

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 #3

January 2015

# Public Health Broward

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## [Flu mild so far, but protect yourselves](#)

Knock on wood... So far, flu season is in full swing across the country but has been mild in Broward County. Infections here are low and there have been no outbreaks.

Nonetheless, local cases started to rise slowly in the first weeks of January, and everyone should take steps to avoid flu. It's not too late to get vaccinated, even though this year's vaccine does not fully protect against a slightly altered strain of H3N2 influenza virus that is most common at this time.



"The vaccine is worth getting," says Dr. Paula Thaqi, Director of the Florida Department of Health in Broward County. "It does offer some protection against H3N2 and is effective against other strains of the flu that are circulating."

Thaqi says there's some good news for parents and children this year. Federal disease experts recommend that healthy children 2 to 8 years old should receive nasal spray flu vaccine instead of flu shots, because the spray has been shown to work better. That spares little arms from the needle.

"Consult your doctor about which vaccine is right for you," Thaqi says.

In addition to vaccine, simple steps to prevent flu include washing hands often for at least 20 seconds (sing Happy Birthday twice), avoiding close contact with sick people, staying home when sick, and using a tissue or elbow to cover coughs and sneezes.



Symptoms of the flu may include headache, fever, severe cough, runny nose or body aches. Anyone experiencing these symptoms should contact their health provider immediately.

For those who get the flu, the Centers for Disease Control and Prevention recommends the use of antiviral medications such as Tamiflu, if prescribed by the physician.

So far, infections in Florida have been highest among children, with three pediatric deaths ranging in age from 3 to 14 (none in South Florida). In recent weeks, cases have been rising among seniors over age 65. The elderly, children and those with weakened immune systems are the most susceptible to flu.

**More information:** [www.flhealth.gov/floridaflu](http://www.flhealth.gov/floridaflu)

**Free flu prevention handouts:** Free flu prevention brochures and posters (seen above) are available in English and Spanish from DOH-Broward at 954-213-0607 or [robert.lamendola@flhealth.gov](mailto:robert.lamendola@flhealth.gov)

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## ***WE HAVE A NEW WEBSITE***

<http://broward.floridahealth.gov/index.html>

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## **Spotlight on ...** **Dental care expands**

### **New dental care clinic targets people living with HIV/AIDS**



DOH-Broward has taken a big step to expand access to dental care for HIV-positive residents in the Ryan White Part A program.

After months of construction, the department opened a new six-chair, state-of-the-art dental unit in its Fort Lauderdale Health Center on State Road 84, catering exclusively to Broward County adults enrolled in Ryan White Part A.

The federally funded Ryan White program provides various types of medical care to low- and moderate-income people living with HIV/AIDS who lack adequate health coverage.

Until now, DOH-Broward cared for the dental needs of Ryan White clients at its Paul Hughes Health Center in Pompano Beach and South Regional Health Center in Hollywood.

Now in addition, the Fort Lauderdale health center will serve clients five days a week.

“We are substantially increasing our capacity to see adults through the Ryan White Part A program,” says Dr. Brian Freedman, Dental Director for DOH-Broward, pictured at left in the new clinic.

The department provides dental care under contract with the Broward County Ryan White Part A Grantee Office.

About one-third of the 7,000 Ryan White clients in Broward say they want dental care but have not received it, according to surveys for the Broward County HIV Planning Council.

Clients ranked dental care as their No. 3 priority for services that Ryan White should provide, but only about half of them actually saw a dentist.

Why? About 40 percent told the survey they could not afford it, 16 percent said the wait for care was too long, 13 percent said they were afraid of pain and 8 percent said they did not know where to find care.

“The need for oral health care is definitely there among people living with HIV/AIDS,” Freedman says.

DOH-Broward has been able to treat dental patients with a minimal waiting time, but the expanded program will offer clients more options.

“We would like to encourage more Ryan White clients to take advantage of dental care,” Freedman says. “Dental care for those living with HIV/AIDS is extremely important due to their increased susceptibility to infection. Our new dental office will offer a high level of comfort and convenience in a beautiful new facility.”

**More information:** 954-467-4705. To see if you are eligible for Ryan White Part A services, call 954-566-1417.

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### [Delivering more help to people living in 33311 ZIP code](#)



DOH-Broward has launched two initiatives to improve the health of children and families in the 33311 ZIP code in central Broward.

First, the National Association of County and City Health Officials granted DOH-Broward \$48,600 to expand the breastfeeding education program in the neighborhood.

Second, the United Way of Broward awarded the department \$48,333 to increase outreach efforts (pictured at left) to enroll families from 33311 in the state’s low-cost KidCare health insurance program for children.

“This is an area of our county with many needs, where we feel we can make a strong impact,” says Dr. Paula Thaqi, Director of DOH-

Broward.

The 33311 ZIP code is roughly bounded by North Andrews Avenue, West Broward Boulevard, State Road 7 and West Oakland Park Boulevard. The area has Broward’s highest poverty rate (32.4 percent), a median household income of \$31,000 per year, over 1,300 births per year and more than 25,000 children.

