

Consortium Connection

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“Healthy Environment, Healthy Lifestyles, Healthy Community”

Not this Time Around!

Genuine, hard work often goes unnoticed; but not this time around. As the Communities Putting Prevention to Work (CPPW) grant period officially ends, we would like to extend a magnanimous thank you to ALL who were involved – partners, stakeholders, community members, staff, etc. Without you, the Miami-Dade County CPPW initiative would not have been such a great success. Through your efforts and participation, we have accomplished the implementation of numerous policy, system and environmental changes in our community. As a result of CPPW, Miami-Dade County residents and visitors now have increased access to healthy nutrition and opportunities for physical activity.

Nevertheless, we are just getting started. As many of us observe on a daily basis, there is plenty of work to be done. Efforts to reduce the incidence and prevalence of chronic diseases in Miami-Dade County will continue through the Consortium for a Healthier Miami-Dade.

Community level change begins with you - the individual. If you are interested in continuing to make your community a healthier and happier place to live, we encourage you to actively participate in the Consortium by implementing and contributing to various initiatives throughout the County. It is one thing to log on to the Consortium website and join; but true impact happens when we put forth the effort needed to continue to positively influence the quality of life of Miami-Dade County residents and visitors.

-CPPW Staff



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Catching the Wave: Prevention in the Workplace



Do you see it? Can you feel it? It's the changing perception across America – and **FINALLY** in Florida, that our best hope of battling costly and debilitating chronic diseases is not through medical breakthroughs in treatment but in preventing their onset altogether. As residents of the most progressive country in the world with the most state of the art medical technology, treatments and interventions, we should be the healthiest. But sadly, the World Health Organization (WHO) reported in 2000 that the US healthcare system ranked 37th among all nations. The New England Journal of Medicine reported in 2010 that while the highly criticized and debated WHO report may have its shortcomings, there is no denying that in 2006, the US spent the most on healthcare out of ALL nations yet infant mortality still ranks us 39. This is undisputable. The fee-for-service model of healthcare delivery has largely fueled the rising cost of healthcare. As a result, we as Americans have grown accustomed to what we at the Florida Heart Research Institute call the “magic pill approach.” Have a backache, take a pill. Have high blood pressure or cholesterol, take a pill. It's a never ending cycle that is spiraling out of control as we continue to put out the fires of illness and disease through costly treatment interventions. But finally, **FINALLY** there is increasing recognition and awareness that maybe our approach is all wrong. Maybe rather than focusing on the *treatment* of chronic diseases as they occur, we should be focusing on *preventing* them all together! Health promotion advocates have finally been heard on Capitol Hill and the passage of the Affordable Care Act has provisions to encourage health promotion programs in the workplace as a means to improve public health through prevention.

You may ask yourself, why incentivize prevention programs in the workplace? The answer is simple. We Americans frequently spend more waking hours at work than we do at home with our families. And employers are slowly realizing that the only way to turn the tide of the rising costs of healthcare is to keep their workforce healthy and improve the health of those already afflicted with disease. Heart disease can be prevented, stopped and even reversed if the proper corrective steps are taken. And here is more good news: the prevention strategies for heart disease are the same for cancer, diabetes and most other chronic diseases. The “magic pill” is the same for all of them... (but it takes time and a concerted effort): it's a healthy diet and daily physical activity. Employers who adopt worksite wellness programs that promote a healthy lifestyle of no smoking, exercise and a diet rich in fruits, vegetables, whole grains and lean meats are reaping the benefits of their efforts and the efforts of their employees through a decrease in medical claims, constant or reduced medical premiums, reduced absenteeism, reduced worker's compensation claims and healthier, happier, more loyal and productive employees. Research has shown that for every dollar spent on worksite wellness programming there's a \$3 to \$6 return on investment.

In an effort to encourage more businesses to adopt worksite wellness programs and to reward those that do, Florida Heart Research Institute is proud to partner with the Miami-Dade County Health Department and the Consortium for a Healthier Miami-Dade in hosting the fifth annual **2013 Florida Worksite Wellness Forum and Awards** on Friday, April 12th, 2013 at the Miami Beach Resort and Spa. The event includes morning workshops with national speakers and movers and shakers in the field and an awards luncheon emceed by local CBS news anchor Cynthia Demos. The call for nominations is currently underway for large, mid-sized and small businesses with active programs with documented outcomes. Winners will receive a \$500 award along with the honor of entering the Winners Circle in perpetuity. Paul Terry, Chief Executive Officer of StayWell Health Management, will serve as Keynote speaker of the luncheon. Those who desire to network further may attend the VIP reception with the speakers and winners following the luncheon. To learn more, go to www.worksitewellnessawards.org. An investment in teaching your employees about preventive strategies to a healthier, happier life can be well-rewarded. We invite the entire state of Florida to join us April 12th and catch the wave!

- *Tori Gabriel*
Florida Heart Research Institute
Worksite Wellness Committee

Safe Steps—Pasos Seguros



Did you know that Miami-Dade County has the fourth highest pedestrian crash rate in the nation, and the highest rate of elder pedestrian crashes (injuries and fatalities) in the state? The Alliance for Aging is pleased to announce that it has received a second year of funding from the Florida Department of Transportation to support its elder pedestrian safety program, Safe Steps-Pasos Seguros.

This program includes:

- 1) Educational workshops with elders who live within walking distance of the "10 most dangerous intersections for elder pedestrians"
- 2) Public service announcements on elder pedestrian safety shown on English and Spanish television from Broward County to Key West
- 3) An Elder Pedestrian Advisory Group of local planners, engineers, researchers, and first responders

In January, the Alliance will host an Elder Pedestrian Safety Policy Forum to discuss ways to lower the rate of elder pedestrian injuries and fatalities by improving pedestrian safety. This spring the Alliance will be working with the Urban Health Partnership on Safe Routes to Aging in Place, part of the Miami-Dade County Age-Friendly Initiative. For more information on Safe Steps-Pasos Seguros, please contact Woodie Pagan at 305-670-6500 or paganw@elderaffairs.org.

- *Marsha Jenakovich*
Alliance for Aging
Health and the Built Environment Committee

Cervical Cancer Screenings & Mammograms

When:

January 26, 2013
8:00 AM—12:00 PM

Where:

West Dade Family Planning Clinic
11865 SW 26th Street, Suite J2
Miami, FL 33175

Free if you:

- Are 50 years or older
- Have not be screened within the last year
- Meet the financial eligibility guidelines



Pre-registration is required. Please call 305-470-5634.

Upcoming Events

Miami-Dade County Health Department Best Practice Showcase

Please join the Miami-Dade County Health Department as they share information about the Sterling Performance Excellence Criteria and their continuous performance excellence journey towards achieving the organizational role model status as a three time winner of the Governor's Sterling Award (GSA). Invitation and Registration Form to follow.

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SAVE THE DATE		
 FLORIDA STERLING COUNCIL "A state of excellence"	Time: 8:30 - 3:00pm	Best Practice Showcase
 GOVERNOR'S STERLING AWARD	WHO: Miami-Dade County Health Department WHERE: Florida Blue Community Room 8400 NW 33 rd STREET, 1 st floor Doral, Florida 33122	
Date:	February 20, 2012	

For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org