

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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Special Issue

April 2017

Public Health Broward

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick So
Gove

Celeste Philip, MD, M
State Surgeon General and Secretary

Vision: To be the **Healthiest State** in the Nation

NATIONAL PUBLIC HEALTH WEEK

APRIL 3-9, 2017



HEALTHIEST NATION 2030, THE FLORIDA WAY

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[What is National Public Health Week?](#)

It's National Public Health Week, a time of year when the Florida Department of Health in Broward County highlights a variety of programs and activities carried out by public health professionals and community partners to protect, promote and improve the health of Broward residents and visitors.

“National Public Health Week gives us the opportunity to bring awareness to public health efforts in Broward County and to highlight the collaboration with our partners and the collective impact public health has in our community,” said Dr. Paula Thaqi, Director of DOH-Broward.

Throughout the week, DOH-Broward will provide information about programs such as childhood and adult immunizations (**at right**), nutrition and fitness activities to decrease obesity, mosquito protection, affordable health coverage for children, HIV and STD prevention, environmental health and nutrition services for pregnant women, infants and children – plus more.

The Department is working to support the 2017 theme of National Public Health Week, which is creating the Healthiest Nation 2030 for our coming generations – and we're doing it the Florida Way.

A year ago, Florida became the first state in the nation to receive national accreditation for having an integrated Department of Health, through the Public Health Accreditation Board. Accreditation by PHAB signifies that the department, including the state health office and all 67 county health departments, is meeting national standards for ensuring that essential public health services are provided in the community.

Accreditation will continue to guide the department's fulfillment of the [10 Essential Public Health Services](#) and will lead to continuous improvement in service, value and public accountability.



Create safe and healthy communities

Health must be a priority in designing our communities, from healthy housing to parks and playgrounds. Walking and biking must coexist with cars and public transportation. We need lower levels of violence and crime so everyone can safely live, work, learn and play. We need to support farmers markets and local businesses that value health, such as retailers that don't sell tobacco.

The Florida Department of Health in Broward County (DOH-Broward) works with partners to achieve safe and healthy communities in the following ways:



- Through efforts of our Florida Tobacco Prevention Program and community partners, we provided education and assistance to owners and managers of multi-housing units to become tobacco free; 27 cities and Broward County Government have passed tobacco free resolutions, and there are 20 clubs of Students Working Against Tobacco (SWAT) in Broward. We work to counter retail ads (above).
- DOH-Broward coordinates the Nutrition and Fitness Task Force, which unites community partners to promote healthy eating, community gardens, farmers markets, and facilities and activities that provide physical activity opportunities in the community.
- We partner with the TOUCH program that created Healthy Community Zones to host activities that encourage good nutrition, exercise and tobacco-free living in 5 low-income neighborhoods.
- DOH-Broward leads community education and interventions to prevent toddler drowning, including a pool safety project for multi-family residences, public pools and pool supply retailers.
- DOH-Broward serves on the Smart Growth Partnership, which aims to create sustainable and greener communities. We contributed to the Complete Streets Initiative of Broward County.
- DOH-Broward is a community partner with the City of Fort Lauderdale Vision Zero. The project responds to citizen concerns about safety while walking, driving, biking or riding a bus or train.
- Our Vital Statistics office provided 53,000 birth certificates and 84,000 death certificates.

What can you do? 1. Commit to being tobacco free. 2. Commit to a healthy lifestyle. 3. Join planning committees and stay informed of growth and development projects in your community. 4. Support public transportation.

Give a choice of healthy food

Our food system should provide the community with affordable food made from nutritious ingredients and free from harmful contaminants. For many families, eating healthy is a daily challenge.

