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Message from the Health Officer

Health Rankings

The Robert Wood Johnson Foundation in collaboration with the University of Wisconsin Population Health Institute annually publishes County Health Rankings. These rankings compare the health of counties with others within each state. They provide a snapshot of how health is influenced by where we live, learn, work and play. The goals of the program are to: build awareness of the multiple factors that influence health, help communities identify opportunities to improve their health and to engage, connect and motivate local leaders in creating sustainable change. The rankings are based on a model of population health comprised of health outcomes, health factors and policies and programs that affect both.

Measuring premature deaths (deaths before age 75) provides mortality data. Measuring physical and mental health as well as the number of babies born with a low birthweight provides quality of life or morbidity data. Together they form a ranking for health outcomes; the measurement of how long people live and how healthy people feel while they are alive.

Health factors are comprised of what influences the health of a county based on four types of measures: health behaviors, clinical care, social and economic, and physical environment factors. Health behaviors include such things as alcohol and drug use, diet and exercise, sexual activity and tobacco use. Clinical care measures consider access to care and quality of care. Health insurance, a consistent source of local care, helps to ensure access to care while quality of care considers whether the care being received is evidence-based, safe, affordable and involves patients in decisions affecting their care. Social and economic factors such as community safety, education, employment, the presence of family and social support and income influences our health.

Finally, air and water quality as well as the availability of sound, affordable housing are important environmental factors influencing health. Local transit

options, whether they are public such as buses and subway systems or private such as cars, bikes or walking can have a variety of cascading effects on the health of people. The availability of affordable transportation can determine the type of work that a resident is able to find or accept which can directly affect financial well-being. The time spent commuting to and from work determines the time available for other activities, whether it is preparing healthy meals, spending quality family time, or engaging in leisure activity. This in turn affects overall stress levels. Long-term stress increases the risk of cardiovascular disease. The measurement of the factors mentioned above allows comparisons to be made and for health rankings to be established.

The final component of a population health model are the policies and programs affecting communities and the county as a whole. Policies, whether at the local, state or federal levels, affect population health. Policies and programs can influence downstream health factors such as dietary choices, exercise levels or alcohol consumption. They can also affect upstream factors that are more systematic in their approaches to prevention such as enhancing opportunities for education, stimulating economic development and increasing neighborhood safety.

Much of the health data used by the rankings to compile its snapshots is also used by our health department to identify priority issues, develop and implement strategies for action, and establish accountability to ensure measurable health improvement is achieved, which are outlined in the form of a population-based Community Health Improvement Plan (CHIP). Florida's counties continue to be national leaders in health

improvement planning, and in 2013, Florida became one of the first states to have a CHIP in each of our 67 counties. Each CHIP defines a vision and roadmap for improving the health of the community and is developed in collaboration with local governments, non-profit organizations, health care professionals, business groups, schools, faith-based organizations and many other stakeholders. As new health data becomes available, CHIPS are updated accordingly. The county profiles help communities determine whether their local efforts are improving the health of their residents.

The 2018 County Health Rankings were released on March 14th and revealed that Seminole County ranks 4th in the State of Florida for both health factors and outcomes combined. Since 2010, when the County Health Rankings were first published, the overall health of Seminole County has ranked in the top five every year among the 67 counties in Florida! As our county grows, the health of our community depends on the dedicated planning and responsiveness of its members to address the changing needs of the population and ensure that Seminole County continues to rank as one of the healthiest counties in the State of Florida.

Handwritten signature of Donna J. Walsh

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



To learn more about health rankings please visit www.countyhealthrankings.org

VITAL STATISTICS PARTNERSHIP

DOH-Seminole Providing Resources for the Oviedo Community

DOH-Seminole's Office of Health Promotion and Education participated in the City of Oviedo and Oviedo Citizens in Action, Inc.'s Dr. Martin Luther King Jr. community event. DOH-Seminole provided referral information on our Diabetes Intervention Program, Feed the Need Central Florida, Inc. Food Pantry and registered participants for the 4th Annual Live, Work Move Seminole 5K in collaboration with No Limit Health and Education, Inc.



