

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

Welcome to the New Consortium Website!

The Consortium for a Healthier Miami-Dade has always strived to provide an environment where organizations can come together and collaborate to make Miami-Dade County a healthier place to live. A growing membership and initiatives list reflects how far the Consortium has come since its inception, and it was time our online identity reflected this as well.

Therefore, we are happy and proud to introduce the new, updated Consortium website! As you explore our site, you will notice differences that make our new website both user friendly and a wonderful resource for the community

(professional or otherwise). The new site includes an interactive events calendar, personalized committee pages, links to various useful resources and publications, and an overall fun, welcoming atmosphere.

Please be on the look out for an email announcing the launch of the new site. Our web address will remain the same. Once the site goes live, take a few minutes and explore the new www.healthymiamidade.org!

- CPPW Staff

July 2011

Volume 1, Issue 5

CONSORTIUM
FOR A
HEALTHIER
MIAMI-DADE

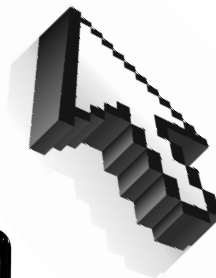


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Before



After



Refining the Park Access and Equity Strategy

Convenient access to parks plays an important role in the promotion of physical activity, which can aid in the reduction of obesity and obesity-related diseases. The Miami-Dade County Parks & Recreation Department has recently refined its park access and equity strategy. This strategy involves application of specific criteria for evaluating areas underserved by the public park system, while also developing plans for acquiring new properties for future parks.

Guiding the strategy was a thorough mapping of the County's two-tier park system. Geographic Information System (GIS) technology was utilized to determine the geographic areas served by each local park within a walking distance of 0.25 to 0.50 miles, as well as regional parks within 2-3 miles. Critically, this mapping analysis has allowed for the identification of the geographic gaps in park service, those areas of Miami-Dade open space network that are deficient in terms of park access. Identifying these gaps is crucial for determining where future open space investments should be made.

The strategic process used to fill in the gaps for local park service areas is provided in Figure 1. An example of how this process has been applied to one of five focus areas is shown in the map (Figure 2), which illustrates the design interventions that can be applied to improve access to Marva Y. Bannerman Park

in the Brownsville neighborhood, including Safe Routes to Parks and wayfinding signage.

- John M. Bowers, RLA, AICP
Miami-Dade County Park and Recreation
Department
Health & the Built Environment
Committee

