

World No Tobacco Day

The World Health Organization (WHO) sponsors World No Tobacco Day annually, around the world on May 31. This year, WHO has launched a year-long campaign for World No Tobacco Day 2021 - "Commit to Quit." The campaign is supporting 100 million people worldwide in their attempt to quit tobacco use through various initiatives and digital solutions.

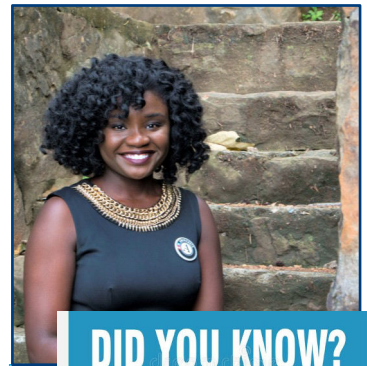


Tobacco use is the leading cause of preventable disease, disability, and death in the US.

Tobacco use means the personal use of any tobacco products including cigarettes, pipes, cigars, vapes, and smokeless products (ex. e-cigarettes, snuff). Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer. Quitting smoking and tobacco use is one of the most important steps to improve overall health. We also know that being a current or former smoker can increase your risk of severe illness from COVID-19. Quitting smoking can add up to 10 years to life expectancy. The sooner you quit, the sooner your body can begin to heal.

If you or someone you know wants to quit, talk to your healthcare providers and seek help from evidence-based resources, like Tobacco Free Florida's Quit Your Way program. **Floridians can learn more about Tobacco Free Florida's free tools and services by calling 1-877-U-CAN-NOW or by visiting tobaccofreeflorida.com**

Source: Centers for Disease Control & Prevention, World Health Organization, Florida Department of Health Bureau of Tobacco Free Florida



DID YOU KNOW?

The Employee Wellness Newsletter has a new editor. Welcome Roldyne Dolce to the team!

Senior Health Educator, Tobacco Prevention Program. Learn more on page 3.



Congratulations



Our very own Latonya N. Delaughter has been recognized as the

**University of Florida College of Health & Human Performance
2021 Outstanding Young Alumni**

Latonya serves as the Tobacco Prevention Program Manager at DOH-Broward. She's currently serving in a dual capacity in accordance with emergency response duties for DOH-Broward; this entails managing daily operations for high traffic COVID-19 specimen collection and vaccination sites throughout Broward County.

Congratulations Latonya!

In this Issue:

- World No Tobacco Day
- National High Blood Pressure Education Month
- National Stroke Awareness Month
- Global Employee Health & Fitness—DOH Broward Edition
- Lupus Awareness Month
- National Asthma & Allergy Awareness Month
- Healthy Eats
- Don't Fry Day

What's the big deal about raised blood pressure?

It's the **No.1**
contributing risk
for global death

Around
10 Million
people die each year
needlessly

Only **1/2** of
people with high blood
pressure **are aware** of it

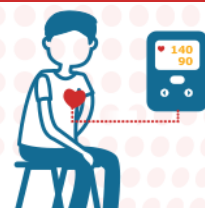
High blood pressure usually has
no symptoms so you may not
know you have it



Often treatable, the simplest
way of learning if you have high
blood pressure is to **get tested**



If left untreated, high blood pressure can lead
to serious consequences such as **heart attacks,**
strokes and other cardiovascular diseases.



If you have high blood pressure, practice healthy habits

Take your
medicine as
directed



Get regular
check-ups



Maintain a
healthy
weight



Eat a
healthy diet



Exercise



Please consult your healthcare provider before starting on any diet or exercise program.

May is National Stroke Awareness Month

While each individual may experience different stroke symptoms, the ones below are most common. Time is crucial when treating and recovering from a stroke. Act quickly. Don't wait. Stroke is a medical emergency and every second counts.

B

E

F

A

S

T



BALANCE

Loss of balance,
headache/sudden
or "thunderclap"
headache or
dizziness



EYES

Blurred vision



FACE

One side of the
face is drooping



ARMS

Arm or leg
weakness



SPEECH

Speech difficulty



TIME

Time to call
for ambulance
immediately

Remember, strokes can happen at ANY age!



Global Employee Health and Fitness Month

**DOH- BROWARD
EDITION**

Message from Roldyne Dolce:

I am so excited to be joining the Employee Wellness Newsletter. Professionally, I consider myself a global-minded public health practitioner and a health educator at heart. I also enjoy crafting, traveling and building connections with people from all walks of life. So, I want to hear from you! We all know that a lot has been affected by the COVID-19 pandemic and this includes our ability to remain physically active.

