

Consortium Connection

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“Healthy Environment, Healthy Lifestyles, Healthy Community”

“Take 3” Actions To Fight The Flu

Flu is a serious contagious disease that can lead to hospitalization and even death.

1

Take time to get a flu vaccine.



CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. A flu vaccine protects against the three or four viruses that research suggests will be most common. Take everyday preventive actions to stop the spread of germs.

2

Try to avoid close contact with sick people.

Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often with soap and water. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

3

Take flu antiviral drugs if your doctor prescribes them.

If you get the flu, antiviral drugs can treat your illness.

Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.



**MAKE
HEALTHY
HAPPEN
MIAMI**

Inside this issue:

The Flu	1
Smart Goals	2
Recipe/Observance	3
Event	4

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SMART GOALS

“Talk about your health goals if you are feeling unmotivated. You may be able to get some encouragement from family and friends.”

For most people, the New Year symbolizes another chance, a chance to make that year their year; accomplishing things that were unsuccessful in previous attempts. We arm ourselves with determination and enthusiasm, and charge into the challenge with no fear of failure. Our goals vary from person to person; from financial (like getting out of debt) to physical (like losing weight or becoming more active). But if we don't set these goals wisely, we may be setting ourselves up for failure, not success.

Why set health goals?

If you want to accomplish a task, you set a plan, you set deadlines and you take action. Most people are familiar with SMART goals in the job setting, but the truth is they apply to health as well. For example, let's say you wanted to run a marathon, but you currently only run a couple of miles each week. It would be unrealistic to say you wanted to run a marathon next month. It would be more realistic to set up a SMART goal:

SPECIFIC - Write your goals down in a journal, and be specific on what you are trying to achieve. Example: "I want to lose 10 pounds in four months" or "I will walk for 15 minutes twice a day."

MEASURABLE - Document your progress in a journal every day so you can track progress towards your goals. Modify, **DON'T QUIT**, your goal if you feel like it may be unattainable.

ATTAINABLE - Is the goal something you can realistically achieve? Revisit goals set and make adjustments to your approach if you're falling behind.

RELEVANT - Is the goal something that would improve your current state of health or well-being? Consider adding emotional and mental goals, not just physical ones, like "I want to practice meditation for 5 minutes every morning to help manage my stress better."

TIME-BOUND - Establish a timeline for each of your goals, and follow the time frame without rushing to achieve the goal.

More Goal Setting Tips:

- ◆ Determine factors that may ease the progression of your new health goals, like joining a gym or running club.
- ◆ When you document your progress in the journal include any emotions, improvements or

setbacks you may have noticed.

- ◆ Discuss your health goals and progress with your healthcare provider, family member or a friend to help you keep track and hold you accountable.
- ◆ Add more goals along the way to keep you motivated.
- ◆ Talk about your health goals if you are feeling unmotivated. You may be able to get some help and encouragement from family and friends.

S.M.A.R.T. Goals = Success

Setting goals, long or short-term, might seem easy but it's important to design them for success. Set goals that are specific, measurable, attainable, relevant, and which can be done in a timely fashion. If you're S.M.A.R.T. about it, you can accomplish anything you set your mind on.



Health Observance

Take five for your health! Being healthy and safe takes commitment, but it doesn't have to be time-consuming. Most things are so simple and take so little time, that you'll wonder why you've been avoiding them. Taking just a few of the 1440 minutes in a day is worth having a safer and healthier life for you and your family. Below are some steps you can take to help protect your health and safety in five minutes or less.

Take less than 1 Minute:

Take folic acid

Wash hands

Know local travel laws

Protect your skin

Buckle up

Read food labels

Take 5 Minutes or less:

Test smoke alarms

Do a skin and body check

Make an appointment

Know your numbers

Make sure you are up-to-date on your vaccinations

Eat healthy



Lemony Kale Recipe

1 tablespoon fresh lemon juice	4 teaspoons unsalted pumpkinseed kernels
1 tablespoon olive oil	1/4 cup sliced green onions (about 2)
1/2 teaspoon sugar	1 ounce shaved pecorino Romano
1/2 teaspoon freshly ground black pepper	
1/4 teaspoon kosher salt	
4 cups torn kale leaves	



Preparation

1. Combine first 5 ingredients, stirring until sugar dissolves. Add kale and chard; toss. Let stand 10 minutes.
 2. Heat a skillet over medium heat. Add kernels; cook 5 minutes or until brown, stirring frequently.
- Add kernels, onions, and cheese to greens; toss.



State Rep. Frank Artiles Hosts

Along with

Farm Share

&

The Department of Children and Families

a Free Food Distribution

University Lakes

12850 SW 14th St

Miami, FL 33184

Saturday,

January 17, 2015

9am—12 pm



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Documentation not needed. First come, first serve. Not limited to Veterans.

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

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