

APRIL 2025

Parkinson's Disease Awareness Month

1

National Public Health Week
World Parkinson's Day
Black Maternal Health Week

2

National Child Abuse Prevention
Pediatric Sepsis Week
Stress Awareness
Sexual Assault Awareness

3

Healthy Eating on a Budget
Head & Neck Cancer Awareness

ATTENTION

We are currently accepting
submissions for our next newsletter!
Please send in your submissions no
later than the 15th of each month.
For more information, please e-mail:
Mary.Aquino@flhealth.gov

Hi! I'm PAM:

Your Guide To:
Parkinson's Awareness Month

Here are
5 things
everyone should know
about Parkinson's.



 **Parkinson's
Foundation**

1

10 million people worldwide are
living with Parkinson's disease.

2

Symptoms can be managed through
treatments like medication, lifestyle
changes or surgery.

3

Parkinson's impacts each
individual differently.

4

Scientists believe Parkinson's is
caused by a combination of genetic
and environmental factors.

5

Parkinson's disease includes
both movement and
non-movement symptoms.

Did you know that someone new is diagnosed with Parkinson's disease in the U.S. every six minutes? 🕒

Today for Parkinson's Awareness Month, learn 5 things everyone should know about Parkinson's Disease from the Parkinson's Foundation. Find more information from the Parkinson's Foundation at: [Parkinson.org/Awareness](https://www.parkinson.org/Awareness)

30  **Years**
NPHW

NATIONAL PUBLIC HEALTH WEEK
It Starts Here
APRIL 7-13, 2025

 **APHA**

**BLACK
MATERNAL
HEALTH
WEEK**

April 11-17, 2025

National Child Abuse Prevention Month

Every April, we highlight the significance of collaborating with the community to prevent child abuse and neglect.

Source: Ounce of Prevention Fund of Florida



Pediatric Sepsis Awareness Month

SEPSIS & CHILDREN



WHAT IS SEPSIS?

Sepsis is the body's overwhelming and life-threatening response to infection, which can lead to organ failure, tissue damage, and death.

Every day, more than 200 children in the U.S. develop severe sepsis. Each year, almost 7,000 children with severe sepsis die.

Any kind of infection, big or small, can cause sepsis. There is no one sepsis symptom, but if your child is unwell with a fever or a very low temperature and has at least one of the following symptoms: feels cold to touch, looks pale or blueish skin, a rash that does not fade away, fast breathing, has a convulsion, or very lethargic - suspect sepsis. Other symptoms to look for in children is if they are not eating, vomiting repeatedly, and has not urinated in 12 hours. It is recommended when these signs show, to please see a doctor urgently or call 9-1-1 and share you are concerned about sepsis. For more information, please visit here: <https://www.sepsis.org/>

Source: [SEPSIS.ORG](https://www.sepsis.org/)

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Stress Awareness Month

Managing stress can be overwhelming with daily responsibilities. Here are a few quick strategies to help cope with stress than can be done in under 30-minutes at home or at work:

- Force a laugh or smile.
- Correct posture.
- Listen to uplifting music.
- Give a hug (to yourself or others).
- Drink tea.
- Use essential oils.
- Stretch.
- Keep a stress ball at your desk.
- Journal.
- Breathing exercises.

<https://www.healthline.com/health/mental-health/stress-coping-eliminate#in-10-minutes>

Sexual Assault Awareness and Prevention Month

APRIL IS SEXUAL ASSAULT AWARENESS MONTH



nsvrc



The theme "Together We Act, United We Change" emphasizes the significance of collaboration in tackling and preventing sexual abuse, assault, and harassment.

Sexual violence encompasses a wide range of unwanted sexual interactions, which include sexual abuse, assault, and harassment.

The National Sexual Assault Hotline 800.656.HOPE (4673) is available to offer support, information, advice or a referral. To learn more, please visit [here](https://www.nsvrc.org/saam/about-2025).

Source: <https://www.nsvrc.org/saam/about-2025>

Healthy Breakfast

Basic Quiche

This quick and easy to make recipe provides 6 servings. You can also keep a few in the freezer for a busy morning. All ingredients are budget friendly!

Quiche



Ingredients

- 1 (9-inch) pie crust, baked
- 1 cup vegetables, chopped (broccoli, zucchini, or mushrooms)
- 1/2 cup cheese, shredded
- 3 large eggs, beaten
- 1 cup milk, fat-free
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder

Steps:

1. Wash hands with soap and water.
2. Preheat the oven to 375 °F.
3. Shred the cheese with a grater. Put it in a small bowl for now.
4. Chop the vegetables until you have 1 cup of chopped vegetables.
5. Cook the vegetables until they are cooked, but still crisp.
6. Put the cooked vegetables and shredded cheese into a pie shell.
7. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
8. Pour the egg mix over the cheese and vegetables
9. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
10. Let the quiche cool for 5 minutes before serving.

Source: <https://www.myplate.gov/recipes/basic-quiche>

Healthy Eating on a Budget

MyPlate can help you make healthy choices within your budget. Here are some tips:

- Try out new fruits and veggies each week during the month of April.
- Plan family meals with different recipes to try.
- Cook more, eat out less.
- Use [MyPlate.gov](https://www.myplate.gov) to create a grocery plan.
- Shop for food in season as they may be more affordable.
- Find quick and easy healthy snack recipes online.
- Learn and follow food safety guidelines.

Source: [MyPlate Healthy Eating on a Budget](https://www.myplate.gov)

HEAD & NECK CANCER DO YOU KNOW THE SIGNS?

Lumps/sores that do not heal

Persistent sore throat

Difficulty swallowing

Harshness/change in voice

Red/white patches in mouth

Trouble breathing/speaking



HEAD AND NECK CANCER
ALLIANCE
HEADANDNECK.ORG

Head and Neck Cancer Awareness Month

Head and Neck Cancer refers to cancers that arise in the mouth, voice box, throat, sinuses, nasal cavity or salivary glands. Worldwide there will be more than 650,000 new cases of Head and Neck Cancer diagnosed annually and 330,000 deaths from these cancers. To learn more, please visit <https://headandneck.org>.