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**Message from the Health Officer**

**Age Friendly**

This has been a year full of many milestones, accomplishments and the start of exciting new endeavors for the Florida Department of Health in Seminole County and for public health. The healthcare system focuses its attention on the medical needs of individual patients, often once they are ill or injured. In contrast, the public health system focuses on the overall health of the entire population, with an emphasis on the prevention of illness and injury. When looking at the health of the entire population, certain changes and trends over time become apparent. Prior to 9/11, public health departments were not involved in emergency preparedness to the degree that they now are. Until recently, public health departments were not prioritizing the prevention of opioid abuse. Another change is the age of the population and what that means in terms of specific health needs and other public health concerns.

According to the U.S. Census Bureau, by the year 2050 the nation's elderly population will more than double to 88 million, and the more frail, over-age 85 population will quadruple to 19 million. Currently, Florida ranks first in the United States in the percent of the population who is full-time and seasonal residents over the age of 65.

In Florida, more than 5 million of the 21 million people in the state are 65 years and older. For Florida, the census numbers reinforce that the state must prepare for the needs of an increasingly older population. Throughout the next decade, the population of older Floridians is expected to increase by nearly 40 percent. It is important to remember that aging is not only about older adults. It is about their families, the community they live in, and the influence they exert on our society both directly and indirectly. The older adult population in the United States has increased because of advances in technology, medicine, and public health that has resulted in lower mortality rates and increased longevity.

Florida is perhaps the "oldest" state in the U.S. because of interstate migration and the aging of baby boomers who often choose Florida as their post-retirement home. This increase in the number and diversity of older adults has monumental implications for health care spending and retirement planning and management. The cost of providing health care for an older American is three to five times greater than the cost for someone younger than 65 years. As a result, by 2030, the nation's health care spending is projected to increase by 25%. In April, Florida received the designation as an age-friendly state by the American Association for Retired Persons.

On April 23rd, Governor DeSantis announced that Florida became the fourth state in the nation, and the largest, to be designated an Age-Friendly State in the American Association of Retired Persons (AARP) Network of Age-Friendly States and Communities. AARP Florida State Director, Jeff Johnson, stated that "This designation opens the way for important partnerships in many parts of state, city and county government, and in the private sector, to make Florida an even better place to live for people of every age." "For the more than 8 million Floridians age 50-plus and the 2.8 million AARP members statewide, this is a big step forward." Member states develop and implement plans that address any or all of the eight Age-Friendly domains: Transportation, Housing, Public Spaces, Respect and Social Inclusion, Civic Participation and Employment, Social Participation, Community and Health Services, and Communication and Information.

In October 2017, Trust for America's Health (TFAH), a non-partisan public health policy, research and advocacy organization, in

collaboration with The John A. Hartford Foundation (JAHF) brought together a diverse set of organizations and individuals in Florida, for a convening in Tampa called A Public Health Framework to Support the Improvement of the Health and Well-Being of Older Adults. Its primary goal was to develop a framework for an age-friendly public health system and to build an enhanced partnership between public health, healthcare and the older adult services sector in Florida. Currently, 31 counties in Florida have begun the process of becoming age-friendly communities according to the AARP, including the city of Longwood in Seminole County which has achieved the age-friendly designation.

The Department of Elder Affairs for the State of Florida presented a demographic profile of Seminole County and found that 58% of Seminole County residents are above the age of 60. That equates to approximately 271,914 of the 463,560 residents of Seminole County. The number of older Seminole County residents is expected to grow and even more significantly the Senior Dependency Ratio is expected to increase as well. This ratio reflects the availability of younger individuals to serve as caregivers to older loved ones.

Other challenges and elements that are being considered and addressed are older adults' ability to access community resources such as affordable housing, public transportation, food and healthcare.

Our last episode of our Healthy Seminole show focused on healthy aging (see p. 11) and the various resources provided by our community

(continued on next page)

# TEEN VAPING / POWER TALKS

## Message from the Health Officer continued

partners to promote the health and well-being of older adults in Seminole County. As we head into the Fall and Winter seasons these and other initiatives will be shared in the next issue of *Seminole Health Connection*, the next episode of our *Healthy Seminole* show and on our website.

Enjoy the newsletter!

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



## Grow Central Florida



On March 9th, Gigi Rivadeneyra, School Health Program Manager, attended a Grow Central Florida (GROW) event for a play space revitalization effort at Pine Crest Elementary School. Gigi assisted in painting and cleaning up to revitalize the school's playground.

Founded in 2015, GROW's mission is to increase opportunities for physical activity and healthy living for youth. GROW primarily focuses their efforts in low resource communities



providing funds, creating training materials, and supplying durable goods and resources for running programs and cross country meets throughout Central Florida. Services they support in addition to play space revitalization include providing recess and sports equipment for schools, family and community engagement events, creating training materials, and resources. Community sponsors and volunteers provide valuable support to their efforts.

## Power Talks

On Tuesday, March 19th, Donna Walsh joined Gary Tester, Executive Director of Catholic Charities of Central Florida, for an interview on the show, "Power Talks", on Channel 45. For this edition of the show the opioid epidemic was addressed. Donna shared the work we are doing in partnership with the Sheriff's Office and our community partners to address this challenge.



## Opioid Crisis Management



Donna Walsh and Community and Population Health Division Director, Ana Scuteri, attended the 3rd Annual National Opioid Crisis Management Congress in Orlando on March 28th and 29th. The conference brought together some of the leading national experts responding to this ever-increasing public health crisis. Experts addressed the state of the science in pain management, the epidemiology of the opioid epidemic, and identified actions that can be taken to respond to this crisis. Leaders in opioid management presented information on developing collaborative strategic partnerships to serve those in need.

Opioid abuse is a severe public health problem that affects almost every community. Drug overdose deaths are the leading cause of injury death in the United States. Each year, drug abuse causes millions of serious illnesses or injuries among Americans. According to the Centers for Disease Control and Prevention (CDC), every day more than 115 Americans die after overdosing on opioids. The misuse of and addiction to opioids including prescription pain relievers, heroin and synthetic opioids such as fentanyl is a serious national crisis that affects public health as well as social and economic welfare. The CDC estimates that the total financial burden of prescription opioid misuse alone in the United States is \$78.5 billion a year, including the costs of healthcare, lost productivity, addiction treatment, and criminal justice involvement.