(L to R: William Jackson, Venise White, Ben Williams, Donna Walsh, Bethany Canales and Derrick Thomas)

Goldsboro Food Entrepreneurship Advisory Committee

Staff from DOH-Seminole and the Goldsboro Farmers Market met with Luis Nieves-Ruiz and Kate Kapalo from the East Central Florida Regional Planning Council (ECFRPC) for the first Goldsboro Food Entrepreneurship Advisory Committee meeting to discuss the development of a toolkit for entrepreneurs. The focus of the toolkit will be on zoning regulations, site development standards and funding mechanisms related to urban agriculture, commercial kitchens and mobile vending. The ECFRPC received a grant from the Department of Economic Development.



(L to R: Derrick Thomas, Venise White, Kate Kapalo, Luis Nieves-Ruiz and Steve Smith)

Tax Collector and Vital Statistics Partnership

Seminole County Tax Collector's office has partnered with the Florida Department of Health in Seminole County Office of Vital Statistics to issue certified copies of Florida Birth Certificates to eligible individuals at 4 tax collector locations (2 Lake Mary locations, Casselberry, and Longwood). This service will be of benefit to clients in need of their birth certificate to obtain their Driver's License or Identification card. Fourteen tax collector's staff were trained.



Hanging of the Hands for Children's Week

From January 21st through January 26th, thirty-three Teen Outreach Program (TOP) youth in Seminole County participated in the Children's Week Hanging of the Hands by creating and decorating hands to be displayed in the DOH-Seminole lobby to raise awareness about policies that impact children in the state and to honor the state's commitment to children and advocates. Each hand represents a child who is impacted by the policy decisions made by the legislature.

Mosquito-borne Disease: Protect Yourself



1. **Drain** water from any containers where rain water has collected.
2. **Empty** and clean pet water bowls and birdbaths at least once a week.
3. **Protect** boats and vehicles from rain with tarps that don't accumulate water.
4. **Maintain** pool chemistry of swimming pools.
5. **Cover up** if you are outside.
6. **Apply** mosquito repellent to bare skin and clothing.

Community Benefits Grants

The Florida Department of Health in Seminole County received 2 awards from Orlando Health Community Benefits to fund the Florida Healthy Babies Program and Diabetes Intervention Services. The total award funded was \$25,350. The funding will be used to host a Teen Summit in May and to increase screening and education for pre-diabetes and diabetes.



(L to R: Ana Scuteri, Emily Haller, Venise White, Lainie Fox-Ackerman, Alfredo Maldonado, Donna Walsh, Rosana Flores)



(L to R: Ana Scuteri, Emily Haller, Venise White, Lainie Fox-Ackerman, Alfredo Maldonado, Donna Walsh, Rosana Flores, Erica Landis)

PROJECT HARMONY / CROSS COUNTRY MEET

Wellness Fair

Carlos Diaz from the Mobile Health Services Program provided 60 screening services to participants attending the *Wellness Fair and Conference* at A New Beginning Church of God in Longwood on January 27, 2018.

In addition to the Cholesterol, Hemoglobin, A1C and Blood pressure screenings, Mr. Diaz and Herronda Mortimer from the Office of Health Promotion and Education provided education, literature, and resources regarding pre-diabetes.

Diabetes is a major cause of heart disease and stroke and is the seventh leading cause of death in the United States, but it is preventable through weight management and increasing physical activity.



(Carlos Diaz screening a wellness fair participant.)

Cross Country Meet

DOH-Seminole shared asthma, Asthma Friendly Schools, Tobacco, physical activity and healthy nutrition information during the GROW Central Florida, Inc. annual Seminole County District Cross Country meet. This event is the only event in the area where elementary Public Schools come together to run, exposing children (ages 5-12) to the fun of fitness. The event held at Seminole State College had approximately 1,700 students and their families participating.



