

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

National Breast Cancer Awareness Month!

1 in 8 women will be diagnosed with breast cancer in their lifetime. Breast Cancer Awareness Month is an annual in health campaign organized by major breast cancer charities to increase awareness so more people can detect the disease in its early stages.

Breast cancer ranks second as a cause of cancer death in women. For women ages 40-59, breast cancer is the leading cause of cancer deaths.

Ways to participate and create awareness-

- ◆ Encourage friends and family to perform breast self-exams
- ◆ Wear a pink ribbon to honor survivors and raise breast cancer awareness
- ◆ Get more info on self testing or if you qualify for a free/low-cost mammogram Breast and Cervical Cancer Early Detection Program 1 (800) 227-2345
- ◆ Get a mammogram- Jackson Health System's Mobile Mammogram Unit will be outside the Stephen P. Clark Center from 9 am to 4 pm every Thursday throughout October
- ◆ Participate in a Breast Cancer Walk or Community Fair-

Race for the Cure 10/19 Bayfront Park 7:30am

Miami Gardens Commission for Women Breast Cancer and Heart Disease Health Fair 10/26 9:00 am - 2:00pm

Making Strides Against Breast Cancer Walk 11/9 Marlins Park 7:00am

Miami-Dade County has gone pink this month, from police badges and cop cars to buses, garbage trucks and county vehicles!



*Amelinda Loddo, MPH
Florida Department of Health in Miami-Dade County*

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**MAKE
HEALTHY
HAPPEN
MIAMI**

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AHWA cooking class



Leyanee Perez, HPDP committee Chair and Founder/CEO of The American Healthy Weight Alliance AHWA specializes in Weight Management. She hosted a healthy cooking class for children on September 27, 2013.

The Weight Management Program cooking class provided them with positive, fun experiences with food. They learn the importance of eating healthy, natural foods instead of relying on pre-packaged or fast foods. Cooking classes give children confidence and create a lifelong habit of healthier eating.



The cooking classes are part of the AHWA weight program to teach children how to cook healthy meals. It is also an introduction to the different cooking techniques so when they go out they have an idea of how food is prepared. This knowledge will help them make healthier choices when dining out. They made baked chicken bites, which both the children and parents enjoyed. The class was recorded for the TV show "Informato with GIGI".

*Leyanee Perez, R.D., L.D.N.
American Healthy Weight Alliance*

National Walking Month

Did you know that in addition to being National Breast Cancer month, October is also National Walking month?

As a part of a collaborative effort to create a more pedestrian-friendly environment, the Florida Department of Health in Miami-Dade County's Consortium for a Healthier Miami-Dade, Urban Health Partnership and the City of Hialeah's Department of Parks and Recreation Early Prevention and Intervention Youth and Internship Program (EPI) will be conducting a walkability assessment of Hialeah's Goodlet Park areas on October 25th from 9 to 11:30am.

Seniors and youth will observe, take pictures and document their findings. The project will result in way finding tools to assist pedestrian in navigating safety routes.

*Amelinda Loddo, MPH
Florida Department of Health in Miami-Dade*

Get more information on National Walking Month:

[National Heart Lung and Blood Institute](http://www.nhlbi.nih.gov)



International Walk to School Day!

On October 9th, University of Miami Miller School of Medicine WalkSafe program hosted alongside Eugenia B Thomas (EBT), the 2013 International Walk to School Day (IWALK) event. UM WalkSafe is a pedestrian safety program under the direction of Dr. Gillian Hotz, Director of the KiDZ Neuroscience Center at The Miami Project to Cure Paralysis. The program's primary aim is to decrease the number of children injured as pedestrians through the dissemination of pedestrian safety knowledge and skills to elementary school children.

WalkSafe selected EBT as the first elementary school in the City of Doral to participate in IWALK, because of the high numbers of EBT students who currently walk to and from school. In the week prior to the IWALK event, more than 1,000 EBT students completed the three-day evidence based WalkSafe curriculum to obtain pedestrian safety knowledge, skills, and abilities. To celebrate their newly acquired pedestrian safety skills and knowledge, the elementary students participated in a 30 minute guided perimeter walk around the school. Led by the Coral Gables Senior High School band and dance team, EBT students carried posters and banners with pedestrian and driver safety messages, and were accompanied on their walk by guest dignitaries, teachers, school board police, safety patrols, and, of course the WalkSafe team. Special guests and speakers at the IWALK event included City of Doral Mayor, Luigi Boria; Miami-Dade County Public Schools Board Member, Susie Castillo; Director of the KiDZ Neuroscience Center and WalkSafe/BikeSafe Programs, Dr. Gillian Hotz; and Florida Department of Transportation Safe Routes to School Coordinator, Sarita Taylor. Several Miami sports team mascots, the UM cheerleaders, EBT cheerleaders and dance team were also present to entertain and encourage the crowd to walk safely.



For more information about International Walk to School Day, please visit www.iwalktoschool.org or visit www.walkbiketoschool.org. For more information on WalkSafe, please visit www.walksafe.us or email:

info@walksafe.us

*Nicole Vayssier, MPH
WalkSafe Program*





Healthy Halloween



Healthy Skeleton

Use fresh veggies - Carrots, broccoli, pepper, mushrooms, cucumbers and celery are great! You can also try asparagus, cauliflower, snap peas, kiwi, grape tomatoes and lettuce. Serve with fresh hummus or guacamole.

Scary Mouths

Cut a fresh apple into 4 wedges. Make a cut into the peel of each wedge. Insert slivered almonds. Make it even scarier: add sugar free berry jam!



Rice Pumpkins

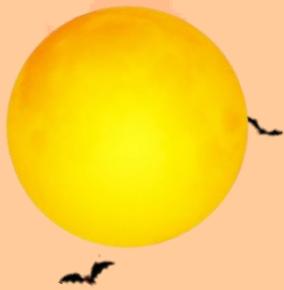
Use carrot juice instead of water to cook some short grain rice. Shape rice into spheres. Cut out faces using seaweed or olive pieces and insert a celery piece on top.



Halloween Safety



- Carry a flashlight.
- Walk, don't run.
- Obey traffic signals.
- Stay in familiar neighborhoods.
- Don't cut across yards or driveways.
- Make sure costumes don't drag on the ground
- Wear clothing with reflective marking or tape.
- Only carry flexible swords or other props.
- Walk on sidewalks, not the street.
- Walk on the left side of the road facing traffic.



Upcoming Events



**Community
Health**



Improvement Plan

Everyone has a stake in our community's health. We all need to work together to find solutions to improve the health of all people in Miami-Dade County. The Community Health Improvement Plan is part of "Mobilizing for Action through Planning and Partnership" (MAPP) assessments. The CHIP will serve as the strategic plan to improve the health and quality of life for residents of Miami-Dade County.

The Florida Department of Health in Miami-Dade County and the Health Council of South Florida invite you to participate in this process

Friday, October 18th 2013
8:00am-12:00 pm

United Way of Miami-Dade, The Ansin Building at the Ryder Room
3250 Southwest Third Avenue, Miami, FL 33129

Please RSVP at the following link:
<https://www.surveymonkey.com/s/9R8KHQM>

For more information please contact:
Florida Department of Health in Miami-Dade County
(305) 278-0442

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_ioddo@doh.state.fl.us