



WHAT A DAY!

PUBLIC HEALTH THE FLORIDA WAY

Thanks to the efforts of Florida Health, residents and tourists alike are able to work, live and vacation in safety. Most people aren't aware of how Florida Health affects an average Floridian on an average day. Here's how:

7 am Another beautiful Florida sunrise. Florida Health monitors air quality to be sure there is no air pollution.



7:30 am A good day starts with a "Fresh From Florida" breakfast. The breakfast table is set by your spouse with plenty of fruits and whole grain cereals, a result of Florida Health messages about reducing fat, increasing fruits and vegetables in your diet, and lowering cholesterol.

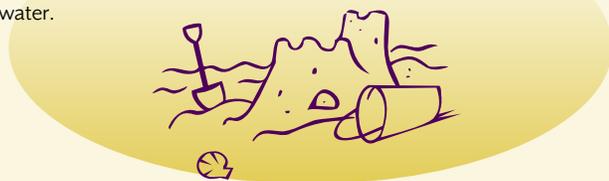


8 am Time to brush your teeth. The drinking water is safe—Florida Health has inspected the water facilities in your area. Dental programs have added fluoride to the water, reducing the chance of cavities and preventing 65 percent of all tooth decay.

8:15 am You put on your prescription sunglasses to get ready for the beach. A school health program sponsored by your county health department found your vision problem when you were a kid, so you got glasses when you needed them.



8:30 am Down to the beach. You know there is no red tide today because warnings would have been issued to stay out of the water.



8:45 am Time for sunscreen. Florida Health messages have been warning you about the dangers of ultraviolet rays and the need for protection from the sun to prevent skin cancer.

10 am You go for a swim. The water is clear—Florida Health has prevented the dumping of sewage and garbage into the ocean waters. You watch for riptides and other dangerous areas. A Florida Health drowning prevention program has been warning swimmers about dangerous conditions.



12 pm Lunchtime! Remembering Florida Health messages about healthy eating, you skip the soda and fast-food burgers and choose a turkey, lettuce and tomato sandwich, and bottled water instead.

1 pm You decide to play a little tennis. Florida Health promotes the benefits of exercise in reducing heart disease and strokes.



3 pm School is out and you watch the kids pedal by on their bikes. They're all wearing helmets, a result of a Florida Health safety program. None are crippled by polio or disfigured by smallpox, a result of Florida Health immunization programs.



4 pm You and your spouse drive to a restaurant for dinner. Seat belts are fastened automatically. Florida Health advocated the seat belt laws that have saved thousands of lives.



6 pm At the seafood restaurant, there is no smoking, a result of ordinances fostered by Florida Health to reduce the dangers of secondhand smoke. You want to have raw oysters for an appetizer, but Florida Health officials have issued warnings about the possibility of vibrio contamination so you have steamed oysters instead. You dine inside rather than on the open deck, because Florida Health officials have issued a temporary alert for St. Louis Encephalitis in your county.

7 pm Suddenly, a diner collapses on the floor with a heart attack! Another patron administers CPR that she learned from a Florida Health class. Soon emergency medical services workers arrive to transport the victim to a hospital. Florida Health staff regulate ambulance services and their personnel.



9 pm You return home to meet your parents who have cared for your son for a few days. Even though your son was born premature, he is now healthy and happy thanks to Florida Health programs that provided funding for a regional perinatal intensive care unit.



9:30 pm Your mother tells you that she will not be home tomorrow. She has an appointment with a primary care physician in her small rural town—the physician was brought to the town through the efforts of a Florida Health recruitment and retention program. Your mother plans on getting a mammogram as recommended by Florida Health's cancer awareness program.



10 pm You and your family go to bed. Tomorrow is another day, and the Florida Health staff who helped make today safer will be at work again tomorrow.

