

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community” December is HIV Awareness Month

World AIDS Day was held for the first time in 1988 and has since been held every year on December 1st. This day serves as an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and commemorate people who have died.

The first cases of HIV/AIDS in the U.S. were diagnosed in 1981 and quickly became one of the fastest spreading pandemics known in human history. Fast forward 35 years and at the end of 2012, an estimated 1.2 million were living with HIV in the U.S. In Miami-Dade County alone, it is estimated that one in 85 adult residents was living with HIV infection in 2014. Here are some simple facts about the disease:

What is HIV/AIDS?

HIV stands for Human Immunodeficiency Virus. If left untreated, HIV can lead to the disease AIDS (acquired immune deficiency syndrome). The virus affects specific cells of the immune system, called CD4 cells, or T cells. Over time, if left untreated, HIV can destroy so many of these cells that the body can't fight off infections nor disease. With proper medical treatment, HIV can be controlled. A person is diagnosed with AIDS when CD4 cells fall below 200 cells/mm³ and/or received a diagnosis of one or more of the opportunistic infections. Not everyone who has HIV progresses to AIDS.

How can one get HIV?

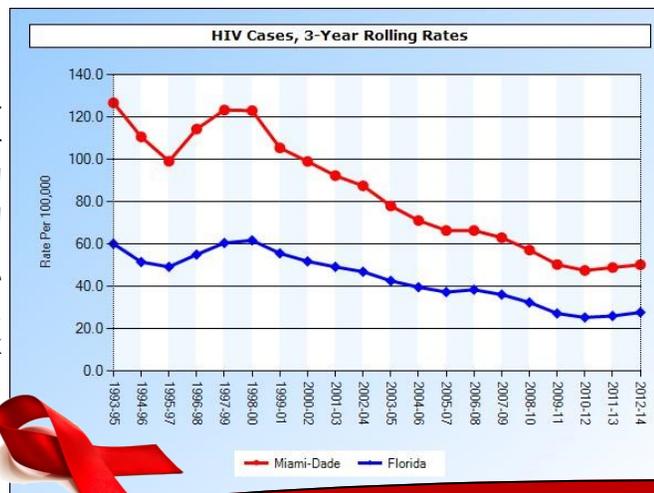
HIV is passed from one person to another through contact with body fluids of an infected person. These fluids are: blood, semen and pre-seminal fluid, rectal fluid/anal mucous, vaginal fluids and breast milk. A person must come into contact with a mucous membrane or damaged tissue or be directly injected into the blood stream for transmission to occur. HIV is not transmitted from toilet seats, mosquito bites, tears or sweat, nor through casual contact (hugging or shaking hands) with an HIV+ person.

How can HIV be treated?

Currently, there is no cure for HIV, but it can be kept under control by taking antiretroviral medication regularly allowing the patient to live a healthy life. The medication works to reduce the amount of virus in the body, which reduces the virus' attack on the immune system.

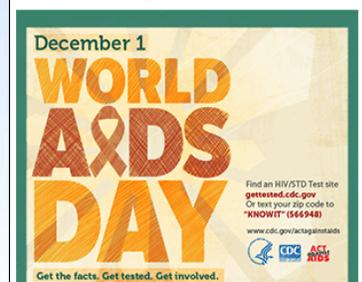
To learn more visit AIDS.gov

Submitted by: Frensy S Melo, MPP
Public Information Specialist,
FDOH-MD



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Six Tips to Boost Healthy Eating in the Workplace

The good news is that some companies have the Healthy Happens Here initiative all figured out by offering several health promotion perks for staying healthy. Focus is typically on weight loss and exercise, health screenings, obesity coaching, fitness classes; and healthy food options are being made available at the workplace. However; for those companies that know it's time to get on board but are not sure where to start, here is a list of the top 6 tips to help you get started.

