

Better Health



IS002

for Orange County

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!

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Ensuring Healthy Communities in Orange County

As half of the 2016 year has come and gone, we continue to seek new opportunities to bring together community partners and resources so that we may more accurately reflect our community's unique characteristics and culture. Building partnerships allows us to assess Orange County's specific needs, develop strategies, and implement activities designed with the goal to improve the public's well-being.

Recently, the Florida Department of Health in Orange County (DOH-Orange) conducted the Local Public Health System Assessment (LPHSA) with the collaboration and representation of 53 other

sectors. Throughout this day, the representatives discussed the work done in our community in addressing the 10 Essential Public Health Services. (Discussed in PG7-8)

The success of this event demonstrates the commitment that exists for the community and people of Orange County. In addition to creating partnerships to address various issues, the dedicated staff at DOH-Orange continue in their vast efforts to bring health education and quality services to all of those in our county.

Every day is a new day in public health. During the remainder of 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. As an accredited health department, we continue to ensure the quality and effectiveness of our services and procedures and implement quality improvement strategies that focus on making sure that our customer service is friendly, timely and equitable.

The dedicated staff at the Florida Department of Health in Orange County work diligently on the prevention and early treatment of infectious and chronic diseases. Through our Healthiest Weight Initiative, we remain focused on promoting healthy environments, healthy eating and active living. We look forward to becoming the healthiest state in the nation. I hope you enjoy Better Health for Orange County, a quarterly publication that will provide highlights of public health in Orange County.

ARTS & HEALTH



The Florida Department of Health in Orange County Healthiest Weight Initiative was proud to host the “Health meet Arts” Poster Contest. The winning artists of this competition were Vallolet, age 4; Natalia, age 7; Tyrone, age 10 and Paradise, age 12.

Each winner received a certificate of participation and a poster was created with all four drawings and is being exhibited at the AllGems Foundation, and the Howard Phillips Center for Children and Families.

The winners were interviewed about their posters and about what health means to them. Responses ranged from reading, and playing outside with friends to eating things such as apples and beets.

DOH-Orange Healthiest Weight Initiative partnered with AllGems Foundation, and the Howard Phillips Center for Children and Families to host the “Health meet Arts” poster contest during an annual holiday event. During the event forty one drawings were collected and 200 Frisbee and jump ropes were given to the children along with educational materials.

“Congratulations to the winners, they are on the right path for good health. Healthy eating in childhood is important for proper growth and development and can prevent health problems such as obesity, dental cavities, iron deficiency, and osteoporosis,” said Dr. Kevin M. Sherin, director of the Florida Department of Health in Orange County. “I encourage parents to continue eating healthy and be active as a family to prevent diseases.”

The early years of a child’s life are very important for his or her health and development. Healthy development means that children are able to grow up where their social, emotional and educational needs are met. Having a safe and loving home and spending time with family—playing, singing, reading, and talking—are very important. Proper nutrition, exercise, and rest also can make a big difference.

We continue to promote the Healthiest Weight message where children can understand that **“Healthy ME” means “Better tomorrows!”**

ZORA!



The ZORA! Festival takes place the last week of January each year in Eatonville and throughout Orange County, this multi-day festival, celebrates the life and work of 20th century writer, folklorist, and anthropologist Zora Neale Hurston; her hometown, Eatonville, the nation's oldest incorporated African American municipality; and the contributions people of African ancestry have made to the U.S. and world culture.

Eatonville is one of the 57 communities in our county, but it still struggles with health equity and is said to have the highest average weight of any American city. We

at DOH-Orange can help by sharing our Healthiest Weight Initiative campaign as we did at the 27th Annual Zora! Festival. We partnered with the University Of Central Florida's College Of Medicine to educate more than 350 students about healthy eating and the importance of physical activity.



TALKING HANDS

World Cancer Day 2016 — “We Can. I Can” take action to help prevent and fight cancer.



World Cancer Day—aims to reduce the number of preventable deaths each year by raising cancer awareness amongst the general public and pressing governments to take further actions against the disease. The global cancer epidemic is huge and is set to rise. Currently 8.2 million people die from cancer worldwide every year, out of which 4 million are premature deaths (aged 30 to 69 years). Urgent action needs to be taken to raise awareness about the disease and to develop

practical strategies to address the cancer burden. Global disparities in access to prevention, treatment and palliative care are growing exponentially.

