

THE FLORIDA PUBLIC HEALTH ADVOCATE

THE FLORIDA A publication of the Florida Public Health Association

FROM THE PRESIDENT'S DESK....



FPHA

Florida Public Health Association



Greetings! October finds us celebrating survivors of breast cancer and focusing on helping to raise funds for breast cancer research. My mother's life was taken by metastasized breast cancer, and so I feel a special passion for her and so many women who have dealt with it – so close to us, even our own Executive Director, Sandy Magyar, who is valiantly dealing with post-surgery recovery, chemotherapy and radiation.

I think it is fair to say that almost every one of us has been touched by breast cancer in some way. Let's continue to fight the good fight, but let us not forget that there are so many other cancers that also take the lives of our family members and friends, and require focus, research and fund raising as well.

Shannon F. Hughes, CPM, ASQ-CQIA
FPHA President

****Newsflash****

Become a Florida Public Health Association Member for the reduced rate of \$30.00 until December 31! Please share this opportunity with your friends, businesses, and others!

Students pay only \$15.00 year-round.

Here's why you should become a member:

<http://www.fpha.org/Membership-Presentation>

Don't delay, join today!

Florida State Employees Charitable Campaign (FSECC)

To those of you who donated to the FPHA Foundation, through the FSECC, we thank you so much!! There is still time to donate. Our Charity Code is 6062:

<http://www.fsecc.com/>

OCTOBER 2015

Florida Public Health
Association
1605 Pebble Beach Blvd.
Green Cove Springs, FL
32043-8077

Phone: (904) 657-2009
Fax: (904) 657-2235

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The 2015 Florida Public Health Association Annual Educational Conference was a great success!

Participants enjoyed:

- Networking with over 100 attendees, from throughout the southeast
- Visiting with exhibitors who each demonstrated their own special brand of public health
- Participating in poster sessions on the latest in cutting-edge studies and research
- Choosing topics from an agenda that was timely, relevant and compelling
- Learning from subject matter experts with a wide variety of backgrounds and interests
- Collaborating with special interest group members
- Bidding on silent auction items that raised \$1306.00 for our future public health professionals

Blaze your own new trail in public health! **Consider joining us in 2016 – July 27-29.**

October is Health Literacy Month and Breast Cancer Awareness Month!

Are there October Health Observances that you like to recognize? Please share them with us on Facebook!

<https://www.facebook.com/FLPublicHealth>

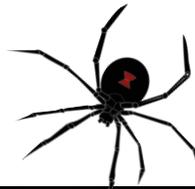
Central Office “Press the Chest” Event



Shannon Hughes, FPHA president, practices Heimlich maneuver for choking victim

On September 29, employees at the Central Office of DOH were invited to participate in a Press the Chest event (Hands only CPR). Each participant was provided with an American Heart Association CPR Anytime kit, which contains a CPR manikin, DVD and educational materials and supplies. These kits were provided for the participant to keep and to encourage the training of family and friends. The song “Stayin’ Alive” by the BeeGees was the theme song as it provides the perfect beat for heart compressions! Find out more at <https://www.youtube.com/watch?v=HjKeTo3c2wM> Leon County Emergency Medical Technicians also provided training on choking assistance.

The Bay County Zombie 5K event was on Saturday, September 26. Keep moving, and watch out for these spooky, un-dead creatures!

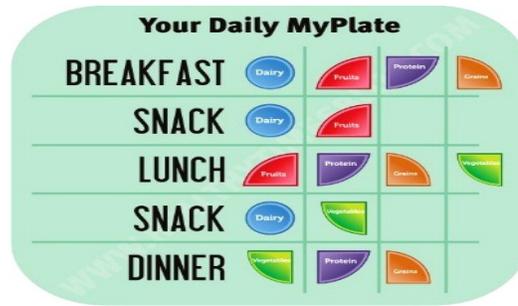


Building a Healthy Lunch

On October 20th, the **Florida Department of Health in Hillsborough's Wellness Committee**, led by Nutrition Educator, Shaun Sawko, held a lunch and learn for employees. The topic was *Building a Healthy Lunch*. We all know that eating out can get expensive, but sometime bringing your lunch from home gets monotonous. This presentation gave some great tips on saving money and adding variety/spice to those otherwise boring bagged lunches. Shaun emphasized the importance of eating a variety of food groups at lunch to fuel the body with much needed nutrients. The foods most thoroughly discussed were dairy, proteins/vegetable proteins, whole grains, fruits and vegetables. Here are some highlights to the benefits of each of these foods.

