2 cup chopped curly parsley

Recipe from www.healthyseasonalrecipes.com

FIRST OPIOID TASK FORCE MEETING

Infectious Disease Roundtable

On August 23rd, Donna Walsh, DOH-Seminole Health Officer and Dr. Kevin Sherin, DOH-Orange Health Officer, joined Congresswomen Stephany Murphy, Congressman Darren Soto and UCF Burnette School of Biomedical Science faculty in a Congressional roundtable on infectious diseases at the UCF College of Medicine. The health officers presented an overview of Zika and other infectious diseases.



(Infectious Disease Roundtable at the UCF Burnette School of Biomedical Science)

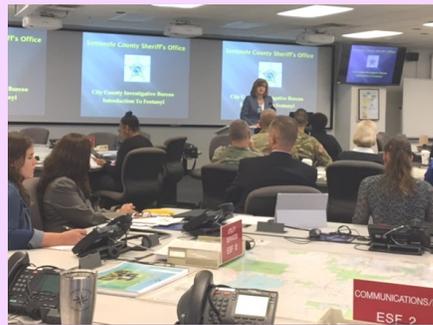
Fall Seed Sharing Event

DOH-Seminole's Office of Health Promotion and Education and the Goldsboro Community Garden Team hosted a Fall Seed Sharing Event for the Goldsboro Community in partnership with the Goldsboro Front Porch Council, Inc., City of Sanford and the University of Florida/IFAS Extension on September 7th. During the event 42 attendees shared healthy recipes and gardening tips. They received gardening instruction from a Master Gardener, planting soil, fertilizer and seeds to encourage home gardening.



First Opioid Task Force Meeting

On August 25th, DOH-Seminole, along with the Seminole County Sheriff's Office facilitated the 1st Opioid and Heroin Task Force meeting in Seminole County. Attendees included representatives from Seminole County Emergency Management, hospitals, law enforcement, the fire department, the court system among others. An overview of the state of the county, surveillance, hospital admissions, and resources available were presented. Next steps for the group were discussed and committees will be formed to continue the collaborations to make progress on this serious issue.

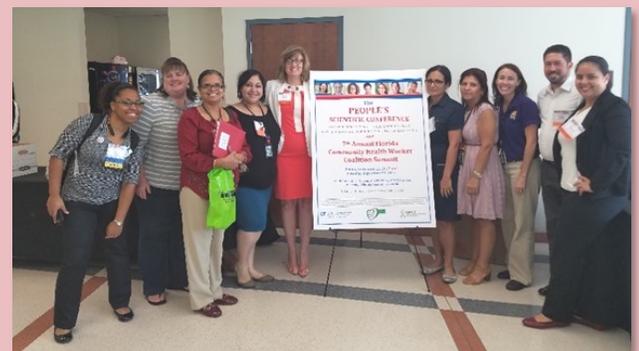


The 2016 Annual Report of Drugs Identified in Deceased Persons by Florida Medical Examiners, published in November 2017, found that opioid-related deaths in Florida spiked by 35 percent in 2016. That's a total of 5,725 people - 1,483 more than in 2015 - whose deaths were directly caused by opioids or present in the decedent. Of those total deaths, Fentanyl, a synthetic opioid analgesic, caused 1,390 deaths in 2016 - an increase of 97 percent from the year prior.

Community Health Workers Meeting

DOH-Seminole's Certified Community Health Workers attended the *People's Scientific Conference to Promote Minority Health through Community-Based Participatory Research: Community Health Workers Lead the Way & 7th Annual Florida Community Health Worker Coalition Summit* on Friday, September 22nd - Saturday, September 23rd, 2017 in Gainesville, FL.

A total of 7 DOH-Seminole staff and certified Community Health Workers (CHWs) along with Donna Walsh, Health Officer, joined other CHWs, community members and stakeholders, current and future health researchers and health care providers to share strategies for working as equal partners to conduct and ultimately increase minority health promotion-focused community-based participatory research (CBPR) in Florida and nationally.



Amoeba Summit 2017



On September 29th, DOH-Seminole and DOH-Orange partnered with the Jordan Smelski Foundation for Amoeba Awareness, Florida Hospital for Children and other organizations for the 3rd Annual Amoeba Summit 2017. Numerous speakers from Florida Hospital, Centers for Disease Control and Prevention (CDC) and Virginia Commonwealth University presented on a variety of topics and five workgroups met in the afternoon. The highlight of the summit was the attendance of the teen who survived the amoeba infection last year. The summit was livestreamed with a total of 57 unique views including some outside the United States.