(Gloria Rivadeneira, School Health and TOP Manager speaking with some youth during the Cross Country Meet.)

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.



(Bethany Canales, Health Equity Coordinator)



DOH-Seminole offered free HIV testing and educational materials on February 14th in recognition of National Black HIV/AIDS Awareness Day.

Creating Awareness in the Hispanic Community

DOH-Seminole PIO Mirna Chamorro emphasized the importance of preventing cervical cancer, getting vaccinated for HPV and the Breast and Cervical Cancer Early Detection Program, during an interview with Telemundo Orlando in observance of Cervical Health Awareness Month. The health information was viewed by Hispanic viewers in the Orlando media market at 5:00 pm, Tuesday, January 23rd.



Based on the latest census data, people of Hispanic or Latino origin comprise 20.4% of the population of Seminole County which is equivalent to over 94,000 individuals. The overall population of Seminole County is 462,659.



Good communication is the foundation of all healthy relationships, but it is not an easy task! The Marriage & Family Research Institute at the University of Central Florida invites individuals and couples to participate in a program designed to enhance relationships and empower careers. Learn to listen and be heard, resolve conflict and manage stress, gain skills to get a better job, and find ways to plan how to spend your money. Childcare (for ages 0-12) is offered at most workshops and delicious catered meals will be provided. This program is offered at no cost and you receive a Walmart gift card on the first visit! If you are interested in registering, please call (407) 823-1748. For more information, visit Project Harmony online at www.mfri.ucf.edu or e-mail: mfri@ucf.edu



The 6th Annual National Teen and Young Fatherhood Conference, hosted by the Young Fathers of Central Florida, Inc., provided the blueprint for how to engage teen and young fathers who are faced with unique and harsh challenges. Workshops presented best practices and explored the lives of young fathers and their families. Nearly 50 participants from various organizations and several states attended the 2-day conference in Orlando.



(L to R: Bethany Canales, Robert Guy, Haki Nkrumah and Donna Walsh)

HUMAN TRAFFICKING AWARENESS

Human Trafficking Awareness

In observance of January as Human Trafficking Awareness Month, Amanda Mulkey from DOH-Seminole's WIC program attended the "I'm Not For Sale" Human Trafficking Awareness Event at Holy Family Catholic Church in Orlando on Saturday, January 20th and provided information on the WIC program. Approximately 300 people were in attendance.

Also, DOH-Seminole in collaboration with the Seminole County Sheriff's Office hosted a *Human Trafficking: Do you know the signs of modern slavery?* event on Wednesday, January 31st. A total of 24 staff, partner organizations and community members attended the event.



Sheriff's office speaking about Human Trafficking at DOH-Seminole



"I'm Not For Sale" event

About Human Trafficking - Human Trafficking involves the commercial exploitation of humans including forced prostitution and pornography, involuntary labor, servitude and debt bondage. Human trafficking is a growing problem worldwide. Florida has been identified as a hub for human trafficking activity. If you suspect possible human trafficking, contact the 24 Hour Trafficking Information and Referral Hotline: 888-3737-888. If you suspect Child Trafficking, please call the Florida Department of Children and Families at 1-800-96-ABUSE.

Collaboration with Community Garden

Derrick Thomas, Goldsboro Farmers Market Coordinator and Venise White, Community Programs Manager met with Lorenzo Phillips Jr. and Samuel Davis at their garden located at Journeys Academy in Sanford. They toured the garden and discussed partnership opportunities to bring local produce from their garden to the farmer's market, and collaborate with the DOH-Seminole Employee Wellness Program.



(L to R: Samuel Davis, Venise White, Lorenzo Phillips Jr.)

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 carrots. Number 27 on the list is tomatoes. One-half cup of cooked tomatoes contains 45.5 percent DV of vitamin C, 11.5 percent DV of vitamin A, 4.6 percent DV of iron, 7 percent DV of potassium, as well as significant amounts of vitamin K, copper, manganese, calcium, vitamins B6, B3, E and magnesium.

