

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

 February 2016

Volume 6, Issue 2

TOP



Actions for a Healthy Miami

The number one public health threat to Florida's future is unhealthy weight.

Currently, only 36 percent of Floridians are at a healthy weight. On our current trend, by 2030, almost 60 percent will be obese costing an estimated \$34 billion dol-

lars. Additionally, six out of ten children born today will be obese by the time they graduate high school. Together we can bring this to an end!

From 2014 to 2015 Florida moved up from being in the top **20 healthiest weight**

states to now being in the top 15. Our goal is for Florida to be the healthiest state in the nation.

You are key to our success! In addition to existing initiatives such as [Healthiest Weight Florida](#), other initiatives like [Make Healthy Happen Miami](#), provide the public with free useful resources to take control of their health. Through the Make Healthy Happen Miami initiative Mi-amians can now learn their health status, get a green prescription, find parks, classes, and resources to start a healthy future. All services are free. Click on the banner to learn more and find healthy spots near you!

HEALTHY LIFESTYLES
MAKE STRONG FAMILIES.

WAYS
TO BE HEALTHY

MAKE
HEALTHY
HAPPEN
MIAMI

Connect to Healthy places near you.

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American Heart Month

February is American Heart Month, serving as a national observance for Heart Disease. Here are the facts:

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is

coronary artery disease.

Heart disease is the leading cause of death in the United States, killing more than 600,000 people each year.

High blood pressure, high LDL cholesterol, and smoking are risk factors for heart

disease.

Other factors including diabetes, being overweight or obese, poor diet, physical inactivity and excessive alcohol use can put people at higher risk of heart disease.

Learn more by [clicking here](#).

Source: OCH&P

Source: CDC

Yoga For A Better Health

Did you know that yoga has been around for more than 5,000 years? The word yoga comes from an ancient language and means yoke or unite—to bring together your body, mind, and spirit. Most yoga practices focus on physical postures called "asanas," breathing exercises called "pranayama," and meditation to bring your body and mind together through slow, careful movements. Many yoga poses are based on animals and the different postures they do in nature. But, there's more to it than that!

No matter what other activities you participate in, yoga can strengthen your abilities by increasing flexibility, staying power (endurance), and your ability to focus.

More than 6 million people practice yoga including Madonna, Kareem Abdul Jabar, and Michelle Pfeiffer. Lots of physical activities build your muscles and strength, but many times other parts of your body are left out. Because yoga is a full body workout, it can help to check any imbalance in your body.

In addition, **yoga strength-**

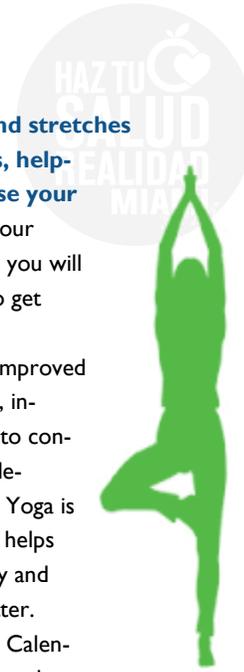
ens, tones, and stretches your muscles, helping to increase your flexibility.

If your body is flexible you will be less likely to get injured.

Yoga leads to improved physical fitness, increased ability to concentrate, and decreased stress. Yoga is an activity that helps both your body and mind work better.

Check out our Calendar for free yoga classes or [click here](#) to learn more.

Source: CDC



Top 5 Healthy Eating Tips

1 Drink plenty of water.

Did you know our bodies are about 60% water? Water is important to keep our body systems running smoothly, to optimize metabolism, boost energy, and promote good digestion.

2 Greens for good health.

Greens such as kale, spinach, etc. provide essential phytonutrients, micronutrients, vitamins, minerals and en-

zymes, all vital for good health.

3 Eat and drink often throughout the day.

Eating small, but high quality snacks, "mini meals" or fresh fruits during the day can help boost energy and prevent over-eating.

4 Eat mindfully. Practice mindful eating by limiting distractions and take time to experience eating and engage your senses. Up to 30-40% of

nutrients may not be properly absorbed if you are distracted while eating.

5 Go for local foods often. Local eating not only has more nutrients but also saves you money.

Trying to decide between organic vs. nonorganic vegetables and fruit? [Click here](#)

Source: OCH&P

"Yoga can strengthen your abilities by increasing flexibility, staying power (endurance), and your ability to focus."

