

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

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Get Your Free Green Prescription Today!

The green prescription also known as a non-pharmaceutical intervention, targets, physical inactivity and is meant to encourage physical activity to prevent (or treat) health problems resulting from inactivity or poor nutrition. Currently the Florida Department of Health in Miami-Dade County and West Kendall Baptist Hospital have partnered for the use of the green prescription

known as the Journey to Wellness Rx. When patients receive this prescription, they are provided education concerning chronic disease and encouraged to use their prescription to visit a local park or sign up for a class so they can become more physically active. To locate a healthy hub near you that provides the green prescription [click here](#).

JOURNEY TO WELLNESS Rx

Name: _____ Date: _____

WELLNESS ACTIVITY RECOMMENDATIONS	
Aerobic Activities "Cardio" activities get you breathing harder and your heart beating faster. <input type="checkbox"/> Go Walking <input type="checkbox"/> Go Cycling <input type="checkbox"/> Go Dancing <input type="checkbox"/> Go Swimming	Strength Activities Strengthen your muscles (legs, hips, back, chest, abdomen, shoulders and arms). <input type="checkbox"/> Yoga <input type="checkbox"/> Pilates <input type="checkbox"/> Exercises that use your body weight for resistance (push-ups, sit-ups)
<input type="checkbox"/> Join HI2PLAY families Registration is required for this program	
<small>Note: Adults need at least two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week, and muscle-strengthening activities on two or more days a week.</small>	

Go to a local park. Take a healthy lifestyle class!

Healthcare Provider's Name: _____ Signature: _____

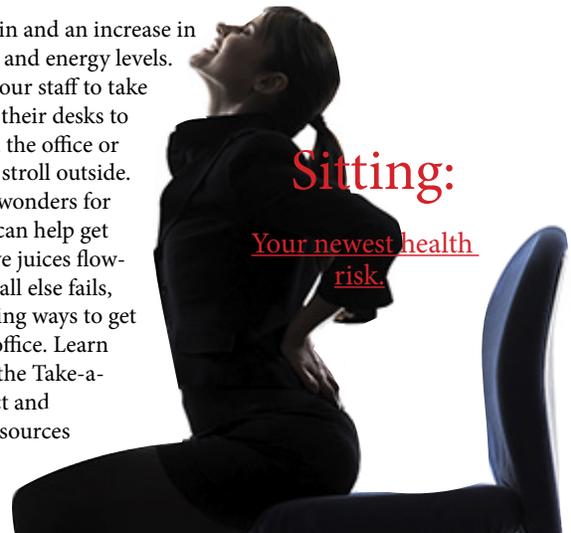
Healthy West Kendall  Please consult your physician before beginning any exercise program. This is especially important for people over the age of 65 and for those with any pre-existing health conditions. Discontinue any exercise that causes pain, dizziness, nausea, discomfort or shortness of breath, and consult a medical expert immediately.

Get Up Stand Up!

Sometimes workers can go hours without ever getting out of their chairs. One problem with this is that they aren't getting the needed movement to help regulate blood flow.

The Centers for Disease Control and Prevention (CDC) warns that sitting for a prolonged period of time can be linked to serious health risks and chronic illnesses like cardiovascular diseases, diabetes, and cancer. In 2011, the CDC started the Take-a-Stand Project, which showed that employees who stood for just one extra hour a day saw a significant reduction in fa-

tigue and pain and an increase in productivity and energy levels. Encourage your staff to take breaks from their desks to walk around the office or even a short stroll outside. This can do wonders for morale and can help get those creative juices flowing again. If all else fails, find interesting ways to get around the office. Learn more about the Take-a-Stand Project and find more resources [here](#).



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Congratulations to Bayview Asset Management for becoming a Tobacco-Free Worksite as of February 1, 2016. The company has implemented a tobacco-free grounds policy that prohibits the use of tobacco products and electronic cigarettes on company property.

