

# THE FLORIDA PUBLIC HEALTH ADVOCATE

JUNE 2019

## From the President's Desk...



### **JUNE IS MEN'S HEALTH MONTH**

June is Men's Health Month. On average, men die five years younger than women, and die at higher rates from nine of the top 10 causes of death. Men are also less likely than women to be insured. All of this impacts their ability to be involved fathers, supportive partners, and engaged community members.

June is the time to celebrate the men in our lives. During June we want to draw attention to the preventable health problems men face and encourage action – behavior changes, early detection and screening, and treatment.

- **Encourage him to get a physical.** Most of the factors that contribute to men's shorter, less healthy lives are preventable. And that prevention starts with seeing a healthcare provider on a regular basis. Adult men in the United States visit primary care providers at lower rates than adult women. Establishing baselines for factors such as blood pressure, cholesterol, weight, and PSA (a screening test for prostate cancer risk)—and monitoring how they change over time—will enable the provider to catch potentially dangerous conditions early, when they're still treatable. You can download a helpful chart of recommended screenings at [www.healthfinder.gov](http://www.healthfinder.gov).

- **Encourage him to get physical.** The benefits of physical activity on health outcomes are extensive, and many people find it difficult to get motivated for physical activity on their own. Rather than simply telling him to exercise and then hoping that he will, do it with him. Join a recreation league at your local community center, sign up for group personal training sessions to get fit together, or simply make a routine out of regular walks. Simple, yes, but not always easy.

- **Encourage healthier lifestyle.**

**Say no to tobacco.** Quitting smoking improves health and lowers risk of heart disease, cancer, lung disease, and other smoking-related illness. Avoid secondhand smoke. Avoid vape, chew tobacco, or use other tobacco products. They all increase your risk of cancer.

Continued

## In This Issue...

- FPHA Members
- Public Health Article
- Public Health in Action
- New Members
- FPHA Interest Groups
- Give Back to FPHA
- AJPH Corner
- HUD Articles
- Public Health Information

*A publication of the Florida Public Health Association*

Florida Public Health Association  
14646 NW 151st Blvd.  
Alachua, FL 32615



**FPHA**  
Florida Public Health Association

To submit content to the newsletter,  
please reach out to us at:  
[fpha@srahec.org](mailto:fpha@srahec.org)

# FROM THE PRESIDENT'S DESK

## CONT'D

### JUNE IS MEN'S HEALTH MONTH



**Control stress.** Stress is part of life. Focus on taking care of yourself. Talk to friends and loved ones. Let them know how you're feeling and how they can help. Don't use drugs or alcohol in an attempt to deal with your stress. They create more problems than they solve.

**Eat better.** Reduce consumption of processed and packaged foods. Stick to shopping for what's on the outside aisles of the grocery store. Pick one dietary indiscretion – something you don't need to eat -- and cut back. Eat more fruits, vegetables, and nuts. Instead of beef, try fish, chicken, turkey, or pork.

**Drink water.** Increase water intake when you are more physically active in hot or cold climates, running a fever, or have diarrhea or are vomiting. If urine is clear, you're appropriately hydrated. Carry a reusable water bottle throughout the day and sip from it regularly. Refill it when empty. When eating out, substitute water with a wedge of lemon or lime for a sugar-sweetened beverage.

**Get plenty of sleep.** Sleep hygiene is crucial. Go to bed and get up around the same time every day. Sleep in a cool, quiet, dark place. Don't watch TV or use your phone in bed. Aim for seven or eight hours of sleep per night.

**Let him know you care.** One reason men disregard their own health is that they're too busy taking care of everyone else. What they don't realize, however, is that if they die early, they'll be hurting the very people they've worked so hard to protect. So remind him that you and your other family members love him and need him to be alive and healthy for as long as possible.

Wishing good health,

Sandon S. Speedling, MHS, CPM

President

Florida Public Health Association

*A publication of the Florida Public Health Association*



# FPHA MEMBERS

Did you know FPHA has a Members Only Site? We are pleased to announce our **Members Only Site** at [www.FPHA.org](http://www.FPHA.org): When you log in with your log in information at [www.fpha.org](http://www.fpha.org), as a member you have access to the FPHA Advocate newsletter, A FPHA Member Directory lookup, the FPHA Board of Director's Handbook, and other member only items of interest. Check it out and let us know what else you would like to see here and elsewhere on YOUR website!



# NEW MEMBERS

*We are glad to have you as part of FPHA & hope to see you soon at one of our events!*

Alexandra C.

Marie S.

Candiss D.

Roy F.

Cailin L.

Jennifer P.

Merton R.

Sandy M.

