

March 2019

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

For more info email:
Chastity.Spann@flhealth.gov

Adult Vaccines?

Did you know that as an adult that you should continue to be vaccinated? It is essential for adults to keep their vaccinations up to par. As you age, you become more susceptible to different vaccine-preventable diseases. Although you may have received certain vaccines before, you will need a booster because vaccines wear off over time. Some important vaccines that you may need as an adult are the Influenza (flu) vaccine and Tdap or the Tetanus, Diphtheria, and Pertussis vaccine.

You may be at an increased risk for certain diseases based on your job, travel plans, or current medical conditions. When you get vaccinated, you are not only protecting yourself, you are also protecting your family and community.

Source: [Centers for Disease Control and Prevention](#)



Alzheimer's Affects Everyone

Alzheimer's Disease is a debilitating illness that not only affects the individual, but also the individual's family. This disease is a form of dementia which is characterized by memory loss, confusion, difficulty speaking along with other symptoms. Someone who is suffering from this dementia may lose control bodily functions as a result of changes in the brain for example. This causes the individual to lose their independence and overall quality of life.

It is important to adopt a healthy diet and exercise routine to reduce the risk of developing Alzheimer's and also mitigate the effects of the disease for those who already have it. These practices help to maintain and improve brain functioning.



Sources: *Alzheimer's Association, Mercola*

Factors that contribute to poor memory:

1. Stress
2. Menopause
3. Lack of sleep
4. Smoking
5. Certain medications

Factors that have a positive role in memory:

1. Vitamin B12
2. Exercise
3. Your gut health
4. Vitamin D
5. Green Tea

March is Colorectal Cancer Awareness Month

March is National Colorectal Cancer Awareness Month! Colorectal cancer is a disease in which cancer cells form in the tissues of the colon or rectum. It is the third most commonly seen cancer in men and women across the United States and the second leading cause of death from cancer. This type of cancer affects a wide range of racial and ethnic groups and is more common in those who are 50 years old and older.

The good news is that those who regularly get screened can reduce their chances of dying from colorectal cancer up to more than 60%! It is important for health care providers, communities, local organization and family members to spread awareness of colorectal cancer. Spread awareness today!

[U.S Department of Human Services Health Finder](#)



Step Up For Students

A child's health and education are certainly top priorities for any parent. Just as Florida Health improves the lives of children, Step Up For Students offers a path toward a brighter future to the state's most disadvantaged students. Not all students learn in the same way. Step Up For Students provides education options to Florida's neediest children so they can find what works best.

Step Up is a nonprofit scholarship organization that helps administer four scholarships for Florida schoolchildren: the Florida Tax Credit Scholarship Program (FTC) for lower-income families, the Gardiner Scholarship for children with certain special needs and unique abilities, the Hope Scholarship Program for schoolchildren who are bullied or victims of violence in a school, and the Reading Scholarship Accounts for public school students in grades three to five who struggle with reading.

To learn more about these four scholarship programs, please visit www.StepUpForStudents.org.



Events Calendar

2019 Flu Season

Get your flu shot. The CDC recommends getting a flu shot for everyone ages 6 months or older. To learn more about the importance of the flu shot, [click here](#).

Source: CDC (Influenza, (Flu))

March 2019

03/05 Free Dental, Optical, Medical For Miami
1769 NW 119th Street | Miami, FL 33167

03/13 Chronic Disease: How to Educate Your Audience Forum
Univision | 8551 NW 30th Terrace | Miami, FL 33122

3/20 Southwest Senior High School Health Fair
Southwest Senior High School | 8855 SW 50th Terrace | Miami, FL 33165

03/29 4th Annual Oral Health Equity Summit
Betty T. Gerguson Recreational Complex | 3000 NW 199th Street | Miami, FL 33056

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



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