Miami-Dade County Parks Partners with University of Miami on CDC PICH Grant

“This collaboration is the beginning of exciting opportunities to measure the effectiveness of our applications of best practices to increase physical activity and enhance well-being for all of our residents of Miami-Dade County.”

-Maria I. Nardi,
Chief of
Planning and Design Excellence,
at Miami-Dade County Parks,
Recreation and Open Spaces
Department

The Miami-Dade County Department of Parks, Recreation and Open Spaces (MDPROS), in partnership with the Florida Department of Health in Miami-Dade County and the University of Miami Built Environment, Behavior and Health Research Group, is launching an initiative to increase access to physical activity opportunities in County Parks. Funded by the Centers for Disease Control and Prevention (CDC) “Partnerships to Improve Community Health” (PICH) grant awarded to the Florida Department of Health in Miami-Dade County. One aspect of the Parks work is a two-year project in collaboration with the University of Miami Built Environment, Behavior and Health Research Group to assess the impact of enhancements on utilization and physical activity over time.

The MDPROS team-- Director Jack Kardys, Maria Nardi, Chief of Planning, Research and Design Excellence, and

Eric Hansen, Manager of Recreation Planning and Program Development, is working with UM faculty, Dr. Scott Brown, Research Assistant Professor of Public Health Sciences; and Professor Joanna Lombard in the School of Architecture on field assessments of park usage.

The CDC PICH project builds on a previous collaboration between MDPROS and the University of Miami Built Environment, Behavior and Health Research Group, who recently published a [study online](#) on April 6th, 2016, in The American Journal of Preventive Medicine. The study found higher levels of neighborhood greenness are associated with better health outcomes among a quarter-million Medicare beneficiaries in Miami-Dade County, with reductions in obesity-related chronic diseases such as diabetes, hypertension, and lipid disorders, for all racial/ethnic groups in low-income neighborhoods. Maria Nardi, Chief

of Planning and Design Excellence, at Miami-Dade County Parks, Recreation and Open Spaces Department stated, “This collaboration is the beginning of exciting opportunities to measure the effectiveness of our applications of best practices to increase physical activity and enhance well-being for all of our residents of Miami-Dade County.” The impact of this is if the person is living in an area with high greenness -- such as parks, green open spaces or tree-lined streets -- they have the health status of someone three years younger.

The PICH project enables the application of enhancements to parks and the opportunity to assess subsequent usage in an effort to expand the number of County residents engaged in physical activity. This grant will help to continue implementing the Miami-Dade County Parks and Open Space System Master Plan goals of access, equity, beauty and sustainability to improve the health and well-being of our community.

Youth Summer Essay Contest!

Fort Lauderdale, FL - The Tobacco Free Partnership of Broward County and the Tobacco-Free Workgroup of the Consortium for a Healthier Miami-Dade are sponsoring the second Youth Summer Essay Contest to educate the public on measures to reduce access to tobacco and nicotine, and the harmful effects of tobacco and nicotine use.

The Youth Summer Essay Contest is open to anyone under 18 years of age. The deadline to submit is September 22, which is the last day of summer.

To learn more [click here](#).



Easy Tips for Eating Healthy at your Favorite Restaurant!

Choosing healthy options when eating out can sometimes be tough. Below are some easy tips to follow next time you decide to eat at your favorite restaurant:

- Drink water instead of sugar-sweetened beverages. Not only will this save you calories it will also save you money
- Ask for salad dressing to come on the side
- Look for entrees that have the words steamed, broiled, baked, roasted, poached or stir-fried in them. These cooking methods tend to use less added fats
- Share your meal or take half of your meal home
- Do not eat the skin on chicken
- Trim visible fat from meat

Click on the banner to learn more.





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

HEALTHMIAMIDADE
.ORG

STAY UP-TO-DATE

How much do you know about chemical health? Part 3 of 4 – Chemical Health by Dr. Raymond Tolmos will discuss the chemical aspect of our health. What goes in our body and on our body can really mean a lot of good health, or for bad health. Learn some of the most common ways we are unhealthy chemically and what to do about it! This is a great lecture for anyone suffering from immune system problems, digestive issues, fatigue, and/or allergies/skin conditions.

