



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 OCTOBER 2014

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH



National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer.

About **1 in 8 women** born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early.

A **mammogram** – the screening test for breast cancer, can help find breast cancer early when it's easier to treat.

Please see the attached CDC Breast Cancer flyer in this email about **risk factors**.

For more information about breast cancer, please visit <http://www.cdc.gov/cancer/breast/>

HEALTH DEPARTMENT WELCOMES NEW DENTIST

Dr. Parrish is a Doctor of Medical Dentistry graduate of the Georgia Health University and a Bachelor of Science undergraduate of Valdosta State College. She brings experience working in community health centers to provide oral health care services to underserved populations. Dr. Parrish looks forward to developing a strong partnership with Gulf County families, and strives to deliver a pleasant and positive dental experience.



Picture: Dr. Parrish and the Florida Department of Health in Gulf County Dental Team in Wewahitchka.

The Florida Department of Health in Gulf County accepts Prestige and Staywell Medicaid, Medicare and most other third party insurances.

Wewahitchka: 807 West Hwy 22, **850-639-4414**
Port St. Joe: 2475 Garrison Avenue, **850-227-1276, x160.**



Fall is a great time of the year to enjoy the outdoors with friends and family. Being outside encourages active lifestyles by decreasing time spent in front of a television or computer screen. Spending time outside also has mental health benefits such as stress reduction and mood elevation. Take advantage of our beautiful state this fall! Find fun ideas on the Healthiest Weight Florida website: <http://www.healthiestweightflorida.com/activities/fall.html>



HealthiestWeight

ATTENTION GROCERY STORE SHOPPERS: COOKING DEMONSTRATIONS ARE BACK!

The grocery store cooking demonstrations are back, thanks to the Florida Department of Health Closing the Gap Program of Gulf and Franklin Counties. The program will begin its second year of healthy cooking demonstrations twice per month at the local Dollar General Market in Port St. Joe and the Piggly Wiggly in Apalachicola.



"We are very excited that the Dollar Market and Piggly Wiggly have given the program another opportunity to conduct the demonstrations in their stores" -Talitha Robinson, DOH Gulf/Franklin Coordinator.

Cooking demonstration participants will receive a free food sample, healthy recipe of the day and additional educational materials. All the food prepared during the cooking demonstrations can be purchased at the store location. For more information, call 850-653-2111 x 102.



Closing the Gap Cooking Demonstrations for October 2014

Piggly Wiggly in Apalachicola— October 9th and 27th
Dollar General Market in Port St. Joe—October 22nd and 29th
(3:00-6:00 PM EST)

The Closing the Gap Program will also be implementing healthy food demonstrations at the following faith based organizations throughout Franklin and Gulf Counties:

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



GULF COUNTY ANNUAL HEALTH FAIR

Friday, October 24, 2014

10:00 AM-1:00 PM EST

Location: Gulf County Senior Citizen Center,
120 Library Drive, Port St. Joe, FL 32456

The **Gulf County Senior Citizen's Center** is bringing back their annual health fair!

FREE Health Screenings will include:

Blood Pressure
Blood Sugar
Hearing
Vision

Several vendors will distribute valuable health information with interactive exhibits.

There will be **flu shots** administered by the Florida Department of Health in Gulf County. (Payment due at time of service, insurance will be accepted.)

For more information, please call the Gulf County Senior Citizens Association at (850) 229-8466.



Food Day is a nationwide celebration and movement for healthy, affordable, and sustainable food. In honor of National Food Day 2014, the Florida Department of Health in Franklin/Gulf Closing the Gap (CTG) Program, which focuses on improving chronic disease outcomes for minority populations, is partnering with the Gulf County Senior Citizen's Center in Port St. Joe and the Franklin County High School in

GULF:

To increase awareness during Gulf County Senior Citizen's Health Fair, the Closing the Gap Program staff plan to provide educational information related to healthy lifestyle choices focused on nutrition.

Activities will include: "Name that Fruit/Vegetable" an interactive game where participants learn about the benefits of healthy food choices and nutrition.

FRANKLIN:

The Franklin County High School and Closing the Gap program will implement National Food Day activities at 9am.

The event will be located in the school cafeteria and they students will display a "Junk Food Hall of Shame" and "Super Food Hall of Fame". This will display nutritional foods versus junk food drawings and artwork submitted from the students.

Vaccine Before Halloween

The Florida Department of Health is encouraging everyone aged six months and older, to get their flu shot so they are protected as flu season begins. It can take up to two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus. That is why it is important to get vaccinated early in the fall, before the flu season really gets underway.



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.

Meetings are held on the last Wednesday of each month.

Next meeting: October 29th, Noon EST at Sunset Coastal Grill in Port St. Joe.

For more information, contact Sarah Hinds at 850-227-1276 x 205.

Source: Florida Charts Database (2011).

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.