

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

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HEALTHY HAPPENS HERE RESTAURANT INITIATIVE: A SUCCESS STORY

Today people are exposed to large serving sizes and unhealthy food choices when eating out. These behaviors are leading to increased calorie intake and increased risk of obesity. The purpose of the Healthy Happens Here restaurant initiative is to provide access to healthy foods and beverages to Miami-Dade County residents by supporting and educating restaurant owners in developing



healthy meals. These meals consist of 500 calories or less, 500 mg of sodium, an average of 100 mg dietary cholesterol and no trans fats. To date, 83 restaurants have enrolled in the initiative, including Cuban Guys, Sergio's and

Aromas del Peru. A successful example of the Healthy Happens Here initiative is the Green Apple Juice Lounge. When Paul Zerpa, owner of Green Apple Juice Lounge was asked how satisfied the consumers were with the initiative, he replied, "more than 10% of the restaurant's daily sales come from the initiative. I have a set number of consumers that only come to buy these healthy meals". The initiative has had great success and is expanding into other parts of Miami-Dade County. [Click here to explore the healthy options available!](#)

1 HEALTHY HAPPENS HERE RESTAURANT INITIATIVE: A SUCCESS STORY

- A HEALTHY DESSERT OPTION
- COMPLETE STREETS
- TOBACCO PREVENTION SUMMIT
- MAKE HEALTHY HAPPEN MAP

2 PRIMARY CARE SUMMIT SAVE THE DATE!

- QUICKS FACTS
- EVENTS CALENDAR



Find Healthy Hubs, Parks, Healthy Restaurants, and Smoke-Free Buildings Within Miami-Dade County

Click Here For Map

Fresh Fruit Sticks with Honey Bee Sauce



Ingredients:

- 1 large pineapple – trimmed and cut in small pieces
- 1 seedless watermelon – cut into small chunks
- 3 Kiwi – peeled and cut into wheels
- Green and Red seedless Grapes
- 24 fresh Strawberries – Trimmed and cut in half

Coconut Honey Bee Sauce: 1-1/2 cups fat-free vanilla yogurt
4-1/2 teaspoons coconut flakes
4-1/2 teaspoons Honey

Directions: Wash, trim and cut fruits into small cubes and thread onto wooden skewers (for little ones...use coffee stirrers). Combine dip ingredients in a small bowl, mix well; serve with the kabobs. Makes about 24 kabobs.

COMPLETE STREETS: MIAMI-DADE COUNTY WINS!

The United States Secretary of Transportation, Anthony Foxx, recognized Miami-Dade County with the U.S. Department of Transportation's Mayors Challenge for Safer People, Safer Streets Award for its Complete Streets approach on September 16th. Trying to tackle the high rate of pedestrian and cyclist deaths, Miami-Dade County Mayor Carlos Gimenez and Miami-Dade Commissioner Dennis C. Moss, convened a 22-member committee, who along with input from the community, identified methods of improving road safety. Click the picture for more information!



Winner!
Miami-Dade County, Florida

10th Annual Tobacco Prevention Summit

November 4, 2016

FREE ADMISSION AND PARKING
5:30 p.m. to 10 p.m.

Goodlet Park - 4200 West 8th Avenue - Hialeah, FL 33012

Thank you to all of our sponsors for your continued support and for making this event so special!





Communication | Cooperation | Coordination | Collaboration



Save The Date!
M-DHAN Primary Care Summit &

2-DAY EVENT

Office of Community Health and Planning
18255 HOMESTEAD AVE.
MIAMI, FL 33157

Phone: (305) 234-5400
HealthyMiamiDade.org

Day 1

M-DHAN Primary Care Summit
Thursday, December 8, 2016
11:00 a.m. to 4 p.m.
United Way of Miami-Dade
Ryder Room
3250 SW 3rd Avenue
Miami, FL 33129

In Partnership with



Calling All Safety-Net Partners! Join us as we engage community-based service providers, local healthcare leaders and community partners to highlight existing community resources that promote accessible, coordinated and affordable care for the uninsured and underserved. This Summit will feature informative sessions on the impact of the Affordable Care Act, access to care, updates on initiatives currently being implemented throughout Miami-Dade County and focusing on finding the "bright spots" in community engagement -- successful efforts worth emulating. For more information, please contact the Health Council of South Florida at vnaranjo@healthcouncil.org

Day 2

Community Health Improvement Plan (CHIP) Summit
Friday, December 9, 2016
9:00am - 4:00pm
Firefighters Memorial Building
8000 NW 21st Street
Miami, FL 33122

In Partnership with



Miami-Dade County's collective health has changed over the last few years. Many health outcomes have improved while others have gotten worse. The Community Health Improvement Plan (CHIP) Summit is an annual event for Miami-Dade's public health community to address strategic public health priorities and review the strategies in place to improve community health and quality of life in Miami-Dade County. For more information, please contact Nancy Vazquez at Nancy.vazquez@flhealth.gov

IMPORTANT NOTE: Registration required in Advance. Information to follow.

NOVEMBER IS LUNG CANCER AWARENESS MONTH

know the symptoms:

- B** Blood when you cough or spit
- R** Recurring respiratory infections
- E** Enduring cough that is new or different
- A** Ache or pain in shoulder, back or chest
- T** Trouble breathing
- H** Hoarseness or wheezing
- E** Exhaustion, weakness or loss of appetite

If any of these symptoms are troubling you, see your doctor.

4	<p><u>CITY OF HIALEAH 10TH ANNUAL TOBACCO PREVENTION SUMMIT</u> Location: Goodlet Park - 4200 W 8th Avenue Hialeah, FL 33012 Time: 5:30 - 10:00 PM</p>	8	<p><u>CARDIO PUMP EXERCISE CLASS</u> Location: Coral Reef Park, 7895 SW 152 Street Palmetto Bay, FL 33158 Time: 11:00 AM - 12:00 PM</p>	12	<p><u>UNIVERSITY OF MIAMI HOSPITAL LUNG CANCER AWARENESS HEALTH FAIR</u> Location: 1400 NW 12th Avenue, Miami, FL 33136 Time: 9:00 AM - 3:00 PM</p>
15	<p><u>TIPS TO REACH A HEALTHY WEIGHT</u> Location: Walgreens, 15255 SW 137 Avenue Miami, FL 33177 Time: 5:30 - 7:00 PM</p>	19	<p><u>LITTLE HAITI THANKSGIVING TURKEY GIVEAWAY</u> Location: 5851 NE 2nd Avenue Miami, FL 33137 Time: 10:00 AM - 2:00 PM</p>	30	<p><u>FAM JAM</u> Location: 3000 NW 199th Street Miami Gardens, FL 33056 Time: 5:00 - 8:00 PM</p>