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Message from Florida  
Department of Health in Orange  
County Health Officer and  
Director—Kevin M. Sherin, MD,  
MPH, MBA

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Maintain, Don't  
Gain!



# BetterHealth

/ IS001 / FALL EDITION 2015

*for Orange County*

## Bringing Public Health to You

### Mission:

"To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts."

### Vision:

"To Be The Healthiest State in the Nation!"



The New Year is a new opportunity to continue bringing together community partners and resources so that we may more accurately reflect our community's unique characteristics and culture. This will allow us to assess Orange County's specific needs, and develop strategies and implement activities designed with the goal to

improve the public's health.

Currently, we are working with community partners and local hospitals on the development of the Community Health Assessment

(CHA). Staff have been reaching out to the community to capture their thoughts on the most important health needs in the community.

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"...we will continue to monitor conditions within the community that could present a threat to the health and safety of the public."



Every day is a new day in public health. In 2016, we will continue to: monitor conditions within the community that could present a threat to the health and safety of the public; conduct disease surveillance and investigate suspected occurrences of infectious diseases and conditions; and collaborate to reduce high infant mortality rates and other health problems related to pregnancy, and the mother's health.

The dedicated staff at the Florida Department of Health in Orange County (DOH-Orange) works diligently on the prevention and early treatment of infectious and chronic diseases. Our commitment is to increase collaborations and engage community organizations with our Healthiest Weight Initiative; we look forward to becoming the healthiest state in the nation.



“The dedicated staff at the Florida Department of Health in Orange County works diligently on the prevention and early treatment of infectious and chronic diseases.”

I hope you enjoy Better Health for Orange County, a quarterly publication that will provide highlights of public health in Orange County.

#### Our Values

**I**nnovation: We search for creative solutions and manage resources wisely.

**C**ollaboration: We use teamwork to achieve common goals & solve problems.

**A**ccountability: We perform with integrity & respect.

**R**esponsiveness: We achieve our mission by serving our customers & engaging our partners.

**E**xcellence: We promote quality outcomes through learning & continuous performance improvement.

## Prudential Productivity Awards

### The TB Interdisciplinary Review Team

The Interdisciplinary TB case review allows staff to identify and refer patients to appropriate community resources thus saving additional cost and ensuring that our patients are not wasting community resources by using hospital emergency rooms to manage conditions that

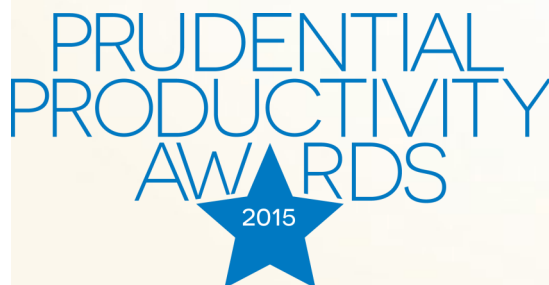
require special care. The daily patient case review offers early intervention with non-compliance on the local level, which helps keep the patient from being sent to a specialized treatment facility and translates into a savings of approximately \$77,550.00 per patient. Team members included: Van Nguyen, MD, Saadia Stephan, MHA, LHRM, RN-BSN, Kathy Walker, Richard A. Stevens, Dr.PH, MPH, MSHSA, MS, Yvette Miranda-Venzen.

### NARF System

Susannah Bowersox, received an award for her development and implementation of the NARF System. An innovative idea was set in motion, using Microsoft InfoPath, an electronic fillable Network Access Request Form (NARF) in response to the growing difficulties encountered through the use of cumbersome and outdated paper copies. The implementation of NARF has resulted in a more effective use of resources, such as the need for less staff time required to track, monitor, and process forms. As a result DOH-Orange has seen a cost savings of \$18,000 per year.

### Accessibility to services and safety

Increasing Client Accessibility to Services and Promoting Safety is an individual award received by Karen Johnson. Safety concerns and issues of access to care for numerous DOH-Orange clients made one individual undertake the task of getting sidewalks installed so that clients would have a safe and more convenient access to the facility. After a proposal and quotes, it was a surprise when Orange County announced they would cover





all cost associated with the sidewalk, therefore not only ensuring the safety of pedestrians, but improving the walkability of our facility and saving DOH-Orange \$10,500.00.

