

Public Health Broward is a newsletter for the community from the Florida Department of Health in Broward. We will focus on public health issues and services offered by the Department.

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Issue #10

November

## Public Health Broward

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## [Try to practice sensible holiday eating so you 'Maintain, Don't Gain'](#)

How's this for a holiday gift: Enjoy good times, good parties and all your favorite food and drinks – without packing on extra pounds.

The key is no secret. Use moderation at all those dinners, family gatherings, faith-based events and other festivities.

“With some planning, smarts and a bit of self-control, you can have a fantastic time without overindulging,” says Dr. Paula Thaqi, Director of the Florida Department of Health in Broward County.

Need a little help? Join the Department's “Maintain, Don't Gain! Holiday Challenge,” a seven-week program through Dec. 31 offering ways to avoid weight gain. You can join any time. Last year, 1,700 Floridians joined, with two-thirds reporting no weight gain and 23 percent losing weight.

You get: 1. Weekly email newsletters. 2. Tips to host healthier dinners, manage holiday stress and survive holiday parties. 3. Weekly challenges with prizes. 4. Support through social media. 5. Healthy holiday recipes. 6. Motivation and support from other participants.

For information and to register, go to [www.healthiestweightflorida.com/activities/holiday.html](http://www.healthiestweightflorida.com/activities/holiday.html).

In the meantime, here are 10 tips for healthy holiday eating from the Centers for Disease Control and Prevention (CDC) and other experts:

1. Don't deny yourself. It's OK to indulge a bit. Skipping all the fun increases your desire to binge.
2. Don't go to a dinner party on an empty stomach. Eat a healthy breakfast or lunch with fruits and vegetables, plus protein such as tuna salad, nuts, eggs, yogurt or cheese.
3. View holiday events as less about food and more about spending time with family and friends.
4. If it won't insult the hosts, bring a healthy dish to share. That gives you a treat if the other food is waist-busting. Try baking with whole grains and applesauce in place of white flour and oil.
5. At the buffet, sample your favorites and skip the rest. Let others be first in line. Eating last may help you cut down on seconds.
6. If you're not hungry but tempted by sight and smell, nibble on small portions of favorites.
7. Set a mental goal of filling half your plate with fruits and veggies, one-quarter with protein and one-quarter with whole grains.
8. Walk away from the buffet table to mingle while you eat. Eat slowly and savor every bite. Hang out with talkers, not eaters.
9. Hold off on getting seconds. Our bodies may take 20 minutes after eating to feel full..
10. Drinking water with food helps you feel fuller, quicker. Also, limit alcohol, which has calories and can lower your willpower.

If you overdo it, a nice walk helps you feel better. The next day, resume healthy meals.

**More information:** CDC at [www.cdc.gov/nccdphp/dnpa/nutrition/pdf/r2p\\_away\\_from\\_home\\_food.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/r2p_away_from_home_food.pdf)



## Spotlight on ...

### Putting more ZIP into battle against breast cancer

#### Program targets 8 ZIP codes with high rates of late-stage tumors

When breast cancer is not detected, the tumor becomes bigger, more invasive and far more dangerous to the patient.

That's why the Florida Breast and Cervical Cancer Early Detection Program at DOH-Broward has paid extra attention to eight ZIP codes with the highest numbers of late-stage breast cancer cases.

They are looking for women with tumors that have gone undetected and reached serious status (stages three and four). Those cancers are more likely to claim the patient's life within months or years. In contrast, breast tumors detected before they spread (stages one and two) are easier to treat and seldom fatal.

