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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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Healthy Start Into The New Year !



Happy New Year! The Consortium For a Healthier Miami-Dade wishes you the best of 2023. This year we continue to encourage the community to live healthier lifestyles. It won't be easy, but you can always try getting healthier with a friend, family member, or co-worker. Plan your workout routine schedule each week with at least 150 min of physical activity. By implementing physical activity, better food choices, rethinking what you drink, and quitting smoking you can lower your risk of chronic disease.

Check out a few resources to help you get started to a healthier you.

- CDC: [Healthy Weight, Nutrition, and Physical Activity](#)
- Parks305: [Find a Park](#)
- National Park Service: [Find a Park](#)
- MyPlate: [Recipes](#)

Health Equity Corner

Miami-Dade County is doing great work to prioritize health equity for residents. The Office of the Mayor (Mayor Daniella Levine Cava) is working on 12 priority areas, which is the largest public engagement in Miami-Dade County.



Priority 6 ["Transportation Options That Works for All"](#) includes 4 actions. These actions are:

- [Action 6.1](#) - Improve bus network with reduced wait and travel times, protection from elements, and increased comfort
- [Action 6.2](#) - Improve streets and bus stops for bike and pedestrian safety
- [Action 6.3](#) - Give transit riders and workers a greater voice in transit decisions
- [Action 6.4](#) - Seek funding to expand rail along key corridors

Transportation is a component of the built environment and improving and increasing access to transit can greatly benefit public health and health equity. For more information please visit: [Office of the Mayor \(miamidade.gov\)](#)



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

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](#)

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](#)

Coronavirus (COVID-19)
Do you need antibiotics?



Antibiotics **DO NOT WORK** against viruses like COVID-19. Some viruses can be treated with antiviral drugs. Stay up to date with your COVID-19 vaccines, including boosters.

Visit www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html to learn about COVID-19 vaccines and treatment.

www.cdc.gov/antibiotic-use



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Resources

[National Human Trafficking Hotline](#)

[CDC: Preventing Stalking](#)

[20 Ways You Can Help Fight Human Trafficking](#)



Florida Department of Health in Miami-Dade County

[Alliance for Aging Inc.](#)

National Slavery and Human Trafficking Prevention Month

January is National Stalking Awareness Month, aimed at raising awareness about the crime of stalking. Stalking is a frequent precursor to sexual assault, so it is important to recognize the signs and the importance of taking action. January is also National Slavery and Human Trafficking Prevention Month. Sex trafficking is a type of human trafficking. It is a serious public health problem that negatively affects the well-being of individuals, families, and communities. [Jackson Memorial Hospital's Roxcy Bolton Rape Treatment Center \(RTC\)](#) aims to raise awareness about sexual violence and its effects on survivors. Contact RTC for help and support at **305-585-7273**.



If you know anyone who may be experiencing trafficking, connect them with services by calling the [National Human Trafficking Hotline](#) at **1-888-373-7888**. For more information about human trafficking visit <https://www.acf.hhs.gov/endtrafficking>.

Cervical Cancer Health Awareness Month

January is Cervical Health Awareness Month. [The Florida Department of Health offers Breast and Cervical Cancer Early Detection Program](#) offers services to those who are eligible. Visit the Florida Department of Health in Miami-Dade County to view services and treatments available to the Miami-Dade County community.



Aging for Alliance



The next series of our award-winning workshop, Live, Learn, and Grow, begins in January, and continues through March 2023. Our Live, Learn & Grow program is facilitated by a certified geriatric counselor who leads weekly discussions on different well-being 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 weekly facilitated conversations, visit our [website](#).

Resources

[Preterm Birth](#)

[March of Dimes](#)

[Miami-Dade County](#)



Preterm Birth



Florida reported in 2021, about 1 in 9 babies were born prematurely, according to the [March of Dimes](#). A baby is considered premature if born before 37 weeks of gestation. When babies are born prematurely, they usually need to stay in the hospital for extra support while they grow and continue to develop. Many babies will go home after some time in the hospital, but some may suffer from breathing or feeding problems, cerebral palsy, developmental delays or issues with vision or hearing. Tragically, prematurity can also lead to death in some babies. According to the [CDC](#), African American women have a rate that is 50% higher than that of white or Hispanic women who deliver prematurely. Oftentimes there may not be an obvious cause of preterm birth, but the risk of preterm labor can be decreased by getting regular prenatal care and avoiding smoking, alcohol, or recreational drugs before and during pregnancy. If you think you are experiencing early labor, it is important to contact your doctor immediately. For more information, please visit the [CDC Preterm Birth](#) and [March Of Dimes Data for Florida](#).

Exercise With Your Pet

Healthy pets make healthier people. Pets need physical activity to stay healthy just like humans. Take your dog or cat for a walk and let other pets like rabbits or turtles for example, roam freely in a small grassy areas for healthy play time and physical activity. 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.



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