

May 2019

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## National Stroke Awareness Month

National Stroke Awareness Month occurs in the month of May. This awareness campaign is ran by the National Stroke Association. The goal to educate Americans about strokes and how they may be able to save a life of someone experiencing a stroke. The association aims to spread awareness about stroke risk factors, the symptoms associated with strokes and how stroke can be prevented. According to the National Stroke Association, 80% of strokes are preventable. A person who is experiencing a stroke can be treated if people act **FAST**:

- F–Face: Does the face droop on one side when the person is smiling?  
 A–Arm: After raising both arms, does one of the arms drift downwards?  
 S–Speech: After repeating simple phrases, does the person’s speech sound slurred?  
 T–Time: If any or all of the above are observed, call 911 for Medical Assistance



Reference: [National Stroke Association](http://NationalStrokeAssociation.org)

For more information, please visit the [National Stroke Association](http://NationalStrokeAssociation.org) website.

## Lifestyle Changes That Can Benefit Your Health and Weight

Accessibility to high calorie/sugary foods, family trends, medication and even everyday emotions (sad, bored, angry) can contribute to being overweight/obese. Although you may not be able to control all factors that contribute to weight gain, some ways you may be able to better maintain your weight is by:

- Increasing your intake of nutrient rich foods such as fruit and vegetables
- Eat less refined sugars
- Reduce your intake of foods that are high in fat
- Reduce refined grains like white bread and white rice
- Increase physical activity

Communities, health professionals and families can work together to create opportunities for lifestyle changes that fosters the promotion of health.

For more information, visit the [National Heart, Lung, and Blood Institute](http://NationalHeartLungandBloodInstitute.org) website.

Reference: [National Heart, Lung, and Blood Institute](http://NationalHeartLungandBloodInstitute.org)

## 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 water for sugary beverages eliminates those empty calories. When you do choose to go for a sugar-sweetened drink, go for the smallest size or go fat free.



Reference: [Center for Disease Control and Prevention](http://CenterforDiseaseControlandPrevention.org)

## Project Rainbow Smiles

Project Rainbow Smiles is making an impact in the oral health of children in our community. Project Rainbow Smiles was established with the support of a grant to promote oral health awareness at the Rainbow Intergenerational Learning Centers in Little Havana and Miami Beach. The project consists of having a Registered Dental Hygienist visit the school providing oral health education to the children, parents and personnel. The importance of good oral hygiene habits and proper nutrition for a healthy mouth and body are taught. Project Rainbow Smiles also offers an array of resources from dental screenings, fluoride varnish application, oral hygiene instruction, dental prevention kit, and referrals to a dental home. Dental decay is the most common disease in children and is almost 100% preventable. Many children suffer from tooth decay at an early age, causing pain and discomfort, which may interfere with their ability to eat, focus and learn in school. Our goal is to implement Project Rainbow Smiles throughout the community partnering with the South Florida Dental Hygienists' Association and local organizations willing to invest in the oral health of our children.



For more information about Project Rainbow Smiles, you may contact Sandra Arill at [projectrainbowsmls@gmail.com](mailto:projectrainbowsmls@gmail.com).

Article provided by: Sandra Arill

## Mental Health Awareness Month

May is Mental Health Awareness Month! Since 1949, Mental Health America and their partners have spread awareness of mental health through media outlets, local activities and mental health screenings for the community. This year Mental Health America is celebrating 70 years of spreading mental health awareness. The theme for 2019 is a continuation of 2018's theme, #4Body4Mind. Upgrading to the next level, Mental Health America is exploring new topics such as animal companionship (along with pets and support animals), balance between work and life, social and recreational connections, happiness, and spirituality as an approach to boost mental health and overall wellness.

For more information about Mental Health America, please click [here](#).

Reference: [Mental Health America](#)

### Fight The Bite!



### Join the Consortium For A Healthier Miami-Dade!

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

### Events Calendar

#### May 2019

5/1 - 2019 Marketing and Membership Committee Meeting, 8323 NW 12th Street Suite 212  
2:00pm - 3:00pm

5/3 - 2019 Florida Worksite Wellness Awards, Miami Airport Convention Center 711 NW 72nd Avenue Miami, FL 33126 , 8:00am-2:30pm  
To register, please visit: [www.worksitewellnessawards.org](http://www.worksitewellnessawards.org)

5/14 - 2019 Health and the Built Environment Committee Meeting, 1120 NW 14th Street Miami, FL 33136, RM 1080 10:00am - 11:00am

5/20 - 2019 Tobacco-Free Workgroup Meeting, 8323 NW 12th Street Suite 212,  
9:30am - 11:30am

*For a complete list of Consortium Events click here!*

*Healthy Environment, Healthy Lifestyles, Healthy Community*



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