

# the health advisor

CMS  
Sarasota  
Reels in  
Big Fun

Back-to-School  
IMMUNIZATIONS

Practice  
Makes  
Perfect  
REGIONAL  
DOMESTIC  
SECURITY TASK  
FORCE  
REGION 3

Celebrating  
**14** Years  
of HIV/AIDS  
Awareness

## Health Priorities Highlighted in Governor's Budget

July/August 2007  
Office of Performance Improvement

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



JULY/AUGUST 2007



## the health advisor

Official Newsletter of the Florida Department of Health  
Ana M. Viamonte Ros, M.D., M.P.H., State Surgeon General

### *features*

- 1 | Health Priorities in the Governor's Budget
- 2 | CMS Sarasota Reels in Big Fun
- 3 | Back to School
- 4 | Practice Makes Perfect
- 5 | Celebrating 14 Years of HIV/AIDS Awareness

### *prevention*

- 6 | The Frenchtown Health Blitz
- 8 | Drowning Prevention is up to You

### *preparedness*

- 7 | The Danger After the Storm

### *kudos*

- 9 | Bureau of Radiation Control Earns Excellent Audit Marks
- 10 | People in Public Health

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EDITOR-IN-CHIEF **ANGELA LYNN**  
EXECUTIVE EDITOR **STEPHANIE TURNAU**  
ART DIRECTOR **GEORGIA MURPHY**

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Please send articles for submissions and questions regarding the Health Advisor to Stephanie Turnau; 850.245.4013; FAX, 850.245.0462; EMAIL, [performanceimprovement@doh.state.fl.us](mailto:performanceimprovement@doh.state.fl.us); SUNCOM, 205.4007; SUNCOM FAX 292.0462.

FLORIDA DEPARTMENT OF  
**HEALTH**



## Department of Health Applauds Health Priorities Highlighted in Governor Crist's Budget

Department of Health (DOH) State Surgeon General Ana M. Viamonte Ros M.D., M.P.H., applauded Governor Charlie Crist and the legislature for the public health strides made during the legislative session and in the Governor's budget. These public health measures will better help support and expand important health care needs to Floridians.

"I thank Governor Crist, Lt. Governor Kottkamp and members of the Florida Legislature for their work, budget allocations and for helping the department carry out its mission of providing quality public health services to all Floridians, while also promoting high health care standards," said the State Surgeon General.

### KEY DOH BUDGET AND LEGISLATIVE ITEMS

**DESIGNATION OF A STATE SURGEON GENERAL: SB 2260** The DOH will be headed by the State Surgeon General, starting July 1, who will act as the leading advocate for wellness and disease prevention. This legislation is part of a comprehensive approach to keep Floridians healthy.



**30-MINUTE PHYSICAL EDUCATION REQUIREMENT: HB 967** This legislation calls for elementary school students to get 30 minutes of physical activity each day at school. Given the increased rate of childhood obesity and the startling rate of diabetes and other health problems among Florida's youth, offering more physical education in schools is a positive step toward improving the health of our youth. Providing the opportunity to get more physical activity at school will also help assist our children in meeting the Centers for Disease Control's recommended daily physical activity requirements.



**TOBACCO CONSTITUTIONAL AMENDMENT: \$54 MILLION** To protect Floridians—especially youth—from addiction, disease and other health hazards associated with tobacco use an additional \$54 million will provide tobacco education and prevention programs as required by the 2006 voter-approved constitutional amendment.

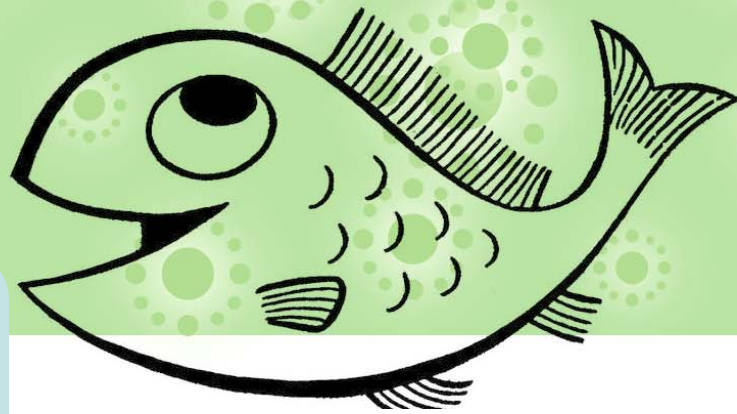


**HEALTHY START SERVICES: \$5 MILLION** The budget provides a \$5 million increase in funding to be used by the Healthy Start Coalitions throughout Florida. The funding will support programs to decrease infant mortality and increase access to prenatal care for uninsured mothers.

