

Florida Department of Health • Ana M. Viamonte-Ros, M.D., M.P.H., State Surgeon General

the health advisor

SEPTEMBER/OCTOBER 2009

OFFICIAL NEWSLETTER OF THE FLORIDA DEPARTMENT OF HEALTH

**BE READY THIS
HURRICANE SEASON**

**NEW WIC FOODS
COMING IN OCTOBER**

**HEALTHY TREE,
HEALTHY FRUIT—
GOOD HEALTH FOR
GENERATIONS**

As Florida prepares for H1N1, don't forget that hand washing is a simple way to avoid the flu



National Health Observances

SEPTEMBER

America On the Move's
September Campaign
www.americaonthemove.org

Fruit and Veggies—
More Matters Month
www.fruitsandveggiesmatter.gov

Healthy Aging® Month
www.healthyliving.net

Leukemia & Lymphoma
Awareness Month
www.lls.org

National Infant Mortality
Awareness Month
www.healthystartassoc.org

Ovarian Cancer Awareness Month
www.ovarian.org

Prostate Cancer Awareness Month
www.zerocancer.org

Reye's Syndrome Awareness Month
www.reyessyndrome.org

Whole Grains Month
www.wholegrainscouncil.org

Get Ready Day, 15
www.getreadyforflu.org

World Rabies Day, 28
www.worldrabiesday.org

World Heart Day, 30
www.world-heart-federation.org

OCTOBER

Eye Injury Prevention Month
www.aao.org

Healthy Lung Month
www.lungusa.org

National Breast Cancer
Awareness Month
www.nbcam.org

National Domestic Violence
Awareness Month
dvam.vawnet.org

Sudden Infant Death Syndrome
Awareness Month
www.firstcandle.org

Drive Safely Work Week, 5–9
www.trafficsafety.org

National Child Health Day, 5
www.mchb.hrsa.gov

Bone and Joint Decade National
Action Week, 12–20
www.usbjd.org

National School Lunch Week, 12–16
www.schoolnutrition.org

National Latino AIDS
Awareness Day, 15
www.nlaad.org

World Food Day, 16
www.worldfooddayusa.org

World Osteoporosis Day, 20
www.iofbonehealth.org

Lung Health Day, 28
www.aarc.org

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Health care providers, the goal of the *Health Advisor* is to present health information to your patients, clients and community partners in a reader-friendly format. Article pages are designed for posting or handouts. If there is a topic that you would like the *Health Advisor* to cover, please send your idea to the editor at georgia_murphy@doh.state.fl.us.

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DOH MISSION: TO PROMOTE, PROTECT AND IMPROVE THE HEALTH OF ALL PEOPLE IN FLORIDA.

KIMBERLY A. BERFIELD, DEPUTY SECRETARY OF ADVOCACY AND POLICY

EDITOR-IN-CHIEF **ANGELA LYNN**
EDITOR AND DESIGNER **GEORGIA MURPHY**

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UPDATE

H1N1 Swine Flu

www.MyFluSafety.com

1-877-352-3581

Since early spring, the Florida Department of Health (DOH) has been coordinating with other state partners and county health departments across Florida to develop plans for an effective response to the potential rise of H1N1 swine flu cases this fall.

To support this effort, DOH employees from various units and branches have become part of the Incident Management Team (IMT), led by the State Surgeon General's Office. The IMT provides overall guidance to the response and consists of leaders from the divisions of Emergency Medical Operations and Disease Control, and many others tapped to spearhead preparedness and response activities.

Keeping you informed

The Information Branch Team, under the direction of the DOH Office of Communications, coordinates communications and public information efforts. This group of DOH staffers supports IMT operations by developing and distributing requested brochures, booklets, CDs and videos to county health departments, hospitals, physicians, school districts and others. In addition, DOH has set up the Florida Flu Information Line to answer questions related to the H1N1 swine flu. You can contact the call center at 1.877.352.3581, from 8 a.m. to 8 p.m., seven days a week.

