

June 2022

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ATTENTION

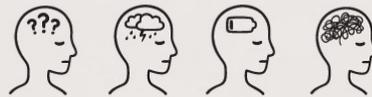
We are currently accepting submissions for our next newsletter!

For more info, e-mail:

Daria.Sims
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The Consortium For A Healthier Miami-Dade

Save The Date:
Mental Health Summit



Free your mind. The Consortium For a Healthier Miami-Dade will be hosting a Virtual Mental Health Summit. Please join us virtually on September 16, 2022 at 9:00a.m. - 12:45p.m. with special guest speakers, activities, mental health tips, resources and more. Registration is free and open to the community. Zoom link to follow. 



    Connect with us @MakeHealthyHappen



Health Equity Corner

Health literacy is defined as "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions". According to the CDC, 9 out of 10 adults experience a lack of health literacy. The CDC has implemented an action plan for health literacy improvement with 3 goals which was adapted from the National Action Plan to Improve Health Literacy.



The CDC and Health Equity Office are working diligently to address health literacy through local organizations. It's time to take control of your health!

Alzheimer's Association
Brain Awareness Month



Many studies indicate that engaging in physical activity is

associated with lower risk of cognitive decline, so many researchers say that if people had to choose one thing to do to improve their brain functioning, it should be exercise. Learn more from , the Alzheimer's Association

Resources

[HIV/AIDS](#)

[Florida Health \(HIV\)](#)



Florida Department of Health in Miami-Dade County

[Florida's Poison Control Centers](#)

[CDC Drug Overdose Prevention](#)

June 27, 2022, National HIV Testing Day

June 27, 2022 is national HIV Testing Day. The Florida Department of Health offers resources, information, and data statistics about HIV/AIDS. Please see below.

Do you know your HIV status? To learn about testing and even get a free at-home test kit, visit [KnowYourHIVStatus.com](https://www.floridahealth.gov/communicable-diseases/hiv-aids/knownyourhivstatus.com).



[HIV Counseling, Testing, and Referral Sites - by County](#)

Please visit the [PrEP/nPEP page](#) if you think you've been exposed to HIV and are in need of Post-Exposure Prophylaxis (PEP).

Florida's Poison Control Centers

Did you know that drug poisonings are the #1 cause of [injury death](#) in the U.S.? In 2020, Miami-Dade County recorded 340 deaths from drug poisoning, more than from car crashes, shootings or drownings.

How can we prevent poisonings?

1. Recognize high risk groups:

- People who've overdosed before
- Adults, particularly males, with a history of substance use
- People taking >5 medications

2. Reduce access. Dispose of old medications at a drug take-back event or spoil meds and put them in the trash. Avoid opioids, if possible.

3. Act fast if there's a medicine mistake. If the person is awake, call 1-800-222-1222 for fast help from poison control. If the person is down, call 911. Florida's [911 Good Samaritan Act](#) prevents callers from getting in trouble, even if drugs are present.

Want more? Visit [Florida's Poison Control Centers](#) or [National Safety Council](#). For materials and training, contact Wendy Stephan at wstephan@med.miami.edu.





**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

Baby Formula Shortage



In February 2022, the U.S. Food & Drug Administration (FDA) [recalled](#) certain powdered infant formulas like Similac, Alimuntum, and EleCare due to possible Cronobacter contamination. The effect of this recall has caused a nationwide supply chain [shortage](#) in various stores. Parents and caregivers of newborns should not feed their baby these infant formulas. For more information, visit the [CDC](#). Click [here](#), to stay up

to date with the [FDA- Press Announcements](#).

Elder Abuse

Elder abuse, the mistreatment or harming of an older person, is something that we all need to prevent and address. June is Elder Abuse Awareness Month, and June 15th is World Elder Abuse Awareness Day (WEAAD). The purpose of WEAAD is to raise awareness about the warning signs and symptoms of elder abuse, neglect, and exploitation.

According to the National Center on Elder Abuse, between 700,000 and 3.5 million older adults are abused or neglected in the United States each year.

1 in 10 Americans age 60+ has experienced elder abuse or neglect, and for every case reported, fourteen go unreported. A more startling fact is that it may raise the risk of death in older adults by 300 percent. Elder abuse affects communities on many levels, from public health to civic participation to economic resources. The costs of elder abuse are high for everyone.

Abuse may occur anywhere and may be carried out by anyone, including a family member or caregiver. The signs of abuse may be unclear and therefore difficult to identify. To report suspected elder abuse, neglect, or exploitation in Florida:

800-962-2873 (for suspected elder mistreatment in the home or in a facility)
800-453-5145 (for suspected elder mistreatment in the home, TDD/TTY access)
Other Helplines

Elder Helpline: 800-963-5337
Long-Term Care Ombudsman Program 888-831-0404
Statewide Senior Legal Helpline: 888-895-7873



Resources

Healthy Swimming

Healthy & Safe Swimming



MyPlate

CDC

Gardening for Health

Healthy & Safe Swimming

It is important to check the water of PH at swimming pools. According to the CDC, proper pH and disinfectant levels help stop the spread of germs in the water. Do not go into the pool if you are feeling sick or may have diarrhea as this may contaminate the pool water. For more information, visit the CDC . For tips on conducting your own Ph-inspection click [here](#).



Benefits of Gardening



According to the [CDC](#), gardening is a gratifying and rewarding activity that promotes a healthier life. Check out the surprising health benefits below.

1. Reduce stress
2. Enhance self-confidence
3. Personal development
4. Emotional control

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.

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