

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

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EAT MORE COLORS EVERY DAY.



MAKE HEALTHY HAPPEN MIAMI

HealthyMiamiDade.org



EAT YOUR COLORS

WHAT'S HAPPENING IN LIBERTY CITY?

Good things are happening at the Health & Wellness Center located in Liberty City. As a result of the free health screenings, Journey to Wellness Rx green prescription, and health education provided at the Frederica Wilson and Juanita Mann Health Center, the majority of participants returning for their 3 month follow-up appointments have lower blood pressures, total cholesterol, glucose levels, and are moving towards their goal weight. These clients attribute their positive health results to making healthier lifestyle modifications discussed with them during their initial visit to the Health & Wellness Center. Clients return to the center at 3, 6, and 12 month intervals for follow-up screenings and education. Support



is provided as needed to help them continue to lead healthier lives through good nutrition, regular physical activity, and tobacco prevention/cessation.

According to Senior Community Health Nurse, Mary Anne Sherman, "It's very exciting to be a part of changing lives for the better, one life at a time."

NEW FREE WEIGHT MANAGEMENT SUPPORT GROUP OPEN TO ALL IN THE COMMUNITY

In an effort to support the goals of Healthy People 2020 and achieve a healthier community, the Office of Community Health and Planning of the Florida Department of Health in Miami Dade County is committed to creating social and physical environments that promote good health for all. As part of this continuous effort, the Office of Community Health and Planning is launching a new 12 week pilot program, "Lean Together," a free weight management support group. The group will provide a solid support system while teaching effective health strategies that will encourage

weight loss and maintenance. This program is open to all members of the community, and employees. "Lean Together" will kick off on Thursday, September 1st, 2016 from 4:45-5:45 p.m. at the West Perrine Health Center, Large Meeting Room #206, 18255 Homestead Avenue, Miami, FL, 33157. For additional information please



contact, Melissa Maytin, 305-234-5400, x2587, Melissa.Maytin@FLHealth.gov.



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

Phone: (305) 234 5400
HealthyMiamiDade.org

"Healthy Environment, Healthy Lifestyle, Healthy Community."

STAY UP-TO-DATE

[CDC awards \\$16 million to states and territories to fight Zika](#)

[The birth rate for older women in the U.S. rose in 2015 to 11 births per 1,000 women aged 40-44 - up 4% from 2014](#)

[The number of people with Legionnaires' disease grew by nearly 4 times from 2000-2014.](#)

A Healthier Nation Thanks to Health Centers



KIDS VACCINATIONS

FROM JULY 1st to SEPTEMBER 30th

NEW pediatric patients without health insurance may receive a FREE comprehensive check-up and required vaccinations.

TOBACCO FREE IS THE WAY TO BE

On July 1, 2016, Safari Limited celebrated becoming a Tobacco Free Workplace with their kickoff event "Tobacco Free is The Way to Be!" Their worksite policy prohibits the use of all tobacco products and nicotine delivery systems on company grounds. Congratulations are in order to Safari Limited for promoting healthy lifestyles and providing a healthy, smoke-free workplace for its employees.



FRUIT & VEGGIES MORE MATTERS MONTH

September is *Fruit and Veggies More Matters Month* and the perfect time to raise awareness on the importance of including fresh produce in an everyday diet.

So, what is so great about these colorful multishaped foods? Fruits and veggies are rich in vitamins, minerals, phytochemicals, and high in fiber yet low in calories making them nature's super snack. In chronic disease prevention, it is proven that people who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.

The latest Dietary Guidelines for Americans recommend 5-9 servings of fruits and vegetables daily. Unfortunately, more than 90 percent of both adults and children do not eat the recommended amount. This means that only 1 in 4 adults eat the recommended amount of fruits every day.

The good news is that communities, health professionals, businesses, and families can work together to raise awareness about the benefits of eating more fruits and vegetables. Make a difference this month by spreading the word. [Click here](#) for more information and exciting recipes that will make anyone crave these delicious and nutritious foods.



EVENTS CALENDAR SEPTEMBER

<p>1</p> <p>"LEAN TOGETHER" FREE WEIGHT MANAGEMENT SUPPORT GROUP</p> <p>Location: 18255 Homestead Avenue, Miami, FL 33157 Time: 4:45 - 5:45PM</p>	<p>2</p> <p>"MIAMI IS STOPPING HIV TOGETHER" CAMPAIGN</p> <p>Location: 161 NE 54th Street, Miami FL 33137 Time: 2:00PM - 7:00PM</p>	<p>9</p> <p>TOBACCO FREE WORKGROUP WORKPLACE SUMMIT</p> <p>Location: 300 N.E Second Ave Building 6 - Room 6100 Miami, FL 33132 Time: 9:00AM-1:00PM</p>
<p>16</p> <p>FREE BOOT CAMP FITNESS CLASSES</p> <p>Location: 7090 NW 22nd Ave, Miami, FL 33147 Time: 5:00PM - 7:00PM</p>	<p>17</p> <p>FREE HISTORIC BICYCLE TOUR</p> <p>Location: 3500 Pan American Drive Coconut Grove, FL 33133 Time: 9:30AM - 12:00PM</p>	<p>24</p> <p>RIVERSIDE BAPTIST CHURCH FALL HEALTH FAIR</p> <p>Location: 10250 SW 107 Avenue, Miami, FL 33176 Time: 10:00AM - 2:00PM</p>
<p>24</p> <p>LITERACY FAIR</p> <p>Location: 190 West 49th Street, Hialeah FL 33012 Time: 12:00PM - 4:00PM</p>	<p>29</p> <p>HEART FAIR</p> <p>Location: Miami Dade College North Campus, 11380 NW 27th Ave, Miami, FL 33167 Time: 10:00 AM - 4:00PM</p>	<p>29</p> <p>EMPLOYEE-HEALTH FAIR (KENDALL)</p> <p>Location: 11011 SW 104th Ave, Miami, FL 33176 Time: 11:00AM - 3:00PM</p>