

Consortium Connection

October 2012

Volume 2, Issue 10

"Healthy Environment, Healthy Lifestyles, Healthy Community"

Consortium Elections



Are you interested in becoming a Committee Chair or Vice-Chair? Do you know a Consortium member who would be a great committee leader? If so, we have great news for you! The Consortium for a Healthier Miami-Dade is currently seeking nominations for Committee Chairs and Vice-Chairs. This is a great opportunity to showcase your leadership skills, meet new people, and be part of projects to improve the health of our community.

Nominations are taking place throughout this month. If you would like to nominate yourself or someone else, complete the nomination package (we promise the form is very short) while you still have time to do so. You may contact your committee liaison with any questions you may have on the process, or if you need a copy of the nomination package. All nominations are due by 5:00 PM on October 26, 2012.

Elections will take place at committee meetings in November. Committee registered active members who are present, either in person or via teleconference, will then be able to vote for the Chair/Vice-Chair position. Prior to elections, all nominees will be required to be present at the meeting to briefly describe their background, experience, skills and their vision for the work and direction of the committee during their term.

Best of luck to you all!

- CPPW Staff



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Students Working Against Tobacco Address Representatives of the Miami-Dade County Board of Commissioners



On September 11, 2012 the proposed county ordinance that would ban the sale of all flavored tobacco products was scheduled to be heard by the Miami-Dade Board of County Commissioners' Public Safety and Healthcare Administration Committee.

Representatives from Miami-Dade County's Students Working Against Tobacco (SWAT) addressed the committee, and were granted their request for a no date certain deferral on the proposed item; in order that they may continue their educational and awareness raising efforts on the dangers of flavored tobacco products.

Flavored tobacco products such as vanilla, orange, chocolate, cherry and coffee are used by a greater proportion of young smokers than adult smokers. Candy and fruit flavors mask the bad taste of tobacco, making it easier for kids to start using tobacco products. Data from the National Survey on Drug Use and Health show that Phillies and Swisher Sweets are among the most popular cigar brands among youth 12-17¹. These products are cheaper than premium cigars and often come in flavors that appeal to youth. According to the 2010 Florida Youth Tobacco Survey, 1 in 8 youth between the ages of 11 and 17 has ever tried flavored tobacco in Miami-Dade County².

Over the past year, Miami-Dade SWAT members have been meeting with key decision makers and local community organizations to raise awareness and educate on the dangers of these new flavored tobacco products. They are determined to gather community support to join their efforts in protecting their health. As a result, currently one municipality has passed an ordinance banning the sale of flavored tobacco products and 12 municipalities have passed resolutions in support of banning the sale of flavored tobacco products; Hialeah, El Portal, Miami Gardens, Opa-Locka, North Miami, North Miami Beach, Miami Beach, Miami Springs, North Bay Village, Sweetwater, Bal Harbour, and Aventura.



SWAT Members posing for a picture with Commissioner Barbara Jordan.

- MDCHD Tobacco Prevention Team

If you or someone you know is interested in joining a SWAT club or would like more information about the program, please contact Miami-Dade County Health Department's Tobacco Prevention Program at (350) 278-0442.

Sources:

¹<http://oas.samhsa.gov/NSDUH/2K10NSDUH/tabs/Cover.pdf>

²http://www.doh.state.fl.us/disease_ctrl/epi/Chronic_disease/FYTS/2010_FYTS.html

Happy Halloween!