The DOH H1N1 Mass Vaccination Planning Team is working on a comprehensive, statewide vaccination campaign that will launch when vaccine becomes available. The Health and Education Committee, which includes leadership from DOH, the Florida Department of Education and various school representatives, meet regularly to coordinate school guidance and public information tools for use by school districts statewide.

DOH and its partners are ready to face this unique challenge.

by Ann Rowe-McMullen,
Office of Communications

For a complete list of tips and information about H1N1 swine flu, visit www.myflusafety.com.



Stay healthy. Follow these important tips.

- If you are sick stay home, and if your children are sick keep them home too.

- To return to work or school, the Centers for Disease Control recommend that you or your children should be fever free for at least 24 hours without the use of fever-reducing medicine.

- Cover your cough or sneeze with a tissue. If you don't have a tissue, cough or sneeze into your elbow.

- Wash your hands with soap and water frequently. Try to wash your hands for 20 seconds—a good timer is to imagine singing "Happy Birthday" twice.

- Teach your children to wash their hands.

- Talk to your health care provider about seasonal flu vaccine as well as H1N1 swine flu vaccination.

2009 HURRICANE SEASON

Be Prepared, Be Ready

by Barbara Liberti, Office of Public Health Preparedness

Lack of hurricane preparation and awareness is a common occurrence in all major hurricane disasters. By knowing the steps you should take, you can reduce a storm's effects on yourself, your family and your business.

Storm surge, high winds, tornadoes and flooding are common hurricane hazards; use common sense and make a plan that protects against these hazards. Before a hurricane makes landfall, take the following precautions:

- Stock your home with emergency supplies that your family may need.
- Make sure you have a three- to five-day supply of water and non-perishable food.
- Plan to bring in all outdoor furniture and garbage cans.
- Be sure trees and shrubs around your house are trimmed.
- Clear rain gutters and downspouts.
- Secure your property—permanent storm shutters provide the best protection for windows.
- Make plans for your pets' safety.
- Place an emergency kit in your car.
- Pack a "to-go" bag that includes: water, food, a first aid kit, flashlights, maps, important documents, comfortable clothing, blankets, prescriptions and extra bottles of medications, pet supplies and infant supplies if needed.

Make an emergency plan

Your family may not be together when disaster strikes, so be sure everyone knows how to stay in contact. As part of your plan, determine family meeting places inside and outside of your neighborhood.

PLANNING FOR SPECIAL NEEDS If you or someone in your family has special needs, make sure plans include evacuation requirements such as:

destinations, special equipment or supplies, provisions for service animals and any other information that would be important for emergency responders to know.

PROTECT YOUR BUSINESS Determine which staff, materials, procedures and equipment are necessary to keep your business operating, and identify operations that are critical to survival and recovery.

LEARN MORE You can find more information about emergency plans, including a special site for kids, on the Florida Division of Emergency Management's Web site: www.floridadisaster.org. The American Red Cross offers valuable direction on supplies for emergency preparedness kits, www.redcross.org, and an emergency information card is posted on their site for download. Sign up for weekly tips from the Centers for Disease Control (CDC) by e-mail, mobile phone text messaging, Really Simple Syndication (RSS) or Twitter at: www.bt.cdc.gov/disasters/hurricanes/. In addition to weekly tips, the CDC also provides updates relevant to storms making landfall throughout the season.



Look for New WIC Foods this October!

submitted by the Bureau of WIC and Nutrition Services

THE OVER 500,000 WOMEN, INFANTS AND CHILDREN who participate in the Florida Department of Health's (DOH) WIC program will see a new and improved selection of foods available October 1, 2009.

The new WIC foods include: fresh fruits and vegetables; whole grain breads and rice; and puréed fruits and vegetables for babies. This is groundbreaking news for WIC—the Special Supplemental Nutrition Program for Women, Infants, and Children—since the WIC food package has not been revised for nearly three decades!

“This is an exciting opportunity for WIC,” said Annette Phelps, division director of Family Health Services at DOH, “to be able to provide mothers and young children in Florida who are participating in WIC with a greater variety of nutritious foods.”