Dairy – provided protein, calcium and many other needed minerals for optimal bone health and growth

Fruits and Vegetables – rich sources of vitamins like A and C along with fiber. There are also many phytochemicals which research has shown to be important to overall good health. Phytochemicals called Anthocyanins found in blueberries and strawberries can help aid in vision and protect your bodies from free radicals. A phytochemical called Capsaicin found in chili



A breakdown of foods to try and incorporate at each meal and snack based on the MyPlate Guidelines.

Vegetable proteins (beans, tofu, nuts) – provide excellent source of protein along with vitamins and minerals. Protein is important for building muscles and strong body structure. They are often a good source of fiber to help keep you full longer and promote GI regularity. Using vegetable proteins over animal based helps promote a healthy weight and reduce the amount of cholesterol we consume daily.

Whole grains – provide carbohydrates (turned to glucose) which is the main fuel source for our brains. Whole grains provide a good source of fiber along with Vitamins E and B.

For a fee of \$5 employees had the opportunity to prepare a lunch with foods from a number of food groups. Those foods provided are shown in the table below. Future lunch and learns will take place with one being planned for November around pumpkin recipes and the health benefits of this vegetable

Vegetables	Fruit	Grain	Protein	Dairy
Pickled Vegetables	Berries	Popcorn	Diced Chicken	Yogurt
Salad (mixed greens lettuce)	Dried Fruit	Pitas	Deli Meats	Cheese
Dusted Carrots (tossed in ranch popcorn seasoning)	Baked Apples	Wraps	Bean Salad	Yogurt Based Dip
Tomatoes	Bananas	Granola	Hummus	
Cucumbers			Peanut Butter	
Celery				

Don't forget that **November 17, 2015, is National Healthy Lunch Day**. Get together with some of your co-workers or friends and build a better, healthier lunch.



Great American Smokeout – A One Day Quit Attempt That May Last Forever

Maureen Guthke, MPH

LaToya Clark, MPH

USF AHEC Tobacco Cessation Program

On a global scale, public health professionals face the daunting challenge of addressing tobacco use and dependence in their field of work. According to the World Health Organization, tobacco use is a major cause of many of the world's top killer diseases – including cardiovascular disease, chronic obstructive lung disease and lung cancer. In total, tobacco use is responsible for the death of about 1 in 10 adults worldwide.

Let's fight back against tobacco! On November 19, 2015, public health professionals can be a part of the national movement to encourage tobacco users to quit for just 24 hours, with the hope that the attempt to quit will last forever. The American Cancer Society's Great American Smokeout observance (the third Thursday of every November) is a great time to encourage smokers to go the distance.

According to the Centers for Disease Control, about 43 percent of adult daily cigarette smokers in 2012 stopped smoking for more than 1 day because they were in a quit attempt. Quitting smoking is hard and it may take several attempts to be successful. With over 43 million smokers in the United States and 70% of them wanting to quit, public health professionals can capitalize on this opportunity to encourage and support tobacco users in their efforts to lead a tobacco free life.

Tobacco Free Florida offers a number of FREE resources to help tobacco users quit. These services are available at no cost to tobacco users who are ready to make a quit attempt. Tobacco Free Florida's 3 Free and Easy Ways to Quit provides 24/7 help through the telephone Quitline, online web coach and local face-to-face help. Florida Area Health Education Centers are the local in-person option. Tobacco cessation groups are offered in every county of the state. Classes are led by trained tobacco cessation specialist or AHEC facilitators. Participants receive group support, guidance, and quit aids including patches, gum or lozenges.

Certified Quit Coaches are only a phone call away with the Florida Quitline (1-877-U-CAN-NOW). The Quitline offers up to three proactive coaching sessions, self-help materials, and quit aids (nicotine patches). Available at www.quitnow.net/florida, a free web-based program allows users to create and follow a plan at their own pace and includes emails and patches for additional support.

Quitting is hard, but one can increase their chances of success with help. November 19th (Great American Smokeout) is right around the corner. Encourage smokers to take that important step towards a healthier life and quit – even for a day! For more information about AHEC or to help smokers in your county register for classes, please visit <http://www.tobaccofreeflorida.com/> or call 1-877-848-6696.

