

Consortium Connection

May 2015

Volume 5, Issue 5

“Healthy Environment, Healthy Lifestyles, Healthy Community”

Florida Worksite Wellness Awards!

The Florida Department of Health in Miami-Dade County’s Consortium for a Healthier Miami-Dade held the Sixth Annual Florida Worksite Wellness Awards luncheon on Friday, May 8, 2015 at the Biltmore Hotel.

Florida employers who have made a commitment to employee wellness and whose programs produced measurable positive health outcomes were recognized.

The awards presentation was emceed by CBS-4 Anchor Lauren Pastrana. Michael Ozner, MD, FACC, FAHA, delivered the keynote address on “Heart Attack, Stroke? No Thanks Pass the Red Wine. Cardiovascular Disease and Prevention with the Mediterranean Diet and Lifestyle” detailing the ways attendees can live and encourage a heart healthy lifestyle in their workplace. Florida State’s Surgeon General, John H. Armstrong, M.D., FACS was also in attendance and briefly spoke to attendees about the Healthiest Weight Initiative and encouraged employers to continue to make wellness a priority in their workplaces.

Business owners, managers, human resource professionals, insurance brokers, healthcare carriers and those interested in wellness attended the luncheon which was presented in partnership with Marsh & McLennan Agency LLC Company, Baptist Health South Florida and Tobacco Free Florida.

The winner of the small employer group category – businesses with less than 500 employees, was Nature’s Products, Inc., a supplement manufacturing company with 370 employees. The mid-sized category winner, businesses with 500 to 1,000 employees, was City of Pompano Beach, a growing municipality with 750 full time employees. The winner of the large employer group category, businesses with more than 1,000 employees, was School District of Palm Beach County, a top-performing urban school district in Florida with over 21,000 employees.



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Safe Steps-Pasos Seguros

National Center on Senior Transportation recognizes the Alliance for Aging's Safe Steps – Pasos Seguros elder pedestrian safety program. It has been chosen as a Best Practice by the National Center on Senior Transportation.

The program consists of several elements, 1) one-hour workshops on safe pedestrian behaviors for older adults given at senior centers, elder housing, meal sites, and local libraries; 2) televised public service announcements in English and Spanish shown throughout South Florida; and 3) a policy outreach component that educates local decision-makers and elected officials about evidence-based strategies that improve safety for elder pedestrians. Anyone wishing to give workshops in their community can learn how to do so by attending a "train the trainer" session offered each year.

Safe Steps – Pasos Seguros was established by the Alliance for Aging in 2011 with funding from the Florida Department of Transportation, addresses the high number of elder pedestrian deaths and injuries in Miami-Dade and Monroe Counties. The Miami metro area is the fourth most dangerous in the nation for pedestrians, and Miami Dade County has the highest number of elder pedestrian crashes in the state (304 injuries and 21 fatalities in 2013). Although they only represent 14% of the county's population, people age 65+ account for one-third of all pedestrian accidents.

For more information, to read our reports, or to watch our public service announcements, please visit our website: www.allianceforaging.org/safe-steps If your organization is interested in hosting a one-hour Safe Steps-Pasos Seguros presentation for elders, or if you would like us to give a policy presentation in your community, please contact Marsha Jenakovich at jenakovichm@allianceforaging.org or 305-671-6377.

Marsha Jenakovich

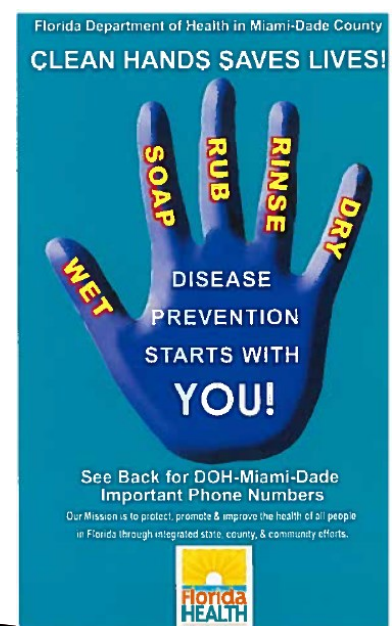
Elder Issues committee

Hand Hygiene

Hand hygiene is a simple thing and it's the best way to prevent infection and illness.

Clean hands prevent infections. Keeping hands clean prevents illness at home, at school, and at work. Hand hygiene practices are key prevention measures in healthcare settings, in daycare facilities, in schools and public institutions, and for the safety of our food.

On May 5, SAVE LIVES: Clean Your Hands is celebrated by the World Health Organization (WHO), CDC and other partners to encourage healthcare providers to promote and practice good hand hygiene measures to reduce the risk of infection among patients.



May 6 Bike to School

University of Miami BikeSafe and North Dade Middle School Event



In celebration of National Bike to School Day on May 6th, the University of Miami BikeSafe program held a Bike to School Day in conjunction with North Dade Middle School in the City of Miami Gardens.

The one mile ride to the middle school began at Bunche Park. The students rode through the neighborhood with officers of the City of Miami Gardens police department and Miami Dade School police department, University of Miami KiDZ Neuroscience center staff, and members of the North Dade Middle administration. Fusion Pro Bike Shop assisted the students

pre-ride with maintenance checks on their bikes.

