



July 2022

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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

Daria.Sims
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Mental Health Virtual Summit



Free your mind. The Consortium For a Healthier Miami-Dade will be hosting a Mental Health Virtual Summit. Please join us virtually on September 16, 2022 with special guest speakers, activities, mental health tips, resources and more. Registration is free and open to the community. Click here, to register.



Save The Date

September 16, 2022
9:00a.m. - 12:45p.m.



 Connect with us @MakeHealthyHappen



Health Equity Corner

Many neighborhoods have minimal access to healthy and affordable foods. [Chronic diseases](#) include heart disease, obesity, and type 2 diabetes, which account for 70% of deaths in the United States. One way to increase food access and decrease chronic diseases is by creating community gardens. Community gardens allow the community to participate in maintaining and upkeeping an open space that produces fresh fruits and vegetables. The garden provides the opportunity to:

- [Eat healthy](#) fresh fruits and vegetables
- Engage in physical activity
- Revitalize communities in urban areas



Resources[Alliance for Aging](#)[Physical Activity](#)[Parks305](#)[Parks, Recreation and Open Spaces](#)

**Florida Department
of Health in Miami-
Dade County**

Social Wellness Month

July is Social Wellness Month. Social Wellness is not only an important aspect of mental health often taken for granted, but also can contribute to our physical health, contentment, and general quality of life. For older adults, social wellness is very important as it has been associated with one's physical health. Research has shown that the health risks from feeling alone or isolated can be comparable to smoking, high blood pressure, heart disease, and obesity.



We can focus on social wellness this month by taking on a new hobby, reaching out to a friend or family member, or exercising with a group. We can also focus on social wellness by nurturing our existing social relationships.

Our Live, Learn & Grow program is facilitated by a certified geriatric counselor who leads weekly discussions on different wellbeing topics of interest, and provides an opportunity to communicate your thoughts, feelings and ideas within a virtual group setting. For information on how to register for weekly facilitated conversations, visit our website: <https://allianceforaging.org/consumers/healthy-aging/live-learn-grow>.

Exercise Can Help Blood Pressure and More

By Dr. Francisco Solis, Lead Physician at Optum-Little Havana

An important part of staying healthy is maintaining blood pressure readings within your doctor's recommended parameters.

A normal blood pressure reading for most people is a systolic (top number) pressure of less than 120 and a diastolic (bottom number) pressure of less than 80. Someone with blood pressure readings of 140 or higher and 90 or higher is considered to have high blood pressure.

One way to fight high blood pressure is to get enough exercise, and walking is an accessible, affordable way to do so. Walking 15 to 30 minutes three to four times a week, with your doctor's approval, is a good place to start.

In addition to improving your blood pressure, exercise can help lower your cholesterol, reduce pain and burn calories.

Learn more about the benefits of physical activity at the [CDC website](#).





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

Outbreak Information

Below you will find resources and information from the U.S. Food & Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) regarding current outbreaks of infectious diseases.

- [Recalls, Market Withdrawals, & Safety Alerts](#)
- [Foodborne Outbreaks](#)
- [U.S. Monkeypox 2022: Situation Summary](#)
- [Meningococcal Disease in Florida, 2022](#)
- [Handwashing in Communities: Clean Hands Save Lives](#)



Hurricane Preparedness



Hurricane season is here. It is important to make sure you and your family is prepared incase of a disaster. Below you will find resources and information for hurricane preparedness. Make sure to stay up to date on the latest cyclones developing at [National Hurricane Center](#).

- [Pet Safety in Emergencies](#)
- [Hurricane Guide](#)
- [Flood Zone Maps](#)
- [Sheltering in Place](#)
- [Food Safety for Power Outages](#)
- [Emergency Action Plan](#)

MyPlate



Are you looking for easy-to-make smoothies, breakfast, lunch, and dinner recipes at a low cost? Visit [MyPlate](#) for healthy and delicious recipes for the family.

Fresh From Florida

Check out what produce is Fresh from Florida and in season for July. Next time you go grocery shopping check for these in season crops. Click [here](#) to view.



Resources

[How to Grill Safely](#)

[Handling Food Safely](#)

[While Eating Outdoors](#)



[Safety Tips: Beach Safety](#)

[Safety Tips: Fireworks](#)

How to Grill Safely

Are you thinking about grilling for the 4th of July? Prepare food safely by using a food thermometer to ensure the food is cooked to the right temperature; eliminating harmful diseases found in uncooked or raw meat, chicken, and seafood. To learn more, click [here](#).



Safety Tips: Beach Safety

- Never swim alone.
- If possible, always choose to swim at a lifeguard-protected beach.
- Closely supervise children at all times, even if they are not in the water.
- The double red flag means the "beach is closed to swimmers."



To read more about Miami-Dade County beach safety tips, warning signs, rip currents and more, click [here](#).

Safety Tips: Fireworks



Miami-Dade County has provided safety tips for fireworks.

- Read and follow all instructions on the label and keep all spectators a safe distance back from the ignition spot.
- Never attempt to re-ignite "duds" or fireworks that didn't work the first time.
- Keep a hose or water bucket nearby at all times.

To read more tips, click [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.



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