

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

## Public Health Broward

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### [Eat fun for the holidays, but get tips on how to avoid extra pounds](#)

“This year, the only thing that should be stuffed for the holidays is the turkey.”

That’s the motto of the 11<sup>th</sup> Annual Eat Smart, Move More, Maintain Don’t Gain Holiday Challenge, a worldwide event that helps people avoid the bulge of holiday overindulging. It’s FREE and you can join at any time.

Surveys show that many people gain 1-5 pounds over the holidays and most of them never lose it. Sounds small but it adds up over time.

But suppose you didn’t gain the extra weight in the first place?

The point of the Holiday Challenge is not to



lose weight (although who would complain). The point is to maintain your weight amid all the temptations, feasts, family parties, soirees and endless bowls of sweets that we all encounter at this time of year.

Think of the Holiday Challenge as a friend encouraging you to be strong. Every day until December 31, your friend will send you daily tips, a weekly newsletter, a weekly challenge, recipes, social media posts and logs for you to track your food, weight and activities.



Does it work? Last year, 15,650 people participated, including 2,145 in Florida (second largest behind North Carolina). Of those who reported back afterward, 67.6 percent maintained their weight, 16.9 percent lost 3-5 pounds and 7.4 percent lost over 5 pounds.

About three-quarters were confident they could keep off the weight and 95.7 percent said they would keep using the tips they learned.

Bottom line: ESMM, or “Eat Smart, Move More.” Sign up at <https://esmmweighless.com/holiday-challenge-live/> or [www.healthiestweightfl.com/holiday](http://www.healthiestweightfl.com/holiday).

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## Spotlight on ...

### **Spreading the DOH message *en Kreyol***

#### ***Program staffers reach out in the Haitian community***

DOH-Broward appreciates finding opportunities to present multi-lingual messages of good public health, and we recently jumped on several opportunities to reach out to the Haitian community.



For one, the Department set up three information tables at the Haitian Families Resource Fair at Franklin Park in Fort Lauderdale.

Staffers from HIV, STD and Perinatal prevention programs shared information and condoms, with tables nearby focused on state-sponsored KidCare health insurance for children and on DOH-Broward programs and services.

In addition, staffers from several programs

attended the annual Haitian Baby Shower at the Urban League of Broward County, which attracted more than 50 expectant mothers and their mates.

Assistant Communicable Disease Director Ripritz Romain has been giving interviews at Creole-language radio stations to talk about DOH-Broward's Test and Treat HIV Prevention Campaign and STD topics.



At right, he speaks on the *Koze ak Fanm* show on WSRF 1580 AM, with host Guylene Berry (*inset*). The show is broadcast live simultaneously on *Koze ak Fanm's* Facebook page.

The show received over 100 phone calls, was shared 73 times, liked 21 times and had 9 comments (all positive and asking for more information).

Along the same lines, Community Health Special Projects Coordinator Nickey Lewin has been speaking regularly about STDs, human papillomavirus vaccine and wellness topics at Christian Worship Center in Miramar.

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## [Flu season is here: Time for one and all to get the shot](#)

As winter flu season approaches, a new study shows that getting a flu shot “significantly reduced” the risk of children dying from influenza virus, according to the Centers for Disease Control and Prevention.

The vaccine was 65 percent effective in preventing deaths among children, researchers reported in the journal *Pediatrics*. The number could be higher if more adults were vaccinated, as well, so they did not bring the virus home with them.

“The more people who get vaccinated, the more people will be protected from flu, including older people, very young children, pregnant women, and people with certain long-term health conditions who are more vulnerable to serious flu complications,” the CDC wrote in a summary of the research.

The CDC and the Florida Department of Health recommend flu vaccine for everyone ages six months and older. Flu causes hundreds of thousands of illnesses every year and thousands of deaths. People at higher risk include children under five, adults over 65, pregnant women and people with existing medical conditions such as asthma.

It takes about two weeks after vaccination for your body to develop protection against the flu, so it’s best to get immunized early. Flu season typically peaks from December through February, but can be unpredictable.

Other common-sense protections: Wash hands frequently, for at least 20 seconds. Stay home when you’re sick. Clean and disinfect commonly used surfaces in your home and other locations. Avoid touching your face. Cover coughs and sneezes with a tissue or your elbow.

