

# Consortium Connection

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

### Dream in Green

The Dream in Green organization helped Miami-Dade County celebrate Earth Day this year through education and programming that emphasizes the link between environmental and human health. They participated in the E.W. F Stirrup Elementary School’s Earth Day celebration and tree planting ceremony, and were also present at the Eco-Fairs organized by the cities of Coral Gables and Doral.

Dream in Green implements the award winning Green Schools Challenge in 165 elementary and middle schools in Miami-Dade and Broward Counties. The program teaches the community how daily decisions and behaviors affect environmental health, such as interrupting the natural processes that balance and maintain a healthy ecosystem. These actions in turn, influence the health and sustainability of the whole community. Dream in Green’s efforts will continue to create movement toward an appreciation and celebration of the environment that lasts longer than a single day. The organization believes caring for the earth and human health are connected and essential for the preservation of healthy life in the future.

For additional information about **Dream in Green**, please contact:

Gabriole Van Bryce, Executive Director, [gabriole@dreamingreen.org](mailto:gabriole@dreamingreen.org), Telephone: 305-576-3500

Karla Utting, Program Coordinator, [karla@dreamingreen.org](mailto:karla@dreamingreen.org), Telephone: 305-371-2461

- Member of the Health and the Built Environment Committee

May 2012

Volume 2, Issue 5



#### Inside this issue:

Dream in Green	1
Childhood Obesity and Physical Education	2
2012 County Health Rankings: Miami-Dade	3
2012 May Health Observances	4



#### Health Tip:

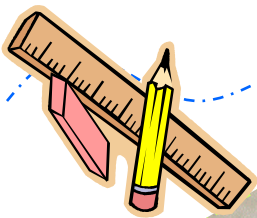
The world cannot wait, become an environmental steward to maximize health benefits for all.

## Childhood Obesity and Physical Education

Obesity causes chronic health-related problems and has been linked to diabetes, cardiovascular disease, stroke, and premature deaths. Lack of physical activity (e.g., television viewing, computer games, and lack of physical education), over-eating, and genetics are contributing factors in childhood obesity.<sup>1</sup> Low levels of physical activity are a significant problem leading to childhood obesity.<sup>2</sup> A study by Strong et al.<sup>3</sup> regarding physical activity for school-age youth, concluded that youth needed to participate in 60 minutes or more of moderate to vigorous physical activity daily, in order to reap any beneficial effects on health and behavioral outcomes.

The current issue with physical education classes is that team sports tend to be the main activity, often leading to players experiencing long periods of inactivity while waiting their turn (to kick, bat, etc). Physical inactivity is a health risk factor that often contributes to obesity and diabetes.<sup>4</sup> As more children lead sedentary lifestyles by spending more than 4.5 hours a day watching television, playing video games or browsing the internet, it is evident that physical fitness education programs in schools are a starting point for the eradication of the childhood obesity epidemic.<sup>5</sup> Although the National Association for Sport and Physical Education<sup>5</sup> recommend that elementary school students have a minimum of 60 minutes of moderate and vigorous activity every day, many schools do not require participation in physical education classes or have no regularly scheduled classes.<sup>4</sup>

- Dr. Chanandra Young Whiting  
Children issues Committee



### References

1. Young Whiting C. Examining the Impact of a Nutrition Education and Physical Activity Intervention Program on Middle School students [dissertation]. Fort Lauderdale (FL): Nova Southeastern University; 2011.
2. Centers for Disease Control and Prevention. (2003). Obesity and overweight: A public health epidemic. Retrieved from <http://www.cdc.gov/nccdphp/dnpa/obesity/epidemic.htm>
3. Strong W. B., Malina R. M., et al. (2005). Evidence-based physical activity for school-age youth. *The Journal of Pediatrics*, 146, 732-737.
4. Centers for Disease Control and Prevention (2008). Guide to community preventive services. Retrieved from <http://www.thecommunityguide.org>
5. Kelly, M., & Moag-Stahlberg, A. (2002). Battling the obesity epidemic. *Principal*, 81(5), 26-29.

## 2012 County Health Rankings: Miami-Dade

On April 3, 2012, the 2012 County Health Rankings were released. The county health rankings report ranks counties according to their measures of health outcomes and health factors. Counties receive a rank for mortality, morbidity, health behaviors, clinical care, social and economic factors, and the physical environment. The table below compares the newly released 2012 rankings to the 2011 rankings for Miami-Dade County. The indicator for *access to healthy foods* was changed to *limited access to healthy foods* for the 2012 rankings. *Physical inactivity*, *access to recreational facilities*, and *fast food restaurants* were added this year to draw attention to the need for opportunities for exercise and the impact of the environment on health. Overall, the county improved on many areas such as mortality, morbidity, clinical care and some health behaviors, such as, adult smoking, teen birth rate, and motor vehicle crash death rate. Some areas that need improvement are adult obesity, sexually transmitted infections and many of the social and economic factors. For methods and indicator details, please visit <http://www.countyhealthrankings.org/#app/florida/2012/miami-dade/county/1/overall>.

