

# Consortium Connection

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

### Open Spaces for Miami-Dade County

The Miami-Dade County Park and Open Space System Master Plan (OSMP) is the county’s 50 year plan to create a seamless, sustainable system at parks, recreation, and conservation open spaces for this and future generations. It was approved by the Board of County Commissioners in 2008 and is being implemented through policies which were adopted as part of the Recreation and Open Space Element of the Comprehensive Development Plan in 2010. One of the policies adopted by the Board of County Commissioners was to encourage the incorporation of meaningful public spaces in the planning and development of libraries, museums, schools, government buildings and other civic/institutional places. This policy has been completed with funding from the Communities Putting Prevention to Work grant through the partnership of the Parks, Recreation and Open Spaces Department, the Sustainability, Planning and Economic Enhancement Department and the Public Works and Waste Management Department.

### The Urban Design Manual - Volume II - Civic Development

The purpose of the manual is to illustrate design principles for the coordinated development of the public realm that includes public open space and civic buildings. The manual provides urban design strategies for creating walkable communities that promote regular

physical activity. The goal is to implement these strategies over a broad range of public urban and architectural projects to maximize opportunities for active lifestyles by providing inviting streetscapes, civic buildings, parks and open spaces for pedestrians and cyclists to enjoy. This manual illustrates design concepts that when used consistently, contribute to a seamlessly connected and sustainable open space system. The public realm consists of a community’s accessible private and public open spaces including all the attributes that define their built or natural environment. The public realm is a manifestation of natural areas or man-made spaces, each addressing the needs of a population. In either case, they serve as places for people to gather and socialize, access daily services, engage in physical activity or for contemplation.

- John Bowers, RLA/ AICP  
Miami-Dade County Parks & Recreation  
Health & the Built Environment



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## Healthy Matthew and the Health of our Children



**H**ealthy Matthew began with the knowledge and awareness that dental health is a crucial component of overall health and that there are thousands of children in South Florida who are not covered by dental insurance and who do not have access to regular dental care.



As a result, our organization has created theme songs, accompanying characters and stuffed animals with oversized toothbrushes, to demonstrate good brushing and flossing techniques. We have recruited dozens of volunteers: dental hygienists, dentists and students to help bring oral health education to children and families through our activities. In addition, with the help of *Healthy Matthew*, a whimsical character, we are teaching children healthy habits for caring for their teeth.

Not only do we provide hundreds of donated dental kits – toothbrushes, toothpaste, dental floss, disclosure tablets, magnets and informational material in see-through, personalized plastic cases – we also conduct free fluoridations and dental consultations to hundreds of children in schools and community centers. In addition we are developing the Power of a Healthy Smile On Wheels (dental mobile unit) and the first Healthy Calendar for children.

### HEALTHY MATTHEW AND THE NEW CAMPAIGN AGAINST CHILDHOOD OBESITY

As a member of the Consortium for a Healthier Miami-Dade, Healthy Matthew has taken on the challenge of launching a new health campaign against child obesity called “WOULD YOU CARE FOR MY HEART”.

Please visit us at [www.healthymatthew.com](http://www.healthymatthew.com) follow us at Facebook for additional information.

- Victor Bernal  
Healthy Matthew, CEO  
Oral Health Committee/ Children Issues Committee



## Organic vs. Conventional Products

The word "organic" refers to the way farmers grow and process foods such as fruits, vegetables, grains, dairy and meat. Organic farming encourages soil and water conservation and reduces pollution.

	Fertilizers	Insecticides	Weeds	In Animals
Conventional farmers	Chemical	Spray insecticides	Chemical herbicides	Antibiotics, growth hormones and medications to prevent disease and increase growth.
Organic farmers	Natural, such as manure or compost	Beneficial insects and birds, mating disruption	Rotate crops, till, hand weed or mulch	Organic feed, access to the outdoors and preventive measures minimize disease.

**Nutrition:** There is no definite information that shows that organic food is more nutritious.

**Quality and appearance:** Organic products meet the same quality and safety standards as conventional foods. However, they may spoil faster because they aren't treated with waxes or preservatives and in most cases, look identical to their conventional counterparts.

**Pesticides:** The use of pesticides can leave residue on produce. However, most experts agree, that the amount of pesticides found on fruits and vegetables poses a very small health risk.

**Cost:** Most organic food costs more than conventional food products because organic management tools that control weeds and pests are labor intensive.

**Taste:** Taste is personal, so you decide for yourself. Whether you buy organic or not, the freshest food available may have the better taste.

### Tips to food shopping wisely and handling your food safely:

**Fruits and Vegetables:** Buy seasonal produce that is delivered to the market the same day you are buying. This helps ensure the highest quality and freshest food possible.

Read food labels carefully. Just because a product says it's organic or contains organic ingredients doesn't necessarily mean it's a healthier alternative. Some organic products may still be high in sugar, salt, fat or calories.



### EGG HEADS

#### Ingredients

- Hard-boiled eggs
- Round crackers (we used Keebler Toasted Wheat Crackers)
- Vegetable and herb garnishes

#### Instructions

Stack a hard-boiled egg slice on a round cracker and add whatever garnishes you have on hand. Our favorites include chives, sunflower seeds, and dill.



Created by Consulting Registered Dietitian Inc. Adapted from:  
<http://www.mayoclinic.com> and <http://familyfun.go.com>

# Announcements

## Community Outreach

Check out the [Consortium Events & Announcements page](#) for upcoming health fairs and events, as well as information on who to contact to participate. Posted events include the contact information as well as the attached Community Health Outreach Program (CHOP) Request Form with the event details.

If you are hosting an event and would like to reach out to potential participants, as well as have the event posted on the Consortium Website you can complete the [CHOP Request Form](#) online.



### Short Chef Presents Floridian Salad with Strawberry Dressing

#### Ingredients

Baby Field Greens – Carton Berry Tomatoes sliced in half  
Broccoli & Cauliflower – Shredded Carrots - 1 Can of cut Hearts of Palm  
1 can Mandarin oranges - 1 carton of Strawberries  
Toasted Coconut

#### Dressing

Virgin Olive Oil • Balsamic Vinegar  
Jar of Honey  
Fresh Strawberries – Cut in half

#### Instructions

1. Place all the ingredients in large salad bowl or platter. Starting with your greens, layer each item.
2. In a second bowl add all dressing ingredients, mix well, then add Sliced Strawberries and toss.
3. Drizzle dressing over your Summer Salad
4. Top with Toasted Coconut and serve...



“Join me at  
[www.ShortChef.com!](http://www.ShortChef.com!)”



### *Extra! Extra! Read all about it!*

Are you interested in writing an article for the Consortium Connection?

The Consortium Connection is accepting article submissions from members of the Consortium for a Healthier Miami-Dade. For information on how to submit your article to the newsletter or to access previous issues, please visit our website or follow this link: [Consortium Connection](#).



For additional information or to participate in the Consortium:

Tel: 305-278-0442

[www.healthymiamidade.org](http://www.healthymiamidade.org)