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Message from the Health Officer

Chronic Disease Prevention

Chronic diseases and conditions such as heart disease, stroke, cancer, type 2 diabetes, obesity and arthritis are among the most common, costly, and preventable of all health problems. In the United States, chronic diseases and conditions and the health risk behaviors that cause them account for most health care costs. In an article published late last year in the Centers for Disease Control and Prevention (CDC) journal, *Preventing Chronic Disease*, researchers found that an evidence-based approach to chronic disease prevention and control can significantly reduce the burden of chronic diseases. The process of evidence-based decision making (EBDM) involves multiple elements, including making decisions that are based on the best available evaluation evidence, applying program planning and quality improvement frameworks, engaging the community in assessment and decision making, adapting and implementing evidence-based interventions and conducting sound evaluation. This is an approach that the Florida Department of Health in Seminole County (DOH-Seminole) is well familiar with and actively engages in.

One way in which we assess our community's health is with a Community Health Needs Assessment (CHNA), which as its name suggests assesses the healthcare needs of the community. The 2016 CHNA Report was a collaborative effort between area hospitals, community partners and local health departments, assessing the central Florida region including Lake, Orange, Osceola and Seminole counties. A new CHNA started in the fall of 2018 and will be completed in early 2019. The vision of the CHNA is "to promote and inspire a culture of health by collaborating with traditional and non-traditional partners, ensuring access to healthcare resources, developing evidence-based programs and advancing health equity throughout the central Florida region." The CHNA is a systematic approach to collecting, analyzing and

priority areas for health improvement efforts. The health data utilized includes factors addressing health risks, quality of life, social determinants, inequity, mortality, morbidity, community assets and forces of change.

The CHNA report serves as a baseline for the health status of our community. The CHNA found that from 2008-2014, the leading causes of death in Seminole County were cancer, heart disease, chronic lower respiratory disease (CLRD), diabetes and unintentional injuries. Of all the leading causes of death, all but "unintentional injuries" is considered a chronic disease. Based on the data in the CHNA report, in February 2017 DOH-Seminole engaged thirty-six community health partners in the development of the 2017-2020 Seminole County Community Health Improvement Plan (CHIP). Four prioritized areas were selected by the partners for planning, action, monitoring and evaluation, including Priority 1: Health Literacy/ Access to Care, Priority 2: Chronic Diseases and conditions, Priority 3: Maternal and Child Health, and Priority 4: Behavioral Health: Mental & Substance Abuse. Not surprisingly, chronic diseases and conditions is one of the four priority areas.

On September 6, 2018, federal health officials reported that the U.S. is losing ground on its efforts to combat heart disease, finding more than 80% of heart attacks and strokes in middle-aged Americans are preventable. The CDC released new data showing heart disease and strokes were responsible for more than 415,000 deaths and 2.2 million hospitalizations in 2016, adding up to more than \$32 billion in related healthcare expenses.

The data is the first to show the effects of rising obesity, physical inactivity and diabetes rates, according to Dr. Janet Wright, executive director of the CDC's Million Hearts initiative, a five-year

effort started in 2012 to prevent a million cardiovascular events. "These three factors interweave to decrease health and eventually we knew they were going to have an impact on event rates," Wright said. One in three of all cardiovascular events in 2016 occurred in Americans between the ages of 35 and 64 years, accounting for more than 775,000 hospitalizations and 75,000 deaths. "Middle age can be a ticking time bomb for heart disease because this is when many risks for heart disease begin to take their toll," said Dr. Anne Schuchat, CDC's principal deputy director.

DOH-Seminole is directly engaged in addressing and preventing chronic diseases and conditions as may be seen in the pages of this issue of *Seminole Health Connection* as well as in previous issues. Our Office of Health Promotion and Education coordinates and promotes health in a variety of ways from attending and/or hosting outreach events where screenings are provided and education material is made available, engaging with various community partners on wellness initiatives and recognizing and lauding the achievements of civic leaders that have introduced policies and initiatives that have positively impacted the health environment of communities in Seminole County. There are several programs at DOH-Seminole that address chronic diseases.

