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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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Protect Yourself From Mosquitos

Mosquitos can be more than just a nuisance—they can spread dangerous viruses and parasites like malaria, West Nile, and Zika. With South Florida's humid weather and rainy season approaching, mosquito populations will be on the rise. Florida is one of the states with the highest rates of mosquito-related diseases (see infographic below). This is why it is important that you protect you and your loved ones from mosquito bites. See below for examples of the many ways that you can prevent mosquito bites:



Use Insect Repellent. Using insect repellent is a great way to prevent bites. For a list of EPA registered repellents that are safe for pregnant and breastfeeding women, click [HERE](#).



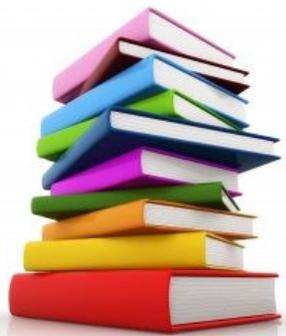
Wear appropriate clothing. This includes long pants, socks, and boots. Covering your skin can prevent mosquito bites.



Dump any standing water. Mosquitos lay their eggs in stagnant water, whether it be indoors or outdoors. Check toys, buckets, containers and even plants such as bromeliads, that may hold water on a regular basis.

For more information about preventing mosquito bites and mosquito control visit: <https://www.cdc.gov/mosquitoes/mosquito-bites/prevent-mosquito-bites.html>

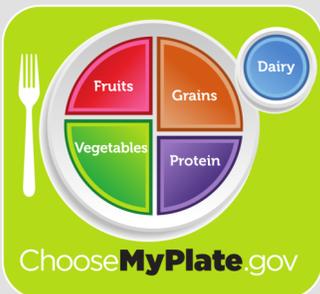
Avoiding The "Summer Slide"



Summer break is here and children are spending more time outdoors, staying active, and relaxing after the long school year. However, it's important to help your children avoid the "summer slide" which results in a decline/stagnation in their reading ability. Overtime, this can be reflected in the child's test scores and even high-school completion. Some ways to include reading in your children's daily activities include:

- Having family members take turns reading books aloud.
- Taking trips to local libraries and pair it with a family outings.
- Incentivizing reading by taking them to their favorite place or doing their favorite activity.

For more tips about summer reading click [here](#). Click [here](#) for general statistics.



Healthy Food Options

[Father's Day Menu](#)

The Consortium For A Healthier Miami-Dade would like to wish you all a healthy and happy Father's Day!



This father's day and men's health month, support healthy food choices that help your loved one live a long and healthy life. For a list of fun and balanced meals that help say "thanks" visit the [USDA website](#) for a list of recipes just for dad!

Men's Health Month



General Men's Health Resources

[Chronic Diseases Prevention](#)

[Taking Charge of Your Health](#)

[National Men's Health Week](#)

5 PLAYS FOR MEN
to Stay at the Top of Their Game

- We will protect this heart:** Heart disease is the No. 1 killer of men. Healthier food choices build a healthier heart – make fruits and vegetables half of your plate.
- Bro, you don't even have to lift:** Getting just 30 minutes of exercise each day can help you live longer and healthier.
- Preventive maintenance:** Getting regular check-ups can catch small problems before they become big problems.
- Quitting time:** Smoking causes cancer, heart disease, stroke, and... a greater risk of erectile dysfunction.
- Hey man, you good?** Life can get tough, and talking things through with a mental health professional can help. Find more info at [minorityhealth.hhs.gov](#).

Did you know that 12% of men over the age of 18 years old have fair or poor health ([Centers for Disease Control and Prevention \[CDC\], 2021](#)) ? In addition, the top 3 leading causes of death for men in the United States are heart disease, cancer, and unintentional injuries. The majority of these deaths are preventable.

For Men's Health Month we want to highlight important practices that can help someone live a long and healthy life. For more details, refer to the infographic and resource list to the left.

COVID-19 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



COVID-19 Miami-Dade County Vaccine and Testing List:
[CLICK HERE](#)

Florida Department of Health COVID-19 Vaccine Locator
[Click Here](#)



Worksite Wellness Toolkit

[CLICK HERE](#)

National Dairy Month

June is National Dairy Month. According to the U.S. Department of Agriculture, most Americans do not meet recommendations for the dairy food group ([USDA, 2019](#)). The dairy food group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. It does not include foods made from milk that have little calcium and a high fat content, such as cream cheese, sour cream, cream, and butter. There are many benefits to consuming dairy products. Some of these benefits include helping to build and maintain strong bones. This food group also provides many nutrients that are vital for the health and maintenance of our bodies. These nutrients include calcium, potassium, vitamin D, and protein. It is also important to share for those who are not able to consume dairy products there are alternatives. Some substitutes for dairy include fortified soy milk and yogurt, calcium-fortified juices, calcium-fortified plant-based milks, and some leafy greens. To learn more about the importance and the dairy food group, please visit MyPlate here: <https://www.myplate.gov/eat-healthy/dairy>.



How Healthy Is Your Workplace?

Our health relies heavily on our everyday activities and the choices we make. While employers cannot make healthy choices for their employees, they can create a supportive environment that can provide the tools and information needed for the employee to make the best-informed decision for their health. One of the best ways to do this is by establishing a worksite wellness program. With an engaging program and supportive environment, employees will not only feel like they are an important asset but that their employers care about their wellbeing. This in turn boosts morale, productivity, and retention. How healthy is your workplace? You can find out by completing [this assessment](#).

For comprehensive steps for establishing a wellness program as well as sample policies, use the [Worksite Wellness Toolkit](#) created by the Consortium for a Healthier Miami-Dade's Worksite Wellness Program. Information is in the left sidebar of this page.

Upcoming Events



Eat Fresh Series: Ep. 2 - Summer Sandwiches & Rethink Your Drink! Facebook Live Event

When: Friday, June 11, 2021
Time: 12 P.M.

Join us in the Consortium's Kitchen as we go through a live cooking demonstration! Learn from local health educators on nutrition, healthy eating, and healthy lifestyles.

Consortium's Facebook page:
Facebook.com/
ConsortiumMiamiDade

For additional information, contact:

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Scholarships Now Available

Step Up For Students administers four scholarship programs for Florida's schoolchildren:

- The **Florida Tax Credit** for children K-12 to attend private school or transportation to a public school.
- The **Family Empowerment Scholarship**, which has two components, one for children K-12 to attend private school or for transportation to an out-of-district public school, and another for children ages 3-22 who have certain special needs.
- The **Hope Scholarship** for children K-12 who are victims of bullying.
- The **Reading Scholarship Accounts** for public school students in 3rd to 5th grade who struggle with reading.

Visit www.stepupforstudents.org to apply and learn more.

If you're interested in marketing materials or would like for Step Up For Students to host a webinar, please contact:

Melissa Jaramillo
Community Outreach Manager
mjaramillo@sufs.org

305-922-7575

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