In support of the fight against cancer, DOH-Orange staff joined the “We Can. I Can.” talking hands campaign to bring awareness and inspire others to make a difference for themselves and those around them.

Celebrating Diversity

Embracing Culture

Black History Month Workshop 2016

Star 94.5
Monica May

Former BET PD
Paul Porter

Paul Billings

Recording Artist
Dayve Stewart

Health through Rhythm
Many Beats, One Soul.

Black History Month Workshop
Free Event
Friday, February 19, 2016
11:30 am—2:00 pm
Lake Ellenor Auditorium
6101 Lake Ellenor Drive
Orlando, FL 32809

Florida Health
Orange County

Inez Patricia
SCHOOL OF DANCE

In celebration of the 2016 National Black History Month, the Florida Department of Health in Orange County (DOH-Orange) hosted its annual Black History Month Workshop. This year's theme was "Health through Rhythm. Many Beats, One Soul." Through this workshop, DOH-Orange continued efforts to promote health equity, disease prevention, Healthiest Weight, and wellness among public health practitioners and community.

The keynote speaker of the event was Paul Porter, former BET Program Director, who spoke on the History of African-American music. Special guests

included Paul Billings, General Manager of 103.7 "The Beat" radio station with an African experience presentation, recording jazz artist Dayve Stewart, Inez Patricia School of Dance performing an African Dance, and Monica May, Star 94.5 personality.

The month long celebration of Black History Month began in 1976. The purpose of Black History Month is twofold - to educate non-black Americans about African American History and its culture and to instill among African Americans pride in their heritage.



Special thanks to Lynn Nicholson for displaying his collection of African artifacts & African American History.



Paul Porter, BET



Dayve Stewart, Jazz Artist



Paul Billings, 103.7 "The Beat"



Monica May, Star 94.5



Inez Patricia School of Dance


Until Next Year!



Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme, "Savor the Flavor of Eating Right" had the purpose of encouraging individuals and families to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to their life. The Women, Infants, and Children (WIC) program at the Florida Department of Health in Orange County (DOH-Orange) encouraged everyone to "Savor the Flavor of Eating Right" during March which is National Nutrition Month®.

For over 40 years, the WIC Program has been providing nutrition education and counseling. Registered/Licensed dietitians and nutrition staff members help families develop lifelong healthy eating habits through one-on-one counseling where they learn:

- **What to eat during pregnancy and breastfeeding**
 - **How to feed infants and growing kids healthy foods**
 - **How to successfully breastfeed**
 - **Shopping for healthy foods on a budget**
 - **How to cook healthy, delicious meals**
- 

It's Just Yoga Festival

HEALTH & FITNESS FESTIVAL
IT'S JUST YOGA
Sunday, March 13th - 10:00 am - 5:00 pm
Lake Eola Park
across from Panera Bread



for class schedules & to make donations
ItsJustYogaFest.com

Beginners Weight Loss Meditation
Acro Stress Reduction Children

Visit the Marketplace for samples, new
products & healthy options

All classes are donation based and benefit New Hope for Kids



Through the Healthiest Weight Initiative, the Florida Department of Health in Orange County (DOH-Orange) partnered with *inPower Events* to support their efforts as well as share the message of the importance of healthy eating and physical activity. The It's Just Yoga festival took place on Sunday, March 13th at Lake Eola and was attended by thousands of Orange County residents. Here participants had the opportunity to speak to multiple vendors

News Release
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2nd Annual It's Just Yoga Health & Fitness Festival - March 13, 2016
It's Just Yoga provides that Yoga is for Everyone
Benefits New Hope for Kids

(ORLANDO, FLA. January 26, 2016) - The 2nd Annual It's Just Yoga Health & Fitness Festival is set for Sunday, March 13th. The message of It's Just Yoga is "Yoga for Everyone, Yoga for You." It's Just Yoga Festival is for people of all ages, abilities, beliefs, and backgrounds. The festival also features the It's Just Yoga Marketplace. The Marketplace is a free to the public place where attendees can interact, sample and explore the latest trends in health, wellness and fitness products.

