

October 2019

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**Attention:**

We are currently accepting submissions for our next Newsletter!

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

## October is Breast Cancer Awareness Month

Breast cancer is one of the most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of finding breast cancer early. Make a difference! Spread the word about mammograms, and encourage communities, organizations, families, and individuals to get involved. The good news is that most women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.



Reference:  
[Health Finder](#)

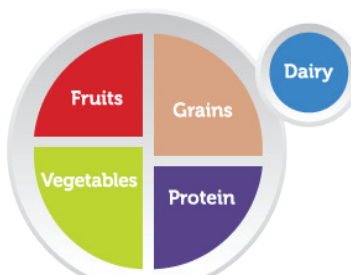
To learn more about what you can do to make a difference in your community, please visit <https://healthfinder.gov/nho/octobertoolkit.aspx>.

## The Impact of Nutrition

Unhealthy eating habits have contributed to the obesity epidemic in the United States: about one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents aged 2–19 years are obese. Even for people at a healthy weight, a poor diet is associated with major health risks that can cause illness and even death. These include heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis, and certain types of cancer. By making smart food choices, you can help protect yourself from these health problems.

The risk factors for adult chronic diseases are increasingly seen in younger ages, often a result of unhealthy eating habits and increased weight gain. Dietary habits established in childhood often carry into adulthood, so teaching children how to eat healthy at a young age will help them stay healthy throughout their life.

The link between good nutrition and healthy weight, reduced chronic disease risk, and overall health is too important to ignore. By taking steps to eat healthy, you'll be on your way to getting the nutrients your body needs to stay healthy, active, and strong. As with physical activity, making small changes in your diet can go a long way, and it's easier than you think!



Reference: [United States Department of Health and Human Services](#)

## Sudden Infant Death Syndrome

October is SIDS Awareness Month. Sudden infant death syndrome (SIDS) is the unexplained death, usually during sleep, of a seemingly healthy baby less than a year old. SIDS is sometimes known as crib death because the infants often die in their cribs.

As a result of efforts by the Sudden Infant Death Institute and other organizations, the sudden infant death rate is at an all-time low. However there are still about 4,000 sleep-related infant deaths that occur each year in the US. Research is aimed at identifying possible medical vulnerabilities that put infants at greater risk for sudden death.



Reference: [American SIDS Institute](http://AmericanSIDSInstitute.org)

To learn more about SIDS and how to prevent it, please visit <https://sids.org/what-is-sidssuid/reduce-the-risk/>



### Our Stars Remembered-Pregnancy & Infant Loss Awareness Walk

Star Legacy Foundation of South Florida is proud to host Miami's first Pregnancy and Infant Loss Awareness Walk at Coral Reef Park on Sunday, October 20, 2019. Join us as we honor our children with a remembrance walk through Coral Reef Park in Palmetto Bay. To register, please click [here](#).

#### Events Calendar

#### October 2019

10/4 Maven Rising, 500 17th Street, Miami, FL 33139, 12:00pm-4:00pm

10/5 4TH Annual Seniors' Health and Wellness Fair, Miami Beach 501 72nd Street, Miami Beach, FL 3314, 10:00am-2:00pm

10/19 Health and Food Fair 6316 SW 59th Place South Miami, FL 33143, 9:00am-2:00pm

10/20 Our Stars Remembered-Pregnancy & Infant Loss Awareness Walk, Coral Reef Park- 7895 SW 152nd Street Palmetto Bay, FL 33157, 8am, Click [here](#) to register.

10/30 2019 Stand Down for Homeless & Veterans Event, 1907 NW 38th Street, Miami, FL 33142, 10:00am-2:00pm

*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)