

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

National Women's Health Week

National Women's Health Week is a national effort to raise awareness about manageable steps women can take to improve their health. The focus is on the importance of incorporating simple preventive and positive health behaviors into everyday life. During National Women's Health Week, women should discuss with their health care professionals which of the tests are right for them, when they should have them, and how often. Maintaining regular check-ups is one of five health habits that can improve a woman's health. The others include physical activity, a healthy diet, not smoking and follow general safety rules.

National Women's Health Week begins on Mother's Day each year. The observance week this year, from May 11th through May 17th, is led by the U.S. Department of Health and Human Services Office on Women's Health.

How Can You Celebrate National Women's Health Week?

Women across the country are taking steps to live longer, healthier, happier lives. All women are invited to join in the celebration. Invite the women in your life! Tell your mom, sisters, daughters, friends, and coworkers to pledge to be a well woman by going online to www.womenshealth.gov/nwhw/learn/pledge/.

Pledge to be a well woman!



✓
Get regular
checkups &
screenings



✓
Get
active



✓
Eat
healthy



✓
Pay
attention
to mental
health



✓
Engage
in safe
behaviors



✓
All

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Inside this issue:

Women's Health	1
Colorectal Cancer Campaign	2
Proper Lighting/ Partner Announcements	3
Event	4

Online Resources:

womenshealth.gov/nwhw

cdc.gov/women/nwhw

Colorectal Cancer Campaign

The Colorectal Cancer Action Network is pleased to present the Colorectal Cancer Prevention Campaign.

About the Campaign

The Colorectal Cancer Prevention Campaign is a different and engaging way to get groups of people talking about colorectal cancer, learning about risks and screenings, and responding to awareness education. The campaign captures participants' competitive spirit by keeping score. Each organization has a participation goal which encourages their employees to complete campaign tasks. Participants are eligible for prizes and organizations will be recognized for their efforts! The campaign is open to all Florida business and organizations who are interested in helping their employees lead healthy lives through improved education and information

Join the Campaign

Go this website:

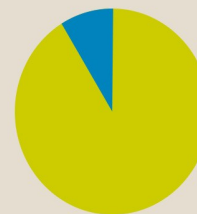
<http://healthycompanyalliance.com/HCL/index.php?act=lout>

Contact Nathan Meyer Nathan@HealthyCompanyAlliance.com or Camilla Harrison Reid Camilla.Reid@flhealth.gov to sign your team up

GET THE FACTS



1 in 20 people will develop colorectal cancer in their lifetime.



When caught early

90%

of those diagnosed with colorectal cancer

will beat it.

Reduce your Risk



Increase your intake



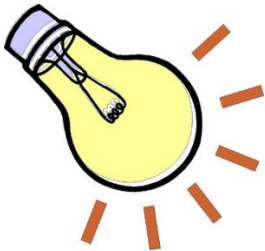
Submitted by: Lilia Duharte B.L.S.
Health Promotion and Disease Prevention

Reduce your intake



Proper Lighting In The Workplace

A vital part of the ergonomic workstation is proper lighting placement and the correct level of illumination. A bright and adjustable light can help ease eye fatigue, neck strain, and headaches in the office.



A majority of offices were not designed for computer use and lighting of the past was made for 20-40 degrees of horizontal viewing rather than the 10-25 degrees of monitor viewing we need now. Desk lamps incorrectly placed and windows behind computers can cause glare. Bright lights shining on screens can “wash out” images, which can cause you to strain your eyes to make out the objects on the screen. Having a high contrast between light and dark areas around your workstation can also cause headaches and eye fatigue.

Follow these tips to avoid unnecessary strain and pain:

- Use adjustable lighting to illuminate your keyboard and paperwork.
- When doing paperwork, use spot lighting to increase brightness and reduce eyestrain and headaches.
- Take into consideration all glare sources – windows, overhead lighting, reflection off of glass, etc.
- Place computers at a right angle to any window.
- Utilize lamp shades and glare shields to redirect light away from your eyes.
- Never place lights directly behind a computer monitor.
- Use blinds or drapes to eliminate bright outside light.



Submitted by: Valerie Newman
Worksite Wellness

For more information on ergonomic workstations and solutions, be sure to follow Relax The Back on Facebook and Twitter, or visit a local location.

Partner Announcements

The City of North Miami is looking for interested organizations that would like to take part in the 2014 Back to School Bash and Resource Fair. It will take place Saturday, August 2nd from 11 am to 2 pm at the Joe Celestin Center located at 1525 NW 135 Street, North Miami FL 33161. Health Care Information, Health Information, Health Screenings and/or Services, Job Opportunities, Business Opportunities, City Services, Recreation Services, etc.. are some of the topics/services/information that we are looking to host. If you are interested,

please email Margarita Rodriguez at mrodriguez@northmiamifl.gov for more information.



Upcoming Events



Communication | Cooperation | Coordination | Collaboration

MD-HAN West Kendall Community Partner Meeting

Date: Thursday, May 22, 2014
Registration: 9:30 a.m. - 10:00 a.m.
Time: 10:00am -12:00pm
Location: West Kendall Baptist Hospital - Cath Lab
9555 SW 162 Avenue

Please join us for the upcoming MD-HAN West Kendall Community Partner Meeting. This is one of a series of community meetings, as part of MD-HAN's efforts to engage community-based service providers, local healthcare leaders and elected officials in the MD-HAN's Health Access Initiative. This event serves as a platform to highlight available community resources, and enhance existing collaborative efforts in West Kendall.

Complimentary Valet Parking: We encourage all guests to please use the complimentary valet parking located at the front entrance of the hospital.

*For more information please contact:
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Program Administrator:



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

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