

the health advisor

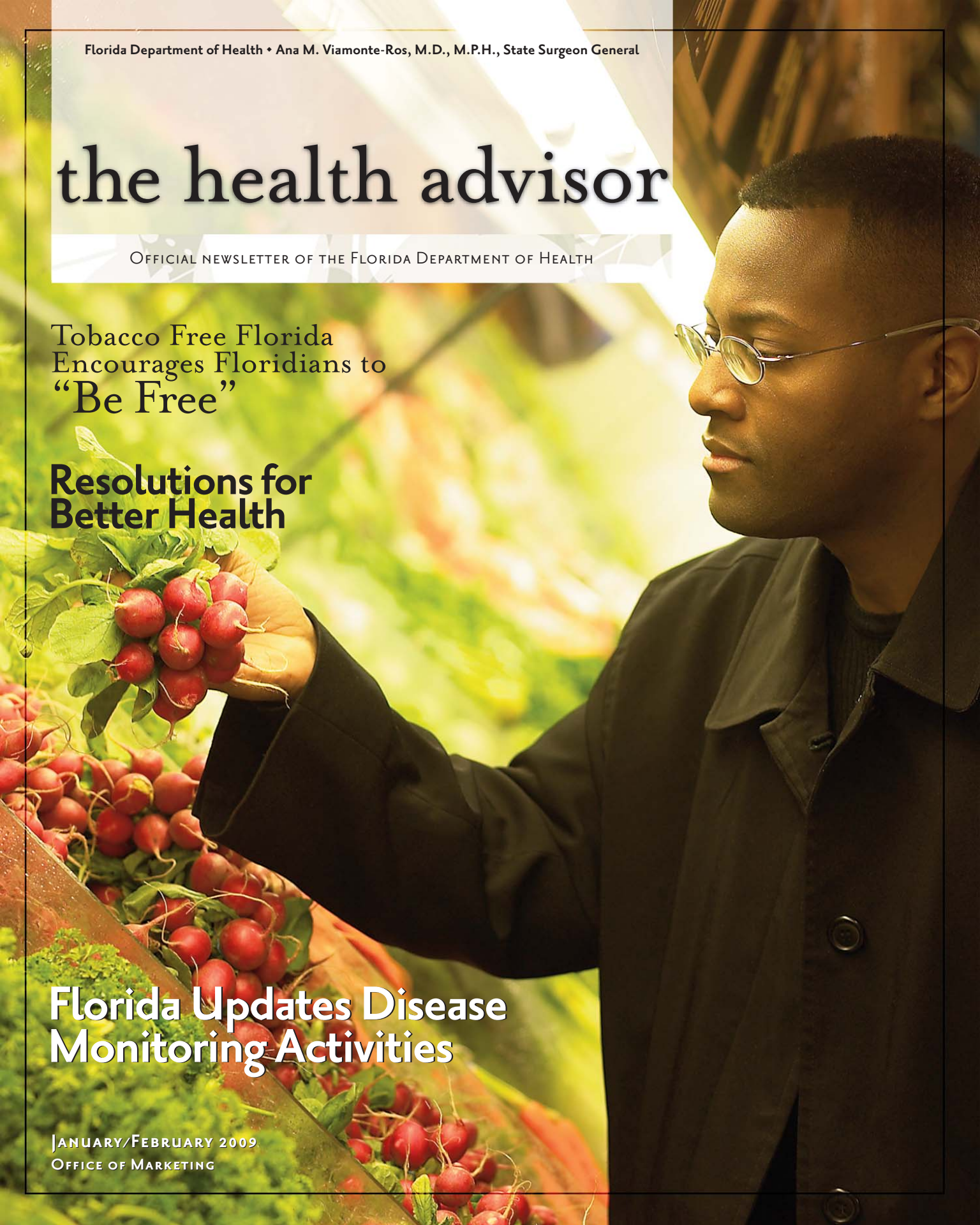
OFFICIAL NEWSLETTER OF THE FLORIDA DEPARTMENT OF HEALTH

Tobacco Free Florida
Encourages Floridians to
“Be Free”