For further information about our programs please see page 5.

Enjoy the newsletter!

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



For more information about chronic disease prevention visit www.cdc.gov

Child Car Seat Event

For 4 hot days (September 26 through September 28) DOH-Seminole, in partnership with Safe Kids Seminole County, inspected, replaced and provided child car seats. Every single family that came to the event was happy, grateful and eager to learn about child car seats and to ensure that their child was safe.

42 child car seats were inspected, 29 were replaced and 12 were provided for free to pregnant women or children without seats.

Safe Kids Seminole is a coalition of twenty-two government and community stakeholders within Seminole County and is dedicated to preventing unintentional injuries to Seminole County children ages 0-14 years.



(L to R: Alfredo Maldonado-Lebron and Tanya Valentin)

Let's Move



Above: Carlos Diaz, from DOH-Seminole Mobile Health Services, provides health screenings at the 7th Day Adventist Church's Let's Move 5K event

(DOH-Seminole provided screenings, educational materials and referrals for 46 people at the event)

Conditions in the places where people live, learn, work, and play affect a wide range of health risks and outcomes. These conditions are known as

Social Determinants of Health.



Big Latch On



(L to R: Participants breastfeeding together, exercising, a participant and her child)

August was *National Breastfeeding Month* and DOH-Seminole used this occasion to promote breastfeeding and provide education and motivation for those who wish to breastfeed. On Thursday, August 2nd, our Women, Infants and Children (WIC) program hosted a free event, *Breastfeeding: Foundation of Life: Tips & Tricks for a Healthy Baby and Family*. Healthcare workers, breastfeeding families, caregivers and the public were able to learn from expert guest speakers on a variety of topics including mental health and nutrition.

On August 3rd, DOH-Seminole participated in the *BIG Latch On*, a global event where women come together and give each other peer support and motivation. At this event women were provided instruction on staying fit and were able to breastfeed together. Susan Mulligan, Women, Infants and Children (WIC) manager for DOH-Seminole stated, "Breastfeeding provides many health benefits for mother and child. Breastfed infants have a reduced risk of infections, asthma, obesity, and SIDS; and mothers who breastfeed have a reduced risk of breast and ovarian cancer as well as postpartum depression." WIC Lactation Consultants are available to answer questions and coach breastfeeding mothers. Additionally, DOH-Seminole has private breastfeeding rooms to facilitate the bonding experience of mother and child while at the health department.

WORLD HEART DAY / IMMUNIZATIONS

Healthy Weight Community Champion



On Monday, August 13th, Herronda Mortimer, Venise White and Donna Walsh attended the City of Sanford Commission Meeting and presented the 2018 *Healthy Weight Community Champion* award to the City of Sanford Commissioners, Mayor and City Manager.

The City of Sanford along with the City of Oviedo and the City of Casselberry were commended for implementing best health practices and policies to improve the "Built Environment" for their residents and visitors. Each local municipality was encouraged to participate by submitting the best practices and policies that were implemented in their city to demonstrate how they met the Healthy Community Champions criteria. Some of these best practices include: creating more wellness and fitness centers, building walkable communities to include more sidewalks and fitness trails, improving air and water quality, and providing more nutritious foods in vending machines and at farmers' markets. Herronda Mortimer, Healthiest Weight Florida Coordinator in Seminole County, stated, "Receiving this recognition from the Florida Department of Health is a wonderful way to highlight the investment that city leaders are making to build healthier communities for residents."

World Heart Day



(Above: DOH-Seminole staff wore red on September 28th in recognition of World Heart Day on Saturday, September 29th)

(Below: Venise White at the Board of County Commissioner's (BOCC) chambers for the World Heart Day Proclamation on September 25th)



(Below: also in recognition of World Heart Day, classes teaching Hands - Only CPR were offered every half hour from 9:00 a.m. to 12:00 p.m. at DOH-Seminole)

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.

