

of blood sugar levels in the past three months. A normal A1C ranges at less than 5.5%. Pre-diabetes ranges between 5.6 and 6.4%. Over 6.5% is diabetes range.

Type 1 diabetes is also called insulin dependent diabetes. It is an autoimmune disease that attaches the pancreas cells that make insulin. The antibodies produced by the body are also used to help diagnose the disease. Stage 3 of the disease is where most individuals are symptomatic. Incidence of Type 1 peaks at ages 4-7 and ages 10-14, although some adults are also diagnosed, which is why is no longer called juvenile diabetes. This type of diabetes is not preventable. Type 2 diabetes is the non-insulin dependent type and may also be called diabetes due to insulin resistance. Is often associated with increase BMI, poor diet and lack of physical activity. Metformin is the only drug approved for treatment of diabetes Type 2 in youth. Injectable rapid or slow acting insulin is available to for the management of diabetes. The majority of our diabetes cases in school age students are Type 1.

Personal Insulin pumps are also helpful devices to assist in the monitoring of blood sugar levels and insulin administration. Pediatric use of the pumps should take into consideration the level of understanding and responsibility of the youth. These devices measure sugar levels in the fluids in the fat cells every 5 mins 24 hours a day. Insulin pumps may be covered by insurance companies, but some may take some time to approve.

Management of diabetes involves lifestyle management, including maintaining a healthier weight, healthy nutrition, good sleep habits, emotional health and exercise. It is also important to consider social determinants of health in the management of the disease (i.e. food insecurity, access to care, etc.)

Epidemiology Updates-Kevin Baker, Epidemiology Program Manager, DOH-Seminole

Community transmission seems to have reached a plateau. Seminole rate of transmission is in the 'substantial' category, which means we have been fluctuating between 50-55 cases per 100,000 population. We are just hovering over 'moderate' transmission level which is between 10-49 cases per 100,000 population. The Epidemiology unit is also keeping an eye in the development of new variants. There is one lineage of the delta strain that is being monitored in the UK to see its impact, however, it is not yet a dominant strain. Another metric to determine transmission is the positivity rate, which has remained below the 5% for several weeks now. Most of the cases being reported are either among 5-14 year old and among 35-44 year old. These are followed by the 25-34 year old. In terms of vaccinations, 64% of individuals

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ages 5 and up have received at least 1 dose of the vaccine. Also, 70% of those ages 12 and up have received at least 1 dose of the vaccine, which is great news. There has also been a strong effort to make vaccines available through pediatricians and providers in Seminole county.

This flu season, an increase in ER visits due to influenza like illness has also been reported. Reports are also up among colleges and universities, and a good number of cases is reported among school age children. Because these are reported as influenza like illness, it is not known whether these are confirmed flu or covid cases.

Finally, some hand foot and mouth disease has also been reported, primarily in child care facilities, although not many reported from schools, it is important for educational facilities to stay aware.

School Health Updates and School Health Service Plan Review- Gigi Rivadeneyra, School Health Program Manager, DOH-Seminole

Every couple of years our School Health Service Plan is due for review and updates. Julie and Gigi will be working on updating the plan. The service plan outlines what health services are offered in our schools, how these align with statute requirements, and who is responsible for providing these services at the school level. Florida Statutes require that each district have a School Health Service Plan, and that the plan must be reviewed by members of the School Health Advisory Committee. Gigi will be reaching out to members of our SHAC to help us review the various components, particularly those that have to do with health education, nutrition, mental and social health services, among others. In previous years, several members of our SHAC Martha Santoni, Richard Miles, Mary Lane, Anne Packham, Kelly Rogers, have helped us with this review process. Also, any members at large are welcome to provide feedback. The plan will be send out to all members for their review. Please e-mail Gigi any edits, suggestions or feedback you might have.

DOH continues to offer rapid molecular COVID-19 testing at our Sanford location and also in partnership with Seminole State College in Oviedo. Tests are diagnostic and accepted for travel purposes. Testing is curbside, offered from 9-4pm.

Seminole County Emergency Management team distribute rapid home test kits last week in our community.

Our school district has been working very close with Emergency Management and our DOH to make pediatric vaccines easily available for our families. Many thanks to

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our school district for responding so quickly to help with these efforts.

For testing sites and vaccination information visit prepareseminole.org for more info.

Finally, a big thanks to the Red Apple Dining services team for their wonderful partnership, including Richard and Von and their team, for doing a fabulous nutrition presentation and delicious salad and food demo at Galileo School last week and to help promote gardening among the youth. HEBNI nutrition was also at the site with their bike blender preparing smoothies and youth had a lot of fun.

Round Robin

Sarah Wright, reminded the SHAC about the Sharing Center Food Pantry, co-located at DOH-Seminole in Sanford. The pantry is open every Wednesday from 4-5:30 pm.

Susan Phelps introduced herself as a new member of the committee. She represents The Grove and Impower, she is the Director of Admissions and their agency provides substance misuse treatment in the Winter Springs area. They serve youth ages 13-17, with a primary diagnosis of substance misuse. They are also a Medicaid provider and offer grant funding for families who are under insured or not insured. They are celebrating their 50 year anniversary this month.

Anne Packham shared Open enrollment started November 1st and goes thru January 15th, so there is extra time this year. Because of the American Rescue Plan act, there is more financial support for people at the low-income range. Help is available for those at 100% of the poverty level and for those between 250%, plans are free. For people with higher incomes, the cap has been eliminated, so that means for people with higher income may still qualify for financial help. She also reminded the group that a new team of navigators is now available to help clients, 3 are assigned to Seminole County. They also have several locations, including one in Casselberry and Longwood. They are also available to provide support at outreach events.

Gigi also shared the DOH HIV program will be having a free HIV testing day on December 1st, 2021 at the Sanford location.

Please share Food Pantry Resource



For more information about substance misuse, The Grove or referrals, please contact: Susan Phelps sphelps@impowerfl.org

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Please submit any speaker suggestion for future SHAC meetings to Gigi Rivadeneyra Gloria.Rivadeneyra@flhealth.gov

	NEXT SHAC MEETINGS: ❖ Feb. 17, 2022 ❖ April 21, 2022	
Meeting Adjourned	3:15pm	