



## 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 JULY 2015**



## Partner with us for Community Health!

In Gulf County, the **Community Health Improvement Partners (CHIP)** are continuing their initiative to assess the current health concerns and priorities of the area. We are working to gain insight into what you—***the community members***—think is most important for our overall health.

To accomplish this, ***we need your help!***

Please take a moment (about 7 minutes) to fill out our survey, by using the link provided. Most importantly, ***pass this along to your co-workers, family and friends!*** The information gathered in the surveys will guide our future efforts to promote community health. We need as many responses as possible, in order to better ***understand*** and ***serve*** you, our community!

Please click [HERE](#) (press ctrl and click) to complete the survey! Thank you!



The DOH-Gulf/Franklin **Closing the Gap** Program will be hosting  
**healthy cooking demonstrations**

at the **PSJ Dollar Market** in July!

Be sure to check out the healthy recipes and  
enjoy a delicious sample!

**July 28th and 29th, 2:00-4:00 pm EST.**



# FITNESS CHALLENGE UPDATE

We had another weigh-in this week and folks are staying on track!

Please help support your friends and family who are participating in this challenge.

**Mary Clayton, our Fitness Challenge Champion of the month, shares her tips on weight loss:**

**I have been on my journey for two years (last month).**

I have kept a few things in my mind over these years to help me:

1. **I have never called it a diet.** Diets never work and stay off. Anyone that is truly ready to get healthy needs to know that it is a lifestyle change.

2. **Just eating healthy doesn't work.** You have to move. Start out slow -- walk.... Then move to running.... Introduce weights.... Etc.

3. **Have a workout buddy.** Accountability is an amazing tool.

4. **Don't always care what the scale says.** This has been the hardest thing for me to comprehend! Muscle weighs more.... This is true. Keep in mind that muscle burns more fat!

5. **Everyone loses weight at different speeds and in different ways.** When I started from the "couch potato" stage, I just started walking.... One mile, then two miles and later three miles. I then started running. I would run one block, add a block, and so on. Then I incorporated weights and the gym. I aim for at least 3 days a week, sometimes I am there more, sometimes less. I don't beat myself up if I don't go, however, I pick up right where I left off.

My last thought and the one that I repeat in my head daily--- **the weight did not come on overnight and it certainly isn't just going to "melt" off overnight.** Be patient and stay with it. Believe me, I am very happy I am down 100 pounds and this extra 30 pounds will also come off. In this process, you will not only become healthy, but you will see how strong, physically and mentally, you really are!



Before



Today



### Protect Yourself from Heat Stress

Heat Exhaustion symptoms: Headaches, dizziness, weakness, lightheadedness or fainting; moist skin; mood changes such as irritability or confusion; upset stomach; or vomiting.

Pay attention to what you eat and drink. Avoid alcohol and caffeinated drinks because they will dehydrate you. Eating heavy meals will increase your body temperature—eating smaller meals often will keep you cooler.

Pace yourself. Reduce strenuous activity outside or reschedule to the coolest time of the day—early morning before 10 a.m. is best.

### Protect Your Skin from Too Much Sun

Cover up with clothing. Wear light-weight, light-colored, loose-fitting clothing that covers your arms and legs. Wear a hat that protects your face, scalp, ears and neck.

Don't forget sunscreen. Apply sunscreen lotion with UVA/UVB protection and at least SPF of 15 or more. Reapply often. Wear sunscreen even if you plan on being in the shade.

# Join the next CHIP Meeting!

CHIP stands for Community Health Improvement Partners.

We are committed to protecting and improving the health of communities through education, promotion of healthy lifestyles, and access to resources.

We meet on the last Wednesday of each month at noon EST.

**Next Meeting:**

**When:** July 29, 2015 at noon EST.

**Where:** Sister's Restaurant on Reid Avenue, Port St. Joe.



**IN THE TIME  
IT TAKES  
TO THROW  
IN A LOAD  
OF DIRTY  
LAUNDRY...**

In Florida, we lose 4 classrooms of pre-k children every year due to drowning.

Drowning can be a silent catastrophe, one that can happen in the few minutes you take to throw in a load of dirty laundry or answer a phone call. Florida leads the country in drowning deaths of children ages 1–4.

The DOH-Gulf website has a very informative video posted about pool protection. To watch, please click [Here](#). The video can be found at the bottom of the main page.

**Pool safety is everyone's responsibility.**

Supervision, barriers and emergency preparedness serve as a safety net, keeping a child safe and helping to prevent a drowning. For details on these tips, click on [Layer of Protection](#).

The **Residential Swimming Pool Safety Act** (Chapter 515, Florida Statutes) requires one of the following pool safety measures for pools built after October 1, 2000:

- A pool fence with self-closing, self-latching gate — enclosing the pool and providing no direct access to it.
- An approved pool cover.
- Alarms on all doors and windows leading out to the pool.
- All doors providing direct access from the home to pool to have a self-closing, self-latching device with a release mechanism no lower than 54 inches above the floor.

For more information, contact Jessie Pippin at 850-227-1276 x 168.