The Florida Department of Health in Broward County works with partners to encourage healthy eating by adults and children in the community, in the following ways:

- The Women Infants & Children program provides nutrition counseling, nutritious foods, and breastfeeding education and support to nearly 50,000 pregnant women, infants and children under age 5. Our breastfeeding peer counselors assist new and expectant mothers at WIC sites and in labor and delivery hospitals.
- DOH-Broward coordinates the Nutrition and Fitness Task Force, which unites community partners to promote healthy eating, community gardens, farmers markets, and facilities and activities that provide physical activities in the community.
- DOH-Broward leads the Breastfeeding Coalition of Broward, which implements multiple initiatives to increase breastfeeding rates.
- DOH-Broward staff makes presentations to promote the Healthiest Weight Initiative, which encourages healthy eating and good nutrition to decrease obesity.
- We assist the TOUCH program to implement activities that encourage good nutrition, exercise and tobacco-free living in Healthy Community Zones in five low-income neighborhoods.
- We manage the Baby Steps to Baby Friendly Hospitals project, which provides training and technical assistance to six labor-and-delivery hospitals to increase breastfeeding initiation and duration. The institutions are updating policies so doctors and staff will embrace breastfeeding and will encourage new mothers to do so.



What can you do? 1. Commit to a healthier lifestyle. 2. Support farmers markets and locally grown food. 3. Support public policies that reduce food deserts and bring healthy food to all neighborhoods and schools. 4. Support measures like menu labeling that help people make healthier choices. 5. Start a community garden. 6. Volunteer for a local food bank. 7. Breast feed babies and urge others to do so.

Encourage healthy behaviors and choices

People can help themselves live long, fulfilling lives by adopting healthy behaviors and making smart choices in life. In many cases, we can avoid life-shortening chronic diseases and conditions simply by following a healthy lifestyle.

The Florida Department of Health in Broward County works with partners to encourage adults and children to practice healthy behaviors, in the following ways:



- DOH-Broward provides free immunizations at our annual Back-to-School campaign, and vaccinates children and adults year-round at our health centers. The Department leads the Immunization Action Coalition, which promotes all recommended child and adolescent vaccines.
- The Tobacco Prevention Program assists multi-unit housing complexes and employers to become tobacco-free, works to counter tobacco advertising at retail stores and oversees 20 Students Working Against Tobacco (SWAT) clubs. We also refer people to a free tobacco cessation program at Nova Southeastern University.
- DOH-Broward educated 24,600 people and sent to 45,000 homes information about water safety practices, such as the need for an adult to watch children near water at all times (Water Watcher) and the use of swimming pool fences and door alarms as safety barriers. We educate owners of public and backyard pools about safety measures, and work with pool businesses to do the same. We promote free or low-cost swimming lessons, and lead the Drowning Prevention Task Force.
- Our HIV and Sexually Transmitted Diseases prevention programs lead extensive community efforts to promote routine testing, encourage condom use and decrease risky behavior. We lead the Perinatal HIV Providers Network and Broward County Prevention Planning Partnership.
- Through the AIDS Drug Assistance Program, Ryan White Part A program and PROACT program, we help people living with HIV/AIDS to realize longer, healthier lives and prevent HIV transmission.
- The Florida Breast and Cervical Cancer Early Detection Program provides free mammograms and pap tests to eligible women with little or no insurance. Free follow-up care is available.
- Our family planning clinic provides education and multiple contraception methods to adolescents, men and women, as well as counseling.
- Our Healthy Start screening office processed 22,000 screenings to deliver services to pregnant women and infants in order to improve maternal and child health outcomes.
- DOH-Broward staffers make presentations promoting healthy eating and physical activity to decrease obesity, and published 92 articles in local media outlets to promote healthy behaviors.
- The School-Based Dental Sealant Program delivered preventive services and education in school settings to over 20,000 children last year (**above**) to prevent tooth decay and promote oral health.
- The Dental Program provided over 22,000 preventive and treatment visits to children and eligible adults at our dental practice offices.
- Our School Health Program provides health education, administers medication and staffs school health rooms in partnership with Broward County Public Schools and the Children's Services Council of Broward.