**Resolutions for
Better Health**

**Florida Updates Disease
Monitoring Activities**

JANUARY/FEBRUARY 2009
OFFICE OF MARKETING



the health advisor

Ana M. Viamonte-Ros, M.D., M.P.H., State Surgeon General

JANUARY/FEBRUARY 2009

National Health Observances

JANUARY

Cervical Health Awareness Month
Glaucoma Awareness Month
National Birth Defects Prevention Month
National Blood Donor Month
Stalking Awareness Month
Thyroid Awareness Month

FEBRUARY

American Heart Month
National Children's Dental Health Month
National Burn Awareness Week, 1-7
National Teen Dating Violence Awareness and Prevention Week, 2-6
National Eating Disorders Awareness Week, February 24-March 1
Give Kids a Smile Day, 6
National Wear Red Day, 6
National Condom Day, 10
National Donor Day, 14



BE FREE.



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Erratum: The statistics regarding Floridians with diabetes in the November/December issue of the Health Advisor were incorrect. Over 1 million, not 1.5 million, Floridians have diabetes. There are 300,000-400,000 Floridians who have diabetes and do not know it, not 500,000. There are 2.7 million obese Floridians, not 3.5 million, at risk for developing type 2 diabetes.

DOH MISSION: TO PROMOTE, PROTECT AND IMPROVE THE HEALTH OF ALL PEOPLE IN FLORIDA.

KIMBERLY A. BERFIELD, DEPUTY SECRETARY OF ADVOCACY AND POLICY

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The Health Advisor is published on a bi-monthly basis by the Office of Marketing and is available on the DOH Intranet and Internet Web sites.

Please send articles for submissions and questions regarding the Health Advisor to Georgia Murphy; (850) 245-4444, extension 2123; FAX, (850) 410-3049; e-mail, georgia_murphy@doh.state.fl.us.

New Year's Resolutions for Better Health

submitted by the Bureau of Chronic Disease Prevention and Health Promotion



The key to better health is developing a strategy that fits healthy habits in to your daily routine. If you want to feel healthier and have a more energetic life, let 2009 be your year of change.

Remember, be realistic. Rome wasn't built in a day, and it's unlikely you'll drop your unhealthy habits quickly. Start slowly and set attainable goals. The Florida Department of Health (DOH) wishes you a safe, healthy and happy New Year. Here are a few suggestions.

1. MOVE IT! If you have seen the movie "Madagascar" then you know you need to "...move it, move it, move it!" At least 30 minutes of physical activity every day will improve your health. Take the stairs instead of the elevator; park your car at the end of the lot instead of near the building; or have a "walking" meeting instead of a sit-down meeting. Every little bit helps.

2. LOSE IT! If you are a tobacco user, quit. The DOH Quitline is available 24 hours a day to assist individuals who want to stop smoking cigarettes and cigars, and using spit tobacco. The number is 1-877-U-CAN-NOW (1-877-822-6669).

3. EAT A RAINBOW EVERY DAY! Fruits and vegetables come in a variety of colors—red, green, yellow, blue, purple, white and orange. A good way to know that your diet includes a broad range of nutrients is to eat many different colors.

4. JUST DO IT! Resolve to see your health care provider for a "well-woman" or a "well-man" exam—these exams check your general health and you can ask about health concerns you may have. Visit the dentist twice a year too.

5. PUT ON THE BRAKES! Limit from your diet the salt in processed foods; the fat in fast foods and snack foods (like potato chips); and the sugar in sodas and sweets.

6. DRINK TO YOUR HEALTH! Drink at least eight 8-ounce glasses of water a day. Make water your beverage of choice and make sure your body has the fluids it needs to avoid dehydration.

7. SLEEP ON IT! Get a good night's sleep. The general recommendation is to sleep seven to nine hours every night. You'll be amazed how refreshed you'll feel after giving your body the rest it needs.

8. DE-STRESS! Take a few minutes each day for yourself. Breathe deeply and relax. Make a New Year's resolution to ease tension in your life. Try to stay focused on the positive.



Try to stay focused on the positive.

TOBACCO FREE FLORIDA ENCOURAGES FLORIDIANS TO “Be Free”

submitted by the Tobacco Education and Use Prevention Program



BE FREE.



