

April 2021



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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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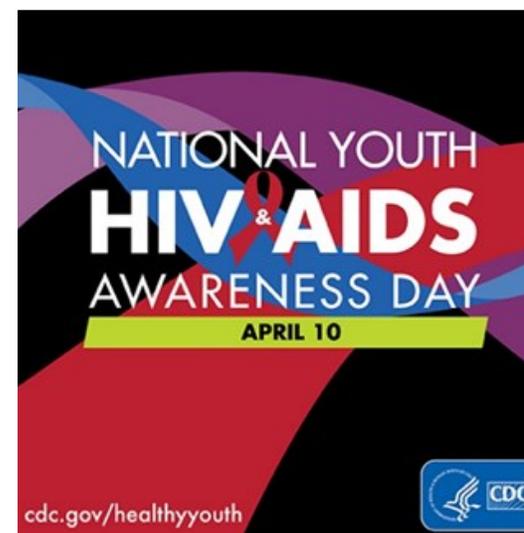
Gardening For Your Health

Gardening can be beneficial to your health as it promotes both physical activity and healthy eating by having accessible fresh food close to home. According to Soga, Gaston, & Yamaura (2017), gardening has led to "reductions in depression, anxiety, and body mass index, as well as increases in life satisfaction, quality of life, and sense of community." In addition to health benefits, gardening has several educational components that can be great for kids. Whether you have a small balcony or a large plot of land, growing your own fruits and vegetables is possible. You can always start small with easy plants like lettuce, tomatoes, and peppers. Since Miami-Dade county rarely has harsh winters, growing healthy options year-round is also possible. To learn more about starting a home garden visit <https://www.health.ny.gov/publications/1301/> or use these resources: [Plant Hardiness Zone Map](#), [Vegetable Growing Guides](#)

Soga, M., Gaston, K. J., & Yamaura, Y. (2017) Gardening is beneficial for health: a meta-analysis. *Preventive Medicine Reports* 5:92-99. <https://doi.org/10.1016/j.pmedr.2016.11.007>

National Youth HIV/AIDS Awareness Day (April 10th)

Did you know that 21% of new HIV cases occur among those between the ages of 13 and 24 ([CDC, 2020](#))? HIV/AIDS can have lasting impacts if not addressed in a timely and appropriate manner—which makes it even more important to encourage young adults to get tested. According to the [CDC \(2020\)](#), 4 in 7 youth knew they were positive for HIV. In addition, this age group has the lowest rates of viral suppression compared to other age groups. Some of the biggest challenges to date include the extremely low rate of high school students being tested for HIV (9%), social stigma, and inadequate sex education. To learn more about HIV/AIDS among young adults and how you can help raise awareness on April 10th visit <https://www.cdc.gov/hiv/library/awareness/nyhaad.html>





Colgate Bright Smile Bright Futures Program

Contact us:

miamibsbfteam@gmail.com

877-672-3075

Website:

<https://www.colgate.com/en-us/oral-health-education>



Florida Department of Health in Miami-Dade County

[Seals on Wheels Dental
Program](#)

305-324-2400

[STD Clinical Services](#)

(305) 324-2400

5 steps to Good Oral Care

Silvana Tchorbadjian, BBA, Bright Smiles, Bright Futures



1. **Brush your teeth twice a day.** Use a soft toothbrush, fluoride toothpaste and brush once in the morning and once at night.
2. **Limit sugary snacks & drinks.** Remember to eat lots of fruit and vegetables! Try to limit sugary drinks – water or a glass of milk is healthier for your teeth.
3. **Visit your dentist.** Visit your dentist or dental hygienist regularly to help keep your teeth and gums healthy.
4. **Floss.** Hold the floss between your fingers, and gently rub the floss between your teeth.
5. **Change your toothbrush every 3 months.** If the bristles on your toothbrush are looking worn, they will not remove as much plaque so it's time for a new one!