## Roundtable Discussion on Teen Vaping



Roundtable discussion with Attorney General Ashley Moody

On Thursday, July 18th, Attorney General Ashley Moody hosted a roundtable discussion with law enforcement and key community representatives to share information regarding teen vaping, and address the issue and impact it has on youth in our community. Donna Walsh was at the roundtable and discussed the Tobacco Free Florida campaigns taking place and introduced Debbie Owens from the Seminole Prevention Coalition who spoke about the great work Students Working Against Tobacco (SWAT) does and the importance of youth speaking to their peers. The Seminole County Opioid Council meeting also took place on July 18th.

As of October 15th, 1,479 lung injury cases associated with the use of e-cigarette or vaping products have been reported to the CDC from 49 states. 33 deaths have been confirmed in 24 states. All patients reported a history of using e-cigarette or vaping products.



## 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. We have embarked on a public health garden at DOH-Seminole in our atrium. With assistance from Goldsboro Elementary School students, the University of Central Florida (UCF) Arboretum Program and our staff, 20 Farm Daddy self-irrigating boxes were filled with soil and seedlings on February 21st. The harvests from our garden are shared with our food pantry, the Goldsboro Farmers Market and with staff.

The Florida Department of Health in Seminole County (DOH-Seminole) hosted the Public Health Garden and Community Food Pantry Ground Breaking and Ribbon Cutting Celebration. The event took place on Thursday, February 21st from 3 p.m. to 4 p.m. at the health department in Sanford.

The ground-breaking event featured students from Goldsboro Elementary School who planted vegetable plants and seeds in the new garden in collaboration with the UCF Arboretum Program. Attendees joined local partners and leaders as they cut the ribbon on the re-opening of the food pantry in partnership with The Christian Sharing Center, Inc. and Seminole County Government.



The on-site garden provides vegetables and fruits for the food pantry and the Goldsboro Farmers Market to help improve food insecurities in the community. Food security, poverty and access to transportation are some of the social determinants that impact health outcomes. DOH-Seminole's goal is to continue to partner with local agencies to reduce barriers to wellbeing and increase positive health outcomes in our community. The co-location of the food pantry at the health department is also an innovative way to bring resources closer to the communities that need them and provide other services at the same location, as well as reduce access barriers.

The Public Health Garden is made possible in collaboration with partners from the University of Central Florida Arboretum Program, Farm Daddy, Seminole County Public Schools, Goldsboro Elementary School, Goldsboro Farmers Market and the DOH-Seminole Employee Wellness Committee. The garden is located in the atrium at DOH-Seminole in Farm Daddy self-irrigating plant boxes and maintained by DOH-Seminole employees in coordination with the Employee Wellness Committee and a Master Gardener, Rufus Boykin.

The food pantry is made possible in collaboration with The Christian Sharing Center, Inc., Seminole County Government and dedicated volunteers. It is open every Thursday from 4 p.m. to 6 p.m.

The harvest so far this year includes Japanese and white eggplant, green and purple basil, mint, green onions, parsley, lemon balm, sorrel, sage, rosemary and a variety of hot peppers.



Left and above: Some of our Public Health Garden Harvest

To learn more about gardening please visit [sfyl.ifas.ufl.edu/lawn-and-garden/](http://sfyl.ifas.ufl.edu/lawn-and-garden/)

# SCHOOL SAFETY AND MENTAL HEALTH SUMMIT

## 8vo Festival de los Tres Reyes Magos and Health Fair

On January 5th, DOH-Seminole's School Health, Women, Infants, and Children (WIC), Sexually Transmitted Diseases (STD), and Epidemiology programs along with administration members and Information Technology (IT) supported the Hispanic Community during the 8vo Festival de los Tres Reyes Magos and Health Fair. Programs in attendance provided 50 kits of toothbrushes with dental information, books about immunization and informational brochures about asthma, and syphilis, HIV and hepatitis tests.



## Family Planning

DOH-Seminole offers confidential Family Planning Medicaid Waiver health services at no cost for those who qualify. The eligibility requirements and application information can be found in the flyer shown. For more information please call 407-665-3261.

Family Planning services are available to both males and females, including teens, in Seminole County. Patients are provided services to achieve their desired number and spacing of children, increase the chances that a baby is born healthy, and improve their health even if they choose to not have children.

### Family Planning Medicaid Waiver Program

The Florida Department of Health in Seminole County offers confidential Family Planning Medicaid Waiver health services at no cost for those who qualify.



**Eligibility requirements:**

- Between 14-55 years old
- Interested in birth control services
- Lost Medicaid coverage within the past 24 months
- No hysterectomy or tubal ligations (tubes tied)
- Household income less than or equal to 185% of the current federal poverty level.



**To request an Application:**

- Download and print an application at [www.floridahealth.gov](http://www.floridahealth.gov).
- Contact the Florida Department of Health in Seminole County at 407-665-3261.

**My health and my family are important to me!**





**To Apply**

Fill out the application completely and mail it, or bring it in person, with copies of identification and proof of income to:  
Florida Department of Health in Seminole County  
400 West Airport Blvd. Sanford, Florida 32773

## School Safety & Mental Health Summit

Gigi Rivadeneyra, School Health Manager, attended the School Safety & Mental Health Summit on Thursday, February 28th at Lyman High School. The summit addressed strategies that Seminole County Public Schools (SCPS) is working on to support student safety and mental health. A panel with experts in the fields of mental health, social work and law enforcement presented and took questions from the audience. One of the plans being developed is that all SCPS staff take youth mental health first aid training and suicide prevention training.



## Hepatitis A Presentation at EMS Quality Council



Tania Slade, Epidemiology Program Manager, presented on hepatitis A at the Seminole County EMS Quality Council meeting that took place on Friday, January 18th at Winter Park Hospital.

## Martin Luther King Jr. Celebration

On Monday, January 21st, members of the DOH-Seminole team participated in the Martin Luther King Jr. celebrations in Oviedo at Round Lake Park and in Sanford at Ft. Mellon Park. Attendees were provided with literature from the Breast and Cervical Cancer Early Detection program, Dental, Congregational Wellness, Diabetes Prevention program among various other department services. Staff in attendance represented several programs including the Office of Health Promotion and Education, Epidemiology/ Hepatitis Program, Clinical services, and Environmental Health. Mobile Health Services was on-site to provide blood pressure screenings. The team provided information to over 60 attendees during the days event.



