

**JULY 2020**

## July is National Minority Mental Health Awareness Month



Since 2008, organizations throughout the U.S have dedicated the month of July to address and eliminate mental health stigma while increasing resources for minority populations. While mental illness does not discriminate by race, ethnicity, or sex, there are barriers preventing some groups from receiving the help they need. In terms of receiving treatment for mental illness, Black/African American populations only received treatment 30% of the time. Similarly, Hispanic or Latinx populations received treatment 32.9% of the time—both of these rates fall below the U.S overall percentage of 43.3% ([SAMSHA, 2018](#)). According to the [National Alliance on Mental Illness](#), "African Americans, like many

minority communities, are also more likely to experience socioeconomic disparities such as exclusion from health, educational, social and economic resources. These disparities may contribute to worse mental health outcomes."

Addressing these barriers and eliminating the stigma of mental health requires an interdisciplinary approach both on the local and national level. Outside of policy changes and increasing access to care, it's important that individuals understand what mental illness may look like and what steps to take. Visit [page 2](#) of this newsletter for more information on identifying mental illness and local resources.

### Why Are Walnuts Good for Me?

by Leyanee Perez, RDN/LDN



- Walnuts are high in **polyunsaturated fatty acids** with 13 g out of 18 g total fat per ounce.
- Walnuts are the only nuts rich in **alpha-linolenic acid (ALA)**, a plant-based essential omega-3 fatty acid that has positive anti-inflammatory effects.
- Walnuts help improve cardiovascular risk factors by **lowering LDL (bad) cholesterol** and diastolic blood pressure. These two risk factors are major contributors to heart disease risk.
- Research has found that **omega-3 fatty acids** may decrease the inflammatory marker C-reactive protein (CRP) in those with high cholesterol.

Recent studies have emerged showing evidence that Omega-3's alleviate muscle mass loss during periods of muscle disuse, or prolonged resting periods, as well as gains in muscle size and strength in healthy individuals.

The Dietary Guidelines recommend 5 ounces equivalent per week of nuts, seeds and soy products. One-ounce portion of walnuts is equal to 2 ounce-equivalents protein foods.

\*For the full article, please click [here](#).

#### INSIDE THIS ISSUE

1 National Minority Mental Health Awareness Month

Why Are Walnuts Good For Me?

2 Common Warning Signs of Mental Illness

Web Resources Tool

Stay Safe And Keep The Environment Clean

3 Protect Yourself From Mosquitos

Tobacco Cessation

Did You Know?

4 What You Should Know About COVID-19.

Consortium Annual Event

#### ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

Bryanna.McDaniel  
@FLHealth.gov

## Web Resources Tool



The Florida Department of Health in Miami-Dade County has created a Community Health Resources Map to provide the public with an easier way to locate resource providers in South Dade and Homestead. Services that this map includes:

**Behavioral Health**

**Resources**

**Community Based**

**Services**

**Daycare**

**Disability Resources**

**Domestic Violence**

**Resources**

**Educational Programs**

**Faith-Based Organizations**

**Health Programs**

**Parent & Family Support**

Visit

[HealthyMiamiDade.org](http://HealthyMiamiDade.org) for the map and additional information.

# Common WARNING SIGNS of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- ! Feeling very sad or withdrawn for more than two weeks
- ! Trying to harm or end one's life or making plans to do so
- ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- ! Significant weight loss or gain
- ! Seeing, hearing or believing things that aren't real\*
- ! Excessive use of alcohol or drugs
- ! Drastic changes in mood, behavior, personality or sleeping habits
- ! Extreme difficulty concentrating or staying still
- ! Intense worries or fears that get in the way of daily activities



\*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

## WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?

- ? If you notice any of these symptoms, it's important to ask questions
- ♥ Try to understand what they're experiencing and how their daily life is impacted
- 🔗 Making this connection is often the first step to getting treatment

## KNOWLEDGE IS POWER

- 🗨️+ Talk with a health care professional
- 💻 Learn more about mental illness
- 👥 Take a mental health education class
- 📞 Call the NAMI HelpLine at 800-950-NAMI (6264)

**50%**  
of all lifetime mental illness begins by age

**14**

**75%**  
by age

**24**

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine 800-950-NAMI (6264)
 NAMI
 NAMICommunicate
 NAMICommunicate
 [www.nami.org](http://www.nami.org)
**NAMI**  
National Alliance on Mental Illness

**If you or someone you know is in an emergency, call [The National Suicide Prevention Lifeline](http://TheNationalSuicidePreventionLifeline.org) at 800-273-TALK (8255) or call 911 immediately.**



