



December 1 is World AIDS Day, an opportunity to unite in our efforts to stop new HIV infections, support those affected by HIV, and remember those who have lost their lives to HIV-related diseases. This year's theme, Increasing Impact through Transparency, Accountability, and Partnerships, challenges us to work together to accelerate progress toward ending HIV as a public health threat around the world.

Since the beginning of the epidemic, partnerships among governments, multilateral institutions, the private sector, community-based organizations, and many others have been key to the programs and scientific achievements that have brought us to this moment—we now have the tools needed to control the epidemic and lay the groundwork for ending this disease.

To reach that goal, we must continue to strengthen our partnerships, be accountable in using resources as efficiently and effectively as possible, and be transparent in making sure our work delivers the results we need. Recent data from CDC demonstrates strong progress against HIV, but achieving epidemic control requires focusing on those groups at greatest risk for transmitting and acquiring the virus. CDC and partners are on the front lines working to accelerate efforts to reach the most vulnerable populations with targeted HIV prevention and treatment.

Broward County has experienced among the highest rates of new HIV and AIDS cases in the United States. Disproportionately impacted groups include Men Who Have Sex with Men (MSM) of all races and ethnicities and Women of Color. In order to address the local epidemic the Florida Department of Health in Broward County leads HIV prevention efforts. These efforts include leadership of the Broward County Prevention Planning Partnership as well as the implementation of high impact prevention interventions directly and through contracts with partner agencies that serve disproportionately affected groups.

Source: CDC



## Did you know?

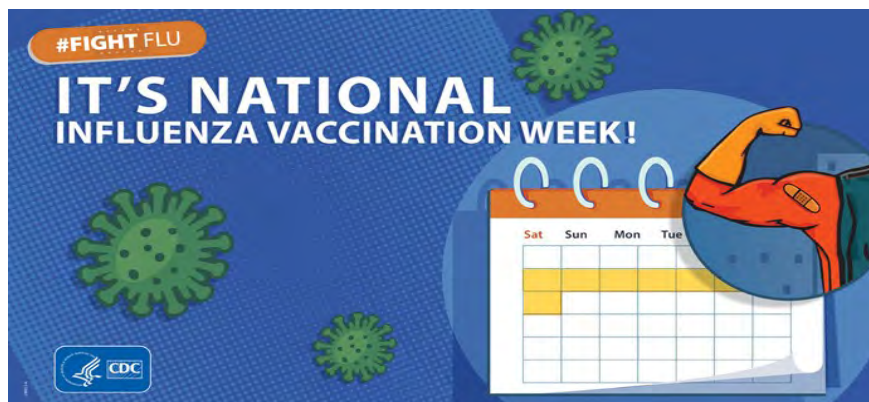
**Broward and Miami-Dade counties lead the nation in new HIV infections?**

Source: Sun Sentinel

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National Influenza Vaccination Week (NIVW) 2018 is observed December 2-8. CDC and its partners choose December for NIVW to remind people that even though the holiday season has begun, it is not too late to get a flu vaccine. As long as flu viruses are spreading and causing illness, vaccination should continue throughout flu season in order to protect as many people as possible against flu. Vaccination efforts should continue through the holiday season and beyond. It's not too late to vaccinate.

Getting vaccinated later can still be beneficial and should be done as soon as possible before flu begins spreading in your community. Even if you haven't yet been vaccinated and have already gotten sick with flu, you can still benefit from vaccination since the flu vaccine protects against three or four different flu viruses (depending on which flu vaccine you get).

Influenza (the flu) can be a serious disease that can lead to hospitalization and sometimes even death. Anyone can get very sick from the flu, including people who are otherwise healthy. You can get the flu from patients and coworkers who are sick with the flu. If you get the flu, you can spread it to others even if you don't feel sick.

The Center for Disease Control (CDC) says that you can take these preventative steps to help fight the flu.

