

# Consortium Connection

October 2014

Volume 4, Issue 10



Inside this issue:

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

### Breast Cancer Awareness Month

**B**reast cancer is by far the most common cancer in women worldwide. In low- and middle-income countries the incidence has been rising up steadily in the last years due to increase in life expectancy, increase urbanization and adoption of western lifestyles.

Death rates from breast cancer have been declining since about 1990, Due to screening and early detection, increased awareness, and continually improving treatment options.

The third Friday in October each year is **National Mammography Day**. In 2014, National Mammography Day will be celebrated on October 17.

#### Activities in Miami:

- Crucial Catch Celebration - <http://www.nfl.com/pink>  
Free Breast Screenings and Mammograms for the Uninsured at Community Health of South Florida Inc.'s Doris Ison Health Center  
Pre-Registration required (305) 252-4818
- Hope 4 L.Y.F.E 3K/5K- <http://www.chisouthfl.org>  
Saturday, Oct 25 8:00a to 11:00a Homestead Air Reserve Park  
Annual Walk/Run for Breast Cancer Awareness.

#### Web Resources:

Breast Cancer Risk Awareness Tool: <http://www.cancer.gov/bcrisktool/>

Mammogram Facilities:  
<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfMQSA/mqsa.cfm>

Mammogram FactSheets: <http://womenshealth.gov/publications/our-publications/fact-sheet/mammograms.html>

Office of Community Health and Planning

#### Health Observance 1

Partner Updates/ Recipe	2-5
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Event	6
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## Child Care Initiative 2014

On Thursday, August 28, 2014, the Consortium for a Healthier Miami-Dade's Children Issues Committee hosted a Child Care Provider Appreciation Luncheon. This event was hosted at the United Way Center for Excellence to honor child care center providers that participated in the Consortium for a Healthier Miami-Dade Child Care Initiative 2014. The group gathered to celebrate the experience as they continue to Make Healthy Happen in the community. A total of 34 attendees watched a slide show presentation of the wonderful efforts done by the Children Issues committee. Child Care Providers were also presented with a certificate in recognition of their participation in the Child Care Initiative.

The main goal of the Consortium Child Care Initiative was to share the tools and technical assistance needed with child care professionals to help facilitate positive, healthy changes in children. To implement these changes throughout Miami-Dade County, which will result in lifelong, healthy and positive practices in our children, their families and the child care providers who serve them. Five selected child care centers were piloted in the underserved areas down south from March to July 2014. Technical assistance that was provided at the child care centers were Healthy cooking demonstrations for families, nutrition and physical activity, oral health, nutrition education, blood pressure screenings and access to care outreach.



Children Issues  
Committee



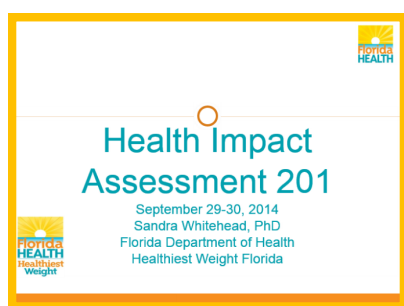
## Health & the Built Environment

The Health & Built Environment Committee Sponsored a Health Impact Assessment Training (HIA 102) On Monday, September 29 – Tuesday 30, 2014. The training was conducted by Sandra Whitehead, PH.D, Director of Healthy Community Design for the Florida Department of Health. The HIA 102 was offered to build the professional capacity of the committee members and the communities they serve.

A HIA is a combination of methods to systematically examine the potential health effects of proposed policies, programs, and projects, providing decision-makers with information about potential health benefits and risks, disparities in the distribution of impacts, and alternatives for improving the ratio of benefit to risk. A HIA highlights health issues that may not otherwise be considered by decision makers, in non-health focused sectors like economic equity, energy, education, transportation, housing, and land-use.

This two-day workshop included a discussion of the Social Determinants of Health and Health in All Policies approach. Attendees became more familiar with the six phases of the HIA process as they used local projects to simulate screening, scoping, assessment, recommendation, reporting and monitoring and evaluation. Three breakout groups were formed to define the problem, evaluate decisions and determine the health outcomes within the context of Complete Streets, The Underline (formerly the Greenlink), and Vizcaya Village.

Participants included Planning, Public Health, and Community-Based Organization Professionals from Connect Familia, City of North Miami, Florida Department of Health, FIU NeighborhoodHELP, Health Council of South Florida, Health Foundation of South Florida, Miami-Dade County Parks & Recreation Department, South Florida Regional Planning Council, Urban Impact Lab, and University of Miami: WalkSafe/BikeSafe, and Vizcaya Museum and Gardens. The Health & Built Environment Committee seeks to continue the momentum of this training by developing a HIA working group, providing additional HIA resources and offering future trainings as funding allows. Please contact HBE leadership for additional information on HIA's and the committee.