1. Easy access to healthy foods

Companies that have a company cafeteria, should meet with their staff to educate them on making healthy choices and show them that they are making an effort. Vending machines should be stocked with healthy options such as un-buttered popcorn; low fat granola bars, low sugar cereal boxes, fruits, sandwiches and low fat yogurt. If food trucks are available, chose those that offer a healthy variety dishes of protein, fruits, vegetables and whole grains.

2. Healthy food options at meetings

If you meet in the morning, offer fruit plates, whole grain bagels and low fat yogurt instead of sugary pastries. For lunch, hire a caterer that offers soup and salad bars, lean sandwiches, and fruit or vegetable platters. If the company is on a limited budget they can also ask their employees to bring their own

healthy meals, but offer them ideas in advance for healthy alternatives.

3. Discourage eating at desks

Although convenient to eat while working, this way of eating promotes mindless eating leading to over-eating and weight gain. Plus, this practice can also lead to missed opportunities for a break or a walk.

4. Promote good nutrition and education

Various ways to send the message is through circulating a monthly newsletter, inviting a guest speaker or email employees tips and information on why and how to eat and drink more healthfully.

5. Consider an onsite farmers market

This excellent practice not only gives local growers the opportunity to offer fresh produce , but also helps support the local economy.

6. Promote and maintain a culture of health by using the above suggestions and offer incentives to those who change their habits

To increase employee's interest and hopefully their commitment to make permanent changes keep the topic of healthy eating positive rather than punitive, and focus on health benefits rather than weight loss.

To learn more about worksite wellness [click here](#).

Submitted by: Maria Negahbani; Ph. D., M.P.H., M.S., R.D., L.D.
Sr. Public Health Nutritionist, FDOH-MD

Eat more
weight
less?

Research shows that people get full by the amount of food they eat, not the number of calories they take in. You can cut calories in your favorite foods by lowering the amount of fat and/or increasing the amount of fiber rich ingredients, such as vegetables or fruit. For more information [click here](#).

Join the 2015
**MAINTAIN
DON'T GAIN
HOLIDAY
CHALLENGE**
Nov. 16-Dec. 31

It's free!

BON APPETIT

New Dental Clinic Shines in Overtown!

The Florida Department of Health in Miami-Dade County celebrated the Ribbon Cutting of the Jefferson Reaves, Sr. Health Center Dental Clinic – a joint partnership between the Florida Department of Health in Miami-Dade County and Jackson Health System.

“This dental clinic is another milestone in our ongoing commitment to deliver high-quality dental care services to our most vulnerable population,” said Lillian Rivera, RN, MSN, PhD, Administrator/Health Officer of the Florida Department of Health in Miami-Dade County.

The clinic provides preventive and restorative dental services as well as emergency visits and dental extractions to children and adults. The facility consists of 5 dental operatories and is equipped with digital x-rays and electronic dental records.

Caption: (L-R: Marie Bell, Special Assistant to Mayor Gimenez; Carlos Migoya, President and CEO of Jackson Health System; Maribel Zayas, CFO, DOH-Miami-Dade;



New Smoke-free Multi-Unit Public Housing Resolut

On November 3rd, the Miami-Dade Board of County Commissioners met to discuss and vote on a resolution that directs Miami-Dade Public Housing and Community Development to develop a comprehensive smoke-free policy plan for all multi-unit public housing and affordable housing properties. Representatives from U.S. Housing and Urban Development (HUD), Michael Liu, Director of Public Housing and Community Development, and Dr. Lillian Rivera, Administrator of Florida Department of Health in Miami-Dade, all spoke in front of the board to give their support of the resolution. In the end, the board voted 10-2 in favor of the resolution. Now, the Department of Health, in conjunction with Public Housing and Community Development and residents, will work together to create a smoke-free policy for incorporation into the County's 2016-2017 Public Housing Agency Plan.