Immunizations Protect Children

DOH-Seminole contributed an article for the Spanish magazine, *Tu Revista Mujer*, entitled *Las Vacunas la mejor forma de proteger a sus hijos* (Immunizations are the best way to protect our children).

The article shared the importance of vaccines for protection from diseases that can be very serious, may require hospitalization, or even be deadly. Vaccines reduce a child's risk of infection by working with their body's natural defenses to help them safely develop immunity to disease. Keeping children on the recommended immunizations schedule is important to protect them from diseases that were once common and also protect those who may not be able to get vaccines due to medical reasons, from getting sick.



Las Vacunas la mejor forma de proteger a sus hijos



Sus hijos son muy especiales y siempre quedará que están a salvo. Se asegura que utilicen el cinturón de seguridad cuando van conduciendo, se apliquen bloqueador solar e incluso que usen casco y tomen las medidas de seguridad necesarias cuando montan bicicleta o practican algún deporte. Pero en todo este repertorio ¿sabe cómo protegerlos de las enfermedades infecciosas y del cáncer?

Es horrible cuando su hijo se enferma, pero usted puede prevenir aquellos males potencialmente dañinos, y las vacunas es una de las principales formas de hacerlo para bebés, niños y adolescentes hasta los 16 años de edad. Aquellas enfermedades prevenibles con vacunas pueden ser muy graves, requerir hospitalización o incluso ser mortales, especialmente en bebés y niños pequeños.

Las vacunas reducen el riesgo de infección de su hijo, al trabajar con las defensas naturales de su cuerpo para ayudarlo a desarrollar, de manera segura, inmunidad a enfermedades. Estas han tenido un enorme impacto positivo en la salud de los niños en los Estados Unidos. La mayoría de los padres de hoy, nunca han visto de primera mano las consecuencias devastadoras que las enfermedades prevenibles con vacunas tienen en un niño, una familia o una comunidad, que aun cuando no son comunes en los Estados Unidos, persisten en el resto del mundo y están a tan solo un viaje en avión.

En nuestra comunidad todavía existen áreas con niños sin vacunas que podrían enfermarse si están en contacto con una enfermedad prevenible por vacunación, y es en estos casos donde más rápido se propagan. Mientras más personas se encuentren vacunadas, menos posibilidades de transmisión, lo cual se conoce como inmunidad de comunidad o colectiva.

Es importante que continuemos protegiendo a nuestros niños porque los brotes de enfermedades prevenibles con vacunas como la tos ferina, las paperas y el sarampión ocurren en este país.

Para más información sobre vacunas visite www.cdc.gov. Para conocer sobre los servicios ofrecidos en el departamento de salud visite www.seminolecohealth.gov



CENTRAL FLORIDA FAMILY SUMMIT

Central Florida Family Summit



(Above left: panel discussion on the opioid crisis and behavioral health) (Above right: volunteers and staff)



(Above: visitors greeted upon their arrival)

On September 1st, Family Circle of Life Network along with Virtuous Precepts for Prosperous Living hosted the *Central Florida Family Summit (CFFS)* in partnership with the Florida Department of Health in Seminole County. The free event took place from 9:00 a.m. to 1:30 p.m. at DOH-Seminole. Visitors from Orange, Seminole and surrounding counties experienced a variety of family-oriented activities, legacy building, educational power talks, community resources, financial literacy, games, youth pow wow sessions, free books and food, along with teach and learn level up topics, many vendors, family services, and much more. Participating professionals on the Professional Panel included a Health Officer, Certified Counselor, Mental Health Counselor, Compliance Specialist, Probation Officer and Lieutenant Officer.

