

OUR COMMUNITY PARTNERS

- RYAN WHITE CARE PROGRAM
- HEALTHY START OF NORTH CENTRAL FLORIDA
- CENTRAL HEALTHY START
- RURAL HEALTH PARTNERSHIP OF NORTH CENTRAL FLORIDA



A Message

EXECUTIVE DIRECTOR

Steven Oliva

The WellFlorida Open House —A Celebration of Wellness was a huge success. Thanks to all participants and sponsors! This event was an opportunity for us to give back to our community by offering health information, free classes, health screenings and more. None of this would have been possible without our many community partners who participated in this event. At the same time, we were able to gather up goods for those in need through three donation drives: a blood drive with LifeSouth/Civitan; a diaper drive for families in need; and a drive for household and personal products for low income people living with HIV/AIDS. Thanks to all who donated.

This event enriched old partnerships and developed new ones. Participants and sponsors clearly share WellFlorida's goal: to work together to build healthy communities in Gainesville and throughout North Central Florida.

*WellFlorida Open House Celebrates Service to Community and New Home*



(Left to right) Edith Orsini, Steven Oliva, Dewayne Yates, Charles W. Clemons, Sr. and Brent Christensen

As the last participant's Body Mass Index (BMI) was evaluated and a tired Jeff Feller, Director of Development and Communications, was coming out of a challenging YMCA chair aerobics class, I gathered my notes on body fat ratings, bone density and blood glucose levels and calculated my good luck.

While most public relations interns fetched coffee, stuffed envelopes and vied for an elusive chance to work on a real campaign, I was tasked with helping the WellFlorida team plan and carry out the WellFlorida Open House—A Celebration of Wellness.

On November 15, 2006, WellFlorida Council commemorated 37 years of service to North Central Florida and celebrated its new building with an Open House at the Fort Clarke Business Center in Gainesville.

Approximately 60 people, including representatives from the USDA, elected officials, WellFlorida board members, community leaders and residents watched as Executive Director Steven Oliva commenced the ribbon cutting ceremony.

Following the ceremony, WellFlorida opened its doors for a day of free



United Way of Suwannee Valley

*continued on next page*

## Calendar

### January 2007

#### 7th Annual International Meeting on Simulation in Healthcare

This conference is designed for the physician, nurse, educator, technician, engineer and simulation center personnel involved in the academic, community, program and service development arena of simulation. Jan. 14-17, Lake Buena Vista Disney's Contemporary Resort  
Contact Beverlee Anderson  
imsh@ssih.org

#### Medical Spanish Training

by Suwannee River AHEC  
Jan. 17, Alachua County Health Dept. Auditorium, Gainesville  
Register with [www.srahec.org](http://www.srahec.org)  
or call 386-462-1551 for details.

### February 2007

#### 14th Annual Ryan White National Youth Conference on HIV/AIDS

The Ryan White National Youth Conference on HIV and AIDS (RWNYC) offers youth and youth advocates an opportunity to learn about HIV prevention, treatment, advocacy and support services that work, and share challenges and successes.  
Feb. 17-19, Oakland California  
Visit: [www.napwa.org/rwnyc.html](http://www.napwa.org/rwnyc.html)

### March 2007

#### 16th Annual HIV Conference of the Florida/Caribbean AIDS Education and Training Center

This conference is designed to increase the knowledge and skills of physicians, physician assistants, nurse practitioners and other HIV healthcare providers. Take-home materials including chart forms and treatment protocols will supplement lectures and interactive case presentations.  
March 30-31, Orlando  
Visit: [www.faetc.org/Conference/index](http://www.faetc.org/Conference/index)

## WellFlorida News

*Karen Klubertanz, HIV/AIDS Program Director at WellFlorida, was recently elected Community Co-Chair of the Florida HIV Patient Care Planning Group (PCPG).*

*This statewide advisory panel works with the Department of Health in developing Florida's comprehensive plan of care for persons living with HIV infection.*

## WellFlorida Open House Celebration, *cont.*



*Diapers donated to the Healthy Start Diaper Drive*

food, classes, health screenings, donation drives and prize drawings, \$5 flu shots and information tables for community residents to enjoy.

