

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

Men's Health Week

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys



Men's Health Network (MHN) is a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. Their HealthZone is a free initiative specifically targeted to men so they can see where they measure up on the scorecard of good health and, if needed, make the right changes to live healthier lives. Visit <http://www.menshealthnetwork.org/healthzone/>



There is an ongoing, increasing and predominantly silent crisis in the health and well-being of men. Due to a lack of awareness, poor health education, and culturally induced behavior patterns in their work and personal lives, men's health and well-being are deteriorating steadily. Wear blue to become part of a national movement and to remind men of the importance of staying healthy.

Plan a Wear Blue day at <http://www.menshealthnetwork.org/wearblue/>

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Smoke-Free Housing

Dante Fascell Preservation becoming Smoke Free.



There is a new trend of multi-unit housing providers and decision makers adopting smoke free policies for buildings they own or manage. Multi-unit housing such as apartments, condominiums and townhomes are common multi-family housing that share walls, ceilings and ventilation systems that gives easy access to secondhand smoke exposure between units.

The Dante Fascell Preservation, a multi-unit housing (previously managed by Miami Dade Public Housing Authority) with 151 units and currently managed by TRG Management Company will be adopting a smoke free policy starting August 1, 2014.

We encourage partners who are collaborating with other community stakeholders to become advocates in this new trend.

Join our efforts to increase a smoke free living by contacting your community partners in implementing smoke free policies with landlords, property managers, public housing authorities, homeowners associations and other providers.



For more information on a smoke free multi-unit policy, contact the Florida Department of Health in Miami Dade at 305-278-0442.

For additional information, visit the link below:

<http://www.no-smoke.org/pdf/MUHgettingstarted.pdf>



Summer Squash Recipe

Ingredients:

- 6 cups fat-free, less-sodium chicken broth
- 3 cups water
- 2 1/4 cups uncooked farfalle (about 6 ounces bow tie pasta)
- 2 cups finely chopped yellow squash
- 2 cups finely chopped zucchini
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh basil
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon chopped fresh thyme
- 1/2 teaspoon chopped fresh oregano
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup (2 ounces) grated Parmigiano-Reggiano cheese
- 1/4 cup thinly sliced fresh basil

Preparation:

Bring broth and water to a boil in a Dutch oven. Add pasta, and cook 8 minutes or until almost tender. Add squash and the next 7 ingredients (through pepper). Reduce heat, and simmer 4 minutes or until pasta is done and squash is tender. Sprinkle with cheese and basil.



Computer Vision Syndrome

90% of Computer Users Experience **COMPUTER VISION SYNDROME**

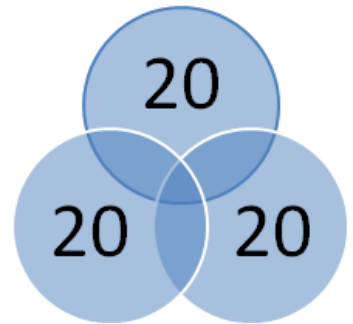
The most common symptoms associated with Computer Vision Syndrome (CVS) are:

- * eyestrain
- * neck and shoulder pain
- * blurred vision
- * headaches
- * dry eyes

To Avoid Computer Vision Syndrome:

Every 20 minutes, look at an object 20 feet away, for 20 seconds.

For more information on ergonomic workstations and solutions, be sure to follow us on [Facebook](#) and [Twitter](#), or visit your local [Relax The Back location](#).
www.relaxtheback.com



Submitted by: Valerie Newman
Worksite Wellness



CHILD ABUSE

Look for the signs

Dial 1-800-96-ABUSE

Signs of Physical Abuse

The child may have unexplained:

- bruises, welts, cuts or other injuries
- broken bones
- burns

A child experiencing physical abuse may:

- seem withdrawn or depressed
- seem afraid to go home or may run away
- shy away from physical contact
- be aggressive
- wear inappropriate clothing to hide injuries

Signs of Sexual Abuse

The child may have:

- torn, stained or bloody underwear
- trouble walking or sitting
- pain or itching in genital area
- a sexually transmitted disease

A child experiencing sexual abuse may:

- have unusual knowledge of sex or act seductively
- fear a particular person
- seem withdrawn or depressed
- gain or lose weight suddenly
- shy away from physical contact
- run away from home

Signs of Neglect

The child may have:

- unattended medical needs
- little or no supervision at home
- poor hygiene
- appear underweight

A child experiencing neglect may:

- be frequently tired or hungry
- steal food
- appear overly needy for adult attention

Look for the Patterns

Serious abuse usually involves a combination of factors. While a single sign may not be significant, a pattern of physical or behavioral signs is a serious indicator and should be reported.

If a child tells YOU about abuse:

Be a good listener. Show that you understand and believe what the child tells you. Encourage, but don't pressure him/her to talk. Ask open ended questions.

Be supportive. Tell the child he/she did the right thing by coming to you. Stress that he/she is not to blame. Let the child know that you want to help.

Don't overreact. This can frighten the child or prevent him/her from telling you more. Do not talk negatively about the suspected abuser in front of the child.

Document and report it. Document your conversation as soon as you can. If possible, write down the child's exact words.

Don't delay. Never assume someone else will report the abuse. The sooner it's reported, the sooner the child and their family can be helped.

WHO MUST REPORT ABUSE?

Doctors	Police Officers
Nurses	Child Care Workers
Social Workers	Any Witnesses
Any/All School Personnel	

Call or Report it online at: <http://www.dcf.state.fl.us/abuse/report/>



For additional information or to participate in the Consortium contact us at:

Tel: 305-278-0442 www.healthymiamidade.org

To contribute content to the newsletter contact Amelinda.Loddo@flhealth.gov