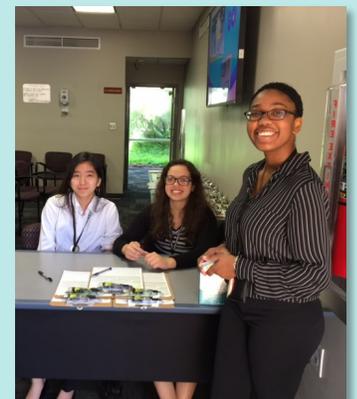
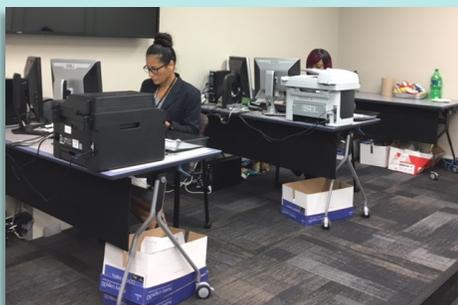
Family Circle of Life Network (FCOLN) is a non-profit organization which offers to families of Orange and Seminole counties along with surrounding communities effective services in the areas of Education, Social Empowerment, Civic Engagement, Resources, and Community Partnerships that assist families in laying a foundation towards Legacy Building.

Back to School Immunizations



DOH-Seminole participated in the *9th Annual Back to School Expo* held at the Seminole Towne Center in Sanford. Free activities were provided to kids throughout the mall and representatives from Orlando City Soccer and the Orlando Magic were present along with other family-focused organizations. Giveaways, discounts, and prizes were provided by local merchants. Educational materials and information for school-aged students were also available.

Early Immunizations



In order to help parents avoid the back-to-school rush for vaccination, DOH-Seminole offered early immunizations from July 23rd through August 14th on a first come, first served, walk-in basis. The Immunizations program staff and volunteers were quite busy with over 1,400 services provided.

(Chronic Disease Prevention continued from Page 1)

The Breast & Cervical Cancer Early Detection Program (BCCEDP) at DOH-Seminole educates and raises awareness about breast and cervical cancer through community outreach, early detection, and treatment in an effort to reduce the number of deaths from breast and cervical cancer. Mammograms or Pap tests at low or no cost are provided to qualifying women without health insurance or who are underinsured residing in Seminole, Orange and Lake counties. Breast cancer is the most common cancer among American women. Cervical cancer is highly preventable. Taking preventative measures such as breast examinations, mammograms and pelvic examinations on a regular basis are key for early detection and treatment. The BCCEDP staff educates women on preventing cancer, available resources and services provided.

Approximately 47 percent of U.S. adults have at least one of three major risk factors for cardiovascular disease (CVD), which includes heart disease, stroke, and related conditions: uncontrolled high blood pressure, uncontrolled high LDL (low-density lipoprotein) cholesterol, or current smoker. Controlling these factors could reduce a person's risk of heart attack or stroke by up to 80%. DOH-Seminole provides education and screenings for blood pressure and cholesterol at the health department, at outreach events and through our Mobile Health Services program. We offer smoking cessation classes in conjunction with Tobacco Free Florida as well as nicotine replacement patches for qualifying individuals. We are committed to reducing youth smoking and tobacco use rates. The Students Working Against Tobacco (SWAT) chapter in Seminole county works within schools and in the community to prevent youth from beginning to smoke and to limit access and exposure to tobacco.

In the last 20 years, the number of adults diagnosed with diabetes has more than tripled as the American population has aged and become more overweight or obese. In the U.S., 30.3 million adults have diabetes, and 1 in 4 are unaware. More than 1 in 3 adults have prediabetes, a condition where blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes. Through the CDC-led National Diabetes Prevention Program (DPP), individuals with pre-diabetes can learn practical, real-life changes that can reduce their risk for developing type 2 diabetes by as much as 58%, or 71% if the person is 60 years or older. The DPP program is offered at DOH-Seminole as well as the Diabetes Self-Management Education (DSME) program for individuals who already have diabetes. The DSME program provides education on healthy lifestyle habits and other information to greatly reduce the impact of diabetes on a person's life. DOH-Seminole remains committed to preventing chronic diseases, reducing risk factors and promoting health and wellness for all Seminole County residents.

