

May 2022

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ATTENTION

We are currently accepting sub-
missions for our next newsletter!

For more info, e-mail:

Daria.Sims
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May Health Observance's

- 5/2- 5/8 National Hurricane Preparedness Week
- 5/3– 5/9 Kids mental health week
- 5/8 – 5/15 National Women's Health Week
- 5/9 National Women's Check-Up Day
- 5/12 Fibromyalgia Awareness Day
- 5/31 World No Tobacco Day
- 5/31 Heat Safety Awareness Day
- 5/24 –5/30 Healthy and Safe Swimming Week
- Mental Health Awareness Month
- American Stroke Month
- Lupus Awareness Month
- National Arthritis Awareness Month
- National Osteoporosis Awareness and Prevention Month
- National Teen Pregnancy Prevention Month
- Preeclampsia Awareness Month

Health Equity Corner



What is the Achievement Gap? The [Achievement Gap](#) is the disparity in academic performance between minority students compared to their white peers. We can improve [health equity in education](#) by increasing graduation rates, literacy, and students enrolling in higher education. Access to quality education can provide opportunities for people to change their socioeconomic status and reduce adverse health outcomes. The Achievement Gap has many layers, but we can start to close the gap by working with schools and community organizations to achieve educational equity.

Memorial Day



On May 30, 2022, we remember the heroic soldiers who served for the United States Armed Forces to fight for our country. We appreciate your brave and courageous hearts. Thank you.



Resources

[Drowning, Injury, &](#)

[Sun Protection](#)

[Miami-Dade County-](#)

[Learn to Swim](#)



Florida Department of Health in Miami-Dade County

[World Health Organization \(WHO\)](#)

[Stroke Prevention](#)

[NAMI Miami-Dade County](#)

Healthy and Safe Swimming Week

May is the start of the summer season. Stay active with the family this summer by swimming. Make sure to practice water safety while at the pool, the beach, water park, and splash pads. Don't forget to protect your skin from harmful UV light rays from the sun while spending time outside. The CDC has provided swimming safety tips and resources for families and children in order to keep safe and practice healthy swimming. To learn more, click [here](#).



World No Tobacco Day

The World Health Organization (WHO) annually observes World No Tobacco Day on May 31st, to educate the world about the dangers of tobacco products. This year's campaign entitled "Tobacco: Threat to our environment" will raise awareness about the environmental impact tobacco has from the toxic waste created from its cultivation, production, distribution, and use. This year's campaign will also shine a light on the tobacco industry's efforts to "greenwash" its reputation and products by marketing themselves as environmentally friendly. Let's make it a priority to educate ourselves on the true impact tobacco has on our food source and ecosystem, to learn more click [here](#).



World Health Organization

World No Tobacco Day
2022

American Stroke Month

May is [American Stroke Month](#). To prevent your chances of stroke, start by making healthy choices. Please see tips below.

- Choose healthy foods and drinks
- Keep a healthy weight
- Get regular physical activity
- Don't smoke
- Limit alcohol
- Control pre- medical conditions

Mental Health Month

May is Mental health month and Kid's Mental Health Week May 3- 5, 2022. Mental health is important for people all ages from young children to elderly adults. Join NAMI [Miami-Dade County](#) for the Miami Mental Health Walk for Awareness.





CDC & COVID-19



Florida Department of
Health COVID-19
Testing Site & Vaccine
Site Locator

[CLICK HERE](#)

CDC About
COVID-19

[CLICK HERE](#)

COVID-19

To find the most up-to-date information and guidance on COVID-19 please visit the CDC'S website Guidance for COVID-19.

[Click Here](#)

For any other questions related to COVID-19 in Florida, please contact the Department's dedicated COVID-19 Call Center by calling
1-866-779-6121.
The Call Center is available
24 hours per day.
Inquiries may also be emailed to
COVID-19@flhealth.gov

The CDC has provided the following information on COVID-19 updates.

- [Make Shots Less Stressful- 9 Things You Can Do for You and Your Baby](#)
- [COVID-19 Vaccines for Children and Teens](#)
- [COVID-19 Vaccine Booster Shots](#)
- [12 COVID-19 Vaccination Strategies for Your Community](#)
- [COVID-19 Travel Guidance](#)
- [Quarantine and Isolation](#)
- [Self-Testing](#)

Hurricane Preparedness



Hurricane Preparedness Week is **May 1-7, 2022**. The [National Oceanic and Atmospheric Administration](#) has provided a few tips for the community. Be ready for hurricane season by creating a list of hurricane emergency supplies and start thinking ahead now about how you will prepare your home for this year's hurricane season. Residents who live in hurricane-prone areas like South



Florida, are encouraged to complete simple preparations before hurricane season begins on June 1, 2022. For more hurricane preparedness tips, [click here](#). Also, Check out the [National Hurricane Center's](#) website and stay up to date on the latest cyclones developing in the Atlantic, Caribbean Sea, Gulf of Mexico.

Resources

[Fresh From Florida](#)

[Parks 305](#)

[MyPlate](#)



[Dog Parks](#)

[Just For Kids](#)

[Active Older Adults Program](#)

Fresh From Florida

It is important to maintain a healthy diet or lifestyle. According to [FLCHARTS](#), the leading cause of death for most Americans living in Florida is heart disease accounting for 49,208 deaths in the year 2020. Not only does physical activity play a major role in our health but also the foods we eat play a major role as well. Consider eating food such as lean meat, low-carbs, low-fat dairy products, fruits and vegetables. Check out what crops Fresh from Florida are in season for the month of May, [here](#).



Find a Park Near You



Find a park near you for physical activity in Miami-Dade County, [here](#).

MyPlate



Are you looking for easy-to-make breakfast, lunch, and dinner recipes at a low cost? Visit [MyPlate](#) for healthy and delicious recipes for the family.

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.



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