**COUNTY HEALTH DEPARTMENT REPAIRS: \$20.2 MILLION** This budget allotment will be designated to Broward, Charlotte, Jackson, Walton, Miami-Dade, Polk and Volusia counties for repairs and new building construction of the local county health department facilities. These buildings will help provide better health services to the people of Florida.

**AIDS INSURANCE CONTINUATION/DRUG ASSISTANCE PROGRAM: \$1.3 MILLION** The AIDS Insurance Continuation Program was funded at \$1.3 million to support increased insurance costs and allow for additional clients to be served.

**MEDICAL QUALITY ASSURANCE: \$1.9 MILLION** Funding will add additional positions in the Prosecution Services, Investigative Services and Unlicensed Activity Units and provide additional training within the Board of Nursing to more efficiently serve Floridians.



## CMS Sarasota Reels in Big Fun

By Kristin Roberts and Dana Dickson

**O**n a sunny Saturday in May, over 70 Children's Medical Services (CMS) children with facial differences and their families took a break from clinics and doctors to go fishing.

Organized by CMS Sarasota area office staff, the fishing trip was an opportunity for children and families to get to know one another and share experiences together in a fun, non-clinical setting.

"This trip is an example of the holistic approach to care that CMS provides to Florida's children with special health care needs and their families," said Deputy Secretary of Health for Children's Medical Services Joseph J. Chiaro, M.D., F.A.A.P.

Children born with facial birth defects, who often have difficulties in social situations, met and got to know other children like them in a fun, relaxed setting. Parents compared notes on how to balance multiple medical appointments and surgeries and discussed how they can help their children live successful and fulfilling lives.

"It was obvious to me that these children and their families share a very deep and meaningful understanding of each other," said Dana E. Dickson, a CMS Sarasota Care Coordinator. "It's clear that they really do benefit from social gatherings like this trip."

The boat left the dock around 1:00 p.m. and during the four and a half hour trip, every child caught at least one fish. Prizes for the first fish caught, last fish caught, biggest fish caught, smallest fish caught and most fish caught were provided by FACE, a Sarasota-based support group for people with facial differences. But the real prizes were the friendships made by children and families throughout the day and the proud smiling faces of everyone involved.

In the end, the only question that remained was "When is next year's trip?" Clearly, everyone was hooked!

To learn more about CMS services in your area, please visit: [www.cms-kids.com](http://www.cms-kids.com).





## Back to **school** by Stephanie Turnau

The end of summer usually brings about a flurry of activity as parents and children get ready for the upcoming school year. In addition to the notebooks, folders and pens that are on the school shopping list, be sure to include a record of your child's necessary vaccines. Florida schools require the proper immunizations before students can attend. This includes public and private schools, pre-schools, child care facilities and family day care homes.

Schools require the Florida Certification of Immunization, Form 680, commonly referred to as a "Blue Card." Your doctor can provide the current list of vaccines required for school enrollment based on your child's age and grade level and include the immunization record on the Blue Card.

Florida does not grant any personal or philosophical vaccine exemptions for children, but a Temporary Medical Exemption (TME) can be granted for those who are in the process of completing the required immunizations. The TME does have an expiration date which is issued only by your local county health department, so all shots should be received before that time.

Immunization clinics for school are offered through some of the county health departments. Contact your local health department for times and locations. For more information, visit: [www.immunizeflorida.org](http://www.immunizeflorida.org).

### Required Immunizations

| preschool                           | kindergarten                        | 7th Grade                  | child care & family day care  |
|-------------------------------------|-------------------------------------|----------------------------|-------------------------------|
| Diphtheria-Tetanus-Pertussis Series | Diphtheria-Tetanus-Pertussis Series | Tetanus-Diphtheria booster | Diphtheria-Tetanus-Pertussis  |
| Haemophilus influenzae type b (Hib) | Hepatitis B Series                  |                            | Haemophilus influenzae type b |
| Hepatitis B                         | MMR                                 |                            | MMR                           |
| Measles-Mumps-Rubella (MMR)         | Polio Series                        |                            | Polio                         |
| Polio Series                        | Varicella                           |                            | Varicella                     |
| Varicella (chicken pox)             |                                     |                            |                               |

## PRACTICE MAKES Perfect

by Johnny Thompson

**On May 30**, health officials in the Regional Domestic Security Task Force (RDSTF) Region 3 got a jump-start on the '07 hurricane season by conducting an exercise to test the readiness of their regional shelter teams, epidemiology regional strike teams and environmental health regional strike teams located in Gainesville. The teams are made up of Department of Health (DOH) employees from the 13 counties that comprise Region 3, located in central Florida.