- Avoid close contact with others
- Cover your nose and mouth with a tissue for sneeze and cough
- Wash hands often with soap and water
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect common surfaces (doorknobs, keyboards, and phones)
- If you feel sick at work or in class, go home as soon as possible

**DID YOU GET  
YOUR FLU SHOT?  
IT'S NOT TOO LATE!**

**#FIGHT FLU**

National Influenza Vaccination Week  
[www.cdc.gov/flu/nivw](http://www.cdc.gov/flu/nivw)

By getting vaccinated, you help protect yourself, your family at home, and your patients. DOH is offering vaccines to all Employees free of charge at the Employee Conference or you can contact Nurse Joan Walker at ext. 3063. Please take advantage of this opportunity.

Source: CDC



**December 2-8**







## Holiday Fit!

Even for those who are health and fitness-conscious, staying in shape can be especially difficult during this time of year. The cold weather can easily discourage us from working out outside, while the taste of chilled eggnog and the smell of freshly baked goods make it a bit too easy to overindulge in treats. It's important to keep active during the holiday, even if you cannot devote as much time as you usually do to your fitness regime. If you are attending a holiday party, eat a small healthy snack before you go. Try to be mindful of what you decide to eat when you arrive at the party or dinner event. If a friend or family member is hosting the event, offer to bring a dish so that you are guaranteed to have at least one healthy option. Remember to eat the foods you love, not just what is available. If you do treat yourself, don't feel guilty. Savor the treat and just be mindful of your decision.



Source: Health & Fitness Travel



## Maintain, Don't Gain This Holiday Season

Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds. Later in life, the extra weight may be a major contributor to obesity and the diseases associated with it. The holiday season is a minefield of overeating opportunities. Add the hectic festivities to your calendar, and exercise takes a backseat. Don't let this combination allow you to gain weight. Find the friends and family who will help with encouragement and accountability through the season but still enjoy the food and fellowship.

Source: Eat Smart Move More Weigh Less/ North Carolina Public Health

### A Hearty Helping

YOUR HEART...

is just a little larger than a **FIST**

pumps about **2000 GALLONS** of blood **EVERY DAY**

beats more than **2.5 BILLION TIMES** during a 70-year lifespan

SOURCE: American Heart Association

### WHAT YOU NEED TO KNOW THIS HOLIDAY SEASON

ORANGE COAST MEMORIAL  
SPINAL CORD CARE CENTER

#### THE FACTS

**HEART-RELATED DEATHS SPIKE BY 5%** during the holiday season

**NUMBER 1** Heart disease is the **#1 killer** of men and women, more deadly than all forms of cancer combined

Nearly **80%** of heart disease can be prevented by making lifestyle changes

#### HOLIDAY HEALTHY

Try healthy sides

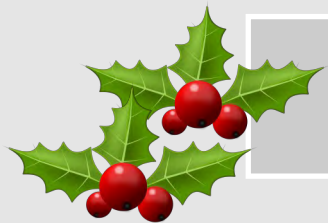
Eat a balanced diet with lots of fruits and veggies

Increase physical activity

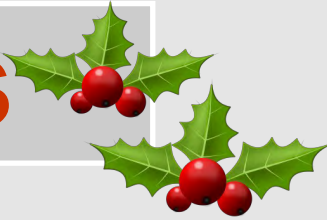
Don't ignore unusual pain or discomfort

Keep stress to a minimum, make it a potluck





# Holiday Eats



## Parsnip-Celery Root Latkes

Swap the potatoes for other root vegetables, such as parsnips and celery root, and you'll be rewarded with fewer calories and more fiber than in traditional latkes. Serve with sour cream and applesauce, if desired. Servings: 2 latkes, 215 calories per serving.

