



Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

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Active Design for a Better Miami

Active Design is a set of strategies that can be used, whole or in part, to improve overall health. Access to daily doses of physical activity and ensuring healthy food is easily available are the central goals. How that happens is almost always a result of making sure a city has ample parks, play spaces, safe walking and biking infrastructure, public transit services, activity-inspiring buildings, and of course, great urban design.

Active Design Guidelines were originally created in New York through a broad collaboration that included the New York Department of Health and AIA NY. Upon learning about Active Design, Cheryl Jacobs, Miami Center for Ar-



chitecture & Design's (MCAD) Executive VP and AIA Miami, recognized it was something that Miami really needed. In 2014, the Florida Department of Health in Miami-Dade County was awarded a grant from the Centers for Disease Control and Prevention that is in part being used to develop Active Design Miami. MCAD is using the New York' guidelines as a model to develop a

set of strategies that are a custom fit to Miami's needs, environment, and culture.

Over the next few months, MCAD is engaging numerous community members and leaders in an open, collaborative process that will yield Miami's Active Design strategies. [Read more about ADG and the work of The Center for Active Design here.](#)

Sergio's Restaurant Recognized for completing Healthy Happens Here Restaurant Initiative



“We recognize that Sergio’s came on board voluntarily and are incredibly grateful for their leadership and support with the Healthy Happens Here Restaurant Initiative. We are proud to be able to support healthy eating while supporting the local food industry and hope that other non-chain restaurants in Miami-Dade County will follow their example.”

-Dr. Lilian Rivera
Administrator, Florida Department of Health in Miami-Dade County

On March 14th 2016, the Florida Department of Health in Miami-Dade County recognized Sergio’s Restaurant for their outstanding support and leadership in the Healthy Happens Here (HHH) restaurant initiative during the Consortium’s Executive Board meeting which was hosted by Sergio’s at their Doral location.

During the meeting, Dr. Lilian Rivera recognized Sergio’s for constantly evolving to provide flavorful menu options with the community’s health in mind. “Restaurant decision makers are key in ensuring a healthy food environment in their community and empowering people to live healthier”, she stated.

Customers don’t have to count calories when ordering from any of the Healthy Menu options. Carlos Gazitua,



From left to right: Karen Weller, Alina Soto, Carlos Gazitua, Lilian Rivera, Leyanee Perez, Karen Hamilton.

co-owner of Sergio’s said “People have started coming more to our restaurant since we started to offer healthy option. Consumers are always looking to have alternatives. Not having healthy options limits the opportunity to attract new consumers... It was very easy coming on board, there are many organizations out there that charge a lot of money to provide nutritional information causing barriers for restaurants to provide transparency... You made it

very easy and free”.

Through the assistance of the selected representatives from the Health Promotion and Disease Prevention Committee (HPDP), Sergio’s has implemented the Healthy Happens Here initiative in all five Miami-Dade locations; Bird Road, Coral Gables, Doral, Kendall Mall and London Square Mall.

For a list of participating restaurants [click here](#).

Raising Awareness for Breastfeeding

There is a growing body of evidence that points to breastfeeding as critical to improve health outcomes of mothers and babies, and beneficial to the families and communities in which they live. Aware of this evidence, the Children Issues Committee formed a subcommittee (Baby Friendly Taskforce) to improve breastfeeding outcomes in Miami-Dade County. This

taskforce is full of dedicated, passionate, and involved team members who will tackle the task of increasing community education, awareness, and sensitivity on the benefits of breastfeeding for both mom and baby.

The Baby Friendly Taskforce will also assist hospitals to become baby friendly and implement evidence-based hospital maternity care

practices that support and promote breastfeeding. The benefits and importance of breastfeeding can improve the health of our mothers, babies, and community as a whole. The Baby Friendly Taskforce is here to spread the word.

For more information on how to become involved with our task force please [click here](#).





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

HEALTHYMIAMIDADE
.ORG

April is Alcohol Awareness Month

Drinking too much alcohol increases people’s risk of injuries, violence, drowning, liver disease, and some types of cancer.

This April during Alcohol Awareness Month, the Consortium for a Healthier Miami-Dade encourages you to educate yourself and your loved ones about the dangers of drinking too much.

According to Florida DMV records there were 33,625 DUI convictions in Flori-

da in 2011. To spread the word and prevent alcohol abuse, the Consortium is joining other organizations across the country to honor Alcohol Awareness Month.

If you are concerned about yours or someone else’s drinking, there are many resources available to help overcome this challenge.

The U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration’s (SAMHSA)

National Drug and Alcohol Treatment Referral Service provides free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week.

For more information, [click here](#).



STAY UP-TO-DATE

[New CDC Study in 23 States and the District of Columbia Shows 1 in 3 Adults Drink Sugar-Sweetened Beverages Daily](#)

[Improvements and Disparities in Types of Foods and Milk Beverages Offered in Elementary School Lunches, 2006–2007 to 2013–2014](#)

[Tools for Implementing an Evidence-Based Approach in Public Health Practice](#)

EVENTS CALENDAR APRIL

3	<p>North Miami SDA Church Fair</p> <p>Location: 12800 North Miami Av, North Miami FL 33168 Time: 8AM - 12PM</p>	7	<p>Learn the basics of Paralympic Sports by Boccia Clinic</p> <p>Location: NFL Y.E.T. Center 7090 NW 22 Ave. Miami Time: 10AM - 12:00PM</p>	9	<p>Day of the Young Child - Miami Dade College</p> <p>Location: 500 College Ter, Homestead FL 33030 Time: 11AM - 3:PM</p>
10	<p>Biscayne National Park Family Fun Fest - Parks and Recreation</p> <p>Location: 9700 SW 328th St. Homestead 33033 Time: 1PM - 4PM</p>	15	<p>Consortium for a Healthier Miami-Dade Annual Celebration</p> <p>Location: 100 Chopin Plaza, Miami, FL 33131 Time: 8AM - 12PM</p>	16	<p>Bookafe Community Health Fair</p> <p>Location: 20706 South Dixie Hwy, Miami FL 33189 Time: 10AM - 4PM</p>
17	<p>Earth Day at Pinecrest Gardens</p> <p>Location: 11000 Red Road Pinecrest, FL 33156 Time: 12PM - 4PM</p>	21	<p>Senior Mobility Fair</p> <p>Location: 5855 Killian Drive, Pinecrest FL 33156 Time: 10AM - 12PM</p>	30	<p>BBQ and Services</p> <p>Location: 2255 NW 183 Street, Miami Gardens, FL 33056 Time: 9AM - 2PM</p>