CONSORTIUM FOR A HEALTHIER MIAMI-DADE
Sponsored by the Florida Department of Health in Miami-Dade County

CONSORTIUM CONNECTION

"Healthy Environment, Healthy Lifestyles, Healthy Community"

MAY 2020

National Teen Pregnancy Prevention Awareness Month

INSIDE THIS ISSUE

ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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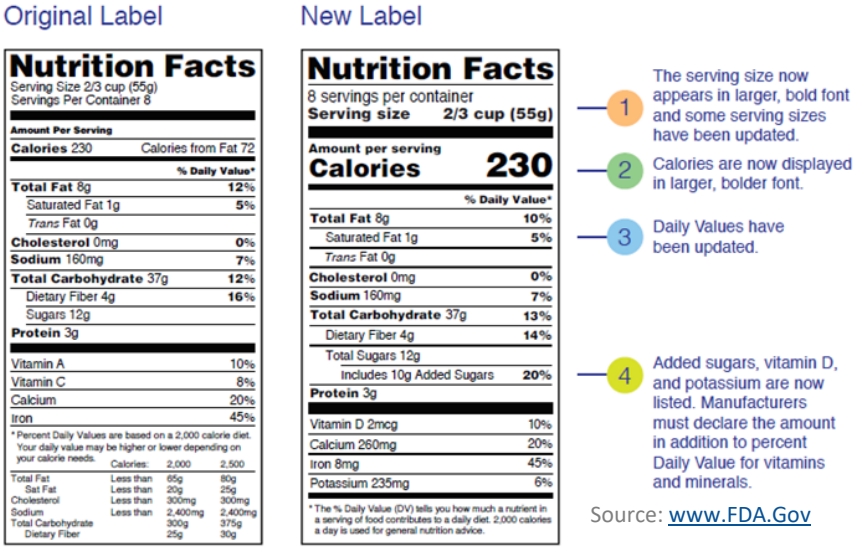
The 2017 National Vital Statistics Reports from the CDC stated that a total of 194,377 babies were born to women aged 15–19 years old, for a birth rate of 18.8 per 1,000 women in this age group. This is a record low for U.S. teens. Some evidence may suggest these declines are due to more teens abstaining from sexual activity, and more teens who are sexually active are using birth control methods more than seen in previous years. The U.S. teen pregnancy rate is substantially higher compared to other industrialized nations. We also see that racial/ethnic and geographic disparities in teen birth rates continue to exist. To learn more about the disparities and the importance of prevention, please visit the Centers for Disease Control and Prevention here at https://www.cdc.gov/teenpregnancy/about/index.htm.

The New Nutrition Facts Label:

What's In It For You?



In over 20 years, this is the first major update to the food Nutrition Facts label. The refreshed design and updated label can help you make food choices that contribute to lifelong healthy eating habits. Some of the changes include updated serving size information; larger, bolder calories; and updated Daily Values and an updated nutrients list. Check out the changes at www.fda.gov/NewNutritionFactsLabel.

The U.S. Food and Drug Administration (FDA) has created an awareness campaign about the changes to the new Nutrition Facts label. This campaign will increase its use, and help consumers, health care professionals, and educators learn how to use it as a tool for maintaining healthy dietary practices. This campaign includes many outreach channels including social media, indoor/outdoor advertising, videos, and consumer-friendly downloadable educational materials To share more information, please visit the campaign outreach materials to spread the word about the new Nutrition Facts label using the Social Media Toolkit.

Covid-19 Resources

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.**

For information and advisories from the Centers for Disease Control (CDC), please visit the CDC COVID-19 website.

For more information about current travel advisories issued by the U.S. Department of State, please visit the travel advisory website.

COVID-19 & HEART DISEASE

Florida Department of Health · FloridaHealthCOVID19.gov

COVID-19 can strain all of the systems in the body, and this puts additional stress on the heart. If you have heart disease, COVID-19 can make it more likely that your heart won't be able to keep up with the needs of your body.

If you have fever, cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.

Get rest and stay hydrated. If you are not sick enough to be hospitalized you can recover at home.

Monitor your symptoms. If your symptoms get worse, call your health care provider immediately.

Seek medical attention immediately if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Take care of your health.