A scenario was given to the teams where Florida was hit by a Category 5 hurricane and the teams were deployed to fictitious Mango County to aid citizens in the aftermath.

“Our mission was to prepare our epi[demology] and environment health teams for what they could potentially encounter this hurricane season,” said Emily Wilson, Public Health Preparedness Planner for Region 3. “We designed the exercise as a Category 5, so it encompassed a lot of things that they may or may not face should they have to deploy. And that’s a good thing.”

Part of the exercise scenario was the activation of a special needs shelter. These shelters are designed to provide a higher level of care for citizens who may need medical or specialized services that another storm shelter may not be equipped to handle. Throughout the exercise, obstacles and challenges were included to test the teams’ ability to register citizens, manage shift changes, use team leaders in shelters and on strike teams, employ epidemiological surveillance systems in the shelter, use personal protection equipment and conduct water systems checks at the shelter.

**“[The] exercise created an environment where teams had the opportunity to demonstrate all of the epidemiological skills strike teams need to deploy to a county and provide essential assistance to citizens,” said Robyn Kay, Regional Epidemiologist. “This event was great because it allowed strike teams to really see what they will face in a disaster.”**

Though the activation of a special needs shelter is not a novel occurrence, the uniqueness of this event was that it



was the first time DOH teams exercised as a regional unit as opposed to a county unit.

“The [regional] concept is new, but many of the people involved have deployed multiple times before,” said Patricia Frank, RN Region 3 Special Needs Shelter Coordinator. “This exercise was a process of people getting to know each other’s strong points and becoming familiar with the team a person will deploy with.”

Region 3 is the first region to exercise the deployment of regional teams, so DOH staff from around the state attended the event, serving as observers and evaluators. “This exercise allowed Region 3 teams to set a precedent for the training regional teams will need to conduct before they deploy,” said Kay.

“At the end of this exercise we will have a packet of information that other regions can duplicate and use for their regional strike teams,” said Frank. “While it’s great that Region 3 was the first to exercise, this is not just a Region 3 effort, it is a DOH effort. All of DOH will benefit from what we did today.” If you are interested in learning more about the Region 3 exercise, please contact Patricia Frank at 352-258-4930 or email at: [Patricia\\_Frank@doh.state.fl.us](mailto:Patricia_Frank@doh.state.fl.us).

# Celebrating **14** Years of HIV/AIDS Awareness

by Marlene Lalota

June 27, 2007, marked the fourteenth annual observance of National HIV Testing Day (NHTD) sponsored by the National Association of People with AIDS and the Centers for Disease Control and Prevention. This year's theme was "Take the Test, Take Control." Activities around NHTD are designed to raise awareness about HIV testing and services available for those that are HIV infected. Early detection of HIV infection empowers individuals to take control of their lives by beginning early treatment, which can both prolong and improve the quality of life. When a person learns their HIV status, they are able to take control of their own potentially high-risk behaviors. People who know their HIV status have the power to alter their behaviors and take steps to protect themselves and their partners from infection.

One of the greatest achievements of NHTD was the collaboration among Department of Health (DOH) HIV/AIDS staff, county health departments and community partners. County health departments all around the state worked with local organizations to provide manpower, incentives and test supplies for NHTD events. Local organizations were encouraged by the support and commitment of among DOH staff in the fight against HIV/AIDS.

Participation in NHTD was very strong and the activities were highly attended across the state. Local events included free testing at expanded test sites and outreach locations; increased hours of operation for additional access to testing opportunities; health fairs that offered other services, such as blood pressure screening; community fun days; media events; and outreach activities that targeted high-risk and traditionally underserved minority communities.

HIV/AIDS updates and information can be found at: [http://www.doh.state.fl.us/disease\\_ctrl/aids/index.html](http://www.doh.state.fl.us/disease_ctrl/aids/index.html).





## The Frenchtown Health Blitz by Page Jolly

On June 7, more than 50 volunteers from the Leon County Health Department (LCHD) fanned out in ten teams, pounding the pavement in the best tradition of public health service to meet the neighbors, talk to them about health issues and give them information about the services offered through the Department of Health (DOH).



