

# Consortium Connection

*"Healthy Environment, Healthy Lifestyles, Healthy Community"*

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## INSIDE THIS ISSUE

**1** NEW FREE COMMUNITY-BASED TRAINING PROGRAM OPEN TO ALL IN MIAMI-DADE

WHAT YOU EAT AT WORK MATTERS

AUGUST IS NATIONAL BREASTFEEDING MONTH

DESTRESS AS A HEALTHY LIVING WAY

STAY UP TO DATE

EVENTS CALENDAR



## NEW FREE COMMUNITY-BASED TRAINING PROGRAM OPEN TO ALL IN MIAMI-DADE

In Miami-Dade County, two thirds of the population is at an unhealthy weight and an alarming 32.7% of adults report no physical activity. The Centers for Disease Control and Prevention (age 18–64) recommend 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity. An equivalent combination of moderate and vigorous-intensity aerobic physical activity is acceptable.

In an effort to support Miami-Dade residents in bettering their health, the Florida Department of Health in Miami-Dade in partnership with Miami-Dade County Parks, Recreation and Open Spaces (MDPROS) held the first structured Partnership to Improve Community Health (PICH) fitness and health awareness program at Gwen Cherry Park on June 14, 2016. The program was well attended by community members.



This was the first in a series of seven community training programs that will be taking place once-a month to strengthen a participant's knowledge on proper use of the fitness zone equipment, breathing techniques, correct ways to maintain body alignment,

and how to move with intention and mindfulness while having fun.

The program is completely free and open to all in the community. [Click here](#) for more information or call Gwen Cherry at 305-649-4889.

**KIDS VACCINATIONS**

**FROM JULY 1st to SEPTEMBER 30th**

NEW pediatric patients without health insurance may receive a **FREE** comprehensive check-up and required vaccinations.

**Be a hero.**

**Spill the water!**

## WHAT YOU EAT AT WORK MATTERS

Health related behaviors are influenced by the physical and social environment at the workplace. We spend most of our time at work; therefore, food available at the workplace frequently determines what we eat throughout the day.

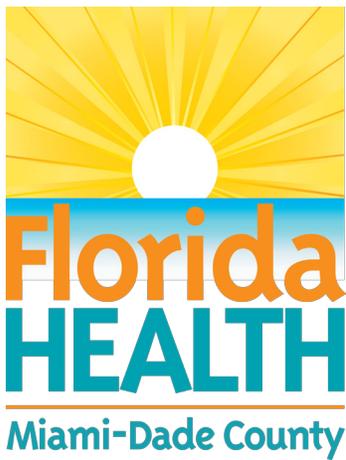
Workplace gatherings can promote healthier meal and snack choices by

following the recommendations provided by the [2015-2020 Dietary Guidelines for Americans](#) by offering:

- More fruits and vegetables;
- Non-fat or low-fat milk products;
- Whole grains;
- Foods low in saturated/trans fats;
- Smaller serving sizes

Come to our next [Worksite Wellness Committee meeting](#) on August 11, 2016 to learn more great ways to improve your business.





## AUGUST IS NATIONAL BREASTFEEDING MONTH

World Breastfeeding Week is celebrated August 1-7 in over 170 countries. This year's theme, Breastfeeding: A Key to Sustainable Development, links breastfeeding and the Sustainable Development Goals (SDGs). By aligning breastfeeding with the Sustainable Development Goals, we create an opportunity to work within the framework of practical targets, indicators and timescale that allow for the global effort to increase breastfeeding rates.

In an effort to bring awareness about the importance breastfeeding has in

our community the Florida Department of Health in Miami-Dade County WIC Program and Healthy Start Coalition of Miami-Dade will host the 5th Annual Breastfeeding Awareness Walk at Amelia Earhart Park, 401 E. 65th Street, Hialeah, FL 33013 on Saturday, August 6th, from 8:00am – 12:00pm.

Families will be able to visit with local exhibitors, enjoy music, bounce houses, face painting, Zumba and yoga classes, raffles to family-friendly restaurants and tickets to attractions around the city. There will be a healthy, fun and interactive food demonstration by Short Chef

and seminars on breastfeeding, pumping, and car seat safety will be scheduled throughout the day.

