

## Understanding Diabetes and How to Better Manage it

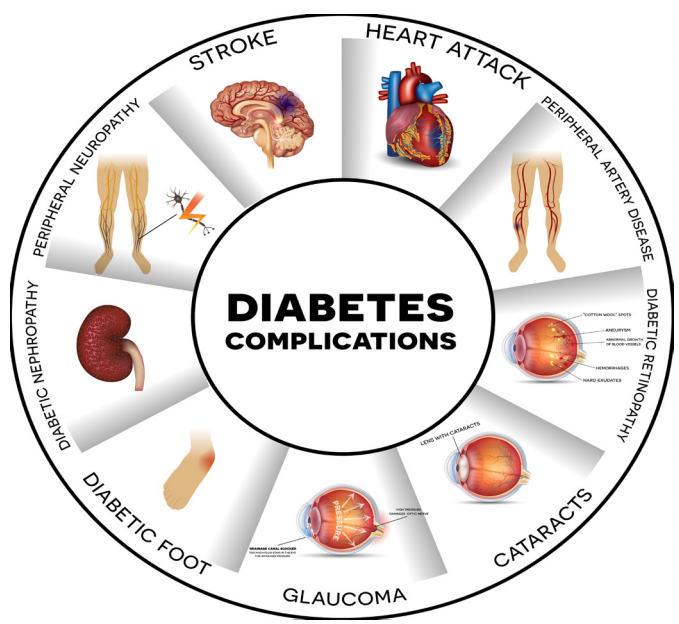
February 2019

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**Attention:**  
We are currently accepting submissions for our next Newsletter!

For more info email:  
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Source: National Institute of Health

Diabetes is a condition that arises when your blood sugar is high due to the glucose from food not being able to properly absorb into blood cells. There are two types of diabetes type 1 and type 2. Type 1 Diabetes occurs when the body does not produce insulin and you are required to take insulin on a daily basis. Type 2 develops when the body does not make or use insulin well. Some health risks that can occur due to having diabetes are heart disease, dental disease, nerve damage, and more.

To learn more, speak to your healthcare professional.

We are still collecting responses for the Wellbeing Survey:



### Look Beneath the Surface: Selling the Girl Next Door

Click the image to RSVP

This event is open to the community, however space is limited. To register and learn more please [click here](#).

## February is National American Heart Health Month

The leading cause of death in men and women in the United States is heart disease, with a staggering 1 out of 4 deaths. Heart disease is a disorder of the blood vessels of the heart and can lead to a heart attack. A heart attack occurs when an artery becomes closed off, delaying the heart from receiving oxygen and nutrients. Heart disease is one of the many cardiovascular diseases that affect the heart and blood vessel systems. Other diseases that affect the function of the heart are rheumatic heart disease (inflammation of the heart valves) high blood pressure, stroke, and angina (chest pain).

Heart disease is a persistent condition that should be monitored and treated. Once you have been diagnosed with heart disease, it is important that you change your eating habits, increase physical activity and manage your weight. To learn more about heart disease, contact your primary care physician and learn what you could do today, to strengthen your heart tomorrow.

Source: [National Institute of Health](http://NationalInstituteofHealth.gov)



### Cutting Calories: Beverages Made Easy

Many people want to lose weight, but do not know where to start. One place that people overlook is their drinking options. The calories in beverages can add up throughout the day. Substituting sugary beverages for water eliminates those empty calories. When you do choose to go for a sugar-sweetened drink, go for the smallest size or go fat-free.



Source: Center for Disease Control and Prevention

### Heart Healthy Maple Oatmeal

*Ingredients:*

- 1/2 a cup of Quaker Old Fashioned Oats
- 1/2 a cup of Evaporated milk & Water
- 1 teaspoon of honey
- 1 stick of cinnamon
- 2 teaspoons of brown sugar
- 1 teaspoon of maple syrup

*Instructions:*

Boil water, brown sugar and cinnamon in water for about 15 min. Add milk, oatmeal, honey, maple syrup and let simmer to your liking.

### Events Calendar

#### February 2019

- 02/06- Food Trucks on the Bay | 5:00PM-10:00PM | 1275 NE 79th Street Miami, FL 33138
- 02/09- National Black HIV/AIDS Awareness Day | 11:00AM-5:00PM | 675 Ali Baba Avenue, Miami, FL 33054
- 02/22- Tobacco-Free Workplace Summit Hosted by the Tobacco-Free Workgroup | 9:00AM-12:00PM | United Way of Miami-Dade: The Ansin Building, Ryder Room- 3250 SW 3rd Avenue Miami, FL 33129
- 02/25- Meet Me at The Park | 9:00AM-10:00AM | Highland Oaks Park- 20300 NE 24th Avenue Miami, FL 33180

*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.



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

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](http://www.healthymiamidade.org)