The Jordan Smelski Foundation for Amoeba Awareness was established in loving memory of Jordan Smelski who passed away from Primary Amebic Meningoencephalitis (PAM) on July 2, 2014. Naegleria fowleri is an amoeba found around the world, often 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 about the risk associated with amoebas in fresh, warm waters and to inform the public of best practices for the prevention of PAM.

HURRICANE IRMA / WORLD HEART DAY

Hurricane Irma Response

DOH-Seminole staff were activated before, during and after Hurricane Irma and appropriate plans for hurricane response were implemented. Health Officer Donna Walsh along with Scott Fryberger, Emergency Preparedness Manager and designated staff were present at the Seminole County EOC ESF-8 desk. Staff collaborated with partners, communicated with Special Needs Shelters, called Assisted Living Facilities and other facilities to verify any unmet needs, and provided important health messages to the community. PIOs also collaborated with the ESF-14 desk.

Assigned DOH-Seminole staff worked Special Needs Shelters including set up, staffing and break down. Three Special Need Shelters were opened and staffed by a total of approximately 92 employees. Bentley Elementary School received 66 clients, Highlands Elementary School received 63 clients and Layer Elementary received 16 clients along with additional caregivers. The school principals and personnel were very accommodating and engaged during the process. As schools prepared to open for students in the hurricane's aftermath, an additional shelter was opened at Northland Church for those still requiring a place to stay as debris and power outages continued to be dealt with in Seminole County.



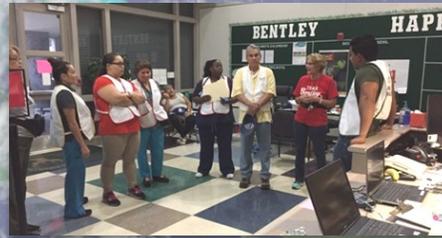
(ESF-8 Desk in Action)

IRMA: Northland Church opens shelter, sets up response team



Volunteers at Northland Church bring in supplies for the shelter it will open in Longwood. (Jeff Allen, Staff)

DOH-Seminole staff at shelters



Central Florida Family Summit

DOH-Seminole partnered with Family Circle of Life Network along with Virtuous Precepts for Prosperous Living and other organizations to host the *Central Florida Family Summit* on Saturday, September 30th. The event included power talks, legacy building, and topics such as opioids. Donna Walsh, Health Officer for DOH-Seminole, welcomed summit attendees. She stated, "Families are an important part of society and our mission to promote, protect and improve the health of all people in Florida. The Florida Department of Health in Seminole County is honored to be among the many committed partners to join the *Central Florida Family Summit* to help build a legacy and strengthen the family unit. This engaging event gathers the community to benefit from all of the empowering resources and topics that will be discussed." Many volunteers and 45 registered participants were in attendance.

World Heart Day



Cardiovascular disease (CVD) continues to be the leading cause of death and disability in the world. Go to worldheartday.org to learn more about being heart healthy.

DOH-Seminole recognized September 29th as World Heart Day, which raises awareness of cardiovascular disease and prevention. Staff dressed in red in support of World Heart Day and residents and clients were encouraged to stop by the Fresh Stop Bus mobile farmers market which provides fresh fruits and vegetables at the health department on the first and third Monday of each month from 2:00 – 3:30 p.m.



Florida Healthy Babies Educated at Babies R 'US

On October 28th, DOH-Seminole's Florida Healthy Babies (FHB) team provided an outreach event at Babies R 'US where management, staff and customers received educational materials on pregnancy and electronic inhalers (vaping) as well as referrals to childbirth classes, FHB events and other resources. Over 50 new parents, grandparents and families with children were provided written and verbal materials.

(Alfredo Maldonado-Lebron with Babies R 'Us manager, Stephanie)





Community meetings in your county!

“ This community conversation will provide an opportunity for attendees to receive advice from experts on the best practices to keep baby and mom healthy. ”

Florida Healthy Babies: A Community Conversation

SANFORD – The Florida Department of Health in Seminole County’s (DOH-Seminole) Florida Healthy Babies program invites the community to attend the Florida Healthy Babies: A Community Conversation event. This free event will take place on Friday, November 17, 2017 from 9:00am to 2:00pm at the Lake Mary Events Center located at 260 N. Country Club Rd. in Lake Mary.

