

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

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A Message To Our Partners

The Florida Department of Health in Miami Dade (FDOH-MD) was awarded a grant through the Center for Disease Control and Prevention called Partnership to Improve Community Health (PICH). The grant provides funding to address the leading risk factors for the major causes of death and disability in the United States such as tobacco use, poor nutrition, and physical inactivity.

A key initiative to address these risks is having more businesses across Miami-Dade County create worksite wellness policies to provide a work environment that supports healthy living and individual well-being.

FDOH-MD takes this opportunity to invite all consortium partner employers to participate. Program assistance offered to employers includes:

- ☺ Worksite wellness policy development
- ☺ Low Cost Interventions (i.e., Nutrition, Physical Activity, Tobacco Cessation)
- ☺ Program development
- ☺ Senior Leader buy-in
- ☺ Worksite wellness training and committee development
- ☺ Networking opportunities;
 - Consortium
 - Forums/Workshops
 - Awards ceremony
 - ☺ Environmental changes
 - ☺ Resources & Tools
 - Surveys
 - Best practices
 - Electronic Toolkit

The FDOH-MD is committed to provide guidance to help businesses develop policies that offer more wellness opportunities to all employees and family members while at the same

time help improve productivity at work and reduce healthcare costs. [Click here](#) to schedule a free onsite consultation.



Did you know that Americans are living longer than ever before?

Life expectancy is almost 79 years!

[Click here to learn more.](#)

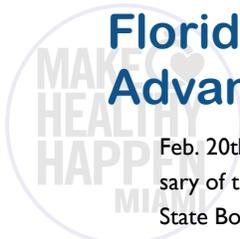
**National Nutrition Month
Make Heart Healthy
Eating Choices**

[Click here to learn more.](#)

MAKE HEALTHY HAPPEN MIAMI

HealthyMiamiDade.org





Florida Health Celebrates 127 Years of Advancing Public Health

“The merging of the Transportation Department and Public Works will enable us to use the resources of both departments to meet the challenging task of having clean, safe, and effective transportation services where Miami-Dade County residents will have good choices.”

- Alice Bravo, P. E., Miami-Dade County Director of Transportation and Public Works

Feb. 20th marked the anniversary of the establishment of the State Board of Health, now known as the Florida Department of Health, to fight the yellow fever epidemic in Florida’s port cities in 1889. “I am happy to be a part of the

legacy of 127 years of public health in Florida,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “We have made significant progress in protecting the health of residents and visitors and I look forward to future

successes in our state.” Today, Florida Health maintains 67 county health departments with 255 sites throughout the state. To learn more on the history of Florida Health, visit our [website](#).

Source: FDOH

March is Colorectal Cancer Awareness Month

Colorectal cancer is cancer of the colon or rectum and the fourth most common cancer in the United States and the second leading cause of death from cancer. Each year, more than 136,000 people are diagnosed with colorectal cancer and more than 50,000 die of the disease.

Colorectal cancer affects

people in all racial and ethnic groups and is most often found



in people age 50 and older. Several screening tests detect colorectal cancer early, when it can be easily and successfully treated. The good news? If everyone age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented.

[Click here to learn more.](#)

Source: CDC

A Leap into Elder Mobility, Conversations on Access and Choice

On February 29, (Leap Day). The Elder Issues Committee held “A Leap into Elder Mobility, Conversations on Access and Choice” at the United Way, of Greater Miami-Dade. This exciting event featured Alice Bravo, P.E., Miami-Dade County Director of Transportation and Public Works as the Keynote Speaker. She talked about the use of technology to improve our transportation system. The event also consisted of thought-provoking panel discussions. The first panel was facilitated by David Saltman, the co-chair of the

Elder Committee. It focused on the transportation needs of three seniors from their point of view. The second panel was facilitated by Dacia Steiner, Center 4 Social Change and the panel consisted of Judi Hamelburg, PT, who does rehabilitation in driving, and Nicole Ruggiano, PhD, FIU who presented research findings showing the relation of transportation to Health in the elder population. Some interesting questions were posed by the audience and discussed. The final panel consisted of Margie Lee, AARP, Gail Holley,

Florida Department of Transportation and Marsha Jeankovich, Alliance for Aging, and was facilitated by Betty Jimenez, Miami-Dade County. On continued improvement to elder mobility. The final section was moderated by Dacia Steiner, Center 4 Social Change, and Shannon Kelley, United Way. Suggestions by the audience were read. This led to more thought-provoking discussion. The event was a success as the participants expressed that they could look at the possibilities for improved elder mobility.