SCENES FROM A “BE FREE” CESSATION” TV AD

The ad message empowers tobacco users to break the chain of addiction and not allow tobacco use to form their identities or follow them around like a cloud of smoke. This ad is one of a series of ads that depicts a cloud of smoke looming over a tobacco user's head. The series exemplifies how tobacco use can affect all areas of a user's life.

For more information on Tobacco Free Florida, visit floridaquitline.com or tobaccofreeflorida.com.

Tobacco Free Florida, the statewide youth prevention and adult cessation campaign launched in February 2008. Since that time the campaign has reached millions of Floridians through mass media advertising, online social media, grassroots initiatives, educational outreach and public relations efforts. Funded by the State's tobacco settlement fund, the campaign engages culturally and economically diverse audiences with its high-impact messaging.

This month the campaign relaunched with the same name but with a new platform based on current consumer trends and attitudes of youth ages 11–17 and adult tobacco users. The new “Be Free” campaign message is about empowering all tobacco users to break the chain of addiction and build their own identities without tobacco use.

“Be Free” will be the common theme throughout the youth prevention and adult cessation phases of the campaign. The youth prevention phase will roll out in the spring. The adult cessation launch includes several television, radio and print ads that target adults and pregnant women. All of the ads provide resources for support and words of encouragement like “be healthier,” “be wealthier,” “be strong” and “be responsible.”

According to Kim Berfield, Deputy Secretary of the Florida Department of Health, the campaign provides tobacco users with tools of empowerment for long-term success because the campaign recognizes that tobacco dependency is an addiction. Berfield emphasizes the importance of appealing to tobacco users on an emotional level.

“Quitting is not easy and requires courage and difficult action. It is a daily struggle that requires compassion from family, friends and community. People do not view themselves as statistics; therefore, it is important for the campaign's message to have an emotional appeal and provide tools and resources that provide self-empowerment.”

The Tobacco Free Florida campaign continues to be a positive influence that encourages tobacco users to permanently alter their behavior and call the Florida Quitline (1-877-U-CAN-NOW) for help breaking the addiction. The Florida Quitline offers free counseling and nicotine replacement therapies such as gum, patches and lozenges.

Web site Undergoes a Redesign

The redesign of the campaign's Web site, www.tobaccofreeflorida.com, includes new features: video journals that follow a diverse group of tobacco users throughout their quest to stop using tobacco; a smoking-cost calculator that not only tallies the money saved when tobacco purchases stop but suggests positive alternatives to tobacco like a gym membership; and the Quitline introduction video that walks callers through a typical Quitline counseling session. Another feature, Myth Mashers, dispels common misconceptions that may lessen a tobacco user's desire to quit. A new vanity URL, www.floridaquitline.com, takes users directly to these cessation resources.



National Teen Dating Violence Awareness & Prevention Week

by Jan Davis, Sexual Violence Prevention Program,
Adult and Community Health Unit

For more information about teen dating violence or help finding support for someone in need, call the National Teen Dating Abuse Helpline at 1-866-331-9474 or visit www.loveisrespect.org.

Join the nation in recognizing February 2–6, 2009, as National Teen Dating Violence Awareness and Prevention Week.

Teen dating violence often includes not only physical violence, but emotional abuse and sexual assault. A study conducted in 2005 by Teenage Research Unlimited revealed that one in five teenagers in a serious relationship reported being hit, slapped or pushed by a partner.

Sexual and intimate partner violence is a serious public health problem in Florida, the nation and the world. Preventing sexual and intimate partner violence in Florida's communities is a public health priority. According to a study from the Centers for Disease Control and Prevention, injuries from sexual and intimate partner violence are pervasive and costly, and can create health problems that last a lifetime.

