

Add More Activity to Your Work Day

Too much sitting and too little exercise is bad for your health. Finding time to exercise can be a challenge. Why not work out while you work? So get off your seat and make physical activity — from fitness breaks to walking meetings — part of your daily routine.

- **Start with your commute:** If you live nearby, walk or bike to work. If you ride the bus, get off a few blocks early or at an earlier stop than usual and walk the rest of the way. If you drive to work, park at the far end of the parking lot or park in a nearby lot.
- **Take fitness breaks:** Rather than hanging out in the lounge with coffee or a snack, take a brisk walk, hike a few flights of stairs or do some gentle stretching. Take the stairs rather than the elevator.
- **Join forces:** Join a lunchtime walking group. Enjoy the camaraderie of others who are ready to lace up their walking shoes. You can hold each other accountable for regular exercise and offer encouragement to one another when the going gets tough.

Source: Mayo Clinic



Did you know?

People who are physically active tend to live longer and have lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers.

Source: CDC



Turn a working lunch into a **walking lunch**.

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

Dirty Dining: Kitchen Edition

Did you know? Kitchen sinks are dirtier than most bathrooms. There are typically more than 500,000 bacteria per square inch in the drain.

Reduce the risk by:

- Cleaning your kitchen counters and sink with an antibacterial product after preparing or rinsing food, especially raw fruits and vegetables, which carry lots of potential pathogens like salmonella, campylobacter, and E. coli.
- Sanitize sponges by running them through the dishwashers drying cycle.
- Clean the sink twice a week with a solution of one tablespoon of chlorine bleach and one quart of water.
- Scrub the basin, then pour the solution down the drain.

Excerpt from the www.Health.com





Importance of vaccines

The diseases vaccines prevent can be dangerous, or even deadly. Vaccines help develop immunity by imitating an infection, but does not actually cause illness. Instead it causes the immune system to develop the same response as it does to a real infection so the body can recognize and fight the disease in the future. The imitation infection can cause minor symptoms, such as fever and such minor symptoms are normal and should be expected as the body builds immunity. The United States' long-standing vaccine safety system ensures vaccines are as safe as possible. In fact, currently, the United States has the safest vaccine supply in its history.

Making The Vaccine Decision for your Child

Vaccines reduce your child's risk of infection by working with their body's natural defenses to help them safely develop immunity to disease. Vaccination is one of the best ways parents can protect infants, children, and teens from 16 potentially harmful diseases which are Diphtheria, Haemophilus influenzae type b (Hib), Hepatitis A, Hepatitis B, Human Papillomavirus (HPV), Influenza (Flu), Measles, Meningococcal Infections, Mumps, Pertussis (Whooping Cough), Pneumococcal Infections, Polio, Rotavirus, Rubella (German Measles), Tetanus, and Varicella (Chicken Pox).

Giving babies the recommended immunizations by age 2 is the best way for parents to protect their babies. As children get older, they require additional doses of some vaccines for best protection. Older kids also need protection against additional diseases they may encounter.

Sources: CDC, Immunization Action Coalition, Shots by 2 Program, Florida Department of Health in Broward



Did you Know?

Every year 31,000 women and men are diagnosed with cancer caused by HPV infection, yet most of these cancers could be prevented by HPV vaccination.

Source: FI Shots

See Immunization Schedules for all Ages at www.cdc.gov

Vaccines for Adults

Many people think vaccines are for children or those traveling abroad. The fact is that all adults need to get vaccinated in order to protect not just their health against serious diseases, but their loved ones as well. As we get older, the vaccines that we received as children wear off and we become more susceptible to these diseases.

If you work directly with patients or handle material that could spread infection, such as health workers, you should get appropriate vaccines to reduce the chance that you will get or spread vaccine-preventable diseases. Whether you are pregnant, planning pregnancy, or just had a baby, there are vaccines you may need to protect yourself and the baby. All adults, including pregnant women, should get the influenza (flu) vaccine each year to protect against seasonal flu.