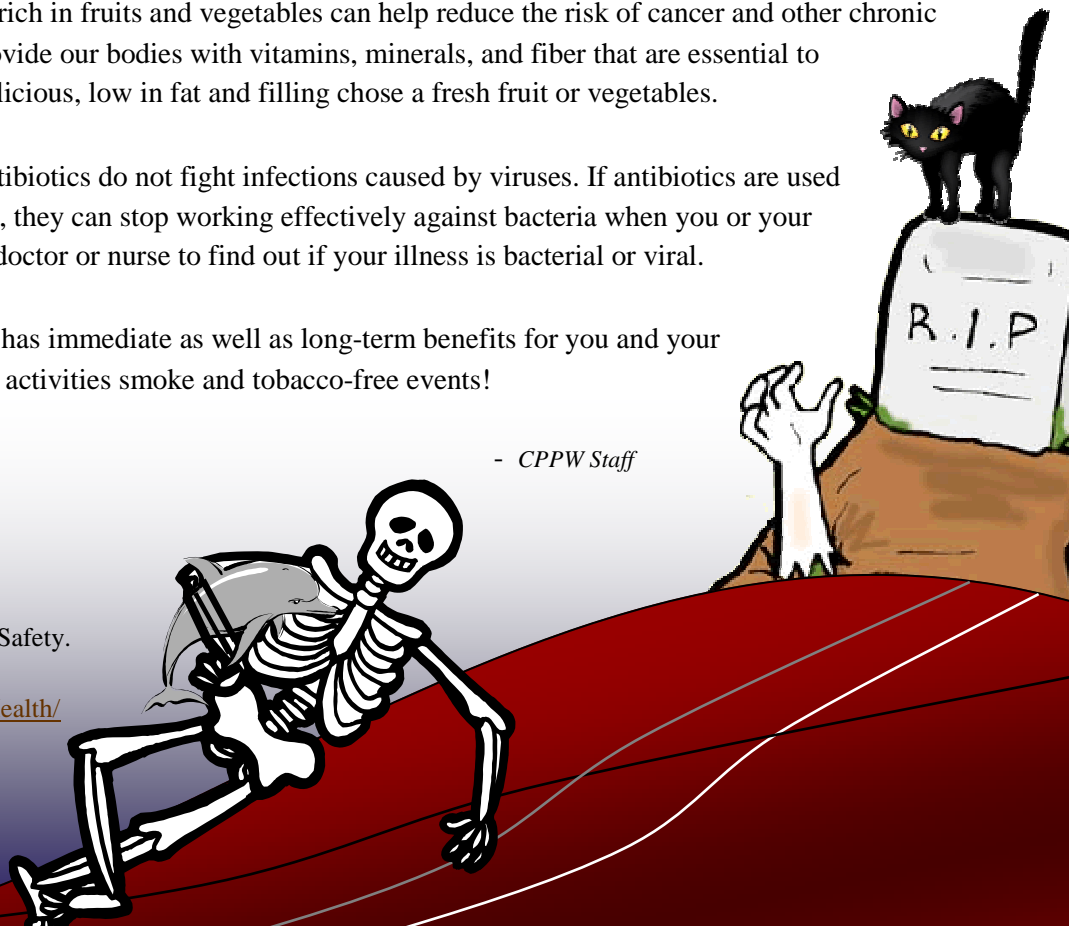
As the holiday season begins and Halloween rolls around the corner, it is important not to lose sight of healthy habits and how good they can make you feel. So this year, there are no tricks in store!

Here are some healthy tips:

- **Take steps to prevent the flu.** The best way to prevent the flu is to get a flu shot. Check out your local health department, clinic, or pharmacy to schedule an appointment today.
- **Wash your hands.** Keeping hands clean is the best way to prevent the spread of infection and illness. Wash with soap and water for at least 20 seconds, or use an alcohol based hand-rub if soap and water is not available.
- **Develop and maintain good sleeping habits.** Sufficient sleep is an important step that can help prevent some chronic diseases, such as high blood pressure, diabetes, heart disease, obesity and depression. Try to get between seven to nine hours a night.
- **Eat fruits and vegetables.** Diets rich in fruits and vegetables can help reduce the risk of cancer and other chronic diseases. Fruits and vegetables provide our bodies with vitamins, minerals, and fiber that are essential to good health. For a snack that is delicious, low in fat and filling choose a fresh fruit or vegetables.
- **Get smart about antibiotics.** Antibiotics do not fight infections caused by viruses. If antibiotics are used too often for things they can't treat, they can stop working effectively against bacteria when you or your child really needs them. See your doctor or nurse to find out if your illness is bacterial or viral.
- **Be smoke-free.** Quitting smoking has immediate as well as long-term benefits for you and your loved ones. Make your Halloween activities smoke and tobacco-free events!

- CPPW Staff

Source: Centers for Disease Control and Prevention. 2011. Halloween Health and Safety. Retrieved from <http://www.cdc.gov/Features/HalloweenHealth/>



Upcoming Events

Dolphins Cycling Challenge (DCC) DCC Kids Ride

When:

Sunday, November 4, 2012
9:30 AM Registration
10:30 AM – 11:30 AM Kids Ride
11:30 AM – 2:00 PM Sun Life Stadium Celebration

Where:

Sun Life Stadium
347 Don Shula Drive
Miami Gardens, FL 33056

Pricing:

\$25 Registration Fee (T-Shirt, goody bag and entry to the Sun Life Stadium Celebration)
\$50 Additional suggested fundraising amount

Kids who reach “Top Tackler” status by raising over \$150 before the fundraising deadline will receive an additional gift in the mail following the ride. Top Tackler gifts in the past have included backpacks and autographed footballs.

Visit: <http://ridedcc.com/about-dcc-kids-ride> to register

Be part of a global conversation with Catalyst Miami!

Screenings of the short film *On Cities* will happen all over the world on October 22, and Catalyst Miami will be hosting one of the viewing parties. Be part of the global conversation on the future of life in cities!

When:

Monday, October 22, 2012 at 3 p.m.

Where:

Catalyst Miami, 1900 Biscayne Blvd, Suite 200

RSVP to daniellal@hscdade.org

For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org