



## Florida Department of Health in Gulf and Franklin Counties

# Wellness Newsletter March 2016

MISSION: To protect, promote and improve the health of all people in Florida through integrated state, county, & community efforts. Visit our website at [floridahealth.gov](http://floridahealth.gov)

## GULF AND FRANKLIN SWAT IN ACTION!

The “Through with CHEW” campaign in Gulf and Franklin Counties was a huge success! Apalachicola Bay Charter SWAT (Students Working Against Tobacco) spent the week implementing activities to educate students, parents and the community about the dangers of spit Tobacco. Wewahitchka and Port St. Joe students hit their local softball and baseball games to educate citizens. Great job SWAT!



Gulf and Franklin SWAT kids continued the momentum with their “Kick Butts Day” Celebration on March 16th. Franklin SWAT groups were “kicking cigarette butts to the curb” with visual display activities in the schools and around the cities to promote the campaign. Franklin SWAT are also working on producing a video, which will be shot in three locations in Franklin County. The video will promote the importance of keeping butts away from waterways, beaches and parks.

Speaking of parks!—The Wewahitchka City Commissioners recently approved a new smoke-free resolution with supporting signage to be placed around Lake Alice and TL James Parks. To celebrate this achievement and Kick Butts Day, SWAT students from Wewahitchka conducted a park cleanup at Lake Alice.



In Port St. Joe, 5th grade SWAT member Madison Burkett spoke on behalf of her peers at the PSJ City Commission to propose similar smoke-free opportunities in parks with playground equipment. This project was approved to move forward and we are so proud of our young youth leader! To also celebrate this victory and Kick Butts Day In Port St. Joe, SWAT youth cleaned up cigarette butts and other debris around Frank Pate Park.



# Want to improve the quality of life in your community?

Now is your chance! Our top health concerns in Gulf and Franklin Counties were selected by community partners and advocates **just like YOU!**

The top health concerns are:

**Access to Care**

**Healthy Weight**

**Substance Abuse/Mental Health**

Now it's time to identify ways to improve these areas!

Please join us for the first 2016 Community Health Improvement Workshops!

## **GULF:**

**When:** April 6, 2016, 9:00 am-12:00 pm EST

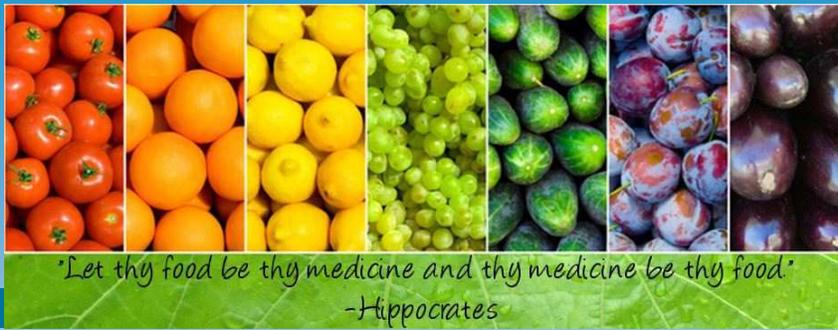
**Where:** Florida Department of Health in Gulf County  
2475 Garrison Avenue, Port St. Joe, FL 32456

## **FRANKLIN:**

**When:** April 13, 2016, 9:00 am-12:00 pm EST

**Where:** Florida Department of Health in Franklin County  
139 12<sup>th</sup> St., Apalachicola, FL 32320

RSVP to Deanna Simmons, 850-591-9386 or [Deanna.Simmons@flhealth.gov](mailto:Deanna.Simmons@flhealth.gov).



## Closing the Gap: *Body and Soul* - Health and Wellness Program at the Love Center Church

Pastor Sheila Martin started a health ministry after participating in the evidence-based healthy cooking Curriculum with Alma Pugh and Talitha Robinson, from the Gulf/Franklin Closing the Gap program. The ministry and wellness programs, designed for African American and Hispanic faith-based communities, encourages members to eat a diet rich in fruits and vegetables every day for better physical health. The Churches that embrace the *Body and Soul* - Health and Wellness curriculum help their members take care of their bodies as well as their spirits.



Pastor Sheila Martin of the love Center Church said “March is National Nutrition Month. Hat’s off to the ladies of the Closing the Gap Program for their “eat the rainbow” presentation. This event kicked off our Annual March Gladness Awareness at Love Center Church. I continued eating my rainbow at breakfast.”

**Healthy Cooking demonstrations continue every month from  
2:00 pm - 4:00 pm  
Apalachicola: Piggly Wiggly on 17th  
Port St. Joe: Dollar General Market on March 23rd & 30th**

If you have questions about the Closing the Gap or Body and Soul Health and Wellness program, please call Alma Pugh: (850) 653-2111 x 133 or Talitha Robinson: (850) 653-2111 x 102.



## 5-2-1-0 Healthy Food of the Month – Strawberries!

The strawberry is a delicious, bright red fruit produced on a low-lying plant which can be grown in the ground or in container. In Florida, strawberries are planted in October or early November and are full-sized and perfect for eating this time of the year. The strawberries we see right now are most likely Florida-grown, and just at their peak of sweetness and juiciness.

Strawberries are low in calories and contain vitamin A, vitamin E, and are an excellent source of vitamin C which helps the body fight infections and illness. When purchasing or picking strawberries, choose berries with a shiny red color, green caps and a sweet smell. To store strawberries, keep them in the refrigerator. Before eating, use cool water to gently wash them. If looking for frozen strawberries, select ones with no sugar added.