# DIABETES PREVENTION / CAR SEAT CHECK-UP

## Human Trafficking



In Longwood on the eastside of highway 17-92 at Shepard Road (near 434), DOH-Seminole sponsored some Human Trafficking digital billboard advertisements. Recently, the FDOH Violence and Injury Prevention Program provided Rape Prevention Education funds to promote and create awareness on the "Look Beneath the Surface" campaign. The funds have been utilized to create awareness in the community through 4 digital billboards in English and Spanish, as well as promotional items, educational materials and attendance at a conference. As we serve clients, it is always important to look for the signs and call the human trafficking number to report possible cases for follow up.



In observance of National Human Trafficking Awareness Month, DOH-Seminole hosted a *Human Trafficking Overview* presented by guest speaker Paula Lupton, LCSW, from Sunshine Health on Thursday, January 17th.

## Cross Country Meet



On Saturday, January 26th, Gloria Rivadeneyra and Margo Porter, intern with the Office of Health Promotion and Education, attended the Seminole District Cross Country Meet. Approximately 1700 people were in attendance and about 300 parents and children stopped by the DOH-Seminole table.

## Diabetes Prevention



On Wednesday, January 30th, Herronda Mortimer, the Diabetes Prevention Program Coordinator, facilitated a real-world education experience at a local grocery store with program participants. The group spent time looking at food labels and comparing products, and were introduced to healthy alternatives for the foods they normally purchase and consume.

The National Diabetes Prevention Program is a lifestyle changes program to prevent or delay type 2 diabetes that teaches participants to make lasting lifestyle changes, like eating healthier, adding physical activity into their daily routine, and improving coping skills.

More than 30 million Americans have diabetes (about 1 in 10), and 90% to 95% of them have type 2 diabetes.

To learn more about diabetes prevention call 407-665-3011. If you have diabetes and would like to learn how you can reduce the risk of complications and improve the quality of your life call 407-665-3339.

## Car Seat Check-Up

DOH-Seminole, the Florida Healthy Babies Initiative and the Seminole County Sheriff's Office Safe Kids Program hosted a car seat check-up event on Friday, February 22nd at the health department in Sanford. Certified Child Passenger Safety Technicians and Instructors from several law enforcement, fire departments and community agencies supported the event. Car seats and installations were provided for a small donation to help the Coalition purchase additional seats for families in need.



**In the News**

**Free hepatitis A vaccines offered at Seminole County health department**



File photo (ROBYN BECK / AFP/Getty Images file)



By **Naseem S. Miller** · Contact Reporter  
Orlando Sentinel

JANUARY 17, 2019, 1:00 PM

Central Florida is **experiencing a spike** in the number of **hepatitis A** infections, mostly among people who are homeless and use drugs, and to stymie the spread of the disease, local health departments are offering free vaccinations for high-risk individuals.

The hepatitis A vaccine provides lifetime protection. The vaccine is recommended for children, but it's not required, so check your vaccine records.

The virus spreads through the fecal-oral route, so in addition to vaccination, good handwashing after using the bathroom, changing diapers and before preparing or eating food is important to prevent infection.

**Related**



Hepatitis A outbreak reported in Orange County among homeless, drug users

"We continue to educate and encourage at-risk populations to prevent hepatitis infection and get vaccinated through our Hepatitis Prevention Program and community outreach. Local collaborations are essential in reaching the community to help reduce hepatitis A infections," said Donna Walsh, health officer for the Florida Department of Health in **Seminole County**, in a news release.

***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.

**The Florida Department of Health in Seminole County was founded in 1941.**

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

**Community Yoga Classes**



DOH-Seminole hosted yoga classes every Monday and Wednesday during the month of September from 5:30 to 6:30 p.m. The class was open to youth and adults and was held in the auditorium at our Sanford location at no cost to participants.

Research has shown that yoga may help improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, and balance. It may also relieve low-back pain, neck pain and relieve menopause symptoms.

**Pregnancy Center Mobile Unit**



The Pregnancy Center Mobile Unit started visiting DOH-Seminole's Sanford location in February. The Pregnancy Center, a nonprofit agency that has been serving women in Seminole County for over 20 years, unveiled the first mobile pregnancy testing unit in January. Services include free pregnancy tests, first ultrasounds and private counseling about options that are available for those who are pregnant.

While the services offered revolve around the woman's health during her pregnancy, the center can also provide guidance and information to the patient's partner if so desired. Like a typical doctor's office, the office portion of the bus is completely soundproof and private. The mobile unit also follows all patient privacy laws per federal guidelines and all services are completely confidential.

A pregnancy test shows positive when the HCG hormone is found in the urine. The HCG hormone increases daily as soon as you conceive. It takes 14 - 21 days after conception for enough of the HCG hormone to show positive on a pregnancy test.

The Pregnancy Center Mobile Unit visits DOH-Seminole's Sanford location on a regular basis as well as other locations throughout central Florida. To learn about specific times and locations call 407-323-3384 or text 407-603-3346.

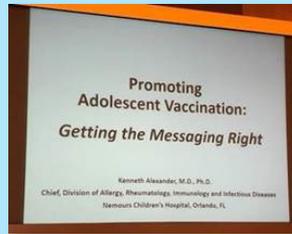
## Vaccine Preventable Diseases



HPV vaccine is cancer prevention for boys and girls. Just two shots at ages 11–12 provide safe and lasting protection against the infections that cause HPV cancer. Ask your child's doctor or nurse for HPV vaccine.



On Saturday, February 26th, DOH-Seminole's Executive Nursing Director, Sarah Wright, attended the Promoting Adolescent Vaccines Conference at Nemours Children's Hospital. The goals of the conference were to illustrate the importance of vaccinating children in order to avoid vaccine preventable diseases and for healthcare providers to have consistent messaging for the HPV vaccine.



Every year, tens of thousands of Americans get sick from diseases that could be prevented by vaccines – some people are hospitalized, some even die. Immunization is our best protection against these diseases. Vaccination is important because it not only protects the person who gets the vaccine, but also helps to keep diseases from spreading to others, like family members, neighbors, classmates, and other members of our communities.

## Measles

With the increase in measles cases across the US, DOH-Seminole is urging those who have not been immunized to get vaccinated. Although measles was thought to be eradicated in the United States in 2000, the disease has reappeared in recent months in the form of outbreaks in several states. As of October 11, three measles cases have been reported to the Florida Department of Health.

Anyone can get measles. Vaccination against measles is the best way to prevent the infection and protect others from possible infection and complications.

Measles is spread through the air by breathing, coughing or sneezing and is highly contagious. The symptoms of measles generally begin approximately seven to 14 days after a person is exposed to someone with measles. Symptoms include fever, runny nose, cough and rash. Anyone who has these symptoms should contact his or her healthcare provider.



