

September 2022

INSIDE THIS ISSUE

1 Virtual Mental Health Summit  
Health Equity Corner

2 Health Information  
Monkey Pox  
Hurricane  
Preparedness  
Testing & Vaccine Sites for COVID-19

3 Heart Health  
Suicide Prevention  
License Fraud

4 Physical Activity  
Youth and Young Adult Essay Contest

ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

**Daria.Sims**  
**@FLHealth.gov**

Mental Health Virtual Summit



Save The Date

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

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.



 Connect with us @MakeHealthyHappen



Health Equity Corner

Obesity is a serious disease that has been increasing in the United States for more than 20 years. Right now, it is at an all-time high and is associated with [age](#), income, disability, education, gender, race and ethnicity, and geographic region. Obesity can be managed through healthy eating and [active living](#). The MyPlate Plan is a national program created by the Department of Agriculture that creates a personalized food plan which is based on the persons age, sex, height, weight and level of [physical activity](#). The site also discusses the various food groups and provides nutritional information. Please visit, [MyPlate](#) for more information.





**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](#)



**Monkey Pox Information**

- [Signs and Symptoms](#)
- [Prevention](#)
- [Treatment](#)
- [2022 U.S. Map & Case Count](#)



**National Preparedness Month**

National Preparedness Month, held each year in September, raises awareness concerning the importance of planning for disasters and emergencies that could occur at any time. Older adults are especially vulnerable, which only highlights the importance of planning ahead.

The *Alliance For Aging* works with community partners to distribute the *Disaster Preparedness Guide For Elders* in [English](#) and [Spanish](#) to help residents develop a personal disaster plan, and provide guidance on precautions to take before, during and after a disaster occurs. In addition, residents may call Alliance's Elder Helpline to sign up for [Emergency and Evacuation Assistance Program](#), which provides evacuation assistance, sheltering, and wellness calls to homebound elders and individuals with disabilities. Residents only need to apply once for a life-long membership and may apply to the program throughout the year. Click [here](#) to register online and click [here](#) to download the application form in English, Spanish, or Creole.



**Resources**

**Heart Disease**

**NAMI  
In a Crisis?**

**Suicide Prevention**

**Heart Health**

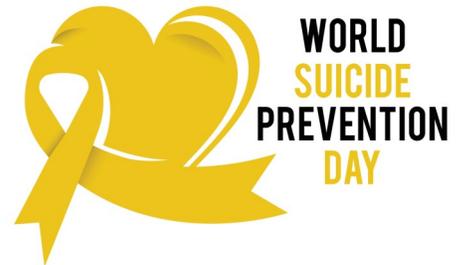


Take care of your heart health. September 29, 2022 is **World Heart Day**. Heart disease is the leading cause of death in the United States effecting all races and genders. According to the CDC, adults should exercise for 150min per week of moderate-intensity physical activity. You can improve your heart health today by getting active. Find a park near you for physical activity like running, swimming, hiking, and more. Click [here](#), to read more about heart disease prevention and best practices provided by the CDC.

**Suicide Prevention**

September 10, 2022 **World Suicide Prevention Day**. If you or someone you know is in crisis please read the following:

- Call the police at **911**
- Find Help in a Crisis : **Text NAMI to 741-741**
- The Suicide Prevention Lifeline **1-800-273-TALK (8255)** or **1-800-SUICIDE (273-8255)**



Florida Department of Health in Miami-Dade County

**Unlicensed Activity & Fraud**

## Resources

### Women's Health

### Health for Children and Adolescents

### Parks305

### MyPlate Recipes



### Miami-Dade Parks & Recreation

### Youth and Young Adult Essay Contest

## Physical Activity

Get active with your family. In September we recognize [National Women's Health and Fitness Day](#) and [National Childhood Obesity Awareness Month](#). Living a healthier life will benefit your health and your family's health. Try fun outdoor activities for everyone like tug-of-war for strengthening, hiking, swimming, biking, and more. Introduce your family to healthier food options that are low-fat dairy products, fresh produce (fruits and vegetables), and natural juices. To find a park near you, visit [Parks305](#) or [Miami-Dade Parks & Recreation](#).



## 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 Consortium for a Healthier Miami-Dade is a sponsor of the Youth and Young Adult Essay Contest.



## 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](http://www.healthymiamidade.org)