

Consortium Connection

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“Healthy Environment, Healthy Lifestyles, Healthy Community”

Built Environment Team at University of Miami Awarded Prestigious HUD Grant



A research team from the University of Miami continues work on its study titled, “Health Impacts of the Built Environment among Miami Medicare/Medicaid Beneficiaries”. The team is led by Dr. Scott Brown (from the School of Medicine’s Department of Epidemiology & Public Health) and Dean Elizabeth Plater-Zyberk (from the School of Architecture). The study examines the extent to which neighborhood built environment “walkability” characteristics are linked to health outcomes such as obesity, and associated health-care costs.

The researchers are utilizing Medicare/Medicaid claim submissions and geographic data that capture measures of walkability for the approximately 350,000 Medicare and 400,000 Medicaid recipients residing in Miami-Dade County. Factors hypothesized to influence walkability will be assessed for each beneficiary’s neighborhood. These factors include street connectivity, land-use diversity, public transit and park accessibility.

The health-care costs associated with the claims are also being measured. Multiple safeguards are being employed to ensure the privacy of the beneficiaries. The study is being undertaken through the support of the US Department of Housing and Urban Development (HUD); it is one of only six projects supported by HUD’s Sustainable Communities Research Grant Program. Supplemental funding from the Health Foundation of South Florida was critical in securing the HUD research grant.

The results of this study will contribute to the body of evidence informing community planning, design, and health-care policies. For more information on this and other built environment and health studies being conducted at the University of Miami’s Schools of Medicine and Architecture, please contact Dr. S c o t t B r o w n : SBrown@med.miami.edu; 305-243-4410.

- Matthew Toro
University of Miami
Health & the Built Environment Committee



Inside this issue:

- | | |
|--|---|
| Built Environment Team at University of Miami Awarded Prestigious HUD Grant | 1 |
| Social Entrepreneur Launches Healthy Vending Business to Fight Obesity Crisis in Miami | 2 |
| Youth LEAD Supports Local Food Systems | 3 |
| How to Eat Healthy this Summer | 4 |



Social Entrepreneur Launches Healthy Vending Business to Fight Obesity Crisis in Miami



Miami-Dade based social entrepreneur, Mario Murillo is determined to tackle the epidemic of obesity and diabetes in his community by making nutrition easy and accessible. Mario has partnered with HUMAN Healthy Vending to make healthful food the standard in his local schools, community centers,

hospitals, and corporate buildings.

Mario specifically chose to partner with HUMAN because HUMAN's acronym serves as its mission and its driving force: "**Helping Unite Mankind and Nutrition.**" HUMAN's high-tech and eco-friendly vending machines vend healthful foods and drinks and stream nutrition-related video content via 23" LCD monitors attached to the machines.

How is Mario actually helping unite man and nutrition?

i) By offering 100% healthful snacks, drinks and entire meals; by having a health advisory board consisting of medical doctors, certified nutritionists, registered dietitians, & public health specialists approve what goes in the machines. Great nutrition does nothing without great taste. That's why each product must pass a health test AND a taste test.

ii) Via the establishment of eco-friendly and interactive vending machines that bring nutrition directly to people rather than making them go and find it themselves; HUMAN's vending machines are the first full-service vending solution with health education streamed digitally via HD LCD screens attached to the machines.

iii) By donating 10% of proceeds to charities that fight obesity and malnutrition, effectively allowing people to help others (via charitable giving) by helping themselves (via improving their health).

Since launching the Miami-Dade campaign in May, Mario has been very encouraged by how the community has welcomed the program and already has had advanced discussions about implementing a HUMAN healthy vending program with local private schools, colleges, upscale hotels/spas, gyms, hospitals and community centers.

Mario looks forward to bringing healthy vending to his community. "I am a fairly new member to the community, but being the son of an Operation Pedro Pan child refugee from Cuba, having a grandmother who sought refuge in Miami from early 1960's Cuba, and now living and planning to raise a family here, I am deeply committed to making Miami a healthier place for us now and in the future" said Mario. "I fully understand the need for easier access to healthier products. I will make sure to make healthy easy and bring healthier options to Miami through a fun and progressive business, which makes me feel that I am making a positive contribution."

If you are interested in learning more about HUMAN, or in bringing healthy vending to your location at no cost to you, please contact Mario at mariom@humanvending.com or visit <http://www.healthyvending.com>

- Mario Murillo
HUMAN Vending
Health Promotion & Disease Prevention Committee





Sowing good habits: YL Apprentices tilling an herb garden at the Belafonte Tacoley garden in Liberty City.



YL Apprentices spreading some veggie love, while they work at the Upper Eastside Farmers' Market.



YL Apprentices cleaning up trash at the 2012 Bayanza Biscayne Bay Beach Cleanup in April.

Youth LEAD Support for Local Food Systems



Youth L.E.A.D. (YL) is an emerging “food justice”*organization, begun in 2009, that educates and empowers youth to adopt healthy eating habits while supporting local food systems. High school students from the Liberty City, Opa Locka and Overtown

neighborhoods are recruited for a 12-week after school program through their high school activity director and offered the opportunity to train and apprentice in the field of food justice with YL. Students from the after school program who completed all 12 weeks, were punctual and exhibited positive attitude traits are invited to a 4-month paid apprenticeship program at local farmers’ markets and community gardens. Students benefit from the program in a number of ways, gaining experience and job skills as well as helping create neighborhood-wide sustainable healthy food habits. Students perform outreach in their neighborhoods providing materials on the local markets and YL initiatives. YL also organizes healthy food demonstrations that focus on seasonal, locally-grown foods. YL has created a recipe book available on their website (www.youthleadmiami.org). Purchasing the book supports the programs for students. To find out more, visit YL on Facebook and twitter (@youthleadmiami). If you are interested in serving on the YL Board of Directors, please email Erin Healy, Founder and CEO at erinhealy@youthleadmiami.org.

*Food justice seeks to defend people’s rights to grow, sell and eat food that is (among other things) healthy, affordable, humane and sustainably grown.

- Erin Healy
Youth LEAD
Health & the Built Environment Committee

How to Eat Healthy this Summer



Now that summer is officially starting, it's time to think about how to have healthy eating habits during this time of cookouts, vacations, and trips to the beach.

You can keep eating right while enjoying yourself if you remember how to eat healthy alternatives and substitutes. We've mentioned many tips for getting good nutrition and avoiding bad pitfalls. Which ones are now a part of your healthy diets, and will get you through this summer eating right?

When you simply must make a salad to take to your friend's barbecue, use protein-packed Greek yogurt in place of the commonplace creamy ingredients like mayonnaise and sour cream.

When you and your family are out having fun in the heat, skip the sugary punch drinks. Not only is there no good nutrition in them, they make your body feel worse. Instead, dress up water with plenty of fresh fruit slices, like lemons and limes.

When you get the grill out, load up on fresh produce to throw on it. Even people who think they don't like vegetables like them when they're grilled. Look up creative recipes online for grilling fruit. These simple side dishes make healthy meals more seasonal and fun.

Since exercise is just as important as healthy eating, incorporate active games and other movement activities into your summer fun. Explore the shore line by walking up the beach. Take a hike on a shady trail. Organize soccer and football games at your family reunion. Join the local pool and use more than just the sun deck.

*- Monica Dawkins
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