

Wellness Buddy

August 2015

News

Special points of interest:

- Newborn babies are immune to many diseases because they have antibodies they got from their mothers. However, this immunity goes away during the first year of life.
- If an unvaccinated child is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, and polio. Those same germs exist today, but because babies are protected by vaccines, we don't see these diseases nearly as often.

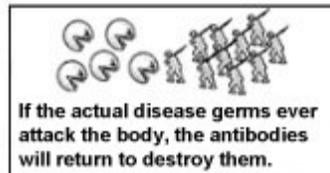
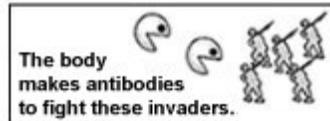
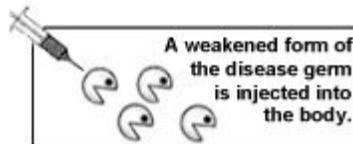
August: National Immunization Awareness Month

We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. To help keep our community safe, the Florida Department of Health Jackson County is proudly participating in National Immunization Awareness Month.

Shots can prevent serious disease like the flu, measles, and pneumonia. It's important to know which shots you need and when to get them.

The Centers for Disease Control and Prevention state vaccines reduce the risk of infection by working with the body's natural defenses to help it safely develop immunity to disease.

This illustration describes how vaccines provide protection from diseases:



tem battles infection culminating with a resource of cells to identify and combat that disease in the future.

Vaccines aid in developing immunity by mimicking infection, but does NOT cause illness. It DOES cause the immune system to respond in the same manner as it would to a real infection so the body can know and fight the disease in the future.

Minor symptoms, such as fever, are normal following getting a vaccine and should be anticipated as immunity is formed.

When infection, from bacteria or viruses, assault the body, infection causes illness. The immune sys-

Breastfeeding and Work: Let's Make it Work!

Women who breastfeed in any work setting should be provided with time, space and support to succeed.

The Florida Department of Health is working to promote breastfeeding as a vital health activity, and encourages breastfeeding-friendly hospitals, child care facilities, work places and communities.

How to feed the newborn is one of the most im-

portant decisions a family can make, and most women who choose to breastfeed have a specific goal in mind.

Research shows:

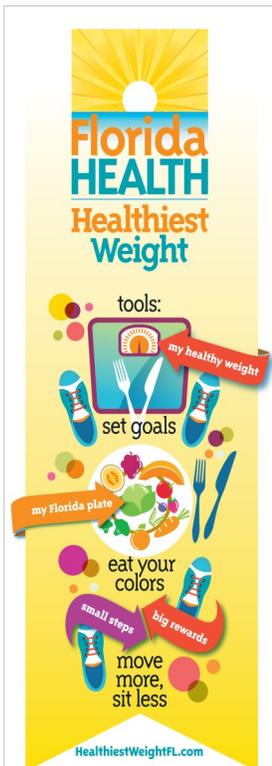
Breastfeed infants have reduced risk of infections, asthma, obesity and SIDS compared with formula-fed infants;

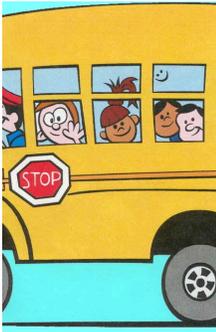
Mothers who breastfeed have a reduced risk of

breast cancer, ovarian cancer and postpartum depression compared to mothers who don't breastfeed; and

It's estimated that \$13 billion would be saved per year if 90 percent of U.S. infants were breastfed exclusively for six months.

See page 5 for more information.