“With health care at a premium, it’s more important than ever for us to ensure that people in vulnerable areas know where they can get help. So we went where our citizens live, to their homes to hear directly from them what health issues concern them the most,” said Homer J. Rice, R.S., M.P.H., LCHD Administrator.

Frenchtown was chosen because it is an old Tallahassee neighborhood whose population is vulnerable because of age and income. The 43 churches in Frenchtown helped get the word out by passing out fliers about the Blitz at their services.

The Department had help from many other partners, including Griffin Middle School, who allowed LCHD to use their cafeteria as a base of operations; Tallahassee City Police, who patrolled the area; and Emergency Medical Services, who were also on hand during the heat of the day.

Using the Incident Command System for their organizational structure, staff launched enthusiastically into the interactive community project. They were greeted by residents who welcomed them, pleased and excited about the attention. Many wanted to spend more time with the staff than was possible.

Teams asked residents ten questions about their health habits, knowledge of service providers and family medical histories. Responses were anonymous. Staff also gave each person a “goody bag,” with information about chronic diseases, hurricane survival and service locations. Altogether, 500 bags were distributed.

The LCHD took a proactive approach to community health care through the Blitz. The information gleaned will allow staff to better target services and health messages. The goal is to follow up on the results and perhaps repeat the process in another area this coming year.

Besides serving the community, the staff also benefited by participating in the Blitz. It was a boots-on-the-ground kind of experience that can bring a team together and revitalize their sense of mission.

### A SNAPSHOT

117 households were surveyed. The results give insight into the community, highlighting some areas where education or intervention may be effective.

➔ 77% of the households had a regular health care provider, and of those, 57% used a private doctor as their provider; 14% use the emergency room as their provider.

➔ The biggest health issue was blood pressure. 60% of the households had been told by a provider that they had high blood pressure, and most of those were on medication. 29% of those surveyed said they had diabetes.

➔ Half the people in the community used tobacco, and of those, 69% had used tobacco for more than 10 years.

# The Danger After the Storm

by Stephanie Turnau

When a big storm has passed, there is a feeling that the danger has passed with it, but it hasn't. Most injuries occur during the clean-up, or through incorrect use of generators and other power equipment. Follow these common safety procedures and keep you and your family safe.

**Never approach downed power lines.** Use common sense and stay away from standing water which may have active electrical current running through it.

**Avoid driving as much as possible during this period.** Traffic signals will most likely be out of service and roadways may be blocked by debris.

## POWER OUTAGES

Power outages offer the greatest opportunity for injuries or even death in the aftermath of a storm.

■ To avoid fire, use battery-operated flashlights instead of candles.

## ELECTRICAL EQUIPMENT

Turn off any electrical equipment that was on when the power went out and keep the refrigerator closed to keep food and medications cool.

## PORTABLE GENERATORS

Portable generators are one of the biggest hazards that exist. Generators quickly produce high carbon monoxide (CO) levels that may cause death. You can't see or smell CO.

- Never use a generator indoors or in partially-enclosed spaces like garages even if they have ventilation.
- Opening doors and windows or using fans will not prevent CO poisoning.
- Locate generators outdoors, away from doors, windows and vents that attach to the house, and air conditioning units that could pull the CO indoors.
- Invest in a battery-operated CO alarm to alert you to the presence of CO.
- Always follow the manufacturer's and local municipality's directions when it comes to generators and alarms.
- Test CO alarms frequently.
- Get fresh air immediately if you feel sick, dizzy or weak and call your nearest Florida Poison Information Center at 1-800-222-1222. If the victim has collapsed or is not breathing, call 911 immediately.

Stay safe and visit [www.floridadisaster.org](http://www.floridadisaster.org) and [www.redcross.org](http://www.redcross.org) for more tips and services that you may need after a storm hits.

“I turned away for just a second.”



## Drowning Prevention is Up to You

By Stephanie Turnau

**“I turned away for just a second.” That’s how a lifetime of regret and sorrow can start.**

Florida has the nation’s highest number of drowning deaths for children aged one to four, and is third in the nation for overall drowning deaths. Following the advice in this article could save a child’s life.

Nearly everyone has seen news coverage of devastated family members after a child drowning. When children are in or around water, designate a competent adult as the “water watcher” to be with the children every moment, and that adult must be focused on keeping the children safe. It’s up to parents, grandparents, caregivers like babysitters and even playmates’ family members to be aware and prevent this largely preventable accidental death.