Marilyn B.

Jayson F.

Herronda M.

Ian L.

Trang C.

Brittani C.

Tracy W.

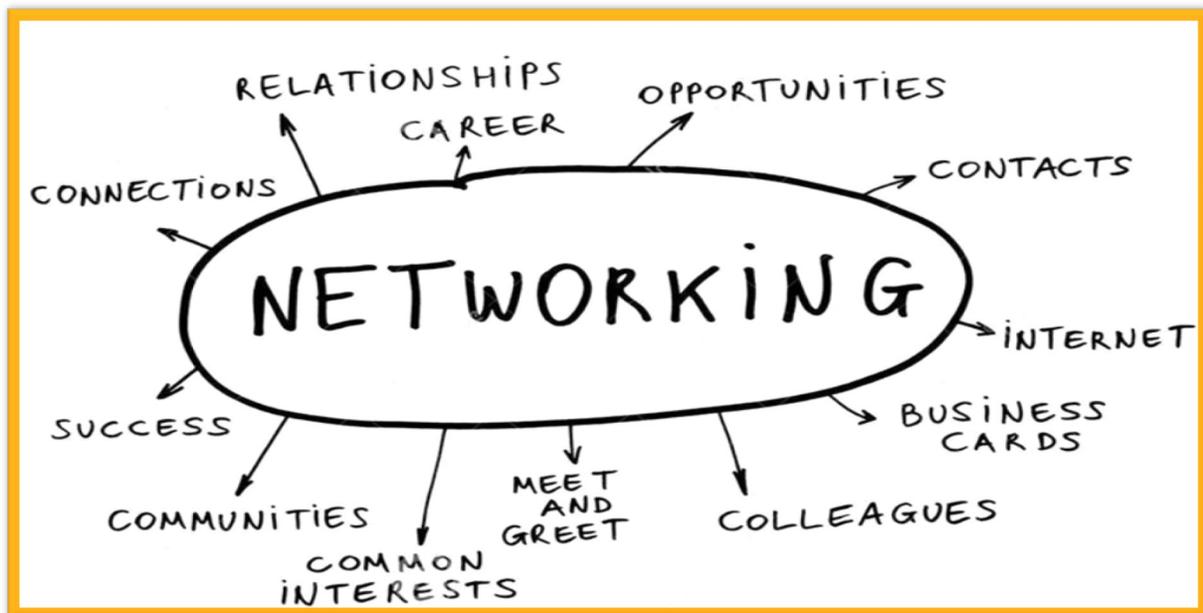
Rachel T.

Hunter D.

Ronessa S.

Sarah W.

Carmen M.



# FPHA INTEREST GROUPS

*Want to get more involved in FPFA?*

*The following pages provide details on various interest groups and committees within FPFA.*

*If you're interested in a specific interest group, feel free to reach out to that group's chair or join a conference call!*



# FPHA INTEREST GROUPS

## Advocacy Committee

The purpose of the Advocacy Committee is to pursue FPHA's mission – “FPHA Serves Florida's Public Health Professionals and Students through Advocacy, Professional Development, and Networking to Improve Florida's Health.” The Advocacy Committee focuses on FPHA's mission primarily through Advocacy projects.

Now is an exciting time to join the Advocacy Committee! As the new fiscal year begins, it has committed to staying focused on its goals. All FPHA members are welcome to provide input on monthly phone calls to help meet the needs of FPHA's members. One of our main goals for the year is starting a *Public Health Movement!*

The Advocacy Committee has two main goals for the 2018-2019 fiscal year. The first is to start a *Public Health Movement*, educating the public about the public health workforce. The second goal coincides with the first: advocating for the Public Health Workforce in hopes of creating awareness of public health workers including Department of Health, Researchers, Educators, Registered Dietitians, and more. This is an exciting time for the Advocacy Committee: all are welcome to join the group, participate in phone calls, and be a part of the *Public Health Movement*.

### Chair & Contact Information

Jessica Weissman, MS, RDN, LDN

954-483-9070

[Jessica33026@aol.com](mailto:Jessica33026@aol.com)

### Upcoming Advocacy Phone Meetings

Advocacy meetings are on the first Friday of every month at 11:00am.

<https://global.gotomeeting.com/join/830782429>

You can also dial in using your phone.

United States: +1 (571) 317-3122

Access Code: 830-782-429



# FPHA INTEREST GROUPS

## *Public Health Promotion & Education Interest Group*

The purpose of this interest group is to collaborate as a group of health promotion and education professionals to share best practices and create plans to better improve the health of Florida. The Health Promotion and Education Interest Group will also select a liaison to each of our FPHA committees to provide a voice for the HPE group as it relates to committee priorities and decisions, along with strategic plan actions. Members have an opportunity to submit articles to our monthly newsletter along with share important information on our FPHA website.

