



INSIDE THIS ISSUE

1 May is Skin Cancer Detection/Prevention Month

Spring into Wellness Fair - Celebrating Healthy Living

Making Smoke-Free the Norm

Quick Facts

May Events Calendar

2

May is Skin Cancer Detection/Prevention Month

According to the U.S. Department of Health and Human Services, skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called melanoma. Skin cancer can almost always be cured when it's found and treated early. Communities, health professionals, and families can work together to prevent skin cancer or detect it early on.



Encourage families to adopt good habits together, like wearing sunscreen and limiting their time in the sun. Motivate teachers and administrators to teach children about the harm of UV radiation and why it's important to protect yourself. Identify youth leaders in your community who can talk to their peers about taking steps to prevent skin cancer. Partner with a local hospital, state fair, or similar organization to host a skin cancer screening event.

The American Academy of Dermatology's PSA, "Arms," warns young girls that tanning now – indoors or out – can have scary consequences in the future; [click here](#) to see it.

Source: U.S Department of Health and Human Services

Spring into Wellness Fair - Celebrating Healthy Living

Presented by Mayor Carlos A. Gimenez

Friday, May 12, 2017 - 11:00 AM - 6:00 PM

Stephen P. Clark/Government Center Downtown Miami

111 NW 1st Street Miami, FL 33128

Event held in Atrium and West Courtyard

Come out and enjoy:

- Free health and educational information
- Local farmers market & food trucks
- Products, goods and services
- Entertainment and fun activities
- Contests and giveaways

For inquires email:

wellnessworks@miamidade.gov

or

discountninja@miamidade.gov





Office of Community Health and Planning
18255 HOMESTEAD AVE.
MIAMI, FL 33157

Phone: (305) 278-0442
HealthyMiamiDade.org

**"Healthy Environment,
Healthy Lifestyle,
Healthy Community."**

QUICK FACTS

Less than 3 in 10 high school students get at least 60 minutes of physical activity every day.

Adults whose family income is above the poverty level are more likely to meet the 2008 Physical Activity Guideline for aerobic activity than adults whose family income is at or near the poverty level.

**MAKE
HEALTHY
HAPPEN
MIAMI**



STUDENTS WORKING AGAINST TOBACCO

Making Smoke-Free the Norm

During quarter 3, the Florida Department of Health in Miami-Dade County grantees acquired two new tobacco free worksites and a smoke free multi-unit housing policy. Emjac Industries, an industrial manufacturing company, and Westchester General Hospital both implemented a tobacco free policy in February 2017 and offered employees educational materials, cessation resources and encouraged employees who used tobacco products to quit. Both worksites worked with grantees to educate employees and staff about the harms of tobacco use, Electronic Nicotine Delivery Systems (ENDS) use and promoted the free quit resources available through Tobacco Free Florida's Quit Your Way Program. Volunteers of America, a 501(c)3 company that provides multi-unit housing to seniors, adopted a smoke free policy with technical assistance from grantees. Six housing properties in Miami managed by this company subsequently became smoke free as part of their statewide smoke free housing policy.



Through collaboration between the Florida Department of Health in Miami-Dade County Tobacco Prevention and Control Program, Miami-Dade Tobacco Free Workgroup and the Partnerships to Improve Community Health (PICH) initiative, grantees have assisted with the reduction of secondhand smoke exposure among youth, young adults and adults in Miami Dade County and helped educate Floridians on the benefits of staying tobacco free through these new established policies.

May Events Calendar

<p style="text-align: right;">5</p> <p>Florida Worksite Wellness Awards Location: InterContinental at Doral Miami Hotel 2505 NW 87th Avenue, Doral, FL 33172 Time: 11:00 AM - 12:00 PM</p>	<p style="text-align: right;">8</p> <p>Nutrition and Cholesterol Location: Baptist Primary Care Center at Galloway - 7400 SW 87 Avenue Miami, FL 33173 Time: 6:00 PM - 7:00 PM</p>	<p style="text-align: right;">13</p> <p>Mental Health Film Festival Location: UM Donna E. Shalala Grand Ballroom 1330 Miller Drive Coral Gables FL 33146 Time: 6:00 PM - 9:00 PM</p>
<p style="text-align: right;">14</p>  <p><i>Mother's Day</i></p>	<p style="text-align: right;">15</p> <p>City of Miami Wellness Fair Location: 1290 NW 20th Street Miami, FL 33142 Time: 10:00 AM - 2:00 PM</p>	<p style="text-align: right;">27</p> <p>Northpark Community Fair Location: 2181 NW 74th Street Miami, FL 33147 Time: 11:00 AM - 2:30 PM</p>

To join the Consortium, please visit www.healthymiamidade.org

