

October 2021

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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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Breast Cancer

AWARENESS MONTH

Breast Cancer Facts

- * According to the CDC, about 255,000 women are diagnosed with breast cancer and 42,000 women die from breast cancer each year.
- * Drinking alcohol can increase your risk of breast cancer.
- * Physical activity and maintaining a healthy diet consisting of fruits and vegetables can decrease your risk of breast cancer.
- * Women over the age of 40 should begin mammogram screenings once every two years.
- * Regular mammogram screenings can lower the risk of breast cancer due to early detection.
- * October 22 is National Mammography Day
- * Men can also get breast cancer, though it is less common.



For physical activities visit [Parks305](https://www.parks305.com)

The less alcohol
you drink, the
lower your risk
for cancer



cdc.gov/cancer/alcohol/



Learn more about breast cancer by visiting the [CDC's website](https://www.cdc.gov/cancer/).

Resources

[COVID-19 Testing Site Finder](#)

[Mental Health Quiz](#)

[Miami-Dade County Domestic Violence Assistance](#)



Florida Department of Health in Miami-Dade County

[Downloadable Resources](#)



COVID-19 Vaccination and Testing



On August 23, 2021, the U.S. Food and Drug Administration fully approved the first COVID-19 vaccine, Pfizer-BioNTech COVID-19 Vaccine. With this great milestone we can continue to stop the spread of the virus and end the pandemic. We urge that all citizens in Miami-Dade County get vaccinated to protect your self and loved ones from serious symptoms that can result to hospitalization. [Click here](#) to find vaccination sites in Miami-Dade County.



Mental Health Awareness Week October 3-9, 2021



There are millions of Americans living with a mental condition such as anxiety, bipolar, PTSD, depression, schizophrenia, eating disorders, and more. This October 7th is National Depression Screening Day and October 10th is World Mental Health Day. Spread awareness by educating and uplifting others during challenging times. If you are in need of help, call 1-800-273-8255.



For more information visit, [National Alliance on Mental Illness](#)

October is National Domestic Violence Awareness Month

Become aware of the warning signs of an abusive relationship such as: extreme jealousy, discouraging you from spending time with family friends, insulting , demeaning , or shaming you, controlling finances, intimidation, destroying belongings, and pressuring to use drugs. If you need of help or know someone in an abusive relationship call 911 or Florida Domestic Violence 24-Hour Crisis Hotline at 1-800-500-119.





Florida Department of Health COVID-19 Vaccine Site Locator

[CLICK HERE](#)

Healthy Dinner MyPlate Recipes

[CLICK HERE](#)

COVID-19

To find the most up-to-date information and guidance on COVID-19 please visit the CDC'S website Guidance for COVID-19.

[Click Here](#)

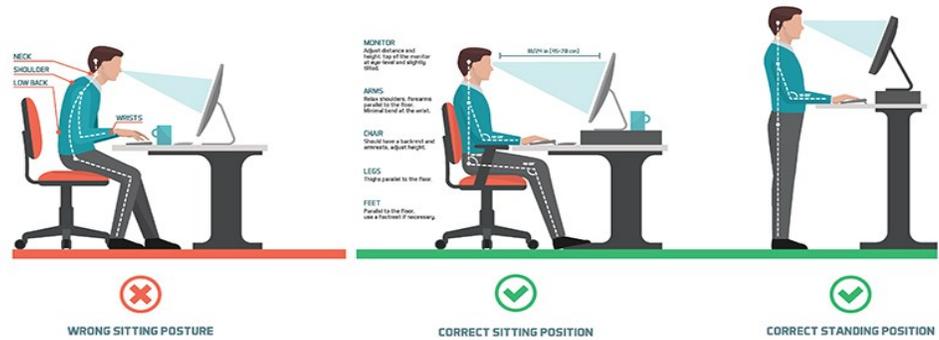
For any other questions related to COVID-19 in Florida, please contact the Department's dedicated COVID-19 Call Center by calling **1-866-779-6121**. The Call Center is available **24 hours per day**. Inquiries may also be emailed to **COVID-19@flhealth.gov**



Working Virtually?



The average person spends about seven hours a day on the computer, either at home or in an office setting. Many people experience discomfort such as headaches, neck and shoulder pain, and vision problems when working on digital screens for an extended time. Discomfort can increase as screen time increases. Other factors that can lead to discomfort are poor lighting, glare on screen, poor seating posture, and improper vision distance. According to American Optometric Association, a helpful tip to alleviate eyestrain is the 20-20-20 rule. Take a 20-second break to view something 20 feet away every 20 minutes. To learn more visit [American Optometric Association](#).



Hot Chili Popcorn

Put a new twist on popcorn, taste the chili and garlic flavors. Try this quick and easy snack with the family; Only four simple ingredients needed. Add fiber to your diet while eating the foods you love. Visit [MyPlate](#) for this quick recipe.



Dental Health

What is the most common chronic disease in children? Cavities. Cavities are formed when a person has left over food and sugars in the mouth that stick to teeth. Poor oral hygiene, lack of fluoride, and acid reflux can cause cavities or tooth decay. According to the CDC, about 25% of children 5-19 years old from low-income families are twice as likely to have cavities and about 20% of children 5-11 years old have at least one untreated cavity. Cavities can cause infections, gum disease, tooth loss, oral cancer and chronic diseases in adults. Cavities are preventable with proper dental care. [Click here](#) for additional information.





[Miami-Dade County Halloween Safety](#)



[CDC COVID-19 Holiday Celebration Safety](#)

[National Highway Traffic Safety Administration](#)

Trick or Treat

Halloween Safety Tips

1. We encourage that all citizens celebrate virtually or only with the people you live with.
2. Carry a flashlight with full batteries.
3. Think of a careful and safe route; choose streets with lighting and decorations that welcome visitors.
4. Children should be supervised by an adult.
5. Make sure Halloween costumes are easy to see at night; bright or reflective colors are recommended.
6. Stay on the side walk or walk on the side of the street facing oncoming traffic.
7. Do not allow children to eat candy until it has been examined by an adult.



NHTFA- Halloween Safety Tips for Drivers



1. Avoid using handheld electronic devices.
2. If you see a drunk driver or impaired pedestrian on the road, contact local law enforcement.
3. Be especially alert for all road users, including pedestrians, at night.

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