

OCTOBER 2020

October is Breast Cancer Awareness Month

INSIDE THIS ISSUE

- 1 October Is Breast Cancer Awareness Month
- 2 Smart Healthy Active Choices for Healthy Aging
COVID-19 Resources
- 3 A Treaty for Good Treatment: Working with Youth to Help Children whom are Homeless
Common Threads Creates On-Demand Nutrition Lessons to Reinforce Wellness
Consortium For A Healthier Miami-Dade Women, Infants, and Children Program
- 4 Healthy Happens Here Webinar Series
Upcoming Consortium Event: Community Health Improvement Plan Meeting

ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

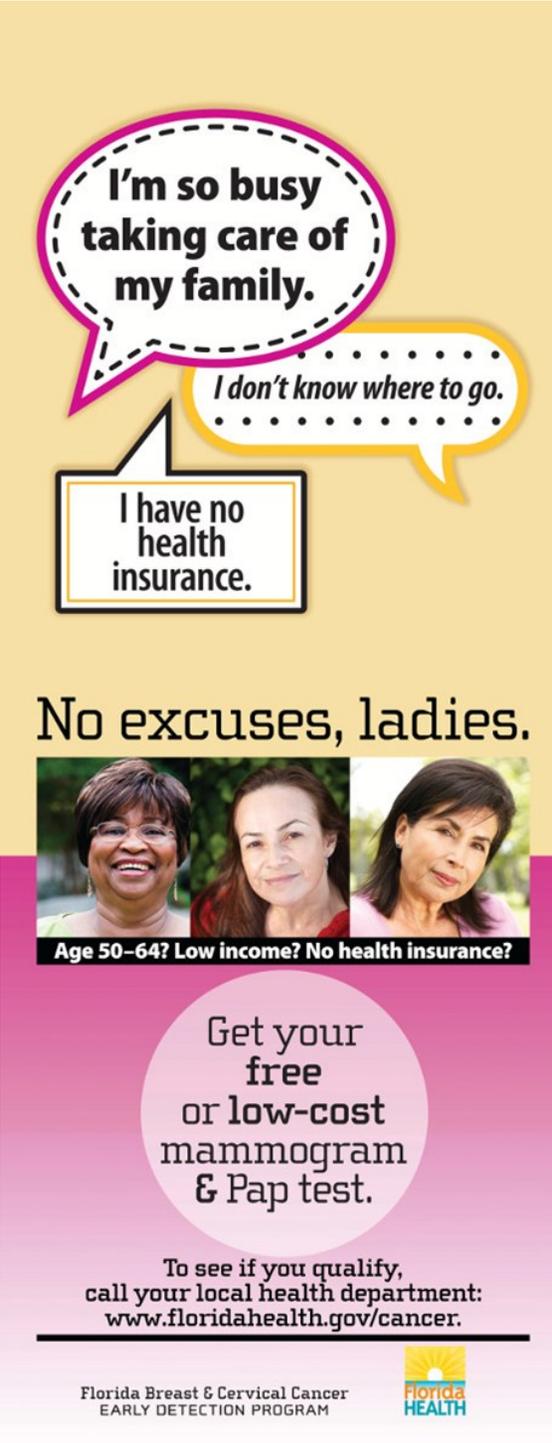
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Breast cancer, as defined by the Centers for Disease Control and Prevention (2020) is a "disease in which cells in the breast grow out of control." Today, a woman has a 1 in 8 chance of being diagnosed with breast cancer in their lifetime and a man has a 1 in 800 chance. There are many risk factors that come with breast cancer. Some we cannot control, like genetics or even radiation exposure. However, there are ways that you can lower your chance of developing breast cancer. For instance, maintaining a healthy weight, minimizing alcohol consumption, having a child before the age of 30, and even breastfeeding can all lower a woman's risk.

In addition, it's important that you not only receive regular mammograms and check-ups, but that you know when to report breast changes to your provider. According to the CDC (2020) changes that you should watch for include lumps in the breast and underarm region, dimpling of skin, thickening in the area, nipples turning inward or creating discharge, or even change in the color of skin near the breast or underarm region.

Centers for Disease Control and Prevention (2020). What is breast cancer? Retrieved from <https://www.cdc.gov/cancer/breast/>

Did you know that the Florida Department of Health in Miami-Dade offers breast cancer early detection services? These include mammograms and clinical breast exams. To learn more about eligibility criteria click [HERE](#)



I'm so busy taking care of my family.

I don't know where to go.

I have no health insurance.

No excuses, ladies.

Age 50-64? Low income? No health insurance?

Get your free or low-cost mammogram & Pap test.

To see if you qualify, call your local health department: www.floridahealth.gov/cancer.

