

Consortium Connection

September 2011

Volume 1, Issue 7

“Healthy Environment, Healthy Lifestyles, Healthy Community”



New School Year, Healthier Lunch Options!

On August 19, 2011 Miami-Dade County Public Schools officially unveiled their Star Food healthy vending machines, representing the first ever system-wide adoption in the nation. The machines were made possible with funding from the Miami-Dade County Health Department’s Communities Putting Prevention to Work initiative.

Currently the machines are available in over 25 county high schools. The remaining high schools will receive their machines throughout the fall semester. Each machine is stocked with meals designed by locally renowned chefs, including the Food Network’s Michelle Bernstein.

The machines do not accept cash, instead each student must use their student ID and date of birth similar to using a pin number. Funds are either taken out of the Free-or-Reduced Lunch Program or from online accounts set up by the students’ parents.



More than 58,000 lunches were sold through the machines during the trial period that ran from April until June, 2011.

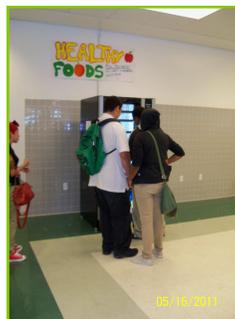
- CPPW Staff

Inside this issue:

New School Year, Healthier Lunch Options!	1
WalkSafe!	2
Fruits & Veggies - Recipes to Enjoy!	2
Reach Your Breastfeeding Goal!	3
September is National Preparedness month!	3
Upcoming Events!	4



MAKE HEALTHY HAPPEN MIAMI



WalkSafe!



The University of Miami's WalkSafe™ program successfully implemented several new initiatives this year, supporting their mission to reduce injury and increase physical activity among school-aged children (ages 5-14). Through involvement with community partners, WalkSafe™ was able to begin a diverse range of initiatives addressing the encouragement, education, engineering, evaluation, and enforcement of pedestrian safety.

WalkSafe™ collaborated with a school in Little Haiti to begin a Walking School Bus (WSB) for students. Parents were recruited to be WBS “drivers” and make “stops” near students’ homes on the routes to school. Parents received WSB route maps and training to ensure safe and correct pedestrian behaviors. The WSB translates the WalkSafe™ curriculum into safe pedestrian practice.

Nearly 400 students with special needs received the new WalkSafe™ Special Education Curriculum this spring. With the cooperation of assistant principals, teachers, and paraprofessionals at each school, WalkSafe™ staff piloted the curriculum in five Miami-Dade County schools. According to assessments conducted before and after the curriculum was implemented, special needs students gained important knowledge like differentiating between safe and dangerous places to cross the street, and recognizing pedestrian signals, among others.

Thanks to WalkSafe™, the City of Miami Police Department, the Miami-Dade County Health Department, and other community leaders and stakeholders, 23 new crossing guards will be seen at various City of Miami schools this year. To assure effective placement of the new crossing guards, WalkSafe™ staff and volunteers conducted surveys identifying those schools with the greatest need of additional crossing guard presence. A heightened presence of crossing guards advances the WalkSafe™ goal of securing the safety of our community's student, parent, and school staff pedestrians as they pursue more physically active and healthy lifestyle choices.



- Katie Swidarski, MPH; Carolina Gutierrez, PhD
WalkSafe™ and BikeSafe™ Programs
Health and the Built Environment Committee

Fruits & Veggies - Recipes to Enjoy!¹



Fiesta Hummus Recipe*

Preparation Time: 10 minutes, **Serves** 6

- 1 can (15 ½ oz) garbanzo beans
- ½ tsp cumin
- ¼ tsp salt
- 2 garlic cloves, minced
- ½ cup plain yogurt, fat-free
- 1 Tbsp lime juice
- 1 Tbsp sesame oil
- 2 jalapeno peppers, chopped
- 2 Tbsp cilantro, chopped



Drain and mash garbanzo beans in blender, food processor, or with fork. Add remaining ingredients. Blend until smooth. Serve.

