

Consortium Connection

April 2011

Volume 1, Issue 2



"Healthy Environment, Healthy Lifestyles, Healthy Community"

2011 Worksite Wellness Forum & Awards



Attendees enjoyed a healthy meal, networking opportunities

The third annual Worksite Wellness Forum & Awards luncheon took place on April 8th, 2011 at the Miami Beach Resort & Spa. The event honored South Florida companies that have implemented successful worksite wellness programs in the workplace.

and a raffle with fabulous door prizes, including an iPod Nano.

The event was emceed by CBS4's Shannon Hori. Guest speakers included Diane Canova, JD, Vice President of Policy and Programs at Partnership for Prevention and Lillian

Rivera, RN, MSN, Ph.D., Administrator of the Miami-Dade County Health Department.

Winners included Seitlin Insurance and Advisory Services (small business category), Community Health of South Florida, Inc. (mid-sized category), and the School Board of Broward County (large business category).

- CPPW Staff, MDCHD

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Working Worksite Wellness into your Organization: A Forum

On March 30, 2011, the Worksite Wellness Workgroup developed, presented, and hosted "Working Worksite Wellness into Your Organization", a worksite wellness educational forum for the members of the Consortium for a Healthier Miami-Dade. The forum was held at the Miami-Dade County Health Department Kodak Building from 1:00 pm – 4:00 pm. It was well attended, with over 30 participants.

Speakers included two Miami-Dade County Health Department employees,

Kerri-Anne Parkes, MPH, CHES and Kary Suarez, BS, CHES, and Kerri-Ann Forbes from Community Health of South Florida, Inc.

The forum consisted of two sessions. The first was intended for beginners and those in intermediate stages of worksite wellness program development and implementation. The second session was intended to enhance current worksite wellness programs through policy implementation and program evaluation.

Participants received useful tools and resources to share

with their leadership teams. They also enjoyed a healthy lunch and had the opportunity to network with other participants and engage in collaborative discussions about worksite wellness programs.

For resources or additional information about future training opportunities please contact Kary Suarez at (305)234-5400 (ext. 2554) or Kerri-Anne Parkes at (305)234-5400 (ext. 2552).

-Kary Suarez, BS, CHES
Health Educator, MDCHD



Obesity Prevention begins at Birth



Why is breastfeeding so important? Breastfeeding is recognized as a proven disease prevention strategy and plays a fundamental role in preventing childhood obesity. A recent analysis, which included nearly 300,000 participants, showed that breastfeeding consistently reduced the risks of infants becoming overweight or obese¹.

Breastfeeding rates have increased beyond the national average in Miami-Dade County. However exclusive breastfeeding has remained flat or decreased. About 79% of women in Miami-Dade County begin breastfeeding at birth, but only 9.9% continue to six months². The greatest protection for reducing the risks of becoming overweight or obese is seen when breastfeeding is exclusive and continues for at least nine months¹.

Currently the Miami-Dade County Health Department Communities Putting Prevention to Work initiative offered by the Centers for Disease Control and Prevention is collaborating with the Miami-Dade County WIC and Nutrition Program, the Foundation For a Breastfeeding Culture, Healthy Start Coalition of Miami-Dade and South Florida Hospital and Healthcare Association in order to:

- Promote Breastfeeding Friendly policies in the workplace.
- Support hospitals to become baby friendly using the ten steps to successful breastfeeding used by the World Health Organization and UNICEF.
- Support local breastfeeding coalitions.

- Dr. Heidi Agostinho, PhD, IBCLC

Member of the Children Issues Committee, and Breastfeeding Taskforce

CPPW Highlights

Over the last few months, the Miami-Dade County Communities Putting Prevention to Work (CPPW) initiative has achieved some major policy, systems, and environmental changes within our community.

Some major accomplishments include:

- Letters of support for worksite lactation support policies and participation with the Baby Friendly Hospital Initiative for 10 out of 14 birthing centers within the county.
- Installation of 12 sustainable, healthy vending machines within 12 high schools.
- Installation of 58 bicycle racks in the Cities of Miami and North Miami, and 21 bicycle racks within Miami-Dade County Parks.
- Implementation of the SPARK curriculum in 240 elementary schools.
- Media soft launch campaign.
- Availability of community mini-grants to be used for the implementation of farmers' markets in high-need areas.



CPPW and community partners are working diligently on various initiatives that will make Miami-Dade County a healthier, more active community for years to come!

