

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

More Walkable/ Bikeable Downtown Miami Coming Soon

The Metropolitan Planning Organization (MPO) recently endorsed the Bicycle/Pedestrian Mobility Plan for downtown Miami.¹

Completed in collaboration with the Miami Downtown Development Authority (DDA), the plan serves as a community design and growth management guide aimed at making downtown Miami a safer, more convenient, more efficient place for walking and biking.

Downtown Miami offers the highest concentration of cultural and entertainment destinations and public transit facilities in South Florida. Since 2000, the downtown area residential population has grown a staggering 82%²; its daytime population

exceeds 190,000 people, including a regular tourist presence in the area.³ Also, according to the 2011 Dangerous by Design pedestrian safety report, the broader South Florida region is the fourth most dangerous metropolitan area for pedestrians in the nation.³

In light of these factors, the Bicycle/Pedestrian Mobility Plan calls for important safety and accessibility modifications to the existing street and sidewalk networks in downtown Miami. The plan calls for more (and more visible) crosswalks, better lighting and more shade trees along pedestrian paths, the relocation of sidewalk obstructions, increased bicycle facilities (such as bike lanes and bicycle street markings, etc.),

more bike racks for parking, and a set of education, outreach, encouragement, and enforcement strategies. The plan also introduces the innovative concept of a “Modal Priority Zone” where pedestrians and bicyclists are given priority over motorized vehicles.

The plan’s implementation is based on long-term, short-term, and immediate needs, so be on the lookout for and enjoy a more walkable, bikeable, and livable downtown Miami coming soon.

- Sarah W. Ingle, AICP,
Miami DDA
Health & the Built
Environment Committee



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Resources:

1. Metropolitan Planning Organization. MPO Resolution #08-11. Miami-Dade County; 2011.
2. Miami DDA. Population and demographic profile. Miami-Dade County; 2010.
3. Miami DDA. Market insights map. Miami-Dade County.
4. Transformation for America Web site. Dangerous by design. Available at <http://t4america.org/resources/dangerouslybydesign2011/>. Accessed June 14, 2011.

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 **Welcome to Downtown Miami!** 



Child Care - Formative Experience



Child Care Centers, or Early Care and Education Centers are the fertile grounds

for teaching, shaping, influencing and forming strong, viable and healthy children. With approximately 100,000 children in care in Miami-Dade County that is no small task. Pre-school age children typically spend eight to ten hours per day, five days per week in a child care setting. That amounts to about **2000 hours** per year where child care providers are shaping the lives of children. Happy, healthy, educated children don't simply happen, it "takes a village."

The Centers for Disease Control and Prevention report that one of seven low-income, preschool-aged children is obese. Body weight is the result of genes, metabolism, behavior, environment, culture, and socioeconomic status. Behavior and environment play a large role in

whether people are overweight or obese. These are the greatest areas for prevention and treatment actions.

The Department of Children & Families (DCF) is working with over 1,400 licensed Child Care Providers through assessments, observations, training and technical assistance to make a difference in our community. To make this difference, the DCF is recommending child care centers implement the following policies:

Physical activity: Thirty minutes of teacher led intentional physical activity each morning, and thirty minutes of physical activity, including free play, each afternoon.

Reduction of screen time: Creative, and age-appropriate teacher led activity that works to develop fine motor skills, imagination, and social skills as an alternative to TV, computer's and IPODS.

Improving nutrition: Engagement of children in the preparation of meals and snacks while teaching them the nutritional benefits of fruits, vegetables, and whole grains.

If we can make an impact on the health and wellbeing in just 5% of children through our efforts, we will directly **change** the lives of 5,000 children. But it takes a village!

- Alina Soto, Department of Children & Families
Children Issues Committee



June is Men's Health Month!¹

June is nationally recognized as Men's Health Month. This month represents a wonderful opportunity to create awareness of preventable health problems and conditions among both boys and men.

Now is as good a time as any to start adopting healthier behaviors. Remember, small

changes can make a big difference, and living healthy longer can make all the difference in the world to someone you care about!

Join the Florida Department of Health this June 17th, 2011 for "Wear Blue Day." Help support Men's Health!

- CPPW Staff

How to Participate:

- A) Wear **BLUE** to create awareness
- B) Plan or support a health fair
- C) Participate in community fundraisers like a local Prostate Walk

Walk to Fight



The American Heart Association (AHA) works every day to advance groundbreaking medical research, spread lifesaving knowledge, and reach out to people of all ages about cardiovascular disease and stroke, our nation's No. 1 & 3 killers. By 2020, we aim to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular disease and stroke by 20 percent.

The AHA will be hosting a Heart Walk to give an opportunity for people to create a culture of physical activity, while raising funds to help fight heart disease and stroke. The 2011 Miami-Dade Heart Walk will be taking place on Saturday, October 29th, 9:00AM. at Florida International University, 11200 SW 8th Street, Miami, FL 33199.

The event is free and open to all ages, so bring your family along for a healthy, fun day of activities including free health screenings, a kids zone, and entertainment. A healthy breakfast will be provided, in addition to a lunch provided by Subway.

Registration has already begun, so get ready to get moving and have fun! To start your own group or company team, or to join an existing team, please contact Laura Denoux at (305)631-4757 or laura.denoux@heart.org and visit us at www.MiamiDadeHeartWalk.org.

- Laura Denoux, American Heart Association
Worksite Wellness, Children Issues, and Health Promotion
& Disease Prevention Committees



Health Tips²

1) Eat Healthy

- Limit food and drinks high in calories, sugar, salt, fat, and alcohol.

2) Be Active

- Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.

3) Protect Yourself

- Wear helmets, seat belts, sunscreen, and insect repellent.
- Avoid smoking and breathing other people's smoke.

4) Manage Stress

- Balance work, home, and play.

5) Get Check-Ups

- Find out what exams, tests, and shots you need and when to get them.

Resources:

1. Men's Health Month. June is Men's Health Month! Available at <http://www.menshealthmonth.org/>. Accessed June 2, 2011
2. Centers for Disease Control and Prevention. Tips for a Safe and Healthy Life 2011. Available at <http://www.cdc.gov/family/tips/>. Accessed June 2, 2011.



Upcoming Events

Commissioner Joe A. Martinez Health & Safety Expo

Don't miss out on this great opportunity! The 2011 Health & Safety Expo, hosted by Commissioner Joe A. Martinez, will be offering the following:

- Free Health Screenings
- Immunizations for Children
- Safety Presentations
- Health and Safety Information provided by over 100 vendors



Date: Saturday, June 25th, 2011

Time: 10:00AM - 4:00PM

Location: Miami-Dade County Fair & Exposition, Inc.

Fuchs Pavilion

10901 SW 24 Street

Miami, Florida 33165

"Fitting Fitness into the Workplace"

A Worksite Wellness forum with information about the American Heart Association's tools and resources to support physical activity in the workplace

Date: Thursday, June 30th, 2011

Time: 2:00 - 4:00 p.m.

Location: Miami-Dade County Health Department

Kodak Building

8600 NW 17th Street, Suite 200,

Miami, FL 33126



For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org