Florida Breast & Cervical Cancer EARLY DETECTION PROGRAM



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.

COVID-19 Testing Sites
Please [click here](#) for the most up-to-date list

Smart Healthy Active Choices for Healthy Aging

Healthy eating can make a difference in the future for our health, help to improve how we feel, and encourage an overall sense of well-being. Eating healthy and staying active has many benefits that can aid older adults. It is important to maintain a healthy weight and a balanced diet throughout life. It is important to obtain nutrients needed by the body like potassium, calcium, vitamin D, vitamin B12, minerals, and dietary fiber.

Our daily eating habits change as our bodies get older. Making small adjustments to help you enjoy the foods and beverages you eat, and drink is a great way to start to make these changes. Some of these adjustments include adding sliced fruits and vegetables to your meals; consuming foods fortified with vitamin B12 like fortified cereals; and to drink 3 cups of fat-free or low-fat milk throughout the day. If you are unable to tolerate milk you can substitute and try small amounts of yogurt, butter milk, hard cheese or lactose-free foods.

While maintaining a healthy diet, it is important to maintain a healthy body weight too. Being physically active can help you stay strong and independent as you grow older. Weight loss can also help improve your quality of life and reduce the risk of disease and disability. Check with your doctor before starting an intense exercise program if you are not sure about your level of fitness. To learn more and for more resources, please visit here: <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/adults/older-adults>.



Source: <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/adults/older-adults>

Consortium For A Healthier Miami-Dade



Did you know? The Consortium For A Healthier Miami-Dade's Children's Issues/Oral Health Committee was established in 2003 to improve the health and wellness of children in Miami-Dade County.

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.

A Treaty for Good Treatment: Working with Youth to Help Children whom are Homeless

As of 2019 in Florida, over 1,400 homeless/ displaced individuals were young adults between the ages of 18 and 24 years old (USICH, n.d). The Florida's Council on Homelessness in 2019 reported that "26 percent of the homeless households identified have children, accounting for a total of 7,287 people." These statistics are reflected in Miami-Dade county where children are the fastest growing segment of the homeless community.

At [Chapman Partnership](#), about half of all clients are families with children of all ages (from newborns to teenagers), and on any given night, there can be over 250 children with their parents sleeping in their shelters. This problem can be further worsened due to COVID-19 and the many barriers that have developed throughout this year. This is a family tragedy which can impact every area within the lives of children and their human rights.

As a result, the organization is working in partnership with the "A Treaty of Good Treatment Campaign" to empower individuals of all backgrounds and ensure that everyone is cared for in a holistic way. The organization currently works with youth (18-30 years old) to do community service projects and help strengthen and protect the rights of children. For more information, please visit <https://chapmanpartnership.org/helping-homeless-kids/>

Florida's Council on Homelessness (2019). 2019 annual Report. retrieved from <https://www.myflfamilies.com/service-programs/homelessness/docs/2019CouncilReport.pdf>

United States Interagency Council on Homelessness [USICH] (n.d.). Florida homelessness statistics. Retrieved from <https://www.usich.gov/homelessness-statistics/fl/>



Common Threads Creates On-Demand Nutrition Lessons to Reinforce Wellness

As children, parents and educators face the continuation of virtual education and limitations due to COVID-19. To combat this, common Threads has created on-demand programming to help children stay engaged in academics through nutrition education lessons.

Common Threads's on-demand lessons give children and families the opportunity for academic enrichment when there are so many limitations in place due to COVID-19," said Stephanie Folkens, Vice President of Programs for Common Threads. "The program design not only provides fun online and offline activities, but also infuses experiential learning throughout the program to help set children up for success in the coming year."

The lessons are designed to provide our healthy education programs to students right in the comfort of their own kitchen. All that is needed to participate is a computer with internet access and a positive attitude to learn about healthy cooking, physical activity, and more!

The 6th-8th grade lessons will be available in October. Those interested in the lessons can pre-register at www.commonthreads.org/ondemand. When the lessons are available, registrants will receive an email with additional information.

Registration is free and is available at www.commonthreads.org/ondemand.

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

Virtual Community Health Improvement Plan Meeting



October 30, 2020

Register here:

<https://attendee.gotowebinar.com/register/948375367518182928>

(Use Google Chrome browser)

We want to hear from you! Join the Florida Department of Health and other leading local organizations in discussing current health issues facing Miami-Dade County. The Community Health Improvement Plan Meeting is designed to bring community members and organizations together to take a collaborative approach to prioritizing and addressing the needs of the community.



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 October Session



Harvest Healthy Habits

Topics include:

- Chronic Disease Prevention**
- Breast Cancer Awareness**
- Mental Health**
- Domestic Violence**

Registration Details coming soon!

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



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