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Message from the Health Officer

New Growth

The new year is upon us! With the advent of every new year comes the tradition of new year's resolutions. The nature of these resolutions for many of us is to improve some aspect of ourselves. We at DOH-Seminole are committed to improving the health of Seminole County residents. In order to do that we have embarked on new efforts to address the various factors that affect health and well-being. We have also renewed our commitment to working with our community partners to seek out ways in which to provide more services and resources for people to take steps to improve their own health. As has been related often in issues of our newsletter, health problems and their solutions are complex. Addressing health issues requires looking beyond the surface. The underlying causes that created the problem must be examined and addressed as well. Food insecurity, lack of access to care and homelessness create the environment for many health issues. DOH-Seminole in collaboration with our partners is committed to addressing these and other conditions known as social determinants of health.

To reduce access barriers to food security, DOH-Seminole previously hosted a food pantry in conjunction with Feed the Need Central Florida, Inc. which provided 54,000 meals from the Fall of 2016 through the Spring of 2018. Our food pantry reopened on Thursday, December 6th with our new partner, The Christian Sharing Center, Inc. and Seminole County Government to provide food, health screenings, education and referrals for services. Poor food options and lack of knowledge about nutrition can not only lead to obesity and poor health, it can also lead to conditions such as diabetes.

DOH-Seminole began 2 new efforts related to diabetes in late 2018. The Diabetes Prevention and Diabetes Self-Management Education programs benefit those affected by diabetes and help prevent

others from developing the disease. The Diabetes Prevention Program (DPP) is an evidence-based program that helps people reduce their risk of developing type 2 diabetes. The DPP is a year-long program for people with prediabetes consisting of 16 weekly sessions followed by at least six-monthly maintenance sessions. The program uses the Prevent T2 Lifestyle Change Program curriculum which was developed by the Centers for Disease Control and Prevention. DOH-Seminole is currently enrolling participants for the program who have prediabetes or who are at high risk of developing type 2 diabetes. A total of 8 participants are enrolled in the DPP. For more information about DPP please contact Herronda Mortimer at 407-665-3028.

DOH-Seminole is also now offering Diabetes Self-Management Education (DSME) for individuals who have been diagnosed with diabetes. DSME consists of 10 hours of individualized instruction provided by a healthcare professional such as a nurse or dietitian who has received continuing education in diabetes. Topics covered include healthy eating, physical activity, monitoring blood sugar, taking medication, problem-solving, healthy coping and reducing risks. The goals of DSME are to increase participants' knowledge, improve blood sugar control, reduce complications and promote health and wellbeing. A total of 14 participants are enrolled in the DSME program. For more information about the DSME program please contact Emily Haller at 407-665-3339.

Another development that took place in 2018 was a significant increase in Hepatitis A cases in Florida and across the country. Since January 2018 through the end of February 2019 there have been 971 cases of hepatitis A reported in Florida which is much higher than

in preceding years. DOH-Seminole is collaborating closely with community partners to raise awareness and encourage vaccinations for high-risk individuals. Free vaccines are being offered at the health department and at various outreach events that DOH-Seminole attends. With funding provided by the State, DOH-Seminole brought on 4 positions in order to increase our overall response to the outbreak. Jill Roberts, a professor of microbiology and environmental health at the University of South Florida, has stated that "the spread is intimately linked to the opioid crisis. The biggest factors contributing to this spread are IV drug use and homelessness." This, once again, highlights the interrelatedness of health issues and social determinants. DOH-Seminole is a member of a task force, the Seminole County Opioid Council, led by Seminole County Sheriff Dennis Lemma, specifically created to address the opioid crisis.

On December 14th, The Goldsboro Farmers Market celebrated its second year serving the Goldsboro community. The market is managed by DOH-Seminole in collaboration with the Goldsboro Front Porch Council, Inc., City of Sanford and Allen Chapel AME Church. The market initially opened through funding from the Orlando Health Community Benefits grant program and is currently funded by an agreement with the City of Sanford and Goldsboro Front Porch Council, Inc. The farmer's market provides families with access to fruits and vegetables closer to their homes, which is essential for preparing healthy meals and preventing chronic illnesses such as diabetes and heart disease. The farmer's market was established in 2016 with the aim of increasing opportunities for residents to conveniently purchase nutritious and affordable foods in a community that has been designated by the USDA as a food desert. The market also promotes entrepreneurship and community engagement.