What can you do? 1. Make sure you and your children are fully immunized. 2. Get swimming lessons for you and your children. 3. Be a Water Watcher. 4. Always use a condom during sex. 5. Get tested for HIV and STDs routinely. 6. Plan for your future family and prevent unplanned pregnancy. 7. Get regular mammograms

and pap tests. 8. Commit to a healthier lifestyle.

[Create healthy environments in our community](#)

The health of our community is affected by our environment – insects and animals that can spread disease, drinking water, potential safety hazards and contaminants. We monitor our environment and then protect it. The past year saw a big environmental health issue: Zika virus. Broward County has had 187 cases of travel-associated Zika virus to date and one non-travel-associated case.

The Florida Department of Health in Broward County works with partners to protect our community's environmental health, in the following ways:



- To protect against Zika virus, the Department inspected over 7,200 properties to find and eliminate breeding locations, knocked on over 7,000 doors, distributed more than 1 million educational flyers throughout the community and gave Zika tests to over 1,000 pregnant women. We met with dozens of professional and community groups to educate about Zika and mosquito protection, and trained partners and volunteers to provide this education.
- Our Epidemiology section investigates and controls outbreaks of contagious illnesses, including Zika, vaccine-preventable diseases and foodborne illnesses.
- We serve as lead agency for health and medical response to emergencies, such as operating special needs shelters during Hurricane Matthew and arranging resources during the shooting at Fort Lauderdale-Hollywood International Airport.

The Environmental Health section:

- Conducted 22,000 inspections and monitoring efforts to ensure public health and safety, including public swimming pools, drinking water sources, beach water, tanning salons, tattoo parlors, medical waste generators and other regulated facilities.
- Staff also launched special campaigns to train and encourage first responders (**above**) to report pool safety violations and to enlist pool stores and businesses to educate pool owners.

What can you do? 1. Protect against mosquitoes (drain standing water, use repellent, repair screens and windows). 2. Report sanitary nuisances. 3. Keep swimming pools in top shape and establish layers of protection (fences, door alarms) to prevent drowning. 4. Avoid tanning salons, tattoo artists and similar businesses that are not licensed by the state.

[38 years working in public health: Pat Riley's mission and journey](#)

In 1978, with a new Master's degree in agriculture and food microbiology from the University of Florida, Pat Riley was looking for a job in Broward County. She says it was an easy decision to become an Environmental Health inspector at the Florida Department of Health in Broward County.

"It was either this or go to work at a bank. The Department was much more interesting and relevant to my education," Ms. Riley says.

That was 38 years ago. She started as a food service inspector, then after five years, she got a chance to switch to the job she has held ever since, as a swimming pool safety inspector.

"It's my ideal job," Ms. Riley says. "I'm a swimmer and I'm very interested in pools. I got fascinated with how pools work. I'm passionate about pool design, fluid movement and hydraulics. I like to be out there in the community making sure our pools are safe and healthy."

During National Public Health Week from April 3-9, DOH-Broward is highlighting our services and professionals who provide them – from disease investigators to nurses, dental hygienists, community educators and more. These staffers help the Department carry out our mission to promote, protect and improve the health of Florida residents and visitors.

In her role, Ms. Riley helps inspect 4,400 public pools at condominiums, apartment complexes, hotels, schools and governments properties. She makes sure the water is safe, the filter system works properly and safety equipment is up to speed. She has made more than 9,000 inspections in her time. She also inspects on-site sewage systems and other facilities.

When she started, she was the only female pool inspector.

"At that time, the technical jobs were considered to be men's jobs," Riley says. "Not any more. For example, our people who inspect sewage systems are three women and one man."

A lot has changed about pool safety in three decades, including computerized systems that immediately alert the pool owner if water falls below health standards or systems malfunction.

New challenges have emerged, including "splash pad" recreation areas where kids play under jets of water shot into the air. Even though there's no standing water like a pool, the water is still recycled and must be treated and monitored to prevent contamination from, say, babies in diapers.

Ms. Riley says pools have fewer violations now compared to the past, because enforcement is stricter. Pools are not her only love. In her free time, she reads about many other public health topics.