- CPPW Staff

	2011 Miami-Dade County	2012 Miami-Dade County	2012 National Benchmark	2012 Florida	2011 Rank (out of 67)	2012 Rank (out of 67)
<b>Health Outcomes</b>					<b>8</b>	<b>9</b>
Mortality					5	5
Premature death	6,768	6,641	5,466	7,781		
Morbidity					21	21
Poor or fair health	18%	17%	10%	15%		
Poor physical health days	3.1	3.1	2.6	3.5		
Poor mental health days	3.4	3.3	2.3	3.6		
<b>Health Factors</b>					<b>26</b>	<b>30</b>
<b>Health Behaviors</b>					1	1
Adult smoking	15%	14%	14%	19%		
Adult obesity	22%	24%	25%	26%		
Physical inactivity		24%	21%	24%		
Excessive drinking	13%	13%	8%	16%		
Motor vehicle crash death rate*	16	15	12	19		
Sexually transmitted infections	315	347	84	398		
Teen birth rate **	38	37	22	44		
<b>Clinical Care</b>					51	55
Uninsured	34%	34%	11%	25%		
Primary care physicians	808:01:00	808:01:00	631:01:00	983:01:00		
Preventable hospital stays	93	91	49	64		
Diabetic screening	80%	84%	89%	84%		
Mammography screening	51%	56%	74%	71%		
<b>Social &amp; Economic Factors</b>					51	53
High school graduation	55%	72%		79%		
Some college	56%	56%	68%	58%		
Unemployment	10.70%	12.40%	5.40%	11.50%		
Children in poverty	21%	26%	13%	24%		
Inadequate social support	25%	25%	14%	21%		
Children in single-parent	38%	39%	20%	36%		
Violent crime rate *	956	903	73	674		
<b>Physical Environment</b>					34	30
Air pollution-particulate matter	0	0	0	0		
Air pollution-ozone days	6	6	0	5		
Access to recreational facilities	8	8	16	9		
Limited access to healthy foods		3%	0%	9%		
Access to healthy foods	97%					
Fast food restaurants		46%	25%	45%		

\* Per 100,000 \*\* Per 1,000

Source: County Health Rankings. (2012). Miami-Dade County 2012 County Health Rankings. Retrieved from <http://www.countyhealthrankings.org/>

# 2012 May Health Observances

Directions: Search for the **BOLDED** words.

A	M	O	N	A	L	E	M	S	Z	A	G	J	E	P	Q	G	A	C	T
E	V	M	X	Y	F	W	E	N	I	W	J	D	C	H	R	W	W	E	E
M	K	I	W	S	U	A	K	Y	Y	S	U	J	L	Y	E	D	V	P	L
L	H	Z	S	U	I	L	W	H	O	C	O	L	M	W	G	K	A	U	O
A	C	H	V	I	A	O	K	Z	A	L	G	R	I	H	X	B	I	F	I
N	Y	N	Y	S	O	U	S	T	S	V	P	V	O	U	D	T	U	B	V
O	A	I	T	U	X	N	I	A	L	L	J	M	R	P	X	C	Q	R	A
I	S	H	Q	J	L	O	O	T	G	I	N	A	E	E	O	Y	Y	J	R
T	M	S	U	H	N	Z	X	H	S	D	N	T	I	B	H	E	P	G	T
A	R	T	H	R	I	T	I	S	E	O	A	D	U	D	Q	B	T	F	L
N	V	D	K	Z	J	D	E	M	I	P	W	M	Q	E	M	Q	D	S	U
F	W	F	K	P	E	N	A	T	E	C	A	V	X	W	X	P	C	F	O
S	N	R	H	M	T	G	N	T	P	B	R	T	G	U	R	X	E	Y	D
M	Y	K	F	I	I	E	Q	C	A	K	E	G	I	B	D	E	L	L	Z
B	S	F	F	U	V	L	G	V	N	X	N	E	F	T	D	B	I	D	O
X	O	J	B	E	Z	Q	L	E	B	V	E	C	R	I	I	X	A	K	M
Z	A	C	R	I	M	G	J	A	M	G	S	L	N	U	G	S	C	E	S
P	D	P	Z	D	A	B	V	C	Y	A	S	A	L	L	E	R	G	Y	W
B	X	Z	V	B	L	V	E	T	P	A	W	S	U	P	U	L	G	R	F
Y	H	T	A	P	O	L	A	H	P	E	C	N	E	F	R	G	F	B	O

## May is...

- **ARTHRITIS** Awareness Month
- National **CELIAC** Disease Awareness Month
- National High Blood Pressure **EDUCATION** Month
- Global **EMPLOYEE** Health and Fitness Month
- **HEPATITIS** Awareness Month
- **LUPUS** Awareness Month
- **MELANOMA/** Skin Cancer Detection and **PREVENTION** Month
- National **ASTHMA** and **ALLERGY** Awareness Month
- National **BIKE** Month
- National **OSTEOPOROSIS** Awareness and Prevention Month
- **ULTRAVIOLET** Awareness Month
- Healthy **VISION** Month
- **NATIONAL** Physical **FITNESS** and Sports Month
- National Toxic **ENCEPHALOPATHY** and Chemical Injury **AWARENESS** Month

For more information on these health observances please visit:  
<http://www.healthfinder.gov/nho/nho.asp>

For additional information or to participate in the Consortium:

Tel: 305-278-0442

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