

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"
Volume 8, Issue 2

February 2017

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THE HEALTHY HAPPENS HERE RESTURANT INITIATIVE

As we continue to move forward with our Healthy Happens Here Restaurant initiative, twenty-nine new restaurants have been enrolled since September 2016. Cure Café, Saffron Indian Cuisine, Ayesha Fine Indian Dining and Ayesha Lebanese Kitchen and Juice Bar are now offering the healthy menu. Coming soon is Los Verdes with four new healthy dishes featuring their famous maizito with cheese, maizito with cheese and chicken, sliders, and a chicken platter. Patacon

Pisao, a Colombian restaurant was able to recreate a healthy version of their famous patacon (also known as tostones or doubled-fried plantain). The healthy version includes oven-baked plantains topped with choice of chicken and cheese, or steak and onions. The healthy menu also includes a delicious shrimp and fish ceviche, and baby churrasco with brown rice and grilled vegetables. Mangu Restaurant Café, a traditional Dominican restaurant in the heart of Hialeah, gracefully agreed to modify

their most popular item, Mangu. Mangu is a staple of the Dominican cuisine that typically provides over 1000 calories in a single serving. Under the healthy menu, Mangu was modified to provide no more than 500 calories including a choice of salmon, steak and onions or chicken and grilled vegetables.



To see the full list of restaurants participating in this initiative [click here!](#)



connect families.
Caring for Kids
FAMILY HEALTH
AND
SAFETY FAIR
10th ANNUAL



CONSORTIUM FOR A HEALTHIER MIAMI-DADE
Miami Dade College - Northeast Campus
Miami Dade College - North Campus
The Children's Trust
Amerigroup Foundation
NCLR National Center of Legal Rights

You are cordially invited to be a part of the 10th Annual Caring for Kids on February 25, 2016. Your organization may consider participating in the event by setting up a booth/table to provide information and or health services or programs pertaining to children and their family, along with educational and safety programs available to residents in the Little Havana Community, Al-lapattah, Flagami and surrounding communities.

Be a health champion.



WHAT DOES YOUR HEALTHY LOOK LIKE?

- Talk to your family and friends about what keeps them from moving more and eating better. Remind them that if they go off course, they can always get back on.

GRAB A FRIEND, GET ACTIVE, AND BE HEALTHY.

- Take part in aerobic activities that are fun to do with a friend or family member, like biking or walking.

KEEP IT UP! STICK WITH YOUR HEALTHY HABITS ALL YEAR.

- If your healthy eating and physical activity habits start to slip, ask friends and family to help you stay on track. Try new activities together and trade healthy recipes to stay motivated.

FOR MORE TIPS on how you can be a **HEALTH CHAMPION** for your family and community, download the *Commit Today to Being a Health Champion* flyer at <http://www.win.niddk.nih.gov/champion/index.htm> and visit WIN's Facebook page at <http://www.facebook.com/win.niddk.nih.gov>.

WEIGHT-CONTROL INFORMATION NETWORK (WIN)
1-877-946-4627 | <http://www.win.niddk.nih.gov>



NIH...Turning Discovery Into Health™



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**"Healthy Environment,
Healthy Lifestyle,
Healthy Community."**

QUICK FACTS

CDC estimates that 1 in 6 Americans get sick from contaminated foods or beverages and 3,000 die each year.

Department of Agriculture (USDA) estimates that foodborne illnesses cost \$15.6 billion each year.

Children younger than 5, pregnant women, adults over 65, and people with weak immune systems are more likely to get sick from contaminated food.

YOUTH AND YOUNG ADULT ESSAY CONTEST

Thanks to the tremendous success of the Youth Summer Essay contest, it has been expanded. It is now year-round and the eligibility age has been raised from 18 to 21 years of age. The contest also has a new title - "Youth & Young

Adult Essay Contest". The Tobacco Free Partnership of Broward County and the Tobacco-Free Workgroup of the Consortium for a Healthier Miami-Dade are continuing to sponsor the contest, and the Quit Doc Foundation has agreed to continue to fund

the prizes awarded to the young published authors. To learn more click here: <http://pierobon.org/tobacco/web/essay.htm>



MIAMI BEACH - VOLUNTARY SMOKE-FREE ZONE

On January 17, 2017 the City of Miami Beach and partners unveiled two voluntary smoke free beaches. Last October, the City Commission voted on establishing the sands at the southern end of Lummus Park at Fifth Street and on 86 Street as voluntary smoke-free zones. This pilot program was brought about to initiate efforts to reduce secondhand smoke that poses a health risk to everyone, and also as an anti-litter measure as discarded components of cigarettes are toxic to wildlife, waterways and beaches.



ACTIVE DESIGN MIAMI

Active Design Strategies is a set of policy and design strategies for creating healthier streets, open spaces, and buildings. Access to daily doses of physical activity and ensuring healthy food is easily available are the central goals. Active Design Guidelines were originally created in New York through a broad collaboration that included the New York Department of Health and AIA NY. In 2015, the Center for Disease Control and Prevention awarded the Florida Department of Health in Miami-Dade County a grant that was used to contract with Miami Center for Architecture & Design 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. The Active Design strategies have been developed and will be unveiled at Fit City Miami 4. To learn more about Active Design Miami [click here!](#)

FEBRUARY EVENTS CALENDAR

<p>6</p> <p>READ IT BEFORE YOU EAT IT Location: Baptist Primary Care Center at Galloway Suite 260, 7400 SW 87 Avenue Miami, FL 33173 Time: 6:00 PM - 7:00 PM</p>	<p>8</p> <p>QUIT SMOKING NOW Location: 8900 North Kendall Drive, Cancer Patient Support Center Miami, FL 33176 Time: 10:00 AM - 11:00 AM</p>	<p>13</p> <p>NUTRITION AND BLOOD PRESSURE Location: 5835 SW 111 Street Pinecrest, FL 33156 Time: 3:30 PM - 5:00 PM</p>
<p>20</p> <p>NUTRITION AND CHOLESTEROL Location: Baptist Primary Care Center at Galloway Suite 260, 7400 SW 87 Avenue Miami, FL 33173 Time: 6:00 PM - 7:00 PM</p>	<p>24</p> <p>FIT CITY 4 CONFERENCE: DESIGNING & BUILDING FOR HEALTH Location: Miami-Dade College Wolfson Campus, 300 NE 2nd Avenue Miami, FL 33132 Time: 8:30 AM - 2:30 PM</p>	<p>25</p> <p>10TH ANNUAL CARING FOR KIDS EVENT Location: Miami-Dade Collge InterAmerican campus, 627 SW 27th Avenue Miami, FL 33135 Time: 9:30 AM - 2:00 PM</p>