Restaurants With Healthy Menu Options

The Healthy Happens Here Restaurant initiative aims to encourage non-chained restaurants (20 establishments or less) to adopt healthy meals that meet specific dietary guidelines. Through the Consortium For A Healthier Miami -Dade's Health Promotion & Disease Prevention Committee, The American Healthy Weight Alliance has partnered

with restaurant owners to implement healthier menus. Pizza D'light, Cuban Guy's and Sergio's Restaurants have completed the initiative and now offer at least three healthier meal options. If you are interested in taking part in this initiative or want to see a full list of healthy restaurant locations, [Click here.](#)

Source: OCH&P





Our Children Deserve More

The facts are staggering – **one in six of America's children and adolescents are obese.** Communities are joining together to meet this challenge head-on, and they are seeing promising results. Our Children Deserve More re-

sources to highlight the need to make healthy living easier and create lasting improvements where we live, learn, work, and play. Find ways in your community to increase access to healthy food options for children at cdc.gov/deserve



Source: CDC

With assistance from the Miami-Dade Tobacco Prevention Program and Tobacco Free Workgroup, on December 1, 2015, Johnson and Wales University adopted a tobacco free grounds campus policy. Thank you for protecting our community and



Stay up-to-date



[How a Population Health Approach Improves Health and Reduces Disparities: The Case of Head Start](#)

Essay by Steven M. Teutsch, MD, MPH; Ariella Herman, PhD; Carol B. Teutsch, MD

[Recognizing, Managing, and Reporting Zika Virus Infections in Travelers Returning from Central America, South America, the Caribbean, and Mexico.](#)

CDC Health Alert Network

Congratulations

Johnson and Wales University!!



Office of Community Health and Planning

18255 HOMESTEAD

Phone: (305) 234-5400
Fax: (305) 278-0441

“Healthy Environment,
Healthy Lifestyles,
Healthy Community”

HEALTHYMIAMIDADE.ORG

EVENTS CALENDAR

FEB 4	FEB 6	FEB 11
<p>Worksite Wellness Committee Forum</p> <p>Location: Beacon Center, 8323 NW 12th Street, Suite 212, Miami FL 33126 Time: 9:30 AM - 11:30 AM Click here for more info.</p>	<p>Free Boot Camp Fitness Class</p> <p>Location: Gragny Plateau Park 885 NW 117 ST. Time: 11:00 PM to 1:00 PM Click here for more info.</p>	<p>Girls Night Out</p> <p>Location: 9555 SW 162 Avenue Miami, FL 33196 Time: 7:00 PM to 8:30 PM Click here for more info.</p>
FEB 12	FEB 13	FEB 14
<p>FAM JAM</p> <p>Location: 3000 NW 199 st, Miami Gardens 33056 Time: 5:00 PM to 8:00 PM Click here for more info.</p>	<p>Commissioner Barbara J. Jordan 3rd Annual Black Heritage Festival</p> <p>Location: 3000 NW 199st Miami Gardens 33056 Time: 12:00 PM to 4:00 PM Click here for more info.</p>	<p>Free Valentine's Day Yoga Class & Guided Meditation</p> <p>Location: Abhaya Center, 2490 Coral Way, Miami, FL 33145 Time: 3:00PM-- 4:30PM Click here for more info</p>
FEB 19	FEB 20	FEB 27
<p>Fit City Miami 3</p> <p>Location: 100 NE 1st Ave Suite 100 Time: 9:00AM -- 2:00PM Click here for more info</p>	<p>Better Beginnings Baby Fair</p> <p>Location: 3000 NW 199th Street Miami Gardens, FL 33056 Time: 9:00AM -- 1:00PM Click here for more info</p>	<p>Miami Dade College, Medical Health Fair</p> <p>Location: 950 NW 20 Street Miami, FL 33127 Time: 9:00AM -- 1:00PM Click here for more info</p>

FitCity is about the relationship between design & health. The [FitCity Miami 3 Conference](#) explores the role transportation plays in keeping our community [healthy, active and happy.](#)

February 19, 2016
830am - 2pm | miamicad.org | (305) 448 7488

[Click Here for Event Details & RSVP](#)

