

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

Volume 6, Issue 10

October 2016

FLORIDA DEPARTMENT OF HEALTH
WINS CULTURE OF HEALTH PRIZE

FLORIDA DEPARTMENT OF HEALTH WINS CULTURE OF HEALTH PRIZE

1 MANAGING STRESS: PROTECTING YOUR HEALTH

FUN FOR WELLNESS

FREE ZIKA TESTING

The Robert Wood Johnson works in building a national Culture of Health. Their goal is to help raise the health of everyone in the United States to the level that a great nation deserves, by placing well-being at the center of every aspect of life. RWJF honors and elevates U.S. communities that are making great strides in their journey to better health and well-being. The Culture of Health Prize recognizes communities that are coming together so all residents have the opportunity to live longer, healthier lives. From a pool of approx-

imately 200 applicants only seven communities were selected to receive the prestigious award, and we are happy to announce that Miami-Dade County has been selected as a prize winner! Miami-Dade County has over 900 hundred members representing various organizations that have teamed up with the Consortium for a Healthier Miami-Dade in order to make schools healthier, adopt safer streets, and ensure the overall well-being of the community as a whole. The Consortium for a Healthier Miami-Dade



A focus on Seniors



Fit2Play – Healthy Kids



Helping kids from cradle to college



Safer parks



A 'Continuum of Care' for the Homeless

consists of seven committees that target issues from a variety of angles.

"We have a freedom that few others have to really experiment and innovate. Aligning Forces for Quality is an example of this philosophy in action." —Risa Lavizzo-Mourey, president and CEO of the Robert Wood Johnson Foundation

COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP)

FIGHT THE FLU! GET VACCINATED

QUICKS FACTS

EVENTS CALENDAR




Fun for Wellness
improve your well-being

This application developed by the University of Miami is designed to improve your well-being! Click the picture for more information!

Zika Testing for Pregnant Women Free of Charge

18255 Homestead Avenue
Miami, FL 33157
&
1350 NW 14th Street
Miami, FL 33125

for information call
305-324-2400

Hours of Operation
8:30 am - 3:00 pm

MANAGING STRESS: PROTECTING YOUR HEALTH

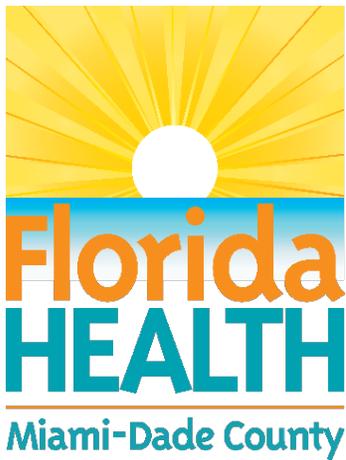
Mark your calendars!

On Thursday, October 6, 2016 the Consortium for a Healthier Miami-Dade is offering a free open community forum: "Managing Stress: Protecting your Health." Join us in this conversation cafe event to discuss resolutions to



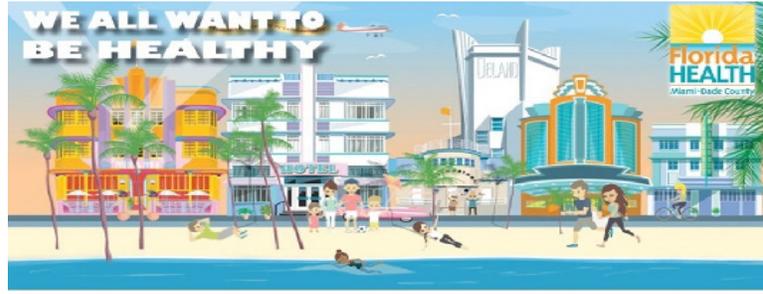
improve our health by taking proactive steps to reduce stress. Learn to identify the factors that cause job stress and implement

programs that can monitor and decrease stress levels. This event will take place at the Florida Department of Health located on 8600 NW 17th Street, Suite #200 Doral, FL 33126. [Please click to RSVP!](#) For additional information please contact, Melissa Hernandez, 305-234-5400 ext. 2589, Melissa.Hernandez@FLHealth.gov



COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP) ANNUAL SUMMIT

Save the date! On Friday, December 9th the Consortium for a Healthier Miami-Dade will be hosting its first Annual CHIP Summit. The Summit will focus on the five strategic areas: 1) Access to Care, 2) Health Protection, 3) Community Redevelopment, 4) Chronic Disease Prevention, and 5) Health Finance and Infrastructure. Click on the picture for more information!



