

# Consortium Connection

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

June 2016

Volume 6, Issue 6

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## MAKE HEALTHY HAPPEN MIAMI FEATURED ON FOCUS ON SOUTH FLORIDA

On May 12 2016, Florida Health's Miami-Dade Administrator Dr. Lillian Rivera and Alina Soto from the Department of Children and Families and Co-Chair of the Executive Board of the Consortium for a Healthier Miami-Dade participated in an interview for CBS 4's Focus on South Florida. The interview highlights major accomplishments, initiatives and goals of Make Healthy Happen Miami. To watch the full episode which aired on May 15th [click here](#).



## 2016 FLORIDA WORKSITE WELLNESS AWARDS

The Florida Department of Health in Miami-Dade County's Consortium for a Healthier Miami-Dade held its Seventh Annual Florida Worksite Wellness Awards luncheon on Thursday, May 5, 2016 where it proudly announced the winners of the 2016 Florida Worksite Wellness Awards.

The awards ceremony was presented in partnership with Marsh & McLennan Agency LLC, Baptist Health South Florida, and Tobacco Free Florida, and honored Florida companies that have demonstrated a commitment to employee wellness and whose programs produced positive health outcomes. The winner of the small employ-

er category – with less than 500 employees, was Baldwin Krystyn Sherman Partners, an independent insurance brokerage firm with 111 employees. The mid-sized category winner, with 500 to 1,000 employ-

They employee 658 full time employees. The winner of the large employer group category, businesses with more than 1,000 employees, was the City of Fort Lauderdale, a top-performing city district in Florida with over 2,300 employees.



ees, was Henderson Behavioral Health, a successful provider of recovery services for persons with co-occurring disorders in Florida.

The awards presentation was emceed by Univision Network News Anchor Andrea Linares. Dr. Judd Allen, Ph.D., delivered the keynote address on "Wellness Leadership: Creating Supportive Environments for Healthier and More Productive Employees" which detailed ways to engage executives, managers, wellness committee members, and other wellness champions in creating wellness cultures. Congratulations to the winners of the 2016 Florida Worksite Wellness Awards!

WHEN YOU SMOKE, EVERYONE SMOKES.



MAKE HEALTHY HAPPEN MIAMI

HealthyMiamiDade.org

SHARE THE AIRE



Made possible with funding from the Centers for Disease Control and Prevention. A message from the Florida Department of Health in Miami-Dade County.



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**“Healthy Environment,  
Healthy Lifestyles,  
Healthy Community”**

[HealthyMiamiDade.org](http://HealthyMiamiDade.org)

**Did you know?**

Particular foods may trigger headaches in certain individuals on occasion. To learn more [click here.](#)



**STAY UP-TO-DATE**



[Vital Signs,  
Hispanic Health on the Hill](#)

[Surveillance for Certain Health Behaviors, Chronic Diseases, and Conditions, Access to Health Care, and Use of Preventive Health Services Among States and Selected Local Areas — Behavioral Risk Factor Surveillance System, United States, 2012](#)

[Development of the Community Health Improvement Navigator Database of Interventions](#)

**JUNE IS NATIONAL SAFETY MONTH**

Injuries are a leading cause of disability for people of all ages — and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

During National Safety Month, the Consortium for a Healthier Miami-Dade is working with community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

Prescription painkiller abuse:

Prescription painkiller overdoses are a growing problem

in the United States, especially among women. About 18 women die each day from a prescription painkiller overdose. This rate is four times higher than in 1999.

Safety is no accident. It's a choice we need to make throughout our entire lives. Whether it's driving without passengers as a newly licensed teen, finding alternatives to prescription painkillers in middle-age or fall-proofing the bathroom as an older adult, we're all empowered to make safe decisions for ourselves and those we care about.

out ways to help reduce the risk of these safety issues [here.](#)

Transportation safety: Doing other activities while driving — like texting or eating distracts you and increases your chance of having an accident according to the CDC. Almost 1 in 5 crashes (17%) that injured someone involved distracted driving.

Slips, trips, and falls: One in 3 older adults falls each year. Many falls lead to broken bones and other health problems.

You can make a difference. Find

**INFANT MORTALITY COMMUNITY MEETING**

The Florida Department of Health in Miami-Dade County is pleased to announce it will be hosting a community meeting to discuss Florida Healthy Babies.

Florida Healthy Babies is 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. Though Miami-Dade County has seen declining infant mortality rates; racial and ethnic disparities continue to exist. The Florida Healthy Babies Community Meeting will consist of a presentation highlighting the County Infant Mortality Analysis, an open dialogue with the public, community leaders, organizations,

and officials to brainstorm root causes and solutions around disparities with the goal of developing an action plan to improve the health of all babies in Miami-Dade County.

The meeting will take place at 7415 Corporate Center Drive, Suite H, Miami, FL 33126 on Friday, June 17, 2016 from 8:30 AM-3:30 PM. [Click here to RSVP.](#)

**EVENTS CALENDAR  
JUNE**

<b>2</b>	<b><u>FREE FAMILY FIT CAMP</u></b>  Location: 12321 SW 18 Terr Miami, Florida 33175 Time: 6PM - 7PM	<b>4</b>	<b><u>THE ASCENSION COMMUNITY BASH</u></b>  Location: 11201 SW 160th St. Time: 1PM - 6PM	<b>4</b>	<b><u>NATIONAL DAY OF CIVIC HACKING</u></b>  Location: The LAB Miami NW 26th Street, Miami, FL Time: 9:00AM -5:30PM
<b>5</b>	<b><u>JUNE BIKE RIDE TO BRICK-ELL CITY CENTRE FARMER'S MARKET IN MIAMI</u></b>  Location: 5949 Sunset Drive Miami, Florida Time: 10AM -11PM	<b>7</b>	<b><u>EATING TO LOSE WEIGHT WORKSHOP</u></b>  Location: 15150 Bull Run Road Miami, Florida Time: 6:30AM -7:30PM	<b>9</b>	<b><u>FREE KUNDALINI YOGA CLASS THURSDAYS!</u></b>  Location: Miami Marriot Dadeland, Miami FL Time: 11:30AM -2:30PM
<b>14</b>	<b><u>FREE COMMUNITY TRAINING PROGRAM</u></b>  Location: Gwen Cherry Park 7090 NW 22 Av, Miami, FL Time: 9:30AM -10:30AM	<b>17</b>	<b><u>FLORIDA HEALTHY BABIES COMMUNITY MEETING</u></b>  Location: 7415 Corporate Center Drive, Suite H, Miami, FI 33126 Time: 8:30AM -3:30PM	<b>18</b>	<b><u>FATHER'S DAY FESTIVAL</u></b>  Location: 2490 Coral Way, Miami, FL 33145 Time: 9:30AM -11:00AM