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.

Pasta with Marinated Tomatoes and Feta

Prep and Cook Time: 20 minutes

Directions:

1. Bring a large pot of salted water to a boil. Cook pasta until al dente, about 10 minutes or according to package instructions.
2. In final 5 minutes of cooking, warm oil in a large skillet over medium heat.
3. Add garlic to the oil, sauté until just beginning to turn golden, about 1 minute.
4. Add tomatoes and their juices. Cook, tossing, until tomatoes begin to soften, about 1 minute.
5. Drain pasta, reserving 1/4 cup cooking water; add pasta to skillet.
6. Cover and let simmer over low heat until tomatoes have collapsed and pasta is coated with sauce, about 2 minutes.
7. Add reserved cooking water, 1 tsp. at a time if mixture seems dry.
8. Spoon pasta into 4 serving bowls. Top with feta, season with pepper and serve.

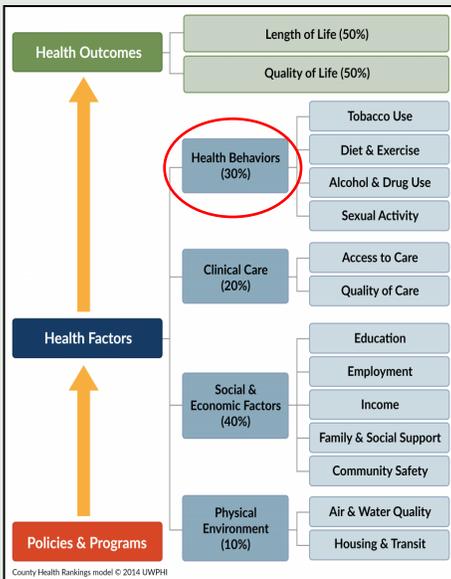
Recipe from www.health.com/recipe



Serves: 4

Ingredients:

- 2 and 1/2 cups marinated tomatoes
- 8 ounces farfalle (bow-tie pasta) or pasta of choice
- 1/2 cup crumbled feta
- 4 teaspoons extra-virgin olive oil
- 4 large cloves garlic, thinly sliced



Health Measures

As discussed in the *Message from the Health Officer*, the *County Health Rankings* measures the health of counties in the nation and ranks them within states. The rankings are compiled using county-level measures from a variety of data sources. The rankings not only provide a snapshot of our county's health, but can also be used to drive conversations and action to address the health challenges and gaps highlighted in the findings. The rankings use more than 30 measures to determine a county's health ranking. Starting with this issue of *Seminole Health Connection* we will explore these measures in detail to learn why they are indicative of a community's health and how they in turn are influenced.

Physical behaviors influence health. These behaviors range from tobacco, alcohol and drug use to diet and exercise. **Adult obesity** is a key measure that drives health rankings. More than one-third of U.S. adults have obesity. Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death. According to the CDC, the estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008 U.S. dollars; the medical costs for people who have obesity were \$1,429 higher than those of normal weight. Non-Hispanic blacks have the highest age-adjusted rates of obesity (48.1%) followed by Hispanics (42.5%), non-Hispanic whites (34.5%), and non-Hispanic Asians (11.7%). Among non-Hispanic black and Mexican-American men, those with higher incomes are more likely to have obesity than those with low income. Higher income women are less likely to have obesity than low-income women. There is no significant relationship between obesity and education among men. Among women, however, there is a trend — those with college degrees are less likely to have obesity compared with less educated women.

Obesity is a complex health issue and results from a combination of causes and contributing factors. Behaviors that influence adult obesity include dietary patterns, physical inactivity and medication use. The amount of physical activity a person engages can in turn be affected by their community or environment. For example a person may choose not to walk or bike to the grocery store or to work due to a lack of sidewalks, bike trails, or because they reside in an unsafe environment. Depression, stress and anxiety can also influence what and how much a person eats and the level of physical activity engaged in. Adult obesity in Seminole County, while not as high as some other counties in Florida or elsewhere in the nation, is still high. 26% of Seminole County's population is obese. This represents a gradual increase in obesity over the years as only 21% of Seminole County residents were obese in 2004.