Submitted by: Valencia Morris, MPH, CTTS, CWWS
Health Educator Consultant, FDOH-MD

Team Henry at The Summer Break Spot

In August, Team Henry visited the “Healthy Body, Healthy Mind” Summer Break-Spot Mobile Unit as it visited 5 Miami-Dade County Public Housing Sites in the Allapattah and Little River Communities.

Team Henry visited each site providing book readings for the kids of *Henry Gets Moving* and discussed the themes of the book on how to follow Henry's lessons to “Get Moving!” and “Eat Healthy!”. Fresh fruits and vegetables were provided for the kids to taste – red peppers, cucumbers, and strawberries were a big hit!

Further, Team Henry invited the University of Miami's UROSE Program to join them at the sites and help teach the kids about healthy activity and nutrition.

Each child received a copy of “Henry Gets Moving” and the parents received informational packets from Team Henry that offered healthy recipe ideas, nutrition label education, and a list of farmer's markets throughout Miami-Dade. For more information on Team Henry visit www.teamhenry.org.



Submitted by: Allan Zullinger
Executive Director
Team Henry, Inc.

A message to our partners



Making the right choices for our health every day can be difficult, but it is precisely the places where we live, work, learn, eat and play that affect our health. That is why the Florida Department of Health in Miami-Dade County is currently working on a major initiative to address the leading risk factors for the major causes of death and disability in Miami-Dade: tobacco use, poor nutrition, and physical inactivity. This initiative was made possible with funding from the Centers for Disease Control and Prevention (CDC) through its Partnerships to Improve Community Health (PICH).

As a start to the initiative, an advertising campaign to prevent chronic diseases through healthier lifestyles such as tobacco abstinence, balanced nutrition, and physical activity was launched in November. This wide scope media campaign includes public transportation, TV, Internet Streaming Radio, Haitian Creole Radio, Outdoor Advertising, Digital and Social Media.

You might already have seen some of our public transportation ads around the city, but much more is still to come, so please help us spread the word! For more information about the campaign, marketing materials, and the Consortium's work visit www.healthymiamidade.org.

Stay up-to-date

New data from the Centers for Disease Control and Prevention's (CDC's) Behavior Risk Factor Surveillance System, shows that [obesity rates in adults remain steady](#) but are still quite high in some states.

The recently released [2015 annual report](#), The State of Obesity: Better Policies for a Healthier America from the Trust for America's Health and the Robert Wood Johnson Foundation highlights progresses in the fight against obesity and emphasizes the work that remains to further improve the nation's health.

The *Morbidity and Mortality Weekly Report* recently included a report on [State Medicaid Coverage for Tobacco Cessation Treatments and Barriers to Coverage — United States, 2014–2015](#).

EVENTS CALENDAR

DEC 1

World AIDS Day

Location: 15800 NW 42 Av.
Miami Gardens, FL 33054
Time: 10:00AM -- 2:00PM

DEC 5

Jingle Bell Walk/Run

Location: Amelia Earhart Park
Hialeah FL 33013
Time: 08:00AM -- 12:00PM

DEC 19

2nd Annual Homestead/ Florida City Health and Resource Fair

Location: 753 W. Palm Drive Flori-
da City, FL 33034
Time: 09:00AM -- 1:00PM

Happy
**NEW
YEAR!**
2016

Sources:

- www.cdc.gov/hiv/basics/index.html
- www.miamidadematters.org/modules.php?op=modload&name=NS-Indicator&file=indicator&iid=18947365
- Centers for Disease Control and Prevention had developed [Guidance for Healthier Eating at Work](#) [PDF - 458KB] for making healthy food choices available at meetings, conference, and other work-related events where food or snacks might be served
- www.cdc.gov/obesity/downloads/tips-for-offering-healthier-options-and-pa-at-workplace.pdf
- www.hap.org/employers/worksite/pdfs/farmers_market.pdf
- www.who.int/dietphysicalactivity/Quintiliani-workplace-as-setting.pdf

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 Frenslly.Melo@flhealth.gov