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## Safe Sleep Is Essential For Babies

By Dr. Katherine Friedebach, Chief Medical Officer of Sunshine Health



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### ATTENTION

We are currently accepting submissions for our next newsletter!

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Dr. Katherine Friedebach, Chief Medical Officer of Sunshine Health

Putting baby on "back to sleep" for the first year is the No. 1 rule for Safe Sleep. It's a simple thing that makes a big difference.

Most parents have heard this rule, but they need to know why it's so important and to share it with every single person who helps with baby.

There are 3,500 sleep-related deaths of babies each year in the U.S. and some 22% of mothers report not placing baby on his or her back, according to the CDC.

Older generations didn't always put babies to sleep on backs – so whether it's grandparents, a neighbor, or childcare, make sure they know to always put baby to sleep on his or her back until he or she is 1 year old.

Some babies fuss on their backs, but quickly adapt. Talk to your pediatrician if fussing continues.

At about 3 to 6 months, babies will be able to roll off their backs but may not be able to roll back over. You will need to gently help them back over. Never swaddle or use items to restrict movement at this stage. They need their arms and legs free to roll back over.

While "Back to Sleep" is the No. 1 Rule of Safe Sleep, there are others – including crib tips, clothing guidelines and more. Here are some sources:

- [Laying Your Baby Down to Sleep, from the Sunshine Health Krames Online Library](#)
- [Ways to Reduce Sleep-Related Deaths, from the National Institutes of Health](#)
- [How to Keep Baby Safe When Sleeping, from the CDC](#)

Go to [SunshineHealth.com](https://SunshineHealth.com) to learn more.

## 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 **Elder Issues Committee**

was established in 2006 to promote and encourage elder community members to live a safe and healthy lifestyle.

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.

## September is Healthy Aging Month!

During the month of September, we take this time to promote healthy lifestyles for all ages, including our older population. We find that as we age and our bodies change many concepts stay the same: eating healthy foods, being active, quitting tobacco, and visiting your doctor regularly are things we all need to do to continue living a healthy life. What are some things we should be aware of?



### Your vision can change with age.

According to the [National Eye Institute \(2019\)](#), “more than 40 million Americans are 65 or older” and as the population grows, so can the rate of eye diseases. In addition to your regular check-ups with your physician, it’s important that you receive comprehensive eye exams on a regular basis. Catching diseases early can make a difference. For resources on eye health click [here](#).

### Some brain changes are normal.

According to the [CDC \(2020\)](#) “Normal aging may mean slower processing speeds and more difficulty with multitasking, but routine memory, skills, and knowledge are stable and may even improve with age. It’s normal to occasionally forget recent events such as where the keys were last placed or the name of the person you just met.” For more information on healthy aging and brain health click [here](#).

**Ways To Help Reduce Infant & Maternal Mortality**

Offer affordable, high quality care

Continue with comprehensive care after delivery

Providing high-risk patients with the care they need.

## Infant and Maternal Mortality Awareness

Maternal Mortality and Infant Mortality are hot topics in the field of public health as they continue to rise despite recent advances in the Maternal Child Health sectors. Although 60% of Maternal deaths are preventable (CDC, 2019), Black women in Miami-Dade County had a maternal mortality rate that was 4 times higher than White women in 2018. A similar trend is seen in infant mortality, where the Black rate is up to 3 times higher than White infants (FLHealthCharts, 2018).

### What are some ways that providers can help improve these statistics?

- **Provide culturally sensitive and appropriate care both pre- and postnatally.**
- **Increase access to quality and affordable prenatal and infant care.**
- **Appropriate care for high-risk individuals.**
- **Continuation of care after delivery.**

Sources: Centers For Disease Control and Prevention [CDC], (2019). Pregnancy-related deaths. Retrieved from [https://www.cdc.gov/vitalsigns/maternal-deaths/index.html#:~:text=Every%20pregnancy%2Drelated%20death%20is,a%20year%20afterward%20\(postpartum\)](https://www.cdc.gov/vitalsigns/maternal-deaths/index.html#:~:text=Every%20pregnancy%2Drelated%20death%20is,a%20year%20afterward%20(postpartum).).