Date/Time: Sunday, March 13th
10:00 am - 5:00 pm

Location: Lake Eola Park, Downtown Orlando

Tickets: All classes are donation based
Benefiting New Hope for Kids

Estimated Attendance: 1,000 - 1,500

Classes include: beginner's yoga, yoga for weight loss, children's yoga, yoga for stress reduction, restorative yoga, meditation, and a community yoga class. There will also be demonstrations of acro yoga, aerial yoga, and postnatal yoga.

Growth of the Yoga Industry

- Yoga number of Americans who practice yoga is: approx. 15 million
- Personal expense on yoga product spending over the last 5 years is 17%
- Average annual increase of the number of people who practice yoga is 20%

Keeping it Local

- Festival will focus on local businesses and utilize local yoga instructors and studios.
- Festival will benefit New Hope for Kids. All classes are donation based.

Stay Connected:

- Visit www.itsjustyoga.com
- Like It's Just Yoga Fest on Facebook - <https://www.facebook.com/itsjustyoga>
- Email info@itsjustyoga.com

Story Concepts (Photo Development and Interview Opportunities Available)

- Health Benefits of Yoga for Children
- Men's Health and Yoga
- Living Yoga off the Mat
- Flexibility in Yoga
- Acro, Aerial/Pilates/Barre



Thank you for your support



Board to Power Events
inPower Events has been producing and activating large scale events and festivals for over 20 years. Events range from corporate and private to community. inPower Events is a 501(c)(3) non-profit organization. inPower Events is a 501(c)(3) non-profit organization. inPower Events is a 501(c)(3) non-profit organization.

throughout the day (one being DOH-Orange) and also learn how yoga can be good for relaxation, weight loss, stress management, overall health and much more. DOH-Orange sponsored the community class which brought in hundreds of participants. Department of Health staff promoted the Healthiest Weight message throughout the event while speaking to participants about the benefits of increasing physical activity and how to prevent chronic diseases such as diabetes and heart disease.

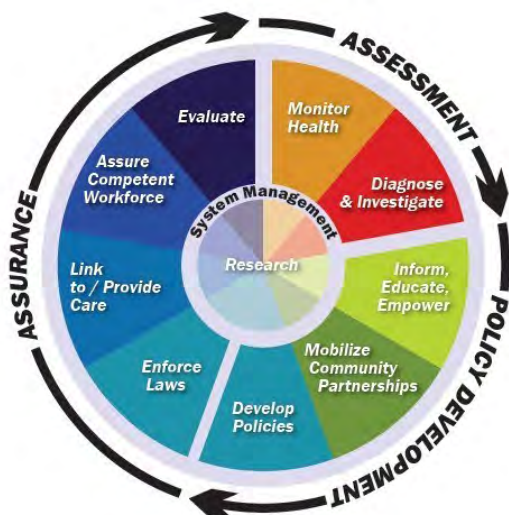


Employee Appreciation Day
March 4, 2016

Employee Appreciation Day

Directors, Supervisors and Managers say thank you to the employees of the Florida Department of Health for their continued work to make Orange County a better place to live, work, and play. Employee Appreciation Day is a day to thank employees for their hard work and effort throughout the year. This day was created for the purpose of strengthening the bond between employer and employee.

Just an opportunity to say 'Wow' and 'Thank You' for
All Your Great Work!



DOH-Orange hosts Local Public Health System Assessment

The **Local Public Health System Assessment (LPHSA)** is designed to help health departments and public health system partners create a snapshot of where they are relative to the National Public Health Performance Standards and to progressively move towards refining and improving outcomes for performance across the public health system.

The assessment was structured around:

- ◆ 10 Essential Public health Services
- ◆ 30 Model Standards which served as quality indicators that are organized into the 10 Essential Public Health Service areas in the instrument and address the three core functions of Public Health
- ◆ Priority of Model standards questionnaire
- ◆ Local Health Department contribution to the 10 Essential Services.

