

**March 2020**

## National Women and Girls HIV/AIDS Awareness Day

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EATING DISORDERS AWARENESS  
SAVE THE DATE



**ATTENTION:**

**We are currently accepting submissions for our next Newsletter!**  
**For more info email:**

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NOT ALL  
**WOMEN & GIRLS WITH HIV**  
are getting the care they need

89%	66%	51%	53%
RECEIVED AN HIV DIAGNOSIS	RECEIVED HIV CARE	RETAINED IN CARE	VIRALLY SUPPRESSED

GET TESTED + GET IN CARE + STAY IN CARE  
**STAY HEALTHY**

www.cdc.gov/hiv  
1-800-CDC-INFO

National Women and Girls HIV/AIDS Awareness Day is March 10, 2020. HIV or Human-Immunodeficiency Virus, is a disease that “weakens a person’s immune system by destroying important cells that fight disease and infection”<sup>1</sup>. Currently, close to 1 million people are living with HIV in the U.S. Out of this number, about 20% of these cases are women. The CDC also reports that over 170,000 at risk women are eligible for receiving Pre-exposure prophylaxis (PrEP), which is a medication use to prevent HIV<sup>2</sup>, but few use it. As a result, we highlight the importance of HIV prevention this month. See below for the CDC’s helpful tips to help you protect yourself:

- Use either a [male condom](#) or [female condom](#) the right way every time.
- If you are HIV-negative but at high risk for HIV, take daily medicine to prevent HIV, called [pre-exposure prophylaxis \(PrEP\)](#).
- Talk to your health care provider about [post-exposure prophylaxis \(PEP\)](#) if you think you have been exposed to HIV in the last 72 hours and are not on PrEP.
- Get tested and treated for other sexually transmitted diseases. For local testing centers visit <https://gettested.cdc.gov/>
- Never share needles or other equipment to inject drugs.

For Miami-Dade HIV resources and PrEP visit the [Florida Department of Health – Miami-Dade County](#).

References:

<sup>1</sup> <https://www.cdc.gov/hiv/basics/index.html>  
<sup>2</sup> <https://www.cdc.gov/features/womengirlshivaid/>

## Did You Know?



Every 10 years, the U.S. Census Bureau conducts a census to determine the number of people living in the United States. The 2020 Census is happening this year and Miami-Dade County is encouraging the participation of every resident. Get involved and learn more [here](#).

## Events Calendar

### MARCH 2020

**March 18, 2020** Women's Health Resource Fair. 11011 SW 104th Street, Maimi FL 33176  
11:00 AM - 2:00 PM

**March 21, 2020** 2020 World's Greatest Baby Shower. Ronald A. Silver Youth Enrichment Services (YES) Center 17051 NE 19 Avenue, North Miami Beach, FL 33162  
9:00 AM - 1:00 PM

*For a complete list of Consortium Events [click here!](#)*

## Eating Disorders Awareness

There are several different forms of eating disorders including, but not limited to, anorexia nervosa which is characterized by food restriction and poor body image to binge-eating disorder, which is characterized by periods of food consumption in large amounts. A huge misconception is that men are not affected by eating disorders, when in fact 1.5% of U.S Male adults suffer from a lifetime prevalence of eating disorders<sup>1</sup>. According to the [NIH](#) almost half of males are diagnosed with anorexia nervosa, near one-third with bulimia nervosa, and near one-third with binge-eating disorder sought treatment for their condition.



There are a variety of treatments and therapies available to those who suffer from an eating disorder. Talk to your health care provider or click the following link for local resources: <https://www.oliverpyattcenters.com/>

**If you or someone you know is in crisis and needs immediate help, call the toll-free National Suicide Prevention Lifeline (NSPL) at 1-800-273-TALK (8255), 24 hours a day, 7 days a week.**



Worksite Wellness Awards is now part of the **CONSORTIUM ANNUAL EVENT AND AWARD CEREMONY!**



## Save The Date

The Florida Worksite Wellness Awards has teamed up with the Consortium for a Healthier Miami Dade to host the Consortium Annual Event and Award Ceremony.

Join us Friday October 2, 2020!

Registration and information about topics and keynote speakers coming soon.

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