



July 2017

Message from the Chairs
of the Health & the Built
Environment Committee



Cheryl Jacobs, Chair
Joanna Lombard, AIA, Vice
Chair

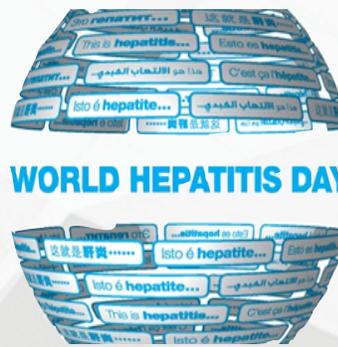
The HBE committee has been busy with a variety of projects, including visiting our members' facilities, i.e. West Kendall Baptist's Healthy Hub and participating in events such as Fit City Miami. One of our major projects has been the support of Active Design Miami (ADM), an effort of the Miami Center for Architecture & Design and the Miami Chapter of the American Institute of Architects. ADM is funded by the Florida Department of Health in Miami Dade County through the Centers for Disease Control and Prevention Partnership to Improve Community Health (PICH) Grant. Active Design is an approach to shaping communities that leverages evidence-based urban design, architecture, and policy solutions to improve public health. Active Design recognizes that our buildings, streets and neighborhoods influence day-to-day behavior, and directly impact community wellbeing.

Feature News

July 28th - World Hepatitis Day

Viral hepatitis is one of the leading causes of death globally, accounting for 1.34 million deaths per year – that's as many as HIV/AIDS, tuberculosis or malaria. Together, hepatitis B virus and hepatitis C cause 80% of liver cancer cases in the world. Viral hepatitis is not found in one location nor amongst one set of people; it is a truly global epidemic that can affect millions of people without them even being aware. Currently, 90% of people living with hepatitis B and 80% living with hepatitis C are not aware of their status. With the availability of effective vaccines

and treatments for hepatitis B and a cure for hepatitis C, the elimination of viral hepatitis is achievable, but greater awareness and understanding of the disease and the risks is a must, as is access to cheaper diagnostics and treatment. World Hepatitis Day presents an ideal opportunity: an opportunity to join together and raise the profile of viral hepatitis among the public, the world's media and on the global health agenda. If you would like to find out more about viral hepatitis in your country, get in touch with one of our [members](#) or visit the WHO Global Hepatitis Program [website](#).



WORLD HEPATITIS DAY

Sources: <http://worldhepatitisday.org>
<http://www.worldhepatitisalliance.org/>

Featured Event

6th Annual Breastfeeding Walk

Healthy Start Coalition of Miami-Dade and the Florida Department of Health in Miami-Dade WIC program collaborate to host the 6th Annual Breastfeeding Awareness Walk. On August 5, 2017 the Breastfeeding Awareness Walk will take place at Amelia Earhart park in Hialeah. The event raises awareness in our community on the importance of breastfeeding, health, wellness and showcases the many valuable resources located within Miami-Dade County. For the second year, we are pleased to announce the "Big Latch On", hosted by Natural Birth Works, which will be taking place at the event. In addition, the Walk will include kid's activities, music, gifts, raffles, give-a-ways, t-shirts and more. Last year's event had a great turn out, with over 1,000 attendees. We are currently registering attendees and interested vendors/exhibitors. There are also sponsorship opportunities. For more information, please contact: Cheryl.Lorie@flhealth.gov or Sarah.Basna@flhealth.gov or call (786) 336-1336.

To register click below:
[Participant registration](#)
[Exhibitor registration](#)



Keep Kids Safe This Summer: Be Sun Smart

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Adults and children need protection from ultraviolet (UV) rays whenever they're outdoors. Learn how to protect your child from sun damage. Seek shade when necessary. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. When possible, cover up with long-sleeved shirts and long pants and skirts to provide protection from UV rays. Wear a hat that shades the face, scalp, ears, and neck. If your child chooses a baseball cap, be sure to protect exposed areas with sunscreen. Wear sunglasses. They protect your child's eyes from UV rays, which can lead to cataracts later in

life. Use a sunscreen with at least SPF (sun protection factor) 15 every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.



Feeling the sting of mosquitoes?
Then it's time to
drain and cover.

DRAIN

Drain standing water.

Drain water from garbage cans, house gutters, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.

DISCARD:

old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.

EMPTY AND CLEAN:

birdbaths and pets' water bowls at least once or twice a week.

PROTECT:

boats and vehicles from rain with tarps that don't accumulate water.

MAINTAIN:

the water balance (pool chemistry) of swimming pools. Empty plastic swimming pools when not in use.

Stop mosquitoes from living and multiplying around your home or business.

Events Calendar

July 2017

- 6 Let's Get Cooking for Health: Fad or Fact - Weight Loss
Baptist Primary Care Center at Pinecrest
13101 South Dixie Hwy Suite 400 Miami, FL 33156 • 6:00 PM - 8:00 PM
- 11 Caregiver Support Group
Miami Cancer Institute
8900 North Kendall Drive (SW 88 Street), Miami, FL 33176 • 5:00PM - 6:30 PM
- 14 Stress Relief Techniques for a Happy Summer
Baptist Medical Arts Building
8950 North Kendall Drive, Miami, FL 33176 • 2:30 PM - 3:30 PM
- 27 Healthy Eating
Community Health Fair
17250 West Dixie Highway North Miami Beach, FL 33160 • 4:00 PM - 6:00 PM

HAPPY
4TH OF JULY

About the Consortium For A Healthier Miami-Dade

The Consortium is comprised of seven committees and guided by the goals and objectives established in Healthy People 2020. Membership is free and open to all individuals who support the vision, mission and goals of the Consortium. To become a member and learn more visit our website www.healthymiamidade.org

**MAKE
HEALTHY
HAPPEN
MIAMI**