“The health of moms and babies in Seminole county is of utmost importance. This community conversation event includes important discussions among parents and community partners to help improve birth outcomes and prevent infant mortality. Topics include preventing birth defects, receiving preconception and pre-natal care as well as creating a safe infant sleep environment, all which help reduce a baby’s risk of infant mortality,” said Donna Walsh, health officer for the Florida Department of Health in Seminole County.

This community conversation will provide an opportunity for attendees to receive advice from experts on the best practices to keep baby and mom healthy. Participants can also learn about other existing resources in the community. Lunch will be provided.

Florida Healthy Babies is a collaborative statewide initiative designed to positively influence social determinants of health and reduce racial disparities in infant mortality. Florida has experienced declining infant mortality rates; however, disparities persist. The Florida Healthy Babies Initiative engages Florida’s 67 county health departments as well as other public and private sector partners to identify, evaluate, prioritize and address health disparities with evidence based-interventions.

To register visit www.seminolecohealth.com and for more information please contact Alfredo Maldonado at (407) 665-3274.

Orlando Times, November 2017



Staff and volunteers at the Feed the Need, Inc. Food Pantry. Donna Walsh and a family receiving a food pantry meal. Pictured above is Marcus Prewitt and the Community Paramedic vehicle and Carlos Diaz with the DOH-Seminole Mobile Health Services unit.

DOH-Seminole Serving the Community Through Partnerships

Conveniently located on Airport Boulevard in Sanford, the Florida Department of Health in Seminole County (DOH-Seminole) provides clinical services for infectious diseases, immunizations, dental care, family planning, breast and cervical cancer early detection, and diabetes prevention, as well as other programs including Florida Healthy Babies, Women, Infants and Children (WIC), School Health and Tobacco Prevention. Mobile Health Services, along with Environmental Health and Health Education are among other services provided to the community in sites located throughout Seminole County.

DOH-Seminole facilitates collaborations and partnerships to improve the health of Seminole County residents and visitors; such as, through increasing access to care and addressing chronic diseases that often lead to poor health outcomes.

A unique collaboration is the co-location of the Feed the Need Central Florida, Inc. food pantry at the health department’s main location on Airport Boulevard.

Since September 12, 2016, the food pantry has provided over 30,000 meals and services to 600 families helping to reduce access barriers

to food and linking health services for at risk populations.

Outreach in neighborhoods and communities through the Mobile Health Services program is an efficient way to provide services to populations with limited access.

Mobile Health Services include health screenings, education and referrals and provide awareness of resources as well as connect individuals to medical homes. The Mobile Health Services program collaborates with local community agencies such as The Sharing Center, Remington Inn, Grace and Grits, Rescue Outreach Mission and Goodwill who open their doors to receive services for their clients and surrounding communities.

Another important community service is HealthLink, the Seminole County medical system of care that ensures that uninsured county residents have access to health services.

Operated by the Health Council of East Central Florida, the HealthLink program connects individuals screened by DOH-Seminole with local health clinics based on whether the health issue identified is episodic or chronic. A pharmacy voucher system enables these individuals to get a 30-day supply of prescribed medications and to enroll in a prescription assistance program.

Additionally, HealthLink directs pre-diabetic patients to the diabetes prevention classes offered by the health department.

New this year is a Community Paramedic home visiting program funded by the Florida Blue Foundation. HealthLink clients and others may receive home chronic care visits when ordered by their physician. It is expected that residents who benefit from this program will see lower use of emergency services and the hospital.



Excellence in Seminole County, FL 2017-2018 Corporate Guide

Orlando Sentinel

Florida Hospital focuses community grants on out-of-hospital care



Daryl Tol, president and CEO of Florida Hospital, speaks to a group of community leaders before handing out \$1.5 million in Community Health Impact Council grants to five local groups. (Naseem S. Miller)

By Naseem S. Miller - Contact Reporter
Orlando Sentinel

OCTOBER 24, 2017, 6:45 PM

Daryl Tol, president and CEO of Florida Hospital, wants to create health care’s new normal.

“We need to create something that’s seamless, connected and easy to use,” said Tol on Tuesday as he awarded \$1.5 million to five community projects that focus on care navigation and coordination.