## Advance Innovation while controlling costs



## Environmental Health. Revamping and Energizing the Sanitary Nuisance Program.



The DOH-Orange Environmental Health team won an award on Revamping and Energizing the Sanitary Nuisance Program. The efficiency of these program changes has caused an overall increase in the compliance rate for the abatement of sanitary nuisances which ultimately resulted in fewer site visits. In addition there has been an increase in septic system permits and repairs applications and the corresponding revenues associated with them. By improving the investigation process, there has been a saving of over \$10,800 in staff time and more importantly, problematic sanitary nuisances have been closed in a third of the time it took before the implementation

of the team approach. Team members include: Kari Murabito, Virgia Stephens, Bryce Edwards, Keila Flores-Burgos, Maciej Lewandowski, Wanda Back, Jessica Maldonado, Jared Sweat.



## TB VDOT

To reduce the cost and increase patient compliance with treatment protocol DOH -Orange Information Technology and Tb programs collaborated with the state IT and TB programs to implement the Tuberculosis (TB) Video Direct Observation Therapy (VDOT) resulting in a team award. Monitoring of active TB cases requires time and commitment from the department and the patient. DOH-Orange staff utilizes Polycom client software loaded on their computers to video conference with TB patients to observe medication compliance through the client's smartphone device. This system has saved the agency \$655.35 per patient in a period of 5 months. Team members include: Chris Collinge, LaDawn Pierre, Van Nguyen, MD, Mary Green, Willie Carter, MPH, Tami Hodges, Sherrie Osorio, Saadia Stephan, MHA, LHRM, RN-BSN.



DOH-Orange staff in collaboration with DOH-Seminole also received a Café Latino of Central Florida Team Award for their innovative collaboration with Café Latino Coalition of Central Florida in reaching the Central Florida Area for HIV/AIDS, STD and Hepatitis Program Services. Team members include: Tai Johnson, Luz Reyes, and Mirna Chamorro.

***DOH-Orange congratulates  
each of this year's winners  
for creating and  
implementing  
innovative solutions that  
improve services, save  
Florida taxpayers money,  
and contribute to the health  
of our community!***



# National Public Health Week

## Public Health Heroes

Healthiest Nation 2030

April 3-12, 2015



**National Public Health Week** [www.nphw.org](http://www.nphw.org)

On April 7, 2015, the Florida Department of Health in Orange County (DOH-Orange) held a ceremony to recognize local Public Health Hero's. The ceremony was part of a celebration for National Public Health Week, and National Minority Health Month, both observed annually in April.

NATIONAL PUBLIC HEALTH WEEK was established in 1995 as a way to recognize the contributions of public health and prevention services to America's well-being. The weeklong event serves to focus public attention on state, community and individual efforts aimed at preventing public health problems. For example, emerging disease, food-borne illness, injuries in the home, and chronic disease.

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National Minority Health Month serves to raise public awareness about health and health care disparities that continue to affect racial and ethnic minorities and efforts to advance health equity. National Minority Health Month received support from the U.S. Congress in 2002, with a concurrent resolution (H. Con. Res. 388) that “a National Minority Health and

Health Disparities Month should be established to promote educational efforts on the health problems currently facing minorities and other health disparity populations.” The resolution encouraged “all health organizations and Americans to conduct appropriate programs and activities to promote healthfulness in minority and other health disparity communities.”

During the health department ceremony, the first annual Alfred L. Bookhardt, MD-Award for Health Equity was presented to an area physician. This award was created by the DOH-Orange as a way to recognize an Orange County physician for their dedication and commitment to increasing access to healthcare and supporting core public health services, with a goal of achieving health equity in Central Florida. The award is an opportunity to publically acknowledge and commend an area physician who demonstrates, through their practice, a commitment to upholding core public health functions such as diagnosing health problems, informing and educating on health issues, and linking people to health services.

The award serves to honor the late Dr. Alfred L. Bookhardt, who began his medical practice in Orlando during the Civil Rights movement. He treated African American patients who were refused care by white physicians. Dr. Bookhardt co-founded the Central Florida Medical Society and Guardian Care, the first long-term care facility in Orlando for African Americans.