- Make sure your vaccinations, including your pneumonia and flu shot, are up to date.
- Take your medications on time and as directed, and maintain your treatment plan.
- Measure your blood pressure if you have hypertension.
- Use telemedicine/telehealth for medical visits if your insurance offers it.
- Keep up healthy habits: healthy eating, exercise, getting enough sleep and managing stress.
- Stop smoking. Smoking can make it more likely that you have heart attack or stroke. Visit TobaccoFreeFlorida.com for Quit Your Way services.

Stock up on 2–3 weeks of non-perishable food, prescriptions and medical and health care supplies.

Create a contact list of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

Stay up to date with state and local guidance at FloridaHealthCOVID19.gov and CDC travel guidance at CDC.gov/coronavirus/2019-ncov/travelers.

Wash your hands often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

Avoid touching your face with unwashed hands.

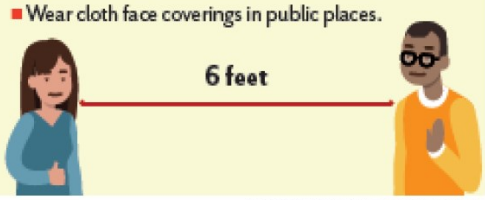
Cover your coughs and sneezes with the inside of your elbow or a tissue.

Clean objects or surfaces daily that people touch a lot: door knobs, kitchen counters, key pads, etc.

If you're sick, protect your family. Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's Get Your Home Ready page (https://tinyurl.com/v267uf3).

Practice Social Distancing:

- Stay home as much as possible.
- Stay away from people who are sick or who have been sick in the past two weeks.
- Shop during off-hours when crowds are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.



Source: Centers for Disease Control and Prevention

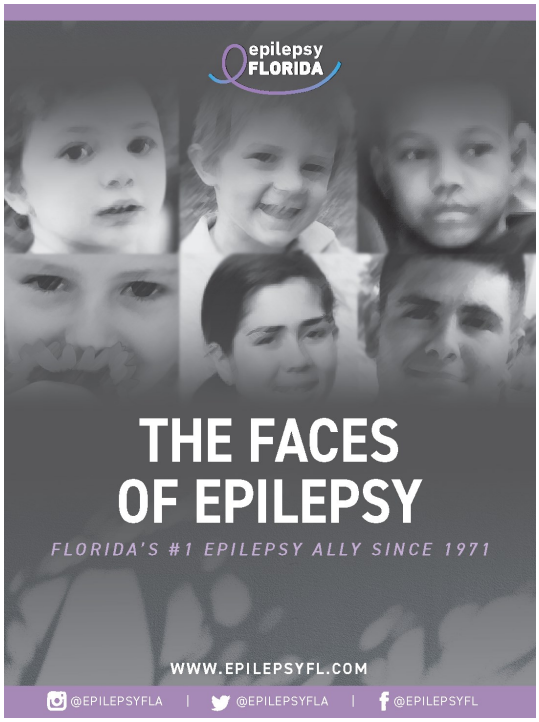
Florida Health Office of Communications 04-09-20

Friday, October 2, 2020
Jungle Island
8:00 AM to 2:00 PM

This year, the Consortium Annual Event and Award Ceremony is in partnership with the Florida Worksite Wellness Awards. For this year's theme, "Fall Into Healthy Habits", attendees will have the exciting opportunity to learn from national leaders in the field of public health, learn best practices on how organizations are promoting healthier lifestyles in their workforce, and how local entities can achieve health equity in their communities. For more information, visit https://www.healthymiamidade.org/annual-event-and-award-ceremony/

Epilepsy Florida

By Monica Gonzalez, *Epilepsy Florida*



Although plans for Epilepsy Florida's annual statewide Walk the Talk were interrupted due to COVID19, our services and support for persons with epilepsy in the state of Florida were not. Epilepsy Florida continues to be the #1 ally for persons with epilepsy by providing services remotely to our clients during this time. We recognize that those living with epilepsy already face a myriad of challenges on a daily basis so we want to ensure that we are addressing those along with new concerns that may arise due to the pandemic.

Our telemedicine program in particular has seen a surge in use as we have been able to connect persons from all over the state with neurologists so their care can continue. Many persons have benefitted thus far from being able to receive consultations and their medication while staying safely at home. Our social and psychological services are also being offered through teleconference so our clients are still able to get much needed support. Epilepsy Florida staff will continue to support those in our community living with epilepsy to the best of our ability while doing our part to stop the spread of COVID19.

For more information about Epilepsy Florida and their initiatives, visit: https://www.epilepsyfl.com/.

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.**

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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**