(continued on page 2)

Message from the Health Officer continued....

Another way in which DOH-Seminole is approaching the topic of access to quality food is through an initiative that began in late February. DOH-Seminole embarked on a gardening project with community partners in our atrium. Young seedlings provided by the University of Central Florida Arboretum were planted in 20 Farm Daddy, Inc. self-irrigating grow containers. Upon maturity, these plants and their fruit will be given to our food pantry to supplement the foods we receive. By embarking on this project, we will demonstrate the concept of garden to plate sustainability as well as encouraging healthy eating.

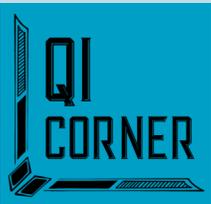
The health department continues to promote health and well-being by offering free community yoga classes for youth and adults and CPR training and certification for a nominal fee. We have also expanded our partnerships by offering birth certificate services to Seminole Tax Collector offices in Lake Mary, Casselberry, Longwood and Winter Springs.

Access to care also means access to services, and DOH-Seminole recognizes the busy lives residents live and the time that they spend commuting from one place to another. Co-locating services allows Seminole County residents and visitors to benefit from the many programs offered at DOH-Seminole and elsewhere while reducing transportation barriers. This is just a snapshot of the many ways DOH-Seminole continues to develop programs, services and partnerships to address the public health needs in our community. We look forward to continuing to create new opportunities for health improvement, prevention, treatment, awareness and education in 2019.

Enjoy the newsletter!

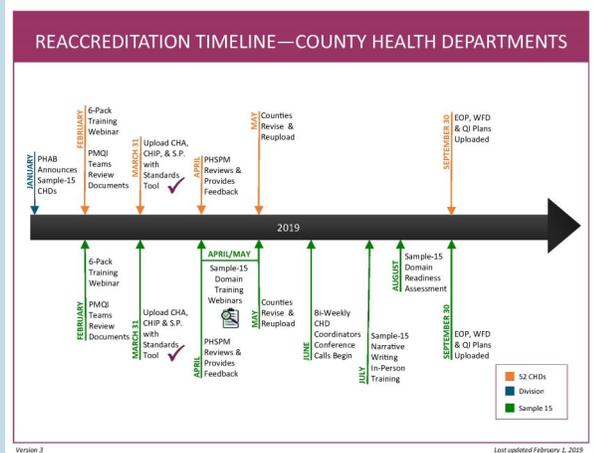


Donna J. Walsh, MPA, BSN, RN
Health Officer
Florida Department of Health in
Seminole County



The goal of national public health accreditation, coordinated and organized by the Public Health Accreditation Board (PHAB), is to protect and improve the health of the public by advancing the quality and performance of all health departments in the country - local, state, territorial and tribal. As the first state in the nation to receive national accreditation as an integrated department of health, the Florida Department of Health continues to work towards meeting and exceeding national standards, thereby ensuring that essential public

health services are provided to all communities in Florida. Efforts are currently underway to prepare for the first phase of reaccreditation, which focuses on the state level and requires an application submitted to PHAB no later than June of 2019. The second phase (integrated system/county health departments) application is due in 2021. As part of fulfilling requirements for reaccreditation, all 67 county health departments must submit the "six-pack." This consists of the Community Health Assessment, Community Health Improvement Plan, Strategic Plan, Quality Improvement Plan, Workforce Development Plan and Emergency Operations Plan by March 31st. DOH-Seminole has fulfilled this requirement.



The Master Gardener's Column

Gardening is a good form of exercise and provides a great way to relax, which is beneficial for your mental health. With fresh vegetables and herbs just a short distance away from the dinner table, it is more likely that you will eat them often.

Spring is a great time to prepare your garden for vegetables. Spring crops include sweet corn, cucumber, tomato, watermelon, and several kinds of beans. Corn should be started from seed and planted in an area where it will receive at least 6-8 hours of sun each day. For best results, plant two to three rows of corn with each row 24-36 inches apart. Seeds should be planted 1-2 inches deep with individual plants spaced 12-18 inches apart. Water your corn in the mornings. About 1 inch of water is required per week for corn. Water so that soil is moist to about 6 inches deep as light sprinklings of

water will encourage shallow rooting. Sweet corn is ready to harvest when the kernels are filled and tightly packed, usually between 60 and 90 days after planting. As with corn, cucumber seeds should be planted 1-2 inches deep with plants spaced 6-12 inches apart. Keep the soil moist by watering thoroughly once or twice a week. They are ready to harvest between 40 and 65 days after planting.