To learn more about health rankings and Seminole County's rankings specifically please visit www.countyhealthrankings.org



DOH-Seminole staff were out in full force for National Wear Red Day For Women, a national public awareness day the first Friday each February, urging women, people from all walks of life, businesses, towns, schools, the media, buildings and landmarks to "go red" to raise awareness for heart disease and stroke – the nation's No. 1 and No. 5 killers.

Learn more about the movement at goredforwomen.org



Florida Asthma Coalition



(L to R: Bethany Canales, Herronda Mortimer, Gigi Rivadeneyra)

DOH-Seminole staff attended the 2018 Florida Asthma Coalition Summit at Nemours Children's Hospital on Friday, February 9th. The conference addressed asthma related initiatives in community health, technology and science, advocacy and policy areas. Resources regarding asthma data, testing and home assessments were shared with attendees.

Approximately 1 in 10 children and 1 in 12 adults in Florida currently have asthma. In most cases we do not know what causes asthma, and we do not know how to cure it.

However, asthma can be controlled and episodes can be avoided by knowing the warning signs of an episode, staying away from things that trigger an episode, and following the advice of a doctor or other medical professional. To learn more visit floridaasthmacoalition.com

IDignity

Yvette Rolon, Chief Deputy Registrar for DOH-Seminole's Office of Vital Statistics, participated in the IDignity event on Wednesday, February 7th. A total of 45 clients were provided services and 45 birth certificates were issued. It was a success!

IDignity assists the disadvantaged in Central Florida to obtain 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, cash a check, secure housing, or overcome many other obstacles to becoming self-sufficient.

Seminole hospitals, health department deal with increase in flu patients in 2018

By Larry Griffin
Herald Staff

This flu season has been especially harsh nationwide, spreading fast and even resulting in deaths in some cases. In Seminole County, professionals say the news from major outlets hasn't been a hyperbole; people should be careful and try their best to stay healthy.

James Snyder, Chairman of the Department of Emergency Medicine at Central Florida Regional Hospital, told the Sanford Herald that things had been "hectic" at the hospital.

"We've been running low, nationally, on flu testing supplies," he said. "Suppliers have been telling us to be selective in who we administer them to. We can

still treat everyone, but if they're otherwise healthy, we don't test them first."

Snyder said there had been one death at his hospital from the flu this year, but only eight percent of the people who come in with the flu are administered to stay in the facility. Most of them, he said, are not sick enough to have to stay in the hospital.

But that doesn't mean the flu isn't dangerous. Those with other concurrent illnesses, such as heart conditions, and young children and elderly people, are more susceptible.

"The patient who died here was not admitted for the flu," Snyder said. "He died of cardiac arrest and we discovered later that he had tested positive for the flu. Some people succumb

most professional way possible. As for how to prevent getting the flu, Snyder said the easiest way was just to stay home.

"If you feel ill, stay home," he said. "Call a doctor and practice good hand-washing. Wear a face mask if you're around someone with it. The flu shot isn't always going to be effective. So if you're

to the flu because of other health issues. But you do have otherwise healthy people come in, who have a very bad reaction to the flu."

According to Tania Slade with the Florida Department of Health, there have been five deaths in the state as a whole as of this week from the flu.

Her advice? Get vaccinated. "Get vaccinated against the flu," she said. "It's not too late. I don't want to over- or under-hype it. This is the most cases of the flu we've seen in several seasons."

Snyder said admissions are already high at their facility due to it being a trauma center. But the flu has made it even worse, with

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sick, you should stay home. You shouldn't try to go to work."

Fortunately, even those who do not have health insurance will have an opportunity to try and safeguard themselves via a flu shot. The Shepherd's Hope clinic at 600 N. U.S. Highway 17/92 in Longwood will be giving out free flu shots on Tuesday, Feb. 20.

