CONSORTIUM CONNECTION

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

May at a Glance

- MENTAL HEALTH AWARENESS MONTH
- NATIONAL WOMEN'S HEALTH MONTH
- NATIONAL PHYSICAL FITNESS & SPORTS MONTH
- AMERICAN STROKE MONTH
- CHRONIC DISEASE SELF MANAGEMENT
- NATIONAL ASTHMA AWARENESS MONTH

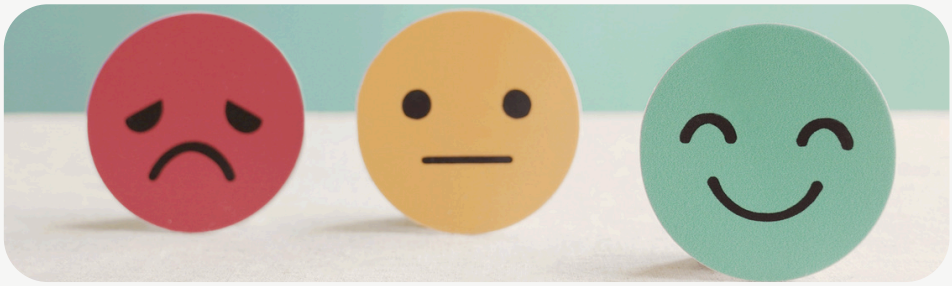
CONSORTIUM FOR A HEALTHIER MIAMI-DADE

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 Natouchka.Murray@flhealth.gov

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



MAY IS...

MENTAL HEALTH AWARENESS MONTH

Mental health is an important part of overall well-being and affects how we think, feel, and act, while also playing a key role in how we handle stress, relate to others, and make everyday decisions. Taking care of your mental health can improve overall quality of life, strengthen relationships, and support long-term physical health.

SUPPORTING OTHERS

- Check in with friends and family
- Listen without judgment
- Encourage seeking professional help
- Share trusted mental health resources

RECOGNIZE THE SIGNS

- Feeling sad or anxious for long periods
- Changes in sleep or appetite
- Low energy or trouble concentrating
- Withdrawing from others or activities
- Feeling overwhelmed or hopeless

DAILY HABITS FOR MENTAL WELLNESS

- Get enough sleep each night
- Stay physically active
- Eat balanced meals
- Take breaks and manage screen time
- Practice mindfulness or relaxation

Immediate Emotional Support:
Call or Text: 988
(Suicide & Crisis Lifeline)

Sources: NIH, CDC

National Women's Health Month

Women's Health Month is a time to encourage women and girls to prioritize their health and well-being through regular check-ups, preventive screenings, and healthy lifestyle choices. Taking a proactive approach to health can help detect potential conditions early, improve quality of life, and support long-term wellness across all stages of life.

Women's health goes beyond just physical health it includes mental and emotional well-being, reproductive health, and the prevention and management of chronic diseases. Staying informed, building healthy habits, and maintaining access to care are all essential for achieving overall health.

Why it Matters

- Many health conditions, including heart disease, diabetes, and certain cancers, can be prevented or better managed with early detection
- Mental health is a key part of overall well-being and affects daily functioning, relationships, and decision-making
- Preventive care helps reduce long-term health risks and improves outcomes

Take Charge of Your Health

- Schedule annual check-ups and don't hesitate to ask questions during visits
- Know your family health history and share it with your provider
- Stay up to date on recommended screenings
- Make time for physical activity, healthy eating, and self-care
- Reach out for support when it comes to mental or emotional health

Helpful Resources:

- Office on Women's Health: https://www.womenshealth.gov
- CDC Women's Health: https://www.cdc.gov/women
- National Institute of Mental Health: https://www.nimh.nih.gov
- Preventive Care Benefits for Women: https://www.healthcare.gov

Sources: CDC, HRSA, MedlinePlus (NIH)

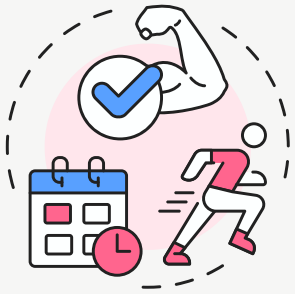
Physical Fitness & Sports Month

Physical Fitness & Sports Month encourages individuals of all ages to stay active and prioritize movement as part of a healthy lifestyle. Regular physical activity supports both physical and mental health, reduces the risk of chronic diseases, and improves overall quality of life. Staying active doesn't require intense workouts, but small and consistent habits like walking, stretching, or participating in recreational sports can make a meaningful difference in your health. Building an active routine can help improve energy levels, strengthen the body, and support long-term health.

Key Focus Areas

- Daily Movement: Aim for at least 150 minutes of moderate physical activity per week
- Strength & Flexibility: Incorporate strength training and stretching to support muscle and joint health
- Mental Wellness: Physical activity can improve mood and reduce stress
- Active Communities: Engaging in group activities or sports can increase motivation and social connection