Skillet Zucchini with Chopped Tomatoes**

Preparation Time: 10 minutes, **Serves** 4

- 1 tsp margarine
- 1 cup onion, chopped
- 4 small zucchinis, thinly sliced
- 2 medium tomatoes, chopped
- ground pepper



In a large skillet, melt margarine over medium heat. Add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3-5 minutes or until zucchini is tender-crisp. Season to taste with pepper.

* A serving of Fiesta Hummus contains 1/2 cup of fruits and vegetables.

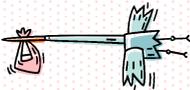
** A serving of the Skillet Zucchini contains 1 1/2 cup of fruits and vegetables.

Reach Your Breastfeeding Goal!



The Miami-Dade County Health Department (MDCHD) Special Supplemental Nutrition Program for Women, Infants and Children (WIC) offers extensive services to help local families reach their nutrition and breastfeeding goals. WIC promotes breastfeeding as the preferred method of infant feeding. Among the services offered are:

- Nutrition assessment and counseling for pregnant, breastfeeding and postpartum women and children up to age 5.
- Healthy foods to help meet nutritional needs
- A breastfeeding helpline available 24/7, 365 days per year to answer questions
- Support and specialized professional breastfeeding assistance from Breastfeeding Peer Counselors and International Board Certified Lactation Consultants (IBCLC)
- Mothers of severely ill or premature infants may be loaned a hospital-grade breast pump; IBCLCs help them to achieve full breastfeeding of their infants.
- To help MDCHD WIC clients feel confident that they can both work and breastfeed, clients may participate in our working mother's breast pump loan program.



MDCHD's focus is preventing disease and improving the health of the Miami-Dade County community. Breastfed infants have increased protection from many illnesses and cancers and a reduced risk of obesity. For these reasons, the MDCHD has adopted a worksite lactation policy to ensure that employees are afforded every opportunity to express their breast milk at work while employed within the agency.

For more information on WIC's breastfeeding services call (786) 336-1336 or (786) 336-1300 to enroll in the program.

- Cheryl Lorie IBCLC, RLC
MDCHD-WIC
Children Issues Committee

September is National Preparedness Month!²

This year marks the eighth annual National Preparedness Month. All across the nation organizations are working to educate the public on how to prepare for emergency situations, as well as providing support to emergency preparedness efforts.

Joining the effort begins with the four steps listed below:

1. Prepare a Kit: An emergency kit should have the basic for survival, and should have enough to last you three days.	3. Be Informed: Check all types of media for global, national and local information
2. Make an Emergency Plan: Develop a family disaster plan, and know who your points of contact are.	4. Get Involved: Look into taking first aid and emergency response training, and participating in community exercises.

- CPPW Staff

Resources

1. Fruit & Veggies - More Matters. (2011). Quick Fruit & Veggie Recipes. Retrieved from http://www.fruitsandveggiesmorematters.org/?page_id=1547
2. Centers for Disease Control & Prevention. (2011). National Preparedness Month. Retrieved from <http://www.cdc.gov/Features/BeReady/>

Upcoming Events

MAKE HEALTHY HAPPEN MIAMI SHOWCASE!

Join us while we highlight the work of our Communities Putting Prevention to Work (CPPW) Partners, as they strive to make Miami a healthier place to live, work, learn, and play.

The Showcase will provide the opportunity to discuss the efforts and successes of the Miami-Dade County Health Department and CPPW in the fight against chronic diseases associated with obesity.

WHEN:

Friday, September 30, 2011

8:00 AM to 1:00 PM

WHERE:

Sofitel Hotel

5800 Blue Lagoon Drive

Miami, FL 33126

This event is **FREE** to attend, so reserve your seat today! Space is limited!

Log on to <https://www.surveymonkey.com/s/MGXZLTF> to **RSVP by September 21st, 2011.**

HEART WALK 2011!

The American Heart Association would like to invite you to participate in their upcoming Heart Walk. The Heart Walk gives people an opportunity to create a culture of physical activity to help fight heart disease and stroke.

WHEN:

Saturday, October 29, 2011

TIME:

Activities begin at 9:00AM

Walk begins at 10:00AM

WHERE:

Florida International University

11200 SW 8th Street

Miami, FL, 33199

To register for the walk please visit: <http://miamidadeheartwalk.kintera.org>

For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org