## 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

## My Plate, My State for Florida



The MyPlate, MyState program connects Americans with the foods and flavors grown in their states and regions. This program shares how the foods are grown and raised in your state. In the United States, Florida is the top producer of oranges and sugarcane. Florida is also a major producer of vegetables. Approximately 45% of schools in Florida are using local and regional foods to serve healthy, MyPlate-inspired meals to children. This equates to over \$62.8 million invested in the local economy.

The MyPlate, MyState initiative has a toolkit for teachers that include resources for lesson plans around gardening, agriculture and nutrition, as well as new MyPlate, MyState activity sheets that can be used throughout the school year. There also other class ideas for food and nutrition, farmers and farmers markets, and your state's agriculture.

My Plate, My State also has a social media campaign in which they engage users to show how you use foods from your state and region by taking a picture of your plate. When sharing on social media you should use the hashtag #MyPlateMyState. Check out the [USDA Blog post](#) for more information on how to share your plate!

**MOVE YOUR WAY.** Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*	Muscle-strengthening activity
Anything that gets your heart beating faster counts. <div style="display: flex; justify-content: center; align-items: center; gap: 10px;"> <div style="text-align: center;">             at least  <b>150</b>              minutes              a week           </div> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 5px;">AND</div> <div style="text-align: center;">             at least  <b>2</b>              days              a week           </div> </div> <div style="display: flex; justify-content: center; gap: 10px; margin-top: 10px;"> </div>	Do activities that make your muscles work harder than usual. <div style="display: flex; justify-content: center; align-items: center; gap: 10px;"> </div>
*If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week. If that's more than you can do right now, do what you can. Even 5 minutes of physical activity has real health benefits.	
<b>Walk. Run. Dance. Play. What's your move?</b>	

## Physical Activity is Key to Move Your Way

Move Your Way is the promotional campaign for the second edition of the Physical Activity Guidelines for Americans. The Physical Activity Guidelines for Americans provides evidence-based guidance to support Americans maintain or improve their health through physical activity. The campaign's goal is to assist people live healthier lives through increased physical activity. One of the key tips to staying healthy is including physical activity in your daily life. But did you know it can also help you feel better? Physical activity **boosts your mood, sharpens your focus, reduces your stress, and improves your sleep.**

Over time, physical activity can help you live a longer and healthier life. It helps to lower your risk of diseases like Type 2 Diabetes and some cancers, controls your blood pressure, and it also helps you stay at a healthy weight. It is also important to keep in mind there is a variety of ways to stay physically active. It is important to remember that any physical activity even activities that do not feel like exercise count too. To learn more, please visit <https://health.gov/moveyourway>.

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

## Health Equity in 2020

What does this mean and why does it matter in the age of COVID-19?

SAVE THE DATE!

October 2, 2020

Registration details coming soon.

Join us 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 leadership and organizational thinking to begin those tough conversations towards lasting change and equity.



## Healthy Happens Here Webinar Series

The Florida Department of Health in Miami-Dade County, Office of Community Health and Planning is proud to present a new webinar series titled “**Healthy Happens Here**”. Three events will be held each month and will cover a variety of topics including nutrition, mental health, tobacco cessation, and chronic disease self-management. Register for the sessions that you would like to attend. Feel free to sign up for one or all of the sessions -but each session has a different link, so be sure to click on each one that you are interested in attending. Please feel free to share with your partners and general public as it is open to everyone!

### Upcoming September Sessions



SEPTEMBER 11, 2020

*Women’s Health and Fitness*



SEPTEMBER 25, 2020

*Tobacco and Pregnancy: What You Need to Know*



SEPTEMBER 30, 2020

*Intro to Cholesterol*

If you have any questions you can e-mail Robert Ward ([Robert.Ward@Flhealth.gov](mailto:Robert.Ward@Flhealth.gov)), Bryanna McDaniel ([Bryanna.McDaniel@FLHealth.Gov](mailto:Bryanna.McDaniel@FLHealth.Gov)), or Candice Schottenloher ([Candice.Schottenloher@flhealth.gov](mailto:Candice.Schottenloher@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.



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)