# 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.

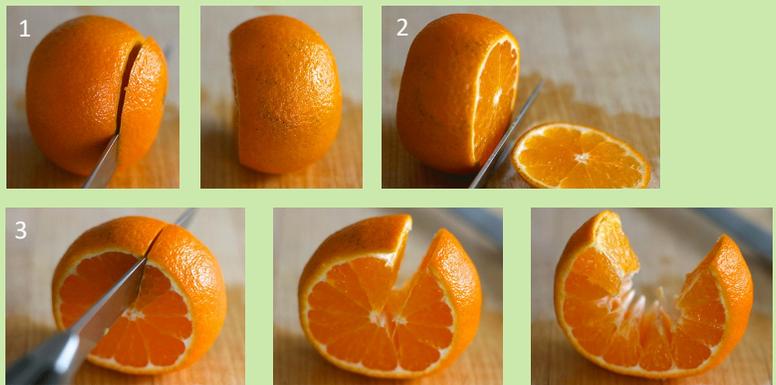
In our last issue we featured a recipe for radishes. Number 33 on the list is oranges. One cup of oranges yields 139 percent DV\* of vitamin C, 8 percent DV of vitamin A, 8 percent DV of calcium, as well as significant amounts of thiamin, potassium, thiamin, niacin, vitamin B6, folate, magnesium and potassium.

\* 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.

### Orange Caterpillar

**Ingredients:** 1 orange

**Prep Time:** 1 minute



### Directions:

1. Lop off one side of the orange.
2. Lop off the other side of the orange.
3. Cut through the middle of the orange about half way through.
4. Peel back. Voila!



Adapted from tablespoon.com

# HEALTH FEST / PAWS AND CLAWS

## Midway Elementary Spring Carnival

On Saturday, March 30th, Herronda Mortimer, Healthiest Weight Program Coordinator, and Margo Porter, Intern, participated in the Annual Spring Carnival at Midway Elementary. Staff provided health information as well as interactive information about physical activity to 20 parents and children during the event.

Physical activity is one of the best things people can do to improve their health. It is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death. \$117 billion in annual health care costs are associated with inadequate physical activity.



## Mind, Body & Spirit Celebration

On Wednesday April 3rd, Herronda Mortimer, Healthiest Weight Program Coordinator, participated in Mind, Body & Spirit: A Celebration of Seniors event sponsored by the Elder Affairs Commission and the City of Lake Mary. Ms. Mortimer provided educational information to over 60 seniors regarding diabetes prevention, diabetes self-management as well as literature about other program services that are offered at DOH-Seminole.

Florida is home to more than 5.5 million elders and boasts the highest population percentage of those 65 and older in the nation.



## Spring Meadows Health Fest

On Sunday March 31st, staff from the Office of Health Promotion and Education, Mobile Health Services, School Health and the Women, Infants and Children Program (WIC) provided Hemoglobin A1C screenings as well as information regarding services offered through DOH-Seminole at the Spring Meadows Health Fest at Fort Mellon Park. Staff interacted with over 60 attendees during the event.



## Governor Ron DeSantis Announces Dr. Scott A. Rivkees as Florida Surgeon General

On April 1st, Governor DeSantis appointed Dr. Scott A. Rivkees as Florida Surgeon General and Secretary of the Florida Department of Health.

A practicing pediatric endocrinologist, Dr. Rivkees is a professor and chair of the Department of Pediatrics at the University of Florida College of Medicine and physician-in-chief of UF Health Shands Children's Hospital, part of UF Health, the university's academic health center. He also serves as academic chair of pediatrics at Orlando Health and pediatric chair at Studer Family Children's Hospital at Sacred Heart in Pensacola. During his distinguished career, Dr. Rivkees has served as associate chair of pediatrics for research at the Yale University School of Medicine and on the faculty at Harvard Medical School.

Governor DeSantis stated, "I look forward to working with Dr. Rivkees, whose leadership will be indispensable in addressing the opioid crisis facing our state and responsible implementation of medical marijuana now that a legislative solution is in place, among other important issues." Dr. Rivkees stated, "It is the duty of the Department of Health to ensure the health and prosperity of our citizens and visitors, young and old, healthy and infirmed. Medication safety, the opioid crisis, and the rising cost of prescription drugs are demanding issues facing Florida today and I am confident that under the leadership of Governor DeSantis and Lt. Governor Nuñez, Florida will lead the nation in innovative medical and healthcare solutions."

## \$10,000 Award for PrEP

DOH-Seminole was awarded \$10,000 by the Southern Area of The Links, Inc. at their annual conference to continue educating the community on Pre-Exposure Prophylaxis (PrEP) for HIV prevention through marketing campaigns such as a billboard and other materials and activities.



## Paws and Claws



Zeenat Rahman from our Epidemiology program attended the annual Paws and Claws event organized by Seminole County Animal Services on Saturday, April 27<sup>th</sup> at the Seminole County Criminal Justice Center. She distributed rabies prevention flyers as well as shared hepatitis A prevention messages. Citizens from all walks of life attended the event with their furry family members.

# LET'S KICK ASTHMA / SENIOR FAIR

## Lt. Governor Nuñez Visits DOH - Seminole



Lieutenant Governor Jeanette Nuñez visited DOH-Seminole on Friday, April 12th. Lt. Governor Nuñez was provided a tour of our building and information on our programs, services and partnerships, including the food pantry and public health garden. The hepatitis A outbreak, resources and specific program questions were discussed as well.

## Let's Kick Asthma



(L to R: Amanda Mulkey, Preston Boyce and Enid Santiago)

The 6th Annual Let's Kick Asthma event was held at Mercedes-Benz of Orlando in Maitland on May 15th. The event was held to promote and raise funds for the Let's Kick Asthma Educational Support Group. This support group brings asthma patients together to share knowledge and experiences on coping with asthma.

Dr. Arias, a local asthma specialist, agreed to assist DOH-Seminole on our new Asthma Action Plan. The founder of Let's Kick Asthma, JoJo O'Neal from Star 94.5, was the hostess for the event. The Inaugural "Let's Kick Asthma Gala" took place on August 17th. Please see page 13 for information on that event.

## 5th Annual Live, Work, Move Seminole 5K



The Office of Health Promotion and Education as well as many DOH-Seminole programs, staff and volunteers participated in the successful 5<sup>th</sup> Annual Live, Work, Move Seminole 5K & Kid's Dash in Casselberry on April 6th.