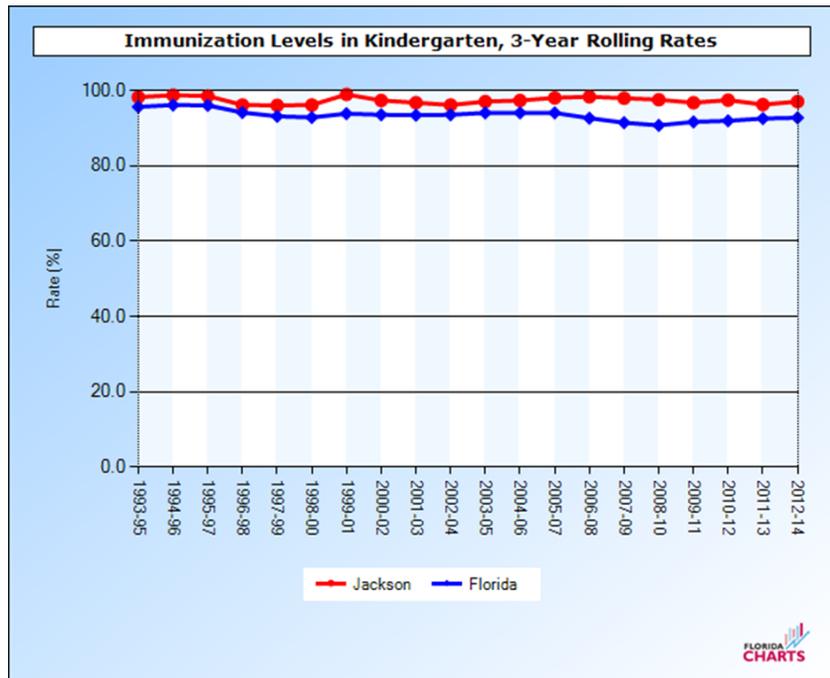




Send your child to school fully protected — stay up-to-date with immunizations.

Jackson County Kindergarten students have maintained a steady immunization rate greater than 95% since calendar year 1993.

Jackson County Immunization Levels in Kindergarten, 3-Year Rolling Rates



This graph shows immunization rates among Jackson County Kindergarten students. The Florida Department of Health, Bureau of Immunization reports the 3-year rolling rate for 2012-2014 of immunization levels in kindergarten to be 97.15%. Jackson County Kindergarten students have maintained a steady immunization rate greater than 95% since calendar year 1993.

Children presenting to County Health Departments and enrolled/covered by health insurance are encouraged to request immunizations from their healthcare provider.

However, certain vaccines and immune globulin products are made available, free of charge, to eligible CHD clients 0 to 18 years of age, regardless of income status, subject to availability, in accordance with Section 381.0011 Florida Statutes.

Healthy Nutrition Question - Trimming the Fat?

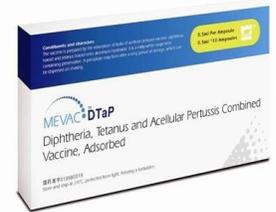
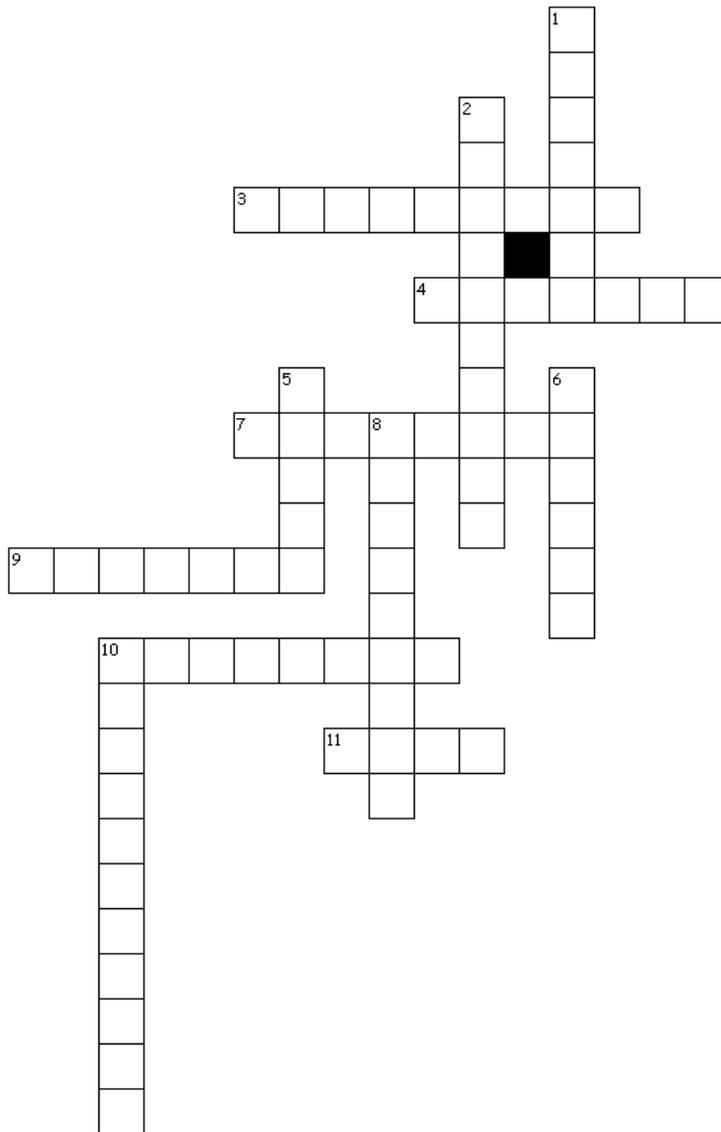


Trimming fat from meats

True or False? Trimming the fat eliminates most of the cholesterol from meats.