The new choices allow the WIC program greater flexibility when it determines which foods are culturally appropriate for Florida's diverse population. Because WIC foods are intended to work as supplements—to make up for the nutrients missing from a person's diet—WIC foods should be eaten along with other wholesome foods for a more balanced diet.

“The new WIC food package reinforces key nutrition messages such as: eat more fruits and vegetables, decrease saturated fat and cholesterol intake and increase whole grains and fiber,” said Phelps. “It also strengthens WIC's breastfeeding promotion and support messages by providing strong incentives for continued breastfeeding, including additional quantities and types of foods for breastfeeding mothers and for the breastfed infants.”

The new WIC foods package aligns with the 2005 Dietary Guidelines for Americans and the infant feeding practice guidelines of the American Academy of Pediatrics. Through WIC, eligible women and children receive food checks that specify which nutritious foods can be purchased; these WIC food checks can be redeemed at any of the 2,000-plus authorized grocery stores in Florida. WIC not only offers healthy foods, it provides the following services at no cost: nutrition education and counseling, breastfeeding support and referrals for health care.

HOW TO QUALIFY FOR WIC To be eligible for the Florida WIC program, you must be pregnant, recently pregnant or breastfeeding—infants and children under age 5 are also eligible. In addition, you must be of low or moderate income, live in Florida and have a nutrition need that can be helped by WIC foods and nutrition counseling.

Florida WIC is administered through DOH, and its services are available in all 67 counties at over 200 WIC clinic sites statewide. If you are interested in WIC services, call 1.800.342.3556 or call your local county health department. To learn more about the Florida WIC program or about New WIC Foods, go to www.FloridaWIC.org.

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NEW WIC FOODS

- Fruits and vegetables: fresh, frozen and canned
- Whole grains: 100% whole wheat bread, brown rice and corn tortillas
- Baby food for infants ages 6 to 12 months: all infants receive baby fruits and vegetables; fully breastfed infants receive baby meats and twice the amount of baby fruits and vegetables

NEW QUANTITIES & SELECTIONS

- More food for fully breastfeeding women and for women who are pregnant with multiples or who are breastfeeding multiples
- Reduced quantities of juice for women and children, and no juice for infants
- Reduced quantities of milk, cheese and eggs for most women and children
- Variable quantities of formula for infants based on the infant's age and how often the baby is breastfed
- New sizes and types of 100% fruit juice
- New list of breakfast cereals that contains more whole grain choices and a variety of national brands and store brands
- Soy milk can be provided to women, and children ages 2 and older in place of cow's milk
- Canned beans can be purchased instead of dry beans

NEW REQUIREMENTS

- 1% lowfat or fat-free milk required for women and children age 2 years and older
- Whole milk for children ages 1 to 2 years
- Certain foods require medical documentation: soy milk for children age 2 years and older; whole milk for women and children age 2 years and older; and additional cheese to replace milk for women and children

HEALTHY TREE, HEALTHY FRUIT— GOOD HEALTH FOR GENERATIONS

by Cynthia Hardy, Hillsborough County Health Department

THE HEALTHY TREE, HEALTHY FRUIT FAMILY REUNION EDUCATION PROGRAM was developed by the Hillsborough County Health Department's (CHD) Health Promotion and Education staff—a team of registered dietitians, registered nurses and health educators. Presented during family reunions and by Hillsborough CHD staff, the program includes interactive activities and health screenings. Healthy Tree, Healthy Fruit is a free service for family reunions held in Hillsborough County.

Genetics, individual behaviors, social and economic status, culture and exposure to health threats influence a person's health. The program helps families learn more about their extended "health tree," helps families identify chronic disease risks, provides tools for improving lifestyles and encourages individuals to participate more fully in their own health care. Simply put, if families can see the big picture concerning disease risks and how to reduce them, and develop an understanding of health information and how to use it, they can support and encourage each other. A family's improved health can improve the family "fruit": children, grandchildren and great-grandchildren!

Healthy Tree, Healthy Fruit strives to go beyond the reunion walls, or picnic, because it requires families to choose a Family Health Advisor (FHA) who will document family successes and provide support for at least one year. The FHA contacts and updates family members with educational materials supplied by the Hillsborough CHD. As the health "cheerleader" of the family, the FHA offers encouragement on the journey to better health.