WARNING SIGNS OF AN UNHEALTHY RELATIONSHIP:

- Extreme jealousy
- Controlling behavior
- Unpredictable mood swings or explosive behavior
- Alcohol and drug use
- Numerous text messages, phone calls or e-mails
- Isolation from friends and family
- Blaming others for problems or feelings
- Cruelty to animals or children
- Verbal abuse
- Threats of violence or use of force when arguing

WARNING SIGNS OF TEENS EXPERIENCING DATING VIOLENCE:

- Physical signs of injury
- Truancy or dropping out of school
- Failing grades
- Changes in mood or personality
- Use of drugs or alcohol
- Pregnancy
- Emotional outbursts
- Isolation

HEALTHY RELATIONSHIPS INCLUDE:

- Respect
- Honesty and trust
- Sharing thoughts and feelings
- Willingness to compromise

Funded by the Centers for Disease Control and Prevention, the Sexual Violence Prevention Program partners with public and private organizations. The program provides primary prevention education to prevent the development of sexual violence. Prevention education topics include: bullying, sexual harassment, drug-facilitated rape, bystander intervention, consent or coercion, cyber bullying and healthy versus unhealthy relationships.

Tooth Mobile Leads the Fight Against Cavities

by Sheri Hutchinson, Lake County Health Department



The Lake County Health Department's (LCHD) Tooth Mobile brings oral health care to the Leesburg community. With the new unit, LCHD dental staff will provide a community outreach program and a school-based preventive dental care program. The specialized unit is equipped with two dental chairs. Dental staff will provide routine dental cleanings and sealants as well as tooth brushing and flossing instructions to clients.

"We decided to use the Tooth Mobile to bring preventive dental services to the county—specifically to the children of our community," stated Oscar Palau, LCHD Dental Coordinator.

A LCHD dentist and dental assistant, and mascots Freddie the Flossasaurus or Max the Brushing Bronco, staff the unit. Freddie and Max are stuffed animals used to help educate children about proper brushing techniques, the importance of flossing and other oral hygiene.

The Tooth Mobile will bring LCHD's School Sealant program directly to schools. Sealants work by filling in deep pits and fissures on tooth surfaces; the sealant shuts out food particles that could get caught in teeth and cause cavities. The application is fast and can protect teeth for many years. LCHD has partnered with Lake County Public Schools and Head Start programs to assist with bringing the sealant program to Lake County's children.

For more information about the Lake County Health Department's dental program and services, please call Lake Children's Dentistry at (352) 360-6602.



The LCHD's Tooth Mobile visits a different location each week of the month. Call (352) 360-6602 or visit www.lakechd.com for more information.

SCHEDULE

FIRST WEEK:
South Lake County

SECOND WEEK:
Umatilla Health Clinic

THIRD WEEK:
Lake County Public Schools

FOURTH WEEK:
Head Start

PHOTO 1: LCHD Public Information Officer Sheri Hutchinson, with mascots Max and Freddie, stands in front of the Tooth Mobile.

PHOTO 2: A peek inside the Tooth Mobile reveals the specialized unit.

Florida Updates Disease Monitoring Activities

by Janet Hamilton, Bureau of Epidemiology

The Department of Health (DOH) is pleased to announce the completion of a rewrite of Chapter 64D-3, *Florida Administrative Code (F.A.C.)*, which governs disease reporting in Florida. In order to effectively prevent and control disease, DOH monitors the diseases or conditions listed in rule 64D-3 to understand when, where and under what conditions cases occur.

Notifiable disease or condition monitoring is a core public health function. Periodically, DOH updates 64D-3, F.A.C., to ensure effective disease reporting. Chapter 64D-3 lists what diseases or conditions are required to be reported, the information to be included in the report, who is required to report, and the methods and time period for reporting.

There are over 90 different diseases or conditions that DOH tracks or monitors in addition to outbreaks of any type of disease. Four new diseases or conditions were added during the most recent revision: amebic encephalitis; arsenic poisoning; *Staphylococcus aureus*, community associated mortality; and *Staphylococcus aureus*, isolated from a normally sterile site (to be reported only by those laboratories participating in DOH's electronic laboratory reporting process).

Several factors are considered when determining if a disease or condition should be added to the list. In particular, monitoring takes place if a characteristic of a disease or condition requires rapid public health response due to the seriousness of each case or the potential for epidemic spread.

Making updates to Chapter 64D-3 and the list of notifiable diseases or conditions is a collaborative process between DOH central office, the county health departments and reporting partners such as hospitals, physicians and laboratories. In addition, the revision process includes official public comment periods and topic specific public workshops.

