

February 2018

## February is American Heart Month

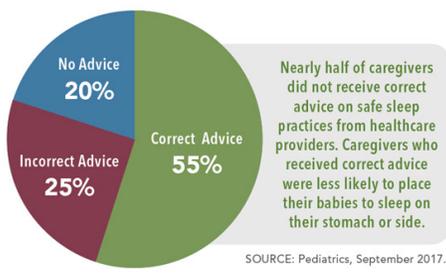
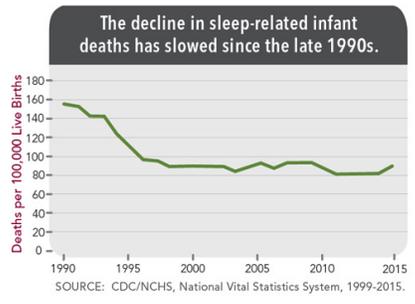
Cardiovascular disease (CVD), including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year. **On average, someone died of CVD every 40 seconds.** 90% of women have one or more risk factors for heart disease or stroke. Women have a higher lifetime risk of stroke than men. Fewer women than men survive their first heart attack. The symptoms of heart attack can be different in women vs. men, and are often misunderstood – even by some physicians. (American Heart Association, 2018.)



Every year, 1 in 4 deaths are caused by heart disease.

**The good news?** By making healthy choices and managing health conditions, heart disease may often be prevented. (U.S. Department of Health and Human Services, 2018.)

*On February 2nd, join the American Heart Association and Go Red For Women as they celebrate American Heart Month and raise heart disease awareness by participating in National Wear Red Day. To find out more, please [click here](#) to access a short clip.*

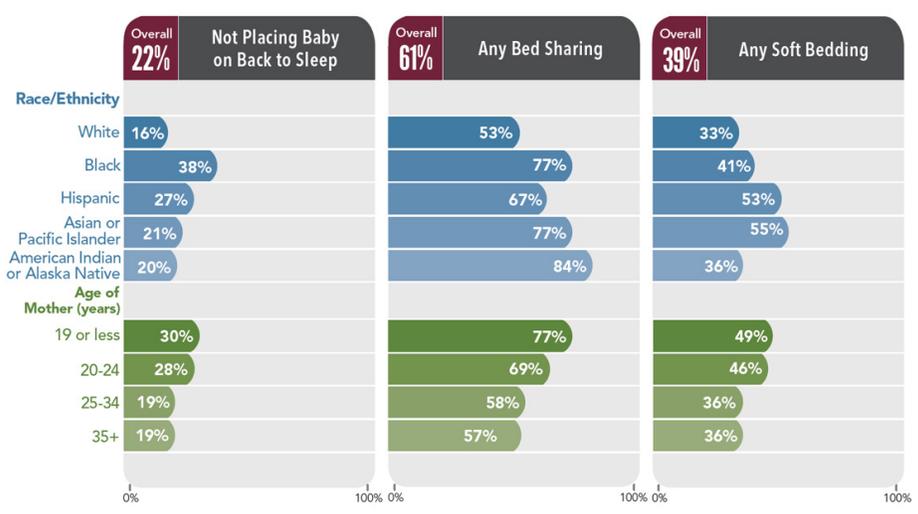


## Safe Sleep for Babies

There have been dramatic improvements in reducing baby deaths during sleep since the 1990s, when recommendations were introduced to place babies on their back for sleep. However, since the late 1990s, declines have slowed.

Recommended safe sleep practices today include eliminating hazards, such as keeping blankets, pillows, bumper pads, and soft toys out of the sleep area. Recommendations also include room sharing but not bed sharing. These practices can help lower the risk of sleep-related infant deaths, including sudden infant death syndrome (SIDS), accidental suffocation, and deaths from unknown causes. (Centers for Disease Control and Prevention, 2018.)

### UNSAFE SLEEP PRACTICES WITH BABIES ARE COMMON.



To learn more please [click here](#).

## Sugar Smart for Life Program Helping Prevent Diabetes

In 2017, West Kendall Baptist Hospital's Healthy West Kendall initiative launched Sugar Smart for Life, a six-month, technology-based behavior change intervention targeted at people with prediabetes. Participants are recruited through the Healthy Hub, a one-stop screening and referral-to-care kiosk in the lobby of West Kendall Baptist Hospital. The intervention combines screening, nurse education, home monitoring and targeted wellness education to help participants develop and maintain healthy lifestyles, and uses a suite of mobile applications from West Kendall-based health technology start-up LifeWallet to assess, monitor and message program participants. When the pilot program ended in September, the 38 Sugar Smart for Life participants had recorded nearly 300,000 total minutes of activity and logged 6.3 million steps. Those who completed all six months of the program saw significant improvements in A1c, LDL, HDL and triglyceride levels, and had reduced their weight and Body Mass Index. For more information about Sugar Smart for Life, contact Margaret Sotham, MargaretSo@BaptistHealth.net or 786-467-3418.

## Beat Diabetes: Take Control

Baptist Health South Florida is offering a CDC Diabetes Prevention Program, Beat Diabetes: Take Control. Beat Diabetes: Take Control is a year-long evidence-based program designed for people with prediabetes and will help reduce your risk of developing type 2 diabetes. Participants are required to attend weekly sessions for the first six months and then monthly sessions, thereafter. Topics will include nutrition, physical activity, and stress management. The program is led by a variety of experts including a diabetes lifestyle coach, registered dietitian, registered nurse, and an exercise instructor. Participants will be given tools to empower them to practice healthy lifestyle behaviors in their own environments. For more information, please contact Christine Mendez at ChristinMe@BaptistHealth.net. *\*Please note: current cohort is closed, recruiting for future cohorts is ongoing.*

## Events Calendar

### February 2018

Feb. 3 Diabetes: Beyond the Basics (Spanish)

Medical Arts Building | 8950 North Kendall Drive Suite 105 | Miami, FL 33176  
9:00am-12:00pm (Email: Programs@BaptistHealth.net or call 786-596-3812)

Feb. 14 Miami-Dade Black History Month Health Fair

Miami-Dade Wolfson Campus | 300 NE 2nd Avenue | Miami, FL 33132  
10:45am - 2:00 p.m

Feb. 15 Health Fair - Curley's House

6025 NW 6th Court | Miami, FL 33127  
10:00am-3:00pm

Feb. 26 The Myths about Diabetes

Baptist Health Primary Care | 7400 SW 87th Avenue Suite 260 | Miami, FL 33173  
6:00pm - 7:00pm

SAVE THE DATE !

### Fit City Miami 5

Miami Center for Architecture & Design  
in Partnership with AIA Miami presents the  
fifth annual event on health  
implications of built environment  
design.

February 22, 2018

8:30am - 2:00pm  
at



285 Aragon Ave, Coral Gables, FL 33134



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