I got a chance to partake in this celebration of wellness too.

At the Gainesville Health & Fitness table, my body fat percentage was measured using a body fat analyzer. This analyzer determines the percentage of lean and fat body mass by sending electrical signals through the body that detect lean tissue (muscle, bone and organ) vs. fat tissue. Next, they evaluated my BMI, which estimates what you should weigh based on your height.

Later, as my right foot was tightly fastened in a Bone Someter to measure my bone density (an indicator for osteoporosis), a representative from Suwannee River Area Health Education Center emphasized the importance of maintaining bone health through diet, exercise and calcium. Calcium is essential in preventing bone density loss, yet nine out of 10 women fail to get the calcium they need (1,000 to 1,300 mg per day depending on your age).

Butterfly Pilates and Evolve Pilates & Fitness demonstrated the principles of Pilates and how this form of exercise helps strengthen the body from the core. Pilates focuses on lengthening the spine, engaging abdominal muscles to help

support the spine and isolating specific muscles so that the body can move more efficiently.

One corner of the Open House celebration was dedicated to HIV/AIDS awareness. North Central Florida Ryan White CARE Program, Positives Empowering Positives (PEP), and the Gainesville Area AIDS Project (GAAP) promoted safe sex and provided information on HIV/AIDS, and services and social activities for people living with the disease.

Two Healthy Start coalitions led a Diaper Donation Drive in order to collect diapers and distribute them to women in need throughout 16 counties. Healthy Start focuses on facilitating access to prenatal and child healthcare, and aims to reduce infant mortality and low birth-weight deliveries.

Rural Health Partnership of North Central Florida (RHP) offered tips for reducing risks of hypertension and diabetes. RHP addresses the health needs of rural communities in nine counties. Their SMART program performed over 31 glucose tests.

“The Open House marked the celebration of our first 37 years in Gainesville in service to residents of North Central Florida and signifies our commitment to the next 37 and beyond,” said Feller.

A commitment to community wellness—I concur!

*by Inna Goykhman, Public Relations Intern*



*LifeSouth Bloodmobile at WellFlorida's Open House*

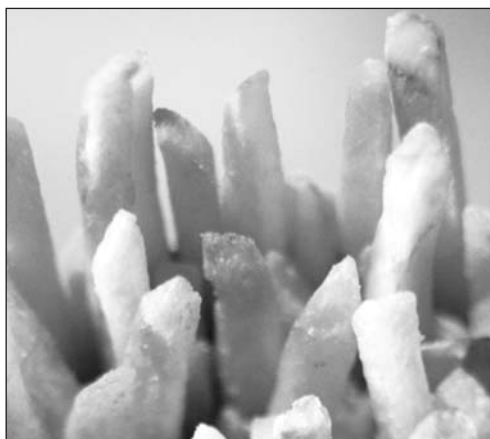
# Understanding the Dangers of Trans-fat

Trans-fat deserves its reputation as an unhealthy food ingredient. Trans-fat increases LDL (bad) and decreases HDL (good) cholesterol. As such, consumption of trans-fat, like consumption of saturated fat, is considered a risk factor for heart disease. Since January 1, 2006, food manufacturers have been required to include a product's trans-fat content on its Nutrition Facts label. This regulation was established to help consumers select products that contribute to a healthy diet. But are consumers really better off?

**Impact of regulation** To comply with this ruling, but dissociate their products from the negative health connotations, manufacturers have been altering the fat composition of many popular processed food products. Trans-fat, which provides no known nutritional benefit, was originally developed as an alternative to the use of saturated fats. Ironically, some manufacturers may now be replacing trans-fat with saturated fats.

The FDA has estimated that by 2009, trans-fat labeling will begin to prevent 600 to 1,200 cases of coronary heart disease and 250 to 500 deaths each year. This estimate may depend, in

part, on advances within the edible oil industry: modification of the hydrogenation process, chemical manipulation to customize fats for particular uses, plant breeding and genetic engineering to control fatty acid composition of crops.