[Exposure to greenness and mortality in a nationwide prospective cohort study of women. Environmental Health Perspectives](#)

[World’s older population grows dramatically, NIH-funded Census Bureau report offers details of global aging phenomenon.](#)

[New CDC study estimates arthritis will increase by almost 47% in the U.S. by 2040](#)

[Consortium for a Healthier Miami-Dade 2014-2015 Annual Report](#)

The Consortium Annual Event Gathers Community to Plan for a Healthier Miami-Dade

Miami, FL- On April 15 2016, the Consortium for a Healthier Miami-Dade held it’s Annual Celebration. The event gathered over 100 participants from different governmental, nonprofit organizations, the private sector and the general public to discuss and share ideas on improving the health of our community.

The topics were classified into seven main areas focusing on specific areas to target health disparities in Miami-Dade County including Children Issues, Oral Health, Elder Issues, Health and the Built Environment, Health Promotion and Disease Prevention, Marketing and Membership, Tobacco-Free Work-

group, and Worksite Wellness. The ideas and feedback gathered from all participants hold a high value to the Consortium and will play an integral role in planning and shaping it’s work for the upcoming year.

The Consortium for a Healthier Miami-Dade understands that one single entity cannot bring the much needed changes in the area of public health in our community that is why growing strong partnerships is an invaluable asset. Attending



the various monthly [committee meetings and upcoming events](#) provides an opportunity to grow strong partnerships. The Consortium looks forward to welcoming everyone in learning more.

May is National Physical Fitness and Sports Month

Regular physical activity is good for everyone’s health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active. Here are just a few benefits of physical activity:

- Children and adolescents –

Physical activity can improve muscular fitness, bone health, and heart health.

- Adults – Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer.
- Older adults – Physical activity can lower the risk of falls and

improve cognitive functioning including learning and judgment skills.

Communities, health professionals, and families can work together to create opportunities for everyone to get more physical activity. Spread the word about fun ways to get moving! [Click here](#) to learn more.

EVENTS CALENDAR
MAY

<p>5</p> <p>Florida Worksite Wellness Awards</p> <p>Location: Miami Marriot Dadeland, Miami FL Time: 11:30AM -2:30PM</p>	<p>5</p> <p>Health Fair</p> <p>Location: 2103 Coral Way, 2nd Floor, Miami State, FL 33145 Time: 10:30AM -2PM</p>	<p>6</p> <p>B.R.I.D.G.E 2 Wellness Conference</p> <p>Location: 4401 Collins, Miami FL 33140 Time: 8AM - 3PM</p>
<p>12</p> <p>Senior Health Fair</p> <p>Location: 5855 Killian Drive, Pinecrest FL 33156 Time: 10AM - 2PM</p>	<p>14</p> <p>Wynwood Art Walk</p> <p>Location: 2219 NW 2nd Ave, Miami, FL 33127 Time: 6PM - 10PM</p>	<p>15</p> <p>Chopin for All free piano concerts</p> <p>Location: Granada Presbyterian Church, 950 University Drive, Coral Gables, 33134 Time: 3PM - 4PM</p>
<p>21</p> <p>Chemical Health Lecture by Dr. Raymond Tolmos</p> <p>Location: 9101 SW 97th Ave, Miami FL, 33176 Across from Sports Grill Time: 3PM - 4PM</p>	<p>28</p> <p>Miami Beach Kundalini Yoga Festival 2016</p> <p>Location: 7275 Collins Ave, Miami Beach, FL 33141 Time: 4AM - 10PM</p>	<p>30</p> <p>Free boot camp fitness classes at Miami-Dade parks</p> <p>Location: Gratigny Plateau Park, 885 NW 117 St Time: 11AM - 1PM</p>