

Consortium Connection

March 2013

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“Healthy Environment, Healthy Lifestyles, Healthy Community”

Perspectives in Pediatrics

In February, the Florida Department of Health in Miami-Dade County, Special Supplemental Nutrition Program for Women, Infants and Children (WIC), was invited to attend the 48th Annual Pediatric Postgraduate Course: “Perspectives in Pediatrics” in downtown Miami, as an exhibitor. This conference sponsored by Miami Children’s Hospital (MCH) each year attracts approximately 800 pediatricians and other doctors from around the world. Serving as an exhibitor at the conference posed an excellent opportunity for the WIC program to further its goals of physician outreach, physician education, and collaboration with important partners in the community.

The WIC program was represented each day by a Registered Dietician (RD) and an International Board Certified Lactation Consultant (IBCLC). Over the course of the four day conference, they answered nutrition, breastfeeding and other questions from the many doctors who approached their table. Among the resources shared with the conference attendees that week the most popular proved to be LactMed, the National Library of Medicine’s peer-reviewed and fully referenced database on medications and their potential compatibility with breastfeeding. Each doctor who approached the exhibit left fully prepared to use LactMed to answer their patients’ questions about medications and breastfeeding; MCH will also now be sharing LactMed with its residents.

During the conference, the beginning of a collaborative partnership was formed between Miami Children’s Hospital, the Florida Department of Health in Miami-Dade County WIC Program, and the FIU College of Medicine. Their hope is to truly “Make Healthy Happen Miami” by working together to incorporate education on breastfeeding into the curriculum and training of the medical students that attend FIU and MCH.

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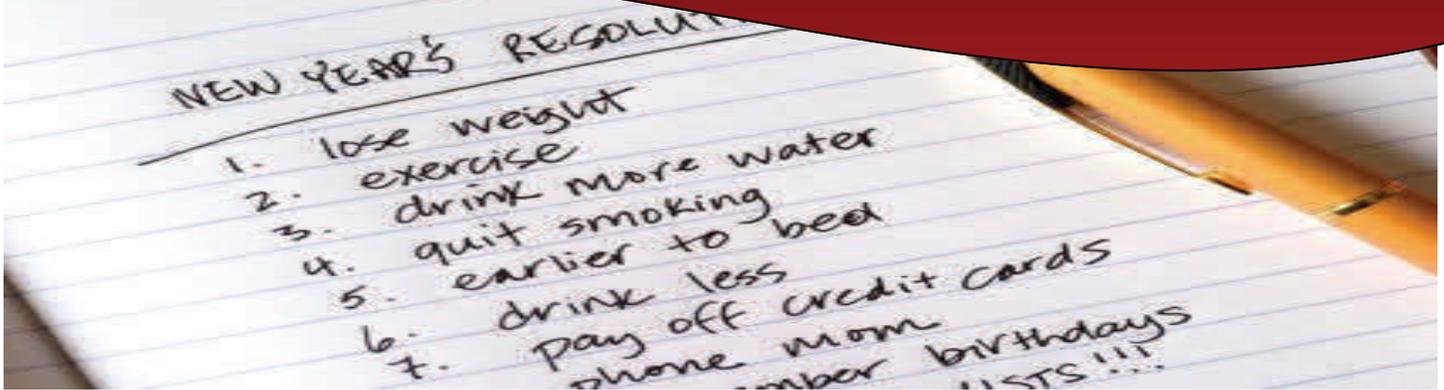
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-Regina Roig-Romero BS, IBCLC

*Sr Lactation Consultant -
WIC Breastfeeding Program
Children Issues Committee*





Short Thoughts

It is now 2013 ...Most of US have already broken our New Year's Resolution. Why not start another?
Short Chef like most people thinks hard and long about a resolution that affects him personally.

Reading an article from a survey done in Pittsburg recently offered the top 10, 2011 Resolutions.

To my surprise, the #1 resolution was...Spend More Time with Family. #2 Get Fit, Exercise #3, no surprise, Lose Weight. #5 was Enjoy Life, #8 learn Something New and #10 was to Help Others.

My thought...Lets change direction, lets begin something brand new, never done in the history of the world (This is BIG).

Let's not be selfish in 2013 and make our New Years Resolution about #1. Let's make a change and reconsider what #1 really is. The Pittsburg survey suggests FAMILY. Wow, family...not weight loss for ourselves, not exercise for ourselves. BUT...Family...What if we combine some of these resolutions, package them together.

Family, Enjoy Life, Learn Something New and Help Others....What a concept. Lets help our family....who is first in the Family?

Our Kids, Right? Of course! Lets make a 2013 Resolution to help our Kids, to Spend more time with Our Kids, lets Enjoy Life more with Our Kids, Lets Learn Something New. TOGETHER AS A FAMILY!

In order to enjoy life with family we must stay Healthy, Sorry, I mean GET HEALTHY! SHORT CHEF SAYS...Eat better, Exercise together. Now that's a NEW YEARS RESOLUTION. We need to help our kids get away from those Big TV's, Cell Phones, Video games and use the bikes. Oh by the way, I read a survey where top Christmas presents this year, last year, for the last five years...Yes, Big TV's, Cell Phones and Video Games. From 1950 to 1979 Bikes were the #1 Christmas present in the United States. This past year....down to number 18 and dropping every year for the past 10 years. Even Puppies have dropped out of the top 25.



My friends, we can do this, Obesity needs to be the #1 Priority of All Families. We are now rated the 19th Healthiest Country in the World. We are now the largest Overweight Capital in the World. Make a change; sit down with your family write your top 10 FAMILY NEW YEARS RESOLUTIONS FOR 2013.

MAKE A DIFFERENCE! IT'S TIME FOR CHANGE! HELP THE ONES YOU LOVE THE MOST!

-Short Chef

2013 FLORIDA WORKSITE WELLNESS FORUM AND AWARDS

Friday, April 12, 2013

7:30am - 4:30pm

Miami Beach Resort

4833 Collins Avenue

Miami Beach, FL 33140

3 RN, RD, CHES OR HR CREDITS AVAILABLE



WHY WORKSITE WELLNESS?

This FIFTH ANNUAL Awards Ceremony presents an exciting opportunity to hear from a national leader in the field as well as meet local businesses already working to foster loyal employees and reduce their bottom line through worksite wellness.

A CALL FOR NOMINATIONS!

The DEADLINE was extended submission is Monday, March 25, 2013 at 12:00pm!

Winners of the three categories will receive a **\$500** award to be used toward their program and will become honorary members of the Winners Circle:

- **Small Employer Group:** < 500 employees
- **Mid-Sized Employer Group:** 500 -1,000 employees
- **Large Employer Group:** > 1,000 employees

Nominees are strongly encouraged to attend the Awards Luncheon. Each nominated organization with a complete and verified submission will receive a free ticket to the morning educational session with the purchase of a luncheon ticket (limited to two (2) attendees per nominated organization).

Visit www.worksitewellnessawards.org for additional details.