SAVE THE DATE: FRIDAY, DECEMBER 9, 2016

Community Health Improvement Plan Summit

Our collaborative plan to improve community health and quality of life

Miami Dade County's collective health has changed over the last few years. Many health outcomes have improved while others have gotten worse. The Community Health Improvement Plan (CHIP) Summit is an annual event for Miami-Dade's public health community. The Summit is designed to provide high-level, dynamic sessions that address strategic public health priorities and offer a comprehensive look at the strategies in place to improve community health and quality of life in Miami-Dade County.

Visit healthymiamidade.org for more information

Office of Community Health and Planning
18255 HOMESTEAD AVE.
MIAMI, FL 33157

Phone: (305) 234 5400
HealthyMiamiDade.org

"Healthy Environment, Healthy Lifestyle, Healthy Community."

FIGHT THE FLU! - GET VACCINATED

October is the start of the *Fight the Flu* month Campaign! The CDC is currently running the campaign as the flu virus peak times run between the months of October to March. Raising awareness is key to getting children and adults vaccinated in order to control and/or prevent the spread of the flu virus. The CDC

recommends that everyone six months of age and older should get vaccinated each flu season. Being vaccinated can help reduce flu illnesses, doctors' visits, missed days from both work and school, and prevent flu-related hospitalizations. Flu shots are approved for use in pregnant women and people with chronic health conditions. There are flu shots

that also are approved for use in people as young as 6 months of age and up. CDC recommends use of the flu shot (inactivated influenza vaccine or IIV) and the recombinant influenza vaccine (RIV). If you would like more information regarding the flu season [Click here](#)

QUICK FACTS

Percent of women 18 years and over who currently smoke cigarettes: 14.8%

Number of visits to physician offices with a primary diagnosis of cancer: 20.1 million

Percent of adults with serious psychological distress in the past 30 days: 3.1%



Everyone 6 months of age and older should get a flu vaccine every season.

FIGHT FLU



OCTOBER EVENTS CALENDAR



October is Breast Cancer Awareness Month

<p>2</p> <p>WEST KENDALL BAPTIST HOSPITAL, BAPTIST HEALTH FOUNDATION AND ZOO MIAMI ZOOLOGICAL SOCIETY OF FLORIDA - "4TH ANNUAL ZOO RUN 5K"</p> <p>Location: 12400 SW 152 Street Miami, FL 33177 Time: 7:30 - 11:30 AM</p>	<p>3</p> <p>"CHILL'N WITH THE CHILDREN'S BEREAVEMENT CENTER"</p> <p>Location: 8271 SW 124 St, Pinecrest, FL 33156 Time: 2:00 - 10:00 PM</p> <p>FAD OR FACT: SPECIAL DIETS FOR WEIGHT LOSS</p> <p>Location: Baptist Primary Care Center at Galloway 7400 SW 87 Avenue Suite 260, Miami, FL 33173 Time: 7:00 - 8:30 PM</p>	<p>6</p> <p>WEIGHT MANAGEMENT SUPPORT GROUP</p> <p>Location: West Perrine Health Center 18255 Homestead Ave. Miami, FL 33157 Time: 4:45 - 5:45 PM</p> <p>MANAGING STRESS: PROTECTING YOUR HEALTH</p> <p>Location: 8600 NW 17 St, #200 Doral, FL 33126 Time: 9:00 - 11:30 AM</p>
<p>8</p> <p>AMERICAN BREAST CANCER WALK</p> <p>Location: Marlins Park, 501 NW 16th Ave, Miami, FL Time: 7:00 - 9:00 AM</p>	<p>10</p> <p>TIPS TO REACH A HEALTHY WEIGHT!</p> <p>Location: Baptist Primary Care Center at Galloway, Suite 260, 7400 SW 87 Ave. Miami, FL 33173 Time: 7:00 - 8:30PM</p>	<p>23</p> <p>SOUTH MIAMI HOSPITAL "SPOOK-TACULAR HEALTH-O-WEEN"</p> <p>Location: Palmer Park, 6100 SW 67 Ave. Miami, FL 33143 Time: 1:00 - 4:00 PM</p>