Join this interest group to help support health promotion and education professionals in Florida. Health Promotion and Education is one of the anchors of public health and this committee can play a role in the direction our organization takes in the future.

This interest group aims to provide expertise and insight when determining annual advocacy and membership plans. Help reach strategic plan goals, especially as they relate to Health Promotion & Education.

### Chair & Contact Information

Jennifer Waskovich MS, RD, LD/N

[jennifer.waskovich@flhealth.gov](mailto:jennifer.waskovich@flhealth.gov)

## *Membership Committee*

Joining the membership committee provides members with the opportunity to collectively develop and promote educational and networking opportunities to recruit new members. The membership committee also provides a forum to link new members to their area of public health interest, work collaboratively with other interest groups and committees, and serves as a resource for mentorship opportunities.

The membership committee aims to utilize a "broad brush" approach by expanding public health education messaging and recruitment efforts to other fields and disciplines.

### Committee Chair

Ethel Edwards

[Woly9848@gmail.com](mailto:Woly9848@gmail.com)

Calls are on the 3rd Wednesday of every month from 12:30-1:30 pm

Call in number: 877-240-3311

Access Code: 728-462-301



# FPHA INTEREST GROUPS

## *Community & Public Health Workforce Interest Group*

The purpose of the Community Health Workforce Group is to empower and enable the advancement of our members careers through education and continuous learning. We currently focus on [continuing education](#) credits and technical training.

By joining this new interest group, one can help build the groundwork of an important part of FPHA while gaining experience working with individuals from diverse backgrounds.

For the 2018-2019 fiscal year, the Community & Public Health Workforce Interest Group aims to:

- Increase activity within the group
- Schedule and hold calls once a month
- Continue to inform its members of upcoming CEU's and webinars
- Facilitate learning through online courses

Chair & Contact Information

Joshua P. Wright

[wrightjoshuap@gmail.com](mailto:wrightjoshuap@gmail.com)

## *Health Equity Interest Group*

The Health Equity Interest Group brings public health professionals together to share best practice information on promoting health equity across Florida. While the Health Equity Interest Group consists of many types of health professionals at different levels of their career, we are united in the goal of fostering equity for all Floridians. Are you interested in the concept of health equity and social determinants of health? Do you have experience with a program that has successfully promoted equity? Are you looking for ideas to bring to your community? Join this group and lend your voice to this important concept in public health.

This group aims to educate FPHA members on the concept of health equity via newsletter contributions and encouraging information and idea exchange within the group.

Chair & Contact Information

Allison Wiman

Big Bend AHEC

[awiman@bigbendahec.org](mailto:awiman@bigbendahec.org)



# FPHA INTEREST GROUPS

## *Public Health Leadership Interest Group*

This interest group's purpose is to keep members updated on leadership opportunities in the Florida Public Health sector and establish universal guidelines on developing leadership opportunities within the state.

More leadership opportunities in Public Health have been opening up within Florida; however, the internal workforce does not match the needs of the positions. By being part of this group, you can help develop the next level of homegrown leaders with a vision on Florida's Public Health future.

Chair & Contact Information

### **Co-Chair**

Mark S. Lander, MS  
Administrator  
Florida Department of Health in Marion County  
[mark.lander@flhealth.gov](mailto:mark.lander@flhealth.gov)

### **Co-Chair**

Victor Walsh  
Financial Administrator  
Florida Department of Health in Bay County  
[victor.walsh@flhealth.gov](mailto:victor.walsh@flhealth.gov)

## *Student Interest Group*

The FPHA Student Interest Group is a student-led organization representing Florida, dedicated to furthering the development of students, the next generation of professionals in public health and health-related disciplines. FPHA Student Interest Group represents and serves students of public health and other health-related disciplines by connecting individuals who are interested in working together on public health and student-related issues.

Student Coordinator: TBA



# FPHA INTEREST GROUPS

## *Public Health Nursing Interest Group*

On September, 6 community health nurses from Florida were privileged to be interviewed by students from Barry University, College of Nursing and Health Sciences: Debbie Hogan; Dr. Rebecca Lutz; Dr. Kim Curry; Ethel Edwards; Karen Johnson; and Linda LaComb-Williams. Professor Daryl Lazaro Hawkins, MSN, RN, had requested FPHA Nursing Section's help in providing interviews to the students. The telephone interviews were conducted to help provide the BSN students the scope of practice of Public Health Nurses and understand the variety of roles in the community for RNs.

