

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

Public Health Week!

The Florida Department of Health in Miami-Dade County celebrated National Public Health Week (NPHW) 2015 at MICC, 8175 NW 12th Street, Miami, Florida 33125 on Wednesday, April 8th from 10:00 a.m. to 3:00 p.m. A showcase displaying health education materials and services from various programs (EPI & Disease Control, Public Health Preparedness, STD/HIV Prevention & Control Program, TB & Hepatitis, WIC & Nutrition, Women’s Health, and the Office of Community Health & Planning, including Tobacco Prevention) was hosted in the MICC lobby by Senior Community Health Nurse, Mayra Garcia, Comprehensive Emergency Management Plan Initiative Coordinator, Klelia Suarez and Rosa Wong of Business Operations. A healthy salad lunch along with a colorful assortment of fruits was prepared and enjoyed by 40 Florida Department of Health in Miami-Dade employees.

NPHW was celebrated with 5 daily themes; the theme of the day, “Building Momentum” was highlighted in a pre-lunch presentation by Mayra Garcia which also included healthy eating tips and ways to increase opportunities for physical activity in the workplace and our daily life.



April 2015

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CONSORTIUM
FOR A
HEALTHIER
MIAMI-DADE



Sponsored by the Florida Department of Health in Miami-Dade County

MAKE
HEALTHY
HAPPEN
MIAMI



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Healthiest Nation 2030

April 3-12, 2015



National
Public Health
Week www.nphw.org

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION



Consortium Annual Event

On March 20, 2015 from 8:00 am to 12:00 pm at the Intercontinental hotel—The Consortium for a Healthier Miami-Dade held its Annual Meeting to highlight the past year achievements of the Consortium committees and to launch the Partnerships to Improve Community Health (PICH) grant.



Karen Weller, Co-Chair of the Consortium Executive Board gave a presentation on The Partnerships to Improve Community Health (PICH) grant and the various strategies that will be implemented. The PICH will address chronic disease prevention in Miami-Dade County as part of a U.S. Department of Health and Human Services (HHS) initiative to support public health efforts to promote healthier lifestyles, reduce health disparities, and control health care spending.

Marlene Rodriguez Chair of the Worksite Wellness committee discussed healthy lifestyles in the work setting by sharing resources on best practices, encouraging policy, systems, and environmental changes and creating partnerships among the diverse businesses within Miami-Dade County.

Karen Hamilton Chair of the Health and Built Environment committee, presented on the committee's goals to educate, develop strategies, and influence solutions. She also described the built environment as one that includes all physical structures planned and built by people. The way our spaces are constructed can either encourage or discourage healthy behaviors. The accomplishments of the committee were also discussed.

Leyanee Perez, Chair of the Health Promotion and Disease Prevention committee highlighted the new federal law which has taken effect which requires mandatory nutrition labeling of standard menu items for chain restaurants, similar retail food establishments and vending machines. She described the Consortium's "Healthy Happens Here" initiative which offers education and guidance to help non-impacted restaurants into future compliance.

Nancy Maidique Chair of the Tobacco-Free Workgroup spoke about the committees' commitment to creating policy and system changes to minimize tobacco use and promote healthier learning, working, and living environments through programs such as Students Working Against Tobacco, Smoke-free multi unit housing and activities, presentations, media campaigns and program interventions

The following members were recognized for working above and beyond as part of the Consortium:

Melissa Dynan-Health & the Built Environment

Ray Newlands- Children Issues

Karina Villalba- Health Promotion and Disease Prevention

Marjorie York- Elder Issues

Georgette Baeza Kores- Tobacco Free Workgroup

Dr. M. Enrique Flores- Worksite Wellness

Jeff Hurst- Marketing and Membership

April is National Stress Awareness Month

Healthiest Weight Florida is promoting physical and mental health benefits of stress reduction.

Taking steps to better manage stress is central to overall wellbeing, as well as achieving and maintaining a healthy weight. during April-National Stress Awareness Month.

Learn ways to manage your work and life stress for better health! Well-managed stress can be a good thing, but un-checked stress can have serious effects on your health and well-being.

An important first step to managing your stress begins with healthy living. Being physically fit can help you get mentally fit. Start by making a commitment to choose healthy eating and lifestyle options for yourself and your family. If you haven't done so already, post your Healthy Promise today www.HealthyPromiseFL.com to share your pledge to make more informed choices about healthy eating and active living this year.

Take Steps To Handle Your Stress

- Live healthy. Being physically fit can help you get mentally fit. Achieve and maintain a healthy weight with ChooseMyPlate.gov.
- Make a change. Eliminate a stressful situation, such as a job or a relationship.
- Think in the present. The past is over and the future isn't here yet. Stop worrying!
- Talk yourself through it. Face the situation, don't avoid it; you may have the answers you're looking for. Self-talk with confidence!
- Help someone in need. It allows you to focus on something/someone else and makes you feel better.
- Get enough sleep. Most adults need 7 to 8 hours of sleep every night.
- Check out helpful resources available through your insurance carrier. Take online courses on stress, sleep and healthy living. Try discounted services such as acupuncture, yoga and exercise centers or gyms.
- Call a hotline, such as the National Suicide Prevention Lifeline at 800-273-8255 (TALK) if you have thoughts of suicide.



HEALTHIEST WEIGHT FLORIDA

YOU ARE INVITED TO THE

2015



Florida worksite wellness

A W A R D S

HOSTED BY
**The Consortium For A
Healthier Miami-Dade**

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Sponsored by the Florida Department of Health in Miami-Dade County

Friday, May 8, 2015 11:30 am–2:00 pm
Biltmore Hotel - Coral Gables, FL

Dr. Michael Ozner,
*will be speaking on "Heart Attack,
Stroke? No Thanks, Pass the Red
Wine. Cardiovascular Disease and
prevention with the Mediterranean
Diet and Lifestyle"*

- Do you have a Worksite Wellness program that shines? Complete an application!
- Register for the event:
<http://chmd-worksite-wellness.eventbrite.com>

For more information and award applications go to
www.worksitewellnessawards.org



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

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