



FLORIDA DEPARTMENT OF HEALTH IN GULF COUNTY

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

WELLNESS NEWSLETTER DECEMBER 2014

NATIONAL INFLUENZA VACCINATION WEEK—DEC. 7TH –13TH



It's not too late to get your flu shot!

National Influenza Vaccination Week is a national observance that was established in 2005 to highlight the importance of continuing influenza vaccination.

The best way to prevent the flu is by getting a flu vaccine each year.

What is influenza?

Influenza, commonly called the flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death.

Signs and Symptoms of the flu:

People who have the flu often feel some or all of these signs and symptoms: Fever (or feeling feverish/chills), cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (very tired), and some may have vomiting and diarrhea (more common in children than adults).

What is your health department doing to protect the community?

The Florida Department of Health in Gulf County provides flu shots at their clinic locations in Port St. Joe and Wewahitchka. You can call to schedule your appointment at (850) 227-1276.

In addition, the DOH-Gulf School Health Team partners with the Gulf County School District to kick off a flu vaccination campaign each year. The campaign provides seasonal flu vaccinations to students during regular school hours at each school location. So far this year, **264 flu shots** have been provided to elementary school students. The High School flu drive begins this week.

Go School Health Team!

A yearly flu vaccine is recommended for everyone 6 months and older. Vaccination is especially important for protecting those at high risk for serious flu complications, including: young children, pregnant women, adults 65 years and older, or anyone with chronic health conditions like asthma, diabetes, and heart disease. For more information please visit: <http://www.cdc.gov/flu/nivw/>

GREAT AMERICAN SMOKEOUT (GASO)

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout. They may use the date to make a plan to quit, or plan in advance and then quit smoking that day. The Great American Smokeout event challenges people to stop using tobacco and helps people know about the many tools they can use to help them quit. Quitting smoking is hard but not impossible. In fact, there are more former smokers than current smokers in Florida.

This year, the Gulf County Students Working Against Tobacco (SWAT) chapter partnered with Gulf County employees to celebrate the Great American Smokeout, reaching around 150 partners.



In addition, Port St. Joe Elementary SWAT kicked off the day with tobacco prevention messages and a warm smile, greeting community members as they headed to school and work.



You can learn more about Tobacco Free Florida's free resources and get additional tips and tools to help you quit at www.tobaccofreeflorida.com or call Jessie Pippin at 227-1276, 168.

Healthy Cooking Demonstrations are still going strong!



Closing the Gap Cooking Demonstrations for December 2014

Piggly Wiggly (Apalachicola):
December 3rd & 10th, 2pm-5pm
Dollar General Market (Port St. Joe):
December 16th & 18th, 2pm-5pm

The Closing the Gap Program is also implementing healthy food demonstrations at the following faith-based organizations in Gulf County:

Church of God in Christ (Port St. Joe)
Philadelphia Primitive Baptist Church (Port St. Joe)

For more information, contact Talitha Robinson, Closing the Gap Program Coordinator, 850-653-2111 x 102.

DID YOU KNOW:

66% of adults in Gulf County are **overweight or obese**.*



The good news: There is a local group working to improve the health of Gulf County.

Join the next
Gulf County Community Health Improvement Partners meeting!

There are a variety of community health projects in the works.

Next meeting: December 10, Noon EST at Sisters Restaurant in Port St. Joe.
For more information, contact Sarah Hinds at 850-227-1276 x 205.

Source: Florida Charts Database (2011).



HealthiestWeight



HOLIDAY CHALLENGE **NOV. 17 THROUGH DEC. 31** **EAT SMART, MOVE MORE**



The Florida Department of Health teamed up with North Carolina State University to offer the *Maintain, Don't Gain! Holiday Challenge*.

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

The Holiday Challenge includes weekly newsletters delivered to your inbox with tips to manage holiday stress, fit physical activity into your busy day, survive a holiday party and more!

The challenge runs through December 31st, so it's not too late to join! Just click on the link below!

<http://www.healthiestweightflorida.com/activities/holiday.html>

The newsletter is written by DOH-Gulf /Franklin Health Educators. The information is provided for the purpose of education and is not intended to diagnose and/or treat any medical and/or mental health condition. For specific medical advice, diagnosis, and/or treatment, please contact your primary care provider.