Tomatoes may be started in the garden or container by planting seeds or by setting transplant seedlings. Tomatoes need about 1-2 inches of water per week. If rainfall is not enough, water plants thoroughly once a week. Heavy soakings once a week are better than many light sprinklings. As with tomatoes, when planting watermelon you can either plant seeds or transplants. Plant your watermelons in a location where they will receive full sun. Watermelon is pretty versatile; it will grow in almost any type of soil as long as it's well-drained. Plants should be 36 inches apart, in rows 7 to 8 feet apart.

Watermelon plants grow best when temperatures during the day are between 70 and 85 degrees Fahrenheit, although they can handle daytime temperatures up to 90 degrees. Watermelons take 80 to 100 days to mature depending on the variety. Look for the bottom of the melon to be cream-colored or bright yellow; a white or pale green spot means the melon is not yet ripe. Also, check the curled tendril closest to the melon on the vine. When it turns brown and shrivels, the melon should be ripe. Use seeds for growing bush beans, as transplants do not do well. Keep the soil consistently moist until your seeds sprout; then water whenever you notice the soil surface has dried out. Beans will grow well in your garden or a container; just make sure they are in a location where they will receive at least eight hours of full sun every day. Fertilize your bush beans at half the rate used for other vegetables. For all plants, distinguish between the normal yellowing of older leaves and the yellowing of new growth, which usually indicates a micronutrient deficiency. Watch for drought stress and water as needed if rainfall has been spotty.

Happy Gardening!

To learn more about gardening please visit sfl.ifas.ufl.edu/lawn-and-garden/

NATIONAL NIGHT OUT / PARENT ACADEMY

Bike to Work

BIKE TO WORK DAY

FRIDAY
10.26.2018
6:30 AM MEET-UP
7:00 AM RIDE STARTS
8:00 AM OFFICE ARRIVAL

LAKE MARY SUNRAIL STATION
2200 W. Lake Mary Blvd.
Lake Mary, FL 32746

REGISTER TODAY AT
reThinkYourCommute.com/2018

OR CALL 888-830-4862 CHECKED FOR MORE INFORMATION

reThink your commute



DOH-Seminole staff joined reThink Your Commute partner and community members for the 1st Bike-to-Work Day on Friday, October 26th. Riders met at 6:30 a.m. at the Lake Mary SunRail station located at 2200 West Lake Mary Blvd. The group ride began at 7:00 a.m. and arrived at DOH-Seminole's Airport Blvd. location at 8:00 a.m.

reThink Your Commute promotes smart transportation solutions for Central Florida's workforce.



(Above: Riders preparing to depart the SunRail station
Below: Riders arriving at the health department)



National Night Out



On October 2nd, DOH-Seminole staff attended 3 *National Night Out* events, annual crime/drug prevention events held in Longwood, Sanford, and Casselberry. Educational material and information on our programs and services was shared. *National Night Out* was created with the mission of keeping children safe by enhancing the relationship between neighbors and law enforcement while bringing a true sense of community to participants.



Parent Academy



Seminole County
Public Schools

On Saturday, October 27th, DOH-Seminole representatives attended the Seminole County Public School District Parent Academy. The purpose of the event was to educate parents on community resources as well as provide strategies to encourage and influence their child's learning. A total of 30 people visited DOH-Seminole's table and display on the programs and services we offer.

Keynote speakers included Dr. Walt Griffin, Superintendent of Schools for Seminole County Public Schools and Robens Chery, founder and CEO of Principle Life Youth Development and author of *The Mindset of a Teen*.



Rescue Outreach Mission

On December 6th, Enid Santiago-Cruz, Livia Gifford and Amanda Mulkey were provided free hepatitis A and flu vaccines along with education at the Rescue Outreach Mission. A total of 8 hepatitis A vaccines and 7 flu vaccines were given. Congresswomen Stephanie Murphy was visiting the Rescue Outreach Mission and learned about DOH-Seminole providing vaccines and collaborating with the Rescue



Outreach Mission to educate and help prevent hepatitis A and flu infections.

(L to R): Livia Gifford, Congresswoman Stephanie Murphy, Enid Santiago-Cruz and Amanda Mulkey

Re-Opening of the Food Pantry

On December 6th, The Christian Sharing Center, Inc. was on site for the re-opening of the food pantry. The soft opening included A1c screenings, and approximately 15 families were provided with meals.