Purpose

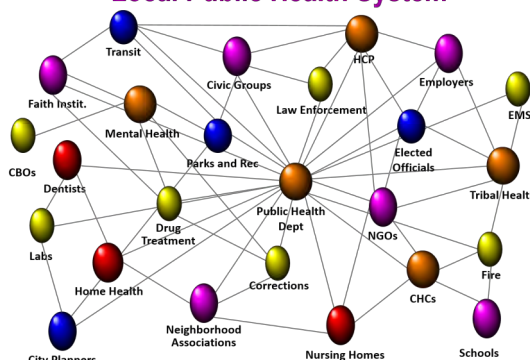
To promote continuous improvements that will result in positive outcomes. The results will be used to:

- ◆ Understand current system functioning, performance

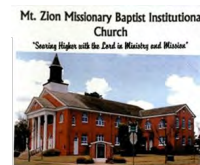
Identify and prioritize areas of strengths, weakness, and opportunities for improvements.

- ◆ Articulate the value that quality improvement initiatives will bring to the public health system.
- ◆ Develop an initial work plan with specific quality improvement strategies to achieve goals
- ◆ Re-asses the progress of improvements efforts at regular intervals.

Local Public Health System



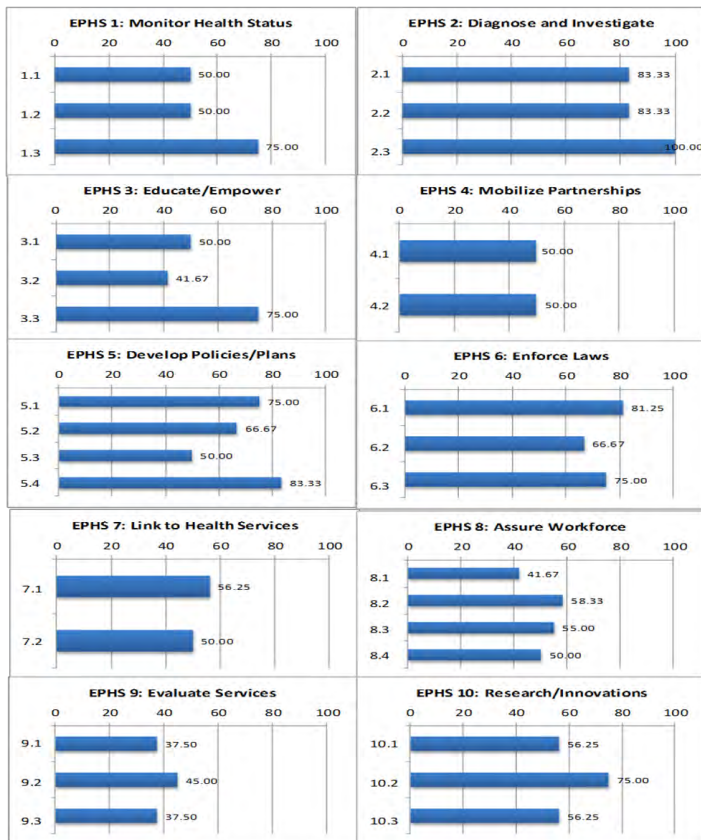
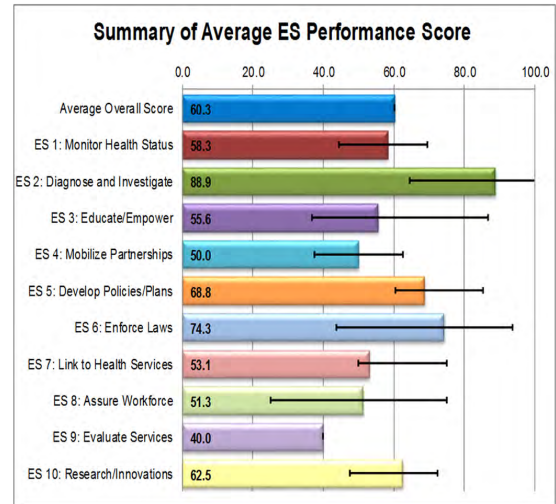
On March 16, 2016 a total of 53 participants from various sectors in the county attended the LPHSA.