The updated version of Chapter 64D-3, F.A.C., became effective November 24, 2008. To find the updated guidelines for reporting and other important disease reporting documents, log on to: http://www.doh.state.fl.us/disease_ctrl/epi/topics/surv.htm.

Report diseases and conditions to your local county health department.

It's the law.

Reportable Diseases/Conditions in Florida Practitioner* List 11/24/08

Did you know that you are required by Florida statute** to report certain diseases to your local county health department?

*Reporting requirements for laboratories differ. For specific information on disease reporting, consult Rule 64D-3, Florida Administrative Code (FAC).

- Any disease outbreak
- Any case, cluster of cases, or outbreak of a disease or condition listed in the general community or any defined setting such as a hospital, school or other institution, not otherwise listed in the general community or any defined setting that is of urgent public health significance. This includes those instances of person to person spread, zoonotic spread, the presence of an environmental, food or waterborne source of exposure and those that result from a deliberate act of terrorism.
- Acquired Immune Deficiency Syndrome (AIDS)*
- Amebic encephalitis*
- Anaplasmosis*
- Babesiosis*
- Arsenic poisoning*
- Botulism (foodborne, wound, unspecified, other)
- Botulism (infant)*
- Brucellosis
- California serogroup virus (neuroinvasive and non-neuroinvasive disease)*
- Campylobacteriosis*
- Cancer (except non-melanoma skin cancer, and including benign and borderline intracranial and CNS tumors):
 - Carbon monoxide poisoning*
 - Chancroid*
 - Chlamydia*
 - Cholera
 - Ciguatera fish poisoning (Ciguatera)*
 - Congenital anomalies*
 - Conjunctivitis (in neonates < 14 days old)*
 - Cryptosporidiosis*
 - Cryptosporidiosis*
 - Dengue*
 - Diphtheria
 - Eastern equine encephalitis virus disease (neuroinvasive and non-neuroinvasive)*
 - Ethelbergia*
 - Encephalitis, other (non-herpesviral)*
 - Enteric disease due to:
 - Escherichia coli* O157:H7
 - Escherichia coli*, other pathogenic *E. coli* including enterohemorrhagic, enteropathogenic, hemolytic, aggregative strains and shiga toxin positive strains
 - Giardiasis*
 - Histomonas*
 - Guinea*
 - Hantavirus*
 - Hepatitis A
 - Hepatitis B, C, D, E, and G*
 - Hepatitis B surface antigen (HBsAg) (positive in a pregnant woman or a child up to 24 months old)*
 - Herpes simplex virus (HSV) (in infants up to 60 days old with disseminated infection with involvement of liver, encephalitis and infections limited to skin, eyes and mouth; seropositive in children < 12 yrs)*
 - Human Immunodeficiency Virus (HIV) infection (all, and including neonates born to an infected woman, exposed neonates)
 - Human parvovirus (HPV) (associated laryngeal papillomas or recurrent respiratory papillomatosis in children < 6 years of age; seropositive in children < 12 yrs)*
 - Influenza due to novel or pandemic strains
 - Influenza-associated pediatric mortality (in persons aged < 18 yr)
 - Lead poisoning (blood lead level > 10µg/dL); additional reporting requirements exist for hand lead and/or on-site blood lead testing technology, see 64D-3 FAC*
 - Legionellosis*
 - Leptospirosis*
 - Lyme disease*
 - Lymphogranuloma venereum (LGV)*
 - Malaria*
 - Melanoma (Malignant)
 - Melioidosis
 - Meningitis (bacterial, cryptococcal, mycotic)*
 - Measles
 - Meningococcal disease (includes meningitis and meningococcal)
 - Mercury poisoning*
 - Mumps*
 - Neurotoxic shellfish poisoning
 - Peritonsillar abscess
 - Pertussis
 - Pesticide-related illness and injury*
 - Plague
 - Psittacosis, paratyphoid and non-typhoid
 - Ratitosis (Ornithosis)*
 - Q Fever*
 - Rabies (canine, animal)
 - Rabies (possible exposure)
 - Risk toxicity
 - Rocky Mountain spotted fever*
 - Rubella (including congenital)
 - St. Louis encephalitis (SLE) virus disease (neuroinvasive and non-neuroinvasive)*
 - Salmoneellosis*
 - Sarcoidosis poisoning including paralytic shellfish poisoning (PSP)*
 - Severe Acute Respiratory Syndrome-associated Coronavirus (SARS-CoV) disease
 - Shigellosis*
 - Sin Nombre
 - Staphylococcus aureus, community associated mortality*
 - Staphylococcus aureus (infection with intermediate or full resistance to vancomycin, VISA, VRSA)
 - Staphylococcus enterostrom 5 (disease due to)
 - Streptococcal disease (invasive, Group A)*
 - Streptococcus pneumoniae (invasive disease)*
 - Syphilis
 - Syphilis (in pregnant women and neonates)
 - Tetanus*
 - Toxoplasmosis (acute)*
 - Trichinellosis (Trichinosis)*
 - Tuberculosis (Tb)*
 - Tularemia
 - Typhoid fever
 - Typhus fever (disease due to *Rickettsia prowazekii*)
 - Typhus fever (disease due to *Rickettsia typhi*, *R. felis* infection)
 - Vaccinia disease
 - Varicella (Chickenpox)*
 - Varicella mortality*
 - Variola virus disease (neuroinvasive and non-neuroinvasive)*
 - Vibriosis (Vibrio infections)*
 - West Nile virus disease (neuroinvasive and non-neuroinvasive)*
 - West Nile virus disease (neuroinvasive and non-neuroinvasive)*
 - Western equine encephalitis virus disease (neuroinvasive and non-neuroinvasive)*
 - Yellow fever