In the meantime, read the entire label. The Nutrition Facts provides a good overview, but the ingredient list provides details. In the absence of trans-fat, products may contain palm, palm kernel, coconut, or partially hydrogenated oils, and may not be healthy choices!

*by Elizabeth Gollub, PhD, MPH, RD  
Program Director of Rural Health*

## Trans-fats: Where to Find Them

Trans-fats are created by the partial hydrogenation of oils. This process takes a liquid, polyunsaturated fat such as corn oil and converts it to a solid product such as shortening or margarine. This transformation stabilizes a food product, providing the sensory characteristics that consumers demand while improving product shelf-life.

Trans-fats are found in:

- vegetable shortenings
- margarines
- crackers
- cookies
- candies
- baked goods
- fried foods
- foods made with partially hydrogenated vegetable oil
- animal products—a small amount of trans-fat occurs naturally in animal products.

The Institute of Medicine recommends that “*trans* fat consumption be as low as possible while consuming a nutritionally adequate diet.”

**Label requirement** A product label must list the trans-fat content if it is greater than or equal to 0.5 grams per serving; if the trans-fat content is less than 0.5 grams per serving, the value must be declared as 0.

Until new processing technologies are developed, a 0 trans-fat product may not necessarily be preferable; it may contain more saturated fat (often in the form of tropical oils).

## Working Together to Build Healthy Communities

Become a part of the **WellFlorida Building Partnership Program**. WellFlorida recently obtained a USDA loan for the purchase and renovation of a new building in the Ft. Clarke Business Center in Gainesville. If you'd like to help make this house a "home" to our organization and the people we serve, we welcome your contributions. We are still in need of a name for our building, signage, furniture, plants, art, computers and more. Thank you for your support.

**Yes, I would like to help!**

- \$25       \$100       \$1,000  
 \$50       \$500       Other \_\_\_\_\_

*Any donation you can provide is gratefully appreciated. How to donate:*

Mail this form with check payable to WellFlorida Council.

Pay with a credit card by calling 1-877-678-WELL or go online at [www.wellflorida.org](http://www.wellflorida.org).

WellFlorida Council is a 501(c)-3 charitable organization. Any contribution is tax deductible to the extent allowable by federal tax law. FL Registration No. CH17960. FEIN 237083163.

**Please send me additional information on:**

- North Central Florida Ryan White CARE Program  
 Healthy Start of North Central Florida  
 Central Healthy Start  
 Rural Health Partnership of North Central Florida  
 Self Managing Awareness Rural Team (diabetes/hypertension)  
 WellFlorida Council

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

WellFlorida Council • 1785 NW 80th Blvd. • Gainesville, FL 32606

## Thank You to the WellFlorida Open House Sponsors and Participants



ACORN Clinic  
 Alachua Rocks and Shells

Asterisk Communications

BBI Construction Management

Butterfly Pilates

Central Healthy Start and Healthy Start of North Central Florida

Civitan/LifeSouth Blood Mobile

Crispers, Inc.

Enterprise Rent-A-Car

Evolve Pilates & Fitness

Florida Credit Union

Gainesville Area AIDS Project (GAAP)

Gainesville Health and Fitness Center

Girl E Gifts

Jose Moreno, Real Estate Attorney

Kattell and Company

Mercantile Bank

Meridian Behavioral Healthcare

Moe's Southwest Grill

North Central Florida Ryan White Program

North Central Florida YMCA

North Florida Regional Medical Center

Northwest Grille

Pizza Hut

Positives Empowering Positives (PEP)

ProGifts

Publix Super Market

RSC and Associates, Inc.

Rural Health Partnership of North Central Florida

Salter, Feiber, Murphy, Hutson & Menet, P.A.

Scott Niehaus Air Conditioning & Heating, Inc.

Shands HealthCare

SMART

Suwannee River AHEC

Trenton Medical Center

Target

Wachovia

West End Golf Club

West Farms