CONSORTIUM CONNECTION

"HEALTHY ENVIRONMENT, HEALTH LIFESTYLES, HEALTHY COMMUNITY" HEALTHYMIAMIDADE.ORG



November at a Glance

- NATIONAL DIABETES MONTH
- NATIONAL ALZHEIMER'S AWARENESS MONTH
- NATIONAL FAMILY CAREGIVERS MONTH
- NATIONAL RURAL HEALTH DAY
- COMMUNITY HEALTH CORNER

CONSORTIUM FOR A HEALTHIER MIAMI-DADE

Attention!

We are proud to support our community organizations, community partners, and residents working to improve health across Miami-Dade County.

Have a program, event, or resource you'd like to share with the community? Please send in your submissions no later than the 5th of each month to Natouchka.Murray@flhealth.gov

Stay connected and help spread awareness of local health initiatives. Visit: HealthyMiamiDade.org



NOVEMBER IS...

NATIONAL DIABETES MONTH

Diabetes is a disease that occurs when blood sugar levels are too high and affects nearly 40 million Americans. Over time, high blood sugar levels can damage the eyes, kidneys, nerves, and heart, particularly when diabetes is not properly managed. Common warning signs of diabetes include frequent urination, increased thirst, feeling hungry even after eating, extreme fatigue, and blurry vision. However, some individuals may experience only mild symptoms or no symptoms at all, which is why awareness and routine screening through a simple blood test are important for early detection.

Know Your Risk

- Having a family history of diabetes or certain health conditions may increase your risk for diabetes.
- Watch for early signs like increased thirst, fatigue, or frequent urination.
- Ask your doctor about an A1C or fasting glucose test at your next visit.

Eat With Purpose

- A healthy diet is an important part of preventing or managing diabetes.
- Choose whole grains, vegetables, lean proteins, and food sources that are high in fiber.
- Try sugar-free or low sugar beverage options.

Stay Active

- Regular exercise such as walking or jogging can help regulate your blood sugar.
- Break exercise into smaller increments (two 15-minute walks instead of one 30-minute walk) to build up your strength.
- Choose the stairs over elevators.

Source: American Diabetes Association

NATIONAL ALZHEIMER'S AWARENESS MONTH

National Alzheimer's Awareness Month is dedicated to raising awareness about Alzheimer's disease and the millions of individuals and families affected by it. Alzheimer's is the most common type of dementia, a condition that affects memory, thinking, and the ability to carry out everyday activities. It is not a normal part of aging. Early detection, ongoing research, and community support are important for improving the quality of life for individuals living with the disease and providing support to caregivers. This month serves as a reminder to check in on loved ones, recognize the warning signs, and support continued efforts to develop better treatments and, ultimately, find a cure.

Early Warning Signs of Alzheimer's

Recognizing the difference between normal aging and the early signs of Alzheimer's can be challenging. If you notice changes in yourself or a loved one, speak with a healthcare provider for guidance and support.

- Memory loss that disrupts daily life.
- Difficulty completing familiar tasks.
- Trouble keeping track of time or place.
- Unexpected changes in mood or personality.

Is Alzheimer's Preventable?

We don't know yet if Alzheimer's is completely preventable. Researchers are working on answering this question.

- While age and genetics cannot be changed, there are some risk factors that researchers agree can be changed which may prevent Alzheimer's.
- Staying active, eating healthy, and maintaining social connections have been shown to support brain health.

Sources: Alzheimer's Association









NATIONAL FAMILY CAREGIVERS MONTH

November is National Family Caregivers Month, honoring the millions of people who provide unpaid care for aging parents and loved ones facing illness or chronic conditions. Caregiving requires great responsibility and can also bring physical, emotional, and financial strain, making it essential for caregivers to seek support and take care of their own well-being too. This month is a time to recognize their dedication, connect them with helpful resources, and remind them that they don't have to navigate the journey alone.

Tips for Caregivers: Balancing Caregiving and Self-Care

Caring for yourself is just as important as caring for others. Caregivers can support their own well-being by accepting help when offered, connecting with support groups, and taking regular breaks to help prevent burnout. Staying organized with a loved one's medical and legal documents and maintaining open communication with healthcare providers can also make caregiving more manageable. Above all, remember to recognize the meaningful difference you make in your loved one's life each day.

Source: Caregiver Action Network



NATIONAL RURAL HEALTH DAY - 11/19/2026

National Rural Health Day is an opportunity to bring attention to and honor the incredible efforts of rural healthcare providers, communities, State Offices of Rural Health, and organizations that are dedicated to addressing the unique healthcare needs of rural America, which is anywhere that is outside of a city or suburban area. Nearly 61 million people live in rural America, where residents often have longer travel to emergency rooms, doctor's offices, and hospitals. Rural America has unique healthcare needs which is why it is important to raise awareness and celebrate the efforts that supports them.

Important Considerations for Rural Health

- Rural area's have fewer doctors, nurses, dentists, and mental health professionals available in rural settings.
- Rural hospitals are often smaller with fewer specialists
- Common rural jobs such as agriculture, mining, and manufacturing have unique exposures and injury risk.
- Limited or unavailable public transportation options in rural settings can make it hard for people to get to a doctor's office or hospital.



Source: National Organization of State Offices of Rural Health and Rural Health Information Hub

Community Health Corner

GROWING HEALTHY MINDS IN THE FOOD FOREST

At public elementary schools across Miami-Dade County, The Education Fund's Food Forests for Schools give students a calm, green place to learn, connect and recharge. With support from the Humana Foundation, students are practicing breathing exercises in the food forest. Student leaders from Twin Lakes Elementary guide students through slow, steady breaths that help them handle stress, calm big feelings and get ready to learn. When students support each other this way, they build confidence, empathy and coping skills they can use in class, at home and beyond.

The impact reaches well beyond the garden. "Having our school garden has changed the school culture," says Denise Alfaro, a teacher at Sylvania Heights Elementary. "The students learn to work in groups who normally want to be by themselves.... Students who usually sit quietly suddenly take charge of the irrigation when they see that the plants need water. After they are done in the garden, they walk back to the building a little dirtier than they arrived, but they walked a little prouder and taller, too."

Learn more about Food Forests for Schools and watch videos here: **https://www.educationfund.org/what-we-do/programs/food-forests-for-schools/modules.html**

Written by: Debi La Belle | The Education Fund

Community Health Corner

Beyond the Ribbon: Keeping the Conversation Going All Year Long

National Red Ribbon Week, observed annually October 23–31, brings families, schools, and communities together to raise awareness about substance use prevention and encourage healthy, drug-free choices. The 2026 theme, "Make a Difference. Be a Hero. Stay Drug Free" reminds us that everyone can make a positive impact through everyday decisions.

Although Red Ribbon Week is celebrated in October, its message remains important throughout the year. Prevention begins with meaningful conversations, strong family connections, and supportive environments that encourage healthy choices.

Through its partnership with Informed Families, the National Family Partnership promotes four prevention campaigns that help families continue these efforts year-round:

- Family Day: Strengthen family connections through meaningful time together, open conversations, and shared experiences.
- Red Ribbon Week: Encourage healthy decisions and positive role models throughout the year.
- Lock Your Meds: Promote safe medication storage and proper disposal.
- Safe Homes Smart Parties: Encourage safe, alcohol- and drug-free celebrations for young people.

As we move beyond October, let's continue building on the momentum of Red Ribbon Week. Every conversation, positive example, and preventive action helps support healthier futures for our children and communities.

Learn more: **www.InformedFamilies.org**

Written by: Adriana Williams | RK Digital Management

