

**November 2020**

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**ATTENTION**

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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**LUNG CANCER  
AWARENESS MONTH  
NOVEMBER**



Imagine a world where no one dies from lung cancer. That's a world we should all be striving to achieve. November is Lung Cancer Awareness Month. Join the Tobacco-Free Workgroup in our efforts to raise awareness of this disease. Take the time to educate yourself on the risks and symptoms of lung cancer and ways to protect your lungs against cancer. This month is about bringing awareness to ways we can improve our lung health.

In the United States, lung cancer is the leading cause of cancer death and the second most common cancer among both men and women. Each year, about 218,000 people in the United States are told they have lung cancer and about 149,000 people die from this disease. To prevent having lung cancer, do not start smoking or quit if you are a smoker. If you or someone you know has a history of heavy smoking, you may be eligible for lung cancer screening. Talk to your physician about getting screened for lung cancer. For help quitting, visit [tobaccofreeflorida.com](http://tobaccofreeflorida.com).

**Learn More about the Youth & Young Adult Essay Contest!**

The Tobacco Free Workgroup continues to sponsor the Youth & Young Adult Essay Contest!

Anyone under 21 years of age can win a US\$100 gift card by writing on a variety of tobacco prevention issues and getting their essay published. If you know anyone who might be interested in participating, please share this information with them.

For more information on the Youth and Young Adult Essay Contest, please go to: <http://pierobon.org/tobacco/web/essay.htm>.

## Consortium For A Healthier Miami-Dade



Sponsored by the Florida Department of Health in Miami-Dade County

### Did you know? The Consortium For A Healthier Miami-Dade's **Children's Issues/Oral Health Committee**

established in 2003 to improve the health and wellness of children in Miami-Dade County.

Committee initiatives focus on the implementation of policy, systems, and environmental change that support healthy lifestyles among children.

For more information click [here.](#)

## Women, Infants, and Children Program



**786-336-1300**  
**WIC Appointment Line**

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

## The Importance of People Centered Care to address Childhood Obesity in MDC

By Imelda Mercedes Medina, MD MPH, President of Familias Unidas International, Inc.

Obesity affects 1 in 5 children and adolescents in the [United States](#), and about 1 of every 4 adolescents in [Miami Dade County](#) (MDC). This is a serious health concern as obese and overweight youth are more likely to have risk factors associated with cardiovascular diseases, such as high blood pressure, high cholesterol and type 2 diabetes. Contributing factors to childhood obesity include dietary patterns, physical inactivity, genetics, medication use, and the physical and social environment ([CDC](#)).

A people-centered approach (PCC) to health care is key to addressing this pandemic. Through PCC, we put people and communities, not diseases, at the center of health systems, and empower persons to take charge of their own health rather than being passive recipients of services ([WHO](#)). In [Miami-Dade County](#) we have implemented a variety of people-centered interventions, which include training childcare centers' staff; support breastfeeding and work-site lactation policy; install bicycle racks; and implement evidence based programs such as the [Park Prescription](#), [SPARK™](#) and [Fit2Play](#), among others.

By working in collaboration with primary care, public health, and community-based leaders, we are making a difference in the lives of our children and that of our community.

## National Diabetes Month: "Taking Care of Youth Who Have Diabetes"

The [National Institute of Diabetes and Digestive and Kidney Diseases](#) (NIDDK) commemorates November as National Diabetes Month. The theme for National Diabetes Month this year is "Taking Care of Youth Who Have Diabetes."

In the United States, diabetes is one of the most common chronic conditions among school-age youth. It affects approximately 193,000 youth under the age of 20 years old. Therefore, this year's theme was chosen to focus on the youth population. All youth, regardless of their age, who have diabetes sometimes need support with their diabetes care. It is especially important to help your child or teen develop a plan to manage their diabetes. You also want to work with their health care team to adjust the diabetes self-care plan as needed. Lastly, you want to encourage healthy habits like following a healthy eating plan, having a physical activity routine, and getting adequate sleep.

The NIDDK has also created a [National Diabetes Month 2020 Toolkit](#) which includes flyers and social media content to share and bring awareness to the community.

