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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 #17

September 2018

## Public Health Broward

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### [Almost 3,000 students get free school vaccinations for 5th straight year](#)

The annual Back-to-School Immunization campaign at Lauderhill Mall is the biggest and busiest event put on by DOH-Broward every year, but it ran like clockwork.

Almost 3,000 children plus parents and siblings came through the doors during 17 days in August, to receive free vaccinations and/or paperwork they needed to be admitted to school.

“The POD was very well organized and went very smoothly this year,” says Dr. Paula Thaqi, Director of DOH-Broward. “The size of the turnout shows that there is a lot of need in the community for this service.”

State law requires students be fully vaccinated against nine contagious diseases – including measles, mumps, chickenpox and whooping cough – to be admitted to school.



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The family doctor is the best source for vaccinations, but if that is not possible, DOH-Broward gives free shots at its clinics and the mall in August.

This year, the numbers of children who benefitted dipped slightly: 2,931 children seen (down 5% from last year), 2,192 kids vaccinated (down 6%), 739 other kids given immunization forms (same) and 6,451 vaccine doses given (down 9.3%).



DOH-Broward leaders say the small decrease in traffic was likely due to other agencies vaccinating more kids at summer events and DOH-Broward immunizing more students in schools last spring.

As always at the mall, DOH-Broward sponsored a Saturday health event to go along with the immunizations. The event attracted an estimated 2,100 people and gave backpacks with school supplies to 682 kids, fresh produce to 1,427 people and bicycle helmets to 100 kids who received shots.

Photos: (Top) Arnelo Valbuena of Coral Springs gets vaccinated by Nursing Specialist Cynthia Dawes. (Bottom) Emmanuel Ricarte and mom Claudia Maldonado prepare for his shots with Public Health Nurse Joan Walker.

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## Spotlight on ...

### Growing two new approaches to prevent HIV/AIDS

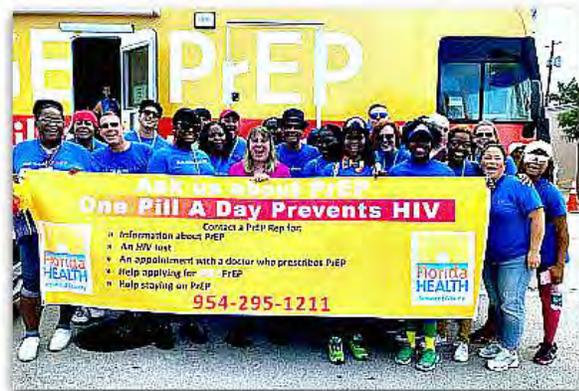
PrEP and Test & Treat gaining ground in the community

Two new programs to ramp up the fight against HIV/AIDS have gotten off to fast starts, and look like they will keep growing in hopes of making a significant impact.

“We are taking a new approach to HIV prevention efforts and HIV treatment,” says Dr. Paula Thaqi, Director of DOH-Broward. “Our goal is to turn the curve on HIV infections in Broward.”

The two programs are:

PrEP – The newly launched program started in May aims to fight HIV by having HIV-negative people take an HIV medication daily that prevents transmission of the virus. PrEP stands for Pre-Exposure Prophylaxis.



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During the first two months, about 500 people signed up for Get PrEP.

“We’re the biggest PrEP program in the state. We could become the biggest one in the country. Give it six months,” says PrEP Program Manager Michael Alonso.

PrEP has emerged as a central piece of DOH-Broward’s HIV strategy, along with condom distribution and education. A new team promotes PrEP by talking to advocacy groups, physician offices, those at community events and many other locations.

Dr. Thaqi predicted more growth because PrEP is offered to dozens of clients daily at Broward Wellness Center, a clinic in Fort Lauderdale that does HIV and STD testing under contract with DOH-Broward.



Test & Treat – On April 30, 2017, there was no such thing as the Test & Treat program at DOH-Broward. After one year, program has grown into the largest of its kind in Florida.

The program aims to supply antiviral medication and a physician visit to every single HIV client on the very same day they are newly diagnosed or returned to care.

No more waiting for weeks for a confirming HIV test or a doctor appointment.

On the anniversary, Test & Treat had enrolled 997 clients and had initiated 907 of them – 91 percent – on HIV medication. Today’s medicines can shrink their viral levels to near undetectable, which lowers the risk of transmission to a partner to almost zero.

The program benefits in two ways: The immediate treatment helps keep people healthier and helps prevent HIV transmission.

Test & Treat has drawn praise from community partners who connect DOH to new clients. These include Broward Health, Memorial Healthcare System, Care Resource, AIDS Healthcare Foundation and others.

DOH-Broward staffers work with clients to make sure they take the medication properly, and stay in contact with those who decline medication.