If you want to try to grow your own strawberries, plant them next autumn and choose “short day” varieties with names such as Festival, Treasure and Chandler. The plants need moist, well-drained soil and plenty of sunlight. The watering needs of the strawberry plant are important when the fruit is forming, as the plant first develops small white flowers until the fruit is red and ripe. The County Cooperative Extension office is a good source of information pertaining to growing strawberries.

Remember to make 5-2-1-0 your goal every day!

- 5 - Fruits and vegetables a day (including crunchy, raw vegetables and fruit)
- 2 - Only 2 hours or less of screen time a day (TV, computers, video games)
- 1 - One hour of physical activity a day
- 0 - Sugar-sweetened drinks (drink more water and non-fat milk)





## Gulf County and City of Port St. Joe receive Healthiest Weight Community Champion Recognition

Florida's county governments play an important role in reducing obesity. Implementing best practice policies and programs have been shown to increase physical activity and improve nutrition.

In Gulf County and the City of Port St. Joe, policies include maintaining a system of parks and bicycling routes, supporting access to a growing farmer's market with fresh fruits and vegetables, and implementing worksite wellness programs. These opportunities are helping to create an environment where the healthy choice is the easy choice.

To celebrate these efforts in environmental change, all local governments in Florida were invited to submit descriptions of their jurisdiction efforts. For the second year in a row, Gulf County and the City of Port St. Joe been recognized by the Florida department of Health as a Healthy Weight Community Champion. Thank you for your commitment to a healthier environment for our citizens!



(Pictures: Awards presented by Marsha Lindeman, Administrator for the Florida Department of Health in Gulf and Franklin Counties and Sarah Hinds, Wellness Manager and PIO.)



### Gulf and Franklin -

#### Let's Move! Child Care Campaign

A local partnership has been meeting with Early Childcare Education (ECE) Providers to educate on the benefits of registering for the Let's Move Child Care campaign.

Let's Move! Child Care encourages providers to meet 5 goals: Nurture Healthy Eaters, Provide Healthy Beverages, Get Kids Moving, Reduce Screen Time, and Support Breastfeeding.

Stay tuned on this initiative. Some providers are very close to being nationally recognized on the map!

## Spring Break Health and Safety Tips

Make this year's spring break memorable by having fun and helping yourself, your friends, and others stay safe and healthy.

### Protect yourself from the sun.

After a cold winter, it's tempting to stay in the hot sun all day. Although getting a little sun can have some benefits, excessive and unprotected sun exposure can result in premature aging, changes in skin texture, and skin cancer. Always wear sunscreen with at least SPF 15. For eye protection, wear wraparound sunglasses that provide 100 percent UV ray protection.

### Know the ropes.

When swimming and boating, know what's expected and what you can do to prevent injury or death for yourself and others. Know how to swim. Wear your life jacket while boating. Avoid alcoholic beverages while boating. Complete a boating education course.

Participate in the vessel safety check program. <http://wow.uscgaux.info/content.php?unit=v-dept>

## Emergency Preparedness: Spring Brings Storm Warnings!

# Understanding Severe Thunderstorm Risk Categories

THUNDERSTORMS (no label)	1 - MARGINAL (MRGL)	2 - SLIGHT (SLGT)	3 - ENHANCED (ENH)	4 - MODERATE (MDT)	5 - HIGH (HIGH)
<p><b>No severe* thunderstorms expected</b></p> <p>Lightning/flooding threats exist with <u>all</u> thunderstorms</p>	<p><b>Isolated severe thunderstorms possible</b></p> <p>Limited in duration and/or coverage and/or intensity</p>	<p><b>Scattered severe storms possible</b></p> <p>Short-lived and/or not widespread, isolated intense storms possible</p>	<p><b>Numerous severe storms possible</b></p> <p>More persistent and/or widespread, a few intense</p>	<p><b>Widespread severe storms likely</b></p> <p>Long-lived, widespread and intense</p>	<p><b>Widespread severe storms expected</b></p> <p>Long-lived, very widespread and particularly intense</p>
					
<ul style="list-style-type: none"> <li>• Winds to 40 mph</li> <li>• Small hail</li> </ul>	<ul style="list-style-type: none"> <li>• Winds 40-60 mph</li> <li>• Hail up to 1"</li> <li>• Low tornado risk</li> </ul>	<ul style="list-style-type: none"> <li>• One or two tornadoes</li> <li>• Reports of strong winds/wind damage</li> <li>• Hail ~1", isolated 2"</li> </ul>	<ul style="list-style-type: none"> <li>• A few tornadoes</li> <li>• Several reports of wind damage</li> <li>• Damaging hail, 1 - 2"</li> </ul>	<ul style="list-style-type: none"> <li>• Strong tornadoes</li> <li>• Widespread wind damage</li> <li>• Destructive hail, 2" +</li> </ul>	<ul style="list-style-type: none"> <li>• Tornado outbreak</li> <li>• Derecho</li> </ul>

\* NWS defines a severe thunderstorm as measured wind gusts to at least 58 mph, and/or hail to at least one inch in diameter, and/or a tornado. All thunderstorm categories imply lightning and the potential for flooding. Categories are also tied to the probability of a severe weather event within 25 miles of your location.



**National Weather Service**

[www.spc.noaa.gov](http://www.spc.noaa.gov)