On average, 36 percent of breast tumors in Broward are diagnosed as late-stage cancer, about the same as in the state and nation. But in the eight ZIP codes, up to 53 percent of total cases are late stage. They are:



33004 (Dania Beach)  
33023 (Miramar, West Park, Pembroke Park, Pembroke Pines)  
33028 (Pembroke Pines)  
33068 (Margate, North Lauderdale)  
33309 (Fort Lauderdale, Oakland Park, Lauderdale Lakes, Tamarac)  
33311 (Fort Lauderdale, Lauderdale Lakes, Lauderhill, Wilton Manors, Oakland Park)  
33317 (Plantation)  
33332 (Weston, Pembroke Pines)

Families with little or no health coverage or with limited access to health care make up many of the late-stage cases, says Trivel McKire, Health Educator in the program.

"Mammograms can find breast cancer early, before it spreads and becomes more serious," McKire says. "We encourage all women over age 40 to be screened. Early detection is the best protection."

DOH-Broward has done extra outreach in the eight areas, to spread the word that we offer free mammograms to qualified, underinsured women ages 50 to 64. The program schedules the tests and arranges follow-up care if abnormal results are found.

During October, the program and partners provided free mammograms to more than 150 women, with biggest turnouts at two events co-sponsored by DOH-Broward. About 55 women were screened at Dorothy Mangurian Women's Center of Holy Cross Hospital, and about 30 at Lillian Wells Women's Center of Broward Health Medical Center.

**More information:** <http://broward.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/florida-breast-cervical-cancer/index.html>, or 954-762-3649 to find out if you qualify.

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## [Now is the time for flu shots -- No more nasal spray vaccine for kids](#)

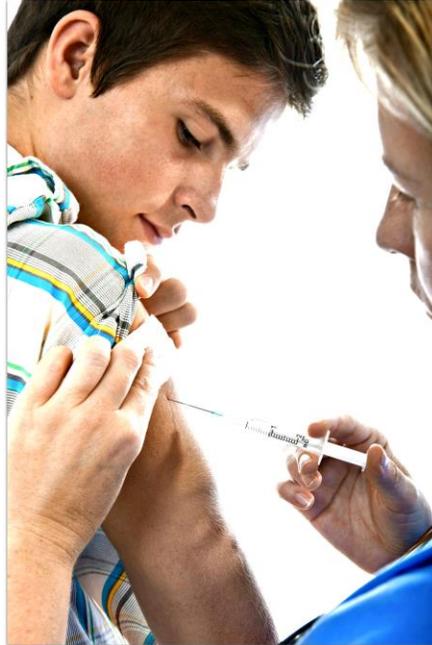
With flu season arriving, parents can no longer rely on protecting their children with nasal spray vaccine that was popular among kids who hate shots.

Federal vaccine officials no longer recommend the spray because it didn't work well. The Centers for Disease Control and Prevention says several new studies showed that spray vaccine did little or nothing to stop H1N1 flu virus that was the most prevalent last year.

Flu shots, however, were 63 percent successful for kids, and once again are the best option for everyone.

"We realize the change may raise questions for parents," says Dr. Paula Thaqi, Director of the Florida Department of Health in Broward County. "We want to emphasize that in addition to hand-washing and staying home when you are sick, the best way to prevent the flu is by getting vaccinated. Consult your doctor about which vaccine is right for you."

The 2016-17 flu season has been mild so far but generally picks up around the holidays. The CDC says influenza annually causes hundreds of thousands of illnesses – sometimes severe – and leads to 3,000 to 49,000 deaths a year.



Flu cases typically peak in December through February, but can begin unpredictably early or late. The vaccine often takes two weeks to spark an immune response. The CDC encourages flu vaccine for everyone over age 6 months old, even healthy adults who can be carriers of flu virus.

Along with vaccine, simple precautions work well. Wash your hands often for at least 20 seconds, avoid close contact with sick people, stay home if you are sick, and cover coughs and sneezes with a tissue or your elbow.

Vaccine advocates say many people treat flu too lightly and skip flu shots. Last year, just 59 percent of U.S. children and 42 percent of adults were vaccinated. Even among seniors over age 65, who are at higher risk from flu, only 65 percent were vaccinated.

