

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

Consortium 2012 Awards: Thank You for a Job Well Done!

During the 2012 Consortium for a Healthier Miami-Dade Annual Event and Showcase, held on January 27th, 2012, former Chairs and Vice Chairs, and committee members were recognized for their hard work and dedication to working collaboratively. In addition, the Tobacco Free-Workgroup recognized organizations who worked towards making Miami-Dade County a smoke-free environment.

At this moment we would like to take the opportunity to thank them once again for working to make Miami-Dade a healthier community for all!

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Former Chair/Vice-Chair Awards

- Gil Hernandez
- Martha Sanchez
- Marilyn Rey
- Peter Wood
- Tori Gabriel
- Gabrielle Solomon

Committee Member Awards

- Gayle Dietz
- Gale Morris
- Maria Hildalgo Diaz
- Matthew Toro
- Oscar Flores
- Lori De La Parra
- Victor Bernal
- Andrew Cuddihy
- Shawn Ramirez

Tobacco Awards

- Miami-Dade County Parks and Recreation
- City of Hialeah Department of Parks and Recreation
- Karen Rivo, The Parent Academy
- South Miami Alliance for Youth, Inc.
- City of Miami Beach
- Florida International University
- Jackson Health System



City of Hialeah Takes a Stand



As of January 24, 2012 the City of Hialeah has obtained a resolution to ban the sale of candy-flavored tobacco products not covered by the FDA. On January 10, 2012, SWAT Clubs from Westland Hialeah Senior High School and South East Park presented on the candy-flavored tobacco product issue at the City of Hialeah Commissioner's Meeting.

Ms. Provenzano, a SWAT member from Westland Hialeah Sr. High, gave a heartfelt testimony on the consequences of smoking cigarettes which left both the City Commissioners and the audience breathless. "Candy-flavored tobacco targets new users, the majority of which are kids" stated Mr. Roger, president of Westland Hialeah Sr. High SWAT club. Ms. Provenzano concluded the presentation by stating "We are the replacement of Big tobacco, think about it".

Councilwoman Isis Garcia-Martinez stated that, she would support this policy by sponsoring a resolution which resulted in a 7-0 vote in favor. Furthermore, she encouraged the students to go to Tallahassee and present on this issue.

As the number of smoking bans continues to increase nationwide and throughout the state, smokeless tobacco products are being heavily marketed to both smokers and non-smokers in recent years. For example, in fiscal year 2010, out of 600 tobacco advertisements identified in magazines in Florida, 44.8 percent were for snus products.¹ Candy-flavored tobacco products have great appeal with young people. The products come in flavors and packaging that attract kids, and some are even similar in size and shape to candy and mints. Flavored smokeless tobacco products mask the bad taste of tobacco, making these products more appealing to youth.

The Miami-Dade County's Students Working Against Tobacco members are on a mission to protect and to promote a healthier future for the youth of Miami-Dade, through advocating and educating key decision makers to establish policies that ban the sale of candy-flavored tobacco products not covered by the FDA.

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.

Resource:

1. RTI International. (2011). 2010 Independent Evaluation Report. Retrieved from http://www.doh.state.fl.us/tobacco/TAC_pdfs/RTI_Overall_Evaluation2010.pdf



SWAT



Fast Food vs. Homemade Food

The fast food restaurants with their value menus seem to be benefiting from the slow economy as we accommodate our budgets and lifestyles. The trend is to eat more meals at home and when eating out, people choose less expensive restaurants and order cheaper items. Is fast food a better deal than homemade?

Here is one example that compares cost and nutrition of a fast food and a homemade version of the hamburger:

McDonald's BIG MAC			HOMEMADE BURGER		
FOOD	PRICE	CALORIES	FOOD	PRICE	CALORIES
2 Big Macs*	\$3.50	1080	2 turkey burgers	\$2.25	240
*(including buns)	—	—	2 whole grain buns	\$0.57	220
Large fries	\$1.80	500	3 ounces baked French fries	\$0.64	110
Large regular soda	\$1.89	310	32 oz. unsweetened iced tea	\$0.20	0
Total	\$7.19	1890	Total	\$3.27	610

http://abclocal.go.com/kabc/feature?section=news/food_coach&id=6702155

Other things to consider before making your food choice are:

Time: Finding/taking the time to shop and prepare meals.

Family values: Time with family preparing and sharing meals.

Education: Teaching yourself and your family the skill of cooking.

Fuel costs: Frequent trips to restaurant versus a weekly trip to grocery store, adds to the expenses.

Quality: Taste, freshness and nutritional value of ingredients.

Local or global: Local production versus having your food transported from many miles away and supporting your local farmer/processor versus the global market.

So, how do you choose whether to eat out or stay in and what value do you put on food? **Just remember:** you can cook a nutritious 20 minute dinner with quality ingredients and avoid artificial colors, flavors, and preservatives, for less than \$10 for a family of four. And you and your family will feel a lot better if you prepare the meal yourself.

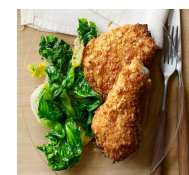
Created by: Consulting Registered Dietitians Inc. Adapted from:
www.mayoclinic.com,
www.cookinglight.com and
www.foodnetwork.com



Crispy Baked Fried Chicken

4-6 servings/50 minutes

Calories: 520



Ingredients:

8 chicken pieces	2/3 cup buttermilk
1/2 cup flour	Salt and pepper
4 cups cornflakes	1/4 tsp cayenne pepper
2 Tbsp mustard	1 1/2 tsp paprika
	3/4 tsp ground sage

Directions:

Preheat oven to 425°. Rinse the chicken and pat dry. In a bowl season the flour with salt and 1/4 tsp of pepper. Fully coat chicken pieces with flour and shake off excess flour. Crush the cornflakes. In a large bowl mix the buttermilk, mustard, cayenne pepper, paprika and sage. Give each floured chicken piece a good buttermilk bath and then roll in the cornflake crumbs. Arrange the chicken pieces on the rack and place in the hot oven. Cook for 15 to 20 minutes, lower the heat to 375 degrees and cook for another 25 to 30 minutes, until cooked through and crispy.

Upcoming Events

CALL FOR NOMINATIONS – DEADLINE EXTENDED to 3/26

2012 SOUTH FLORIDA WORKSITE WELLNESS FORUM AND AWARDS

For business owners,
business managers,
HR professionals, in-
surance brokers and
wellness gurus!

PRESENTED BY:



Friday, April 20th, 2012

Miami Beach Resort and Spa

4833 Collins Avenue, Miami Beach, FL 33140



MORNING WORKSHOPS

FOR 3 CHES AND HR CREDITS

“Selling Wellness to Your CFO” and
“Legal Dos and Don’ts of Workplace Wellness”

8:00 a.m. – 11:30 a.m.

Nominees receive
a free ticket to
the morning
workshops with
each luncheon
purchase –
LIMIT 2



AWARDS LUNCHEON

WITH KEYNOTE SPEAKER:

Michael O'Donnell, PhD

Founder and Editor of the

American Journal of Health Promotion

“Financial Benefits to Worksite Wellness”

Cynthia Demos, CBS-4 Anchor as Emcee

11:30 a.m. – 2:30 p.m.

\$65 each for the workshops or luncheon

\$110 for both

Download a
Nominations Form:

www.worksitewellnessawards.org

Deadline:

Monday, March 26,

2012

12:00 PM



For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org