

Consortium Connection

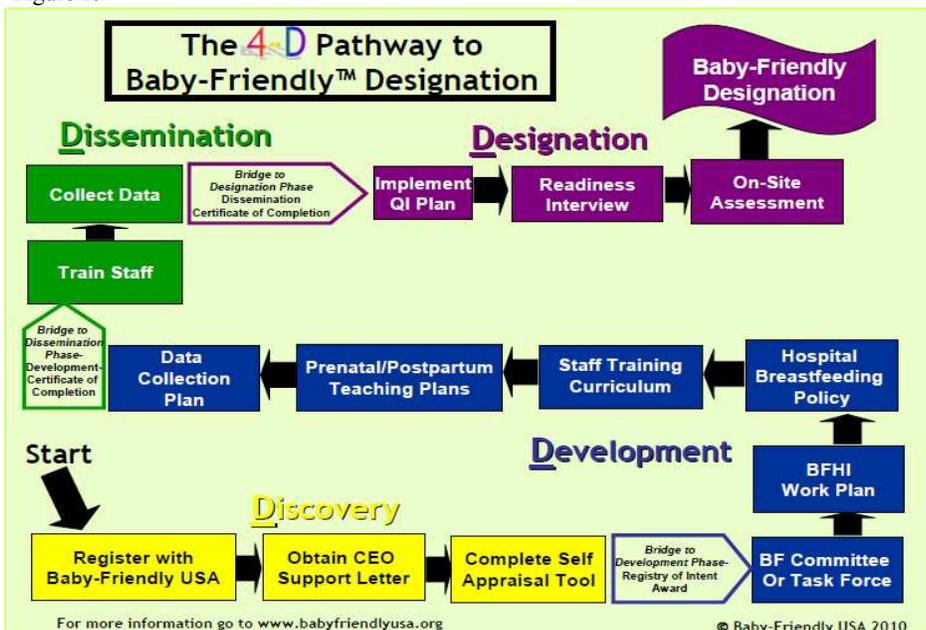
“Healthy Environment, Healthy Lifestyles, Healthy Community”

Champions of Change: Evidence Based Maternity Care

The Baby-Friendly Hospital Initiative (BFHI) is a global program sponsored by the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF) to encourage and recognize hospitals and birthing centers that offer an optimal level of care for infant feeding. The BFHI assists hospitals in giving mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies or feeding formula safely, and gives special recognition to hospitals that have done so.

BFHI is a comprehensive quality improvement initiative along the 4D pathway that takes an average of four years for a hospital and includes system, policy and environmental changes (Figure 1). In Miami-Dade County there are now 11 hospitals that have started the journey along the pathway.

Figure 1.



South Florida Hospital & Healthcare Association and Healthy Start Coalition of Miami-Dade are going to acknowledge the efforts of the 11 hospitals in Miami-Dade County by awarding the “Champion for Change” awards for evidence based maternity care. The awards will be given at the ten year anniversary celebrations of Healthy Start Coalition on Tuesday December 13, 2011 at Jungle Island, Treetop Ballroom from 11:30 AM – 2:00 PM.

CONGRATULATIONS TO ALL THE RECIPIENTS FOR BEING CHAMPIONS OF CHANGE!

- Joyita Garg
South Florida Hospital & Healthcare Association
Children Issues Committee

December 2011

Volume 1, Issue 10



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Federal Grant Advances Bicycle Friendliness in the City of Miami

The City of Miami is tirelessly seeking to become a League of American Bicyclists-designated “Bicycle Friendly Community” by 2012. A major boost to implementing the design and engineering retrofits needed to achieve this goal has been the federally-funded Communities Putting Prevention to Work (CPPW) grant.

Through this grant, the City has been able to install hundreds of sharrows (shared-use lane markings); dozens of share-the-road, bikes-may-use-full-lane, and way-finding signs; and dozens more bicycle parking racks at schools, parks, and within the public right-of-way.

These improvements represent the first steps toward building a truly integrated bicycle network. The City of Miami and Miami-Dade County will continue to build upon this progress to further connect the existing bike friendly sections while providing increased way-finding guiding cyclists to their destinations.

Providing bike racks at schools enhances the practicality of students and school staff cycling to school. Racks are also being installed at all City parks to optimize the convenience of cycling to recreation facilities.

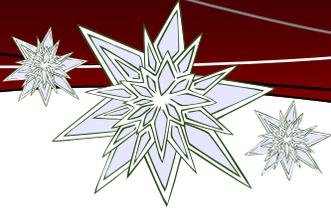
The grant support has also helped raise the profile of cycling in the community, increasing interest in cycling as a healthy option for commuting and recreation. In so doing, it has also raised awareness that cyclists have a right to the road, and that motorists must respect that right.

In affirmation of the City’s advancements toward bicycle friendliness, in 2011 the League of American Bicyclists acknowledged the City with an “Honorable Mention”.

While the City of Miami recognizes that there is much more to be done to take its bicycle friendliness to the next level – a goal it sees as integral to the overall health of the community – the CPPW grant has certainly given it a critical boost toward that end.

*- Collin Worth
Bicycle Coordinator
City of Miami, Capital Improvements Program
Health and the Built Environment Committee*





Have a Happy Healthy Holiday Season!¹

It's that wonderful time of year again; time give, to build cherished memories with loved ones, enjoy delicious meals, and ring in the new year. This holiday, stay safe and healthy by following the tips below:



Wash hands often to keep yourself from spreading germs and getting sick.



Manage stress. Don't over-commit yourself and prevent holiday anxiety and pressure. Get enough sleep.



Don't drink and drive or let others drink and drive.



Fasten seat belts while driving or riding in a motor vehicle.



Get exams, screenings and vaccinations.



Monitor the children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of kids' reach.



Prepare food safely. Remember to wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.



Eat healthy, and get moving. Eat fruits and vegetables and be active for at least 2½ hours a week.

- CPPW Staff

Resources:

1. Centers for Disease Control and Prevention. (2011). Twelve Health and Safety Tips for the Holidays. Retrieved from <http://www.cdc.gov/Features/HealthyTips/>



Upcoming Events



Homestead Harvest Market & Health Fair

Friday, January 13, 2012,
2:00 PM — 6:00 PM
at
Verde Gardens,
12690 SW 280 Street, Homestead, FL 33032

Come and Enjoy:

- Free health screenings
- Buy fresh food straight from local farmers
- \$20 worth of food for a \$10 EBT purchase
- Free educational information
- Giveaways!

For additional information please contact the Miami-Dade County Health Department, Office of Community Health and Planning at (305) 278 - 0442.



Opa-Locka Farmers' Market & Health Fair

Wednesday, January 18, 2012,
2:00 PM — 5:30 PM
at
Nathan B. Young Elementary School,
14120 NW 24 Avenue, Opa-Locka, FL 33054

Come and Enjoy:

- Free health screenings
- Buy fresh food straight from local farmers
- Free educational information
- Giveaways!

For additional information please contact the Miami-Dade County Health Department, Office of Community Health and Planning at (305) 278 - 0442.



For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org