Most versions of this year's flu vaccine protect against four strains of flu – A-type H1N1 and H3N2 and two strains of B-type flu. If you can't find the four-strain vaccine, the CDC recommends taking the three-strain vaccine rather than wait.

Some children ages 6 months to 8 years may require two doses, at least four weeks apart. Ask your doctor for guidance.

It's best to get vaccine from your own doctor, but if you cannot, retail stores offer them and other sources can be found at <http://vaccine.healthmap.org>. Vaccine should be plentiful. The CDC expects more than 157 million doses to be available.

**More information:** DOH-Broward at <http://broward.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunizations/index.html> or 954-467-4705.

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## Cheers to our Tobacco Champions for 2015-16

The Tobacco-Free Partnership of Broward County, led by DOH-Broward, honored eight people and organizations that made the biggest contributions to the fight against the No. 1 preventable cause of cancer.

And the winners were:

Champion of the Year (TFP Member) – John Michael Pierobon (*right*) for numerous projects as a member of the Partnership.



Champion of the Year (Elected Official) – State Rep. George Moraitis Jr. for advocacy on tobacco issues.



Champion of the Year (Organization) – Fort Lauderdale Beach Sweep for cleaning tobacco butts from our sand.

Champion Smoke-Free Initiative – Broward College, for making the campus smoke-free.

SWAT Member of the Year (Middle School) – Samantha Semas (*left photo, on right*), student at Indian Ridge Middle.



SWAT Advisor of the Year (Middle School) – Shondria Ingraham (*left photo, on left*), from Indian Ridge Middle.

SWAT Member of the Year (High School) – Mahima Chander (*right photo, on left*), student at Western High.

SWAT Advisor of the Year (High School) – Lorin Kawesch (*right photo, on right*), from Western High.

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## Taking care of special needs during Hurricane Matthew



Even though Hurricane Matthew largely spared Broward County, DOH-Broward still provided safe havens for 90 people with medical issues by opening two special needs shelters.

The shelters operated at two middle schools in partnership with the county and Broward County Public Schools. DOH-Broward also led the health and medical response at the county Emergency Operations Center, and facilitated hospital placement for people who needed a higher level of care.

“They are all wonderful people to take care of us,” says Mavis Spectorman, 90, an oxygen-dependent retiree from Pembroke Pines who lives alone. A county shuttle bus picked her up at 2:30 a.m. and brought her to a shelter the day the storm passed.

“They make us feel welcome and safe,” she says. “It’s not easy for someone who’s 90 to get around with oxygen, so it’s a delight to be here and not have to worry about anything.”

*Above, Community Health Nurse Eileen McAvoy registers a patient at a special needs shelter.*

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## [More and more children need back-to-school shots -- and got them](#)

It was another jaw-dropping, record year for giving back-to-school immunizations at Lauderhill Mall.

DOH-Broward vaccinated 2,587 children who lacked one or more of the shots required to attend school, up by 20 percent over last year's all-time record.

The campaign gave 8,069 total shots to those children, up 28 percent from last year's 6,283. This year, some children needed as many as seven shots, says Dr. Paula Thaqi, Director of DOH-Broward.

"Every year we say, 'How can we keep doing this difficult task?' But then we look at the numbers and we say, 'How can we not keep doing this?' There is such an extreme need," Thaqi says.



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## [Nation's largest HIV/AIDS conference comes to Broward](#)



For the third time in 20 years, DOH-Broward co-hosted the nation's biggest event for the HIV/AIDS community – the U.S. Conference on AIDS.

The 20<sup>th</sup> annual conference by the National Minority AIDS Council (NMAC) brought more than 3,000 activists, officials, researchers and medical professionals to the Diplomat Resort in Hollywood. The three-day program focused on racial disparities in HIV, aging and stigma, transgender issues and medical advances.

Minority AIDS Coordinator Krystle Kirkland-Mobley received the Valor Award for her work revitalizing the

Sistas Organizing to Survive (SOS) program in Florida.