**Breastfeeding** – Studies show that babies who are breastfed receive many health benefits, including fewer infections, a reduced risk of Sudden Infant Death Syndrome, and healthy cholesterol that leads to improved brain development.

DOH-Broward’s Women, Infants and Children (WIC) program will use the new 18-month grant to hire a peer counselor (a mother who breastfed) who will work closely with pregnant women and new mothers in the neighborhood.

WIC peer counselors have promoted breastfeeding for years, educating and helping over 14,000 mothers in hospitals. In September 2013, DOH-Broward intensified the program in south Broward under a partnership with Memorial Healthcare System.

The counselors work one-on-one with women before delivery, in the hospital and after childbirth to

develop breastfeeding plans, to offer lactation consulting and to assist those returning to work or school. They lead support groups for new mothers with breastfeeding difficulties, and lend breast pumps when needed.

With the new grant, WIC will expand those direct services into 33311, and will work with the Broward Health system as a potential hospital partner for counseling services.

“We will work with the mothers to support and protect breastfeeding from pregnancy to the hospital, and then we will follow up in our clinics and their homes,” says Esther March Singleton, WIC Breastfeeding Coordinator, who heads the project.

In addition, WIC will expand a successful partnership with Healthy Mothers, Healthy Babies Coalition of Broward in the “Mocha Milk” and “Mahogany” programs, both of which work to achieve healthy births and children.

“We see a lot of drop off in breastfeeding when the new mothers get home in that first week after delivery,” says Rebecca Hacker, WIC Director. “With this project, we’ll have an established relationship with the new mothers and we can work with them to continue breastfeeding.”

**KidCare** – The KidCare team at DOH-Broward will use its new grant to dedicate an outreach worker to the 33311 area, to increase marketing, enrollment efforts and linkage services. Such efforts have been shown to bring more uninsured children to health coverage.

The KidCare team has long performed extensive outreach efforts. The grant will allow more contact – and more personal contact – with families that have children ages 5 to 19 in 33311. Special emphasis will be placed on the Dorsey-Riverbend neighborhood, off Broward Boulevard near Interstate 95.

“This is an area where many children do not have health coverage,” says Rebecca Miele, KidCare Outreach Coordinator at DOH-Broward.

The state-subsidized KidCare program covers children’s health care through Florida Medicaid, Children’s Medical Services and the non-profit Healthy Kids Corp. Families with qualifying incomes can cover all children in the home for as little as \$20 a month total, but families of any income can cover their children at very low rates.

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### [New partner, part 1 -- Save-a-Lot stores](#)



DOH-Broward has initiated a new partnership with a group of Save-a-Lot Food Stores to offer health services and health education at the supermarkets.

The first in a series of monthly educational events was launched in November at two Save-a-Lot stores, in Fort Lauderdale and Plantation. At the events, DOH-Broward staff encourage people to sign up for free mammograms (pictured at left), free pap smears, and free and low-cost KidCare health insurance for children.

More events will continue in the future at those stores plus two in Hollywood. In addition, a mammovan from Memorial Healthcare System will visit stores to give free mammograms on-site to those with appointments. (See schedule below.)

“We are pleased to join Save-a-Lot in informing our community about these services, and to encourage preventive health care,” says Dr. Paula Thaqi, Director of DOH-Broward.

In the near future, DOH-Broward plans to expand the services that it offers at the stores, to include testing for HIV/AIDS and other sexually transmitted infections in the department’s mobile testing van.

Leavers Supermarkets in Colorado, which purchased the four stores last year, agreed to work with DOH-Broward to create public health events at the locations as a way to generate interest from the community.

“Save-a-Lot believes that promoting health and wellness is good for our customers and for the community,” says Greg Mooridian, Director of Operations at the four Save-a-Lot stores. “We are happy to make our stores available for this effort.”

### **SAVE-A-LOT SUPERMARKET SCHEDULE**

(Events from 11 a.m. to 2 p.m.)

#### **2420 N. Dixie Highway, Hollywood**

- Saturday, Jan. 24 (mammogram testing by appointment)
- Monthly every first Thursday

#### **820 S. 60 Ave., Hollywood**

- Monthly every second Thursday

#### **510 NW 7<sup>th</sup> Ave., Fort Lauderdale**

- Friday, Feb. 6
- Monthly every third Thursday

#### **3865 W. Broward Blvd., Plantation**

- Friday, Feb. 13
- Monthly every fourth Thursday

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### [New partner, part 2 -- Miramar Fire Rescue](#)



People shop online, bank online, get their news online, have fun online – and now they can hear about public health online.

Health experts from DOH-Broward have started sharing their expertise with the public through free, online podcasts produced by Miramar Fire Rescue Department and posted on the highly popular audio websites iTunes, SoundCloud and TuneIn Radio.

The podcasts are essentially online radio shows – recordings (without video) that people anywhere can play at their leisure on their computers, phones or tablets. They can subscribe to the fire department podcast in order to be alerted when new episodes are posted.

Fire department leaders started recording the podcasts in September, as a way to educate the public about safety and health issues. They hope the podcasts – nicknamed Miramar FD Radio – will catch on with residents and others who want to learn.