Regular exercise and physical activity can improve your overall health, quality of life and reduce your risk of developing many diseases. In honor of Global Employee Health & Fitness Month, we are encouraging you to start thinking of ways you can safely add physical activity to your daily routine. **We ask you: What do you do to remain physically active?** Below are some of the responses we received from your fellow co-workers at DOH-Broward. Feel free to borrow their routines and ideas.

Stay active out there!

I use fitness video workouts at home 6 times a week for about 30 minutes a day to remain fit and maintain weight loss.

LaRhonda Adger



I use my standing desk to remain active while working. I will play some music, dance and march in place for about 30 minutes during the workday.

Rania Mills



I walk and play with my grandson to get moving at home. I also stretch and exercise in my office 10 minutes a day.

Deborah Goldstein



A few of us WIC Administrators do stretching exercises together at least 2-3 times during the workday.

Georgia Wade

I found out that I was prediabetic and overweight last year so I decided to make a lifestyle change. After just 3 months of walking 30 minutes a day, my labs improved! I continued by working with a personal trainer. Now, I remain physically active to maintain my health and weight loss. | Marie Thernival



I try not to remain seated for long periods of time. To remain physically active, I walk around throughout the work day.

Christopher Agrippa



I ride my bike most days to work, which is about a three mile ride. I also remain physically active playing with my four little boys at home.

David Wallace



To remain physically active, I do stretching exercises and practice yoga poses at home.

Lakisha Thomas-DeVlugt



I walk to and from work every day. After lunch, I also take a walk around the perimeter of our campus.

Lucy Louis



After losing my mother last year, I drastically lost 30 pounds. It wasn't under the best circumstances, but I've made the best of it. To remain physically active, I run regularly. I also ride the bike with my dad once or twice a week. | Chalayna McGee

MAY IS
LUPUS
AWARENESS MONTH



FIVE

COMMON MYTHS

ABOUT LUPUS

HERE'S WHAT YOU SHOULD KNOW:



Myth 1: Lupus is equally common among men and women.



Lupus is 9 times more likely in women—especially those ages 13 to 49.

Myth 2: Lupus only affects joints.

As a condition of the immune system, lupus can impact everything from the kidneys, heart and lungs to the brain and skin.

Myth 3: Lupus is contagious.

While the exact cause of lupus is unknown, experts believe it develops as a result of hormones, genetics and environmental factors. Because of this, it cannot be spread from one person to another.

Myth 4: There's no treatment for lupus.

Working with a rheumatologist, an expert in conditions of muscles, joints and bones, can provide a treatment option that's right for you.

To learn more, visit gwinnettmedicalcenter.org/suwanee.

Lupus is a chronic, autoimmune disease that can cause inflammation and pain in any part of your body. An autoimmune disease means that your immune system attacks healthy tissue. The Lupus Foundation of America estimates that 1.5 million Americans, and at least five million people worldwide, have a form of lupus.

When people talk about lupus, they're usually talking about Systemic lupus erythematosus (SLE). But there are three other kinds of lupus:

- **Cutaneous lupus:** a form of lupus that is limited to the skin
- **Drug-induced lupus:** a lupus-like disease caused by certain prescription drugs
- **Neonatal lupus:** a rare condition that affects infants of women who have lupus

Inflammation caused by lupus can affect many different body systems—including your joints, skin, kidneys, blood cells, brain, heart and lungs. Because lupus affects many parts of the body, it can cause a lot of different symptoms. The most common lupus symptoms are extreme fatigue, pain or swelling in the joints, swelling in the hands, feet, or around the eyes, headaches, fevers and sensitivity to sunlight or fluorescent light. Many people with lupus also have problems that affect their skin and hair, like a butterfly-shaped rash on the cheeks and nose.

Lupus can cause serious kidney damage, and kidney failure is one of the leading causes of death among people with lupus. People with lupus are more vulnerable to infection because both the disease and its treatments can weaken the immune system. **Unfortunately, there is no cure for lupus, but treatments can help you feel better and improve your symptoms.**

Although, no one knows what causes lupus, lupus and other autoimmune diseases do run in families. Experts also think it may develop in response to certain hormones (like estrogen) or environmental triggers. Factors that may increase your risk of lupus include your sex, age and race. Lupus is more common in women, African Americans, Hispanics and Asian Americans. Although lupus affects people of all ages, it's most often diagnosed between the ages of 15 and 45.