1985-2015  
**30**  
Years of  
Advancing  
Health Equity

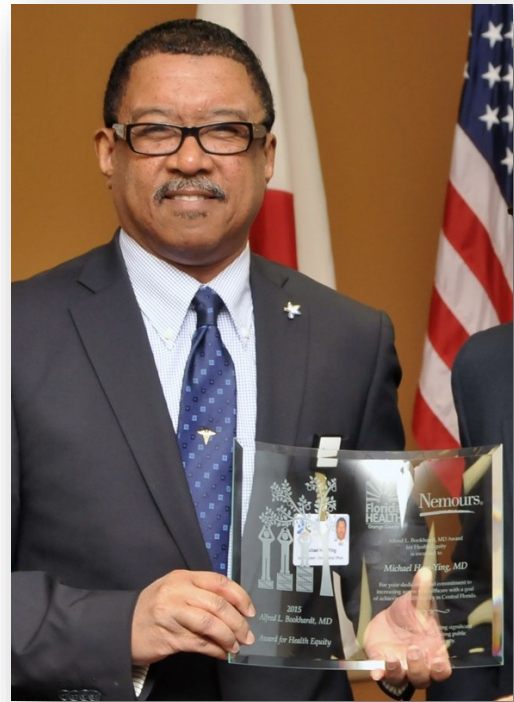
Report of the  
Secretary's Task  
Force on

**Black &  
Minority  
Health**

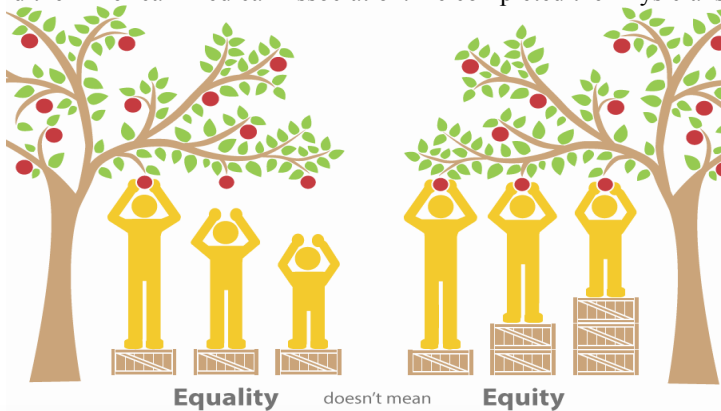


## Michael Ham-Ying MD

We were pleased to recognize Dr. Ham-Ying as this year's Alfred L. Bookhardt, MD-Award for Health Equity. Dr. Ham-Ying is a graduate of Meharry Medical College with an MD degree. He completed his Family Medicine residency and Geriatric Fellowship at Drew University Health Sciences in California and became a Diplomat of the American Board of Family Medicine. He later became a Fellow of the American Academy of Family Physicians. He is an active member of the Orange County Medical Society, the American Academy of Family Physicians and the American Medical Association. He completed the Physicians in



Management Series I, II, and II through the American College of Physician Executives. Dr. Ham-Ying brings over 25 years of experience as the Chief Medical Officer for two different Federally Qualified Health Centers.



In celebration of **World Heart Day**, Sept. 29, the Florida Department of Health in Orange County promoted heart health by hosting **Hands-Only™ CPR training**. World Heart Day is an annual event created by the World Heart Foundation to remind everyone that heart disease and stroke are the world's leading causes of death. The theme for 2015 is creating heart healthy environments.

Heart disease was the leading cause of death in Florida in 2014 and is the number one killer of women, taking more lives than all forms of cancer combined. Hands-Only™ CPR performed by a bystander has been shown to be as effective as conventional CPR with mouth-to-mouth breaths in the first few minutes of sudden cardiac arrest.

### It consists of two easy steps:

1. Call 9-1-1 (or send someone to do that)
2. Push hard and fast in the center of the chest.

World Heart Day is celebrated in collaboration with **Healthiest Weight Florida**, a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com).



DOH-Orange Health Officer and Director Kevin M. Sherin, MD, M.P.H., M.B.A. does Hands-Only CPR







# HealthiestWeight



## What is Healthiest Weight?

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

Currently, only 36 percent of Floridians are at healthy weight. On our current trend, by 2030, almost 60 percent will be obese. Additionally, six out of ten children born today will be obese by the time they graduate high school.

Over the next 20 years in Florida, obesity is expected to contribute to millions of cases of preventable chronic diseases such as type 2 diabetes, heart disease and cancer, costing an estimated \$34 billion. To address this important public health issue, the Department of Health launched the

Healthiest Weight Florida initiative in January 2013.

**Healthiest Weight Florida** is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living.

***On our current trend, by 2030, almost 60 percent of Floridians will be obese.***

**#HealthiestWeightFL**

## Florida Inaugural 5K. Better health for a better YOU!

Finding **success** in healthy weight isn't always easy, but it helps to **take small steps!** The Florida Department of Health and Healthiest Weight Florida invited staff and the community to take a stand. A stand against obesity, a stand for personal health, and a stand for a healthier Florida. September 26, 2015 marked Florida's Inaugural 5K in celebration of World Heart Day and Healthiest Weight Florida.