We were joined in the celebration after the conclusion of the ride by the Miami Heat mascot, Burnie. Students and all involved had a great time while promoting bicycle safety and physical activity.

Learn more about BikeSafe at <http://www.ibikesafe.us/>

Bryan Pomares

Health & the Built Environment

Smoke-Free Multi-Unit Housing



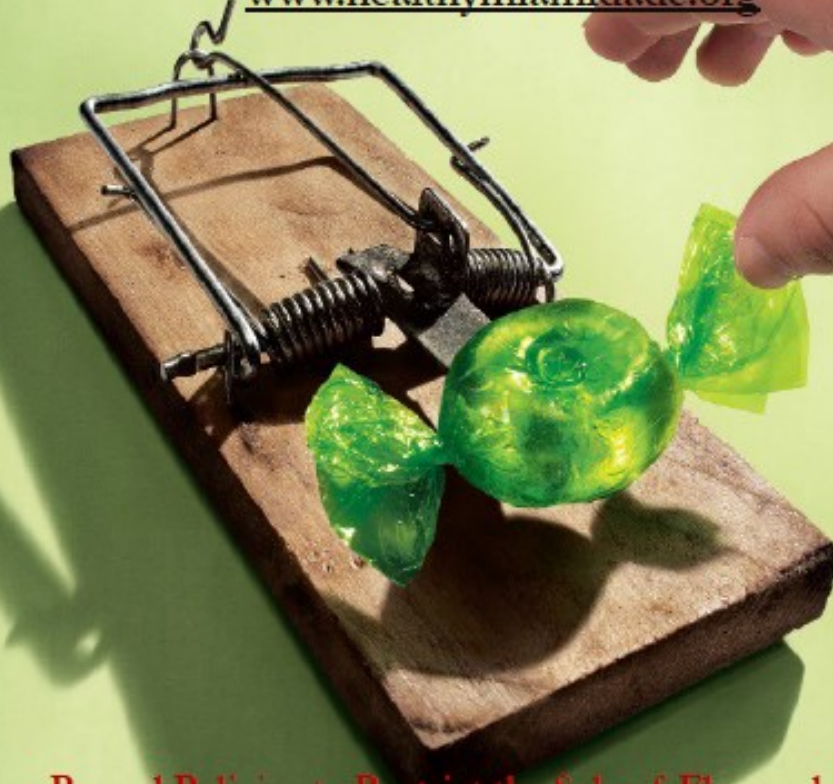
The Florida Department of Health in Miami Dade and partners attended the South Florida Condo & Home Owners Association Expo on April 22, 2015 at the Miami Beach Convention Center. The Condo and HOA Exposition event provided the opportunity to interact with board members, property management groups and developers from the housing industry. This event allowed industry experts and other organizations to be educated on the benefits of implementing voluntarily smoke free multi-unit housing policies for their properties. The event was well attended with over 1000 people from Miami Dade, Broward and Palm Beach areas. The demand for smoke free housing has been on the rise due to the nuisance of second hand smoke that affects tenants and residents.

For more information please contact the Tobacco Prevention Program at 305 278-0442

CREATING A TOBACCO FREE MIAMI - DADE

DON'T LET FLAVORED TOBACCO TRAP
OUR KIDS.

Get involved: (305) 278-0442
www.healthymiamidade.org



No Policies

- BAY HARBOR ISLANDS
- CUTLER BAY
- GOLDEN BEACH
- INDIAN CREEK VILLAGE
- KEY BISCAYNE
- PALMETTO BAY
- PINECREST
- SUNNY ISLES BEACH
- SURFSIDE
- VIRGINIA GARDENS
- UNINCORPORATED MIAMI DADE COUNTY

Passed Policies to Restrict the Sale of Flavored Tobacco Products not covered by FDA

- | | | |
|-------------------|---------------------|-----------------|
| • AVENTURA | • MIAMI BEACH | • SWEETWATER |
| • BAL HARBOUR | • MIAMI GARDENS | • WEST MIAMI |
| • DORAL | • MIAMI SPRINGS | • BISCAYNE PARK |
| • EL PORTAL | • NORTH BAY VILLAGE | • CORAL GABLES |
| • FLORIDA CITY | • NORTH MIAMI | • MEDLEY |
| • HIALEAH | • NORTH MIAMI BEACH | • MIAMI |
| • HIALEAH GARDENS | • OPA-LOCKA | • MIAMI LAKES |
| • HOMESTEAD | • SOUTH MIAMI | • MIAMI SHORES |



**Farm Share, Florida Department of Children & Families,
State Representatives Artiles, Avila, Diaz Jr. & Oliva,
State Senator Garcia,
County Commissioner Bovo Jr.
& Miami Dade Police Department
North West District Station**

Host a Free Food Distribution

NorthWest District Police Station

Saturday

5975 Miami Lakes Drive East

May 16th, 2015

Miami Lakes, FL 33014

9am—12 pm



Grace M. Arana (305) 252-4300 Grace.Arana@myfloridahouse.gov

Documentation not needed. First come, first serve. Not limited to Veterans.

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