(Above: Herronda Mortimer administering an A1c test)

NATIONAL DIABETES AWARENESS / OBESITY SUMMIT

National Diabetes Awareness

On November 28th in recognition of National Diabetes Awareness month, Jonathan Rozier, Health Education Consultant for the *Seminole Congregational Wellness Program*, Herronda Mortimer, Diabetes Prevention Program Coordinator and Katie Lahucik, Office of Health Promotion and Education (OHPE) intern student from the University of New England provided a diabetes community education presentation and screenings at Greater Providence Worship Center in Goldsboro, Sanford to 26 participants.

Greater Providence Worship Center is one of our partnering churches with the *Closing the Gap* grant project. Senior Pastor Cubit Malone and Pastor Bryan Johns both shared their battle with health issues and expressed the value of preventive screenings and lifestyle health education. Before and after the presentation conducted by Jonathan and Herronda, participants completed diabetes risk assessments and A1c screenings.



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.

Take a Loved One to the Doctor Day

DOH-Seminole services as well as health education was provided by the Tobacco, Florida Healthy Babies, STD, Office of Health Performance and Education, Dental, School Health and Mobile Health Services programs at the *Take a Loved One to the Doctor Day* in Sanford on Saturday, October 27th.

Approximately 40 people were educated and 25 received mobile health screenings.



DOH-Seminole and Seminole County Government TV partner to bring you the *Healthy Seminole Show*. This show is dedicated to bringing a variety of health topics and highlighting organizations working for you in the community. To see our latest episode on Chronic Diseases please visit:

www.youtube.com/watch?v=IHB4KHtOF0o

12th Annual Southern Obesity Summit



Community Programs Manager Venise White, who serves on the Advisory Committee for the Texas Health Institute, attended the 12th Annual Southern Obesity Summit (SOS) October 22 - 24 in Charleston, West Virginia. The 3 day conference focused on cross-state collaboration, best practices and strategies in obesity prevention under the pillars of: early childcare, food access, nutrition, schools, healthcare, physical activity and worksite

wellness. The overarching goal of the summit was to help stakeholders strategize next steps to implement policy and program initiatives across the southern region of the United States.

The SOS is the largest regional obesity prevention event in the United States, drawing hundreds of participants from the 16 Southern 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 Southern Rural Access Program's National Advisory Committee was led by former Surgeon General of the United States, Regina Benjamin, MD, MBA. The Texas Health Institute (THI) and Arkansas Center for Health Improvement (ACHI) partnered to put on the inaugural SOS in Little Rock in 2007.



HURRICANE MICHAEL RELIEF AND RECOVERY

Dental Care

On November 15th, the Dental Care Clinic team hosted a field trip from one of our local schools. Nine children from 1st through 3rd grades with 3 teachers visited our Dental Care Clinic. Children were given a chance to get a ride on the dental chair, see the x-ray machines and view a video of a first visit to the dentist. Dental Assistants taught the children brushing and flossing techniques and provided nutritional counseling with regards to snacks and sugary drinks. Each child was given a toothbrush kit and a sticker and teachers were given workbooks on oral health.



(Above: Visitors greeted upon their arrival)

DID YOU KNOW?

Dental cavities are one of the most common chronic diseases in children and teens. Dental sealants are the most effective way of preventing cavities in permanent molars, where more than 80% of decay occurs in the permanent teeth of children. Dental sealants are cost effective. Every \$1 invested in dental sealants applied by County Health Department dental programs yields \$1.88 in dental treatment savings. The Public Health Dental Program promotes the early placement of sealants on permanent first and second molars to effectively prevent tooth decay.



Great American Smokeout

On November 15th, Yvette Bhowanidin from the Tobacco Education and Prevention Program displayed a table with educational materials in our lobby in recognition of The Great American Smokeout, an initiative of the American Cancer Society.

Quitting smoking starts with day one. Call 1-800-227-2345



Youth Summit

Gigi Rivadeneyra from the School Health Program and Leticia Ulate from the Teen Outreach Program joined Donna Walsh for the Youth Summit at Northland Church on November 13th with over 200 people in attendance. The theme was "See Something, Say Something, Do Something" and focused on sharing strategies to keep students and school campuses safe.

