

November 2021

 **Fall Into Autumn** 

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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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Health Benefits of Fall Fruits and Vegetables

- Sweet Potatoes**— Contain anti-cancer, anti-diabetic, and anti-inflammatory properties.
- Brussel Sprouts** – Also known as “mini cabbage” fights off cancer, lowers cholesterol, promotes weight loss, and keeps your bones strong and healthy.
- Pumpkin**— Boost immunity, cleanse your liver, keep your eyes and skin healthy, reduce inflammation, prevent cancer and type 2 diabetes, and heart disease.
- Apples**—Reduces the risk of cancer, cardiovascular disease, and asthma.
- Cranberries**—Reduce the risk of urinary tract infections (UTI), help prevent cancer, boost your immune system, help with antiaging, cleanse the liver, and lowers blood pressure.



To learn more about health benefits of fruits and vegetables that grow in the fall, [click here](#). Visit [MyPlate](#) for healthier Thanksgiving recipes.

Time to “Fall Back”

Daylight Saving ends on Sunday, November 7, 2021. Turn your clocks back by one hour at 2 a.m. to gain one hour, hence the term "fallback."



Stay Active This Holiday Season

Remember to stay active this holiday season. As we spend time with family and friends set aside 30min. to 75 min. of physical activity for two or more days a week. Reduce your risk of chronic diseases by being active.

To find a park near you visit, [Parks305](#)



Resources

[Tobacco Free Florida](#)

[Lung Cancer Screening Quiz](#)

[Diabetes](#)

[Prediabetes Quiz](#)

[Alzheimer's Disease and Healthy Aging](#)



Florida Department of Health in Miami-Dade County

[Downloadable Resources](#)

[Cancer](#)

[Diabetes](#)

[Alzheimer's](#)



Lung Cancer Awareness Month



According to the CDC, lung cancer kills more men and women than any other type of cancer, making it the leading cause of cancer death in the United States among men and women. When a person inhales toxic chemicals or substances from tobacco products, it can cause lung cancer. When carcinogenic substances enter the body, lung cells will begin to change or mutate into cancer cells. People who have never smoked can also get lung cancer from secondhand smoke. Secondhand smoke can cause heart disease, lung cancer, and stroke. To prevent lung cancer, quit smoking. To learn more, visit the CDC's website [here](#).

For help quitting, visit [Ready to Quit Smoking & Tobacco | Tobacco Free Florida](#) or call

1-877-U-CAN-NOW (1-877-822-6669).

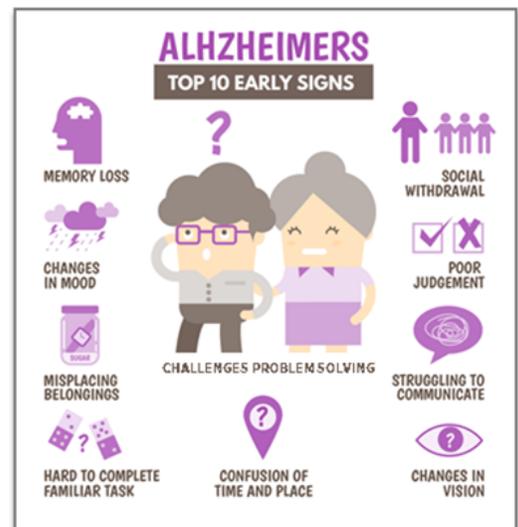
National Diabetes Month

Type 2 Diabetes Fact: The body is unable to use insulin properly and cannot keep blood sugar at normal levels. About 90% of people with diabetes have type 2. It can be prevented or delayed with healthy lifestyle changes. To learn more, visit the CDC's website [here](#).



Alzheimer's Disease Awareness Month

Alzheimer's disease is the most common type of dementia, a general term for loss of memory and other mental abilities that interferes with daily life and is not a normal part of aging - see top ten early signs infographic. Symptoms can first appear after age 60, and the risk goes up with age. In 2020, the CDC reported 5.8 million American people living with Alzheimer's disease. For more information, click [here](#). Healthy behaviors that have been shown to prevent cancer, diabetes, and heart disease, may also reduce risk for memory problems- [Here's 8 ways](#). Download the trilingual [Alzheimer's Disease and Related Dementias Community Resources](#) to help raise awareness on the early warning signs and access local community resources for individuals, families and their caregivers.





Florida Department of Health COVID-19 Testing Site & Vaccine Site Locator

[CLICK HERE](#)

CDC Holiday Celebration Tips

[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**

HAPPY Thanksgiving

Fall is here and so is the holiday season! This year, we celebrate Thanksgiving Day during the COVID-19 pandemic. Thanksgiving is a great time to give thanks and appreciation to family and friends. COVID-19 [testing sites](#) and [vaccine appointments](#) are available in Miami-Dade County. Celebrate safely this year by practicing social distancing, proper mask wear, and sanitizing your home frequently.

CDC: Safer Ways to Celebrate Holidays:

- Decorate your home with holiday themed items and banners.
- Host a video chat party with family and friends to share in the celebration.
- Plan a special meal with people who live with you inspired by the holiday or event.
- Have an outdoor celebration with everyone at least 6 feet apart and wearing masks.
- Watch virtual events and celebrations.

Learn more about holiday celebrations at the CDC 's website [here](#).



Photo Source: CDC



[Miami-Dade County Thanksgiving Tips](#)

[National Highway Traffic Safety Administration](#)



[CDC Domestic Travel During COVID-19](#)

[Youth and Young Adult Essay Contest](#)



National Highway Traffic Safety

November 24 - 28, 2021

This Thanksgiving weekend, NHTSA is teaming up with State and local organizations to keep vehicle drivers and passengers safe from drug-impaired drivers. Many may find the long Thanksgiving holiday weekend to be a convenient time to indulge in drug use. It is vital to remember that whether the drug is legal or illegal, drug-impaired driving poses a threat to the driver, passengers, and other road users.

Help us spread this lifesaving message: ***If You Feel Different, You Drive Different.***



[CDC Holiday Travel](#)



The CDC recommends that travel is delayed until you are fully vaccinated with an FDA authorized vaccine or authorized emergency use vaccine. If for any reason you must travel, please follow the CDC recommendations for people who are not fully vaccinated [here](#).

[Youth and Young Adult Essay Contest](#)

How can your children do their homework and win a US \$100 gift card? Now that kids are back in school, they may have to write an essay for health, civics, or English class. Encourage them to write an essay for the [Youth and Young Adult Essay Contest](#).



If their essay gets published in a major Florida newspaper, they will win a US \$100 gift card.

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