It's important to have a conversation with your doctor about any changes you've experienced, how your health is being affected, and whether signs and symptoms could be due to the autoimmune disease lupus, or some other illness or condition.

Source: Lupus Foundation of America, Mayo Clinic, Centers for Disease Control & Prevention

**Wear Purple in honor
of World Lupus Day**

May 10, 2021



May is National Asthma & Allergy Awareness Month

Asthma is a chronic lung disease that causes your airways to become inflamed, making it hard to breathe. Common symptoms are coughing, shortness of breath, wheezing and chest tightness. These symptoms can be triggered by allergenic, dust, exercise, mold, pet dander, colds, pollution and/or smoke. **Currently, there is no cure for asthma. The best way to manage asthma is to avoid triggers, take medications to prevent symptoms and prepare to treat asthma episodes if they occur.**

Asthma and allergies often go hand-in-hand. An allergy occurs when the body's immune system sees a substance as harmful and overreacts to it. The substances that cause allergic reactions are allergens. In May, top allergens are grass pollen. There are food allergens like milk, eggs, peanuts and shellfish. Latex, pets, medicines and insect stings can also cause allergic reactions. The most common allergy symptoms can simply make you uncomfortable. For example, you may have watery eyes, runny nose, sneezing, a rash or hives. Other more serious symptoms, like trouble breathing and swelling in your mouth or throat, may be a life-threatening reaction called anaphylaxis. Nearly one in 50 Americans are at risk for having a severe allergic reaction.

There is also no cure for severe allergic reactions. You can only manage it by avoiding your allergens and carrying emergency medicine. Epinephrine is the only treatment for anaphylaxis. In honor of Asthma and Allergy Awareness Month, make a pact to **A.C.T. for Asthma and Allergy** to reduce severe asthma attacks and allergic reactions.

A is for Action Plan: Make an asthma action plan with your doctor. Be able to identify severe symptoms, know which medicine to take and know your asthma triggers.

C is for Carry: Always carry important medications and wear a medical ID to alert others of your condition.

T is for Treatment: Talk with your doctor about asthma treatments that may work for you. Use your medicines as prescribed. Practice how to use your emergency medicines.

Source: Asthma and Allergy Foundation of America, Mayo Clinic



Facts:

Allergies are more common in children



Allergies tend to run in families



An allergy can occur for the first time as an adult



Up to 50 million people in the US have allergies



Allergists are specially trained to diagnose and treat allergies and asthma

HEALTHY EATS⁶

Healthy Spinach Dip

This Healthy Spinach Dip with yogurt, twice more spinach and four times less mayo makes the same creamy and flavorful spinach dip you know. It is absolutely a crowd pleasing appetizer for Memorial Day without extra calories!

Ingredients

- 2 x 10 oz packages chopped spinach
- 1/2 large onion finely chopped
- 2 large garlic cloves, minced + 1 small garlic clove, grated
- 1 medium carrot finely grated
- 2 tbsp oil
- 2 cups Greek or regular plain yogurt at least 2% fat
- 1/4 cup mayo
- 1 tsp salt
- Ground black pepper to taste



Preparation

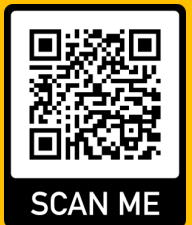
- Place spinach in a colander and defrost for at least 8 hours or overnight. Alternatively you could use a microwave.
- Using your hands, squeeze as much water out as possible and transfer to a medium bowl. Set aside.
- Preheat ceramic non-stick skillet on medium heat and swirl oil to coat. Add onion, 2 minced garlic cloves and carrot; sauté for 7 minutes or until translucent, stirring occasionally.
- Transfer to a bowl with spinach along with yogurt, mayo, salt and pepper.
- Stir well to mix and add grated garlic to taste. If have time, refrigerate for a few hours to let flavours "marry" each other.
- Serve with pretzel chips or brown rice crackers.

