



Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

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HELPING FLORIDA FAMILIES TAKE SMALL STEPS THAT LEAD TO HEALTHIER LIVES

The University of Florida Institute of Food and Agricultural Sciences Extension Family Nutrition Program (FNP) provides free nutrition education for low income SNAP eligible Floridians. SNAP (Supplemental Nutrition Assistance Program), formally known as Food Stamps, is a federal aid program which gives low income individuals money to purchase food. FNP educates SNAP eligible Floridians using evidence based approaches, about eating healthier and being active while on a budget. Our staff teach classes ranging from 15 to 60 min to groups of all ages which are at least 51% or more



SNAP eligible. We serve numerous counties throughout the state with free programs for limited resource individuals and families. In addition to education, FNP provides complementary community based environmental approaches

to increase food access and encourage healthier food choices. These initiatives include: establishing school and community gardens, advising on school and community wellness committees, encouraging farmers' markets to accept SNAP and much more. Community partnerships are also vital to the FNP program and benefit everyone involved. Local organizations provide venues, resources and connections, allowing FNP to bring nutrition and physical activity education to SNAP-eligible participants in the community. For more information or to become a community partner contact Evelyn Muniz-Rodriguez, Miami-Dade Extension Program Manager at 305 234 2159 or evelynmuniz@ufl.edu.

DECEMBER 1

WORLD AIDS DAY

The time to act is now.



**ONE TEST
TWO LIVES**

Get tested for HIV. For you and baby.



About Let's Move

You're invited To a 2-Day Event! M-DHAN Primary Care & Community Health Improvement Plan (CHIP) Summit



DAY 1

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

[Click here to register!](#)

DAY 2

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

[Click here to register!](#)

For more information please visit healthymiamidade.org/resources/chip-summit



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

Phone: (305) 234-5400

**"Healthy Environment,
Healthy Lifestyle,
Healthy Community."**

QUICK FACTS

According to the CDC, about 1.2 million people in the United States were living with HIV at the end of 2012.

In the United States, 6,955 people died from HIV and AIDS in 2013

About 36.7 million people are living with HIV around the world, and as of June 2016, 17 million people living with HIV were receiving medicines to treat the virus called antiretroviral therapy (ART)

HOW TO HELP CHILDREN EASE THEIR ANXIOUS FEELINGS

Did you know that a recent Psychology Today study reported that 10 to 20 percent of school aged children experience anxiety symptoms? The study confirms that in today's increasingly competitive environment, more and more children are suffering from increased stress. Stress is a manifestation of the demands placed on us and our ability to meet those demands. These demands can come from many outside sources such as family, jobs, friends, and in many cases, school. It also can come from within, which relates to the expectations that set for our already stressed children. Stress can affect anyone who feels overwhelmed — even

children. In preschoolers, separation from parents can cause anxiety. As children get older, academic and social pressures (es-

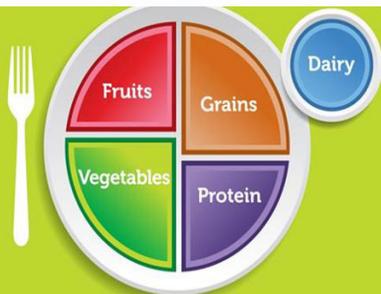


pecially from trying to fit in) create stress. Children who complain about all their activities or who refuse to go to them might be overscheduled. I encourage you to talk

with your child about how they feel about extracurricular activities. If they complain, discuss the pros and cons of stopping one activity. If stopping isn't an option, explore ways to help manage your child's time and responsibilities to lessen the anxiety. Want to know some ideas to help your child cope with these uncomfortable, debilitating feelings? Visit www.providencehhs.com. (<http://www.providencehhs.com/pediatric-home-care-key-biscayne-fl-help-children-ease-anxious-feelings/>)

The Safe Streets Summit is South Florida's premier educational event aimed at promoting and creating healthier, safer, and more vibrant communities by encouraging and building the necessary skills to implement Complete Streets throughout the tricounty region (Palm Beach, Broward, and Miami-Dade).

For more information on the upcoming 2017 Safe Streets Summit please click on the flyer.



Choose **MyPlate.gov**



DECEMBER EVENTS CALENDAR

2	<p><u>HIV/AIDS AND SUBSTANCE ABUSE DAY</u> Location: Miami-Dade College Interamerican Campus Miami, FL 33135 Time: 10:00 AM - 2:00 PM</p>	10	<p><u>3RD ANNUAL HOMESTEAD/FLORIDA CITY HEALTH & RE-SOURCE FAIR</u> Location: Homestead/Florida City WIC Clinic 753 W. Palm Drive Florida City, FL 33034 Time: 9:00 AM - 1:00 PM</p>	12	<p><u>EATING RIGHT FOR THE HOLIDAYS</u> Location: 5835 SW 111 Street Pinecrest, FL 33156 Time: 3:30 PM - 5:00 PM</p>
14	<p><u>TOUR THE SUPERMARKET WITH A DIETITIAN</u> Location: Publix Supermarket, 9105 South Dadeland Blvd Miami, FL 33156 Time: 6:30 PM - 8:00 PM</p>	15	<p><u>BASICS OF BREASTFEEDING</u> Location: 8900 North Kendall Drive Miami, FL 33176 Time: 6:30 PM - 9:30 PM</p>	22	<p><u>"DON'T GUESS TAKE THE TEST"</u> Location: 6161 NW 22 Miami, FL 33142 Time: 10:00 AM - 3:00 PM</p>