## Get Connected Senior Fair



On April 13th, Herronda Mortimer, Healthiest Weight Coordinator, participated in the *Get Connected Senior Fair* in the Midway Community. The event was hosted by Midway Safe Harbor Seniors in collaboration with Holy Cross Lutheran Academy. Health and wellness screenings and resources for seniors were available. During the event, Ms. Mortimer provided an overview of our diabetes services in addition to relevant senior services offered at the health department.

Aging brings an increase in the prevalence of chronic diseases, such as hypertension, diabetes, arthritis, and dementia. 80 percent of older adults have at least one chronic health condition. 1 in 3 older adults has limitations in activities such as preparing meals and housekeeping.

## National Minority Health Month



Deirdre Shaw, Health Equity Coordinator and Jonathan Rozier, Seminole Congregational Wellness Program Coordinator facilitated a presentation on health disparities and health screenings at Allen Chapel AME on Sunday, April 14th in honor of National Minority Health Month. They provided data regarding health disparities in their community, as well as information on health and wellness programs available through DOH-Seminole. Health screenings were provided onsite by DOH-Seminole as well.

**The EPI gazette**  
July 2018 - March 2019  
Issue 191

**Hepatitis A**  
SPECIAL EDITION

The Florida Department of Health in Seminole County (DOH-Seminole) has seen a significant increase in hepatitis A infections since July of last year. This increase is not unique to Seminole County and is affecting 25 counties including most of central Florida. Given the recent outbreaks in other states in which increased morbidity and mortality were reported, DOH-Seminole is encouraging increased vigilance from our healthcare and community partners to mitigate the impact of hepatitis A on our community.

Many people with hepatitis A do not have symptoms and do not know they are infected. If symptoms do occur with an acute infection, they can appear from 15 to 50 days (20 days average) after exposure. The communicable period is 2 weeks prior to the onset of symptoms to one week after. Symptoms of hepatitis A can include fever/fatigue, malaise, anorexia, loss of appetite, nausea, vomiting, abdominal pain, dark urine, clay-colored stools, diarrhea, and jaundice.

**Hepatitis A in Seminole County**

As of the end of March 2019, 51 cases of hepatitis A were reported since January 2018 in Seminole County with 1,270 reported statewide for the same time frame. The previous five-year average for hepatitis A cases in Seminole County was 1.6 cases annually. Most of these cases occurred June through December 2018. The majority of these cases were acquired in Florida. The risk factors for acquiring hepatitis A in Seminole County and Florida are shown below:

Men who have sex with men	Statewide	Seminole County
Recent heterosexual	4%	1%
Noninjection drug use	4%	1%
Injection drug use	26%	1%
Any drug use	30%	2%

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**HEPATITIS A PATHOGENESIS**

- Stable (non-enveloped)
- Viral replication in the liver
- Virus present in the blood and feces for up to three after infection
- Virus excretion may continue for up to weeks after onset of symptoms

DOH-Seminole's Epidemiology department issued a special edition of our EPI Gazette highlighting the hepatitis A outbreak in Florida and throughout the nation.

## IDignity

On May 15th, staff from the Epidemiology team participated in the IDignity event at the Salvation Army. Staff provided education and vaccination for hepatitis A and the flu. A total of 15 hepatitis A vaccines and 7 flu shots were given.



# SPEEDIATRICS / HISPANIC FESTIVAL

## Inspire of Central Florida



On Monday, May 6th, Emily Haller and Herronda Mortimer participated in Inspire of Central Florida's Health Fair. The purpose of the event was to provide education and health screenings to Inspire's employees with intellectual and developmental disabilities. Diabetes screening (A1C) tests were provided to several individuals along with information about our Diabetes Prevention Program for those that may qualify based on elevated test results.

Since being established in 1980, Inspire has provided employment opportunities and life skills training for adults with developmental disabilities in central Florida.

## Community Hispanic Festival



(L to R: Mehret Wondimu, Carlos Camacho, Enid Santiago, Keisha Nauth, Yvette Piguave, Noemi Torres-Melendez)

On Saturday, June 8th, the Seminole County Health Department attended the Hispanic Outreach Festival at Clifford McKibbin Park hosted by the City of Sanford. DOH-Seminole provided information on WIC services and the Epidemiology program provided 16 hepatitis A vaccines. The City of Sanford was greatly appreciative of our participation.

The Hispanic Outreach Festival is a free annual festival with the goal of continuing to build bonds with the community by creating a fun atmosphere where folks can play, talk and eat together.

## Speediatrics Fun Day Festival



On Friday, July 5th, Herronda Mortimer and Amanda Beal participated in the Speediatrics Fun Day Festival at One Daytona.

During the event, 150 children from area parks and recreation summer programs received Bike Safety Training. The kids were fit for helmets and for their participation received a free helmet and bicycle courtesy of the Nascar Foundation and event sponsors. Scott Lagasse Jr., the Florida Department of Transportation spokesperson for the Florida Department of Transportation's bicycle and pedestrian focused initiative, also attended. Austin Dillion, the 2018 Daytona 500 winner, was also present at the event and assisted with helmet fittings. Amanda and Herronda are both certified bicycle helmet fitters.

Speediatrics Children's Fund, a program supported by The Nascar Foundation, supports needs expressed by hospitals, specialty clinics, camps, and others providing children's medical and health care services. They partner with organizations in the delivery of pediatric services to fund resources critically needed to deliver high quality care to needy children.



(Amanda Beal fitting a helmet to a young participant)



(Herronda Mortimer with Scott Lagasse Jr.)

## Vacation Bible School



On June 5th, Dhanu Mistry, Dental Care Program Manager, attended the Antioch Baptist Church Vacation Bible School in Oviedo. Approximately 20 fourth and fifth grade students were educated on proper brushing, flossing, sealants, nutrition and the importance of visiting the dentist every six months. Each child and the teachers were given a toothbrush, toothpaste and floss.

## Knocking Out the Butts



On June 12th, Students Working Against Tobacco (SWAT) hosted *Knocking Out the Butts* at Airport Lanes. This event spread awareness about Tobacco Point of Sales and how the tobacco companies are marketing towards youth to become replacement users. Youth throughout Seminole County attended a night of bowling and were able to obtain information about Point of Sales by viewing displays available.

## Lactation Consultants' Conference

Sakia'Lynn H. Johnson from the WIC program attended the International Lactation Consultants' Association annual conference. It was held in Atlanta, July 24th – July 27th. This year's conference focused on new ways to engage parents, health care providers and community members in all facets of infant health through breastfeeding.

Sakia also participated in a clinical skills group to learn new, hands-on strategies for breastfeeding management.