Information on the history and legacy of public health nursing in Florida can be found at <http://fpha.org/public-health-nursing>

### Chair & Contact Information

Linda LaComb-Williams  
lacombwilliams@aol.com



# GIVE BACK TO FPHA

## *Make FPHA Smile and Order through Amazon Smile*

FPHA is a registered charitable organization with Amazon Smile. What does this mean to you? Once you begin shopping through Amazon Smile (with FPHA selected as your charitable organization), Amazon will donate **0.5%** of your purchases to FPHA at no extra cost to you. Therefore, shopping on Amazon Smile can make a huge impact on the sustainability of FPHA!

Through Amazon Smile, you will shop the same products at the same price using your same login information as Amazon or Amazon Prime. Fun Fact: Our Advocacy Committee Chair donated **\$29** to FPHA last year just by switching from Amazon to Amazon Smile.

If all of our public health Amazon users switched from Amazon to Amazon Smile, we could provide more student scholarships and other awards to our members, along with the capability to hold bigger and better regional and state conferences!

You don't need to be a member of FPHA to contribute. It is simple!

Just go to [smile.amazon.com](https://smile.amazon.com) and select FPHA Foundation, Inc. as your charitable organization.

Now, we challenge you, your friends, and your family members to use Amazon Smile for your Amazon purchases.

**Thank you for your contribution and happy shopping!**



# AJPH CORNER

The mission of *AJPH* is to advance public health research, policy, practice and education. This month, *AJPH* showcases articles on the health of health care workers, sugar sweetened beverage taxation and policy, opioid use disorder, and tuberculosis rates. Visit [ajph.org](http://ajph.org) for these and other articles.

[Podcast: Who Cares About the Health of Health Care Workers?](#)

[Economic Vulnerability Among US Female Health Care Workers: Potential Impact of a \\$15-per-Hour Minimum Wage](#)

[Equipping Public Spaces to Facilitate Rapid Point-of-Injury Hemorrhage Control after Mass Casualty](#)

[Cost-Effectiveness of a U.S. National Sugar-Sweetened Beverage Tax With a Multistakeholder Approach: Who Pays and Who Benefits?](#)

[Police-Related Correlates of Client-Perpetrated Violence Among Female Sex Workers in Baltimore City, Maryland](#)

[Slowdown in the Decline of Tuberculosis Rates in California, 2000–2016](#)

[Making Decisions That Narrow, or Widen, Health Gaps: A Public Health of Consequence, February 2019](#)

As an APHA member or *AJPH* subscriber, you have full access to all of our articles and podcasts available in English, Spanish and Chinese at [ajph.org](http://ajph.org). The monthly podcasts also are on iTunes and Google Play.

If you have any questions, suggestions for future articles or ideas on ways to improve *AJPH*, please let us know. *AJPH* is your journal, and we want to hear from you.

Sincerely,



Alfredo Morabia, MD, PhD  
Editor-in-chief, *AJPH*  
[@AlfredoMorabia](#)  
[@AMJPublicHealth](#)



# HUD ARTICLES

PD&R is pleased to extend the following list of informative articles to the chapters of APHA for reprint in their newsletters, as many public health professionals have expressed an interest in affordable housing, policy, and community development issues. Please review the titles below. These articles are in the public domain and free for use, but please note HUD User as the source.

- [Historic Fort Restored for Use as Affordable Housing in Des Moines, Iowa](#) *The Edge*, April 2019
- [Why Local Codes Matter](#) *The Edge*, April 2019
- [Addressing the Affordable Housing Gap](#) *The Edge*, March 2019
- [Building Community Support for Affordable Housing in Yorba Linda, California](#) *The Edge*, March 2019
- [Exploring Housing Costs and Shelter Poverty](#) *The Edge*, March 2019
- [Partnering to Promote Aging in Place](#) *The Edge*, March 2019
- [San Francisco, California: Well-Designed Affordable Housing Does More than Shelter](#) *Case Studies*, March 2019
- [The Kresge Foundation Works to Reinvigorate the Housing Market through Detroit Home Mortgage](#) *Case Studies*, March 2019
- [Landlords: Critical Participants in the Housing Choice Voucher Program](#) *Evidence Matters*, Winter 2019

To explore additional research, data sets, and publications which may be of interest to you, please visit HUD User at [huduser.gov](http://huduser.gov). To stay up to date on new research and resources available from PD&R, follow HUD User on [Twitter](#), like us on [Facebook](#), or subscribe to [PD&R Updates](#)! If you have any questions, please do not hesitate to email us at [marketing@huduser.gov](mailto:marketing@huduser.gov).