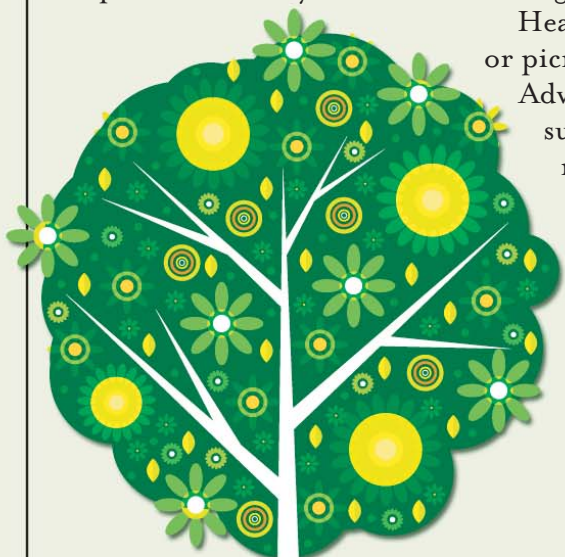
Family recipes

Interactive recipe makeovers teach families that ingredient substitutions can be healthy without sacrificing taste. A staff dietitian revises family recipes to reflect healthier ingredients and these improved recipes, with family photos, are included in a cookbook presented at the end of the presentation.

Along with the family cookbook, other take-home materials are available for participants. Families receive information on tobacco cessation, cancer prevention, weight control, nutrition and home health.



Presentations last approximately one and a half hours and should be scheduled one month before a family's reunion. Call 813.307.8071 for an application.



Tracking Network designed to improve and protect nation's health

Through the Public Health Tracking Network, the Division of Environmental Health introduces community-based information about contaminants and people's health.

submitted by the Division of Environmental Health

If you wonder how environmental contaminants in your community affect your health, you can now find information online by using the Environmental Public Health Tracking Network. Developed by the Centers for Disease Control and Prevention (CDC), the Tracking Network is a dynamic Web site that, for the first time, provides health and environmental data in one easy to find location.

The Tracking Network allows scientists, health professionals, and the public to track environmental exposures and some non-infectious health conditions. For example, the Tracking Network lets people know the health risks possible from contaminants such as air pollution and its relationship to asthma, and lead in drinking water and how it is related to premature birth.

For decades, the United States has faced a fundamental gap in knowing how environmental contaminants affect people's health. The Tracking Network was created to close this gap and improve the nation's environmental public health surveillance.

"The Tracking Network is the foundation we need to protect our health from environmental hazards, make faster re-

search progress and help prevent chronic illnesses, such as asthma, heart disease, lead poisoning and cancer," said Michael McGeehin, Ph.D., director of CDC's Division of Environmental Hazard and Health Effects at the National Center for Environmental Health.

The Tracking Network can be used in many ways

ASTHMA By visiting the Tracking Network's asthma page, you can learn how common asthma is where you live, how it is tracked and how environment plays a role. According to the Asthma and Allergy Foundation of America, 20 million people in the United States suffer from asthma.

DRINKING WATER You can access the Web site and review data and information about community water systems. Specifically, you can look at the levels of three contaminants in drinking water: nitrate, arsenic and disinfection by-products. About 90 percent of the people in the United States get their water from a community water system.

KEY FEATURES

- Standardized environmental and health data from contributing states
- Information sorted by location
- Easy-to-read maps, charts and tables

HEALTH CONDITIONS ON THE TRACKING NETWORK

- Asthma
- Cancer
- Carbon monoxide poisoning
- Childhood lead poisoning
- Heart attacks
- Soon to be added to the network: birth defects, and reproductive and birth outcomes

