



Clay Community - Health Happenings -

January 2015

Vision: To be the Healthiest State in the Nation



CLAY HEALTH CLEANS UP!



On December 19, 2014, two miles of CR 739 (Henley Road) were cleaned by six Department Of Health - Clay employees. This was the third of six planned clean-up events. Volunteers picked up eight bags of garbage weighing an estimated 40 pounds. Most of the garbage collected was alcoholic beverage containers (cans and bottles), cigarette butts, and fast food restaurant cups and wrappers.

Florida Health Cleans Up! is a venture of Healthiest Weight Florida, a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. The Department's goal is to encourage physical activity

and walking while emphasizing how small choices affect your health and environment.



More information about both Healthiest Weight Florida and Florida Health Cleans Up! Can be found at: www.HealthiestWeightFL.com

READY - AT A MOMENT'S NOTICE!

Department of Health Clay County staff successfully participated in a statewide notification drill in December 2014. The current emergency notification system, called Everbridge, was used to test the staff's ability to respond to an unannounced alert notification. The alert was sent at 10:30 in the morning and staff had one hour to respond to the alert. The health department had an outstanding response rate of 93.4%. This test proves that

health department staff can receive and respond to emergency public health information at any time.

Florida Department of Health in Clay County Launches Healthy Promise Florida

The Florida Department of Health in Clay County is excited to encourage Clay County residents to participate in the Healthy Promise Florida initiative. This is an interactive, online health campaign developed by Healthiest Weight Florida to encourage individuals to make a commitment to their health and make more informed choices about healthy eating and active living during the New Year.

The number one public health threat to Florida's future is unhealthy weights. Currently, only 36 percent of Floridians are at a healthy weight. On our current trend, by 2030, almost 60 percent will be obese. Additionally, six out of ten children born today will be obese by the time they graduate from high school. "The new year is a great time to commit to improving your own health," said State Surgeon General and Secretary of Health Dr. John Armstrong.

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PINTEREST: HealthyFla



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"The Healthy Promise campaign offers all Floridians inspiration, ideas and support to stay focused on making healthy choices every day."

The Clay County Community Health Improvement Plan has a goal to reduce obesity in Clay County to reduce the incidence of diabetes, heart disease and hypertension. "This is another great way for our community to get involved with this activity and share their goals with friends and family," said Health Officer for Clay, Winnie Holland.

Clay County residents are invited to post a healthy promise along with a personal photo to the online message board at www.HealthyPromiseFL.com. On this website, participants can also view inspirational photos and promises posted by other Floridians who have committed to live longer and healthier lives.

Floridians and visitors can also visit Clay County Health Department, 3229 Bear Run Blvd, Orange Park, Florida to post their promise on a Healthy Promise display board. Like the online message board, the Healthy Promise display board will highlight personal promises for the New Year. For further information, please contact Jose Morales, 529-2800.

HEALTH SCREENING RESULTS NOW IN PARENT PORTAL

The School Health Team, in collaboration with Clay County School District Information Services, has been working to make students' health screening results more readily available to parents this school year. The integration of the entry of mass health screening data into the Clay County School District's Parent Portal of FOCUS, the district's student information system, has been a joint effort to streamline data entry and screening referral follow up. Mass health screenings are performed each year in the fall for the following students:

- Kindergarten – Vision and Hearing
- 1st Grade - Vision, Hearing, Height, Weight, and BMI
- 3rd Grade - Vision, Height, Weight, and BMI
- 6th Grade – Vision, Hearing, Height, Weight, BMI, and Scoliosis

Once mass health screenings are completed and entered by the school nurse, parents or guardians are able to access the results by logging into the Parent Portal at their

convenience. Referral letters are sent home for students who did not pass any portion of the screening so that parents can then follow up with their child's healthcare provider. Mandatory health screenings are used to help identify any unknown or unrecognized health conditions which may interfere with a student's learning because we know that healthy students are better learners.

TECHNOLOGY FOR NEW PARENTS

Healthy Start is getting the word out to clients about text4baby.org. A free service, clients can download the app to their smart phone and be sent text messages with health tips about prenatal care, baby health, and parenting. There is also an option to get text reminders of upcoming doctor appointments.

Healthy Start workers are finding this to be a useful tool to promote maternal and child health among those that like to use technology. Available in Spanish and English, you can find more information at text4baby.org



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