FLU

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flu has made it even worse, with a much higher rate of admissions.

But he said their team is good and is dealing with things in the

Sanford Herald, February 2018

What's a healthy community?



Runners team up for morning training together. (Getty Images)



By Naseem S. Miller · Contact Reporter
Orlando Sentinel

MARCH 7, 2018, 5:00 AM

About two years ago, Lake Nona -- one of Central Florida's fast-growing communities -- kicked off a long-term study to understand how factors such as the environment, social networks and technology impact a individual community's health and behaviors.

"This is a rare and important project, which happens once or twice every century," said Gloria Caulfield, health-and-wellness director at Lake Nona Institute, at the time.

Lake Nona has a perfect set-up for the study: It's spread across 11,000 acres. All homes have a gigabit internet connection, which is 200 times faster than in the average U.S. home. The area has about 44 miles of trails and is 40 percent reserved green space. In short, it was built with healthy living in mind.

But what about other Central Florida communities that don't have this set up? Do they have a shot at becoming a healthy community?

The answer is yes.

"A healthy community is one in which everybody has equal opportunity to obtain the highest health status possible," said Ericka Burroughs-Girardi, a community coach at County Health Rankings. "No matter their ZIP code, income, education, sexual orientation, gender or religion, they all have equal opportunity to be as healthy as possible."

The World Health Organization defines health as a "state of complete physical, mental and social well-being and not merely the absence of disease and infirmity."

Orlando Sentinel, March 2018

Health Department reminds to eat healthy during Nutrition Month

Special to the Herald

The Florida Department of Health in Seminole County (DOH-Seminole) celebrates March as National Nutrition Month, which is

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HEALTH

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sponsored annually by the Academy of Nutrition and Dietetics. This year's theme is: "Go Further with Food." The campaign highlights the far-reaching benefits of making informed eating choices. Informed eating goes further than choosing the most nutritious options-eating choices can also conserve money, save time, and reduce food waste.

"Meal planning is essential for helping families and individuals make informed eating choices. Our Women, Infants and Children (WIC) program provides guidance on healthy eating during pregnancy and breastfeeding, and how to prepare healthy meals, among many other topics," said Donna Walsh, health officer for the Florida Department of Health in Seminole County.

The Academy of Nutrition and Dietetics suggests following these tips to go further with food.

- Include a variety of healthful foods from all of the food groups on a regular basis.
- Consider the foods you have on hand before buying more at the store.
- Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
- Be mindful of portion sizes. Eat and drink the amount that is right for you, as MyPlate encourages us to do.
- Continue to use good food safety practices.
- Find activities that you enjoy and be physically active most days of the week.
- Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

To learn more about nutrition and National Nutrition Month, visit the Academy of Nutrition and Dietetics website at: www.eatright.org.

"Staying healthy while you are pregnant and starting your baby on the right path towards healthy eat-

ing is vital. Our WIC staff is dedicated to the nutritional needs of each client and they keep an open dialogue to help them reach their nutritional goals," said Susan Mulligan, public health nutrition program manager for the Florida Department of Health in Seminole County.

The Florida Department of Health in Seminole County Women, Infants and Children Program, best known as WIC, is a federally funded nutrition program for eligible pregnant and breastfeeding women, infants and children under the age of 5. WIC provides healthy foods, nutrition education and counseling, breastfeeding support, and referrals to health care, immunization and community services at no cost to those who qualify. Find out more at www.seminolecohealth.com

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.



Sanford Herald, February 2018

There's no standard definition or a magic number for a community -- be it a neighborhood, a city or a county -- to be considered healthy. But there's consensus among researchers that multiple factors contribute to the overall health status of an area.

“

A healthy community is one in which everybody has equal opportunity to obtain the highest health status possible.