False. All animal products contain cholesterol, which is found equally in the lean meat and the fat: about 20 to 25 milligrams per ounce. But it is still important to trim the fat from all meats and discard poultry skin, because the highly saturated fat has a worse effect on your blood cholesterol than dietary cholesterol itself.

Be Safe...Vaccinate!



DTaP is an immunization vaccine against 3 infectious diseases: diphtheria, pertussis, and tetanus.

Making sure your children stay up to date with vaccinations is the best way to protect your communities and schools from outbreaks that can cause unnecessary illnesses and deaths.

ACROSS

3. an antibody that counteracts a toxin

4. protection or resisting attack

7. compound or preparation used for treatment or prevention of disease

9. an additional dose of an immunizing agent

10. the ability of an organism to resist a particular infection

or toxin

11. quantity or medicine prescribed to be taken at one time

DOWN

1. any preparation used a preventative inoculation

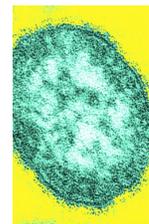
2. preservation from injury or harm

5. pyrexia; febrile response

6. being free from illness or injury

8. the process of forcing a liquid medicine or drug into someone using a special needle

10. injecting a material into to protect against or treat a disease



Measles virus

ANSWER—PAGE 4

Florida Department of Health Jackson County

4979 Healthy Way
Marianna, FL 32446

Phone: 850-526-2412
Fax: 850-718-0489
E-mail: WellnessBuddy@flHealth.gov

**Providing support and guidance to make
“the healthy choice the easy choice.”**



We're on the web!
www.jacksonchd.org

Department of Health Mission, Vision and Values

Mission:

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

Vision:

To be the Healthiest State in the Nation

Values:

Innovation: We search for creative solutions and manage resources wisely.

Collaboration: We use teamwork to achieve common goals & solve problems.

Accountability: We perform with integrity & respect.

Responsiveness: We achieve our mission by serving our customers & engaging our partners.

Excellence: we promote quality outcomes through learning & continuous performance improvement.

Tomato, Onion and Cucumber Salad



Tomato, Onion and Cucumber Salad

Ingredients

5 medium plum tomatoes, halved together lengthwise, seeded, and thinly sliced

¼ red onion, peeled, halved lengthwise, and thinly sliced

1 Kirby cucumber, halved lengthwise and thinly sliced

A generous drizzle of extra-virgin olive oil, about 2 table-spoons

2 splashes of red wine vinegar

Coarse salt and black pepper

Directions

Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, and pepper.

Let stand while you prepare dinner, about 20 minutes. Re-toss and serve salad with crusty bread for mopping up juices and oil.

Recipe courtesy of Rachel Ray.

Be Safe...Vaccinate!





BREASTFEEDING | THE GOAL

By 2025, increase to at least 50% the rate of exclusive breastfeeding in the first six months

WHY IT MATTERS

BENEFITS OF BREASTFEEDING



Babies who are fed **nothing but breastmilk** from birth through their first 6 months of life get the **best start**

Exclusive breastfeeding provides babies:

the perfect nutrition

& everything they need for healthy growth and brain development



Protection

from respiratory infections, diarrhoeal disease, and other **life-threatening ailments**



Protection against **obesity & non-communicable diseases** such as asthma and diabetes



RECOMMENDED ACTIONS

LIMIT FORMULA MARKETING

WHAT? Significantly limit the marketing of breastmilk substitutes



HOW? Strengthen the monitoring, enforcement and legislation related to the International Code of Marketing of Breastmilk Substitutes

SUPPORT PAID LEAVE

WHAT? Empower women to exclusively breastfeed



HOW? Enact six-months mandatory paid maternity leave and policies that encourage women to breastfeed in the workplace and in public

STRENGTHEN HEALTH SYSTEMS

WHAT? Provide hospital and health facilities-based capacity to support exclusive breastfeeding



HOW? Expand and institutionalize the baby-friendly hospital initiative in health systems

SUPPORT MOTHERS

WHAT? Provide community-based strategies to support exclusive breastfeeding counselling for pregnant and lactating women



HOW? Peer-to-peer and group counselling to improve exclusive breastfeeding rates, including the implementation of communication campaigns tailored to the local context

SCOPE OF THE PROBLEM

Globally, only **38%** of infants are exclusively breastfed



Suboptimal breastfeeding contributes to **800,000** infant deaths