Take Action



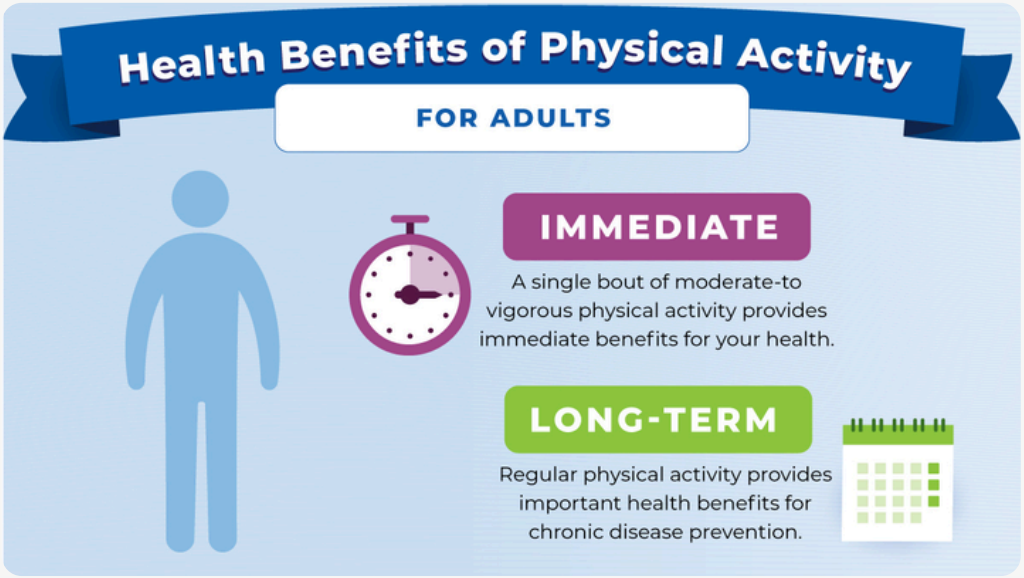
- Find activities you enjoy, such as walking, biking, dancing, or sports
- Start small and gradually increase your activity level
- Take breaks from sitting by moving throughout the day
- Stay consistent by setting realistic fitness goals
- Encourage friends and family to stay active together

Did You Know?

- Just 30 minutes of moderate activity a day can significantly improve overall health
- Physical activity lowers the risk of many chronic diseases
- Even light activity is better than no activity at all

If you're facing challenges staying active, visit the Centers for Disease Control and Prevention Overcoming Barriers to Physical Activity for simple tips and solutions to help you get moving.

Sources: CDC; National-physical-fitness-and-sports-month



American Stroke Month

American Stroke Month raises awareness about the signs, risk factors, and prevention of stroke. A stroke occurs when blood flow to the brain is interrupted, which can lead to serious brain damage, disability, or death. Recognizing the warning signs and acting quickly can save lives and improve recovery outcomes. Understanding your stroke risk and proactively reducing it by controlling blood pressure, staying active, and maintaining a healthy lifestyle are essential for protecting your brain health.

Did You Know?

- Nearly 1 in 4 strokes occur in people who have already had a stroke
- Stroke risk increases with age, but it can happen at any age
- Quick treatment can reduce long term disability

Risk Factors

- High blood pressure (the leading risk factor)
- Smoking and tobacco use
- Diabetes and high cholesterol
- Physical inactivity and poor diet

Why It Matters

- Stroke is a leading cause of death and long term disability in the United States
- Early recognition and treatment can significantly improve survival and recovery
- A large number of stroke risk factors can be prevented or managed through consistent healthy lifestyle choices, routine medical care, and awareness of warning signs.

Take Action

- Monitor and manage your blood pressure
- Stay physically active and eat a balanced diet
- Avoid smoking and limit alcohol intake
- Learn the warning signs and share them with others
- Seek immediate medical help if symptoms appear

Click the video to view stroke recognition tips from the American Stroke Association.

SOURCES: CDC; NIH (NINDS); AMERICAN STROKE ASSOCIATION

Chronic Disease Self-Management Program

Imelda Medina, MD MPH President of Familias Unidas International, Inc.

The Chronic Disease Self-Management Program (in Spanish: Tomando Control de su Salud) is an evidence based program which was developed at Stanford University. It consists of a 6 weeks, highly structured interactive workshop which is delivered in small groups, led by trained leaders. The program is based on the self-efficacy theory and focuses on the challenges that persons with any chronic illness commonly face.

During the workshops, problem solving, action planning, and goal setting are used to build participants skills to manage their disease symptomology. Examples of topics discussed include techniques to cope with health problems and negative emotions, nutrition, physical activity, how to assess new treatments, and communication with healthcare providers. Participants adapt the material and tools to their individual conditions and circumstances.

Numerous studies have demonstrated its effectiveness and have provided the evidence base. Current evidence on the program's effectiveness suggests benefits for participants, including improvements in health habits, health outcomes, and quality of life, as well as a reduction in the use of healthcare resources.

Organizations interested in offering this program at no cost, in English and/or Spanish, are encouraged to contact us for more information.

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National Asthma Awareness Month

Francesca Belluomini, Marketing & Business Development Representative, Florida Center For Allergy & Asthma Care

In recognition of National Asthma Awareness Month this May, raising awareness about asthma and allergies is essential to supporting community health. Asthma is a chronic condition that affects the airways and can make breathing difficult, while allergies occur when the immune system reacts to environmental triggers. According to the Centers for Disease Control and Prevention (CDC), more than 25 million Americans are living with asthma, and approximately 60% of cases are considered poorly controlled. Common symptoms include shortness of breath, wheezing, chest tightness, and coughing. Allergies may present as sneezing, congestion, itchy eyes, or skin irritation. Triggers can include pollen, dust, mold, pet dander, and air pollution.

Effective management includes following a care plan developed with a healthcare provider, taking medications as prescribed, and reducing exposure to known triggers. Regular check-ups and proper medication use can help improve symptom control and overall quality of life. Increasing awareness and understanding of symptoms and triggers can help individuals take proactive steps to protect their respiratory health.

For more information or available resources, please contact the Florida Center for Allergy & Asthma Research.