

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

January 2016

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TIPS TO QUIT SMOKING:

- Identify reasons for quitting and benefits.
- Set a quit date, ideally within two weeks.
- Remove tobacco products from your home, car, and workplace.
- Today there are more former smokers than current smokers. This New Year, join the millions of quitters! #WhyIQuit2016

Tobacco Free Florida .com

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What You Need To Know About Smoking

Smoking remains the leading preventable cause of death and disease in the United States. This is the reason why millions of people are combining efforts to stop this epidemic with remarkable success. In a recent [MMWR](#) report, the percentage of U.S. adults who smoke cigarettes declined from 20.9% in 2005 to 16.8% in 2014.

If you are a smoker be assured that help is at reach. Studies show that smokers who talk to a clinician about how to quit dramatically increase their chances of quitting successfully.

Need motivation? Here are a few findings from the Surgeon

General's Report on smoking and health to get you going;

1. There is no safe level of exposure to tobacco smoke.

Any exposure to tobacco smoke is harmful.

2. Damage from tobacco smoke is immediate.

Tobacco smoke contains more than 7,000 chemicals that reach your lungs every time you inhale. Your blood then carries the poisons to all parts of your body. These poisons damage DNA, which can lead to cancer; damage

blood vessels and cause clotting, leading to heart attacks and strokes; and damage the lungs, causing asthma attacks, emphysema, and chronic

bronchitis.
3. The risks and severity of many diseases caused by smoking are directly related to how long the smoker has

smoked and the number of cigarettes smoked per day.

4. Cigarettes are designed for addiction. There is no safe cigarette.

You can do it! To learn more [click here](#) or visit healthymiamidade.org

Source: CDC



Cervical Health Awareness Month

January is Cervical Health Awareness Month, which serves as an opportunity to raise awareness about how women can protect themselves from the Human Papillomavirus (HPV) and cervical cancer.

HPV is a common sexually

transmitted infection and a major cause of cervical cancer. About 79 million Americans currently have HPV. Many people with HPV don't know they are infected. The good news is that the HPV vaccine can prevent HPV.

Cervical cancer can often be

detected with regular screening tests (called Pap tests) and follow-up care.

Cervical cancer screenings can help detect abnormal cells early, before they turn into cancer.

To learn more [click here!](#)

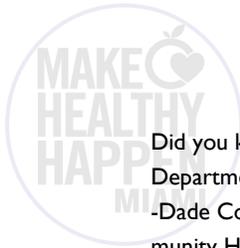
Source: NCCC



Help. Anytime. Always ★

2-1-1
Switchboard

211 South Florida - Get connected to 4,000+ resources within the Miami-Dade & Monroe community that offer: healthcare, housing, transportation, food, employment, mental health and/or human services. To download the App [click here](#).



Did you know that the Florida Department of Health in Miami-Dade County, Office of Community Health and Planning has a Health & Wellness Center located at the Federica Wilson and Juanita Mann Health Center in Liberty City? The Health & Wellness Center is providing free biometric health screenings along with health education for adults. In addition to

Free Biometric Health Screenings

receiving health screenings and education, clients will be given a green prescription that suggests ways to increase daily physical activity and healthier food options. Health screenings available include: blood pressure, height, weight, body mass index, body fat analysis, total blood chole-

sterol, blood glucose, and carbon monoxide breath analysis. The Health & Wellness Center, located at 2520 NW 75 Street, Miami, FL 33147, is open Mondays and Tuesdays, 8:30 a.m. to 3 p.m. Walk-ins are welcome. Please call the Office of Community Health and Planning, 305-278-0442, for additional information.

Source: OCH&P

Eat Well... Move More...

We all can play an important role in keeping our health in check. According to the USDA some important steps to take include the following:

Balancing Calories:

Enjoy your food, but eat less.

Avoid oversized portions no matter how tasty the food.

Foods to Increase:

Make half your plate fruits and vegetables (color your plate).