! Report immediately 24/7 by phone upon initial suspicion or laboratory test order
 ☎ Report immediately 24/7 by phone
 * Report next business day
 + Other reporting timeframe

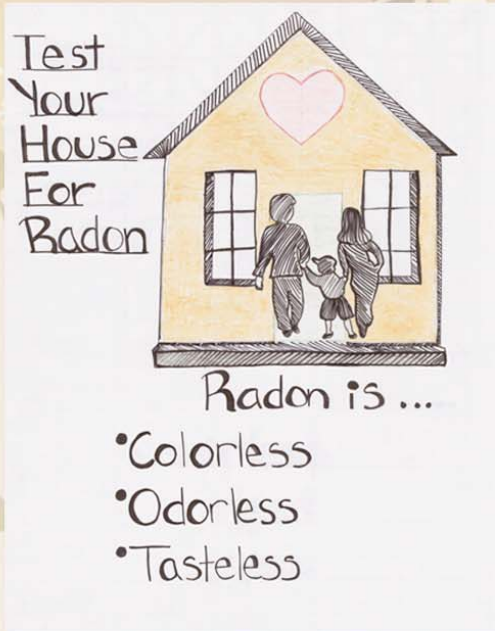
You are an invaluable part of Florida's disease surveillance system. For more information, please call the epidemiology unit at your local county health department or the Bureau of Epidemiology, Florida Department of Health (FDOH): 850-245-4401 or visit http://www.doh.state.fl.us/disease_ctrl/epi/topics/surv.htm



In the United States, one of the first forms of disease monitoring started in 1741 when the state of Rhode Island passed an act requiring tavern keepers to record the contagious diseases of their patrons.

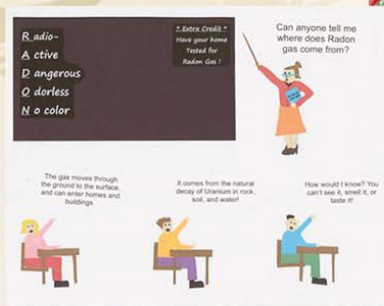
Source: *Bulletin of the World Health Organization*, 1994, 72 (2): 285-304.

If you have questions concerning reporting requirements or changes to 64D-3, F.A.C., please contact your local county health department or the DOH Bureau of Epidemiology at (850) 245-4401.