Most drownings occur in home pools, and continuous adult supervision can prevent these tragedies. Other locations, such as the beach or retention ponds, are obvious areas for caution, but young children can drown in very shallow water, even in the home. Bathtubs, toilets and buckets of cleaning water should all be used with extra caution when children are around. Think about the time it takes to answer the doorbell, respond to a phone call, handle another child’s problem or be distracted by conversation, and avoid at all costs the deadly combination of water, young children and distraction. Children drown without a sound, some in just a few seconds.

Visit the DOH Office of Injury Prevention’s Web site at: <http://www.doh.state.fl.us/Workforce/InjuryPrevention/DrowningPrevention.html> for more information on drowning prevention.

### Keep these tips in mind when children and areas of water mix:

- ↳ Constantly watch the children who are in or near water and keep them within reach.
- ↳ Be sure that there’s another adult who will watch the children if you need to leave for any reason.
- ↳ Make sure rescue equipment is easily accessible. Keep telephone and emergency numbers on hand.
- ↳ Latch gates, lock doors, use alarms and create two or more barriers to the pool, spa or any water.
- ↳ Make sure a child cannot return without your knowledge.



## THE RADIOACTIVE MATERIALS PROGRAM PERFORMS THE FOLLOWING SERVICES:

- ⌘ Regulates radioactive materials, including the licensing of all facilities and users.
- ⌘ Inspects licensee activities for compliance with safety requirements.
- ⌘ Responds to incidents and accidents involving radioactive material.
- ⌘ Performs announced and unannounced compliance inspections.
  - ⌘ Reviews radioactive material license applications to ensure radiation sources are used safely.
  - ⌘ Responds to inquiries from licensees and the public.
  - ⌘ Educates licensees and the public about radiation issues.
- ⌘ Participates in emergency response activities at Florida's nuclear power plants.
- ⌘ Conducts investigations involving radioactive materials.
- ⌘ Conducts more than 700 radioactive material license inspections each year. Depending on the complexity of the license, the length of an inspection can range from one hour to one week.

## Bureau of Radiation Control Earns Excellent Audit Marks from the U.S. Regulatory Commission

by Debbie Gilley and Elisia Norton

Every four years, the U.S. Nuclear Regulatory Commission (NRC) takes a close look at how well the Department of Health's (DOH) Bureau of Radiation Control's Radioactive Materials Program trains its staff, conducts inspections, monitors people who use radioactive materials and responds to radiological events. Glowing results from this year's audit indicate the six-member assessment team loved what they saw.

Florida's program sailed through the comprehensive review, meeting all federal requirements and even exceeding some of the minimum standards. In 1964, the Atomic Energy Commission (now the U.S. Nuclear Regulatory Commission) and the state of Florida signed an agreement empowering the program to license and regulate users of radioactive materials.

Today, the Radioactive Materials Program licenses more than 1,700 users across the state, including hospitals, universities, industrial facilities, doctors, roofing companies, a food irradiator and a medical product irradiator. The Bureau also oversees 10 radiation protection programs involving X-ray machines, radioactive materials, environmental monitoring and emergency response.

Nationally and internationally renowned for its progressive regulatory program, the Bureau's comprehensive processes have been used as a model for other states and countries. In fact, France, Mexico, Malaysia and the Bahamas have sent health physics professionals to Florida to gather ideas to develop regulatory structures in their countries.

# People in Public Health

## EMERGENCY MEDICAL OPERATIONS DIRECTOR PUBLISHES ARTICLE IN CLINICAL JOURNAL

Dr. Jennifer Bencie Fairburn, Director of the Division of Emergency Medical Operations, co-authored an article in the *Surgical Clinics of North America*, volume 86 (2006), pages 545-555, entitled "Response to Hurricane Disasters."

Dr. Bencie Fairburn addresses the need for medical emergency systems to be in place before an emergency strikes. By using what is known about hurricanes, such as their predictability, best medical emergency practices plans can be well designed and ready for action when a storm makes landfall. Dr. Bencie Fairburn's article sounds the call to action that medical and emergency operations should be as prepared as possible in advance of a storm by basing emergency systems on past experiences and expectations. —Linda Brady

## 2007-2008 KING AND BANKHEAD-COLEY PROGRAMS GRANT AWARDS ANNOUNCEMENT

On June 1, 2007, State Surgeon General Viamonte Ros awarded 47 biomedical research grants worth over \$16.4 million to scientists across the state. The research projects funded by these grants began July 1, 2007.

