



CONSORTIUM CONNECTION

* "HEALTHY ENVIRONMENT, HEALTH LIFESTYLES, HEALTHY COMMUNITY" * HEALTHYMIAMIDADE.ORG



MARCH AT A GLANCE

- * NATIONAL NUTRITION MONTH
- * COLORECTAL CANCER AWARENESS MONTH
- * WOMEN'S HISTORY MONTH
- * LETS GET MOVING!!!



Attention!

We are proud to support our community organizations, community partners, and residents working to improve health across Miami-Dade County.

Have a program, event, or resource you'd like to share with the community? Please send in your submissions no later than the 15th of each month to Laura.Jimenez@FLhealth.gov

Stay connected and help spread awareness of local health initiatives. Visit: HealthyMiamiDade.org



MARCH IS...

NATIONAL NUTRITION MONTH

National Nutrition Month highlights the importance of making informed food choices and developing healthy eating habits that support overall well-being. Nutrition plays a vital role in preventing chronic diseases, maintaining energy levels, and supporting mental and physical health at every stage of life.



WHO CAN BENEFIT MOST?

- Individuals managing diabetes, heart disease, or hypertension
- Children and adolescents developing lifelong habits
- Older adults supporting bone and muscle health
- Anyone looking to improve energy, focus, or digestion



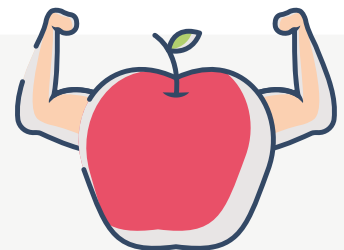
WHAT HABITS CAN HELP?

- Eat real foods: fruits, vegetables, whole grains, beans, nuts
- Choose quality protein: beans, eggs, seafood, poultry, dairy
- Limit ultra-processed foods & added sugars
- Eat a variety of colors
- Drink water instead of sugary drinks



WHY NUTRITION MATTERS?

- Supports heart, gut, and immune health
- Helps prevent chronic diseases
- Improves energy, focus, and mood
- Supports healthy growth at every age



Sources: Center for Disease Control and Prevention, REALFOOD.GOV



Colorectal Cancer Awareness Month

Every March, we recognize Colorectal Cancer Awareness Month, highlighting one of the most preventable cancers when detected early through routine screening. Colorectal cancer affects the colon or rectum and often develops from precancerous polyps over time. Early detection significantly improves treatment outcomes and survival rates.

Why Screening Matters

Colorectal cancer often develops without noticeable symptoms in its early stages. Routine screening is essential – even for individuals who feel healthy.

Screening can:

- Detect cancer early when treatment works best
- Find and remove precancerous polyps
- Reduce colorectal cancer mortality

Risk Increases for Individuals Who:

- Are age 45 or older
- Have a family history of colorectal cancer
- Have inflammatory bowel disease
- Are physically inactive
- Smoke or consume excessive alcohol
- Have obesity

Talk to Your Healthcare Provider About:

- Screening starting at age 45
- Stool-based tests (FIT or stool DNA tests)
- Colonoscopy
- Individual risk factors and screening intervals

Source: CDC-Colorectal Cancer Basics; American Cancer Society

COLORECTAL CANCER
IS THE

SECOND
LEADING CAUSE

OF CANCER DEATH
IN THE UNITED STATES

Don't Wait. Get Screened.

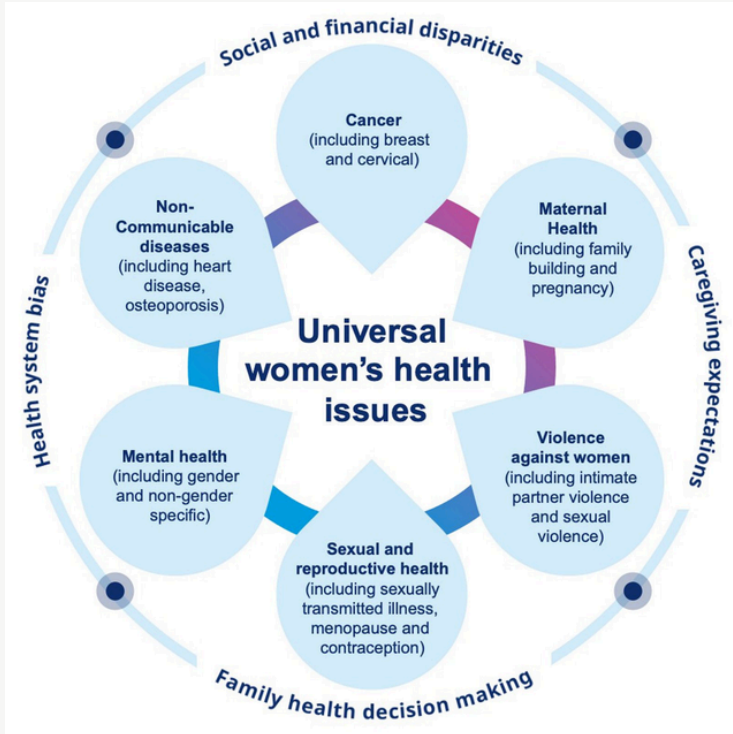
REGULAR SCREENING SAVES LIVES.
EARLY DETECTION CAN PREVENT
COLORECTAL CANCER BEFORE IT STARTS.