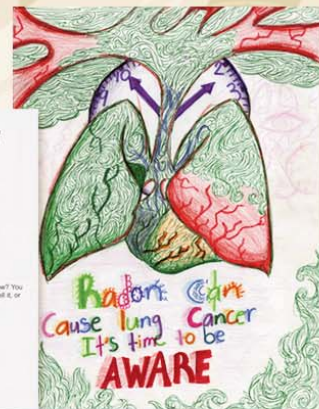


RAQUEL GOLDMAN: FIRST PLACE, FLORIDA;
SECOND PLACE, NATIONAL

2009 Florida State Radon Poster Contest Winners Announced



KARLA BRIDGETTE AVENDANO:
HONORABLE MENTION, FLORIDA



SONICAH SANON:
HONORABLE MENTION, FLORIDA

The Florida Department of Health (DOH) is honored to announce the winner of the 2009 Florida State Radon Poster Contest: Raquel Goldman.

Goldman, 13, attends the Hollywood Academy of Arts and Science in Hollywood, Florida. Taking Honorable Mention distinctions are Karla Bridgette Avendano, 13, from Hollywood Academy of Arts and Science and Sonicah Sanon, 12, from Jose de Diego Middle School. These students' posters were selected from 176 entries. The purpose of the statewide contest is to highlight the risks posed by exposure to indoor radon.

Raquel Goldman, Karla Bridgette Avendano and Sonicah Sanon's posters were also entered in the National Radon Poster Contest sponsored by the National Safety Council and the U.S. Environmental Protection Agency. Last year, Sara Garcia of Hollywood Academy of Arts and Science won the national contest. This year, Raquel Goldman placed second at the national level.

"I applaud the efforts of all these students who took time to learn about radon and educate their fellow Floridians about the hazard," said Dr. Lisa Conti, Director of the DOH Division of Environmental Health.

Florida participants' entries are posted on the DOH Web site, and poster winners from all states are available for viewing at the National Safety Council's Web site, www.nsc.org/issues/radon. The winners of the National Poster Contest, along with a parent and sponsor, will receive an all-expense paid trip to Washington, D.C., to attend the national award ceremony this month.

Radon is a naturally occurring, colorless, odorless and tasteless radioactive gas found in Florida and all over the United States. Nationally, an average of 1 out of 15 homes

has elevated radon and in Florida, about 1 out of 7 homes. Radon is found in all regions of Florida and in all types of residences whether they are old or new, a one-story house or a 20-story condominium.

Radon gas decays into radioactive particles that can get trapped in your lungs when you breathe. As they break down further, these particles release small bursts of energy that can damage lung tissue and lead to lung cancer over the course of your lifetime. Not everyone exposed to elevated levels of radon will develop lung cancer, and the amount of time between exposure and the onset of the disease may be many years.

The U.S. Environmental Protection Agency and the National Academy of Sciences estimate about 21,000 Americans die each year from radon-induced lung cancer. The U.S. Surgeon General has warned that radon is the number one cause of lung cancer in non-smokers, and the second leading cause of lung cancer after cigarette smoking.

The level of radon exposure in homes, schools and other buildings can be determined by a simple, inexpensive test that can be purchased at home improvement stores; another option is to hire a state-certified radon testing company. Testing for radon is easy and effective. If elevated levels are detected, techniques can be used to lower the levels.

For more information about radon, visit www.doh.state.fl.us/Environment/community/radon/index.html.



Health Department Receives Special Thank-you Message From Troops

Volusia County Health Department Press Release: Thursday, January 08, 2009

by Stefany Strong, Public Information Officer, Volusia County Health Department

Employees at the Volusia County Health Department were pleasantly surprised to receive a special thank-you photo message from soldiers serving in Afghanistan. The employees sent care packages filled with gifts, holiday treats and toys to the troops.

The effort was coordinated by clerical supervisor Anna Torres who has a son serving in Afghanistan. Torres said her son and his squadron wanted to give the toys to children impacted by the war.

“Our employees wanted to do something special for the troops in the war zone during the holiday season. The thank-you message from the troops came as a surprise and really touched our hearts here at the health department,” said Dr. Tom Coleman, director of the Volusia County Health Department.