



## Public Health Broward

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### [\*Don't believe the myth: Flu shots DO NOT give you the flu\*](#)

Broward County adults have never had high rates of getting influenza vaccine, but the start of flu season gives us a new opportunity to catch up on this important protection.

October is the perfect time to get immunized at your doctor's office, at work, at a retail store, or at a clinic. Supplies of vaccine are strong and you will be protected before the flu virus begins to spread.



The Florida Department of Health in Broward County (DOH-Broward) and the federal Centers for Disease Control and Prevention (CDC) recommend that everyone over age six months old get protected against the flu, which kills thousands of people every year.

"Flu vaccine is worth getting. It's one of the most important ways to prevent disease," says Dr. Paula Thaqi, Director of DOH-Broward.

Children, senior citizens and those with chronic illness are at highest risk for flu, which can circulate in November and typically peaks from December to February.

You can protect yourself and your family by covering coughs and sneezes, washing your hands often, staying home when sick,



avoiding sick people and getting vaccinated.

But only two-thirds of Americans over age 65 get a flu shot. Broward is even lower, at 54 percent in 2013. Among Broward adults ages 50 to 64, only one-third get a flu shot.

Some people mistakenly believe that a flu shot can give you the flu. Not true, Thaqi says, because the vaccine contains no live virus. If someone feels ill after the shot, it's usually because of their body's immune response to the vaccine or they already had another infection.

"It's a myth that the flu shot makes you sick. Don't be fooled," Thaqi says. "If you contract the flu, you put your loved ones at risk."

This year's vaccine protects against the flu strains expected to be most prevalent this year – A-type H1N1 California virus, A-type H3N2 Switzerland virus and B-type Phuket virus. Some vaccine formulas protect against a fourth variety, B-type Brisbane virus. Ask your doctor which type is best for you.

For children, the CDC recommends either a flu shot or nasal spray vaccine for healthy kids over age 2. Last year, the CDC favored nasal spray because some data suggested it worked better, but newer data shows the two are equally effective. Consult your doctor.

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

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



## Spotlight on ...

### **KidCare insurance premiums rise for some families**

#### **'Full-pay' coverage for kids still good deal for most families**

Some families who obtain state-sponsored Florida KidCare health insurance for their children have seen their monthly premiums or out-of-pocket costs increase as of October 1.

The price increases affected only a portion of KidCare families – those who buy “full-pay” policies because they do not qualify for subsidized coverage. Lower-income families are not affected by the change, and still qualify for a subsidized price of no more than \$20 per month to cover all their children.

“KidCare is still a good deal for most of our families,” says Rebecca Miele, Manager of KidCare Outreach at the Florida Department of Health in Broward County. “People should certainly consider this option for their children.”



KidCare is especially popular with families working for small employers, the service industry and at jobs that do not offer health insurance. Families earning less than twice the federal poverty level – under \$48,504 for a family of four – qualify for subsidized coverage costing \$15 to \$20 per month per household. About 150,000 Florida children had the coverage as of May.

Families with higher incomes can still buy KidCare's "full-pay" coverage, which are private policies that are not subsidized but are generally less costly than other policies sold on the open market. About 36,000 children statewide have the coverage. These are the families affected by the price increases.

Premiums on "full-pay" plans have risen from \$153 per month per child last year to \$299 now. That's for a "Stars Plus" plan with dental care and \$0 or \$10 co-payments, which mirrors last year's coverage.

To give families a lower price option this year, KidCare is offering a new "Stars" plan costing \$205 per month, with higher co-pays and a \$3,000 deductible. Dental coverage costs \$15 more.

Despite the increase, Miele says "full-pay" KidCare remains less costly than some insurance plans available at the workplace and on the private market. Some parents have let their children's coverage lapse because of the increases, but Miele strongly urged families to keep their children insured.

**For more information on KidCare: 954-Insures (467-8737).**

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## [DOH-Broward vaccinates record 2,147 kids at back-to-school event](#)

The game arcade at Lauderhill Mall turned into vaccine central in August when DOH-Broward gave free back-to-school immunizations to a record 2,147 children.

The Department conducts the campaign every year to make sure that no students get turned away from kindergarten through high school because they lacked shots needed for school admission.

"We are very grateful for what you do," says Sonia Hernandez, a Pompano Beach mother who brought her two children for shots at the mall. "We could not get in to see the doctor before school started. Without you, I don't know what we would have done."

The immunization team gave 6,287 shots this year, up an impressive 25 percent over last year's record. Parents of another 579 children received immunization records needed for school.

Required vaccines include: DTaP for diphtheria, tetanus and pertussis (whooping cough); a related booster called Tdap; MMR for measles, mumps, rubella (German measles); varicella (chickenpox); polio and hepatitis B.

For the first time at the events, DOH-Broward also offered families the vaccine against human papilloma virus (HPV). The vaccine can prevent certain cancers and is recommended for all children starting at age 11 but is not required for school. Hundreds of families took advantage.



Immunization efforts by DOH-Broward, other community agencies and private physicians make a big

impact. State figures show 93.5 percent of Broward kindergarteners and 95.9 percent of seventh graders were fully vaccinated last school year. DOH-Broward is working to continue increasing the rates.