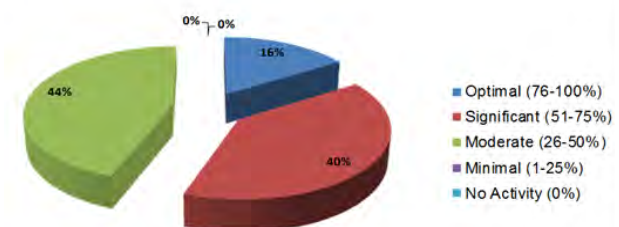
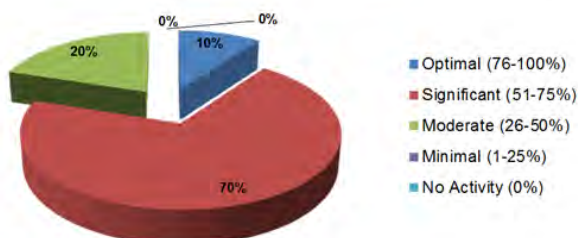
LPHSA Results...

Based upon the responses the participants provided during the assessment, an average was calculated by combining all the scores from each model standard performance measure score. The average score was then inputted in the National Public Health Performance Standards database, where it then generated the average score to each Essential Service and overall.

Optimal Activity (76-100%)	Greater than 75% of the activity described within the question is met.
Significant Activity (51-75%)	Greater than 50%, but no more than 75% of the activity described within the question is met.
Moderate Activity (26-50%)	Greater than 25%, but no more than 50% of the activity described within the question is met.
Minimal Activity (1-25%)	Greater than zero, but no more than 25% of the activity described within the question is met.
No Activity (0%)	0% or absolutely no activity.



Model Standards by Essential Services	Performance Scores	Priority Rating	Agency Contribution Scores
ES 1: Monitor Health Status	58.3	8.3	75.0
1.1 Community Health Assessment	50.0	8.0	75.0
1.2 Current Technology	50.0	8.0	75.0
1.3 Registries	75.0	9.0	75.0
ES 2: Diagnose and Investigate	88.9	9.0	91.7
2.1 Identification/Surveillance	83.3	9.0	100.0
2.2 Emergency Response	83.3	9.0	100.0
2.3 Laboratories	100.0	9.0	75.0
ES 3: Educate/Empower	55.6	7.7	100.0
3.1 Health Education/Promotion	50.0	8.0	100.0
3.2 Health Communication	41.7	8.0	100.0
3.3 Risk Communication	75.0	7.0	100.0
ES 4: Mobilize Partnerships	50.0	8.0	75.0
4.1 Constituency Development	50.0	8.0	75.0
4.2 Community Partnerships	50.0	8.0	75.0
ES 5: Develop Policies/Plans	68.8	8.5	81.3
5.1 Governmental Presence	75.0	9.0	75.0
5.2 Policy Development	66.7	8.0	75.0
5.3 CHIP/Strategic Planning	50.0	8.0	75.0
5.4 Emergency Plan	83.3	9.0	100.0
ES 6: Enforce Laws	74.3	8.3	58.3
6.1 Review Laws	81.3	8.0	50.0
6.2 Improve Laws	66.7	8.0	50.0
6.3 Enforce Laws	75.0	9.0	75.0
ES 7: Link to Health Services	53.1	7.0	75.0
7.1 Personal Health Service Needs	56.3	7.0	75.0
7.2 Assure Linkage	50.0	7.0	75.0
ES 8: Assure Workforce	51.3	7.0	68.8
8.1 Workforce Assessment	41.7	7.0	75.0
8.2 Workforce Education	58.3	7.0	75.0
8.3 Continuing Standards	55.0	7.0	75.0
8.4 Leadership Development	50.0	7.0	50.0
ES 9: Evaluate Services	40.0	6.0	75.0
9.1 Evaluation of Population Health	37.5	6.0	75.0
9.2 Evaluation of Personal Health	45.0	6.0	50.0
9.3 Evaluation of LPHS	37.5	6.0	100.0
ES 10: Research/Innovations	62.5	7.0	58.3
10.1 Foster Innovation	56.3	7.0	50.0
10.2 Academic Linkages	75.0	7.0	75.0
10.3 Research Capacity	56.3	7.0	50.0
Average Overall Score	60.3	7.7	75.8
Median Score	56.9	7.8	75.0