# HEALTHY SEMINOLE / NACCHO CONFERENCE

## Healthy Seminole



Two episodes of DOH-Seminole's *Healthy Seminole* show have been recorded so far this year. The first episode filmed in March highlighted public health in celebration of National Public Health Week. Venise White from the Office of Health Promotion and Education, Kurt Jennings from Environmental Health, and Ed Burford

from Seminole County Veterans Services were interviewed for the show. The dental program and mobile health services were featured in interviews with Dhanu Mistry from our dental program and Carlos Diaz from mobile health services.



On Tuesday, July 16th, we recorded another episode of *Healthy Seminole*. This episode focused on healthy aging. Ana Scuteri, DOH-Seminole's Community and Population Health Division Director spoke about initiatives in Seminole County that promote health and well-being for older adults. Lori Robb, Director of Community Relations with Meals on Wheels, spoke about the services they provide home-bound seniors. Sergeant Adam Bryant from the Longwood Police Department was interviewed about the City of Longwood's Age-Friendly Initiative. Other guests included Britt Henderson, Supervisor of the Westside Community Center, who spoke about the free activities they offer throughout the week for seniors to participate in. Penny Seater, chair of the Seminole County Committee on Aging, spoke about some of the challenges seniors face in Seminole County and the policies that have been enacted to address them.

These and prior episodes of the *Healthy Seminole* show are available for viewing on the Seminole County Government YouTube channel at [www.youtube.com/user/SeminoleCountyBCC](http://www.youtube.com/user/SeminoleCountyBCC)

## NACCHO Conference

On July 9-11, over 1,300 public health professionals gathered in Orlando for the NACCHO Annual Conference. Attendees participated in dozens of insightful sharing sessions, learned from leading experts, and discovered solutions to improve local public health in their communities. This year's theme was "Improving the Nation's Health through Public and Private Partnerships," focusing on how local public health professionals can build strong, effective cross-disciplinary partnerships. DOH-Seminole fit right in with this theme as evidenced in the pages of this and previous *Seminole Health Connection* newsletters. Below are some of the posters developed by our DOH-Seminole team members highlighting a few of our various efforts.



Gloria Rivadeneyra, School Health Program and TOP Manager, designed and exhibited the above poster, *Increasing Vaccination Record Compliance Among Private Schools in Seminole County*.



Ana Scuteri and Donna Walsh along with Second Harvest Food Bank of Central Florida developed a poster entitled *Where Food and Health Meet* about launching a task force to address food insecurities.



Our Office of Health Promotion and Education presented a poster entitled *Establishing a Provider Referral System to Increase Access to Diabetes Intervention Services*. The poster covered the history of the Diabetes Intervention Services program and outlined the referral process being utilized. The process was established to increase provider knowledge and referrals in the diabetes programs.

# GROCERY STORE OUTREACH / SAFE KIDS

## WIC Grocery Store Outreach



The WIC Program launched its first grocery store outreach to provide services to current and potential clients. On July 13th, Angela Osorio and Yvette Piguave successfully interacted with many clients assisting them to reschedule their appointments, made appointments for new clients, determined income eligibility, set up the WIC app on their phones, issued WIC benefits

and provided information on how WIC works. Additional grocery outreaches took place on July 15th by Angela Osorio and Artavia Canty and on July 16th by Sakia'lynn Johnson and Mark Burrell. In addition to the services noted above, WIC representatives assist clients to locate WIC food items in stores and redeem their benefits. WIC will continue periodically providing these services at grocery stores throughout Seminole County.



On Thursday, August 15th, Shannon O'Meara and Erlina Lim interacted with more than 15 customers at Walmart in Casselberry. Three families were added as new WIC clients. While also educating new and existing clients on what WIC foods are available as well as reminding clients about their existing appointment times, they spoke with Walmart workers about the WIC program, WIC foods they have available in their store, and ways they can help WIC customers while shopping. DOH-Seminole brochures were provided as well.

## Puerto Ricans Living in Florida

The association of Puerto Ricans Living in Florida, (PRLF) hosted their 4th Annual Puerto Rican and Multicultural event which provides resources to the community. The event was held at the Orlando Live Event in Fern Park for all to enjoy the multicultural art, food and entertainment. Mrs. Hector Rodriguez, President of the foundation and organizer of the event, raised awareness about available community services, such as medical, home improvement, and business growth assistance among many others.



(L to R: Ashley Roman, Enid Santiago and Carmen Pearman)



(L to R: Carmen Pearman, Ashley Roman, Carley Robinson, Frances Vaughn and Enid Santiago)

## Safe Kids Coalition



Carmen Pearman and Mirna Chamorro had the opportunity to represent DOH-Seminole and facilitate a presentation about the Safe Kids Seminole Coalition to an international delegation at the Seminole County Sheriff's Office. Sixteen participants from 13 Spanish speaking countries along with several interpreters traveled to Seminole County to learn from experts in law enforcement and some of the initiatives they have implemented locally. The visitors were invited to the United States under the auspices of the Department of State's International Visitor Leadership Program and hosted by the World Affairs Council of central Florida.

Safe Kids Seminole, is a coalition of 22 government and community stakeholders within Seminole county, Florida dedicated to preventing unintentional injuries in Seminole County children ages 0-14. Preventable injuries are the number one killer of kids in the United States.



## Inaugural Asthma Gala

Seminole County sponsored the first "Inaugural Asthma Gala 2019" at the Rosen Hotel in Orlando. Jojo O'Neal of 94.5 was the hostess. All proceeds of the event are to help families and support those living with asthma. Those in attendance have initiated, worked directly with or are involved in the asthma community. The DOH-Seminole table guests were: Dr. Alexandra Nowakowski, FSU Medical; Bruce Brown, Respiratory Therapist - Nemours Children's Hospital; Stephanie Jackson, RN, Seminole County School Board; Donna Walsh, Health Officer; Ana Scuteri -Community and Population Health Director; Gigi Rivadeneyra - School Health program; Melanie Santiago -Tobacco Program; Enid Santiago - Asthma Education Program; John Fleemin - Community Paramedic and Venise White, Office of Health Promotion and Education.



The Asthma Education and Prevention Home Visit Program is a free service offered by DOH-Seminole to help children and families gain control of their asthma. Trained staff members will help you learn how to address asthma triggers at home, reduce asthma symptoms, and correctly use asthma medication.