Protect yourself, your patients, and your family members by making sure you are up-to-date with recommended vaccines. Be sure to speak to your health care provider about recommended vaccines.

Sources: CDC and Immunization Action Coalition



Did you Know?

If you are pregnant, you should get a Tdap vaccine during the 3rd trimester of every pregnancy to help protect your baby from whooping cough in the first few months of life.

Source: CDC



A positive lifestyle change is another step in making Florida the Healthiest State in the Nation.





LUNCH MakeOver



It's the summer! The kids will soon be getting ready for back-to-school. Here are some tips for affordable and nutritious lunches to take to work or school. Taking a healthy lunch to work is one of the simplest ways to trim your budget and give your mind and body what it needs to power through the day at work or at school. When it comes to healthy lunches, a little planning will go a long way. Make sure your lunch is balanced and include some lean or low-fat protein along with carbohydrates to keep your body fueled for the afternoon.

Sandwich: If you love sandwiches, use a variety of whole-grain breads, pitas, and wraps. Choose lean fillings like sliced eggs, tuna fish, cheese or lean meats. Then jazz up your sandwiches with assorted greens, fresh basil, sprouts, sliced cucumbers, onions, and/or tomatoes.

Salad: Instead of a green salad with croutons and dressing have green salad and add lean protein, ham, chicken or tuna, hard boiled egg, and chick peas. Also, try adding cheese and sunflower seeds. Low-calorie dressings are recommended so be sure to read the labels and be mindful of the amount of calories one serving of salad dressing contains.

Hot lunch: Instead of a frozen microwaveable meal, have healthy leftovers like chicken in a whole wheat wrap with veggies or home made soup.

Snacks: Replace high sugar yogurts with low sugar yogurt, nuts, veggies and hummus dip. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.



Sources: MyPlate, CDC, and U.S. Department of Health and Human Services

Did you Know?

The number one public health threat to Florida's future is unhealthy weight.

Source: Florida Department of Health

small steps to LIVING HEALTHY



Finding success in healthy weight isn't always easy, but it helps to take small steps. *Small Steps to Living Healthy* is an email-based program that allows Floridians to sign up for weekly tips and tricks delivered directly to their inbox. These are ideas to help you reach or maintain your healthiest weight. Each week of the month highlights a designated topic area:

- Set Goals.
- Move More.
- Be in the Know.
- Eat Smart.

Source: Florida Department of Health: Healthiest Weight



Make healthy plates this summer.



MyPlate provides plenty of great options to make healthy plates this summer. For recipes and other ideas visit ChooseMyPlate.gov.

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





WORLD LUNG CANCER DAY



August 1, is World Lung Cancer Day. This day helps raise awareness about lung cancer and its global impact, creating an educational movement of understanding lung cancer risks and early treatment. Lung cancer is the leading cause of cancer death for both men and women in the US. Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined. Tobacco use is the leading risk factor for lung cancer. Smoking and second-hand smoke have both been shown to cause lung cancer. The American Lung Association states that the rate of new lung cancer cases in Florida with the incidence rate of 1 per 100,000 people, is 63.3, about the same as the national rate of 63.0, and ranks 26th among all states. The smoking rate in Florida is 15.8%, about the same as the national average of 16.8%.

WORLD LUNG CANCER DAY: HONOR, UNITE, INSPIRE

World Lung Cancer Day is a grassroots effort, started by a lung cancer survivor and embraced by the lung cancer community. It is a day to celebrate survivors, remember those who have passed, and spread awareness to the general public about the impact of lung cancer.

HEALTH FACTORS

While smoking is widely recognized as a risk factor for lung cancer, other lesser known risks are also important.

- Environment – Radon, asbestos, arsenic, beryllium, and uranium have all been linked to lung cancer.
- Radiation increases the risk of developing lung cancer.
- Diseases such as emphysema, chronic bronchitis, chronic obstructive pulmonary disease, and TB may increase lung cancer risk
- A history of cancer in another part of the body increases your risk of lung cancer.
- Lung cancer risk increases with age – only about 10 percent of lung cancer cases occur in people younger than 50 years old.