PREVENT THE SPREAD OF STDs WITH THREE SIMPLE STEPS:

TALK

Talk openly about STDs with your patients.

TEST

Test your patients according to CDC guidelines.

TREAT

Treat patients and their partner(s) quickly and according to CDC guidelines.



April is STD Awareness Month

In 2018 alone, nearly 1 in 5 people in the U.S had a sexually transmitted infection (STI). In this same time frame “chlamydia, trichomoniasis, genital herpes, and HPV accounted for 98% of all prevalent STIs and 93% of all new STIs” ([CDC, 2021](#)). Sexually transmitted diseases, if left untreated, can affect populations differently. For example, pregnant women are at an increased risk of miscarriage and pregnancy complications, women are at an increased risk for infertility ([CDC, 2013](#)), and men are at an increased risk for some cancers ([CDC, 2021](#)). In addition to knowing your current STD status, there are many ways you can protect yourself and loved ones from STDs. This includes abstinence, use of condoms, and even getting vaccinated. To learn more about prevention tips, see the infographic above.

The Florida Department of Health in Miami-Dade currently offers services to those 13 years or older. Services offered include: STD screening and treatment, Pre-Exposure Prophylaxis (PrEP), hepatitis testing, and hepatitis A and B vaccines to those considered at high-risk. For more information click [here](#).



COVID-19 Miami-Dade County Vaccine and Testing List:

[Click Here](#)

Florida Department of Health COVID-19 Vaccine Locator

[Click Here](#)

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



[image: CDC]

COVID-19: When You're Fully Vaccinated

"People are considered fully vaccinated:

- *2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or*
- *2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine*

If it has been less than 2 weeks since your shot, or if you still need to get your second dose, you are NOT fully protected." - [Centers for Disease Control and Prevention, 2021](#)

What is different?

As of March 8, 2021, the CDC reported that those who are fully vaccinated can gather in small groups without a mask as long as others are vaccinated as well.

What is the same?

Continue protecting yourself and others by continuing to wear a mask, social distancing, and practicing proper hand hygiene. Continue to avoid large gatherings and monitor your health for any covid-19 symptoms.

Where can I get more information?

For detailed and up-to-date information regarding recommendations for those who are fully vaccinated, visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

Upcoming Events



Gardening and Your Health Webinar

When: April 8, 2021
Time: 1:00 PM

HIV/AIDS and STD Awareness Webinar

When: April 15, 2021
Time: 1:30 PM

For additional information and how to register, contact:

Bryanna McDaniel

(Bryanna.McDaniel@FLHealth.Gov)

or Candice Schottenloher

(Candice.Schottenloher@flhealth.gov)

Get Active and Healthy this National Minority Health Month!



April is National Minority Health Month. This year the Office of Minority Health (OMH) at the U.S. Department of Health and Human Services will highlight the theme Active & Healthy. This year's focus highlights safe ways all communities can stay physically active and to advance mental and emotional

wellness. OMH invites everyone to join **#ActiveandHealthy**. This is a national social media campaign that focuses on the steps the nation can take every day in and around the home to keep our minds and bodies active, consistent with the social distancing guidelines to stop the spread of COVID-19.

This campaign encourages and includes creative ways to keep older adults and children safe and physically engaged, along with ideas to stay connected with friends, family and communities. Through this campaign, Physical Activity Guidelines for Americans and the Office of Disease Prevention and Health Promotion's [Move Your Way](#) campaign will be promoted too.

#ActiveandHealthy campaign highlights daily themes with simple steps people can take to maintain and sustain an active and healthy lifestyle while reducing stress and anxiety. These include:

- Wellness Monday
- Trivia Tuesdays
- Work Out Wednesdays
- Throwback Thursdays
- Family Fridays
- Spotlight Saturdays
- Empowerment Sundays

For more information and to learn about ways to get involved, please visit the U.S. Department of Health and Human Services Office of Minority Health [here](#).

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