Healthy Weight COMMUNITY CHAMPION

2016 Recognition Program

State Surgeon General Healthy Weight Community Champion 2016 Recognition Program

Florida's county and municipal governments play an important role in decreasing the prevalence of unhealthy weight in their jurisdictions. Local governments can implement a variety of policies that have been shown to increase physical activity and improve nutrition. These "best practice" policies are reflected in the Healthy Weight Community Champion submission criteria. By implementing best practices within their

jurisdictions, local governments can create environments where the healthy choice is the easy choice.

Many jurisdictions are making great progress in policy and environmental change. To celebrate these efforts, all local governments in Florida were invited to submit descriptions of their policies and programs. In 2016, the Florida Department of Health recognized 80 communities as Healthiest Weight Community Champions, an increase from 65 communities recognized in 2015, and 38 communities recognized in 2014.



Eligibility

Florida's 411 active municipalities (cities, towns and villages) and 67 counties are eligible to submit best practices. Submissions must be made by a municipal or county official, accompanied by a resolution or proclamation. Unincorporated areas may submit under the sponsorship of the county in which they are located.



Congratulations to the **City of Orlando & City of Winter Park** for receiving this recognition for the 3rd year in a row!



Accredited Health Department Public Health Accreditation Board

The Florida Department of Health received national accreditation through the Public Health Accreditation Board (PHAB) and the efforts of public health professionals across the state. Florida became the first state in the nation to receive national accreditation as an integrated department of health through PHAB. Accreditation by PHAB signifies that the department, including the state health office and all 67 county health departments, is meeting national standards for ensuring that essential public health services are provided in the community. Accreditation will continue to guide the department's fulfillment of the 10 Essential Public Health Services and will lead to continuous improvement in service, value and public accountability.



Today, Americans enjoy better health, live in healthier conditions and know more about how to take care of their health. To a large extent, these trends are the result of the efforts and activities of Public Health Workers. Public Health efforts have added more than 25 years to the average lifespan of Americans.

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 such as teenage

pregnancy, food-borne illness, injuries in the home, and chronic disease. During this week, the Florida Department of Health in Orange County (DOH-Orange) honored outstanding community leaders and health department staff as 2016 Public Health Heroes

during the National Public Health Week (NPHW) celebration. DOH-Orange recognized individuals who go above and beyond to protect, promote and improve the health of the county.



The following Public Health Heroes were celebrated for their many accomplishments in the community and in the area of public health: Samuel Lopez (Orange County Government), Kelly Rogers (Nemour's Children's Health System), Dr. Chianta Lindsey (Orange Blossom Family Health), Carmem Carmo (First Life Center for Pregnancy-Orlando), Dr. Marie-Jose Francois (Center for Multicultural Wellness and Prevention, Inc.),

Dr. Ronald C. Knipe (Shepard's Hope), Sarah Stack (Winter Park Health Foundation), District Chief Matthew Negedly (Orlando Fire Department), and Assistant Chief Hezedeane Smith (Orlando Fire Department).

The Florida Department of Health in Orange County hosts a Health Equity Award Ceremony



Celebrating Minority Health Month with Public Health Heroes!

This year's theme, **"Building Healthy Communities: Accelerating Health Equity throughout Florida,"** reflects our continuous and collective efforts to increase momentum toward becoming a state where all Floridians achieve the highest level of health possible. This observance serves as a reminder of the progress made and the commitment to improve health for minority communities. The Florida Department of Health in Orange County hosted a Health Equity Award ceremony to recognize those who best personify the spirit of Public Health through the commitment to accelerating health equity throughout the community. Health Equity refers to the basic principle that all people, despite race/ethnicity, gender, age, religion, income, geographic location, sexual orientation or ability should have equal opportunity to resources enabling them to lead healthy lives.

Congratulations to the Public Health Equity Heroes:

Karen Wint, Center for Multicultural Wellness and Prevention

Maureen Kersmarski, Founding member and chair of PCAN

Jennie Joseph, Commonsense Childbirth, Inc.

Dr. Lauren Josephs, Vanguard Group, Inc.

