

# Consortium Connection

*"Healthy Environment, Healthy Lifestyles, Healthy Community"*

Volume 6, Issue 7



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HEALTHY LIFESTYLES  
MAKE STRONG FAMILIES.



## INFANT MORTALITY COMMUNITY MEETING

On Friday, June 17, 2016, the Florida Department of Health in Miami-Dade County hosted a community meeting to discuss the Florida Healthy Babies Initiative, a collaborative statewide initiative designed to positively influence social determinants of health and reduce racial disparities in infant mortality.

The Florida Department of Health in Miami-Dade County conducted a County Infant Mortality Analysis to review infant mortality rates and assess the most recent rates for social determinants of health. Lillian Rivera, RN, MSN, PhD, Administrator/Health Officer of the Florida Department of Health in Miami-Dade County explained during the meeting that the announcement of new funding for Florida's Healthy Babies reflects tremendous support for children in our state, and that it will allow the community to focus on critical issues so that our babies



have the best chance for healthy development and long-term success.

As a continuation of the community's efforts to improve health, on October 7, 2016, the Florida Department of Health in Miami-Dade County will host the Community Health Improvement Plan (CHIP) Annual Summit. The community's current 5-year plan is critical for developing policies and defining

actions to target efforts that promote health. The Summit is designed to provide dynamic sessions that address strategic public health priorities and offer a comprehensive outlook of the Community Health Improvement Plan (CHIP) and the community's combined efforts. More information about the Florida Healthy Babies Community Meeting and the CHIP can be found at [healthymiamidade.org](http://healthymiamidade.org).

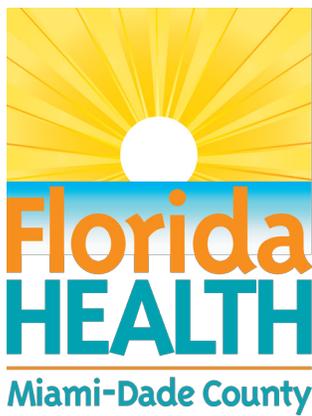
## Increased Physical Activity Associated with Lower Risk of 13 Types of Cancer

A new study of the relationship between physical activity and cancer has shown that greater levels of leisure-time physical activity were associated with a lower risk of developing 13 different types of cancer. The risk of developing seven cancer types was 20 percent (or more) lower among the most active participants (90th percentile of activity) as compared with the least active partici-

pants (10th percentile of activity). These findings, from researchers at the National Cancer Institute (NCI), part of the National Institutes of Health, and the American Cancer Society, confirm and extend the evidence for a benefit of physical activity on cancer risk and support its role as a key component of population-wide cancer prevention and control efforts. The study, by Steven C. Moore, Ph.D., NCI,

and colleagues, appeared May 16, 2016, in JAMA Internal Medicine.

The study was a large-scale effort of the Physical Activity Collaboration of NCI's Cohort Consortium, which was formed to estimate physical activity and disease associations using pooled prospective data and a standardized analytical approach. [Click here](#) to read the full news release.



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"Healthy Environment, Healthy Lifestyles, Healthy Community"

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# JULY IS NATIONAL PARK AND RECREATION MONTH

Since 1985, America has celebrated July as the nation's official Park and Recreation Month. In 2009, the U.S. House of Representatives officially mandated July as "Park and Recreation Month." Hundreds of park and recreation agencies will celebrate with their communities this July and the Florida Department of Health in Miami-Dade County invites you to join this great cause.

Various research studies are confirming that community parks and recreation, green space and time outdoors is critical for creating healthy, active and sustainable communities. This summer Miami-Dade parks are a great way to connect or reconnect with neighbors, friends, family and nature. Celebrate that connection during National Parks and Recreation month.

DOH-Miami-Dade County is leading initiatives and providing opportunities for people to achieve healthier lifestyles, promote and understand nature, and conservation as well as bringing the community closer through a variety of programs and services. We're challenging



everyone to discover the fun at any of our 400+ local parks and recreation facilities. Whether it's running a mile, hiking, biking, swimming, building sand castles, or playing volleyball at the beach the opportunities are endless.

One easy, convenient way to locate a City park is the [Make Healthy Happen Map](#). Use this map to find a park near you.

