

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

Make a Healthy Promise

Healthy Promise Florida - What is it?

Healthy Promise is a campaign sponsored by the Florida Department of Health to encourage Floridians to make a commitment to their health with more informed choices about healthy eating and active living this year. The number one public health threat to Florida’s future is unhealthy weight. Currently, only 36 percent of Floridians are at a healthy weight. On our current trend, by 2030, almost 60 percent will be obese. Additionally, six out of ten children born today will be obese by the time they graduate high school.

What can you do?

Part of the solution to this challenge is community support, that’s where you and the Healthy Promise campaign fit in.

Employees are invited to post a healthy promise along with a personal photo at www.HealthyPromiseFL.com

On this website, you can also view promises and photos from other Floridians who have committed to live longer and healthier lives. You can encourage your clients, friends and family to do the same. Everyone can be part of the Healthy Promise campaign!

Together...We Promise to Help Florida Be the Healthiest State in the Nation!



West Perrine Health Center employees posted fifty-eight sticky note Healthy Promises on a community message board on Friday, January 9, 2015. The same Healthy Promise message board will travel to the Health District Center located at 1350 NW 14 Street to encourage further participation from Florida Department of Health in Miami-Dade County employees and the community.

February 2015

Volume 5, Issue 2



Inside this issue:

Healthy Promise	1
Heart Month	2
Recipe/Observance	3
Event	4



National Heart Month

Pledge to reduce your sodium intake

Why: America's relationship with salt is raising our blood pressures– and our risk for heart diseases and strokes. The AHA's campaign called "I Love You Salt, But You're Breaking My Heart" features fun videos, a sodium quiz, infographics and links to lower-sodium recipes.



Most importantly, please take the pledge to reduce your sodium intake now!

www.heart.org/sodium

Two steps to save a life: Learn Hands-Only CPR by watching a short video



Why: Our community has one of the lowest bystander-response rates in the country. Help save lives by learning how to perform Hands-Only CPR. It's easy – and only takes 1 minute and 8 seconds of your time! Please share it with others, too, so that more lives can be saved.

Watch the video at <http://bit.ly/1v5rtOA>

Improve nutrition at work by using the Healthy Workplace Food & Beverage Toolkit

Why: Salty snacks and Sugar-Sweetened Beverages are leading to record rates of obesity, a primary cause of cardiovascular diseases and diabetes. Learn tips and tricks for making your workplace, church, or organization healthier by downloading a copy of the Toolkit at:

www.heart.org/foodwhereur



FIND YOUR RED

Friday, February 6, is National Go Red Day for everyone; Sunday, February 8, is Go Red Sunday for churches. More information here:

<https://www.goredforwomen.org/wearredday/resources/>

Or http://www.heart.org/HEARTORG/General/National-Wear-Red-Sunday-Form_UCM_435138_Form.jsp

ISLARA B. SOUTO, MPH

American Heart Association-American Stroke Association

On behalf of the AHA, THANK YOU FOR HELPING TO IMPROVE OUR COMMUNITY'S HEALTH!



Teen Dating Violence Awareness

More than 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. Teen Dating Violence Awareness Month is a national effort to raise awareness and protect teens from violence.

You can make a difference: Encourage schools, community-based organizations, parents, and teens to come together to prevent teen dating violence.

How can Teen Dating Violence Awareness Month make a difference?

We can use this month to raise awareness about teen dating violence and take action toward a solution — both at home and in our communities.



Here are just a few ideas:

- Encourage parents to talk with their teens about healthy relationships.
- Ask teachers to hold classroom discussions about dating violence and prevention — or to invite speakers in to talk about these issues.

Help schools create policies that support healthy relationships and involve student voices.

Turkey Citrus Avocado Salad Recipe

Citrus Vinaigrette:

1/2 cup fresh grapefruit juice

2 tablespoons honey

2 tablespoons extra virgin olive oil

Salad:

6 cups fresh baby spinach

1 grapefruit, peeled, sectioned

1/2 avocado, peeled, pitted and thinly sliced

1 cup cherry tomatoes

1/2 cup thinly sliced red onions

1/2 lb. piece sliced-to-order Sara Lee® Deli Lower Sodium Oven Roasted Turkey Breast



Source: Momstart.com

Preparation

1. For dressing: Combine grapefruit juice, honey and olive oil.
2. Combine spinach, grapefruit, avocado, tomato and red onion; mix lightly.
3. Add salad dressing; toss lightly.

"Screening Saves Lives"
**Breast & Cervical Cancer
Screening Day**



**February 21, 2015
8:00 AM to 1:00 PM**

Women's Health & Preventive Services
**North Miami Clinic
14101 NW 8th Ave
Miami, FL 33168**

Free If You Qualify:

- ◆ **50 years and older**
- ◆ **Low income**
- ◆ **Not screened within the last year**
- ◆ **Have no health insurance**



Pre-Registration is required by: 2/13/2015

Please call: 305-470-5634



FLORIDA DEPARTMENT OF HEALTH IN MIAMI-DADE COUNTY
BREAST & CERVICAL CANCER EARLY DETECTION PROGRAM

For additional information or to participate in the Consortium contact us at:

Tel: 305-278-0442 www.healthymiamidade.org

To contribute content to the newsletter contact Amelinda.Loddo@flhealth.gov