Source: OCH&P





Stay up-to-date

[CDC National Health Report: Leading Causes of Morbidity and Mortality and Associated Behavioral Risk and Protective Factors—United States, 2005](#)

[2014 State Indicator Report on Physical Activity](#)

[STEP IT UP! THE SURGEON GENERAL'S CALL TO ACTION TO PROMOTE WALKING AND WALKABLE COMMUNITIES](#)

Healthy Happens Here Restaurant Initiative Moves Forward

Healthy Happens Here Miami - Restaurant initiative, one of the Consortium's latest initiatives focuses on decreasing obesity by providing Miami-Dade residents healthy choices when dining out.

The Health Promotion and Disease Prevention committee is doing a great job of encouraging non-chained restaurants to adopt healthy meals that meet specific dietary guidelines.

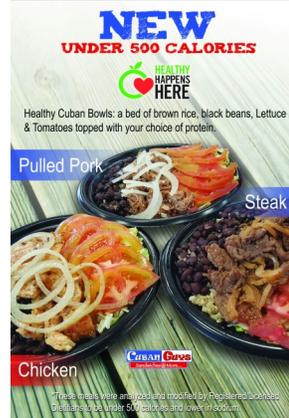
Currently **33** restaurant locations have enrolled; Pizza D'light, Sergio's Restaurants,

and Cuban Guy's have fully completed the initiative which means that they have at least 3 healthy menu options that meet nutritional guidelines. In the month of February, Green Apple Juice Lounge

and Jamrock Cuisine fully implemented the new healthy options in their menus.

Through this initiative, a variety of restaurants offering many different cultural cuisines will be offered to provide healthy meal options to the residents of Miami-Dade County; take a look to the image at the left to find Cuban Guy's latest advertisement of their new healthy meal options.

To find a Healthy Happens Here Restaurant location near you [click here](#).



Source: OCH&P

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"Healthy Environment, Healthy Lifestyles, Healthy Community"

HEALTHYMIAMIDADE.ORG

EVENTS CALENDAR MARCH

2	<p>Tri-County Help Me Grow Physician Brunch</p> <p>Location: Broward Medical Center, 1600 S Andrews Ave, Fort Lauderdale, FL 33316 Time: 9:30 AM - 11:00 AM Click here for more info.</p>	3	<p>Small Business Expo 2016 - Miami</p> <p>Location: 1901 Convention Center Dr., Miami Beach, FL, 33139 Time: 9:30am to 4:00pm Click here for more info.</p>	4	<p>Feast with the Beast</p> <p>Location: Zoo Miami 12400 S.W. 152nd Street, Miami Time: 8:00 PM to 12:00 AM Click here for more info.</p>
10	<p>Children's Wellness Event / Back to School Event</p> <p>Location: 3601 Federal Highway, Miami, FL 33137 Time: 1:00 PM to 4:00 PM Click here for more info.</p>	13	<p>39th Annual Calle Ocho Festival</p> <p>Location: Between 4th and 27th avenues on Southwest 8th Street Miami, FL 33135 Time: 10:00 AM to 7:00 PM Click here for more info.</p>	16	<p>Turner Technical Adult Education 2016 Health Fair</p> <p>Location: 10151 NW 19 Avenue, Miami, FL 33147 Time: 6:00 PM to 8:00 PM Click here for more info.</p>
18	<p>Southwest Miami Senior High 9th Annual Health and Wellness Fair</p> <p>Location: 8855 SW 50 Terrace, Miami, FL 33165 Time: 8:30am to 11:30pm Click here for more info.</p>	26	<p>Riverside Baptist Church Health Fair</p> <p>Location: 10775 SW 104 Street, Miami, FL 33176 Time: 9:30AM -- 12:00PM Click here for more info.</p>	27	<p>Let's Explore at Fairchild (LEAF)</p> <p>Location: Fairchild Tropical Botanic Garden 10901 Old Cutler Road Coral Gables, FL 33156 Time: 10:30AM -- 2:30PM Click here for more info.</p>

