

August 2018

August is National Breast Feeding Awareness Month

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Every year throughout the first week of August, the World Breastfeeding Week (WBW) works to spread awareness on the benefits of breastfeeding for both infant and mother. The World Breastfeeding Awareness week aims to focus on maternal health, while targeting a well-balanced nutrition, poverty reduction, and food safety. In 2018 the WBW has announced their new theme for this campaign which is, "Breastfeeding: Foundation of Life". Breastfeeding provides infants with the nutrients they need to have a great start at life by adding a boost to the immune system. Research has proven the following breastfeeding benefits:

1. Nutritionally balanced meals
2. Protection against common childhood infections
3. Improved survival rate during the babies first year
4. Lower risk of Sudden Infant Death Syndrome (SIDS)
5. Early skin-to-skin contact can provide physical and emotional benefits for the mother and newborn



Click the links below to learn more:
[The benefits of breastfeeding](#)
[World Breastfeeding Week](#)

7th ANNUAL BREASTFEEDING AWARENESS WALK

FREE FAMILY EVENT!
SATURDAY, AUGUST 4TH
 TROPICAL PARK STADIUM
 7900 BIRD ROAD
 9AM - 2PM

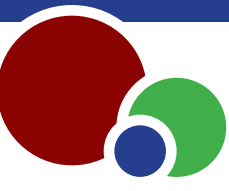
8:00AM REGISTRATION OPENS
 9:00AM KICK-OFF
 10:00AM BIG LATCH ON
 11:00AM FAMILY WALK
 FUN ACTIVITIES 9AM - 2PM

FREE! REGISTER NOW!
 Scan QR code in wallet app on iPhone or camera on Android phones
7thannualbfwalk.eventbrite.com

ENTERTAINMENT * KID ZONE * RAFFLES * WORKSHOPS



Logos: WIC MIAMI-DADE COUNTY, Healthy Start Coalition of Miami-Dade, Florida Health



Back to School Prep

**National Immunization Month:
It's Flu Shot Season**

Summertime is winding down, and school is about to begin. During this time of the year, many students are getting prepared to buy their textbooks, notebooks, and their back to school outfits. While those items are important, a student is not fully prepared for school until he or she makes sure that their vaccine records are up to date! However, it is essential to understand that vaccinations are not just for children; adults need to get vaccinated as well. By stating this, the National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. The purpose of NIAM was to encourage people of all ages to make sure their vaccinations were up to date. In order to complete this task, #NIAM17 focused on different stages throughout a lifespan each week. Communities have continued to use the month each year to raise awareness about the important role vaccines play in preventing infections, and deadly diseases.

If you have any questions, please discuss any immunizations with your physician and checkout CDC.gov to get more information about the significance of [vaccinations](#).

National Children's Eye Health and Safety Month: Their Vision Matters

While parents are purchasing back to school supplies, and clothing items, it is essential to schedule a comprehensive eye exam for your children in order to have a successful school year. Our eyes are an important part of our health because it allows us to make sense of the world. Therefore, a child should begin to have their eye exam around age three. Your child's optometrist can detect refractive errors such as nearsightedness, farsightedness, astigmatism and many other ailments.

For more information on maintaining optimum eye health, [Click here](#)

Therapy with a Twist

The [Epilepsy Foundation](#) of Florida is partnering with Found Art Academy to offer Studio E, a free art therapy program for South Floridians living with epilepsy. Offered for the first time in Spanish, the program seeks to give those with the disorder an invaluable opportunity to creatively express themselves in a socially supportive setting. People suffering from epilepsy face a multitude of challenges and burdens, often leading to severe depression and social isolation. The goals of Studio E go beyond the creation of art- it seeks to encourage self-expression and autonomy, as participants come away from the experience with greater sense of empowerment, self-worth and community connection. Now in its fourth week, the program is receiving incredible feedback and participants are enthusiastic about the experience.



Found Art Academy students show off their artistic skills

August is the Perfect Month to Start Your Own Play Street

ConnectFamilias was awarded an Innovation Grant by The Children's Trust to launch Play Streets in our community. Our organization would like all Consortium members to have access to the guides that were released. These guides are designed to help neighbors bring play to their community. This is a fun way to encourage community building while getting kids and parents active and healthy. The guides have now been translated and are available for all communities to replicate with the families and neighborhoods across Miami.



We helped families launch Play Streets.

Now we're sharing a Play Streets Guide for all Miami residents.



Because playing in the street brings communities to life.



connectfamilias.



[Click here](#) to learn more about Playstreets and how you can start your own Playstreet!

Events Calendar

August 2018

- 08/04 Commissioner Joe A. Martinez 2018 Health and Safety Expo | 10am-4pm | 10901 Coral Way, Miami Florida 33165
- 08/04 Orange Bowl Family Fun and Fit Day | 10am-1:30pm | Betty T. Ferguson Recreational Complex, 3000 NW 199th Street, Miami FL 33056
- 08/19 Ms. Senior Florida Pageant | 3pm | Julius Littman Theater Performing Arts, 17011 NW 19th Ave. North Miami Beach, FL 33162
- 08/31 Goodwill's Industries Wellness Fair | 9am-1:30pm | 2121 NW 21 Street, Miami, FL 33142

For a complete list of Consortium Events [click here!](#)

Join the Consortium For A Healthier Miami-Dade!

Healthy Environment, Healthy Lifestyles, Healthy Community

The Consortium for a Healthier Miami-Dade was established in 2003 by the Florida Department of Health in Miami-Dade County to address the increasing rate of chronic disease in the community. The goals of the Consortium are to:

- Integrate planning and assessment processes to maximize partnerships and expertise of the community in accomplishing its goals.
- Increase the percentage of adults and children who are at a healthy weight.
- Build and revitalize communities so people can live healthy lives.
- Increase access to resources that promote healthy behaviors.

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

Sources: Medline, CDC, NIH, Awarenessdays



Sponsored by the Florida Department of Health in Miami-Dade County