Previous research has shown that as many as 30 percent of people diagnosed with HIV never return for the first doctor appointment, often out of fear, denial, hopelessness, lack of health insurance or other reasons. They don’t receive medication, risking their health and remaining infectious. Test & Treat is expected to greatly improve the situation.

More information: [PrEP](#), 954-295-1211. [Test & Treat](#), 954-789-8139

Photos: (Top) Promoting PrEP at Pride Parade. (Bottom) TV ad for Test & Treat

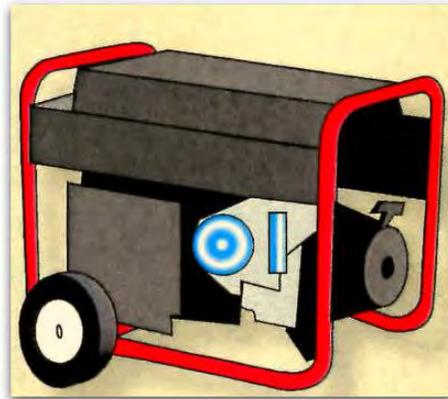
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[Hurricane season: 4 ways to prevent carbon monoxide poisoning](#)

As hurricanes and tropical storms spin in the Atlantic Ocean, think about things we can do to avoid danger.

Here's one: Prevent carbon monoxide poisoning. Tragically, a few Floridians die from CO gas almost every time a storm or an emergency knocks out power. Why? Because we make mistakes using portable generators and emergency cooking and heating devices.

On average, 438 Americans die every year from CO, the colorless, odorless and tasteless "silent killer" emitted by incomplete combustion of fossil fuels. But CO poisonings are easily preventable.



Check out these four ways to stay safe, from the U.S. Consumer Product Safety Commission and Florida Department of Health in Broward:

**Generators** – NEVER run a portable generator inside the house, garage or any enclosed area. Keep them at least 20 feet from any door, window, vent or car so fumes do not seep inside. If a neighbor is using a generator, make sure it's not too close to your home.

Example: After Hurricane Irma last year, at least six Floridians died – including a mom, two teens and a 7-year-old – from generators running in or near the home. (*Chart below*) At least 60 others were hospitalized from generator CO fumes.

| Carbon monoxide poisonings in Florida after Hurricane Irma, 2017 |               |                   |                          |
|--|---------------|-------------------|--------------------------|
| Location   | Deaths        | Hospitalized      | Cause                    |
| Orlando  | 2 teens, mom  | 2 adults, 2 teens | Generator in garage      |
| Loxahatchee  | Woman         | 3 adults          | Generator outside garage |
| Lakeland   | 7-yr-old girl | Mom               | Generator in home        |
| Daytona Beach  | Woman         | 3 men             | Generator outside home   |

Many people set up generators close in fear they will be stolen. Instead, protect it by chaining it, putting it inside a locked fence (with wheels removed) or bolting a metal plate on

the bottom and parking the car on the plate.

**Grills, BBQs, etc.** – NEVER cook with fossil fuel (propane gas, charcoal, kerosene, etc.) inside an enclosed area. Like generators, keep them at least 20 feet away from openings to the house or car.

Example: After Irma passed, a family of eight in Lauderdale Lakes was hospitalized after their stove broke and they set up a makeshift charcoal cooker in the house using an old metal car wheel.

**Heating** – NEVER use a gas stove to heat the home. It can emit deadly CO for hours undetected, or the flame can go out by mistake and quickly fill the home with natural gas.

**CO detectors** – For your family's safety, install a carbon monoxide detector outside every sleeping area, and on every floor. Models start at \$20; combination smoke / CO detectors start at \$30.

Models run by batteries, plugging into a wall socket with a battery backup, wired to electricity with a battery backup, or powered by a 10-year lithium battery. In all cases, test the units and/or batteries yearly.

More information:

[Consumer Product Safety Commission](#)

[Florida Department of Health](#)

[Centers for Disease Control & Prevention](#)

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Get involved: Call 954-213-0607 to obtain an educational Power Point presentation or written materials you can share with friends, neighbors, co-workers, etc.

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## ['Big Latch On' brings out a crowd in support of breastfeeding](#)



They walked a mile between the raindrops. They stretched their legs and arms by performing yoga exercises with their babies.

And at the end, 60 women showed solidarity by simultaneously breastfeeding their babies in the friendly confines of Plantation Central Park, as part of the Second Annual Breastfeeding Celebration.

The event – sponsored by the Breastfeeding Coalition of Broward, led by DOH-Broward – attracted about 235 people, twice as many as at the coalition's inaugural event last year.

“The event was a huge success and it will keep getting bigger and

bigger,” says Coalition Chair Esther March Singleton, Breastfeeding Coordinator for the Women Infants & Children program at DOH-Broward.

The event celebrated World Breastfeeding Week and the Global Big Latch-On. The audience was filled with expectant mothers, fathers, children – and a few dogs.

The group embarked on a low-stress walk of about a mile. Women gave presentations about the benefits of breastfeeding and their experiences bonding with their babies as part of the process.

