The Health Promotion and Disease Prevention Committee is a diverse group of individuals and organizations committed to promoting and implementing the mission and vision of the Consortium for a Healthier Miami-Dade. Each month, committee members work to achieve the Consortium goals and objectives through the development of initiatives, participation in community events, and engaging in policy efforts that support healthy behaviors and environments. Under the PICH grant, the committee steered the Restaurant Initiative as part of the Healthy Happens Here campaign (click here to learn more). The committee also works to improve access to care, increase physical activity among children and adults, and actively seeks to improve clinical linkages throughout the County.

The Local Public Health System Assessment Community Meeting

The Florida Department of Health in Miami-Dade County recently hosted a Local Public Health System Assessment (LPHSA) Community Meeting to analyze how well the public health system is organized. The two-day event brought together public, private and volunteer entities that contribute to the delivery of essential public health services. During the event, representatives of organizations that play an important role in improving the health in Miami-Dade County identified performance strengths and weaknesses. In addition, Florida Senator Rene Garcia (R), District 36, shared remarks on the importance of health organizations working together as an integrated health care system to improve the overall well-being of the community.

Childhood Cancer Awareness Month

Each year, the parents of approximately 15,700 children will hear the words “your child has cancer.” Across all ages, ethnic groups and socio-economics, this disease remains the number one cause of death by disease in children. Despite major advances – from an overall survival rate of 10 percent just fifty years ago to nearly 90 percent today, for many rare cancers, the survival rate is much lower. Furthermore, the number of diagnosed cases annually has not declined in nearly 20 years.

• Every day, 43 children are diagnosed with cancer.
• 12% of children diagnosed with cancer do not survive.
• Children’s cancer affects all ethnic, gender and socio-economic groups.
  • The average age of children diagnosed is six.
• More than 40,000 children undergo treatment for cancer each year.

For more information please visit CureSearch.org

Source: CureSearch for Children’s Cancer
https://curesearch.org/Childhood-Cancer-Statistics
The Consortium for a Healthier Miami-Dade was established in 2003 by the Florida Department of Health in Miami-Dade County to address the increasing rate of chronic disease in the community. The goals of the Consortium are to:

- Integrate planning and assessment processes to maximize partnerships and expertise of the community in accomplishing its goals.
- Increase the percentage of adults and children who are at a healthy weight.
- Build and revitalize communities so people can live healthy lives.
- Increase access to resources that promote healthy behaviors.

Membership is free and open to all individuals who support the vision, mission and goals of the Consortium. To become a member and learn more visit our website www.healthymiamidade.org

Centers for Disease Control and Prevention:
Healthy Eating for a Healthy Weight

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan. So how do you choose a healthy eating plan? According to the Dietary Guidelines for Americans 2015-2020, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

Source: https://www.cdc.gov/healthyweight/healthy_eating/index.html

YOU’RE INVITED!
The Consortium for a Healthier Miami-Dade Worksite Wellness Committee presents a free open community forum entitled “Dollars & Sense: Making Wellness Dollars Work for You”

September 7th, 2017
10:00 a.m.-12:00 p.m.
United Way Center for Excellence Building

For more information please contact Maria.Negahbani@flhealth.gov

Events Calendar

September 2017

6  Meal Planning for a Healthy Weight
   15955 SW 96 Street Miami, FL 33196 • 6:00 PM - 7:00 PM

7  Dollars & Sense: Making Wellness Dollars Work for You
   3250 SW 3rd Avenue Miami, FL 33129 • 10:00 AM – 12:00 PM

14  Warren Henry Auto Health Fair
    20850 NW 2nd Avenue Miami, FL 33169 • 10:00 AM - 2:00 PM

11  Fad or Facts: Special Diets for Weight Loss
    17400 SW 87 Avenue Miami, FL 33173 • 6:00 PM – 7:00 PM

18  Look Good, Feel Better
    8900 North Kendall Drive Miami, FL 33176 • 10:00 AM – 12:00 PM

21  Basics of Breasfeeding
    38900 North Kendall Drive Miami, FL 33176 • 6:30 PM - 9:30 PM