For more information or to enroll, call 407-665-3032 or email [enid.santiago@flhealth.gov](mailto:enid.santiago@flhealth.gov)

## Divine Truth Christian Center

On Saturday, August 3rd, the Seminole Congregational Wellness Program and DOH-Seminole STD Program participated at "Divine Truth Christian Center Back to School Bash" in Casselberry and provided A1C testing, vital signs, STD and HIV testing and health educational resources and materials. The event hosted by Divine Truth Christian Center provided free school supplies, raffles and community resources.



(L to R: Keshia Henry from the STD Program and Jonathan Rozier from the Congregational Wellness Program)

## Innovation Lab



On Thursday, August 22nd, DOH-Seminole staff attended a crash course on Design Thinking facilitated by AdventHealth Innovations Lab Team. The highly energetic and productive training took place in two sessions to accommodate staff and engaged participants in the design thinking process in a creative way. The training utilized the Stanford Design School's Design Thinking Process which includes empathy, define, ideate, prototype and test.



In addition, the new DOH-Seminole Center for Public Health Leadership, Health Equity and Research was unveiled and the new Innovation Lab was announced. The Innovation Lab will be opened to staff to encourage creative thinking and the development of QI projects among others. The lab will also be a resource for the community.

## A1C Testing

Safe Kids Day was held on Saturday, August 17th at the Seminole Towne Center. This event takes place every year to provide resources to families for a safe back to school year. Twenty-two (22) A1C tests were performed and literature on DOH-Seminole services was provided.



(Above L to R: Iraci Reffue, Maraoasy Olivero, Jared Pearman, Carmen Pearman, Judith Asad, Leticia DeJesus Ulate, Vanessa Rosa and Carlos Diaz)



(Above: Carlos Diaz with client)

# COMMUNITY OUTREACH / WELLNESS FAIR

## “GET LIT” Community Outreach



(L to R: Venise White, Jonathan Rozier and Patrice Anderson)

On Sunday, July 21st, Greater Providence Worship Center in Goldsboro, Sanford recognized Jonathan Rozier, Health Education Consultant and Seminole Congregational Wellness Program Coordinator and Venise White, Community Health Programs Manager, Office of Health Promotion and Education for their contributions to the “GET LIT” Community Outreach Festival and Community Walk on May 25th, in partnership with Alpha Kappa Alpha Sorority, Inc.– Kappa Sigma Omega.

The Community Walk had 50 participants and took place along the Goldsboro Trail. The Outreach Festival had about 15 vendors providing health education, screenings, and resources to the community.

The purpose of the Seminole Congregational Wellness Program is to partner with faith-based organizations, churches and community members in Seminole County to enhance an existing initiative or create a new ‘Health and Wellness Ministry’ to serve congregations. For more information contact Venise White at 407-665-3008.

## YouFit Health Club Wellness Fair

On July 29th, Herronda Mortimer and Katie Lahucik attend a Back to School Wellness Fair at the YouFit Health Club in Altamonte Springs. The event featured blood pressure and glucose screenings as well as educational resources.



## Action Church Back To School



On Saturday, August 3rd, the School Health, WIC, Office of Health Promotion and Education, Asthma Education and Dental programs attended the Back to School Event at Action Church in Sanford. Back packs, school supplies and haircuts were offered to the community. Action Church and Seminole County Public Schools collaborated to assist families with resources. They provided information on transportation, the Dividend program, Head Start program and other school resources.

Free screenings and oral hygiene education were provided to school age children and toothbrushes were handed out as well. The WIC program also signed up 15 new clients.



## Meet the Teacher Open House

On August 8th and 9th team members from the Office of Health Promotion and Education and School Health participated in 6 meet the teacher open house events around the county. Schools were selected based on Title I and full services status. Team members provided recipes and food samples prepared by dining services. Over 600 families received educational information featuring the Rethink Your Drink initiative. The events were a collaboration between the Seminole County School District and DOH-Seminole, as part of the Supplemental Nutrition Assistance Program Education (SNAP-Ed) grant funded program.

The Rethink Your Drink Campaign is an evidence-based educational campaign designed to inform people about the relationship between sugar-sweetened beverage consumption and increases in rates of overweight and obesity. The program provides nutrition education and recommendations for improving overall health, but specifically emphasizes reducing intake of soda, energy drinks and sports drinks. The program aims to educate low-income children and adults about healthy drink options, specifically promoting the consumption of water.



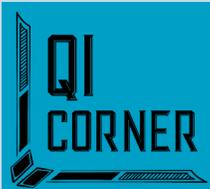
(L to R: Gigi Rivadeneyra, Leticia De Jesus-Ulate from DOH-Seminole School Health, Lee Ann Golden and Erin Austin from SCPS Dining Services team at the Altamonte Elementary Open House)



(L to R: Gigi Rivadeneyra and Leticia De Jesus-Ulate from DOH-Seminole School Health and the entire Hamilton Elementary dining services team)



(L to R: Gigi Rivadeneyra and Leticia De Jesus-Ulate from DOH-Seminole School Health at Pine Crest Elementary Open House)



A vital aspect of quality improvement within an organization is the selection and prioritization of QI projects. Local health departments have a unique process based on their particular design and needs. DOH-Seminole has been reviewing QI principles with respect to prioritization, approval and initiation. The National Association of County and City Health Officials (NACCHO) has identified a consistent process through which this can take place. This QI Corner will provide a brief overview of the process.

For identifying potential QI projects, there are essential avenues for doing so. One is by obtaining performance data. The types of performance data may include financial reports, customer satisfaction data, web statistics, evaluations and health assessment data. Those areas that demonstrate chronically poor performance should be identified. Another source for identifying a potential QI project is the Community Health Improvement Plan (CHIP). The CHIP defines the community and agency vision and the objectives that need to be met to achieve that mission. Those goals that are not being met should be identified for possible selection. Yet another source is agency staff. It is essential that staff be engaged in QI principles and the process for selecting a project. After the initial selection of potential QI projects, the nominations should be screened through specific criteria. The acronym SMART identifies 5 primary criteria. Specific - is there an identifiable process whose improvement will achieve the desired outcome?, Measurable - Is baseline data attainable and follow-up data collectible?, Achievable - Can change be effected? Are resources such as funding and people available to do so?, Relevant - Is this a chronic or significant problem and is there motivation to work on this?, and finally, Time Specific - Can the issue be resolved within a relatively short time frame? If the answer is no to any of these criteria then the project should not be selected as it is currently framed.