E-Learning Institute Fellowship: Public Health Instructional Designer, Distance Learning Specialist, or Health Educator? Exciting Learning Opportunity Available – Apply Today!

The Centers for Disease Control and Prevention (CDC), in partnership with the Public Health Foundation (PHF), invite distance learning educators who need to know how to develop online training products, to apply to participate in the E-Learning Institute fellowship.

Starting February 8, 2016 and ending June 10, 2016, this program equips its fellows with practical skills and promising practices to create quality online training products. Fellows will create an e-learning product based on the knowledge and skills gained through the program, and are required to present their product at a final showcase.

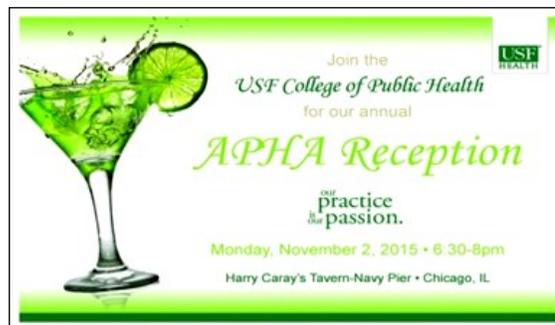
<https://elearninginstitute.wufoo.com/forms/z2w7iuf0uzimch/>

University News

Check out this very inspiring video from the University Of South Florida College Of Public Health!

USF COPH: My Practice is My Passion

<https://youtu.be/yQcL2BZDIQ?list=PL61EAC2BB13A965E0>



The **Rollins Center for Health Innovation** is offering a 10% tuition discount for members of the FPHA that wish to enroll in either our new executive-style Master of Public Health (MPH) program or our new executive-style Master of Health Services Administration (MHSA) program. Classes meet every other weekend on some Friday evenings and Saturdays for approximately 21 months.

Contact: Chet Evans, MS, DPM, FACFAS

Executive Director
Center for Health Innovation
Hamilton Holt School
203 E. Lyman Ave.
Winter Park, FL 32789
caevans@rollins.edu
Ph (407) 646-2331

Legislative News – Advocacy Report

Christopher L. Nuland, J.D.

The January start of the 2016 Legislative Session means that the FPHA advocacy efforts are already in full swing. Already the FPHA Advocacy Team has been representing the Association at a plethora of Committee hearings, promoting budget requests for adequate public health Infrastructure and succeeding in having the House Needle Exchange Bill (HB 81) passed by the House Health Quality Committee.

In addition, FPHA President Shannon Hughes and FPHA Lobbyist Chris Nuland met with the Department of Health Legislative Team in order to share intelligence and ensure that lines of communication remain open this Session. While DOH is precluded from taking positions on particular pieces of legislation, the Department's input is vital to the process, and we look forward to continued interaction over the next several months.

Thank you, in advance, to all those FPHA members who take time to be part of the process, whether it be by interacting with FPHA or staff of legislators themselves. Your voices are the most important part of the process, so keep those calls and emails coming!

Educational Opportunities

Webinar: Healthcare Threat Assessment Teams- Preventing vs. Reacting

Rick Shaw, Prevention Expert

October 28, 2015

12:00 – 1:00 PM Central Time

Registration - <https://attendee.gotowebinar.com/register/7967992910894130178>



Using an unconference format, the event is designed to showcase, discuss and promote the innovations that are transforming healthcare and will focus on technology, process and policy. One of the major benefits of HealthCamp is to provide an informal environment for people who would ordinarily never meet to find each other to engage, share, learn and network with each other to solve problems. For more information or to register: www.HealthCampFL.org

November 5 at 3:30 pm EDT: Getting to Know the Federal Government and Funding Opportunities

A federal funders panel reveals best practices in responding to federal funding announcements. Opportunities for federal funding are identified. [Register for this webinar](#) or go to <https://attendee.gotowebinar.com/register/1409324687085554946>

A Workshop on Managing Public Lighting - Does it Affect Human Health?

November 6, 2015, 8:45 AM – Noon

Osceola Extension Conference Center

Osceola Heritage Park

Kissimmee, FL

www.LightHealth.EventBrite.com