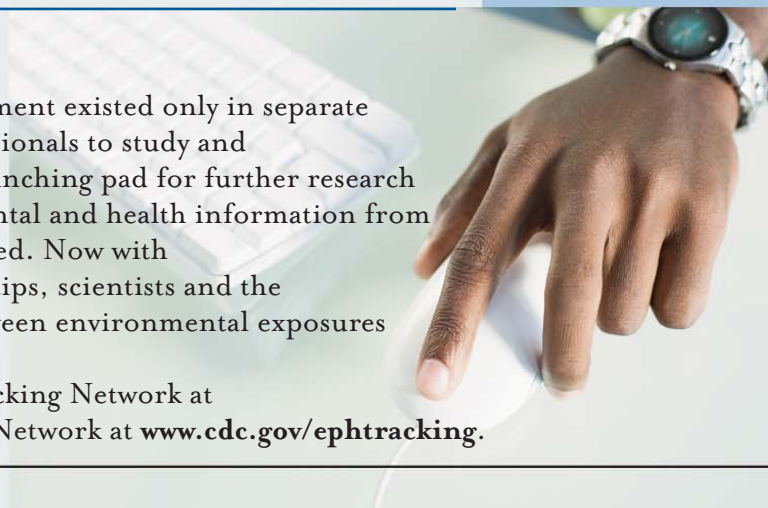
ENVIRONMENTAL DATA ON THE TRACKING NETWORK

- Air quality related to ozone and particulate matter
- Community water
- Well water

It's now easier for everyone to study data

Until recently, data on health and the environment existed only in separate databases, making it difficult for health professionals to study and analyze the data. The Tracking Network is a launching pad for further research because for the first time a body of environmental and health information from multiple states and national sources is connected. Now with information they need available at their fingertips, scientists and the public can better understand connections between environmental exposures and chronic health conditions.

For more information, visit the Florida Tracking Network at www.FLTracking.com or the CDC's Tracking Network at www.cdc.gov/ephtracking.



thank you

State's DIS Workforce honored in October

submitted by the Division of Disease Control

THE FLORIDA DEPARTMENT OF HEALTH (DOH), DIVISION OF DISEASE CONTROL, is pleased to announce October 6, 2009 as the inaugural Florida Disease Intervention Specialist (DIS) Recognition Day. With unwavering perseverance, commitment and passion, the DIS workforce improves the quality of life for thousands of residents and visitors in Florida. The bureaus of STD Prevention and Control, TB and Refugee Health, HIV/AIDS and the Hepatitis Prevention Program have long recognized the tremendous public health contribution of the state's DIS workforce. In October, State Surgeon General Ana M. Viamonte-Ros will salute Florida's DIS workers, in many ways considered the best in the nation by their peers, when she issues an affirmation honoring these dedicated individuals.

Each year, DISs provide an array of essential public health services to over 100,000 people who are infected with or exposed to syphilis, HIV, chlamydia, gonorrhea and tuberculosis. Specifically, they notify, inform, educate, counsel, test and ensure adequate treatment for the infected and exposed clients they serve. DIS workers conduct hundreds of STD, HIV and TB educational presentations, and they provide health screenings at community events where they reach an average of over 16,000 at-risk people annually.

To achieve their daily mission, our DIS workforce often works nights and weekends to meet the ever-increasing demands in STD, HIV and TB prevention. Their collective tenacity and passion to help those in need through comprehensive case management, has contributed remarkably to a reduced communicable disease burden year after year. The DISs working in local STD and TB programs are also directly responsible for containing numerous disease outbreaks and epidemics in every corner of the state.

For more information about DISs, please contact the Bureau of STD Prevention and Control at 850.245.4314 or the Bureau of TB and Refugee Health at 850.245.4302.

The Division of Disease Control is working on a number of planned activities and events for early October to honor and promote recognition of DIS workers' exceptional contributions to disease control in Florida.

the DIS Creed

"I AM A PROUD DISEASE INTERVENTION SPECIALIST, a highly skilled health professional who stops at nothing to prevent the consequences of communicable disease among those so unfortunate to be infected or exposed. My greatest reward is knowing I make a difference."

The DIS Creed was written to reflect the primary motivation of a DIS worker: to improve the lives of others. (Written by Dan George, Bureau of STD Prevention and Control and Debbie Norberto, Bureau of HIV/AIDS, May 2009.)