

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

Fit City Miami: Health & the Built Environment Conference

On January 17th American Institute for Architects Miami in partnership with the Gold Coast Chapter of the APA, the Southeast Florida District Council Urban Land Institute, the Consortium for a Healthy Miami-Dade, and the Earth Ethics Institute at Miami Dade College hosted the 2nd annual Fit City Miami: Health & the Built Environment conference. The full-day conference featured keynote speakers Rick Bell, FAIA and Karen K. Lee, MD, MHSC of the NYC Department of Health & Mental Hygiene. The conference attracted more than 200 participants, half of whom were students.

The Active Design in New York evolved as a response to the current public health epidemics of obesity and chronic diseases. By increasing opportunities for daily physical activity and healthy eating, urban designers can play a crucial role in preventing and controlling these problems. The conference brought together architects, planners, designers, developers, public health professionals, and students to address how building design and policy decisions can improve health outcomes in our communities.

The conference was held at the Wolfson campus new classroom building designed by Zyscovich Architects. The building is the first Miami project to incorporate Active Design guidelines and be recognized by the U.S. Green Building Council for an Innovation in Design” credit, awarded for “exemplary performance” in green design.

The Health & the Built Environment committee will continue to participate in the annual conference in hopes it will promote physical activity through active design relates to walkability, safety, building codes, zoning, diversity of recreational activity, accessibility, infrastructure, housing, schools, bicycles, transit, and mixed-use zoning in Miami-Dade.



February 2014

Volume 4, Issue 2



**MAKE
HEALTHY
HAPPEN
MIAMI**

Inside this issue:

Fit City Miami	1
Heart Month	2
Event	3

28 Day Heart Challenge

For the month of February, the National Heart Lung and Blood Institute (NHLBI) has launched The Heart Truth Campaign to raise awareness of the dangers of heart disease in women.

The Heart Truth® for #MyHeart28, a 28-day challenge during American Heart Month encourages women to take action to lower their risk for heart disease

You and those you love can join this 28-day challenge through Facebook, Pinterest and Twitter and begin making healthy heart changes in lifestyle today.

To visit the NHLBI website for additional details, click [Here](#).



Heart Health Month

About 47% of sudden cardiac deaths occur outside a hospital. This suggests that many people with heart disease don't act on early warning signs.



Major warning signs and symptoms of heart attacks:

- ◆ Chest pain or discomfort.
- ◆ Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.
- ◆ Shortness of breath.
- ◆ Nausea, lightheadedness, or cold sweats.

Whole-Wheat Pasta with Broccolini and Feta

Directions

Bring a large pot of water to a boil . Add the broccolini and cook about 2 to 3 minutes. Stir in the radish slices, and cook 30 seconds, more. Scoop out the vegetables and plunge them immediately into ice water. Drain the vegetables, pat them very dry.

Add the pasta to the same pot of boiling water, and cook, stirring occasionally, for about 8 to 9 minutes. Drain and set aside.

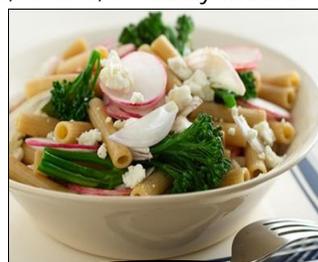
Whisk the vinegar, orange zest, the 3/4 teaspoon salt and pepper, to taste, Gradually whisk in the oil to make the dressing.

Toss the rigatoni, broccolini, radish and shallot with the dressing.

Add the feta cheese and toss lightly.

Serve warm or room temperature.

By Television Food Network.



Ingredients

- 1 medium shallot, thinly sliced
- 1 bunch broccolini , stems cut into 2-inch stems, and florets
- 1 bunch radishes, trimmed and very thinly sliced
- 12 ounces whole-wheat rigatoni
- 1 tablespoon wine vinegar
- 1/2 teaspoon finely grated orange zest
- Freshly ground black pepper
- 3 tablespoons extra-virgin olive oil
- 7 ounces feta cheese, crumbled

Upcoming Events

**JOIN THE WALKING MOVEMENT!
1 MILLION STEPS TO BETTER HEALTH**



WALK THIS WAY FAMILY FUN DAY

Saturday, February 15 | 7 - 9 am

**CLAUDE PEPPER PARK
1255 NW 135 Street
North Miami, FL 33167**

Receive a **FREE** t-shirt, pedometer,
and guide book for becoming a part of the
WALK THIS WAY PROGRAM.



**Meet up
WEEKLY FOR SELF-GUIDED
walking at 3 rotating locations.**

***Mondays, 5 - 8 pm
North Miami Athletic Stadium
2555 NE 151 Street**

*** Wednesdays, 5 - 8 pm
Cagni Park
13498 NE 8 Avenue**

***Fridays, 5 - 8 pm
Pepper Park
1255 NW 135 Street**

* Opportunities to log steps with staff members
to track your progress and reach 1,000,000 steps

**MARK YOUR
CALENDAR EVERY
3rd SATURDAY OF THE MONTH
FAMILY FUN DAY!**

Saturday, March 15 | 7 - 9 am | NM Athletic Stadium

Saturday, April 19 | 7 - 9 am | Cagni Park

Saturday, May 17 | 7 - 9 am | Pepper Park

Face Painting

Fun Zones

**Hydration Stations On-Site
During Walks**

**Health and
Educational Vendors**

For more information, contact the Parks and Recreation Office at 305-895-9840.

The City of North Miami does not discriminate on the basis of disability in the admission or access to,
or treatment or employment in its programs or activities.

northmiamifl.gov/parks

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@flhealth.gov