

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community” America Diabetes Month!

Nearly 24 million people have type 1 or type 2 diabetes. Another 57 million people have pre-diabetes and are at risk for developing type 2 diabetes. There is no cure for diabetes; only medications, changes in diet and exercise can alleviate and prevent symptoms. This month is a time to raise awareness of diabetes prevention and control.

Ways to participate and create awareness-

- ◆ Get more physical activity and motivate family and friends to join you
- ◆ Choose healthy foods, rich in fiber and eat fewer foods that are high in sugar
- ◆ Know your risk - Take the Diabetes Risk Test Diabetes.Org
- ◆ Participate in a Diabetes Walk or Community Fair-

Community Lunch & Learn on Diabetes Awareness

Nov. 21, 2013 at 12:30a

Coral Gables Hospital 3100 S Douglas Rd

40th Anniversary Love and Hope Preview Party - Miami Beach, FL

Nov. 23, 2013 6:30 PM - 11:00 PM Minimum donation req

The St. Regis Bal Harbour Resort 9703 Collins Ave

Diabetes Resource Fair screenings and interactive information on diabetes

Nov. 14, 2013 5:00PM – 7:00PM

North Miami Public Library, 835 NE 132 ST

Diabetes Awareness 2nd Annual Event

Nov. 17, 2013 4:00 PM - 7:00 PM

3000 NW 199 Street Miami Gardens 33056

Consortium Team Florida Department of Health in Miami-Dade County

November 2013

Volume 3, Issue 11



**MAKE
HEALTHY
HAPPEN
MIAMI**

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Wear **GREY**
November is
Diabetes
awareness

Healthy Eating and Active Living

This summer, the City of Hialeah Education and Community Service Department, Hialeah Healthy Families and The Alliance for a Healthier Generation partnered to raise awareness of the importance of eating healthy and staying active among the children in our community with a Healthy Eating & Active Living Poster Contest.

Six judges representing the medical and educational field reviewed over 200 entries from children ages 6 to 14 registered at the City of Hialeah's two summer camp programs, Creative Learning & Play (CL&P) and Young Leaders with Character (YLC). All of the participants received a Certificate of Participation for their efforts. During the October 15, 2013 Council meeting winners were presented an Award of Merit from the Mayor. They also received a "Goody Bag" full of various prizes that were provided from The Florida Department of Health in Miami-Dade County, Office of Community Health and Planning.

Congratulations: Katherine Gonzalez, Amina Smith, Gabriela Bermudez, Emil Valdes, Gabriela Barredo, Victor Vazques, Monzerrat Bellido, Odette Rodriguez, Leisly Esquivel, Elizabeth Torres, Maximino Figueroa, Jennifer Torres, Anthony Freire.

*Jeffrey Lagomacini City of Hialeah
Health Promotion and Disease Prevention Committee*



Safer Streets, Healthier Streets

On October 25th, 2013 the Florida Department of Health in Miami-Dade County and the Consortium for a Healthier Miami-Dade in collaboration with Urban Health Partnerships and the City of Hialeah's Department of Parks and Recreation Early Prevention and Intervention Youth and Internship Program (EPI) hosted the Safer Streets, Healthier Streets Hialeah 2013 walkability audit event. Through The Blue Foundation/Florida Blue Hialeah Healthy Families grant, a community walking audit was conducted to assess the pedestrian access of the built environment and improve the safety of Hialeah's Goodlet Park area. This event was strategically held during National Walking Month in an effort to make walking a priority in our community during the month of October. Over 70 community members participated in the event.



The participants provided valuable input and recommendations that will enhance the efforts of creating safer, healthier streets in Hialeah. During the walkability audit, participants observed the environment, took pictures and documented their findings. The objective is to collect, analyze and report on this data in an effort to help improve pedestrian safety in the Goodlet Park area. The Florida Department of Health in Miami-Dade County will review all the recommendations and create a final report that will be distributed to the event participants. The final report will also be presented at the Hialeah City Council meeting in January 2014 in order to further raise community awareness on opportunities for walking in their neighborhood and promote physical activity in safer environments.

Special guests and speakers at the event included City of Hialeah Councilwoman Isis Garcia Martinez, Anamarie Garces; Patrice Gillespie Smith; Bernice Mena with Urban Health Partnerships, Pablo Bermudez; William Sanchez; George Vega; Cadel Aldana; Ernesto Soto; Jefferey Lagomacini; Lesley Beautelus; Nicole Soto and Carl Zogby –with the City of Hialeah; Charlotte Waddell and Amelinda Loddo –with the Florida Department of Health in Miami-Dade County.

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Florida Department of Health in Miami-Dade County



ABC's of Diabetes

A stands for **A1C test**. The test measures average blood glucose levels for the past three months. For most people with diabetes, the goal is to have an A1C “score” of less than 7 however a more or less stringent goal may be necessary depending on the individual .

B stands for **blood pressure**, this tests how hard your heart needs to work to keep your blood circulating. For most people with diabetes, the goal is to keep blood pressure under 120/80.

C stands for **cholesterol**, a fat found in your blood. There are two kinds of cholesterol: LDL, or “bad” cholesterol, and HDL, or “good” cholesterol.

LDL cholesterol, can clog your arteries. High triglycerides raise your risk for a heart attack or a stroke.

The goal is to keep:

LDL cholesterol below 160. HDL cholesterol above 40 .

American Diabetes Association

Thanksgiving Recipe

Diabetes-Friendly Pumpkin Pie

Ingredients:

- 1 can (15 ounce) pure pumpkin
- ½ cup 1% milk
- 4 eggs
- ½ teaspoon salt
- 2 teaspoons vanilla extract
- 2 teaspoons pumpkin spice or cinnamon
- 1 teaspoon stevia

Optional—Dairy Free Whipped Cream

Instructions

Preheat oven to 350 degrees.

Spray 6 small casserole dishes with nonstick cooking spray.

In a large bowl mix together pumpkin, milk, eggs, spices and stevia.

Pour into dishes.

Bake for 40 minutes at 350.

Served cold. Top with dairy free whipped cream!



Makes:6

Serving size: 1

Calories: 76

Fat: 3g

Carbohydrates: 7g

Sugar: 3g

Sodium: 56mg

Fiber: 2g

Protein: 5g

Cholesterol: 125mg

Upcoming Events

Saturday, November 16th, 2013

Health and Job Fair

Location: 11011 SW 104th Street Miami, FL 33176

Time: 9:00 am - 2:00 pm

Saturday, November 16th, 2013

Un dia Por La Familia Festival and Parade

Location: 3000 NW 87th Avenue Doral FL 33172

Time: 9:00 AM - 7:00 PM

Sunday, November 17th, 2013

Diabetes Awareness 2nd Annual Event

Location: 3000 NW 199 Street Miami Gardens 33056

Time: 4:00 PM - 7:00 PM

Saturday, November 23rd, 2013

7th Annual Emilio Lopez Health Fair

Location: 3601 Federal Highway Miami, FL 33137

Time: 9:00am – 2:30pm

Saturday, November 30th, 2013

Health Fair

Location: 19151 South Dixie Hwy Cutler Bay, FL 33157

Time: 10:00am- 3:00pm

Saturday, November 30th, 2013

World Breastfeeding Month Baby Shower

Location: 1100 NW 95th Street Miami, FL 33150

Time: 10:00 am - 2:00 pm



For more information please see the CHOP forms for these events on our website -

<http://www.healthymiamidade.org/events-announcements>

For additional information or to participate in the Consortium contact us at:

Tel: 305-278-0442 www.healthymiamidade.org

To contribute content to the newsletter contact Amelinda.loddo@flhealth.gov