# PUBLIC HEALTH INFORMATION



## Florida KidCare

### Health and Dental Insurance for Children from Birth through the End of Age 18

Florida KidCare offers quality, affordable health and dental insurance to children through four unique programs, three of which are primarily funded by the federal Children's Health Insurance Program (CHIP). Florida KidCare's free, simple application process is designed to identify the program that best fits each family. Families that do not qualify for subsidized coverage can pursue a competitive full-pay option.

### FLORIDA KIDCARE PROGRAMS

- **Medicaid for Children:** Age-based eligibility tied to Federal Poverty Level (Administered by the Agency for Healthcare Administration)
- **MediKids (subsidized and full-pay):** 1-4 years (Administered by the Agency for Healthcare Administration)
- **Florida Healthy Kids (subsidized and full-pay):** 5-18 years (Administered by the Florida Healthy Kids Corporation)
- **Children's Medical Services Managed Care Plan (CMS Plan) (subsidized):** Birth-18 years, with special health care needs (Administered by the Florida Department of Health)

### COST & BENEFITS OF FLORIDA KIDCARE

Benefits of Florida KidCare include, but are not limited to: doctor visits, immunizations, prescriptions, emergencies, hospitalizations, dental and vision care, and much more. Most families pay nothing at all for coverage, and many pay as little as \$15 or \$20 a month.

November 2018

### By the Numbers



Nearly **2.4 MILLION** children are covered by Florida KidCare.<sup>1</sup>



CHIP enrollment, including Florida Healthy Kids, MediKids and CMS Plan, **GREW BY 11.4%** during Fiscal Year 2017-18.



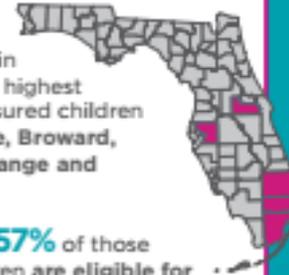
More than **38,000** children gained health insurance between 2016 and 2017 - a number larger than the local population of Lake Worth, Florida.<sup>2</sup>



Nearly **1-IN-14** or **325,000** Florida children are currently uninsured.<sup>2</sup>



The **5** counties in Florida with the highest number of uninsured children are: Miami-Dade, Broward, Palm Beach, Orange and Hillsborough.<sup>2</sup>



**179,000** or **57%** of those uninsured children are eligible for free or low-cost coverage through Florida KidCare, but are not enrolled.<sup>2</sup> The remaining children are eligible for full-pay coverage through MediKids or Florida Healthy Kids.

#### SOURCES:

1. Florida KidCare Enrollment Report (November 2018)
2. U.S. Census Bureau, American Community Survey, 2017

With year-round open enrollment, families can apply for Florida KidCare by visiting [floridakidcare.org](http://floridakidcare.org), or calling 1-888-540-5437.



# PUBLIC HEALTH INFORMATION



A Florida KidCare partner



The Florida Healthy Kids Corporation (Corporation) provides health and dental insurance to children from the age of 5 through the end of age 18. The Corporation works to assure access to quality health care services for Florida's children. Two or more health and dental plan options are available in all 67 counties in Florida.



## OUT-OF-POCKET COSTS\*

-  Behavioral Health Services: **\$5/Visit**
-  Check-ups: **Free**
-  Dental Care: **Free**
-  Hospital Stays: **Free**
-  Vision Care: **\$5/Exam, \$10 for Eyeglasses**
-  Doctor Visits: **\$5/Visit**
-  Prescriptions: **\$5/Prescription**

*\*Out of pocket costs for the full-pay option includes deductibles and additional co-pays.*

## ROLE OF THE FLORIDA HEALTHY KIDS CORPORATION

The Corporation is statutorily responsible for marketing the Florida KidCare program. It also performs administrative functions for Florida KidCare by screening for Medicaid eligibility, as well as eligibility for the Children's Health Insurance Program (includes Healthy Kids, MediKids and Children's Medical Services). Additionally, the Corporation procures and manages health and dental plan contracts, as well as contracts for monthly premium collection, insurance carrier payments and call center operations.

## BENEFITS OF FLORIDA HEALTHY KIDS

The Florida Healthy Kids benefit package and provider networks are specifically designed to provide the child-centered medical and dental services children need at each stage of growth and development. The services are delivered by health plans that are held to high standards of quality, accessibility and customer satisfaction.

## MONTHLY PREMIUM COST

Most families pay just \$15 or \$20 monthly for Florida Healthy Kids coverage. A full-pay option is also available; making every Florida child ages 5 through 18 eligible.

November 2018

Learn more about the Corporation at [healthykids.org](http://healthykids.org).