GAP Analysis Process Flowchart

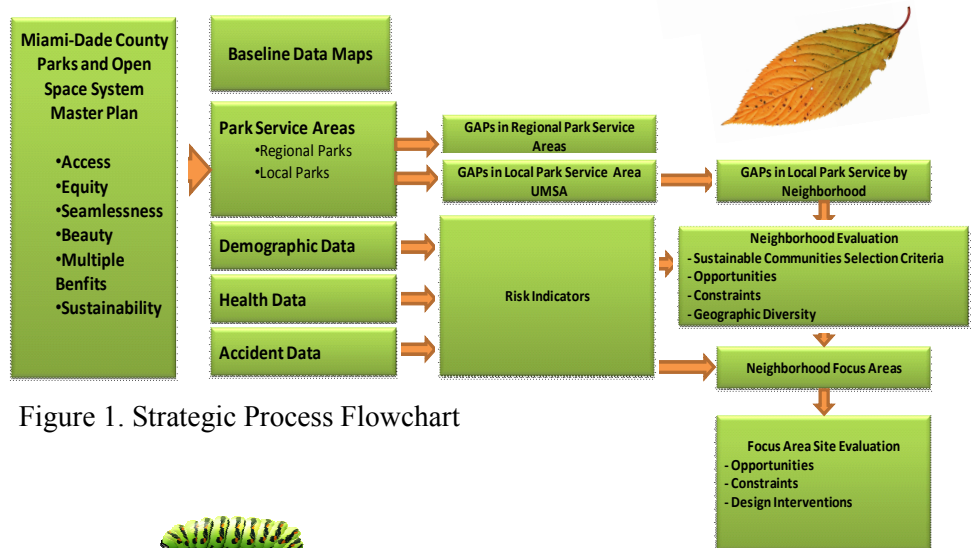


Figure 1. Strategic Process Flowchart

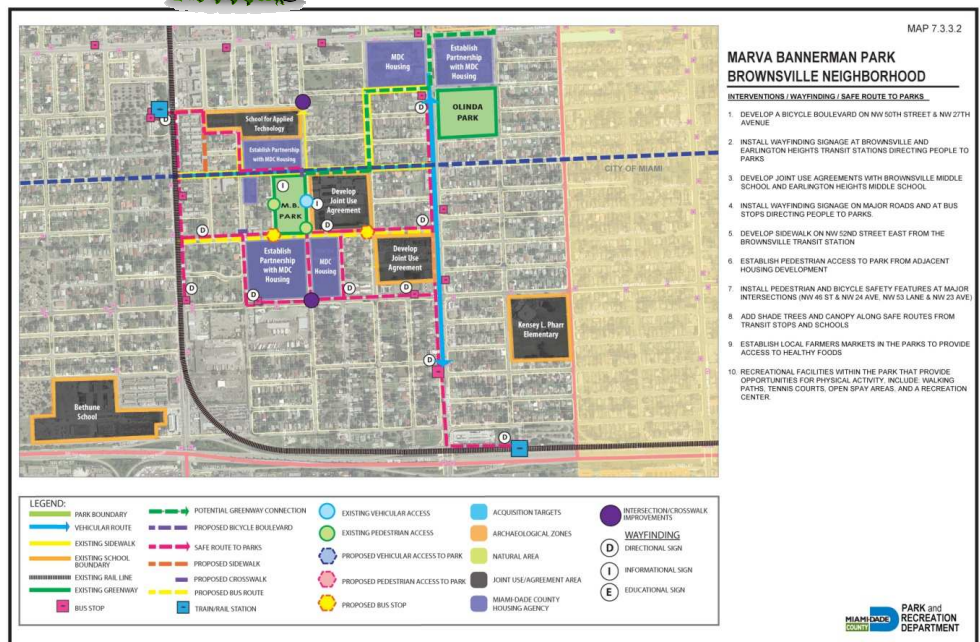


Figure 2. Design Interventions: Marva Y. Bannerman Park

The Business Case for Breastfeeding

A major goal of the Communities Putting Prevention to Work (CPPW) Project in Miami-Dade County is to support breastfeeding in our community. The Healthy Start Coalition of Miami-Dade is one of the contracted partner organizations working to implement lactation support policies in the workplace.

The Healthy Start Coalition of Miami-Dade is using the Business Cases for Breastfeeding (BCFB) as a guiding document to support local partners in their worksite lactation practices. The BCFB is a comprehensive program designed to educate employers about the value of supporting breastfeeding employees in the workplace. The

program offers tools to help employers provide worksite lactation support and privacy for breastfeeding mothers to express milk, and offers guidance to employees on breastfeeding while working.

Businesses benefit from implementing worksite lactation policies by reducing costs associated with absenteeism to care for a sick child, saving on healthcare costs and improving employee retention. Employees of businesses providing lactation support feel more productive and loyal to the organization.

The Healthy Start Coalition of Miami-Dade approved the implementation of worksite

lactation support policy within the Coalition in February of this year. This includes granting employees time to express breast milk, a suitable location to do it, and educational support. Through the implementation of the policy, the provision of technical assistance, and community trainings, the Healthy Start Coalition is working to increase breastfeeding practices in Miami-Dade County.

- Natalia Coletti, LCSW, CLC, CEIM
Healthy Start Coalition
Children Issues Committee



Under the Florida Sun: Hot Weather Tips¹

- Drink more fluids (non-alcoholic and low sugar). Don't wait until you are thirsty to drink.
- Wear lightweight, light-colored, loose fitting clothing.
- Limit outdoor activities to morning and evening hours.
- Try to rest in shady areas.
- Protect yourself from the sun by wearing a hat, and sunscreen (SPF 15 or higher).
- Never leave children, the elderly, or pets in closed, parked vehicles unattended.



Reference:

1. Centers for Disease Control & Prevention. (2011). Tips for preventing heat-related illness. Retrieved from <http://emergency.cdc.gov/disasters/extremeheat/heattips.asp>

Understanding the New “My Plate” Nutrition Recommendations

MAKE HEALTHY HAPPEN MIAMI

The new dietary guidelines are represented in “My Plate” which is a plate divided into 4 sections representing different types of food groups (protein, whole grains, fruits and vegetables). The sections vary in size depending on the recommended portion of each food group a person should eat. A circle shape next to the plate represents dairy products, especially milk.



MESSAGES FROM CHOOSEMYPLATE.GOV

Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions

Foods to Increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat free or low-fat (1%) milk

Foods to Reduce

- Compare sodium in foods like soup, bread and frozen meals and choose the ones with lower sodium

TIP OF THE MONTH

Make most of your choices—choose whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

RECIPE



Chicken Club Wrap

Heat grilled chicken strips and place in the center of a spinach wrap.

Fry 2 slices of turkey bacon and crumble; mix with chopped tomatoes and diced red onion.

Top chicken with bacon mixture and lettuce.

Enjoy....

Adapted from eatright.org and choosemyplate.gov by Consulting Registered Dietitians Inc.

For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org