DID YOU KNOW?

Lung cancer is the most common worldwide cause of death from cancer, and has been for more than a decade.


- Lung cancer is responsible for nearly **one in five cancer deaths**.
- Lung cancer **claims more lives** yearly than breast, colon, and prostate cancers combined.
- The highest incidence of lung cancer is in **North America and Europe**.
- The lowest incidence of lung cancer is in **Africa, Latin America, and the Caribbean**.


EARLY SIGNS

Recognizing the signs of lung cancer is key to early detection and life-saving treatment.

- A cough that is getting worse and lasts for weeks
- Coughing up blood or rust-colored phlegm
- Shortness of breath
- Chest pain
- Hoarseness
- Pain in bones
- Unintentional weight loss

Contact your health provider if you have questions or would like to learn more about lung cancer.

 **WORLD LUNG CANCER DAY**

 Forum of International Respiratory Societies
United for Lung Health

Source: American College of Chest Physicians and American Lung Association

UV Safety Month

Summer has arrived and while the sun is shining bright, it's an important time to highlight July as UV Safety Awareness Month! Sunlight is the main source of UV rays. People who get a lot of UV exposure from sun exposure are at greater risk for skin cancer. People with light skin are much more likely to have sun damage, but darker-skinned people, including people of any ethnicity, can also be affected. Spending a lot of time outdoors for work or recreation without protective clothing and sunscreen increases your risk, but you don't have to avoid the sun completely. And it would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. There are some steps you can take to limit you and your family's exposure to UV rays.

-Cover Up: Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.

-Stay in the Shade: The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin.

-Choose the Right Sunscreen: The FDA's new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

-Use the Right Amount of Sunscreen: According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Sources: American Cancer Society and U.S. Department of Veteran Affairs





Grilled Chicken Thighs with Pineapple, Corn, and Bell Pepper Relish

Ingredients

- Cooking Spray
- 1tsp garlic powder and cumin
- 3/4tsp salt, divided
- 1/4tsp black pepper
- 2 cups cubed fresh pineapple
- 1/2cup fresh corn kernels
- 1/3cup chopped red bell pepper
- 1/4cup thin sliced fresh basil
- 3Tbs chopped red onion
- 1Tbs cider vinegar
- 1tsp sugar
- 8 boneless chicken thighs

How to Make

- Heat grill pan over medium-high heat; lightly coat with cooking spray
- Combine garlic powder, cumin, 1/2tsp salt, and pepper in a small bowl; sprinkle over chicken
- Add chicken to pan and cook 10 minutes on each side or until done
- Meanwhile, combine remaining salt, pineapple, and remaining ingredients in a bowl
- Serve relish over chicken

Source: My Recipes, USDA's MyPlate approved

What's on Your Plate this 4th of July?



Did Someone Say Pizza? Watermelon Fruit Pizza



This refreshing fruit dessert pizza recipe swaps classic cookie crust with a healthier watermelon crust. Topped with yogurt sauce, your favorite berries and mint, this fresh dessert can easily be doubled for a party or halved for every day.

Ingredients

- 1/2 cup low-fat plain yogurt
- 1 tsp honey
- 1/4 tsp vanilla extract
- 2 large round slices watermelon, cut from the center
- 2/3 cup sliced strawberries
- 1/2 cup halved blackberries
- 2 Tbs torn fresh mint

Directions, Serves 4, Prep time 10 min

1. Combine yogurt, honey and vanilla in a small bowl.
2. Spread 1/4 cup yogurt mixture over each slice of watermelon.
3. Cut each slice into 8 wedges.
4. Top with strawberries, blackberries and mint

Perfect for summer! Enjoy (Recipe courtesy of www.eatingwell.com)

Did You Know?

- Florida is the top producer of oranges and sugarcane in the U. S.
- Up to 45% of schools in Florida are using local and regional foods to serve healthy, My-Plate inspired meals to students.
- In Broward County, nearly 2 out of every 3 adults and 1 out of 7 children are overweight or obese mainly due to poor nutrition and the lack of physical activity.