DOH-Broward recommends getting a flu shot from your private physician, but if that is not possible, you can also find it at Department health centers and many retail outlets. Like last year, nasal spray vaccine is no longer recommended due to concerns regarding its effectiveness.

Supplies of vaccine are plentiful, including newer “cell-based” vaccine versions that are grown in a lab instead of in eggs, as has been the practice for decades. The lab-cultured versions will help a small number of people who must avoid vaccine because they are allergic to eggs.

“Consult your doctor about which vaccine is right for you,” says Dr. Paula Thaqi, Director of DOH-Broward.



Last year, just 59 percent of U.S. children and 42 percent of adults got their shot. Florida ranked 12<sup>th</sup> lowest among states, with 43.3 percent vaccinated.

Most versions of this year's 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.

**More information:**

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

CDC: [www.cdc.gov/flu/about/season/flu-season-2017-2018.htm](http://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm)

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## [Newer, more spacious quarters for STD testing / treatment center](#)

The non-profit organization that performs free testing and treatment for sexually transmitted diseases under contract with DOH-Broward has opened a larger and fresher quarters in Fort Lauderdale.

The new office of AIDS Healthcare Foundation (AHF) at 750 SE Third Ave. can accommodate 200 to 250 clients per day, compared to 150 a day at the former center a few blocks away.

AHF began handling DOH-Broward clients under a contract in 2013, and offers free same-day testing, treatment and services for STDs.

"We began this partnership with a vision," DOH-Broward Director Dr. Paula Thaqi says. "And the vision was to provide accessible testing for STDs and HIV to our community on a walk-in basis, free to the client, at a convenient location, at convenient times and without stigma."



**More information:** <http://broward.floridahealth.gov/programs-and-services/infectious-disease-services/sexually-transmitted-diseases/index.html>

***Dr. Paula Thaqi (right) cuts the ribbon along with AHF President / CEO Michael Weinstein (center), Wilton Manors Vice Mayor Justin Flippen (left) and community well-wishers.***

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## Goodbye beige: A fresh new look at DOH-Broward



Next time you drive by the Florida Department of Health in Broward, or come to our campus on State Road 84 in Fort Lauderdale, you will notice a colorful difference.

As part of a regular maintenance program, the buildings are being repainted from their previous beige colors to Lira yellow, Lei Flower orange and Tropical Splash blue.

The Department has repainted the main administration building, and in concert, Broward County has agreed to repaint the other two building on the campus, the Fort Lauderdale Health Center and the Operations Building, both of which are county-owned.

Those colors, by the way, were chosen to match the official colors on the Department logo.

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## Protect yourself, family and pets from rabies

Every so often, a case of rabies appears in Broward County when a person or pet is bitten by an animal carrying the dangerous viral disease.

In South Florida, rabies is typically spread by raccoons, bats and foxes. If untreated, the disease can cause serious illness, but a series of treatments can prevent harm.

It's easy to protect yourself from rabies:

- Avoid direct contact with wildlife.
- Don't feed wildlife.
- Vaccinate your pets against rabies.
- Supervise children and pets when outdoors.

If you think you were exposed to a rabid animal, call your doctor immediately or go to the nearest emergency room. Your health provider can supply the medication you need.

If for some reason the medication is not available, you can contact the Florida Department of Health in Broward at 954-467-4700, Ext. 5575.

More information: [www.floridahealth.gov/rabies](http://www.floridahealth.gov/rabies)

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## [FREE immunization training for medical office staffers](#)



Medical professionals and their staffers who want to know more about immunizations are invited to a **FREE**, half-day training seminar on Wednesday, January 17, 2017.

The training will cover the use of human papillomavirus vaccine and meningitis vaccine for adolescents and young adults, plus how to use the Florida SHOTS system, storage and handling of vaccines, and tips on administering vaccines.

For fun, you can compete in a Jeopardy-style contest to test your knowledge of vaccines and immunization details. Prizes for the winners.

The session runs from 1:30 p.m. to 5 p.m. in the main auditorium at the Florida Department of Health in Broward, 780 SW 24 St., Fort Lauderdale, 33315.

To sign up: Fill out the accompanying form and email to [kayla.fernandez@flhealth.gov](mailto:kayla.fernandez@flhealth.gov) or call 954-467-4700, Ext. 3100. Please RSVP by January 15.

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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 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  
(No WIC)

**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 FL 33315

**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 Issue #14***

*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.

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

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