Representatives from the Central Intelligence Agency (CIA), Sheriff's Office and the SpeakOut Hotline and Crimeline were among the guest speakers. Student leader representatives from all Seminole high schools were in attendance.



Hurricane Michael Relief and Recovery

DOH-Seminole's Donna Walsh, Scott Fryberger, Wanda Martinez and Livia Gifford supported Hurricane Michael relief efforts.

DOH-Seminole provided a vehicle that functioned as part of the mobile clinic in Panama City in front of DOH-Bay's dental clinic which sustained major damage. Free emergency dental care was provided as well as Tdap, Hepatitis A and flu vaccines after the visit with the dentist.



(Left and Above: DOH-Seminole vehicle and Hurricane Michael aftermath)

Neonatal Abstinence Syndrome Summit

On October 11th, the Neonatal Abstinence Syndrome (NAS) Summit took place at DOH-Seminole. Guest speakers and panelists provided valuable information.

NAS is a group of conditions caused when a baby withdraws from certain drugs after exposure in the womb. NAS is most often caused when a woman takes drugs called opioids during pregnancy. When these drugs are taken during pregnancy, they can pass through the placenta and cause serious problems for the baby. The placenta grows in the uterus (womb) and supplies the baby with food and oxygen through the umbilical cord.



Mental Health Awareness



Mental Health Awareness at the Corral

On Saturday, October 6th, Donna Walsh and Patricia Mondragon, Community Engagement Coordinator, attended the *Mental Health Awareness at the Corral* event at Crossroads Corral in Sanford. Crossroads Corral therapy horses were present as well as mental health professionals. Families of veterans, first responders, juvenile justice representatives and at-risk youth were educated about mental health issues. DOH-Seminole shared information about the mental health resources that are

offered at the health department and with other community partners.



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 31 on the list is radishes. One cup of radishes yields 29 percent DV* of vitamin C, 8 percent DV of potassium, 5 percent DV of Vitamin B6, as well as significant amounts of calcium, iron, 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.

Smashed Cucumbers and Radishes in Yogurt Sauce



Prep Time: 20 minutes

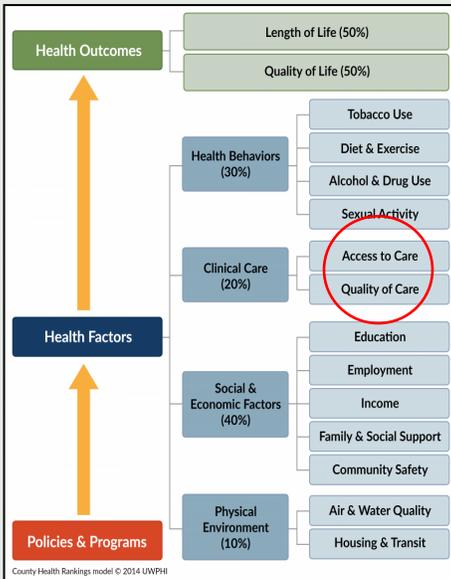
Directions:

1. Combine garlic and lemon juice in a small bowl and let sit 15 minutes.
2. Whisk yogurt, oil, and sugar in a large bowl; season with salt and pepper. Whisk in garlic mixture.
3. Using a rolling pin, meat mallet, or the flat side of a chef's knife, lightly whack cucumbers and radishes so they split apart (but not so forcefully that you smash them to smithereens).
4. Tear cucumbers and radishes into bite-size pieces with your hands and fold into yogurt mixture. Season salad with more salt and lots of pepper.
5. Transfer salad to an airtight container; cover and chill at least 2 hours. Shake to combine before serving.

Recipe adapted from bonappetit.com

Ingredients:

- 1 small garlic clove, finely grated
- 2 teaspoons fresh lemon juice
- 1/2 cup plain whole-milk Greek yogurt
- 2 tablespoons olive oil
- Pinch of sugar
- Kosher salt, freshly ground pepper
- 4 ounces Persian cucumbers
- 4 ounces red radishes, trimmed



