

March 2022

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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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@FLHealth.gov

March Health Observance's 2022

- March 3- [World Birth Defects Day](#)
- March 8 - 14- [National Pulmonary Rehabilitation Week](#)
- March 10-[National Women and Girls HIV/AIDS Day](#)
- March 10- [World Kidney Day](#)
- March 14 –20- [National Sleep Awareness Week](#)
- March 14 – 20-[National Poison Prevention Week](#)
- March 14 - 20- [Brain Awareness Week](#)
- March 21- [World Down Syndrome Day](#)
- March 26- [Epilepsy Awareness - Purple Day](#)
- March 26- [American Diabetes Alert Day](#)
- March -[National Nutrition Month](#)
- March- [National Endometriosis Awareness Month](#)
- March- [Workplace Eye Wellness Month](#)
- March- [Colorectal Cancer Awareness Month](#)

Health Equity Corner

Racial disparities such as Black maternal health inequities in the U.S. underscore serious gaps in care. According to the [CDC](#), Black women are three to four times more likely to die from complications surrounding pregnancy and childbirth than white women. Correspondingly, non-Hispanic Black pregnant women are at increased risk for developing severe COVID-19 illness compared with non-Hispanic White women. With limited access to health insurance and preventive care services, Black women have suffered when it comes to maternal health.



Here are some precautions pregnant women and their families can take:

- Talk to a healthcare provider if anything doesn't feel right or is concerning.
- Document and share pregnancy history during each medical care visit for up to one year after delivery.
- Maintain ongoing healthcare and social support systems before, during, and after pregnancy.

Resources

[American Heart Association](#)

[Heart Disease](#)



Florida Department
of Health in Miami-
Dade County

[Parks305](#)

[Parks, Recreation
and Open Spaces](#)

5 Tips to Making Physical Activity Part of your Daily Routine

According to the [American Heart Association](#), heart disease is the leading cause of death in the United States. Additionally, [one in four U.S. adults](#) are sitting for longer than eight hours each day, especially during the pandemic, and this lack of activity is bad for our mental and physical health.

Not sure where to start? Banyan Health Systems' Medical Director Dr. Adianez Albelo shares five simple ways to incorporate healthy activities into your daily routine:

1. Walk briskly for at least 10 minutes daily. Even spending 5 minutes walking, then turning around and walking back another 5 minutes is a great way to get started and motivated to do more.
2. Take a walk during lunch. Whether its walking around your office with a co-worker or around your house if you are working from home, spending at least 30 minutes a day walking during your lunch break is a great way to feel and stay motivated for the rest of your day.
3. If you enjoy the outdoors, do something physically active outside. Try biking, hiking, golf, volleyball or walking briskly.
4. Play outside with children. Tag, basketball, and hide and seek all count as physical activity and are great ways to have fun outdoors.
5. Build activities into your daily routines. Try an indoor bike while watching TV or lunges while listening to a podcast or a virtual dance class on your mobile device. Use your gaming console to try a workout game like the [NFL Play 60 App](#).

Remember that while certain physical activities are safe for most people, if you have a chronic health condition such as heart disease, arthritis, diabetes, or other symptoms, consult with your doctor first before starting a new exercise plan.

Find a Park Near You

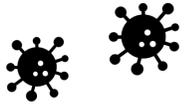
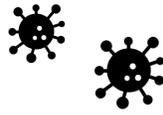


Find a park near you for physical activity in Miami-Dade County, [here](#).

"Spring Forward"



Daylight saving time will begin at 2:00 AM on Sunday, March 13, 2022.



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

Why You Need a COVID-19 Booster Shot



Vaccines are working very well to protect against severe illness, hospitalizations, and death, but effectiveness against infection decreases over time.



Boosters increase your protection from COVID-19, including variants.



The Omicron variant spreads more easily than the original virus.



GET A BOOSTER SHOT 5 MONTHS AFTER YOUR PFIZER-BIONTECH OR MODERNA SERIES, OR 2 MONTHS AFTER YOUR J&J SHOT.

cdc.gov/coronavirus

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Resources

MyPlate Recipes

Division of Nutrition, Physical Activity, and Obesity



Florida Department of Agriculture and Consumer Services- Florida Crops In Season

USDA - Celebrate National Nutrition Month

March is National Nutrition Month

Nutrition plays a pivotal role in the health of the population. The leading causes of death and disability in the United States include chronic diseases that can be managed and delayed through good nutrition, regular physical activity, and a healthy weight.

Nutritional requirements can vary by age, sex, height, weight, and physical activity level. However, everyone should be balancing their meals to be inclusive of healthy fats, fruits and vegetables, whole grains, and protein-rich foods. These foods provide the nutrients that are vital in fueling your brain and body.

To learn more about efforts to mitigate issues with access to affordable foods, please visit www.cdc.gov/nccdphp/dnpao. Explore the food groups at www.myplate.gov.

Source: <https://www.myplate.gov/eat-healthy/what-is-myplate>



Did you know the Alliance for Aging offers a variety of programs that enhance the quality of life of older adults? The *Live, Learn and Grow: Thoughtful Discussions with Ligia*, is a series of hour-long engaging discussions, accessible via zoom or by phone, offered every Friday at 3pm in English and at 7pm in Spanish. A complete schedule of topics can be found on our website by clicking on this [link](#).

The evidence-based Program to Encourage Active Rewarding Lives (PEARLS) is phone-based and consists of eight 60-minute, one-on-one sessions with a PEARLS-trained counselor over a six-month period. To learn more about this free program, call 305-671-6366, or email programs@allianceforaging.org.

To learn more about the many free and unique programs offered by the Alliance for Aging, click on this [link](#).

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