## Tobacco Cessation

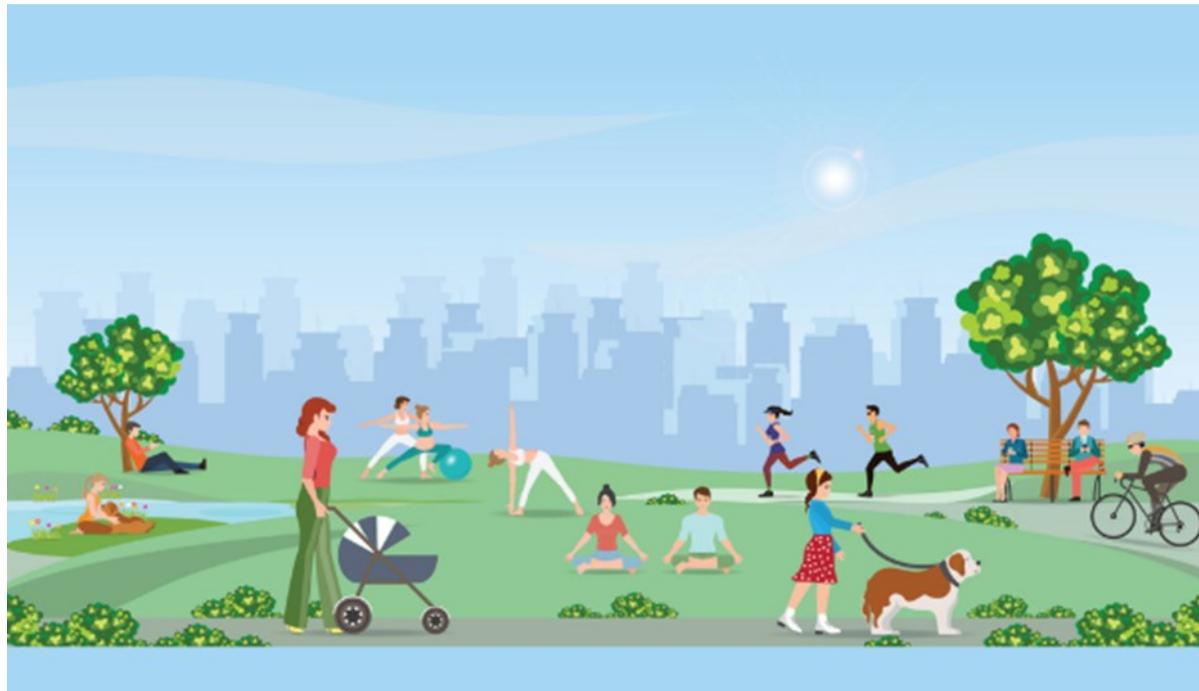
Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started.

Click the link for more info:  
<http://www.tobaccofreeflorida.com/quityourway/>

## Did you know?

According to the [CDC \(2020\)](#), "West Nile virus (WNV) is the leading cause of mosquito-borne disease in the continental United States."

**Zika**, spread by mosquitos, can cause microcephaly in babies and it can also spread through sex. For more information, visit the Florida Department of Health's [website](#).



## Stay safe and Keep the Environment Clean

Now that summer is here and places are opening up, many may flock to the beaches and the parks. Remember to stay safe by practicing social distancing, prevent littering and encourage others to do the same.

With COVID-19 still in our midst, it is important to continue to be diligent to protect yourself from infection. Please also be mindful that those who smoke are more susceptible to risk for severe disease or death from COVID-19. Refrain from tobacco and e-cigarette use and share with others the potential risks nicotine use can have on their health.

In addition, cigarette butts are one of the most littered item and trillions of butts are found on the beaches and in parks each year. These butts contain toxic chemicals that have a major impact on our environment.

We hope you remember these facts and encourage those you may come into contact with to protect both their health and the environment. Please stay safe and enjoy your days outside at the beach or park.

## Protect Yourself From Mosquitos

Mosquitos are most active in the summer and early fall. With the potential of spreading diseases like West Nile Virus, it's important that we reduce our chances of mosquito bites as much as we can. Some ways to avoid/prevent mosquitos are:



- Drain any standing water from garbage cans, buckets, and other objects that have collected water.
  - Wear long pants and long-sleeved shirts to protect your skin.
  - Use Mosquito repellent, like DEET to keep mosquitos away.
- For more information, click [here](#).

Be a hero.



Spill the water!

POSTPONED



Healthy West Kendall

Sponsored by:  Powered by West Kendall Baptist Hospital Baptist Health

SAVE THE DATE!

October 1, 2021

More details coming soon.

COVID-19 Testing Sites

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

## What You Should Know About COVID-19

**It is communicable.** COVID-19 is a coronavirus that is easily spread human to human by droplets.

**COVID-19 is still on the rise.** Even though states and cities are opening back up, it's important to remember that COVID-19 continues to spread.

**Social Distancing works.** Remaining 6 ft from others, whether it be at work or out grocery shopping, is one of the best ways to reduce your chance of getting sick.

**Practicing proper hygiene and washing your hands works.** Washing your hands or using 60% alcohol-based hand sanitizer as well as wearing a mask helps stop the spread of COVID-19.

**You can still be at risk.** Continue to monitor your health through these times and understand your risk of contracting the disease. Older populations and those who are immunocompromised should make sure they take extra precautions as cities return back to normal,

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**.

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)