***As we promote and improve the health of all people in Florida, we can reach our vision of being the healthiest state in the nation!***

**Florida  
Inaugural  
5K WALK/RUN  
September 26**





## DOH-Orange staff and community members participate in 5K event.



## Increase Physical Activity

Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits. Being physically active can help:

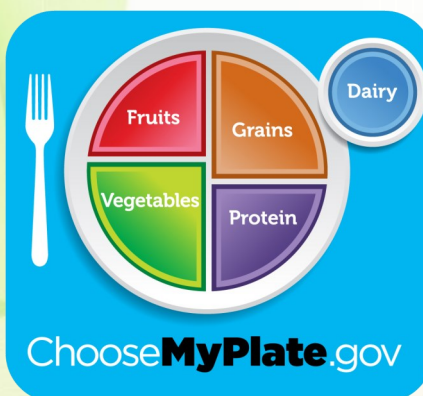
- Control weight
- Reduce the risk of cardiovascular disease
- Reduce the risk of type 2 diabetes
- Reduce the risk of some cancers
- Strengthen bones and muscles
- Improve mental health and mood
- Improve ability to do daily activities and prevent falls in older adults
- Increase the chances of living longer

**Healthy eating and physical activity are keys to maintaining a healthy weight. Being at a healthy weight is related to a reduction in several serious health conditions including heart disease, diabetes, stroke (brain attack), and certain cancers.**

## Healthy Eating for a Healthy Weight

Healthy Eating is important for all age levels. Starting with breastfeeding for infants, a lifetime of choosing nutrient dense food and beverages will contribute to lowering risk factors for many chronic diseases and conditions. Make healthy eating and physical activity a priority for your entire family. For information on menus, meal plans, healthy eating on a

budget visit [www.choosemyplate.gov](http://www.choosemyplate.gov) located on the United States Department of Agriculture website.



For those who are overweight, even a modest weight loss can have a positive impact on health. Healthy weight can also impact energy levels, sleep habits, self-esteem, psychological health, and health care costs.

Please visit  
**[HealthiestWeightFlorida.com](http://HealthiestWeightFlorida.com)**  
for more strategies, activities, and resources.





## Maintain, Don't Gain!

### Holiday Challenge 2015

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.

Last year, over 1,700 Floridians received helpful advice on enjoying the holidays in a more healthy way. Some of the tips included choosing fresh fruit as a festive and sweet substitute for candy, limiting fats, salt and sugary foods and finding fun ways to stay active, such as dancing to their favorite holiday music. Being active for at least 2½ hours a week and helping kids and teens be active for at least 1 hour a day also adds healthy balance to the season.

The Florida Department of Health is teaming up with North Carolina State University to offer the Maintain, Don't Gain! Holiday Challenge for a second year. Rather than focusing

on trying to lose weight, the **FREE** seven-week challenge provides participants with tips, tricks, and ideas to help maintain their weight throughout the holiday season.

It is not too late to sign up!  
Visit **HealthiestWeightFlorida.com**  
for details.



## The Holiday Challenge includes:

Seven weekly newsletters delivered to your inbox with tips to...

- Manage holiday stress
- Fit physical activity into your busy day
- Survive a holiday party
  - Daily Tips
  - Mid-week Challenges
- Healthy holiday recipes
- Motivation and support from other participants

**You may sign up for the 2015 challenge on the Eat Smart, Move More, Weight Less website.**

**[esmmweighless.com/holiday-challenge-live](http://esmmweighless.com/holiday-challenge-live)**



## Mission:

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## Vision:

"To Be The Healthiest State in the Nation!"

### Personal Health Services

Family Planning/Prenatal Health	407-858-1487
Healthy Start/Family Nurse Partnership	407-254-6822
Mom Care	407-254-6822
Neighborhood Center for Families	407-858-1438
Tuberculosis and Refugee Health	407-836-2648
HIV/AIDS Services	407-836-2680
Sexually Transmitted Diseases	407-836-2650
Dental Health	407-254-1925
School Health	407-858-1438
Vaccine Preventable Disease Program	407-836-2502
WIC-Women Infants, & Children	407-858-1494
Environmental Health Services	407-858-1497 Ext. 3199

### General Services

Epidemiology	407-858-1420
Emergency Operations and Preparedness	407-858-1400
Vital Statistics	407-836-7128
Volunteer Services	407-858-1400