"I'm kind of a public health junkie," she says. "When I started, I was trying to find something where I could use my science background and help people. I found it. People ask me, 'How can you do the same thing every day?' I do something different every day. You never know what you are going to find."



[Statewide perspective: Spotlight on public health careers](#)

Tallahassee, Fla. — This week is National Public Health Week and the Florida Department of Health is giving Floridians an inside look at some of the careers behind public health and the dedicated professionals who do them.

Each day, the department will highlight a different area of public health including epidemiology, emergency preparedness and response, environmental health and public health nursing. These fields and many more help the department carry out our mission to promote, protect and improve the health of Florida residents and visitors.

“Public health professionals across the state make it their life’s work to keep people and communities healthy; from preventing or containing disease outbreaks like Zika to increasing vaccination rates to maintaining water or air quality,” said State Surgeon General and Secretary of Health Dr. Celeste Philip. “During National Public Health Week, I want to express my deep appreciation for the lifesaving work being done in our state to protect public health and I encourage all Floridians to join me today and #ThankaPublicHealthPro.”

Last year, the department was the first state in the nation to receive national accreditation as an integrated department of health through the Public Health Accreditation Board (PHAB). Accreditation by PHAB signifies that the department, including the state health office and all 67 county health departments, is meeting national standards for ensuring essential public health services are provided in the community.

To kick off this National Public Health Week series, Dr. Philip would like to share how preventive medicine and public health residency training prepared her for her career at the department and what she finds most rewarding about being a public health professional.

Dr. Philip is board-certified in both family medicine and public health and general preventive medicine. Her preventive medicine training was completed through the Centers for Disease Control and Prevention’s (CDC) residency program which enabled her to further develop skills in population health. This included training in biostatistics and epidemiology; community health assessment and planning; environmental health and built environment; health services management and administration; social and behavioral health factors, and health policy. Preventive medicine residency includes a requirement to have or obtain a Master of Public Health (MPH); Dr. Philip had previously received an MPH in maternal and child health while in medical school.

During the CDC residency training, Dr. Philip was assigned to the Florida Department of Health--Polk County where she successfully obtained a local grant to begin a dental sealant program, oversaw the community health assessment and planning process, and supervised the breastfeeding peer counselor program. After completing residency, she served in several department roles including medical director in Polk County, interim director for three county health departments, interim bureau chief of Communicable Diseases, and Deputy Secretary of Health and Children’s Medical Services for three years.,

Now, as State Surgeon General, Dr. Philip is able to look back and recognize how her training prepared her for this role and what is especially rewarding about serving at the department. “I am grateful for the invaluable experience I gained in our department which began as a preventive medicine resident and am humbled that I now have the honor to lead this agency,” she says. “Public health and prevention save lives and money; if we invest strategically to create environments where children and families can thrive, people are more productive and fulfilled, and society benefits.” But, she emphasizes, the fact that some communities have more challenges than others to attain health equity—their highest level of health—remains a concern for her and the department.

Achieving health equity is being addressed through each of the department’s new priority areas. For the next two years, the department will focus on several key areas to improve health in our state including increasing childhood vaccination rates, reducing HIV infection rates, reducing infant mortality rates, decreasing inhaled nicotine use, developing a high quality trauma system, and decreasing licensure processing time for health care professionals.

“Public health professionals have a role in ensuring that all residents have an equitable chance to achieve their greatest health and potential,” Dr. Philip says. “I am so proud to work in a profession that strives to improve the lives of every resident and visitor in the state.”

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 Response](#) -- 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](#) – Childhood and adult vaccines
- * [KidCare Outreach](#) -- Recruiting and enrolling families in state-sponsored health coverage for children
- * [Pharmacy](#) – Medications for clients enrolled in AIDS Drug 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



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

Fort Lauderdale Health Center | 2421 SW 6th Ave.

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

Editor's note on Special Issue

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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[Email comments](#) or call 954-213-0607.

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The Florida Department of Health in Broward sends this newsletter to our community partners.

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