



CONSORTIUM CONNECTION

⊗ "Healthy Environment, Health Lifestyles, Healthy Community" ⊗ HealthyMiamiDade.org



September At a Glance

- ⊗ Hunger Action Month
- ⊗ Suicide Prevention Month
- ⊗ Prostate Cancer Awareness
- ⊗ The Consortium for a Healthier Miami-Dade Hosts 22nd Annual Event and Worksite Wellness Awards

Attention!

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

For more information, please email:

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CONSORTIUM
FOR A
HEALTHIER
MIAMI-DADE



September is...

Hunger Action Month

Every September, Hunger Action Month spotlights the millions who lack reliable access to nutritious food. Launched by Feeding America in 2007, the campaign draws attention to local needs and invites hands-on community responses as more than 50 million people turned to food banks last year, with children, seniors, and rural households especially vulnerable.

The USDA supports complimentary efforts like Feds Feed Families that promote fresh-food donations and coordinated drives and Feed America accepts donations used towards helping to end this gap. This month, wear orange to raise awareness and share local resources online. On September 9th, Feeding America will release its Elevating Voices: Insights Report to highlight the experiences of those suffering from food shortage in the United States.

Source: [Join Hunger Action Month | Feeding America](#) and [Hunger Action Month 2025 | Feeding America](#)

Prostate Cancer Awareness

Prostate cancer is common in men, and most cases grow slowly and may never cause symptoms. Some symptoms include pain or difficulty with urination, trouble emptying bladder, pain in back, hips, or pelvis that does not go away, or pain with ejaculation. Screening options like the PSA blood test and the digital rectal exam can find cancer earlier. However, a raised PSA can stem from noncancer conditions and further testing and biopsies are usually needed to confirm cancer. Early-stage management usually ranges from active surveillance to surgery or radiation. Because benefits and harms differ by age, family history, race, and overall health, have a shared decision conversation with your clinician to see whether screening fits your risks and values.

Source: [Prostate Cancer Awareness | Cancer | CDC](#)



The Consortium for a Healthier Miami-Dade Hosts 22nd Annual Event and Worksite Wellness Awards

The Consortium for a Healthier Miami-Dade's 22nd Annual Event and Worksite Wellness Awards was held at the Milander Center for Arts and Entertainment, boasting over 90 attendees. The event sought to recognize the ongoing commitment of Miami-Dade County's local organizations, businesses, and partners who advance health and wellness every day in our community. This event reflected on Transforming Miami-Dade 22 years: Inspiring Healthy Environments, Empowering Healthy Lives, and Strengthening Our Community – and served to celebrate the Consortium's transformative accomplishments as a prime promoter and supporter of healthy living in Miami-Dade County.

With over two decades of dedicated service, the Consortium continues to be a driving force behind collaborative public health efforts in the region. During the event, the Consortium for a Healthier Miami-Dade received a proclamation from the City of Hialeah. Through strategic partnerships, education, advocacy, and community engagement, the Consortium has significantly impacted the health outcomes of Miami-Dade County residents.

The "Building a Legacy for Miami-Dade" and "Worksite Wellness" Panel Discussions aimed to explore ideas surrounding emerging public health issues such as understanding the current state of funding and innovative approaches for organizations, chronic disease prevention, optimal health, physical activity, nutrition, paid family leave, breastfeeding in the workplace, and mental wellbeing for Miami-Dade residents, along with a special emphasis on Miami-Dade workers.



This annual event brought together public health leaders, community stakeholders, and wellness advocates to celebrate achievements, share best practices, and reinforce the shared mission of building a healthier Miami-Dade. The Florida Worksite Wellness Awards recognized outstanding employee wellness programs at various organizations based upon the size of the employer. The City of North Miami was awarded for the Small Employer Group, the City of Doral for the Mid-sized Employer Group, Jackson Health System for the Large Employer Group, and for the Sustainable Worksite Wellness Organization was BankUnited, N.A. This ceremony highlighted how local organizations are helping employees lead healthier lives, further contributing to a thriving and productive workforce.

As the Consortium looks ahead, its continued emphasis on collaboration, innovation, and community empowerment remains central to shaping a healthier future for all Miami-Dade County residents and workers.

Suicide Prevention Month

Suicide Prevention Month invites us to break the silence and spread hope this September. Organized by the National Alliance on Mental Illness (NAMI) and supported nationwide, this month serves to ensure that individuals are receiving the tools and support necessary for suicide prevention. This year, the message is simple but powerful: Start a conversation. Be the difference.

At the same time, the CDC's Comprehensive Suicide Prevention program strengthens this effort with a public health approach. By funding 24 programs across the country, it focuses on those most at risk, including veterans, rural communities, youth, and priority populations. Data, partnerships, and evidence-based strategies all come together with one goal: fewer lives lost.

You can take part by sharing resources, attending events, or simply reaching out to someone who may be struggling. Also remember, if you or someone you know is in crisis, call or text 988 for the Suicide & Crisis Lifeline.

Source: [Suicide Prevention Month 2025 – Resources & Awareness | NAMI](#) and [Suicide Prevention Month | DEA.gov](#)