Women’s History Month

Women’s History Month is a time to recognize the vital role women play in our communities and to prioritize efforts that advance women’s health and overall wellbeing. Promoting access to preventive care, early screening, and chronic disease prevention helps support healthier women, families, and communities.



WHY WOMEN’S HEALTH MATTERS

- Heart disease is the leading cause of death among women in the United States
- Early detection of breast and cervical cancer improves survival
- Maternal health outcomes remain a national public health priority
- Mental health and caregiving responsibilities impact overall wellbeing
- Access to preventive services reduces long-term health disparities

KEY PREVENTIVE ACTIONS

- Schedule annual wellness visits
- Follow recommended mammogram guidelines
- Stay up to date on cervical cancer screening
- Monitor blood pressure, cholesterol, and blood sugar
- Prioritize mental health and stress management

WHEN WOMEN’S HEALTH THRIVES,
FAMILIES AND COMMUNITIES THRIVE.



SOURCE: [CDC WOMEN’S HEALTH](https://www.cdc.gov/women); [WOMENSHEALTH.GOV](https://www.womenshealth.gov)



Physical Activity is FUN: Let's Get Moving!

BY AUTAVIA BROWMAN, VALENTINA CEVALLOS, GIANLUCA CHABLA AND IMELDA MEDINA, MD, MPH

Physical activity includes activities we do during leisure time and other activities involving movement as part of our everyday life at work and home. Both moderate- and vigorous-intensity physical activity improve health.

Physical inactivity is one of the leading risk factors for noncommunicable diseases worldwide. But regular physical activity reduces the risk of heart disease, stroke, diabetes, certain cancers, and depression. Adults should engage in at least 150 minutes of moderate-intensity physical activity per week, in addition to two days of muscle-strengthening activities each week.

A good way to meet the guideline goal of 150 minutes of physical activity per week, is to accumulate 30 minutes of moderate physical activity on 5 days of the week. This is just 10 minutes, three times each day, which can be done in multiple ways such as walking, dancing, swimming or doing chores. Note that 150 minutes per week is the goal, not your starting point. Even small increases in daily movement can provide meaningful health benefits.

Social supports can help persons start, maintain, or increase physical activity. ENJOY with your friends and help each other stay healthy. Go walk on the beach, play sports, clean your Church, start today! We can use our social supports to help each other and help persons of all ages and abilities be physically active and have fun. So, let's get moving!

REFERENCES

[HTTPS://WWW.CDC.GOV/PHYSICAL-ACTIVITY/PHP/STRATEGIES/SOCIAL-SUPPORTS.HTML](https://www.cdc.gov/physical-activity/php/strategies/social-supports.html)

[HTTPS://WWW.CDC.GOV/PHYSICAL-ACTIVITY-BASICS/GUIDELINES/ADULTS.HTML](https://www.cdc.gov/physical-activity-basics/guidelines/adults.html)

[HTTPS://WWW.WHO.INT/NEWS-ROOM/FACT-SHEETS/DETAIL/PHYSICAL-ACTIVITY](https://www.who.int/news-room/fact-sheets/detail/physical-activity)

LORIG, K., LAURENT, D., GONZÁLEZ, V., SOBEL, D., MINOR, M., & GECHT-SILVER, M. (2020). LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS (5TH ED.): SELF-MANAGEMENT SKILLS FOR HEART DISEASE, ARTHRITIS, DIABETES, DEPRESSION, ASTHMA, BRONCHITIS, EMPHYSEMA, AND OTHER PHYSICAL AND MENTAL HEALTH CONDITIONS. BULL PUBLISHING COMPANY.