

# Consortium Connection

August 2011

## "Healthy Environment, Healthy Lifestyles, Healthy Community"

### No to Candy-Flavored Tobacco!



On May 11, 2011 the City of Miami Beach passed a resolution urging retailers to stop the marketing and sale of all candy-flavored tobacco products not covered under the Food and Drug Administration.

The resolution was a result of various collaborative efforts which brought to light the importance of banning candy-flavored tobacco due to its appealing

nature to youth. Efforts included presentations by Karen Rivo, Chair of the City of Miami Beach Education Committee and member of the Consortium's Tobacco-Free Workgroup, and the Students Working Against Tobacco (SWAT) club members from Fienberg Fisher Middle School. Resolutions such as these hope to decrease the number of teens and young adults who begin using tobacco each day, and get hooked on a lifelong addiction.

- CPPW Staff; Valencia Morris, MPH

Volume 1, Issue 6

CONSORTIUM  
FOR A  
HEALTHIER  
MIAMI-DADE



Sponsored By The Miami-Dade County Health Department

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### CPPW Updates

#### Miami-Dade County Parks and Recreation Implements Healthy Nutrition Standards

Miami-Dade County Parks and Recreation (MDCPR) has implemented a policy that will require that 100% of food and beverages sold in vending machines located in recreation centers under the jurisdiction of the Miami-Dade County Parks and Recreation Department, meet specified nutrition standards. Healthy vending machines will be installed in 25 different park locations in Miami-Dade County and will impact the communities surrounding those parks.



#### The Miami-Dade County Health Department Adopts A Worksite Lactation Support Policy

The Miami-Dade County Health Department has adopted a worksite lactation support policy. This policy will promote and encourage breastfeeding practices among employees.

MAKE  HEALTHY HAPPEN MIAMI

# The Website's a Hit!

It's been almost a month since the new Consortium for a Healthier Miami-Dade website has been live, and it has received nothing but good reviews. With its vibrant colors and an easy to use layout, the site was designed to appeal to both Consortium and community members. If you have not yet taken the opportunity to explore the site, please do so. A fun activity is included in the back of this newsletter to help you learn more about the site and test your knowledge of the Consortium!

- CPPW Staff

“The new website is really great; please thank everyone for their efforts in making this happen.”

- Jim Cassidy

“It was worth the long wait!”

- Gayle Dietz

“Nice!”

- Sandra Colon Ferrer

“The website is awesome.”

- Olga Connor



## Renew your Membership

As you explore the site, we ask that you take a few minutes to renew your Consortium membership. To remain in our membership database and receive all correspondence, all existing members will need to renew their membership by **August 31, 2011**. This is also a good opportunity to invite others to join the Consortium and become part of this wonderful collaborative effort.

- CPPW Staff

# Back to School!



It's that time of year again; children all over the county are getting ready to go back to school. As the summer period winds down parents are buying new clothes, school supplies and getting their children the necessary vaccinations. Children are beginning to readjust to their school year sleep schedules and thinking of the new adventures that await them, while their parents are dreading the school traffic that hits Miami-Dade every fall, winter, and spring. A new school year brings many opportunities to learn new things, but it can also present new opportunities to adopt or continue healthy behaviors. Below are some suggestions on how to make the most out of this school year!

- CPPW Staff



Consider walking or biking to school with your children. This can be a great way to get kids energized in the morning and give them a head start during the day. It's also a great bonding opportunity.



Homework takes time, but make sure to schedule in some play too. Get your kids away from the screen and take them to a park, or let them play outside. Keeping them active keeps them healthy.



A nutritious meal can do wonders for a growing child. Make sure your kids are eating healthy meals both at school and at home. Learning to eat healthy is a lesson that lasts a lifetime.



Preparing for the new school year can be stressful. Don't wait until the last minute to tackle that back to school list. Make a plan ahead of time. If you are prepared, the school year will start much smoother.



