

# Consortium Connection

## “Healthy Environment, Healthy Lifestyles, Healthy Community”

### Take a Loved One to the Doctor Month

**T**he national initiative’s 2014 campaign theme is “Only you can keep yourself healthy: Healthy Weight, Healthy Food Choices and Regular Check Up & Preventative Screenings = A Healthier You!”

The goal of Take a Loved One to the Doctor Month is to encourage families and others to join together to promote good health in our communities. The goal can be accomplished by taking a loved one for a health screening, making and keeping an appointment to see a licensed physician or other health care provider, attend a health event, or help a friend, neighbor or family member do the same during the month of September.

The Office of Minority Health will be providing a Take a Loved One to the Doctor toolkit that will include bi-lingual letters, flyers, posters and pledge cards.

Prevention and treatment will help to combat preventable diseases and health disparities amongst the citizens of Florida. When your loved one puts off seeing the doctor, a small health problem can become a serious one. And some of the most serious health issues don't have obvious symptoms.

See a doctor and take a loved one to the doctor if he or she has been putting it off. Also, do your best to maintain a healthy lifestyle and make responsible personal choices. Most of all, remember that information is power – so use it to motivate yourself to better

For more information about  
Take a Loved One to the Doctor Month  
visit:  
[FloridaHealth.gov/ToTheDoctorMonth](http://FloridaHealth.gov/ToTheDoctorMonth)

September 2014

Volume 4, Issue 9



Inside this issue:

Health Observance	1
Healthy Happens Here	2
Cholesterol	3
Healthiest Weight FL	4
Event	5

## September is “Take A Loved One to the Doctor Month”

**Only You Can Keep Yourself Healthy!**



- GET REGULAR CHECKUPS (& Preventive Screenings)
- MAKE HEALTHY FOOD CHOICES (Eat More Fruits & Veggies)
- MAINTAIN A HEALTHY WEIGHT (More physical Activity)

**All of These = A Healthy You**

Promote A Healthy Lifestyle For Yourself  
And Those You Care About



## Healthy Happens Here



The Health Promotion and Disease Prevention committee of the Consortium for a Healthier Miami-Dade's latest initiative focuses on decreasing obesity by providing Miami-Dade residents healthy choices when dining out.

Florida State Surgeon General Dr. John Armstrong has identified obesity as the #1 threat to Floridians' health. Through the "Healthy Happens Here" initiative the Health Promotion and Disease Prevention committee has set our top health priority to get Miami-Dade County to a healthy weight.

On August 19th 2014, the committee participated in a taste testing panel at *Cheeseadillas*. The committee's first taste testing panel allowed participants a chance to sample some of the health menu options developed by our Nutritionist in accordance to nutritional guidelines that were drafted in conjunction with the Miami Dietetics Association. Participants tested healthy quesadillas and savory sides. *Cheeseadillas* is the first "Healthy Happens Here" restaurant.

Consortium members can help build a citywide network of participating restaurants by promoting the initiative and facilitating enrollment of interested restaurants, cafeterias, and similar retail food establishments.



Visit *Cheeseadillas* on  
4770 Biscayne Blvd.  
Miami FL 33137  
and ask for the Healthy Happens  
Here menu!

Kuan-Jan Ding, MPH  
Intern  
Office of Community Health & Planning

## Know Your Numbers: Cholesterol

September is National Cholesterol Education Month—a good time to resolve to get your cholesterol levels screened.

There are two kinds of cholesterol, high-density lipoprotein (HDL). It is also called “good” cholesterol. There is also low-density lipoprotein (LDL). It is also called “bad” cholesterol. When we talk about high cholesterol, we are referring to “bad” LDL cholesterol.

Because high cholesterol does not have symptoms, many people do not know that their cholesterol is too high. Your doctor can do a simple blood test to check your cholesterol level. The National Cholesterol Education Program recommends that adults aged 20 years or older have their cholesterol checked every 5 years.

Total cholesterol	Less than 200 mg/dL
HDL (“good”)cholesterol	60 mg/dL or higher
LDL (“bad”)cholesterol	Less than 100 mg/dL

Office of Community Health & Planning Worksite Wellness Team

### Monthly Health Tips

- ❖ Don't Smoke
- ❖ Move More
- ❖ Avoid Saturated Fat
- ❖ Try Green Tea
- ❖ Eat More Fiber
- ❖ Get More Omega-3s

## Bright Futures Toolkit

The National Maternal and Child Oral Health Resource Center’s Bright Futures Toolbox can be used to:

- Find oral health information for health professionals, human services providers, and families
- Identify services needed to improve oral health
- Learn how to develop and implement oral health programs
- Find information about training professionals, providers, and students

Check it out here: <http://www.mchoralhealth.org/Toolbox/index.html>



Christine Kovach Hom, LCSW, MSW  
Children Issues Committee

## Healthy Weight Florida

**E**xpanding the role of employers in promoting a healthy lifestyle is an important goal of the Florida Department of Health in Miami-Dade County's Healthiest Weight Florida initiative.

Healthiest Weight Florida, launched in January of 2013, is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses, and entire communities to help Florida's children and adults make informed choices about healthy eating and active living.



As part of Healthiest Weight Florida the Consortium's *Worksite Wellness Committee* focuses on the education and activities that local companies can offer to promote healthy lifestyles for employees and their families.

On Thursday, September 4, 2014 The Worksite Wellness Committee hosted a Forum on Reducing Sugar-Sweetened Beverages in the Worksite and Cost Savings of a Tobacco-Free Workplace.

Islara B. Souto, MPH, Regional Director of American Heart Association and intern Vanessa Landis presented on reducing consumption of sugar-sweetened beverages (SSB), specifically regular soda and fruit drink (not 100% juice). SSBs are a major source of added sugars and have been linked as a contributor to obesity as well as other chronic health conditions.



Islamiyat Nancy Adebisi, MPH, Senior Health Educator at the Florida Department of Health in Miami-Dade County presented on how offering a smoke-free environment and smoking cessation program shows your employees you care about their health and wellbeing.



HealthiestWeight



23rd ANNUAL CONFERENCE ON DIABETES MELLITUS

**Gaining Momentum  
in Diabetes Care:**  
*Lessons Learned  
& Moving Forward*

**Friday & Saturday,  
October 31 & November 1, 2014**



<http://professional.diabetes.org/sfl>

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

Tel: 305-278-0442 [www.healthymiamidade.org](http://www.healthymiamidade.org)

To contribute content to the newsletter contact [Amelinda.Loddo@flhealth.gov](mailto:Amelinda.Loddo@flhealth.gov)