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### ATTENTION

We are currently accepting sub-  
missions for our next newsletter!  
Please send in your submissions no  
later than the 15th of each month.

For more information, please e-mail:  
[Candice.Schottenloher@flhealth.gov](mailto:Candice.Schottenloher@flhealth.gov)



### February is Black History Month

Happy Black History Month from the Consortium for a Healthier Miami-Dade. During the month of February, we recognize various Black leaders and civil activists that help pave the way for equal rights in the United States. To learn more about barriers that affect black and minority communities, visit the CDC [here](#). This month also acknowledges noteworthy health and medical advancements of people of color. For more information, please click [here](#).

**National Black HIV/AIDS Awareness Day** (February 7<sup>th</sup>) is a day to address the impact of HIV on Black communities. Together, we can make HIV Black history by working to overcome structural barriers to HIV testing, prevention, and treatment. Learn more [here](#).



### Prenatal Infection Prevention Month

Some infections before and during pregnancy can hurt both you and your developing fetus. Here are 10 tips to help prevent infections before and during pregnancy:

1. Protect yourself from Zika virus
2. Wash your hands with soap and water
3. Reduce contact with saliva and urine from babies and young children
4. Avoid unpasteurized milk and foods made from it
5. Do not touch or change dirty cat litter
6. Stay away from wild or pet rodents and their droppings
7. Get tested for sexually transmitted diseases (STDs), such as HIV and hepatitis B, and protect yourself from them
8. Talk to your healthcare provider about vaccinations (shots)
9. Avoid people who have an infection
10. Ask your doctor about group B strep

To learn more about preventing prenatal infections, please click [here](#).

## National Eating Disorders Awareness Week

February 26 – March 3, 2024, is **Eating Disorders Awareness Week (EDAW)**, an annual campaign to educate the public about eating disorders and to engage in efforts to provide hope and to engage support for individuals and families affected by eating disorders.

### Let's Talk About Eating Disorders

The way we talk about eating disorders matters. Here are some facts you can use to help shape the conversation around eating disorders.



**“Eating disorders are medical illnesses.”**

Genetic and environmental factors can influence eating disorders. An eating disorder is not a trend or a choice.



**“Eating disorders are serious and can be fatal.”**

Eating disorders often involve serious medical complications that can cause permanent damage or death. People with eating disorders also have an increased risk of dying by suicide.



**“Eating disorders can affect anyone.”**

Eating disorders do not discriminate. They affect people of all ages, races and ethnicities, and genders.



**“You can't tell if someone has an eating disorder by looking at them.”**

People with eating disorders can be underweight, normal weight, or overweight.



**“Family members can be a patient's best ally in treatment.”**

Eating disorders are caused by a combination of genetic, biological, behavioral, psychological, and social factors. Family members do not cause eating disorders and can be great sources of support.



**“It is possible to recover from an eating disorder.”**

Complete recovery is possible with treatment and time.



National Institute of Mental Health

[nimh.nih.gov/eatingdisorders](https://www.nimh.nih.gov/eatingdisorders)

## What are eating disorders?

Eating disorders are serious and possibly fatal illnesses that are associated with severe disturbances in people's eating behaviors and related thoughts and emotions. Preoccupation with food, body weight, and shape may also signal an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.

## What are risk factors for eating disorders?

Eating disorders can affect people of all ages, racial/ethnic backgrounds, body weights, and genders. Eating disorders frequently appear during the teen years or young adulthood but may also develop during childhood or later in life.

## What are treatments and therapies for eating disorders?

It is important to seek treatment early for eating disorders. People with eating disorders are at higher risk for suicide and medical complications. People with eating disorders can often have other mental disorders (such as depression or anxiety) or problems with substance use. Complete recovery is possible.

### Source:

<https://www.nimh.nih.gov/health/topics/eating-disorders>

## National Teen Dating Violence Awareness and Prevention Month

Youth violence is a significant public health problem that affects thousands of young people each day, and in turn, their families, schools, and communities.

Youth violence can have serious and lasting effects on young people's physical, mental, and social health. It can harm development and contribute to impaired decision-making, learning challenges, decreased connections to peers and adults, and trouble coping with stress.

All young people deserve to grow up safely and thrive. See [Youth Violence Resources](#) for publications, data sources and prevention resources for youth violence.



Source: <https://www.cdc.gov/ViolencePrevention/youthviolence/index.html>

## February is American Heart Month!

### Resources

#### National Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233) or [chat online](#)

#### Dating Matters:

Strategies to Promote Healthy Teen Relationships

#### National Suicide Prevention Lifeline

#### Miami-Dade Parks and Recreation

#### DASH Eating Plan



- Heart disease is the leading cause of death in the United States. But you can do a lot to protect your heart. [Learn more about heart-healthy living.](#)
- Prioritizing your heart can help you avoid severe illness. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19. [Learn how COVID-19 affects your heart.](#)
- Self-care is heart-health care. Practicing self-care can keep our hearts healthy. Being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease. And, when we take care of our hearts, we set an example for those around us to do the same.
- Get to know #OurHearts! Learn what a healthy blood pressure, cholesterol, weight, and blood sugar level is for you and how they impact your risk for heart disease. Having a basic understanding of information that concerns your health and using the information to inform health-related decisions and actions for yourself and others, is strongly linked to better health.

More information here: <https://www.nhlbi.nih.gov/education/heart-truth/lets-work-together-prevent-heart-disease>

### Women & Heart Disease

Heart disease is the leading cause of death for women in the United States. Knowing the facts about heart disease can help you take steps to protect your health and seek proper treatment if you need it:

<https://www.cdc.gov/heartdisease/women.htm>

THE HEART TRUTH<sup>®</sup> FOR WOMEN

It's never too early to start thinking about your blood pressure.

Have your blood pressure checked at each healthcare provider visit.



National Heart, Lung, and Blood Institute



hearttruth.gov

Check out the [NIH](#) to learn more about American Heart Month and social media resources [here](#).

## Join The Consortium For A Healthier Miami-Dade

Join us today! Consortium membership is **free** and open to all individuals who share the vision, mission and goals of the Consortium. The Consortium is comprised of the seven (7) committees. Each committee works collaboratively with public and private partners to plan various initiatives targeted to specific groups in an effort to address leading health issues affecting Miami-Dade residents. If you are interested in becoming a member of the Consortium, please click [here](#).

