

February 2023

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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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Black History Month

Happy Black History Month from the Consortium for a Healthier Miami-Dade. During the month of February, we recognize various black minority leaders and civil activists that help pave the way for equal rights in the United States. The Florida Department of Health [Minority Health](#) and [Health Equity Office - Miami Dade County Health Department](#) continues to identify barriers that exist in urban communities like housing, healthcare, education, economic stability, and more. To learn more about barriers that affect black and minority communities, visit [Social Determinants of Health at CDC](#).

Health Equity Corner

Physical inactivity is more common in minority populations. The Active People, Healthy Nation goal is to make 27 million people more physically active by 2027. Becoming an individual influencer in your community can increase and promote physical activity. Public health professionals can share message about benefits, conduct research and promote policies and programs. Everyone has a role to play. To learn more visit: [Physical Inactivity is More Common among Racial and Ethnic Minorities in Most States | Blogs | 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 for COVID-19 guidance.

[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

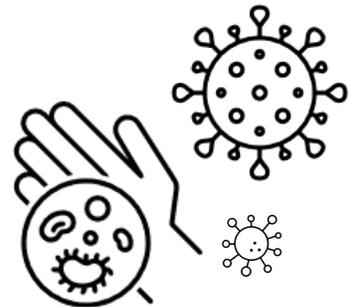
COVID-19 Information

- [Vaccination in Miami-Dade County](#)
- [Signs and Symptoms](#)
- [Travel](#)
- [Treatments and Medications](#)
- [Stay Up to Date with COVID-19 Vaccines Including Boosters](#)



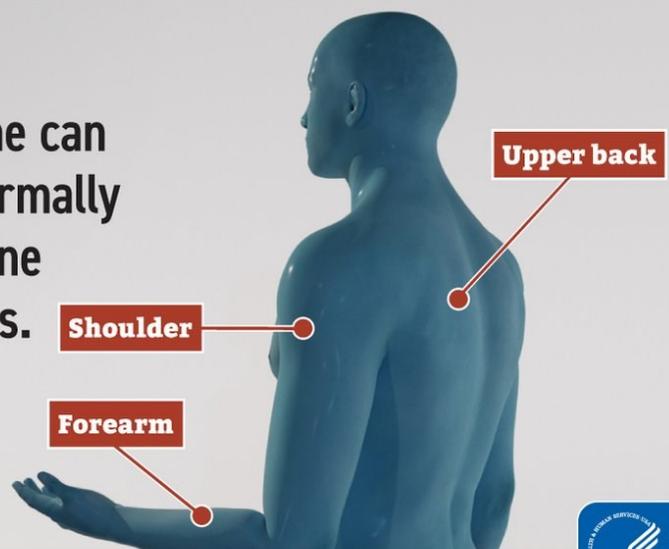
Monkey Pox Information

- [Vaccination in Miami-Dade County](#)
- [Signs and Symptoms](#)
- [Prevention](#)
- [Treatment](#)
- [2022 U.S. Map & Case Count](#)
- [U.S. Monkeypox 2022: Situation Summary](#)



MPOX

The mpox vaccine can be given intradermally (in the skin) in one of three locations.



Learn more: www.cdc.gov/mpox



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Resources

[Tobacco Free Florida](#)

[CDC Quit Smoking](#)

[CDC Prevent Heart Disease](#)



Florida Department
of Health in Miami-
Dade County

[National Institute of
Mental Health](#)

[National Eating
Disorders
Association](#)

Quit Smoking Now



Are you ready to quit smoking? Well, this is the first step! Congratulations on quitting tobacco. Smoking tobacco can increase your risk for heart disease, stroke, and lung cancer. Women who are pregnant should not smoke. According to the [CDC](#) smoking during pregnancy and secondhand smoke can increase your baby's chances for birth defects to the brain, lungs, and can even result in preterm birth. For help quitting smoking, visit [Tobacco Free Florida](#).



American Heart Month & National Wear Red Day



February 3rd is National Wear Red Day and American Heart Month. Heart disease is the leading cause of death in the United States. According to the CDC, living a healthy lifestyle can help maintain your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack. [Risk factors](#) associated with heart disease are tobacco use, poor diet, consuming too much alcohol, and a lack of physical activity. To learn how to prevent heart disease, visit the [CDC Prevent Heart Disease](#).

National Eating Disorders Awareness Week

Did you know February 27th – March 5th is National Eating Disorders Awareness Week? Eating disorders can affect all people regardless of race, age, and gender. According to the [National Institute of Mental Health](#), the risk factors for eating disorders can include genetic, biological, behavioral, psychological, and social factors. If you or someone you may know is in need of support with an eating disorder, visit [National Eating Disorders Association](#). Call (800) 931-2237 Monday—Thursday 11am—9pm ET, Friday 11am—5pm ET. Translation services are available on the phone.



Resources

[Aging for Alliance](#)

[Dog Parks](#)

[Miami-Dade County](#)



Aging for Alliance

The Alliance's award-winning Live, Learn, and Grow workshop consists of weekly discussions in English and Spanish until March 30th. 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. Past topics have



included: Embracing Your Inner Child, Life Lessons, Understanding Emotional Intelligence, and Understanding Life Review. This 12-week workshop gives participants new tools to cope with life-changing events and learn about their new strengths. For information on how to register for the remainder of the weekly facilitated conversations, visit our website: <https://allianceforaging.org/consumers/healthy-aging/live-learn-grow>.

Healthy Pets



Do you have a pet? Does your pet have health goals for 2023? It is important that animals and pets are active and healthy. Feed your furry friend healthier meals and go outside for physical activity on a routine basis. You can also try getting active with a friend who also has a pet. Visit [Miami-Dade County Parks, Recreation and Open Spaces: Dog Parks](#), to find a pet friendly park near you. To learn more about pet health visit the [CDC](#).

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