Dr. Marie Jose-Francois, Center for Multicultural Wellness and Prevention

Congratulations to the Dr. Alfred L. Bookhardt Health Equity Award winner:

Dr. Maurice W. Mascoe, President of the Central Florida Medical Society

The Dr. Alfred L. Bookhardt Health Equity Award honors Dr. Alfred L. Bookhardt (1928-2014) who began his medical practice in Orlando during the Civil Rights movement. He treated African American patients who were refused care by white physicians. He also co-founded the Central Florida Medical Society and Guardian Care, the first long term care facility in Orlando for African Americans.

This annual award for Health Equity was created by the Florida Department of Health in Orange County as a way of recognizing an Orange County physician for their dedication and commitment to increasing access to healthcare with a goal of achieving health equity in Central Florida.



Mosquitoes

What you need to know!

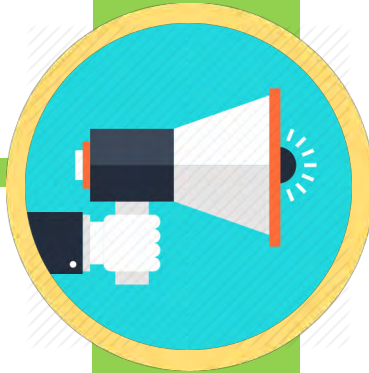
Mosquitoes can live indoors and will bite at any time, day or night.



Not all mosquitoes are the same. Different mosquitoes spread different diseases and bite at different times of the day. Some mosquito species bite during the day, such as those mosquitoes that can spread chikungunya, dengue and Zika viruses. Other species of mosquitoes bite most often at dawn and dusk, including those that can transmit West Nile virus.

Use Environmental Protection Agency (EPA)-registered insect repellents wear repellent when you are outdoors. Use products with active ingredients that are safe and effective.

- Always follow the product label instructions.
- Do not spray repellent on skin under clothing.
- If you use sunscreen, put sunscreen on first and insect repellent second.
- It is safe for pregnant or nursing women to use EPA-approved repellants if applied according to package label instructions.



Cover up with clothing

- Wear long-sleeved shirts and long pants.
- Mosquitoes can bite through thin clothing.

Treat clothes with permethrin or another EPA-registered insecticide for extra protection.

Use permethrin-treated clothing and gear.

- Permethrin is an insecticide that kills mosquitoes and other insects.
- Buy permethrin-treated clothing and gear (boots, pants, socks, tents), or use permethrin to treat clothing and gear—follow product instructions closely.
- Read product information to find out how long the permethrin will last.
- Do not use permethrin products directly on skin.

If you have a baby or child:

- Always follow product instructions when applying insect repellent to children.
- Spray insect repellent onto your hands and then apply to a child's face.
- Do not apply insect repellent to a child's hands, mouth, cut or irritated skin.
- Do not use insect repellent on babies younger than 2 months.
 - Dress babies or small children in clothing that covers arms and legs.
 - Cover cribs, strollers or baby carriers with mosquito netting.

Stop mosquitoes from breeding

- Mosquitoes breed by laying eggs in and near standing water.
 - As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply.
- ⇒ **At your house or business:** Put away items that are outside and not being used because they could hold standing water.
- ⇒ **In your garden:** Keep flower pots and saucers free of standing water. Some plants, such as bromeliads, hold water in their leaves—flush out water-holding plants with your hose once a week.
- ⇒ **Arounds all buildings:** At least once a week, empty, turn over or cover anything that could hold water (tires, buckets, toys, pools & pool covers, birdbaths, trash, trash containers and recycling bins, boat or car covers, roof gutters, coolers, pet dishes)



Contact Us

PERSONAL HEALTH SERVICES

Family Planning/Prenatal Health
407-858-1487

Healthy Start/Nurse-Family Partnership
407-254-6822

MomCare
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

Woman Infants & Children (WIC)
407-858-1494

Environmental Health Services
407-858-1497

GENERAL SERVICES

Epidemiology
407-858-1420

Emergency Operations and Preparedness
407-858-1400

Vital Statistics
407-836-7128

Volunteer Services
407-858-1400