Social Services Manager Robert Sandrock and Monitoring and Evaluation specialist Janelle Taveras led one workshop on prevention planning, and at a second, Transgender Program Coordinator S.F. Bishop Makalani-Mahee taught how the Department created its annual transgender medical symposium.

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## [And the award goes to ... STD staffers at DOH-Broward](#)

Congratulations to Disease Intervention Specialists Katy Anderson (*at left*) and Clotilde Cheremond (*at right*), who were among four people statewide recognized with Tommy Chandler Excellence Awards for 2016. They are pictured flanking Dr. Paula Thaqi.

There's no greater honor for DIS staffers, who work with clients diagnosed with sexually transmitted diseases and their partners to make sure they receive correct and full treatment.

Tommy Chandler awards – named for a Duval County DIS who has been on the job for the past 53 years – are given to DIS workers who show exceptional and sustained excellence over the past year.



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## [Our Programs, Services and Locations](#)

- \* [Breast and Cervical Cancer](#) – Mammograms, pap smears, diagnostic testing, medical referrals and education for eligible women
- \* [Dental Care](#) – High-quality dental services for children and for adults in the Ryan White Part A program. Also school-based dental sealant program
- \* [Drowning Prevention](#) -- Information and advocacy to prevent childhood drownings
- \* [Emergency Management](#) -- Planning, training and response to address emergencies
- \* [Environmental Health](#) -- Inspections, permits and sanitary nuisance complaints
- \* [Epidemiology](#) -- Monitoring, investigation and control of infectious disease outbreaks, and data collection
- \* [Family Planning](#) -- Exams, counseling, birth control and sterilization
- \* [Hepatitis](#) – Testing, vaccination, diagnosis and medical referrals
- \* [HIV/AIDS Testing](#) – At our locations or in the community
- \* [Immunizations](#) – All childhood and adult vaccines
- \* [KidCare Outreach](#) -- Recruiting and enrolling families in state-sponsored health coverage for children
- \* [Pharmacy](#) – Medications for clients enrolled in AIDS Drugs Assistance Program, Ryan White Part A program and our services
- \* [Refugee Health](#) – Testing, immunizations and medical referrals
- \* [School Health](#) -- Nursing care and health service in schools
- \* [Sexually Transmitted Diseases](#) (STD) – Surveillance and partner services. Testing and treatment provided by the Broward Wellness Center under contract with DOH-Broward
- \* [Tobacco Prevention](#) -- Education and advocacy to reduce tobacco usage
- \* [Tuberculosis](#) – Testing, diagnosis, treatment and directly observed therapy

\* [Vital Records](#) -- Birth and death certificates

\* [Women, Infants and Children \(WIC\)](#) – Breastfeeding support, nutrition counseling, nutritious foods and referrals

## HEALTH CENTERS and WOMEN INFANTS AND CHILDREN (WIC) OFFICES



**Fort Lauderdale Health Center** | 2421 SW 6th Ave.

**Edgar P. Mills Health Center** | 900 NW 31st Ave., Fort Lauderdale

**Paul Hughes Health Center** | 205 NW Sixth Ave., Pompano Beach

**North Regional Health Center** | 601 W. Atlantic Blvd., Pompano Beach

**South Regional Health Center** | 4105 Pembroke Rd., Hollywood

## WIC-ONLY OFFICES

**Coral Springs** | 10077 NW 29th Street

**Lauderdale Lakes** | 4481 North State Road 7

**Pembroke Pines** | 8374 Pines Boulevard

## OTHER

**Administrative Center** | 780 SW 24th Street, Fort Lauderdale

**Operations Center** | 2421-A SW 6th Avenue, Fort Lauderdale

CALL FOR APPOINTMENTS: [Health centers](#) 954-467-4705 or [WIC](#) 954-767-5111

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## ***Editor's note on Issue #10***

*Public Health Broward is published by the Florida Department of Health in Broward County*

**Mission:** To protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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