The Office of Public Health Research funds biomedical research at Florida universities and research institutions through two programs. The James and Esther King Biomedical Research Program funds research into the cure, prevention, diagnosis, and treatment of tobacco-related diseases. The William G. "Bill" Bankhead, Jr. and David Coley Cancer Research Program funds research to find cures for cancer.

For more information go to [www.floridabiomed.com](http://www.floridabiomed.com) or send an email to [programsupport@floridabiomed.com](mailto:programsupport@floridabiomed.com)

—Susan Phillips

## PASCO COUNTY HEALTH DEPARTMENT DIETETIC INTERNSHIP PROGRAM GRADUATION

The Pasco County Health Department Dietetic Internship Program held a graduation ceremony on May 5, 2007, for 17 public health nutrition interns. The graduates were as follows: Kristine M. Alvarez, Natasha L. Ashley, Meghan C. Belue, Jennifer M. Boutin, Rosa Corday, Laura J. Dressel, Josephine A. Durkin, LaTrasha N. Freney, Katie A. Jones, Jessica L. Kinzer, Jennifer L. Nicholson, Neha P. Patel, Nydia I. Rivera, Linda Saintil, Lalena C. Strickland, Robert E. Warns and Jenna R. Weiss.

This internship program, which receives financial support from the Florida WIC program, serves as a critical recruitment strategy for attracting nutrition professionals into state employment. It also provides current state nutritionists with an opportunity to enhance their skills, knowledge and credentials in the dietetic field. The interns receive a minimum of 900 hours of professional experience in a variety of supervised settings and return to their public health nutrition positions with increased skills to provide nutrition services to Florida's citizens. —Mary Richardson



Graduating interns and their children.

## People in Public Health

### DOH WINNERS HONORED WITH 2007 PRUDENTIAL FINANCIAL DAVIS PRODUCTIVITY AWARDS

The Prudential Financial Davis Productivity Awards program is a public-private partnership co-sponsored by Florida TaxWatch, Florida Council of 100 and the state of Florida. This long-standing recognition initiative is chaired by Lieutenant Governor Jeff Kottkamp.

The Prudential Financial Davis Productivity Awards recognizes state employees at the individual, team, work unit and partnership level that make a significant contribution to improve performance expectations and save Florida taxpayers dollars or improve service efficiency.

The Office of Performance Improvement manages this program for the Department of Health (DOH). Applications are submitted to the program's judges by individuals and teams from throughout Florida's state agencies. DOH submitted 64 nominations and all were winners in five categories: distinguished cash, notable cash, plaques, pride eagle and certificates. DOH winners were honored for their outstanding contributions at luncheons statewide and within their respective departments.

All 2007 winners can be viewed on the DOH Office of Performance Improvement Web site at <http://www.doh.state.fl.us/hpi/davis/Davis.html>. —Rosalin Rozier

### MILDRED KAUFMAN PUBLIC HEALTH NUTRITION AWARD

Suzanne P. Wilson, Public Health Nutrition Program Manager of the Bureau of WIC and Nutrition Services, was presented with the Mildred Kaufman Public Health Nutrition Award on May 5, 2007, at the Pasco County Health Department Dietetic Internship Program graduation ceremony. The award was presented to Ms. Wilson in recognition of her commitment to the Pasco County Health Department Dietetic Internship, the pursuit of excellence in dietetics education, and the advancement of the internship mission in the promotion of public health nutrition. —M.R.



Pictured (L-R): Dana Vogelsong; Norman Raiford; Ray Collins; Dr. Jesus Ortiz; Clarisse Dunlop, Executive Director of Prudential Financial and Davis Productivity Awards.



Pictured (L-R): Dawn Millstead, BlueCross BlueShield of Florida; Leila Akins; Donna Barber; Ann Filloon; Florida Lt. Governor Jeff Kottkamp; Jasmine Torres; John Hogan, President of Capital Health Plan; Dr. Chiaro, CMS Deputy Secretary.



Pictured (L-R): Rosanna Licht, Assistant Director of Dietetic Internship Program; Sue Wilson, Public Health Nutrition Program Manager, Bureau of WIC and Nutrition Services; Clara Lawhead, Director of Dietetic Internship Program; and David R. Johnson, M.D., M.S., M.H.A., Pasco CHD Director