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 Centers for Disease Control and Prevention (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 lemons. Number 30 on the list is strawberries. One cup of strawberries yields 141 percent DV* of vitamin C, 6 percent DV of potassium, as well as significant amounts of thiamin, Vitamin B6, folate, magnesium, potassium and copper.

* 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.

Baby Arugula and Strawberry Salad



Prep Time: 15 minutes

Directions:

1. Combine the dressing ingredients in a small bowl or a jar with a fitted lid. Whisk or shake until emulsified.
2. In a large bowl, add the arugula and some of the dressing. Toss to coat the arugula.
3. Add the remaining salad ingredients and more dressing.
4. Toss gently.

Recipe adapted from www.tasteloveandnourish.com

Serves: 6 to 8

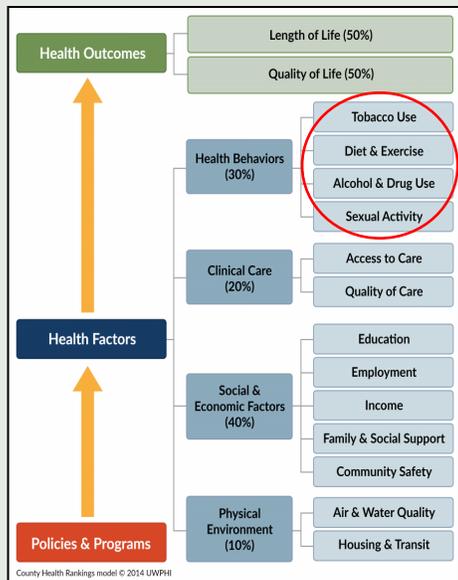
Ingredients:

(Dressing)

- 1/3 cup fresh lemon juice
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 1 teaspoon fine kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/3 cup extra virgin olive oil

(Salad):

- 10 ounces baby arugula
- 1 pound fresh strawberries, hulled and sliced
- 1/2 small red onion, sliced
- 8 ounces feta cheese



Health Measures

As previously highlighted in *Seminole Health Connection*, the *County Health Rankings* measure the health of counties in the nation and rank 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. Exploring these measures in detail will enable us to learn why they are indicative of a community's health and how they in turn are influenced.

In the last issue of *Seminole Health Connection* we explored social, economic and environmental factors that contribute towards a given county's health outcomes. For this issue, we will explore Tobacco Use, Diet and Exercise, Alcohol and Drug Use and Sexual Activity. These factors collectively are considered to be health behaviors and contribute 30% towards health outcomes and to determining a given county's health ranking. Seminole County ranks 10th out of the 67 counties in Florida. The *Message from the Health Officer* in this issue of *Seminole Health Connection* addresses chronic diseases. Most chronic diseases can be prevented by eating well, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings - in other words by changing health behaviors. The health behaviors that the Robert Wood Johnson Foundation uses to determine county rankings are adult smoking, adult obesity, food environment, physical inactivity, access to exercise opportunities, excessive drinking, alcohol-impaired deaths, sexually transmitted infections and teen births. While Seminole County scored relatively well on these behaviors resulting in our overall high ranking of 10th in the state, there is room for improvement, and with respect to certain behaviors the trend is getting worse and warrants attention and

action to promote healthier lifestyles. Adult obesity is one such behavior.

In 2004, 21 percent of Seminole County residents reported a BMI (Body Mass Indicator) of 30 or more. By 2014, 26 percent reported a BMI of 30 or more which is the percentage reported on average throughout Florida and the rest of the country. An individual with a BMI of 30 or more is considered to be obese. 20 percent or 1 in 5 adults age 20 and over reported having no leisure-time physical activity. Decreased physical activity has been related to several disease conditions such as type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and premature mortality, independent of obesity.