Make at least half your grains whole grains (look for 100% on the label).

Switch to low-fat (1%) milk and dairy products (Another good option is to use plant based unsweetened milk products such as Soy, Almond, Rice, Hemp, Cashew).

Foods to Decrease:

Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers (Look at the food label- 5%DV (120 mg) or less of sodium per serving is low; 20%DV (480 mg) is high).

Drink water instead of sugary drinks (females should drink at

least 9 cups of water a day and males 13 cups depending on your physical activity level).

In addition to eating healthy, physical activity also helps us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.

You can **stay physically active** by doing activities such as walking, dancing, bicycling, gardening and by reducing the amount of time you spend sitting.

Source: OCH&P

MAKE HEALTHY HAPPEN MIAMI

www.healthymiamidade.org

Made possible with funding from the Centers for Disease Control and Prevention. A message from the Florida Department of Health in Miami-Dade County.





A message to our partners

With the new year we welcome new opportunities to strengthen our partnerships and look forward to working together to make Florida the **Healthiest State** in the Nation.

This year the Consortium will continue to support public health efforts to reduce chronic diseases, promote healthier lifestyles, reduce health disparities, and control health care spending. Efforts are being directed to address the leading

risk factors for major causes of death and disability in Miami-Dade; tobacco use, poor nutrition and lack of physical activity. The goal is to positively impact these areas in the places where we live, learn, work, eat, play, or receive health care to make healthy choices and taking control of your health easier.

The belief that through collaboration and prevention-focused initiatives, Miami-Dade County residents can live longer, happier and healthier lives drives our

daily work. This is why we'd like to extend to you an open invitation to become a member of the Consortium, membership is free and open to all individuals who share the vision, mission and goals of the Consortium. If you are already a member we encourage you to take part in our various monthly committee meetings. Your participation is highly valuable to us! [Click here](#) to see our calendar and together make 2016 a healthy year!

“The ‘60 Days to Better Health Challenge’ helps Floridians track their progress, hit that 60-day mark and turn healthy resolutions into long-term healthy habits.”



Take the Florida Health 60-Days to Better Health Challenge

Tallahassee, Fla. - The Florida Department of Health is encouraging New Year's resolutions that will last year-round. To assist, the department has created the "60 Days to Better Health Challenge" downloadable tool. "We know it takes 60 days

to keep a new habit," said State Surgeon General and Secretary of Health Dr. John Armstrong. "The '60 Days to Better Health Challenge' helps Floridians track their progress, hit that 60-day mark and turn healthy resolutions into long-term healthy

habits." [Download the tool](#) today and turn your health resolutions into long-term healthy habits.



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**“Healthy Environment,
Healthy Lifestyles,
Healthy Community”**

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.ORG

Stay up-to-date

[New Youth Nutrition Needs Survey says...schools are working to increase access to fruits, vegetables, and whole grains, and reduce sodium content of school meals.](#)

[New National Center for Health Statistics \(NCHS\) data brief on hypertension prevalence and control among adults... From 1999 to 2014, hypertension prevalence was unchanged, but control of hypertension increased.](#)

[A recent MMWR article on 'Cigarette Smoking Among Adults in the United States, 2005–2014 finds uninsured and adults on Medicaid with higher smoking rates than adults with private health insurance.](#)

EVENTS CALENDAR

JAN 4

Free Yoga in the Park

Location: Bayfront Park - The Hills Pavilion 301 N. Biscayne Blvd. Miami, FL 33132
Time: 6:00PM -- 7:00PM

[Click here for more info.](#)

JAN 16

Campana de Sanidad Integral Health Fair

Location: 3505 NW 79th Street, Miami, FL 33147
Time: 9:00AM -- 2:00PM

[Click here for more info](#)

JAN 24

The Miami Marathon

Location: Downtown Miami
Time: 6:15AM

[Click here for more info](#)