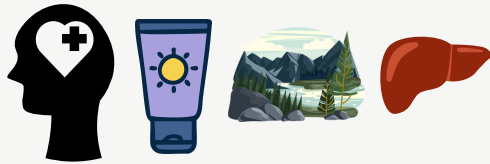




CONSORTIUM CONNECTION

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



July at a Glance

- ✓ BEBE MOORE CAMPBELL NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH
- ✓ UV SAFETY MONTH
- ✓ NATIONAL PARK AND RECREATION MONTH
- ✓ WORLD HEPATITIS DAY
- ✓ INTERNATIONAL SELF-CARE DAY



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



JULY IS...

BEBE MOORE CAMPBELL NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

Bebe Moore Campbell National Minority Mental Health Awareness Month highlights the unique mental health challenges faced by racial and ethnic minority communities. Cultural stigma, limited access to care, language barriers, and other social and economic factors can make it harder for individuals to receive timely and effective support. Raising awareness helps reduce stigma, promotes culturally responsive care, and encourages individuals to seek help when needed.



WHY IT MATTERS

- Mental health conditions affect people of all backgrounds, but minority communities often experience higher rates of unmet mental health needs.
- Cultural and linguistic barriers can make it harder to access appropriate care.
- Early support improves long-term outcomes and overall well-being.



HOW TO SUPPORT MENTAL WELLNESS

- Check in with friends, family, and neighbors.
- Share trusted resources, including multilingual or culturally tailored services.
- Encourage professional help when someone is struggling.
- Promote self-care, stress management, and community connection.



RECOGNIZE THE SIGNS

- Persistent sadness or anxiety
- Changes in sleep or appetite
- Difficulty concentrating
- Withdrawal from others
- Feeling overwhelmed or hopeless

IMMEDIATE EMOTIONAL SUPPORT

- Call or Text **988** (Suicide & Crisis Lifeline)



Sources: **CDC, US Food and Drug Administration (FDA)**



UV SAFETY MONTH

UV Safety Month raises awareness about the importance of protecting your skin and eyes from ultraviolet (UV) radiation. UV exposure increases the risk of skin cancer, premature aging, and eye damage. Whether you're at the beach, in your backyard, or enjoying a local park, sun safety is essential year-round in South Florida.

Protect All the Skin You're In



Slip
on a long-sleeved shirt and pants.



Slap
on a wide-brimmed hat.



Slather
sunscreen (SPF 15+) on any exposed skin.



Seek
shade during peak sunlight (10AM-4PM).



Slide
on sunglasses.



Wearing a baseball cap? Use sunscreen to protect ears and neck.

cdc.gov/skin-cancer



Why UV Protection Matters

- Skin cancer is the most common cancer in the United States.
- UV rays can damage skin in as little as 15 minutes.
- Long-term exposure increases the risk of cataracts and other eye conditions.

Sun Safety Tips

- Use broad-spectrum sunscreen (SPF 15 or higher).
- Wear protective clothing, hats, and sunglasses.
- Seek shade during peak sun hours (10 a.m.–4 p.m.).
- Reapply sunscreen every two hours, or after swimming or sweating.
- Check the UV Index daily to plan outdoor activities safely.

<https://currentuvindex.com/us/florida/miami-dade-county/miami>

Sources: CDC



@MakeHealthyHppn @ConsortiumMiamiDade



National Park and Recreation Month

National Park and Recreation Month celebrates the vital role parks play in building healthy, active, and connected communities. Parks provide safe spaces for physical activity, social connection, stress relief, and access to nature all essential components of overall well-being.

In Miami-Dade County, residents have access to hundreds of parks offering **free and low-cost fitness, wellness, and recreational opportunities for all ages**. From walking trails and outdoor fitness zones to group classes and community programs, local parks make it easier to stay active and engaged.

Why Parks Matter

- Support physical activity and healthy weight
- Improve mental health and reduce stress
- Strengthen community connection
- Provide safe, accessible spaces for all ages and abilities

Explore What's Near You

Encourage your family, friends, and neighbors to discover the many wellness opportunities available throughout Miami-Dade County Parks. You can:

- **See what's happening at your local parks**
<https://www.miamidade.gov/global/recreation/home.page>
- **Explore free and low-cost fitness and wellness programs**
<https://www.miamidadeparks.com/FL/miami-dade-county-parks-recreation/catalog>

Ways to Get Active This Month

- Join a **walking club** or explore a new trail
- Try an **outdoor fitness zone** or **body-weight workout**
- Participate in **community wellness classes**
- Bring the family to a **park event or recreation program**
- Set a weekly goal to visit a new park or green space



Sources: **Miami-Dade County Parks**



World Hepatitis Day – July 28th

World Hepatitis Day raises global awareness about viral hepatitis, a group of infectious diseases that affect the liver. Hepatitis B and C can lead to chronic infection, liver damage, cirrhosis, and liver cancer if left untreated. Early testing and treatment can prevent serious health complications.

Key Facts

- An estimated 354 million people worldwide live with hepatitis B or C.
- Many people do not know they are infected because symptoms may be mild or absent.
- Effective vaccines exist for hepatitis A and B.
- Hepatitis C is curable with timely treatment.

Protect Your Health

- Get vaccinated for hepatitis A and B if recommended.
- Avoid sharing needles or personal items that may contain blood.
- Practice safe sex and use protective measures.
- Ask your healthcare provider about hepatitis testing, especially if you have risk factors.
- Seek treatment early to prevent long-term liver damage.



28TH JULY
WORLD HEPATITIS DAY



SOURCES: CDC, WORLD HEALTH ORGANIZATION:



International Self Care Day – July 24th

International Self-Care Day promotes the importance of daily habits that support physical, mental, and emotional well-being. Selfcare is not a luxury; it is an essential part of maintaining long-term health and resilience.

Why Self-Care Matters

- Reduces stress and improves mood
- Supports chronic disease management
- Enhances sleep, energy, and overall quality of life
- Encourages healthy coping strategies

Simple Self-Care Practices

- Take short breaks throughout the day
- Stay hydrated and eat balanced meals
- Move your body regularly
- Practice mindfulness or deep breathing
- Connect with supportive friends or family
- Set boundaries to protect your time and energy



Start the week with self-care

Practicing self-care is important. Try these simple tips to reduce stress and improve your mood and energy.

Go For A Walk Feel the air or the warmth of the sun.	Take A Breath Take a pause with some deep breaths.	Yoga Moment At your desk or in your living room, do some relaxing moves.
Take A Warm Bath This is also a way to take a digital break from your phone and/or computer.	Call A Friend Catch up and share the latest. This will boost your happiness and it's a natural way to destress.	Sleep Go to bed early, read, relax, do some bed yoga, sleep soundly, and wake up refreshed!

SOURCES: WORLD HEALTH ORGANIZATION (WHO)