

March 2018

## Take Action - Prevent the FLU

Follow the action steps to stop the spread of germs, recommended by the CDC

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.



Your flu shot is the first & most important step to fight the flu.

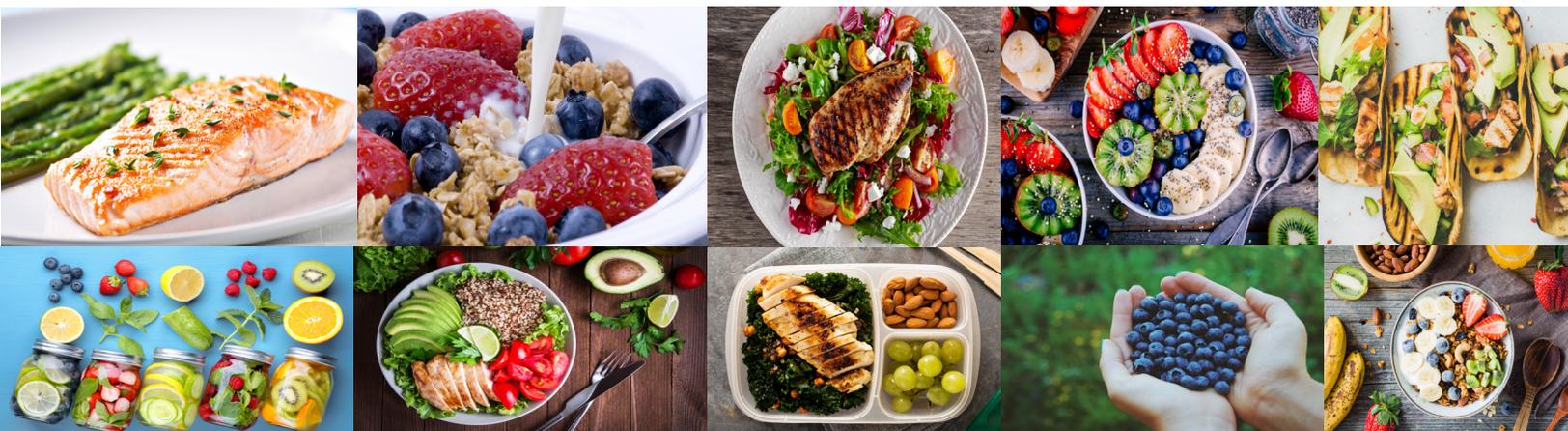


Source: <https://www.cdc.gov/flu/consumer/prevention.htm>

## National Nutrition Month: Put Your Best Fork Forward!

March is National Nutrition Month and this year's theme is "Put Your Best Fork Forward!" Part of leading a healthy life means eating a healthy diet and being physically active. A recent CDC study highlights when, where, and how U.S. adults and children are eating a healthy diet. Those who are not getting enough fruits and veggies can take small steps towards meeting recommended amounts, including adding more fruit to your usual breakfast routine or adding vegetables to your meals. Eating a diet rich in fruits and vegetables can help reduce the risk of many leading causes of illness and death, add important nutrients to your diet, and help with weight control.

Source: <https://www.eatright.org/food/resources/national-nutrition-month/national-nutrition-month>



## Food Loss and Food Waste

The USDA Center for Nutrition Policy and Promotion (CNPP) has developed a new infographic - Let's Talk Trash - to inform American consumers about food loss and waste. CNPP is raising awareness about how individuals and families can reduce food loss and waste, in support of larger USDA efforts.

There is a growing concern about food loss and waste throughout the United States. Consider that about 90 billion pounds of edible food goes uneaten each year. This costs most people about \$370 each year. As the world population continues to grow, there is a greater need to set goals and develop initiatives to reduce the amount of food wasted. Less food loss and waste can help save money, improve food access, and protect natural resources. The impacts of food loss and waste include: Food waste is the single largest component going into municipal landfills, wholesome food is sent to landfills instead of feeding people in need, producing, processing, transporting, preparing, storing, and disposing of discarded food uses inputs such as land, water, labor, and energy that could be available for other purposes.



Source: <https://www.choosemyplate.gov/lets-talk-trash>  
Please visit the link to obtain more information.

### Opioid Crisis

Every day, more than 115 Americans die after overdosing on opioids. The misuse of and addiction to opioids—including prescription pain relievers, heroin, and synthetic opioids such as fentanyl—is a serious national crisis that affects public health as well as social and economic welfare. The Centers for Disease Control and Prevention estimates that the total “economic burden” of prescription opioid misuse alone in the United States is \$78.5 billion a year, including the costs of healthcare, lost productivity, addiction treatment, and criminal justice involvement.

Source: <https://www.drugabuse.gov/drugs-abuse/opioids/opioid-overdose-crisis>

### Events Calendar

#### March 2018

##### 3/10 Family Health and Wellness Fair

Marathon Fire Station #14 | 8900 Overseas Highway | Marathon, FL 33050  
10:00am-1:00pm (This fair is free. No registration required.)

##### 3/10 American Cancer Society's Relay for Life of Kendall

8900 North Kendall Drive Miami, FL 33176  
12:00pm-9:00pm (For questions please call: (786) 596-1960)

##### 3/24 Diabetes: Beyond the Basics

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

##### 3/31 West Kendall Community Egg Hunt

West Kendall Baptist Hospital | 9555 SW 162 Avenue Miami, FL 33196  
4:00pm-6:30pm

### 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)