Valerie Neilson  
Health & the Built  
Environment Committee

## Partner Updates



The Village of Biscayne Park and City of Coral Gables joined the growing list of cities that are moving forward to protect our youth from health dangers of tobacco use. These cities have passed resolutions to ban the sale of flavored tobacco not covered by the FDA.

As of September 26, 2014 the counter advertising signs were placed at 18 different convenience stores/gas stations that are less than ½ mile away from schools and hang outs where youth frequently visit in the county. The importance of our counter advertising campaign is to bring awareness of the sale of flavored tobacco products that are not FDA approved and to gain support in favor of adopting policies that ban the sales throughout the county.



The Students Working Against Tobacco and other volunteers displayed their dedication and enthusiasm on Saturday, September 20, 2014 at the Hobie Beach Coastal Cleanup. Their support led to collecting 40 eight gallons of garbage bags full of trash among those 1,548 cigarette butts.

By: Tobacco Prevention Team



## Updates Cont.

As of August 2014 two new multi-unit housing properties have joined the Miami Healthiest List by going Smoke Free. South Miami Plaza (224 units) became smoke free on August 1, 2014 and AHEPA 421 Senior Apartments (80 units) on September 1, 2014.

**Congratulations go out to Bilzin Sumberg Attorneys at Law!** They recently became a Tobacco-Free Worksite joining a select group of health conscious employers within our county that value the health of their employees. Their employees will be offered free cessation services from the University of Miami Area Health Education Center to assist them on their journey to quit smoking.



By: Tobacco Prevention Team

## Recipe

### Healthy Cauliflower Mac & Cheese Cup Cakes

#### DIRECTIONS

- Preheat oven to 350 degrees .
- Pull leaves off a fresh whole Cauliflower. Steam or boil in 2 inches of water, covered. Cook for 20 minutes over medium heat. Cook till it is very soft and remove from heat. Let cool, then break apart. Once cool and broken, add to a food processor or mash it like mashed potatoes until very fine.
- Add lite salt and black pepper, and stir.
- In a large sauce pan, melt 2 sticks of UN-salted butter
- Meanwhile cook you pasta as directed. Drain and set aside.
- Add low fat milk to your melted butter
- Add Parmesan and Shredded low fat Cheddar Cheese to pot and stir well, until smooth. Add you blended cauliflower and stir well.
- Drain pasta, and combine with cheese sauce; mix well together.

Lightly coat a cup cake pan with cooking spray. Sprinkle bread crumbs to cover bottom. Transfer noodle mixture to dish.

Bake 15-20 minutes OR until lightly browned and crisp on top and serve immediately.

This recipe will served 8-10 hungry people!

#### INGREDIENTS

- 1 head of fresh Cauliflower
- 1 1/2 cups nonfat milk
- 3/4 teaspoon sea salt
- Freshly ground black pepper
- 1 pound whole wheat or your favorite elbow macaroni
- 8 ounces extra-sharp cheddar cheese, finely grated
- 3 ounces Parmesan cheese, finely grated
- 2 sticks or a 1/2 pound of soft unsalted butter
- Olive-oil cooking spray, to grease your pan



By: Short Chef

Children Issues



Dear Consortium for a Healthier Miami-Dade members,

October 24th is Food Day a year-round nationwide celebration and movement toward more healthy, affordable, and sustainable food culminating in a day of action on October 24 every year. As part of the Food Day 2014 activities we invite you to contribute non-perishable, shelf-stable health-conscious donations to bring relief to our neighbors struggling with food insecurity and hunger.

Bring your food donation to the Consortium Committee meeting dates indicated below.

The committee liaisons will collect your donations to be distributed by our community partner Farm Share, located at 14125 SW 320 Street, Miami, FL 33033

\* To avoid breakage during collection- no glass containers.

[Examples of health-conscious donations](#)

low- or no-salt added canned vegetables, meats, poultry, fish, beans  
canned fruits packed in its own juice or water  
dried fruits  
no-salt nuts  
whole-grain pastas, crackers, cereals  
no-butter popcorn  
dried legumes/beans/peas  
shelf-stable 100% fruit juices  
bottled water

[Consortium Committee Dates](#)

Elder Issues: September 28  
Tobacco-Free Workgroup: September 29  
Marketing & Membership: October 1  
Worksite Wellness: October 2  
Health & the Built Environment: October 14  
Health Promotion and Disease Prevention: October 21  
Children Issues: October 23



**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)