Alcohol use is another health behavior that is a significant factor of health outcomes. Twenty-one (21) percent of Seminole County adults reported binge or heavy drinking - approximately 1 in 5 adults, while 24 percent of driving deaths involved alcohol. While this number is high, it is important to keep in mind that not all fatal motor vehicle traffic accidents have a valid blood alcohol test, so this percentage is likely lower than what is actually the number of alcohol-impaired vehicular deaths.

There was an average of 16 teen births per 1,000 females reported. For black females the number was 36 while for Hispanic and White women, the numbers were 19 and 11, respectively. Evidence suggests teen pregnancy significantly increases the risk for adverse health outcomes for mothers, children, families and communities. Sexually transmitted infections have gone up in Seminole County over the years. In 2007, there were 135 chlamydia cases per 100,000 people in Seminole County. Eight (8) years later in 2015, the number of cases rose to 371 per 100,000 people. Chlamydia, associated with unsafe sexual activity, is the most common bacterial STI in North America and is one of the major causes of tubal infertility, ectopic pregnancy, pelvic inflammatory disease, and chronic pelvic pain. STIs are associated with a significantly increased risk of morbidity and mortality, including increased risk of cervical cancer, infertility, and premature death.

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

Autism Screening



(L to R: clients waiting for screenings, educational display for the Special Needs Ability Program, Inc., Help Me Grow Florida representatives)

On September 17th, from 1 p.m. - 4 p.m., free Children's Autism Screening was provided by a Nemours Children's Health System specialist at DOH-Seminole. A child's early years include many developmental milestones for how he or she plays, acts and learns. Not reaching these milestones, or reaching them much later than other children could be a sign of developmental delay. It is important to identify these delays, because getting help early can prevent a child from falling further behind. Over 70 screenings were completed at the event.



Recently, DOH-Seminole completed our year one assessment of outcomes of our 2017-2020 QI Plan. The 2017-2020 DOH-Seminole QI Plan is a critical element of the department's QI program and overall Agency Performance Management System. The QI Plan guides quality improvement initiatives, trainings, monitoring and identifies key strategic opportunities for the continued development of a culture of quality. The 2017-2020 QI Plan was adopted July 1st. 9 project members were identified to support 3 selected 2017-2018 QI projects. All 9 members were provided methodology and 101 training prior to execution of the plan phase. They were also provided Plan, Do, Check and Act training.

DOH-Seminole identifies opportunities for improvement utilizing key performance indicator data. Opportunities for improvement are prioritized based on alignment that supports objectives identified within either the Strategic Plan, CHIP, or other local emerging/priority areas. Project teams are established by the Performance Management Council and team charters developed to determine the QI tools and methodology that will be utilized to structure the project. Action plans are developed by project teams to establish accountability for project monitoring and evaluation expectations.

Three projects were selected for the 2017-2018 planning year:

Decrease Clinical No Show Rates – By December 31, 2017, DOH-Seminole will reduce the daily average no show rate for clinical services from 35% to 15%. As of August 31, 2018, the average no show rate for clinical services has declined to a daily average of 28%. While the project AIM has not yet been obtained, the project team has seen progress with the implementation of several countermeasures including texting reminders, removal of several back-line phone numbers and the addition of back-up support staff to the appointment queue. At this time, the project team reflects continued work in the Check phase as additional opportunities for improvement emerge with each countermeasure pilot. It is anticipated that this project will be completed by March 31, 2019.

Increase employee satisfaction rates with purchasing support – By June 30, 2018, DOH-Seminole will reduce the average turn-around time for key support services from 16 to 4 working hours. As of August 2018, the customer engagement project team has completed the Plan, Do and Check phase of the project. Numerous countermeasures have been piloted based on identified root causes. At this time, countermeasure piloting continues including establishment of a customer satisfaction link on all staff email, implementation of electronic customer satisfaction kiosks and addition of customer feedback reviews at each Management Advisory Council meeting. While the number of feedback forms has increased, outcomes do not meet project goals. DOH-Seminole has partnered with DOH-Orange to conduct a regional project over the 2018-2019 planning year to implement standardized processes within each county. The goal is for each county health department to increase the number of feedback forms received monthly to reflect a valid sample size.

