

## January 2021

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### ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

**Bryanna.McDaniel**  
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## Happy New Year!

Looking for New Year's goals and resolutions to have a healthy lifestyle? Below are a few tips for improving your health and wellness.



**Cook Healthier Meals**

Maintaining a healthy diet full of fruits, vegetables, and whole grains can make you feel energized and even help control/improve some health conditions. For healthy and easy recipes for you and your family click [HERE](#).



**Quit Tobacco**

There are several benefits to quitting smoking, including improved heart and lung function. Make a plan to quit today. For information on resources and how-to visit [TobaccoFreeFlorida.com](http://TobaccoFreeFlorida.com)



**Drink More Water**

Did you know? Drinking water can prevent dehydration, and help with managing body weight and reducing calorie intake. The amount of water you need varies by person. For more information visit the [CDC's webpage](#).



**Be Active**

Adults need 150 minutes of physical activity each week! Try to fit physical activity in your day, whether it be at work or at home. Need help making an activity plan? Visit the [Move Your Way Activity Planner](#) for help!

## Let's Connect: Consortium Directory



Check out the **NEW** Consortium Membership Directory! Collaboration is essential in promoting health and wellness opportunities within Miami-Dade County. The directory will provide Consortium members with the ability to seamlessly connect with one another for networking opportunities and much more!

You will find in the membership directory, the Consortium member's name, organization and contact information. The member's information will be categorized by their current committee membership. Please check out the Consortium Directory [here](#). Let's connect in promoting a healthier Miami-Dade County!

## Local Resources

For a list of local food banks and farmers markets click the link below:

[Feeding South Florida's 'Find Food Now' Webpage](#)

### COVID-19 Relief Programs

For individuals, businesses, hospitality, and arts and culture.

[Click here for information](#)



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)

## Rethink Your Drink This New Year



Have you thought about Rethinking Your Drink? The Rethink Your Drink Campaign is designed to educate and inform on the relationship between sugar-sweetened beverage consumption and increases in health problems like obesity and overweight rates. The Centers for Disease Control and Prevention (CDC) shares those who often intake sugary drinks are more likely to face health problems. Some of these problems include weight gain, obesity, heart disease, type 2 diabetes, tooth decay and cavities.

Limiting sugary drinks in your diet can help you maintain a healthy weight and a healthy diet. Many of these sugary drinks have high calories per serving. The Rethink Your Drink program provides nutrition education and recommendations for improving overall health. It highlights and emphasizes the importance of reducing your intake of sugary beverages like sodas, energy drinks, and sports drink.

To learn more, check out the Rethink Your Drink resources and intervention materials available here: <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/Pages/RethinkYourDrink.aspx>. Also, take a moment to visit the CDC for fun healthy tips to Rethink Your Drink here: [https://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](https://www.cdc.gov/healthyweight/healthy_eating/drinks.html).

## Bringing in 2021 With More Energy

Too tired when you get home from work to be physically active? This New Year try scheduling physical activity for times in the day or week that work best for you or when you feel most energetic. You could simply spread out your activity during the week!

It is recommended for adults to do 150 minutes of physical activity a week. You could simply break this down into 30 minutes a day, 5 times a week. Another great option is that you can even break it up into smaller intervals throughout the day. For many, walking is a great starting opportunity to becoming more active.

You should always speak with your doctor first about the proper plan of physical activity you should engage in if you have a chronic disease.

Find more helpful tips to add physical activity to your day and overcome any obstacles that may be in the way. **Visit here:** [https://www.cdc.gov/healthyweight/physical\\_activity/getting\\_started.html](https://www.cdc.gov/healthyweight/physical_activity/getting_started.html).

## Upcoming Events



## Healthy Happens Here Webinar Series:

### Human Trafficking

**When:** January 20, 2021  
**Time:** 10:00 AM - 11:30 AM  
**Platform:** GoToWebinar

### Healthy Goal Setting

**When:** January 27, 2021  
**Time:** 10:30 AM - 11:30 AM  
**Platform:** GoToMeeting

For additional information and how to register, contact:

Robert Ward  
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Candice Schottenloher  
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## National Slavery and Human Trafficking Prevention Month

**HUMAN TRAFFICKING IS MODERN-DAY SLAVERY**

# Look Beneath the Surface

**A victim of trafficking may look like many of the people you see each day.**

Ask the right questions and look for clues. You are vital because you may be the only person a victim has the opportunity to speak to. There are safe housing, health, food, income, employment and interpretation services available to victims, but first they must be found.

If you are concerned that someone may be a victim of forced labor or commercial sex, call the **National Human Trafficking Hotline** to report what you see and learn how you can help. **888-373-7888**

For more information about human trafficking visit [www.acf.hhs.gov/endttrafficking](http://www.acf.hhs.gov/endttrafficking).

**HUMAN TRAFFICKING: LOOK BENEATH THE SURFACE**

If you encountered a victim of slavery/ human trafficking in the U.S do you think you'd know? Many people in our community are unaware of the practice of human trafficking, which is why it is so important that we *look beneath the surface*. In 2019 alone, there were over 11,500 cases of human trafficking cases reported in the U.S. In Florida, there were over 890 cases reported in 2019 with domestic work and spa businesses being the top industries for labor and sex trafficking respectively (National Human Trafficking Hotline,2019).

Human trafficking is modern-day slavery because it exploits victims through the use of force, fraud, or coercion. There are many vulnerable populations including racial and ethnic minorities, people with low income, migrant workers and LGBTQ individuals. Click [HERE](#) for information on human trafficking and how you can help.

**If you or someone you know is a victim, please call 1-888-323-7888 or text 233733. You can also report trafficking here:**

<https://humantraffickinghotline.org/report-trafficking>

### 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.

CONSORTIUM  
 FOR A  
 HEALTHIER  
 MIAMI-DADE

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](http://www.healthymiamidade.org)