The hospital is investing more resources in following patients after they leave the brick-and-mortar part of the hospital business, Tol said.

“In 2018, we’re going to start a robust care navigation program,” he said, such that when patients are discharged, they’re guided to the next level of care in their home and community.

It is not a novel idea, nor is it mainstream, but it does require a change in mind-set.

“If we think of ourselves as a hospital company, then our job is taking care of patients at the hospital. But we have to think of ourselves as a health company. We want to stay connected [with patients], even when they’re well,” he said.

The health system has invested \$20 million toward out-of-hospital patient care, including care management and technologies that would streamline patients’ needs from prices to billing to follow-up care.

This year, it launched the Someday Starts Today advertising campaign, which shifts the focus to “you,” the consumer, instead of the hospital buildings.

Florida Hospital doles out more than \$1 million in community benefit awards

One of the grant recipients is a community paramedicine program run by the Seminole County Health Department and the Health Council of East Central Florida. The program arranges for paramedics to follow up with patients for 30 days after they are discharged from the hospital.

With the \$190,000 grant, the project is planning to hire a second paramedic who will specifically work with patients who are discharged from Florida Hospital Altamonte, said Ken Peach, executive director of Health Council of East Central Florida. The current paramedic is currently helping launch the program in Seminole County.

Orlando Sentinel, October 2017

DEVELOPMENTAL SCREENING

Nursing Students Receive Public Health Experience

East Coast Polytechnic Institute (ECPI) nursing school students received public health clinical experience at DOH-Seminole to foster their paths within the Nursing field. A total of 55 students were in rotation from October 31, 2017 through January 9, 2018. ECPI University is a Nursing School with which DOH-Seminole conducts clinical rotations every semester to provide students with a first look at the wonderful things being done in public health. This experience will offer the students a variety of paths to choose from as they launch their careers. Their rotations include the following programs or departments: School Health, Sexually Transmitted Diseases (STDs), Women, Infants and Children (WIC), the Clinic and Epidemiology.



Pink and Pearls for Breast Cancer



In celebration of Breast Cancer Awareness Month, DOH-Seminole's Employee Wellness Committee and Tobacco Prevention Program organized the Pink and Pearls for Breast Cancer Awareness event on October 31st. Community partners and staff gathered to celebrate survivors and create awareness.

A total of 62 attendees enjoyed guest speaker Holly Soucy, Cancer Care Navigator for Florida Hospital Fish Memorial, a fashion show and refreshments. They also took the pinky pledge, pledging to take care of their own health as well as the health of others.



Autism and Developmental Screening



DOH-Seminole partnered with Nemours Children's Health System and Help Me Grow Florida for an autism screening and

healthy development event on October 30th. Nemours screened 35 children for autism and Help Me Grow Florida screened 18 children for developmental concerns (communication, gross motor, fine motor, problem solving, personal and social skills).

The following vendors and programs connected with parents and provided additional resources: Florida Healthy Babies, DOH-Seminole's Dental Program, Autism Speaks, UCF Center for Autism and Related Disabilities (CARD) and Healthy Start (True Health).

While there is currently no cure for autism, research shows that early intervention treatment services can improve a child's development.

Help Me Grow (HGW) Florida is a comprehensive and integrated statewide system designed to address the need for early identification of developmental and/or behavioral concerns, and then to link children and their families to community-based developmental and behavioral services and supports. The 2014 Florida Legislature appropriated \$2 million to establish a Help Me Grow State Coordinating Office and provide infrastructure for a state Help Me Grow program.



OBESITY SUMMIT / TAKE A LOVED ONE TO THE DOCTOR

DOH-Seminole Worksite Wellness Highlighted During Obesity Summit



Venise White, Community Programs Manager, presented during the workshop session "Best practices and opportunities for collaboration on worksite wellness: Going beyond typical approaches," at the 11th Annual Southern Obesity Summit (SOS) held October 1-3 in Atlanta, Georgia. The summit which was presented by Texas Health Institute, Georgia Shape and Georgia Department of Public Health. Mrs. White shared DOH-Seminole's Employee Wellness Committee strategies that have established measurable worksite wellness initiatives.