Nutrition Information

Serving size: 15

Calories: 72kcal | Carbohydrates: 3g | Protein: 4g | Fat: 5g | Saturated Fat: 1g | Cholesterol: 3mg | Sodium: 219mg | Potassium: 187mg | Fiber: 1g | Sugar: 2g | Vitamin A: 5112IU | Vitamin C: 3mg | Calcium: 81mg | Iron: 1mg

Source: iFoodReal



Strawberry Fruit Salad

This summer berry fruit salad recipe makes enough for a crowd. Serve with granola and yogurt at brunch, as a healthy potluck side, or halve the recipe to serve 4.

Ingredients

- 2 tablespoons honey
- 2 tablespoons lemon juice
- 6 cups hulled fresh strawberries, halved (or quartered if large)
- 2 cups fresh blackberries
- 1/4 cup finely chopped fresh mint



Preparation

Whisk honey and lemon juice in a large bowl. Add strawberries and blackberries; gently toss to coat. Let stand for at least 30 minutes and up to 1 hour. Stir in mint just before serving.

Nutrition Information

Serving size: About 3/4 Cup

Calories: 70 calories; protein 1.4g; carbohydrates 17g; dietary fiber 4.3g; sugars 11.6g; fat 0.6g; vitamin a iu 206.5IU; vitamin c 76.5mg; folate 40.2mcg; calcium 34.9mg; iron 1mg; magnesium 24.1mg; potassium 252.4mg; sodium 2.6mg; added sugar 4g.

Source: Eatingweek



DON'T FRY DAY

The Friday before Memorial Day

skincancerprevention.org

National Council on Skin Cancer Prevention

According to the Centers for Disease Control & Prevention (CDC), skin cancer is the most common cancer in the U.S. To help reduce rising rates of skin cancer from over-exposure to the ultraviolet (UV) rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as "Don't Fry Day" to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors.

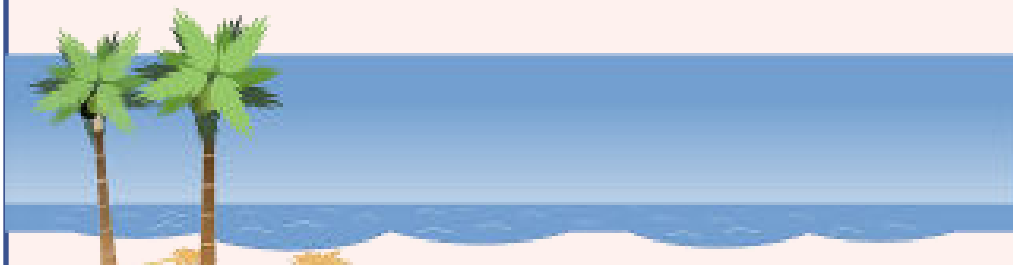
This Memorial Day, we want you to remember that sunscreen plays an important role in reducing skin cancer risk and preventing the early signs of skin aging (e.g., wrinkles) and sunburn. **Although dark skin does offer more natural protection from the sun's harmful rays than light skin, no one is immune to the damage caused by the sun.** Everyone, including those with dark skin, need to wear sunscreen every day. Put on broad-spectrum sunscreen with SPF 15 or higher before you go outside, even on slightly cloudy or cool days. Get help for hard-to-reach places like your back. For babies under 6 months of age, parents may apply sunscreen on small areas of skin if adequate clothing and shade are not available and sun avoidance is impossible.

Wearing sunscreen is one of many sun-protective behaviors. For a safe Memorial Day weekend or any day also consider:

- Wearing sun-protective clothing, a wide-brimmed hat, and sunglasses
- Seeking shade
- When possible, wearing long-sleeved shirts and long pants and skirts can provide protection from UV rays
- Wearing sunglasses to protect your eyes from UV rays and reduce the risk of cataracts

Don't fry this Memorial Day. Enjoy a sun-safe weekend!

Source: CDC, National Council on Skin Cancer Prevention



SUN-SAFE HABITS

To reduce your risk of skin cancer, the Centers for Disease Control and Prevention recommend that you:

seek shade and limit time in the sun, especially around midday;



cover up with clothing that covers your arms and legs;



wear a wide-brimmed hat;



wear wrap-around sunglasses; and



apply a sunscreen rated sun protection factor (SPF) 15 or higher at least every two hours.



Why did it get so hot in the baseball stadium after the game?

All of the fans left.

We hope you enjoyed this newsletter!

Contact Us:

Cynthia Dawes, MSN, RN	954-847-8014
Nickey Lewin, DHS, MPH	954-847-8020
Roldyne Dolce, MPH, CHES	954-847-8024

