

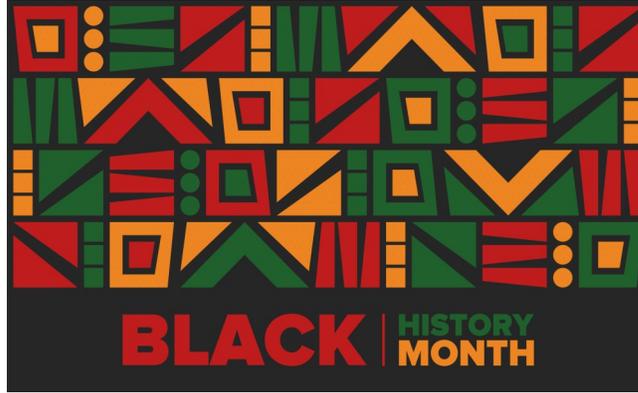


February 2022

INSIDE THIS ISSUE

1

- Black History Month
- Prenatal Prevention
- Health Equity Corner



2

- Heart Disease
- Teen Violence
- Eating Disorders

February 14th is Valentines Day

3

- CDC COVID-19
- Testing & Vaccine Sites for COVID-19
- COVID-19 Updates

4

- Pet Owner's MyPlate Recipe
- Physical Activity
- Join the Consortium

ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

Daria.Sims
@FLHealth.gov

Health Equity Corner

The American Medical Association recently published ["Advancing Health Equity: A Guide to Language, Narrative, and Concepts"](#) in 2021. This guide encourages



healthcare professionals to address the upstream social causes of health inequities, such as living conditions and institutional inequities. It includes three main components to gaining a deeper understanding of equity-focused, first person language and why it matters. It focuses on Health Equity Language; Why Narratives Matter; and Glossary of Key Terms. The guide centers care around the patients' lived experiences and focuses specifically on language that guides physicians to think about the social causes of their patients' illnesses and to avoid stigmatization.

Prenatal Infection Prevention Month



International Prenatal Infection Prevention Month promotes Prenatal infections include bacterial or viral illnesses that can be passed from a mother to her baby during pregnancy or during the delivery process. For more information on The Prenatal Care Program in Miami-Dade County, click [here](#).

Resources

[Heart Disease](#)

[Youth Violence](#)

[Eating Disorders](#)

[National Suicide Prevention Lifeline](#)



Florida Department of Health in Miami-Dade County

Eating Disorder Helpline

[National Eating Disorders Association \(NEDA\)](#)



American Heart Month



February is American Heart Month. Are you at risk for heart disease? Risk factors for heart disease include several health conditions, lifestyle, age, and family history. According to the CDC, about half of all Americans (47%) have at least 1 of 3 key risk factors. There are some risk factors that cannot be controlled, such as age and family history, but you can control your lifestyle. Learn more, [here](#).



National Teen Dating Violence Awareness and Prevention Month

National Teen Dating Violence spreads awareness on violence that youth may experience, such as bullying, dating violence, school violence, fighting, threats with weapons, gang-related violence, and more. Youth violence is a big public health issue that can cause mental health issues in ages 12-24. The CDC has provided prevention measures for children and families who experience violence. Learn more about Teen Dating Violence, [here](#).



National Suicide Prevention Lifeline:

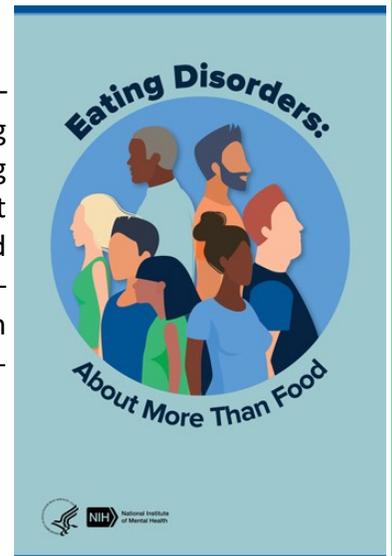
Call 1-800-273-TALK (8255); En español 1-888-628-9454

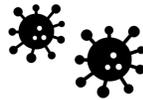
National Eating Disorders Awareness Week

National Eating Disorders Awareness Week runs from 2/21–2/27. This week sheds light on the different types of eating disorders and the behaviors associated with them. Eating disorders are a serious illness that can cause concern about one's body appearance, health, weight, food intake, and mental health. Some cases of eating disorders can be life-threatening, while others can recover completely. Learn more about eating disorders, signs & symptoms, and prevention of eating disorders, [here](#).

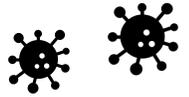
Call/Text- Eating Disorder Helpline: (800) 931-2237

Online Chat- Monday—Thursday, 9am—9pm ET, Friday 9am—5pm ET





CDC & COVID-19



The CDC has provided the following information on COVID-19 updates.

- [Make Shots Less Stressful- 9 Things You Can Do for You and Your Baby](#)
- [COVID-19 Vaccines for Children and Teens](#)
- [COVID-19 Vaccine Booster Shots](#)
- [12 COVID-19 Vaccination Strategies for Your Community](#)
- [COVID-19 Travel Guidance](#)
- [Quarantine and Isolation](#)
- [Self- Testing](#)



Photo Source: CDC

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

[CLICK HERE](#)

CDC About COVID-19

[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**

CORONAVIRUS DISEASE 2019 (COVID-19)



You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Practice social distancing by putting space between yourself & others.
- Wash hands often with soap & water for at least 20 seconds.



cdc.gov/coronavirus

316159-A, March 25, 2020 8:00 AM

Resources

Pet Adoption

Humane Society Miami

COVID-19 and Pets

Pet Vaccines



MyPlate Recipe

Parks305

Miami-Dade Parks and Recreation



Pet Owners and Animals



“[Miami-Dade Animal Services \(ASD\)](#) offers low cost rabies vaccines and low cost well-care vaccine packages for the pets of County residents. Well-care packages include vaccines to help protect dogs and cats from many common, serious and even fatal diseases. Dogs and cats must be four months old.

For dogs, the rabies vaccine alone costs \$15 and the well-care packages start at \$35 while the most comprehensive, which includes spay or neuter surgery and micro-chip, is \$90.

For cats, the rabies vaccine alone costs \$15 and the well-care packages start at \$20 while the most comprehensive, which includes spay or neuter surgery and micro-chip, is \$55.

The rabies vaccine cost for the pets of qualifying low-income pet owners is \$5 and lower cost pet care packages are offered.”

Baked Chicken Recipe



Try this delicious baked chicken recipe for dinner. Visit [MyPlate](#) for this recipe.

Physical Activity



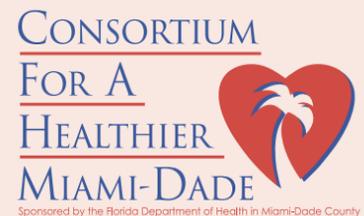
Find a park near you for physical activity in Miami-Dade County, [here](#).

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