For example, DOH-Broward Senior Community Health Nurse Mary Porter recorded a podcast on flu prevention. Drowning Prevention Coordinator Kim Burgess made one.

Special Projects Coordinator Nickey Lewin (pictured above) produced a podcast in which he promoted a healthy diet and physical activity to avoid obesity and all the health problems that accompany it. In addition to talking about his own battle with weight, Lewin discussed the Healthiest Weight Initiative from the Florida Surgeon General.

**To hear the podcasts:**

<http://tunein.com/radio/Miramar-FD-Radio-p633502/>

<https://soundcloud.com/miramarmfd>

<https://itunes.apple.com/us/podcast/miramar-fd-radio/id907612211?mt=2>

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## [Healthy Weight Community Champions](#)

Broward County and seven of its cities were recognized for encouraging Floridians to eat a healthy diet, engage in, exercise and strive for a healthy weight.

All the local governments were among 65 named Healthy Weight Community Champions by the Florida Department of Health.

DOH-Broward's Nutrition and Fitness Task Force played a role. The group asked all municipalities to get involved in the effort, sent them materials suggesting steps they could take and helped them take the steps.

"We are very proud of what our community has accomplished," says task force Chair Ellen Feiler, who is Director of Health Promotion and Social Marketing at DOH-Broward. "One of our highest priorities is to combat obesity and all of the negative health outcomes that it can cause."



Obesity can contribute to heart disease, strokes, diabetes, musculoskeletal problems and even some cancers. The Healthiest Weight Initiative is a leading statewide project of the DOH.

Efforts in Broward County that led to the "champions" recognition included:

- Over 30 miles of bicycling and walking pathways were created in 2014 as part of a countywide transportation plan.
- The county now includes healthy food requirements in its food service contracts.
- The "Transforming Our Community's Health (TOUCH)" Initiative focuses on creating more access to locally grown produce and countywide "farm-to-table" efforts.

The seven Broward cities recognized were Fort Lauderdale, Coconut Creek, Deerfield Beach, Oakland Park, Plantation, Pembroke Pines and Weston.

Among their Healthiest Weight-related activities: expanded parks, sports facilities, walking paths, bike paths, sidewalk repair, exercise classes for seniors, farmers markets, bus stop shelters, educational programs for families, fitness classes and nutrition classes.

**More information:** [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com) or 850-245-4444.

**Also,** show your commitment to living a healthy lifestyle by making a "healthy promise" at the new DOH website, [www.HealthyPromiseFL.com](http://www.HealthyPromiseFL.com).

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## [Preventing perinatal transmission of HIV/AIDS](#)



Dr. Ana Puga of the Children's Diagnostic & Treatment Center (pictured at left) was among guest speakers at DOH-Broward's annual Perinatal HIV Symposium.

The session attracted 60 doctors, nurses, social workers and health educators, and focused on preventing mother-to-child transmission of HIV/AIDS during pregnancy.

"We work collaboratively with OB-GYN practices and hospitals to ensure the latest guidelines are put in practice," says organizer Yvette Rivero, Director of Perinatal Prevention at DOH-Broward.

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## [Medical Reserve Corps](#)

Medical professionals can volunteer to provide health care services during times of emergency by joining the Medical Reserve Corps.

Here are dates for training, held at DOH-Broward, 780 SW 24<sup>th</sup> St, Fort Lauderdale:

**Jan. 21:** Orientation and Core Competencies, 5:30 p.m. to 9:30 p.m.

**Jan. 28:** Deployment Ready Workshop, 5:30 p.m. to 8:30 p.m. (by invitation)

**Feb. 17,** Deployment Ready Workshop, 5:30 p.m. to 8:30 p.m. (by invitation)

**March 7,** Radiation Response Volunteer Corp (RRVC) Training, 8 a.m. to 4:30 p.m. (Register at <http://www.floridahealth.gov/prevention-safety-and-wellness/radiation-control/envrad/rrvc-course-reg.html>)

**March 16,** Orientation and Core Competencies, 5:30 p.m. to 9:30 p.m.

**More information:** Peggy Cadeaux at 954-467-4700 Ext. 5023 or [Peggy.Cadeaux@FLHealth.gov](mailto:Peggy.Cadeaux@FLHealth.gov), or <http://trac.floridadisaster.org/trac/loginform.aspx>



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## [Our services and locations](#)

- \* [Breast and Cervical Cancer](#) – Mammograms, screenings, diagnostic testing, medical referrals and education for eligible women
- \* [Dental Care](#) – Free or low-cost care for children and for adults in the Ryan White Part A program
- \* [Environmental Health](#) -- Inspections, permits and sanitary nuisance complaints
- \* [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
- \* [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
- \* [School Physicals](#) – Exams needed by children entering Broward County public schools for the first time
- \* [Sexually Transmitted Diseases](#) (STD) – Diagnosis and testing. Treatment provided by the Broward Wellness Center under contract with DOH-Broward
- \* [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 Sixth 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

**Central** | 3756 W. Oakland Park Blvd., Lauderdale Lakes

**North** | 10077 NW 29th St., Coral Springs

**South** | 4105 Pembroke Rd., Hollywood

## 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 #3***

*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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