

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

10 Years Strong!

As we approach the end of another year we can reflect on all the hard work that has gone into the Consortium, all the partnerships that have blossomed, and the collaboration that has taken place. This upcoming year will be the 10th anniversary of the Consortium, marking a decade of working to make Miami-Dade a healthier county. At our annual event, taking place February 1, 2013, we will be sharing highlights of the last 10 years, recognizing our Chairs, Vice-Chairs and valuable members for their work and dedication, and welcoming new committee leadership to the table. We invite you to join us in our celebration as it is your celebration too. It takes talented, caring and determined individuals to do what you do and for that we commend you.

Please be on the lookout for additional details regarding the Consortium Annual Event. Have a safe and happy holiday season!

- CPPW Staff

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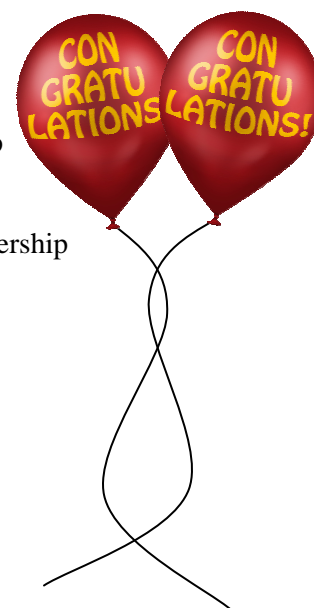


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Introducing our New Chairs and Vice-Chairs

- David Saltman
Chair, Elder Issues
- Beatriz Jimenez
Vice-Chair, Elder Issues
- Anamarie Garces
Chair, Health and the Built Environment
- Karen Hamilton
Vice-Chair, Health and the Built Environment
- Leyanee Perez
Vice-Chair, Health Promotion and Disease Prevention
- Adam Levy
Chair, Marketing and Membership
- Cristina Alvarez
Vice-Chair, Marketing and Membership
- Nancy Maidique
Chair, Tobacco-Free Workgroup
- Shawn Ramirez
Chair, Worksite Wellness
- Marlene Rodriguez
Vice-Chair, Worksite Wellness



Remembering our Troops During the Holidays

"A soldier's life revolves around his/her mail. Like many others, I've been able to follow my kid's progress from the day he was born until now he is able to walk and talk a little, and although I have never seen him I know him very well."

— [Bill Mauldin](#), *Up Front*

Often times, we are consumed with the hustle and bustle of the holiday season. Many of us pride ourselves in executing the most cost efficient shopping trips, trimming the most resplendent trees, and illuminating our homes with the most colorful, eye-catching displays of lights and décor. Some of us also seek out every opportunity to stuff ourselves with holiday treats and picture worthy spreads of delicious meals that are certain to not only provide a wealth of nourishment for our bodies but also just as much nourishment for our souls. Families gathering, soup kitchens steaming, carolers singing and for most, the energy is uplifting. Nevertheless, for some such as active duty military serving away from home, this beloved season can be bittersweet.

Imagine being thousands of miles away from your small children, grandchildren, partner, brother, sister, mother or any friends and family during this special time of the year. During this splendid holiday season, we must keep a special place in our hearts for our troops who are away from their loved ones. Many may not consider the troops unless they personally know someone who is or has been enlisted in the military. Notwithstanding, our troops are serving each and every one of us by helping to protect the nation in which we live.

I challenge you, as you celebrate during this holiday season, to keep the troops in the forefront of your minds. Please keep a special place in your heart for them and take an extra moment of silence, at your leisure, in honor of our troops who are currently serving, who have served and also for those who have sacrificed their lives for our nation. Troops, we salute YOU!

TAKE ACTION: If you are interested in donating a gift to our troops who are away from home serving our nation, please visit ¹United Service Organizations at www.USO.org to participate in the USO Wishbook. If you cannot send your love monetarily, please send a troop an uplifting message – a few thoughtful statements can go a long way. **HAVE A HAPPY, HEALTHY HOLIDAY AND A SAFE NEW YEAR!**

¹United Service Organizations (USO): A nonprofit, congressionally chartered, private organization, the USO relies on the generosity of individuals, organizations and corporations to support its activities. The USO is not part of the U.S. government, but is recognized by the Department of Defense, Congress and President of the United States, who serves as Honorary Chairman of the USO. Millions of times each year at hundreds of locations around the world, the USO lifts the spirits of America's troops and their families. (www.USO.org)

Nutritional Guidelines for Childcare Facilities

Childcare facilities serve as an important venue in which to target obesity prevention efforts. Below are some guidelines that can be followed in order to assist facilities in better addressing the nutritional needs of children in their care.

Beverage Guidelines

- 1) Water or low-fat milk are the best snack time beverages.
- 2) All cow's milk served to 3-5 year old children should contain one percent or less milk fat.
- 3) All juices should be 100% pasteurized fruit or vegetable juice and should be served ideally one time per week.
- 4) When milk or juice is not served, water is the recommended beverage.
- 5) All water or flavored waters should not have added sugars or artificial sweeteners.
- 6) Adults should serve as healthy role models in selecting water and other low-calorie and/or nutritious beverages (i.e. no sodas, including diet drinks).

General Food Guidelines

- 1) Fresh fruits and vegetables, low-sugar canned fruit, or frozen thawed are preferred foods and should be served at least once a day.
- 2) High sugar, high fat foods should be avoided during snack time.
- 3) Children should be included in the preparation of snacks and meals as often as possible.
- 4) Teachers/Parents should utilize nonfood incentives or rewards with children and will not withhold food from children as a punishment.
- 5) Serving of fruits and vegetables should be prepared and served appropriately to eliminate potential choking risks.

*-Dr. Ruby Natale
University of Miami, Mailman Center
Children Issues Committee*



Upcoming Events



Event Date/Time: February 2, 2013

**Event Location: Tropical Park,
7900 SW 40 Street, Miami, FL
33155**

Event Schedule:

- **Registration at 7:00 AM;**
- **Opening Ceremony at 8:00 AM;**
- **Walk Starts at 8:15 AM**

ABOUT WALK LIKE MADD:

Walk Like MADD is a community-driven 5K walk (and NOW run) that raises funds for education initiatives and victim services. We also have a Memorial Walk that is 1/3 of a mile for those to honor their loved one killed in a drunk driving crash. MADD programs are free to the community. Your dollars pay for our life-saving efforts in Dade County.

Walk Like MADD is a family event with tons to do, see and eat. The entertainment includes Canine and Jaws of Life Demonstrations, a Venom unit, rides and a health/safety fair.

Put on your sneakers or comfy shoes and join us!

For more information, OR, IF YOU NEED HELP REGISTERING call 305-273-3744.

For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org