After potential projects have been selected, the next step is to prioritize these projects. While this can be an intensive process there are certain common criteria that should be applied and assessed during the prioritization process. Impact - Which projects will have the greatest impact? Urgency - What are the risks of not addressing the problem? Longevity - Is the program or service being addressed one that will continue? Resistance - Are there internal or external stakeholders that may resist? As is often the case, several iterations of the selection and prioritization cycle may be necessary before the final QI projects are determined and prioritized.

## Dental Showcase



On July 11th, the Dental Care Program hosted a Dental Showcase to provide information about the dental clinic, including the types of services provided, accepted insurance and more. There were 33 people in attendance including DOH-Seminole staff and partners. The showcase included several presentations, a question and answer session and an opportunity to tour the dental clinic. For more information about our dental services or to schedule an appointment call (407) 665-3346.

## Did You Know?

Fluoride varnish can prevent about one-third (33%) of cavities in the primary teeth.

# THE BIG LATCH ON / SEMINOLE HIGH FIVE

## The Big Latch On

On August 2nd and 3rd, the WIC program attended the *Big Latch On* event hosted by Your Bold Birth at Amaya Papaya in Casselberry. The *Big Latch On* is an annual event held around the world each year to promote and support breastfeeding. Groups register their events, and everyone latches their babies at 10:30am. Denisse Dianese and Cynthia Galvan represented the WIC program at these events.



(Above: Denisse Dianese)

## Seminole High Five



(L to R: Herronda Mortimer, Cynthia Galvan and Sakia'Lynn H Johnson)

On August 3rd, Cynthia Galvan, Denisse Dianese, Sakia'Lynn H Johnson from the WIC program and Herronda Mortimer from the Office of Health Promotion and Education Healthiest Weight program attended the Back to School event at the Seminole Towne Center Mall to promote World Breastfeeding Week and kick-off the Seminole High Five Program.

Seminole High Five is a new initiative to recognize local businesses for being breastfeeding-friendly. They need to meet five criteria to get a window cling. The goal of this program is to recognize businesses in Seminole County that are breastfeeding-friendly to increase breastfeeding initiation and duration to meet local, state and nationwide breastfeeding recommendations for optimal health of infants, children and postpartum women.

## Seminole Towne Center Back to School Expo

The Immunizations team attended the Back to School Expo at the Seminole Towne Center to provide Back to School immunizations, 680 forms and education on the importance of vaccines. A total of 11 children received vaccines and/or 680 forms. The Epidemiology program was also represented and provided hepatitis A education and immunizations.

Approximately 25 individuals were educated on hepatitis A and/or received vaccinations.

On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.



(L to R: Ana Mora, Maureen Denizard, Natalia Reyes and Matilde Fuentes Carrazana)



(L to R: Melanie Santiago, Richard Hazel, Connie Thomas, Keisha Nauth, Katherine Hamilton, Ana Mora and Deloris Hunter )

# CLINICAL ROTATIONS / COMMUNITY CONVERSATION

## Clinical Rotations



ECPI Students joined in the background from left to right by Sarah Wright - Executive Community Health Nursing Director, Dr. Green - ECPI Professor, Ruby Williams - HR, Cherie Sanders - WIC, Maureen Denizard - Assistant Community Health Nursing Director and Venise White - OHPE Manager.

On Tuesday, April 22nd, the ECPI University Nursing Students received the quarterly orientation for clinical rotations. Rotations are done every semester to give the students a first look at the wonderful and exciting programs provided at our agency. This experience will offer a variety of paths to choose from as they launch their careers. Their rotations will include the following; School Health, STD, WIC, the Clinic and Epidemiology. A total of 70 students were at the orientation.

## Veterans Services

DOH-Seminole is proud to have Veterans Counseling available onsite. Dr. Lloyd Duran, with The Vet Center, is available every Monday from 9:00am to 3:30 pm.

To speak with someone from the Vet Center, please call the Veterans Services Center directly at 407-857-2800.

## Food Pantry

Our food pantry in collaboration with The Christian Sharing Center, Inc. is open on Thursdays from 4:00 – 6:00 p.m.



## Community Conversation Workshop

The *Florida Healthy Babies 3rd Annual Community Conversation Workshop* took place on Wednesday afternoon, April 24th, at the Sanford Civic Center. A total of 94 participants received advice from experts on best practices to keep babies and moms healthy, youth development and adolescent health. They also visited the vendor tables to learn about community resources. Topics presented by guest speakers included smoking and teens, health equity, safe sleep, breastfeeding and prenatal care. An adults work session on cultural competency as well as a separate youth work session about positive youth development took place to engage participants and continue conversations in these areas. Central Florida Academy's Performance Art Club students performed choreographed dances for the audience.



Attendees listening to the speakers during the general session.



School Health and Teen Outreach Program Manager Gloria Rivadeneyra facilitated the youth work session where SWAT students as well as students from the Central Florida Academy participated.



Alfredo Maldonado, Florida Healthy Babies Coordinator, presenting important data and information.

## 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).

## National Nutrition Month

March was National Nutrition Month and DOH-Seminole's Women, Infants and Children (WIC) program set up a nutrition display near the front entrance to educate families on nutrition and breastfeeding. The WIC program provides guidance on healthy eating during pregnancy and breastfeeding, and how to prepare healthy meals.



MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image - a place setting for a meal. Before you eat, think about what goes on your plate, in your cup, or in your bowl.

## Vital Statistics

There are three ways you can purchase State of Florida birth certificates through DOH-Seminole.

**1. Online:** Birth Certificates can be ordered online at [vitalcheck.com](http://vitalcheck.com) or call customer service at 1-877-550-7330.

*Note:* Be aware that, in addition to the cost of the certification, there are additional fees for using the VitalChek services.

**2. Mail:** You can mail in your application with a copy of a valid ID and payment to 400 West Airport Boulevard, Sanford, Florida 32773; attention: Vital Statistics. Acceptable payments are Visa, MasterCard or Money Order. Acceptable identifications include Driver's License, State ID, Passport, and/or Military ID. If you do not have a valid ID, please call 407-665-3226 to determine if another form of identification can be substituted.

**3. In-person:** You can visit our Sanford location at 400 West Airport Blvd in Sanford or participating tax collector offices. Call 407-665-3226 for more information.  
Hours of operations: Monday - Friday 8 a.m. to 4:15 p.m.



## Walt Walk 5K Run/Walk Wellness Fair



The WIC, Dental Care Program, Florida Healthy Babies and Tobacco programs attended the *2nd Annual Walt Walk 5K and Wellness Fair* on Saturday, February 23rd at Lake Mary High School where they provided literature and education on DOH-Seminole's many programs and services.



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

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