Increase the number of outreach events that support a strategic objective – By June 30, 2018, DOH-Seminole will increase the percentage of outreach events that directly support a key strategic objective (CHIP or Strategic Plan) from 60% to 90% annually. As of August 31, 2018, project pilot results reflect AIM attainment as 95% of outreach events can be directly linked to a key strategic objective. Implementation of countermeasures including development of a central repository, identification of an outreach gate keeper and inclusion of basic strategic objective alignment requirements on outreach request forms have been piloted and adopted. At this time the project team is in the process of reviewing additional potential root causes prior to determining if the project is completed. It is anticipated that this project will be completed by October 31, 2018.

Congregational Wellness Program



Venise White and Jonathan Rozier hosted an Introductory Workshop on Monday, September 24th with 15 faith-based leaders and community partners who committed to participate in the Seminole Congregational Wellness Program. Participants learned about the mission of the program, discussed opportunities to partner and brainstormed effective ways to survey church members about their priority health and wellness needs. Contractor, Patria Alguila also provided information about becoming Health Ambassadors and certified Community Health Workers.

Healthy Seminole



On September 24th, Donna Walsh recorded an episode of *Healthy Seminole*, our quarterly public health program.

This episode's theme, like this edition of the newsletter, was on managing chronic diseases. Guests interviewed included Sarah Wright, our Executive Community Health Nursing Director who spoke about diabetes, Ken Peach, Executive Director for the Health Council of East Central Florida, who shared details on the community paramedicine program and Dr. Raj Saxena, cardiologist and volunteer for Shepherd's Hope, who shared information on staying heart healthy. The episode aired on SGTV in November.

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.
- Immunizations - Flu, Hepatitis A, others (at specified sites).

Diabetes Prevention Program

Herronda Mortimer, the Seminole Diabetes Prevention Program Coordinator, met with Gina Johnson, Director of Clinical Quality Management for Shepard's Hope along with Florida State University 3rd Year Medical students on September 26th to discuss collaborating on referring patients to the Diabetes Prevention Program. The in-service covered an overview of the program, Prevent T2 Curriculum review and Q & A about how the program runs. Future meetings will be scheduled as the partnership develops.



(above: clients receiving certificates for completing the prevention program)

Adopt-A-Road



(Above: DOH-Seminole staff preparing to clean up!)

DOH-Seminole adopted a portion of Airport Blvd in Sanford in 2010 and helps keep it clean by picking up litter and debris at least twice every year. On September 27th, staff filled 13 bags with garbage.



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

Email: pranav.mehta@flhealth.gov

Visit us at: seminolecohealth.com

FREE YOUTH MENTAL HEALTH FIRST AID TRAINING

Become a Youth Mental Health First Aider!

What is YMHA?
Mental Health First Aid is an 8-hour training certification course which teaches participants a five-step action plan that focuses on assessing mental health needs, providing support, and facilitating the use of professional and supportive services.

Who do we serve?
All community professionals in nonclinical settings who work directly with at-risk youth such as child welfare, law enforcement, school personnel, social services and community agencies.

Upcoming trainings in your area
Tuesday, September 25, 2018
8:30am-4:30pm
Florida Department of Health in Seminole County
400 W. Airport Blvd.
Sanford, FL 32773

Visit: www.flhealth.gov/youth-mental-health-first-aid to sign up for this training today!

To learn more, contact us: Danielle Glover, Project Coordinator, Danielle.Glover@flhealth.gov

Logos for NCFE, Florida Department of Health, and SAMHSA.

Youth Mental Health First Aid

On September 25th, DOH-Seminole hosted free Youth Mental Health First Aid (YMHA) training from 8:30 am - 4:30 pm.

Mental Health First Aid is an 8-hour training certification course which teaches participants a five-step action plan that focuses on assessing mental health needs, providing support, and facilitating the use of professional and supportive services.