— Ericka Burroughs-Girardi, a community coach at County Health Rankings



County Health Rankings, which ranks the health status of counties across the nation each year, takes into account social and economic factors such as education, employment, safety and income; health behaviors such as smoking, diet and drug abuse; access to quality medical care; and access to housing and shelter, in order to compare the health status of the counties within each state.

Here's how the four Central Florida counties ranked in Florida in County Health Rankings' 2017 report: Seminole County: fourth; Orange County: 16th; Lake County: 24th; and Osceola County: 30th.

When comparing different measures used for the ranking -- such as premature death, low birth-weight, adult obesity, sexually transmitted diseases, uninsured unemployment, violent crime and severe housing problems -- Seminole County ranks better than the other three counties.

"All these factors create a healthy community," said Burroughs-Girardi. "And it's not just one organization that will make a change. You're looking at a multi-sector approach, where everyone has a role to play."

Across Central Florida, various efforts, large and small, try to tackle at least part of health inequity in local neighborhoods.

A prime example is the **Fresh Stop Mobile Market**, a mobile farmers market that travels around Orange County to take fresh fruits and vegetables to areas that are considered food deserts.

Osceola County Health Department rolled out a new mobile dental clinic for low-income and uninsured residents in Holopaw, Kenansville and Narcoossee areas, with the help of a grant from Florida Hospital.

In Seminole County, the Health Council of East Central Florida recently launched a community paramedicine program to provide at-home check-ups to patients who have serious chronic diseases such as congestive heart failure.

And Lake County recently hosted Remote Area Medical, a large two-day clinic that provides medical, dental and vision services to those in need.

NATIONAL NUTRITION MONTH

National Nutrition Month



(L to R: Cherie Sanders, Susan Mulligan)

During the month of March, DOH-Seminole WIC Program set up an educational table in observance of National Nutrition Month. Nutrition education materials and related promotional items were handed out to approximately 750 people. Individuals and families learned about the WIC Program and were asked to share the information with friends and families.

Half of all American adults have one or more chronic diseases, often related to poor diet. To learn more about the resources and tools available to help you make the food choices that are best for you please visit www.choosemyplate.gov



Seminole Opioid and Heroin Addiction Task Force



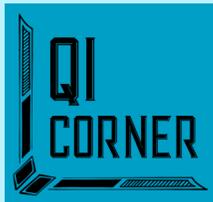
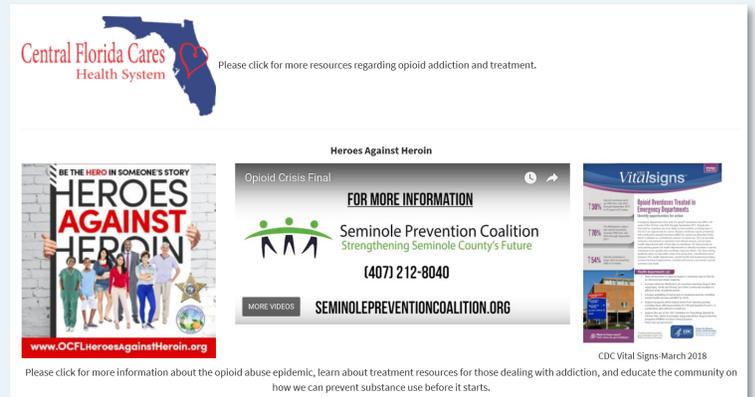
DOH-Seminole staff attended the Opioid and Heroin Addiction Task Force meeting on January 24th at the Sheriff's Office. A total of 27 attendees from various partnering organizations learned about law enforcement updates, the Orange County Heroin Task Force, Florida Blue Coverage of Oxycontin and were also involved in developing action plans for each subcommittee. There are 3 subcommittees: 1) Education, Prevention, Outreach and Resources, 2) Criminal Justice and First Responders and 3) Treatment and Recovery.

DOH-Seminole is working with the Seminole County Sheriff's Office and the Seminole Prevention Coalition to raise awareness of the opioid crisis and to provide resources to Seminole County residents who may be struggling with opioid addiction.