“This was just an incredible effort,” says Dr. Paula Thaqi, Director of DOH-Broward. “Immunization is one of the most important ways we can protect our children, families and the community.”

The Lauderhill Mall campaign included a Saturday health fair, when DOH-Broward gave away 500 backpacks (supported by Florida KidCare) and 125 bicycle helmets (supported by Coral Springs Police Department and Florida Department of Transportation). The non-profit Feeding South Florida gave thousands of pounds of fresh produce to hundreds of families.

**Kids can still get free vaccines at two DOH-Broward health centers. For more information: 954-467-4705.**

**Photos: (Above right) Flanagan High School senior Treasure Johnson gets a shot from School Nurse Christine Philips. (Above left) Senior Community Health Nurse Inka Fletcher advises a family on shots they need.**

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## [Smoke-free housing tops Tobacco Prevention Champion awards](#)

A group of tobacco cessation Champion Broward. The Broward, tobacco

Housing housing smoke-free and 10 in Catholic

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efforts at the local and state level. Among other projects, he



senior citizen housing complexes, an anti-engineer and a physician-owned tobacco firm were among those honored with Awards from the Tobacco-Free Partnership of

Partnership, which is staffed and led by DOH-gives the awards annually for efforts to combat usage. The winners were:

**Smoke-Free Initiative of the Year** – Catholic Management. The Miami-based operator of complexes for low-income seniors initiated policies in all six locations in Broward County Miami-Dade County. The agency is part of Health Services.

Some complexes, including in Pembroke Pompano Beach, have banned residents from their units because studies show smoke other units and common areas. Residents who smoke must go to designated smoking areas.

**Partnership Member of the Year** – John M. pictured at right with Partnership Chair Ellen has been a staunch advocate for tobacco-free

arranged tobacco-free art exhibits and advocated for raising the legal smoking age in Florida.

**Elected Official of the Year** – State Rep. Bobby DuBose, D-Fort Lauderdale. He has been a volunteer in a chapter of Students Working Against Tobacco (SWAT) and a strong supporter of tobacco control efforts in the Legislature and formerly on the Fort Lauderdale City Commission.

**Organization of the Year** – Quit Doc Research & Education Foundation. Co-founder Dr. Barry Hummel, at right with Chair Feiler, has conducted numerous projects and studies on successful tobacco cessation efforts, as part of the foundation he started in Coral Springs. The organization now has 10 offices in Florida.

**SWAT Advisor of the Year** – Brent Folks. He started the Kappa League SWAT chapter, which is made up of youth who are mentored by alumni of the Kappa Alpha Psi fraternity. The youths are highly active in advocating for anti-tobacco policies and resolutions. Folks and DuBose created the Kick Butts Day Bash event.

**SWAT Club of the Year** – Gulfstream Middle School. Under the leadership of Stacie Conner, the club has become one of the most active in Broward. They were involved in the Kick Butts Day Bash, World No Tobacco Day and Through with Chew events.

“All of these winners were champions doing great things to combat tobacco usage,” says Kiesha Edge, Manager of the DOH-Broward Tobacco Prevention Program.



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## [Hundreds mark World Heart Day with CPR lessons, 5K walk/run](#)



The community observed World Heart Day and contributed to the State Surgeon General's Healthiest Weight Initiative at two events organized by DOH-Broward.

More than 200 people worked out their hearts at the Triumph 5K Walk/Run in Davie. Sponsored by the non-profit Triumph Recovery Center and DOH-Broward, the event brought all ages to Vista View Park on a Saturday morning.

At left, Leonelly Morena-Galinaitis of

DOH-Broward's Women Infants and Children program runs the 5K with her son Christopher.

Also, more than 100 people learned how to save a life at free classes to teach "hands-only" cardiopulmonary resuscitation.

The free CPR lessons were given at six locations by DOH-Broward and partners Nova Southeastern University, One



Beat CPR, All-Care Health Training, Plantation Fire Department, Memorial Healthcare System, the City of Pompano Beach and Southwest Focal Point Community Center.

At right, DOH-Broward School Nurse Genna Johnson shows the class how to administer 100 chest compressions per minute by keeping the beat of the Bee Gees "Stayin' Alive."

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## [WIC to open new office in south Broward](#)

DOH-Broward's Women Infants and Children program is moving into a new office in southwest Broward County, with plans to open in November.

The new WIC-South Broward office will be at 8374 Pines Boulevard, Pembroke Pines, FL 33024. It is just east of University Drive.

The south Broward office has been temporarily operating at the South Regional Health Center at 4105 Pembroke Road until the new office is ready.

WIC provides nutrition counseling, nutrition assistance and breastfeeding counseling and support.

**For more information on WIC:** 954-467-4252.

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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
- \* [Dating Matters](#) -- Pilot program to prevent teen dating violence
- \* [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
- \* [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
- \* [School Physicals](#) – Exams needed by children entering Broward County public schools for the first time
- \* [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 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** | 8374 Pines Boulevard, Pembroke Pines **\*\* Coming in November 2015**

## 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 Issue #6*

*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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