(Venise White with Dr. David Satcher, the 16th Surgeon General of the United States)



The Southern Obesity Summit began with seed capital from the Robert Wood Johnson Foundation as a spinoff project of the Southern Rural Access Program, a seven year initiative to improve access to care. The SOS is the largest regional obesity prevention event in the U.S., drawing hundreds of participants from the 16 Southern States consisting of Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, Missouri, New Mexico, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia and West Virginia.

El Sol de la Florida



To increase awareness and reduce infant mortality, DOH-Seminole's Florida Healthy Babies Initiative educated the community about safe sleep practices in an article for El Sol de la Florida, one of the top state newspapers with high presence in South Florida and Central Florida. The story was featured in print and online on October 9th.

On October 12th, the initiative was also featured in the news on channel 26, Univision Orlando, promoting awareness on Sudden Infant Death Syndrome (SIDS) and the initiation of childbirth education classes at DOH-Seminole as a strategy to reduce the risks of SIDS.



The Florida Healthy Babies Initiative is a statewide initiative to positively influence social determinants of health and reduce racial disparities in infant mortality. DOH-Seminole provides classes, training and workshops to pregnant women, mothers with infants, families and the community in general.



(Alfredo Maldonado-Lebron, Florida Healthy Babies Training Consultant interviewed by a Univision reporter)

To reduce the risk of SIDS and other sleep-related causes of infant deaths:

- Breastfeed your baby.
- Always place baby on his or her back to sleep for all sleep times, including naps.
- Keep the baby's sleep area in the same room, not your sleep area.
- Use a firm sleep surface, free from objects, toys, blankets and bumpers.



Special Needs Shelter (SpNS) Staff Recognized

Sarah Wright, Executive Community Health Nursing Director, was recognized at the Seminole County School Board meeting on October 10th along with Seminole County Public Schools personnel who volunteered and/or worked at the Seminole County Shelters during Hurricane Irma. Three Special Needs Shelters were open during Hurricane Irma. They were located at Bentley Elementary School, Layer Elementary School and Highlands Elementary School.



A Special Needs Shelter (SpNS) is a place to go when there is no other sheltering option. Shelters may be activated during an emergency event to provide mass care for people who cannot safely remain in their home. Special needs shelters are designed to meet the needs of persons who require assistance that exceeds services provided at a general population shelter. Special needs shelters are intended to provide, to the extent possible under emergency conditions, an environment that can sustain an individual's level of health.

Take a Loved One to the Doctor Day



DOH-Seminole joined Star 94.5 and other partners for the 15th Annual Tom Joyner Take a Loved One (TALO) to the Doctor Day. The event was a success with over 200 people participating. A total of 33 people received A1c or cholesterol screenings. The Office of Health Promotion and Education, School health, HIV/STD, and Mobile Health Services were represented at the event.



(Below: Rodney Jones, Disease Intervention Specialist, with client)

(Left to right: Yvette Bhowanidin, Human Services Counselor, Donna Walsh, Health Officer, Aracely Robledo, Health Navigator with Primary Care Access Network, Gigi Rivadeneira, School Health Program Manager, Sheryl Boxer, School Nurse)

(Below: Carlos Diaz, Mobile Health Services Coordinator, with client)



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
- 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.

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

QPR Training

On Friday, October 6th, DOH-Seminole in partnership with Florida Linking Individuals Needing Care (FL LINC) Project hosted the Suicide Prevention Training & Resource Fair. Forty people attended the free QPR (Question, Persuade, Refer) basic suicide prevention training.



Tommy Chandler Excellence Award

Keisha Henry, Disease Intervention Specialist (DIS) for DOH-Seminole received the 2017 Tommy Chandler Excellence Award for exhibiting outstanding dedication to disease intervention. This award is the highest award specific to the STD DIS workforce that one can receive from the Florida STD and Viral Hepatitis Program.

Tommy Chandler, for whom the award is named, started his DIS career with DOH-Duval in 1963 and is still there today. He exemplifies the truly dedicated health servant and hence this award is named in his honor.

(Left to right: Preston Boyce, STD Surveillance Program Manager, Keisha Henry, DIS, Tommy Chandler, DIS, Donna Walsh, Health Officer)



Seminole County Veterans Stand Down

On October 21st, DOH-Seminole partnered with Seminole County Government, Healthcare for Homeless Veterans, the Orlando VA Medical Center and the City of Sanford for the Seminole County Veterans Stand Down. Over 60 people attended and received the provided screenings and resources.



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

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