Meanwhile, kids played on swings and climbing equipment in the tot park. Almost 20 organizations set up information tables and handed out freebies.

DOH-Broward's partners in the event were the Urban League of Broward County and Broward Healthy Start Coalition. About two dozen staffers from WIC and partner organizations helped with the duties.



More information: 954-467-4511 or [WIC program](#)

Photos: (Top) Moms and babies enjoy yoga. (Bottom) Expectant mother Natalia Vaccarella of WIC talks to the group

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## Helping teens talk to little kids about water safety

Small children look up to teen-agers with awe. So, who better than teens to teach kids about water safety?

That's the premise of SPUD (Students Preventing Unintentional Drowning), an after-school project created by the Drowning Prevention Program at DOH-Broward.

More than 200 teens volunteered to act as "water safety ambassadors" during the 2017-18 school year, at five high schools: Piper, Blanche Ely, Miramar, Stranahan and Coconut Creek high schools. SPUD hopes to expand to 10 schools this year.

The teens spent months creating new safety messages that resonate with kids. In the process, the teens learned a lot about water safety and shared with their families, friends and schoolmates.

This year, SPUD plans to have teens make presentations to younger students.

"Every drowning is a tragedy that could be prevented," says Dr. Paula Thaqi, Director of DOH-Broward. "SPUD is an innovative way to educate our children – and their parents."

DOH-Broward's drowning prevention program focuses on children age 4 and under, a time when kids are fascinated by water and most at risk. In 2017, eight children under age 5 lost their lives to water. The risk is high in Broward, with about 125,000 backyard pools and miles of waterways.

Main messages to kids: Don't go near the water without an adult. Learn to swim. Get help immediately if someone is in trouble around water.

Main messages to adults: Assign an adult "water watcher" with a cell phone (ideally a swimmer) to watch kids every second they are in or near water. Learn cardiopulmonary resuscitation. Set up barriers to block children from water. (DOH-Broward offers free door alarms.)

Information: 954-467-4700, Ext. 5695 or [cassie.mcGovern@flhealth.gov](mailto:cassie.mcGovern@flhealth.gov)

Photo: SPUD volunteer Kimaria Clark of Blanche Ely High School shows off her T-shirt



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## 9 cities are 'Healthy Weight Champions' in Broward



Congratulations to nine cities in Broward that have been recognized by the Florida Department of Health as “Healthy Weight Champions” of 2018.

The nine submitted applications detailing all the activities they have done to promote healthy eating, exercise and other activities that contribute to help people enjoy wellness and combat obesity.

The champions: Coconut Creek, Deerfield Beach, Fort Lauderdale, Hollywood, Miramar, Oakland Park, Tamarac, Weston and Wilton Manors.

The cities launched many good-health amenities, including bike trails, fitness programs, recreation facilities and more.

"Their efforts to implement policies that empower residents and visitors to improve their health are an important part of creating healthy environments throughout Florida," says State Surgeon General and Secretary Dr. Celeste Philip.

Photos: (Top) DOH-Broward Director Dr. Paula Thaqi (left) presents the award to Michael Naftaniel and Tina Patregnani of City of Fort Lauderdale.

(Bottom) Weston Mayor Daniel Steimer (left) receives award from Director of Community Health Renee Podolsky.



(Bottom photo courtesy of City of Weston)

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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
- \* [Broward Dental SEALS](#) -- Hygienists apply coating of tasteless, colorless plastic on students' teeth during visits to schools
- \* [Dental Care](#) – High-quality dental services for children and for adults in the Ryan White Part A program.
- \* [Drowning Prevention](#) -- Information and advocacy to prevent childhood drownings
- \* [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 Prevention and Testing](#) – Prevention in the community, testing at our locations or by community partners
- \* [Immunizations](#) – Childhood and adult vaccines in our locations and in the community

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- \* [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
  - \* [Public Health Preparedness](#) -- Planning, training and coordinating health system response to address emergencies
  - \* [Refugee Health](#) -- Testing, immunizations and medical referrals for federally designated refugees
  - \* [School Health](#) -- Nursing care and health services for students in public schools
  - \* [Sexually Transmitted Diseases](#) (STD) -- Surveillance and partner services. Testing and treatment provided by Broward Wellness Center under contract with DOH-Broward
  - \* [Tobacco Prevention](#) -- Education and advocacy to reduce usage of inhaled nicotine products
  - \* [Tuberculosis](#) -- Testing, diagnosis, treatment and directly observed therapy
  - \* [Vital Records](#) -- Birth and death certificates
  - \* [Women, Infants and Children \(WIC\)](#) -- Nutrition counseling, aid buying nutritious foods, breastfeeding support 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

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## Editor's note on Issue #17

Public Health Broward is published by the Florida Department of Health in Broward County. Content by DOH-Broward except as noted.

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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