The Seminole Prevention Coalition has created a webpage (seminolepreventioncoalition.org) that is updated regularly to provide news, PSAs and resources related to combatting this crisis.



(Snapshots from the Seminole Prevention Coalition's Opioid Resources webpage)



In 2016 the Florida Department of Health became the only Integrated Public Health System accredited by the Public Health Accreditation Board. Since obtaining this status DOH-Seminole has been an active member of the Central Florida Quality Improvement Consortia, a regional performance management sharing community consisting of nine health departments within the Central Florida area. Through engagement and participation DOH-Seminole has incorporated identified best practices, collaborated on regional quality improvement projects and provided performance management and quality improvement technical assistance training to over 300 staff, promoting organizational efficiency and effectiveness.

The Central Florida Consortia has been recognized on both the state and national levels for promoting use of assessment data to enhance Quality Improvement planning outcomes. In 2017, DOH-Seminole was invited to present at the National Network of Public Health Institutes Open Forum on Quality Improvement held in New Orleans, LA. This 90-minute presentation outlined the process utilized by the consortia to identify top opportunities for improvement regarding short and long term strategic process improvement planning. Project outcome recommendations made by the consortia are now utilized statewide for Quality Improvement assessment purposes. 2018 consortia goals include increasing overall customer engagement on a regional level and continued development of an organizational culture of quality.

For more information, contact Sara Warren, MPA, LSSBB, Performance Assessment and Improvement Director, at 407-665-3383

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
- Goodwill
- The Sharing Center
- Remington Inn
- Grace and Grits



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.

PrEP

**ONE PILL.
ONCE A DAY.**

Protect against HIV.

PrEP Campaign

PrEP (Pre-Exposure Prophylaxis) is a comprehensive HIV prevention strategy that involves the daily use of antiretroviral medication to reduce the risk of HIV infection in people at high risk for HIV.

The Florida Department of Health has implemented a statewide PrEP campaign. According to the Centers for Disease Control and Prevention (CDC), PrEP (Pre-Exposure Prophylaxis), when used consistently, has been shown to reduce the risk of HIV infection by more than 90 percent in people who are at high risk. A combination of two HIV medicines (tenofovir and emtricitabine), sold under the name Truvada® and combined in one pill, can stop HIV from taking hold and spreading in the body.

DOH-Seminole's PrEP services are available Wednesday mornings from 8:30 to 11:30 a.m. For more information contact Adrain Humphrey at 407-665-3690.



**PrEP
is here...**

Taking **ONE PILL** a day can greatly reduce your HIV risk.



**Ask Us
(407) 665-3700**

Community Food Drop

On Friday February 23rd, DOH-Seminole staff participated in a Community Food Drop hosted at the Saint Augustine Catholic Church in Casselberry and sponsored by the Seminole County Child Abuse Prevention Task Force (CAPTF) in Partnership with The Christian Sharing Center to address food insecurities. Literature and resources on Tobacco Cessation, Diabetes Prevention and the Women, Infants and Children Program (WIC) services were provided. Over 200 households received several days' worth of food.

(L to R: Herronda Mortimer, Yvette Bhowanidin, Cherie Sanders)



Spring Forward!
NEW LOCATION

Stop by the new farmers market location and meet our amazing local vendors.

FARMERS MARKET HOURS:
**Every Friday
2 - 6 P.M.**

FARMERS MARKET NEW LOCATION:
ALLEN CHAPEL AME CHURCH
1203 S. OLIVE AVENUE, SANFORD

For information, contact Derrick Thomas at 407-665-3234



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

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Tips for Preventing Heat-Related Illness

Stay Cool - Wear Appropriate Clothing: Choose lightweight, light-colored, loose-fitting clothing.

Stay Hydrated - Drink Plenty of Fluids. Stay away from very sugary or alcoholic drinks. Replace salt and minerals.

Stay Informed - Check your local news for extreme heat alerts.