## Upcoming Event

**32nd Annual 5K Walk/ Run to Fight Sickle Cell Anemia**

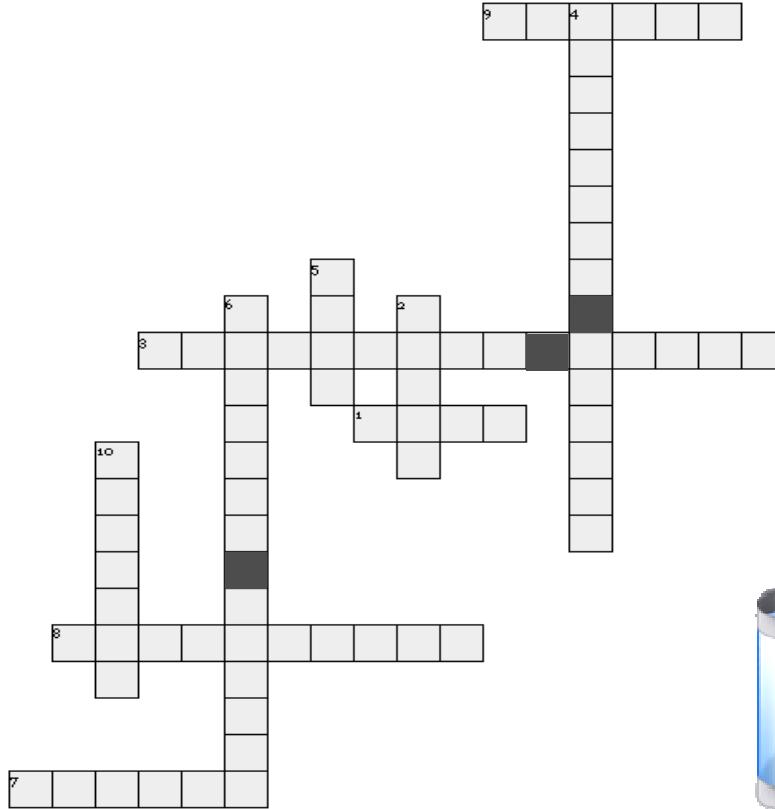
**Location:** Sun Life Stadium  
2269 Dan Marino Boulevard  
Miami Gardens, FL 33056

**When:** September 10, 2011  
Registration begins at 5:30AM, Race starts at 7:00AM

**Register at:** [www.sicklecellmiami.org](http://www.sicklecellmiami.org)

# Consortium Crossword Puzzle

Please complete the crossword puzzle below by searching the Consortium for a Healthier Miami-Dade website for the correct responses.



## Across:

1. The \_\_\_\_\_ is an initiative of the Consortium aimed at centralizing health events in the community to effectively link health services and reach all areas of our county.
3. The \_\_\_\_\_ is comprised of all committee Chairs and Vice-Chairs and provides guidance to the Consortium.
7. Individuals who commit to attend at least 50% of annual Consortium meetings and accept an active role in the planning, development and implementation of initiatives are considered \_\_\_\_\_ members.
8. The Consortium for a Healthier Miami-Dade monthly newsletter is named the Consortium \_\_\_\_\_.
9. “Healthy Environment, Healthy Lifestyles, Healthy Community” is the Consortium \_\_\_\_\_.

## Down:

2. The Consortium is comprised of \_\_\_\_\_ committees.
4. As a service to the community, members of the \_\_\_\_\_ are available to give presentations and educate the community on their area of expertise for free.
5. The Consortium has \_\_\_\_\_ goals aimed at fulfilling its mission, and work in a collaborative effort.
6. Consortium initiatives are guided by the goals and objectives established in \_\_\_\_\_ 2020, the blueprint for health in the United States.
10. “To be a major catalyst for healthy living in Miami-Dade through the support and strengthening of sustainable policies, systems and environments” is the Consortium \_\_\_\_\_.

For additional information or to participate in the Consortium:

Tel: 305-278-0442

[www.healthymiamidade.org](http://www.healthymiamidade.org)