

## August 2020

## National Breastfeeding Month

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### ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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Image from: <https://wicworks.fns.usda.gov/resources/wic-image-gallery>

According to FLHealthCharts, 92.2% of Miami-Dade mothers initiated breastfeeding in 2019, exceeding the Healthy People 2020's national goal which was 81.9%. There is still some work to do in Miami-Dade, however, as the Black/African American breastfeeding initiation rate is only 86.3%. While this is still higher than the Healthy People 2020 goal, it's significantly lower than the overall Miami-Dade rate and the breastfeeding initiation rate among white population which is 93.5%.

As a result of various efforts across the nation throughout the years, August became National Breastfeeding Month. In the same month you'll also find World Breastfeeding Week (Aug.1-7), Native Breastfeeding Week (Aug. 9-15), Spotlight on Infant and Young Child Feeding in Emergencies (Aug 16-24) and Black Breastfeeding Week (Aug. 25-31). So, why should we advocate for and celebrate breastfeeding? Because of the many benefits that come along with it!

### Benefits of breastfeeding:

- \* Baby receives antibodies that help fight off infections
- \* Decreased risk of type 2 diabetes for baby
- \* Decreased risk of obesity for baby
- \* Lower rates of sudden infant death syndrome
- \* Can help control postpartum bleeding in new moms
- \* Infant tooth decay is not a significant issue
- \* Decreases baby's risk of developing asthma and eczema

## Women, Infants, and Children Program



786-336-1336

### Breastfeeding Help Line and Breast Pump Program

Miami-Dade WIC provides healthy food, nutrition education, breastfeeding support, and family resources to women, infants, children, and families in Miami-Dade County.

### Resources For A Healthy Worksite



#### [CDC Scorecard](#)

Assesses current wellness programs and initiatives.

#### [Hero Scorecard](#)

Assists organizations in identifying their strengths.



## Food Planning During the Coronavirus with MyPlate

During the coronavirus pandemic, you may be taking extra safety measures to keep you and your family safe and prepared during this situation. Some of these measures may include making sure you have everything you need at home like healthy foods and snacks. Some initial steps you can take when planning is to first check and see what foods you already have at home in your refrigerator, freezer, and/or pantry. It is important to make sure to look at expiration dates and best by dates. This step can help you plan and prepare meals around what you already have at home. This activity will help you reduce the number of trips to the grocery store and even reduce spending money on items you don't need at the moment. Also, there are many grocery store shopping options like in-store pickup, curbside pickup, or home delivery.

Check out the Start Simple with MyPlate: Food Planning During the Coronavirus Pandemic Guide [here](#). This guide provided by the United States Department of Agriculture (USDA) includes information on food planning, including what to buy, how much to buy, and preparation tips. This guide is also available in English and Spanish and in a postcard format too.

## Fun Ways to Increase Physical Activity Where You Are!

Exercise to a workout video.

Dance to your favorite music.

Plant and care for a vegetable or flower garden.

Do stretches, exercises, or pedal a stationary bike while watching television.

To learn more ways to increase physical activity, please visit <https://www.choosemyplate.gov/resources/physical-activity-tips>

## COVID-19 Back To School Resources



### CDC Decision Making Tool

The school year is about to start and several parents are trying to decide on what's best for their child's health. Are you not sure where to start? Click [here](#) to use the decision making tool for parents, caregivers, and guardians.

### Back To School Checklist

Whether your child is doing in-person classes or virtual learning, make sure you and your children are prepared for the school year. Click [here](#) for the CDC's Back To School Planning Checklist.

### School Immunizations

For school immunization requirements click [here](#).

**Immunizations  
Appointments and  
Inquiries**

**(786) 845-0550**



## Preventing Repetitive Strain Injuries While Working

This year, many of us are working at home or in a setting outside of our regular office environment. With this change of workspace comes a change in how we work, meaning our bodies have to adjust so that we continue to work in a healthy manner. Repetitive Strain Injuries as reported by Princeton University are a result of "forceful, awkward, and/or repetitive use of your limbs, producing damaged muscles, tendons, and nerves." These types of injuries are quite common in those who work at a desk for most of the day. In addition to this, eye strain is possible especially if looking at a computer screen for long periods of time. Below you'll find suggestions on how to combat eye and muscle strain and prevent future injuries .



Top of computer screen should be eye-level. Keyboard should be in front of you and arms L-Shaped at 90 -degree angles.



Take regular breaks. If a break isn't possible, try changing the activity (i.e if typing on a computer switch to organizing documents or taking a call).



Grasp the computer mouse lightly. Use keyboard shortcuts as an alternative. Use a mouse that keeps your wrist straight.



Stretch, walk, massage your muscles, and continue to make adjustments throughout the day.



Use a chair that gives you proper back support. Be sure to avoid slouching your back to keep good posture.



Don't sit too close to the screen. Practice the 20-20-20 rule (every 20 minutes, look at an object at least 20 feet away, for at least 20 seconds).

Information from the [UCLA Stein Eye Institute](#), the [NHS](#), and [Princeton University](#).

Upcoming Event Hosted By The  
Consortium For A Healthier Miami-Dade:

## Health Equity in 2020

What does this mean  
and why does it  
matter?

SAVE THE DATE!

October 2, 2020

Registration details coming soon.

Join the Consortium For A Healthier Miami-Dade as we present information on how to facilitate conversations on health equity in times of change and community challenges. From the COVID-19 public health emergency and its impact on minority communities to the nationwide realization that not all is fair or equitable in communities. We will share with you best practices, lessons learned, and strategies for leveraging partnerships to improve systems thinking and begin those tough conversations towards lasting change and equity.

## Breastfeeding and COVID-19

According to the [CDC \(2020\)](#):

*"If you have COVID-19 and choose to breastfeed:*

- *Wear a cloth face covering while breastfeeding and wash your hands with soap and water for at least 20 seconds before each feeding.*

*If you have COVID-19 and choose to express breast milk:*

- *Use a dedicated breast pump (not shared).*
- *Wear a cloth face covering during expression and [wash your hands](#) with soap and water for at least 20 seconds before touching any pump or bottle parts and before expressing breast milk.*
- *Follow [recommendations for proper pump cleaning \[Español\]](#) after each use, cleaning all parts that come into contact with breast milk.*
- *If possible, expressed breast milk should be fed to the infant by a healthy caregiver who does not have COVID-19, is not at [high-risk for severe illness](#) from COVID-19, and is living in the same home."*



### COVID-19 Testing Sites

Please [click here](#) for the most up-to-date list

To find the most up-to-date information and guidance on COVID-19, please visit the Department of Health's dedicated [COVID-19 webpage](#).

For any other questions related to COVID-19 in Florida, please contact the Department's dedicated COVID-19 Call Center by calling **1-866-779-6121**.

**The Call Center is available 24 hours per day.**

Inquiries may also be emailed to [COVID-19@flhealth.gov](mailto:COVID-19@flhealth.gov).

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)