For more information please visit the National Institute of Diabetes and Digestive and Kidney Diseases here: <https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>

## 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](mailto:COVID-19@flhealth.gov).

### COVID-19 Testing Sites

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



## MyPlate Tips for a Healthier Holiday

The holidays are quickly approaching and are often filled with many honored cultural traditions which include some of our favorite meals and foods. As you begin to plan for your holidays, think of little healthy changes you can begin to make this holiday season. You can create healthier meals and incorporate activities like dancing and playing active games to any gathering. Some healthy tips that you can start to make as you prepare your favorite recipes include ways to cut back on added sugars, salt, and saturated fat while cooking this holiday season.

Being physically active can also be a fun part of parties and events. Great gatherings are easy to do when tasty, nutritious foods from all the food groups are offered in a fun, and active environment. Keep in mind to purchase in-season produce when it costs less and tastes better. This is an opportunity to save money and purchase healthy foods that fit your budget.

Check out [MyPlate Kitchen](#) which has some new recipes you can try. You can also use [ChooseMyPlate.gov](#) to include foods from the food groups for your party.

## Staying Safe Over the Holidays

### Cooking

Cooking is the #1 reason for fires on Thanksgiving Day. In order to prevent fires and other injuries never leave cooking food unattended, keep kids away from the stove/oven and hot foods, and keep flammable items away from open fires. More safety tips [here](#).

### COVID-19

The Covid-19 pandemic is still ongoing, meaning we should all participate in lower risk activities. These include small dinners, limiting contact with individuals who are of high risk of severe illness, and participating in events and shopping virtually. More safety tips from the CDC can be found [here](#).

### Travel

Millions of Americans travel during this time of year, whether it be by car, air, bus, or train. Before you leave, make sure you know the destination's requirements for travelers. Regardless of your method of travel, remember to wear your mask, practice social distancing, wash your hands or use hand sanitizer, and avoid touching your eyes, nose & mouth.

## Upcoming Events



# Bounty of Health

## Virtual Health Education Event

**November 18th**  
**Anytime after 6:00 PM**

Topics Include:

Blood Sugar  
 COVID Healthy Holiday Gatherings  
 Healthy Aging  
 Maternal Child Health

And much more!

If you have any questions you can e-mail

Robert Ward  
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Bryanna McDaniel  
 ([Bryanna.McDaniel@FLHealth.Gov](mailto:Bryanna.McDaniel@FLHealth.Gov)), or

Candice Schottenloher  
 ([Candice.Schottenloher@flhealth.gov](mailto:Candice.Schottenloher@flhealth.gov)).

## November is Epilepsy Awareness Month

By Epilepsy Florida

We all know that breast cancer is a terrible disease, killing thousands of women annually but did you know that there are just as many seizure related deaths every single year? And most of them are under 30. Few know that more people are diagnosed with epilepsy than with Autism, Cerebral Palsy, Multiple Sclerosis and Parkinson's combined. It is estimated that 1 in 26 people will develop epilepsy in their lifetime. Epilepsy Continues.



You can learn more through one of Epilepsy Florida's FREE epilepsy and seizure first aid presentations by sending a request to [prevention&education@epilepsyfl.org](mailto:prevention&education@epilepsyfl.org). Be a part of our journey to help continue and expand services provided for the epilepsy community by participating in our online fundraising campaign at [www.give.epilepsyfl.com](http://www.give.epilepsyfl.com).

## Need Health Insurance?

The annual healthcare open enrollment period runs from November 1<sup>st</sup> to December 15<sup>th</sup> for coverage start dates as early as January 1, 2021. There are local organizations like the [Health Council of South Florida](#) and programs like the [Epilepsy Florida's Healthcare Navigation Program](#) that offer free healthcare enrollment assistance and education to those looking to obtain affordable coverage or change their current health insurance selection.

Visit <https://localhelp.healthcare.gov> to find an agent and/or an assister today! #GetCovered #StayCovered

## 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)

CONSORTIUM  
 FOR A  
 HEALTHIER  
 MIAMI-DADE



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