

September 2021

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ATTENTION

We are currently accepting sub-
missions for our next newsletter!

For more info, e-mail:

Daria.Sims
@FLHealth.gov

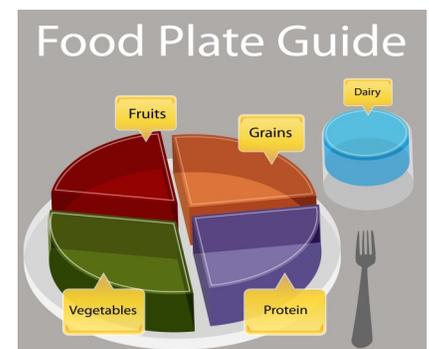
Childhood Obesity Awareness Month



According to Florida Charts, in 2020 30% of Miami-Dade WIC children ages 2 and up were considered obese or overweight. Childhood obesity is preventative with the right measures such as physical activity and healthier eating habits. Physical activity improves your overall health, mental health, and can decrease heart disease, diabetes, depression, anxiety, cancers, stroke, cholesterol and more. To learn more about childhood obesity, visit the CDC's website [here](#).



Visit [Parks 305](#) for physical activities.



Visit [My Plate](#) for nutritional recipes.

Hispanic Heritage Month

Resources

[Healthy Latin American & Hispanic Cuisine with MyPlate](#)

[National Suicide Prevention Lifeline](#)

[Crisis Text Line](#)

[COVID-19 Testing Site Finder](#)



Florida Department of Health in Miami-Dade County

[Downloadable Resources](#)

[Preventing Suicide](#)

This month, we join to celebrate Hispanic and Latino Heritage. National Hispanic Heritage Month began in 1988 and takes place from September 15th through October 15th every year. This month, we spread awareness on the various Latin cultures & cuisine, past and present history, accomplishments, and contributions of the Hispanic community through festivals, art shows, community gatherings, and more. To learn more about Hispanic Heritage Month, [click here](#). For Latin American/Hispanic cuisine, [click here](#).



COVID-19 Vaccination and Testing



According to the CDC, the Delta variant is more infectious and spreads more rapidly making it more contagious than previous strains. The CDC recommends that vaccinated and unvaccinated individuals wear a mask to protect yourself and loved ones against COVID-19, including the (Delta Variant). For more information on free COVID-19 community testing and free COVID-19 vaccination sites for ages 12 years and up, [click here](#).



Suicide Prevention Week 9/9—9/15



Suicide Prevention Week spreads awareness on suicide deaths and attempts for all ages. According to the CDC, if a person experienced violence, child abuse, bullying, or sexual violence, they have a higher risk of suicide. There are many ways to prevent suicide with family, community support and having easy access to health care can decrease suicidal thoughts and behaviors. To learn more about suicide prevention [click here](#).



More than
47,500
people died by
suicide in 2019



1 death every
11 minutes

Many adults think about
suicide or attempt suicide

12 million
Seriously thought about suicide

3.5 million
Made a plan for suicide

1.4 million
Attempted suicide

If you or someone you know is in crisis, please contact the

National Suicide Prevention Lifeline



- Call 1-800-273-TALK (8255)
- Use the online Lifeline Crisis Chat
- www.suicidepreventionlifeline.org



National Women's Health & Fitness Day



National Women's Health & Fitness Day is an annual health observance commemorated on Wednesday, September 30th. The focus of this day is to raise awareness on the importance of regular physical activity and health awareness for women. Physical activity is a key component throughout a women's life. Additionally, September is also [Fruits & Veggies – More Matter Month](#), an opportunity to raise awareness on the health benefits of eating fruits and vegetables. For a variety of other resources to improve the health status of all women, please [visit here](#).



National Women's Fitness Day

[CLICK HERE](#)

Youth and Young Adult Essay Contest

[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

[Remembering](#)
[September 11, 2001](#)



Photo Source: Microsoft Internet

This year marks the 20 year anniversary since the attack on The World Trade Center, also known as the "Twin Towers". Today, we remember the lives lost in the attack and the first responders involved. To learn more about the events of that day [click 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.

The Youth and Young Adult Essay Contest is sponsored by the Consortium for a Healthier Miami-Dade and sixteen other Tobacco-Free Partnerships in Florida.



National Highway Traffic Safety Administration

[CLICK HERE](#)



CDC Guidance-COVID-19 Prevention in K-12 Schools

[CLICK HERE](#)

CDC Recommendations for Ventilation in Classrooms, School Buses, and Cafeterias.

[CLICK HERE](#)

Labor Day Weekend September 6, 2021



Drive sober or be pulled over. According to National Highway Traffic Safety, driving impaired by any substance is against the law in all 50 states. This year, thousands of law enforcement agencies will be monitoring the roads as we celebrate Labor Day. Driving under the influence is preventable and the Florida Department of Health in Miami-Dade County encourages all residents to practice safe driving. Learn more [here](#).

School Bus Safety



According to the National Highway Traffic Safety Administration, students who travel to school by bus are 70 times more likely to get to school safely. School buses are designed to be visible with its color and includes safety features such as red flashing lights, cross-view mirrors, stop-sign arms, protective seating, and seat belts. To protect our children, laws are put in place making it illegal for drivers to pass a school bus, regardless of direction, while dropping off or picking up passengers. To learn more about school bus safety, [click here](#).

School Bus Safety Tips

- Arrive to bus stop at least 5 min. early.
- Show your child where to wait at the bus stop.
- Children should cross 10 ft in front of the bus and make eye contact with bus driver to make sure driver can see you cross the street.
- Never walk behind the school bus.

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