Many of these parks offer free classes; so be sure to find out the many fun ways in which you can enjoy Miami's great outdoor space. Looking for a bike route? [Click here](#),

## HEALTHY SUMMER RECIPES BY SHORT CHEF

The summer is officially here and with it the Consortium for a Healthier Miami-Dade will be bringing you healthy and guilt free delicious recipes to enjoy.

In children, empowering them with knowledge to make better decisions to fuel their bodies with the best nutrition. This month's recipe is Short Chef's Green Healthy Smoothy.

- 1 cup of fresh spinach
- 1 cup of fresh kale

Directions:  
In a food processor or blender  
add all ingredients  
until smooth.  
Enjoy!  
This recipe will  
serve 8 thirsty people!



All recipes are created by [Short Chef](#), a life-long culinary expert who has dedicated many years to educating kids about proper nutrition in our community. He is leading the fight against obesity and diabetes

- Ingredients:
- 1 cup of ice cubes
  - 3 cups fresh pineapple, cut small
  - 2 ripe avocados
  - 3 cups of organ
  - 1 cup apple juice

**Southeast States are Lacking Comprehensive Smoke-Free Air Laws**

Percent of Population Covered by a State or Local Comprehensive Smoke-Free Law\*

- Statewide Comprehensive Law (100%)
- No Statewide Comprehensive Law, Some Local Comprehensive Laws
- No Statewide or Local Comprehensive Law (0%)

Overall, nearly **60%** of Americans are now covered by comprehensive smoke-free laws at the state or local level.

Number of states with statewide comprehensive smoke-free laws increased from **Zero** in 2010 to **27** and DC by June 2016.

Despite this progress, **only two** states (North Dakota and California) have implemented statewide comprehensive smoke-free laws since 2010.

Comprehensive smoke-free laws:

- Reduce secondhand smoke exposure
- Reduce smoking
- Improve indoor air quality
- Improve health

## STAY UP-TO-DATE

State and Local Comprehensive Smoke-Free Laws for Worksites, Restaurants, and Bars - United States, 2015

Development of the Community Health Improvement Navigator Database of Interventions

Opportunities for Increased Physical Activity in the Workplace: the Walking Meeting (WaM) Pilot Study, Miami, 2015



## EVENTS CALENDAR JULY

<p><b>1</b></p> <p><b>GALLERY NIGHT LIVE!</b></p> <p>Location: Coral Gables Museum, 285 Aragon Ave. Coral Gables, FL 33134 Time: 6PM - 10PM</p>	<p><b>3</b></p> <p><b>UNDERLINE CYCLING CLUB FREE BIKE RIDE PAMM</b></p> <p>Location: Douglas Metrorail Station, 3100 Douglas Rd, Miami, FL Time: 9:45PM - 12:30PM</p>	<p><b>4</b></p> <p><b>MAGIC MONDAYS</b></p> <p>Location: 5400 Ponce de Leon Coral Gables, FL 33146 USA Time: 8:30AM -10:00AM</p>
<p><b>9-10</b></p> <p><b>24TH ANNUAL INTERNATIONAL MANGO FESTIVAL</b></p> <p>Location: 10901 Old Cutler Road, Coral Gables, FL 33156 Time: 9:30AM -12:30PM</p>	<p><b>16</b></p> <p><b>SENIOR HEALTH FAIR</b></p> <p>Location: John A. Ferguson Senior High - 15900 S.W. 56 Street, Miami, FL 33185 Time: 9AM - 1PM</p>	<p><b>16</b></p> <p><b>WYNWOOD FARMER'S MARKET IN MIAMI</b></p> <p>Location: 318 NW 23rd St Miami, FL 33127 Time: 11AM -6AM</p>
<p><b>17</b></p> <p><b>FEE-FREE 'P.L.A.Y' DAY</b></p> <p>Location: 16701 SW 72nd Ave. Miami, FL 33157 Time: 10AM -4PM</p>	<p><b>30</b></p> <p><b>SAFE SUMMER BACK TO SCHOOL HEALTH FAIR 2016</b></p> <p>Location: 1350 NW 50th Street, Miami, FL 33142 Time: 10AM -1PM</p>	<p><b>30</b></p> <p><b>FAMILY HEALTH FAIR AND BACK TO SCHOOL GIVEAWAYS</b></p> <p>Location: 157 NE 78th street, Miami, FL 33138 Time: 10AM -2PM</p>