This year's walk will also serve as an official site for The Big Latch On hosted by Natural Birthworks, a co-op of birthworkers united in one space to provide many types of holistic care in the community. The Big Latch On is a global initiative and synchronized breastfeeding event, where scores of mothers around the world breastfeed in public together for one minute in order to raise awareness and offer peer support to one another. [Click here](#) to learn more.

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**"Healthy Environment, Healthy Lifestyle, Healthy Community."**

## DESTRESS AS A HEALTHY LIVING WAY

Recent survey findings from the American Psychological Association show that average stress levels in the U.S. have decreased since 2007, however, many Americans say they struggle to achieve their healthy living goals and that important health behaviors like eating and sleeping are affected by stress. Only a small percentage say their stress has actually decreased this past year. What is alarming is that many Americans are unaware of how stress affects their health.

The human body undergoes a series of hormonal and biochemical changes when faced with stress. This automatic



stress response, or the fight or flight reaction, puts our bodies in alarm mode: heart rate speeds up, breath becomes shallow, muscles tense, and our digestive and immune systems temporarily shut down. The stress response is helpful in an emergency situation, but when it is activated on a frequent basis it puts

strain on both mind and body. You can learn specific techniques for managing your stress more effectively. These techniques can help you lower your stress, improve your readiness to respond in stressful situations, and deal more easily with stress when it comes up.

It's important to remember that you cannot always control the causes of your stress, but you can control the way you react to it. [Click here](#) to learn more and find great tips on stress management techniques to better manage your stress.

FREE! FAMILY FUN EVENT - AUGUST 6, 2016

**5th ANNUAL BREASTFEEDING AWARENESS WALK 2016**



## EVENTS CALENDAR AUGUST

### STAY UP-TO-DATE

[State-Level Trends and Correlates for Cross-Sector Collaboration on School Nutrition and Physical Education Activities, 2000–2012](#)

[QuickStats: Percentage of Adults Aged 18–64 Years With a Usual Place for Medical Care, by Race/Ethnicity — National Health Interview Survey, 2010 and 2015](#)

[Update: Interim Guidance for Health Care Providers Caring for Pregnant Women with Possible Zika Virus Exposure — United States, July 2016](#)

<p><b>6</b></p> <p><b>THE BIG LATCH-ON</b> Location: West Kendall Baptist Hospital, 9555 SW 162nd Ave, Miami, FL 33196 Time: 9AM - 10AM</p>	<p><b>6</b></p> <p><b>ALLAPATTAH COMMUNITY HEALTH FAIR &amp; BACK TO SCHOOL EVENT</b> Location: 1629 NW 42nd Street Miami, FL 33142 Time: 10AM - 2PM</p>	<p><b>6</b></p> <p><b>5TH ANNUAL BREASTFEEDING AWARENESS WALK</b> Location: Amelia Earhart Park- 401 East 65th Street, Hialeah, FL 33013 Time: 8AM - 12PM</p>
<p><b>13</b></p> <p><b>BACK TO SCHOOL</b> Location: 1695 Opa Locka Blvd, Miami, FL 33167 Time: 9AM - 2PM</p>	<p><b>13</b></p> <p><b>DISTRICT 3- ANNUAL BACK TO SCHOOL FUN DAY/ HEALTH AND INFO FAIR</b> Location: Olinda Park, 2101 NW 51st St. Miami, FL 33142 Time: 10AM - 2PM</p>	<p><b>13</b></p> <p><b>WORLD BREASTFEEDING AWARENESS CELEBRATION HEALTH FAIR</b> Location: 1100 NW 95 St. Miami, FL 33150 Time: 9AM - 2PM</p>
<p><b>13</b></p> <p><b>ORANGE BOWL FAMILY FIT AND FUN DAY</b> Location: 3000 NW 199th St. Miami Gardens, FL 33056 Time: 10AM - 1PM</p>	<p><b>13</b></p> <p><b>BACK TO SCHOOL HEALTH</b> Location: 100 N.E. 191 Street, Miami, FL 33179 Time: 10AM - 2PM</p>	<p><b>21</b></p> <p><b>BACK TO SCHOOL KICKOFF</b> Location: 17001 NW 20th Ave, Miami Gardens, FL 33056 Time: 11AM - 2PM</p>