

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

Healthiest Weight Florida

Healthiest Weight Florida is an initiative which will motivate Florida’s children, adults, families, communities, and businesses to make informed choices about healthy eating and active living, through small steps.

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Florida’s children and adults make consistent, informed choices about healthy eating and active living.

Florida Department of Health offices in each county will be crucial for making Healthiest Weight Florida a success. They directly serve Floridians locally and are on the frontlines in this movement toward a healthier weight. The success of this initiative depends on addressing unhealthy circumstances in food and beverage, physical activity, school, and workplace environments.

Each week, Healthiest Weight Florida, highlights special projects and unique successes that demonstrate the public health role with helping Florida’s children and adults make choices about healthy eating and active living. The Consortium’s Worksite Wellness 9 to 5 Fit: Wellness in the Workplace Health Fair/Forum was highlighted in June as part of the Healthiest Weight Florida Spotlight.

The Worksite Wellness Committee of the Florida Department of Health in Miami-Dade County’s Consortium for a Healthier Miami-Dade hosted a 9 to 5 Fit: Wellness in the Workplace Health Fair/Forum at Florida Blue Cross Blue Shield-. The attendees gained valuable information and resources for workplace wellness programs; met worksite wellness community partners and shared best practices.



www.healthiestweightflorida.com

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Partner Updates

Update!

The Florida Public Health Institute (FIHI) has
a new name and a new look:

The new name and logo resulted from a year-long, in-depth rebranding process that included an analysis of staff and stakeholder interviews and group sessions. The Institute's new name, logo and tagline reflect the belief that today's health challenges require a new way of working based on shared leadership; innovative strategy and measurable results. A nonprofit public health institute, the Florida Institute for Health Innovation facilitates data-driven, results-based collaborative action, conducts community-focused research and evaluation, and provides impartial analysis of policy health impacts.

Visit their website to learn about the work they are doing through their three Centers of Excellence: Collective Impact for Healthy Communities; Health in All Policies; and Research, Evaluation and Training:

www.flhealthinnovation.org @flhealthinnova
<https://www.facebook.com/flhealthinnovation>



Christine Kovach Hom, LCSW, MSW
Children Issues Committee

Sun Safety

Skin cancer is the most common type of cancer in the United States.

Every year there are more than 3.5 million skin cancers in over two million people. Ultraviolet (UV) rays from the sun are the main cause of skin cancer and ultraviolet radiation (from tanning beds) is a proven human carcinogen.

The good news is that skin cancer can be prevented. July is National UV Safety Month, here are a few ways that you can be sure that you are protecting yourself from the sun's rays and skin cancer.



**It's important to limit sun exposure between 10 a.m. and 2 p.m., when the sun's rays are strongest*

** Apply sunscreen 15 minutes before going out in the sun.*

** Reapply at least every two hours.*



Celebrating 100 Years of Extension!

The Smith-Lever Act of 1914 established the Cooperative Extension Service nation-wide, which allows us all to benefit from the knowledge of our land-grant universities.

Extension has helped millions of Floridians by tapping the latest information from the research engines of the University of Florida and Florida A&M University and converting it into practical knowledge we use every day.

UF/IFAS Extension encompasses thousands of Extension faculty members, scientists, educators, administrative staff, and volunteers, all working to provide solutions for your life. Nick T. Place, Ph.D., is the Dean and Director of UF/IFAS Extension at the University of Florida.

In 2014, in Florida and across the nation, we celebrate the 100th Anniversary of the Smith-Lever Act by looking back on Extension's record of service and educational outreach and by looking forward to the many challenges facing us over the next 100 years.



Monica Dawkins M.S., CFCS
Health Promotion & Disease
Prevention committee

Currently extension works in these major areas:

- *Agriculture —research and educational programs help farmers ranchers and individuals, improve productivity and income, through resource management, controlling crop pests, soil testing, livestock production practices, and marketing strategies and skills.
- *4-H Youth Development —cultivates important life and leadership skills in youth that build character and assist them in making appropriate life and career choices. Focus areas include science, math, social skills, and much more, through hands-on projects and activities. The 4 leaf clover is the 4-H symbol.
- *Family and Consumer Sciences (formerly Home Economics) —helps families become resilient and healthy, by teaching nutrition and wellness, food preparation skills, child development skills, family communication, financial management/consumer education, and leadership development.
- *Natural Resources —teaches landowners and homeowners how to use natural resources wisely and protect the environment with educational programs in water quality, marine science, timber management, composting, lawn waste management, and recycling.
- *Community and Economic Development—helps local government investigate and create viable options for economic and community development, such as improved job creation and retention, small and medium sized business development, effective and coordinated emergency response, solid waste disposal, tourism development, workforce education, and land use planning.

Agriculture



Consumer Education



Food & Nutrition



4-H and Marine Science



THE CITY OF NORTH MIAMI BEACH AND
THE COMMISSION ON THE STATUS OF WOMEN INVITE YOU TO A
BACK TO SCHOOL HEALTH FAIR
& **BOOK BAG GIVEAWAY***



Councilwoman Beth E. Spiegel
C.O.S.W. Liaison

- Health & Wellness Information •
- Free School Supplies •
- Free Book Bags •
- Raffles & Prizes •



Marjorie & William McDonald Center
17051 NE 19th Avenue
Thursday, August 7, 2014
5pm - 8pm

***For residents of the City of North Miami Beach. Proof of residency required. *Children must be present to receive book bag & school supplies. While supplies last.**



For more information call (305) 948-2957 or visit www.citynmb.com.

Mayor George Vallejo • Councilman Anthony F. DeFillipo • Councilwoman Barbara Kramer • Councilwoman Marlen Martell • Councilman Frantz Pierre
Councilwoman Phyllis S. Smith • Councilwoman Beth E. Spiegel • City Manager Ana M. Garcia • City Attorney Jose Smith • City Clerk Pamela Latimore

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

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