

# Health Promotion & Disease Prevention Committee

Presents

“Keys to a Healthier Life”



[www.healthymiamidade.org](http://www.healthymiamidade.org)

# Consortium

- The Consortium for a Healthier Miami-Dade is made up of members who promote the activities of their organizations and work with other organizations to better serve the community.



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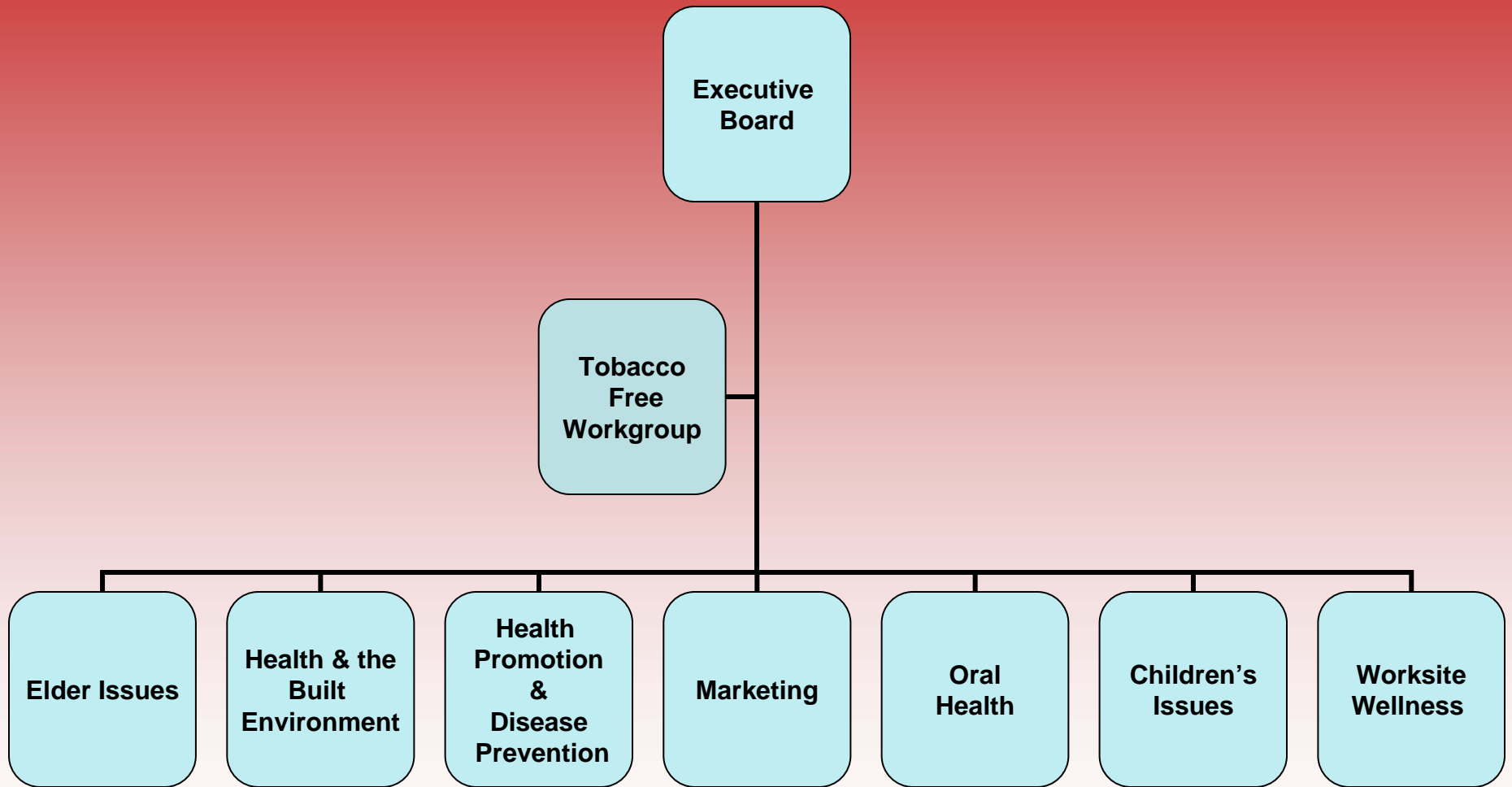
# Consortium's Mission & Vision

- **MISSION:** To be a major catalyst for healthy living in Miami-Dade
- **VISION:** Healthy Environment, Healthy Lifestyles, Healthy Community

# Strategic Priorities

- Consortium has 3 main goals
  - Educate the community about cost-effective benefits of healthy lifestyles;
  - Support health policy at the local and state levels that encourage healthy lifestyles and health promoting environments;
  - Collaborate on jointly prioritized goals to achieve community goals.

# Consortium for Healthier Miami-Dade



# Keys to a Healthier Life

- Good Nutrition
- Oral Health
- Regular Physical Activity
- Tobacco Use Prevention

# Good Nutrition

- Increase consumption of fruits & vegetables
- Reduce consumption of Saturated fats & eliminate consumption of Trans fats
- Choose low fat or fat free dairy products and consuming lean meat
- Increase consumption of whole grains
- Reduce consumption of sugar & salt

# Oral Health

- Promote regular daily brushing & flossing
- Regular dental cleaning & check-ups
- Increase use of fluoride varnishes
- Promote benefits and use of sealants

# Regular Physical Activity

- Promote 60 minutes of physical activity daily
- Increase opportunities for walking such as:
  - Take the stairs instead of the elevators
  - Park further away from your destination
- Take stretch breaks at work every 2-3 hours

# Regular Physical Activity

- Have fun with physical activity such as:
  - Dance
  - Play a sport such as basketball
  - Swim
  - Play Dance Revolution
  - Walk or do activity with a friend/partner

# Tobacco Use Prevention

- Be informed about the adverse effects of tobacco use – contact Miami-Dade County Health Department's Tobacco Prevention Program at 305-234-5400 x 2505
- Be proactive for your health - Quit Now or reduce your tobacco use – for FREE one on one counseling or group sessions contact Miami-Dade AHEC at 305-597-3640, [SmokeFree@mdahec.org](mailto:SmokeFree@mdahec.org)
- Remember 2<sup>nd</sup> Hand Smoke is as damaging to your health as smoking

# Questions?