### Ingredients

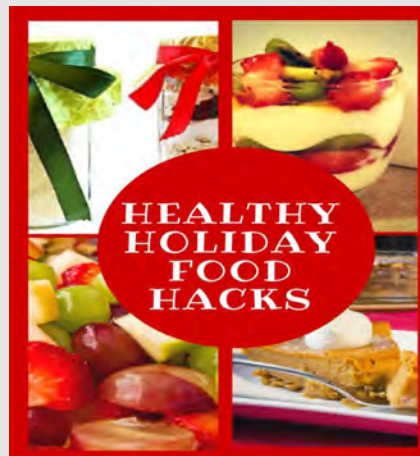
- 4 medium parsnips, peeled and cored if necessary
- 1 small celery root, peeled
- 4 large egg whites, lightly beaten
- 1/4 cup white whole-wheat flour and baking powder
- 2 Tbsp chopped chives, plus more for garnish
- 1 tsp whole-grain mustard
- 3/4 tsp salt
- 1/2 tsp ground pepper
- 8 Tbsp extra-virgin olive oil, divided
- Crème fraîche or sour cream for garnish (optional)



### Preparation (40min)

- Preheat oven to 300°F.
- Shred parsnips and celery root. Combine egg whites, flour, chives, mustard, salt, pepper and baking powder in a large bowl. Stir in the shredded vegetables.
- Heat 2 Tbsp oil in a large skillet over medium heat. Cook 4 pancakes per batch, using about 1/4 cup of batter for each. Cook until golden, 2 to 3 minutes per side. Keep warm in the oven. Repeat for 3 more batches, using 2 tablespoons oil for each batch.
- Serve topped with crème fraîche (or sour cream) and chives, if desired.

Source: Eating Well



## Roasted Sweet Potato, Pear, and Onion

8 Servings. Total Time: 55mins



### Ingredients

- 2 Bartlett pears, about 14 oz, cored and cut into wedges
- 2 small red onions, cut into wedges
- 2 small sweet potatoes (about 1 lb), cut into 1/2-inch-thick half-moons
- 6 sprigs thyme, plus more for serving
- 3 tbsp. olive oil
- Kosher salt
- Pepper

### Directions

- Heat oven to 425°F. On large rimmed baking sheet, toss pears, onions, sweet potatoes, and thyme with olive oil and 1 teaspoon each salt and pepper. Roast until golden brown and tender, 35 to 45 minutes.
- Sprinkle with additional thyme if desired



Source: [www.goodhousekeeping.com](http://www.goodhousekeeping.com)

# Managing Holiday Stress

The end-of-year holidays are certainly a happy time for most of us, but the stress of the season puts many of us on edge. Because the holiday season often requires us to keep track of and pay attention to a greater number of responsibilities than usual, the brain's prefrontal cortex goes into overdrive. Over time, a high level of demand can decrease memory, halt production of new brain cells, and cause existing brain cells to die.

Everyone is familiar with the tension that the holidays can cause at home, but the workplace can be similarly frantic and filled with anxiety during the season. The added pressures of holiday-shortened deadlines and end-of-year business demands takes a steep toll on already frayed nerves. People who feel stressed during the holidays should evaluate how they spend their time, decide what they want the holidays to mean to them, and keep their expectations for the season realistic.

Here are some tips to help reduce the stress:

- Start early on deadlines for work to minimize work-related stress.
- Shop early, when there is more of a selection and stick to your gift budget.
- Ask others to bring their favorite dishes.
- Cook and freeze foods ahead of time.
- Simplify holiday commitments and traditions.
- Discuss with your family which traditions are most important to you and to them. It's okay to re-evaluate past traditions.
- Allow time for yourself and remember to do things that you enjoy.
- Take the time you need to finish tasks that are important to you.
- Don't try to complete everything at once.
- Ask others, including the kids, to help you complete chores.
- Rest when your body tells you to.
- Avoid time crunches by making plans to visit some friends and family soon after the holidays.
- Don't over-schedule yourself.
- Allow enough time to relax and recover after visiting with others.

Source: Harvard Medical , American Management Association & Cleveland Clinic



**70%**  
of  
employees  
feel **more**  
**stressed** during  
the holidays.



Stress less. **EnJOY** more.

Did you know that physical activity does not have to be vigorous or done for long periods in order to improve your health? Walking is a great way to improve your health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Now that the weather is cooling off, the DOH-Broward Walking Club is a great way to meet your co-workers, get outside, and exercise.

- **Caroline Bartha & Laura Lindenbaum**

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



The Walking Club meets at 1pm in front of the Administration Building every Monday, Wednesday, and Friday. Contact Caroline Bartha x5270.



## Contact Us:

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