Source: TOUCH and UF:IFAS

It's July/August; what's in season Florida?

Avocado, Guava, Mango, Mushroom, Passion fruit, Watermelon, Peanuts, and Lychee

Source: Florida Department of Agriculture and Consumer Services





"If I don't eat, I don't work"

Janelle Taveras PhD, MPH, Monitoring and Evaluation Consultant, HIV/AIDS Program

If you know me, I am always eating and I love sweets. One of my mottos is "If I don't eat, I don't work". Not out of rebellion, but I am one of those Hangry (Hungry = Angry) people who do not function best on an empty stomach. I also have two full-time jobs (Yes! I am counting full-time mom), a part-time job and home to manage. It may seem like my plate is full, yet I have maintained a state of happy and healthy. Do I feel like this every day? No, of course not, but overall, I can say with confidence "I am Happy! I am Healthy!".

Being a new mom of two small children, balance and moderation have been key. However, it has been a trial and error process. Getting off balance is part of the self-discovery process. There is no real other secret to my "success" in keeping healthy and happy during and after two recent pregnancies. I can give some examples of how I implement 'balance and moderation' to fit my life but this will look different for everyone. So, I jotted some encouraging phrases that I use.

- **Do what you love-** I love to dance, so I choose Zumba as my primary exercise. I was able to continue this throughout both pregnancies because I loved it that much. The social aspect of group fitness also motivates me to show up.
- **Do what works for you-** I pack a bag full of *mostly* healthy snacks everyday (popcorn, dried and fresh fruit, nuts, yogurt, granola bars and chocolate) so I'm never hungered into bad choices.
- **Love what you do-** Just by playing music, it makes everything I have to do enjoyable and decreases the desire to eat under stress.
- **Embrace where you are:** With two small children and a breastfeeding schedule, I have to be realistic; I'm not able to make it to the gym every day, and I am ok with that.
- **Aim for excellence but walk in grace:** I make small goals for myself, such as dropping 5lbs at a time. If I don't drop as fast as I would like or eat too much chocolate in one sitting...its ok. Every day is a new day to start fresh. Give yourself permission to not be perfect.

In terms of exercise and diet I recommend; drink plenty of water, exercise most days, eat well etc.. But its more to it than that. Its setting yourself up for success and living in a way that that is balanced and sustainable over a long period of time. My 'happy and healthy' didn't come overnight but from practicing *mostly* healthy habits day after day and not getting defeated the times it did not happen. As more gets added to the plate of life, as it seems to always do, I encourage you to use balance and moderation to find your own happy and healthy. The more you practice the better you get.



Breastfeeding is the foundation of lifelong good health for babies and mothers. The World Alliance for Breastfeeding Action (WABA) is excited to announce the slogan of World Breastfeeding Week (WBW) 2018: "BREASTFEEDING: Foundation of Life".

Breast milk is the ideal food for newborns and infants. It gives infants all the nutrients they need for healthy development. It is safe and contains antibodies that help protect infants from common childhood illnesses such as diarrhea and pneumonia, the two primary causes of child mortality worldwide. Breast milk is readily available and affordable, which helps to ensure that infants get adequate nutrition. Breastfeeding also benefits mothers. It reduces risks of breast and ovarian cancer later in life, helps women return to their pre-pregnancy weight faster, and lowers rates of obesity.

Women with children are the fastest-growing segment of the work force. Balancing work and family is an important priority for them. Today, over 75% of women in the United States begin breastfeeding. When they return to work after their babies are born, time and space to express their milk during the work period help them continue to give their best to their work and their baby.

Sources: Who Health Organization and U.S. Department of Health and Human Services

Did you know? Moms can still breastfeed while sick. In fact, it's good for your baby. When you get sick, your body starts fighting the illness by making antibodies, which get passed to your baby. By continuing to breastfeed, you're not only keeping up your milk supply, but you're also protecting your baby from getting sick by passing along those antibodies.

Source: U.S. Department of Health and Human Services

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