

# Consortium Connection

April 2014

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

### Public Health Week April 7-13

This year’s theme is “Public Health: Start Here”

As partners of the Consortium for a Healthier Miami-Dade, we have contributing roles in the public health system of our community on a daily basis. As the public health system evolves, we will help guide people in the community through the changes, to help them make healthy choices. We can all play a role in supporting public health by practicing prevention.

The American Public Health Association (APHA) has been the lead organizer of National Public Health Week since 1995 when former President Clinton first proclaimed the first full week of April as such.

On Tuesday, April 08, 2014 during the Miami-Dade Board of County Commissioners Meeting Dr. Lillian Rivera of the Florida Department of Health in Miami-Dade County was presented a proclamation declaring April 7 through 13, 2014 as “National Public Health Week” in Miami-Dade. Executive Board members of the Consortium for a Healthier Miami-Dade were also present to support the event.

“This national celebration provides us with an opportunity to focus our attention on state, community and individual efforts aimed at raising awareness and taking steps to address the role of public health and prevention in improving the health of our nation,” said Lillian Rivera, RN, MSN, PhD, Administrator/Health Officer of the Florida Department of Health in Miami-Dade County.



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## Stress Awareness Month

Health care professionals and health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.

Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society.



Stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can give you a jump on managing them. Stress that's left unchecked can contribute to health problems, such as high blood pressure, heart disease, obesity and diabetes.

Stress can be harmful when it is severe enough to make you feel over-whelmed and out of control. Strong emotions like fear, sadness, or other symptoms of depression are normal, as long as they are temporary and don't interfere with daily activities. If these emotions last too long or cause other problems, it's a different story. Physical or emotional tension are often signs of stress. They can be reactions to a situation that causes you to feel threatened or anxious.

Learn more about managing stress:

<http://www.cdc.gov/features/handlingstress/>

## BikeSafe Event

In celebration of Florida Bike Month in March University of Miami BikeSafe held a Bike to School Day on March 20th at Eugenia B. Thomas K-8 Center in the City of Doral.

The one mile ride started at the Trails and Tails park and ended at the school. Students had a great time while promoting bicycle safety and physical activity.

BikeSafe program in September of 2009 to address Miami-Dade County's high rates of bicyclist injuries and fatalities. BikeSafe utilizes a 5-E model of education, engineering, encouragement, evaluation and enforcement to improve bicycle safety, increase bicycle ridership and enhance community bikeability.

Learn more about BikeSafe:

<http://www.ibikesafe.us/>



# Exercises to Relieve Stress

*CAUTION: If you have an injury or any type of reoccurring discomforts, you should immediately report your injury/symptoms and obtain a medical evaluation.*

These stretching exercises are not provided to cure any existing problems but may help in preventing any future ones. Individuals with previous injury should consult with personal physician before performing these exercises on a routine basis. Always obtain medical consent prior to starting an exercise program.

Exercises and stretches can help decrease exposure to the risk of developing an ergonomic injury. Physical fitness is an important aspect in overall health, so exercise should be integrated into your workday and daily life. Some basic workstation exercises and stretches are described below.

## Exercises

Eyes: Around the Clock- Look straight ahead. Without moving your head or straining your eyes, focus on the one o'clock position of an imaginary clock in front of you– all of hours until you reach the twelve o'clock position. Perform the same exercise in a counterclockwise direction.

Neck and Shoulders: Shoulder Circles – Lift your shoulders toward your head. Pinch the shoulder blades to roll the shoulders back, and let the shoulders drop down to the starting position. Try to move the shoulders in a circular fashion. Repeat as desired.

Hands: Catch and Release – Clench your fists slowly. Hold for a few seconds. Slowly open your hand and spread your fingers. Hold this position for a few seconds. Repeat as desired.

## Stretches

### Eyes

- Close eyes tightly for a second, and then open them widely (repeat several times).
- Refocus eyes momentarily on an object at least 20 feet away.

### Hands

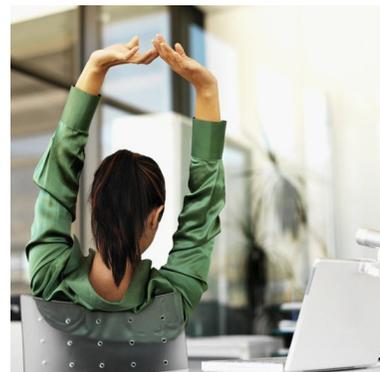
- Place hands together with fingers spread apart and fingertips at chin level. Slowly lower hands, peel them apart, and reverse the process. Repeat several times.

### Neck

- Slowly turn head to side and hold for 10 seconds. Alternate sides and repeat several times.
- Slowly tilt head to side and hold for 5-10 seconds. Alternate sides and repeat several times.

### Low Back

- Stand from chair. With hands on hips and feet about shoulder width apart, slowly lean hips forward and shoulders slightly back. Hold the stretch for 5-10 seconds..



Breaks, Stretches and Exercise Links

Stanford Physical Education, Recreation, and Wellness  
<http://Suwellness.stanford.edu>

Stanford Health Improvement Program <http://hip.stanford.edu/>

Exercises and stretches from the Division of Occupational Health and Safety  
<http://dohs.ors.od.nih.gov/exercises.htm>

[http://www.shelterpub.com/\\_fitness/\\_stretching\\_in\\_the\\_office/online\\_stretch](http://www.shelterpub.com/_fitness/_stretching_in_the_office/online_stretch)

Submitted by: Valerie Newman

# Upcoming Events

## Colorectal Cancer Action Network—CRCAN

**Join us in our efforts to increase colorectal cancer screening rates.**

**WHAT IS CRCAN?** A group of community partners, facilitated through the Florida Department of Health, working to strengthen colorectal cancer prevention and control efforts.

**OUR MISSION:** To increase colorectal cancer screening rates and decrease colorectal cancer deaths through public education, promotion, policies and systems changes.

**Join us via conference call on Wednesday, April 16th, 2014 from 9:30 until 10:30 a.m. EST**

**Conference call number: 888-670-3525    Conference code: 8338411399**

Eric Gipson: (850) 245-4444 ext. 2837 / [Eric.Gipson@flhealth.gov](mailto:Eric.Gipson@flhealth.gov)



[www.doh.state.fl.us/family/cancer/crc](http://www.doh.state.fl.us/family/cancer/crc)



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

Tel: 305-278-0442 [www.healthymiamidade.org](http://www.healthymiamidade.org)

To contribute content to the newsletter contact [Amelinda.Loddo@flhealth.gov](mailto:Amelinda.Loddo@flhealth.gov)