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. More than 30 measures are used 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 Tobacco Use, Diet and Exercise, Alcohol and Drug Use, and Sexual Activity. These factors collectively are considered to be health behaviors. For this issue, we will explore Clinical Care comprised of the factors of Access to Care and Quality of Care. Clinical Care contributes 20% towards health outcomes and 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 “new growth” and the new and continuing initiatives that will increase access to care and improve the quality of that care. In 2018, DOH-Seminole entered into an agreement with the Health Council of East Central Florida to collaborate in providing home-delivered case management to county residents with rising health risks and existing

chronic conditions, thereby avoiding health emergencies and hospitalizations. While making their home visits, the community health educators assess home safety hazards, fall risks, pantry contents, depression and medication reconciliation. In 2019, we expect this initiative to grow serving a greater number of clients and offering additional services. The Health Council operates a health network that serves the uninsured and underinsured in Seminole County. This dovetails well with the health department’s own mission of preventing and protecting the health of Seminole County residents. The uninsured and underinsured are much less likely to have primary care providers than the insured. They also receive less preventive care, dental care, chronic disease management, and behavioral health counseling. Our mobile health services are being offered at more locations in order to reach those that are in need. By filling these gaps in healthcare in collaboration with our community partners, the overall health and well-being of Seminole County residents will improve. Adopting and implementing initiatives such as our Diabetes Prevention and Self-Management Education programs will improve health and reduce hospitalizations as well.

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

Healthy Champion Award

On October 8th, Venise White, Herronda Mortimer and Donna Walsh attended the City of Casselberry Commission meeting to present the City of Casselberry with the Healthy Community Champions Award. The City of Casselberry was one of 45 communities recognized for this award in the State of Florida.

The Healthy Community Champions Award provides an opportunity to highlight local governments that have focused on improving the built environment. The department defines the built environment as the places where people live, work and play (e.g., homes, buildings, streets, open spaces and infrastructure), food environments (e.g., supermarkets, corner stores, farmer’s markets and food pantries), and other environmental influences (e.g., indoor/outdoor air and water quality, noise pollution and environmental toxins).

The built environment can influence residents’ physical, nutritional, and mental health within their community through policies designed to provide adequate access to physical activity opportunities, healthy, affordable, and culturally appropriate foods, and healthcare, and a reduction or elimination of environmental health risks to the community.



Social Determinants of Health Summit



ACHIEVING HEALTH EQUITY THROUGH CROSS-SECTOR COLLABORATION

Ana Scuteri and Sara Warren attended the Third Annual National Summit on the Social Determinants of Health organized by the Root Cause Coalition October 20 - 22. This annual summit provided an opportunity to interact with representatives from health care, the non-profit sector, the faith community, researchers, clinicians, government leaders, educators and businesses to share best practices, connect with local communities and engage in a crucial discussion on how to best address the social determinants of health. Attending the summit helped them better understand the importance of, and novel approaches to, addressing social determinants of health within our organization and across collaborative efforts.

MOBILE HEALTH / TRAVEL IMMUNIZATIONS

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 Christian Sharing Center, Inc.
- 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).

WeFamUnited

On Saturday, December 15th, DOH-Seminole staff participated in the WeFamUnited Feed the City and Toy Drive in the Historic Winwood neighborhood in Altamonte Springs. The event brought out several dozen members of the Winwood community for a day of food, fun and education. Athletic coaches, youth leaders, and role models were in attendance who provided activities for health and wellness. Carlos Diaz with the DOH-Seminole Mobile Health Services Program provided cholesterol, diabetes and blood pressure screenings for attendees. Ana Mora promoted screenings available throughout the event and encouraged attendees to get screenings. Herronda Mortimer accompanied by

Travel Immunizations



DOH-Seminole immunizations staff are ready to assist when international travel is planned to determine if there are vaccination requirements for your intended destination. It may require several months to receive the adequate number and type of vaccines and/or prophylaxis. In general, to reduce the risk of infection travelers should:

Protect themselves from insects, ensure the quality of their food and drinking water, and

be knowledgeable about potential diseases in the region to be visited (CDC).

Travel Immunization appointments can be scheduled by calling 407-665-3700.

nursing students from Herzing University provided a health presentation about the importance of knowing your numbers and encouraged attendees to get screened during the event.



(left to right: Herronda Mortimer, Carlos Diaz, Ana Mora)

Now and Coming Soon

Community Yoga Yoga classes are held in the DOH-Seminole auditorium at our Sanford location on Wednesdays from 5:30 - 6:30 pm. The classes are open to youth and adults and are at no cost to participants.



No Limit Health and Education, Inc. in collaboration with DOH-Seminole is hosting the 5th annual 5K to celebrate healthy living on Saturday, April 6th in Casselberry. The event encourages residents, employees and visitors of Seminole County to become physically active and focus on personal wellness.



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

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Visit us at: seminolecohealth.com