- CPPW Staff, MDCHD

Resources

1. Owen CG, et al. Effect of infant feeding on the risk of obesity across the life course; a quantitative review of published evidence. *Pediatrics* 2005;115:1367-1377.
2. CDC mPinc Report for Florida

2011 SWAT Extravaganza

On Thursday, March 24th, 2011, the Miami-Dade County Health Department's Tobacco Program welcomed 135 local high school and middle school students to its annual Students Working Against Tobacco (SWAT) Extravaganza Training at the Sofitel Hotel. This year's theme was "Empowering and Engaging Youth in Policy Change." Patrick Grady, a nationally renowned speaker, empowered the youth to be activists and advocates in their communities against the tobacco industry. The youth were given a comprehensive training in

tobacco policy change.

Given that almost 90% of smokers begin smoking before they are 18; the SWAT program is a vital instrument in ensuring the health of our youth. SWAT programs can be found statewide and are dedicated to empowering youth to stand up to the tobacco industry by educating their peers on the manipulative marketing employed by the industry to recruit young smokers. "Tobacco companies are always using new methods of marketing to young smokers and we need to be one step ahead of them," said Latanisha

Wright, who once worked for Brown & Williamson Tobacco, now RJ Reynolds.

If you or someone you know is interested in joining a SWAT club or would like more information about the program, please contact the Miami-Dade County Health Department's Tobacco Program at (305) 278-0442.

- Rachele Theodore, MPH
Senior Health Educator, MDCHD



April is Minority Health Month!



In 2001, April was designated National Minority Health Month by the National Minority Quality Forum. This forum took steps to address the findings associated with health disparities of minorities produced from the Department of Health and Human Services Healthy People 2010 initiative. Health disparities are

defined as significant differences between the health status of different populations¹.

The theme for 2011's National Minority Health Month is "Bring It or Buy It - Make Lunch Healthy, Green and Good!²" Given the growing evidence highlighting the presence of diabetes, extreme weight gain, high blood pressure and high cholesterol in school-aged children, especially within the minority population, new-found attention has been placed on school-aged children. So, this April, let's bridge the gap between health disparities of

not only adult minorities but also, our minority youth.

-Rian Bush, MDCHD Intern

What can you do?

- Raise awareness and educate.
- Increase cultural and linguistic competency.
- Focus initiatives on underserved areas to increase access to healthcare resources and encourage healthy living.

Resources

1. The Office of Minority Health. (2005). What are Health Disparities? Retrieved from <http://minorityhealth.hhs.gov/templates/content.aspx?ID=3559>
2. United States Department of Health and Human Services, Office of Minority Health. (2011). Minority health and school food: What's the link? Retrieved from the United States Department of Health and Human Services website via the Office of Minority Health main page: <http://minorityhealth.hhs.gov/templates/content.aspx?lvl=2&lvlid=182&ID=8683>

Upcoming Events

Mercedes-Benz Corporate Run

The Mercedes-Benz CORPORATE RUN 2011 is a 3.1 mile race/ walk organized to promote fitness, company spirit and teamwork, but most of all the objective is to have fun.

Where: Bayfront Park Downtown
301 Biscayne Boulevard
Miami, FL 33132

When: Thursday, April 28th, 2011

Time: 6:45PM

For additional information about the event, please visit:

<http://mercedesbenzcorporaterun.com/mia.html>

March of Dimes: March for Babies

March for Babies Chair Phillis Oeters of Baptist Health South Florida invites you to join more than 8,000 participants for a 3 mile walk to raise money to support programs that help mothers have healthy, full term pregnancies.

Where: Tropical Park
7900 SW 40th St
Miami, FL 33155

When: Saturday, April 30th, 2011

Time: 9:00AM

For additional information about the event and to register, please visit:

http://www.marchofdimes.com/florida/6864_26205.asp

Come out for Play Family Fun Day

Presented by Miami-Dade Parks and Recreation and the Department of Children & Families.

Go out and enjoy a day of fun with games, relays, face-painting and much, much more!

Where: Tropical Park
7900 SW 40 Street
Miami, FL 33155

When: Saturday, May 7th, 2011

Time: 8:30AM - 1:00PM

For additional information please call: (305) 365-6706

The 3rd Annual Women's Health Conference

Presented by Miami-Dade AHEC

Miami-Dade AHEC's 3rd Annual Women's Health Conference will not be just another day of long, dry lectures, but an uplifting day of motivation and inspiration designed to help women from all walks of life become Architects of Change@!

Where: Seminole Hard Rock Hotel & Casino
1 Seminole Way
Hollywood, FL 33314

When: Saturday, May 7th, 2011

Time: 8:00AM - 5:00PM

For additional information and to register, please visit:

<http://www.thewomenshealthconference.org/about/day2/>

For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org