

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

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THE COMMUNITY HEALTH IMPROVEMENT PLAN SUMMIT

On December 9, 2016, the Florida Department of Health in Miami-Dade County hosted the Community Health Improvement Plan (CHIP) Summit to address strategic public health priorities and develop an action plan to improve community health and quality of life in Miami-Dade County. The Community Health Improvement Plan (CHIP) is Miami-Dade County's five year collaborative plan that examines the activities of our public health network and how they contribute to community health improvement. The 2013-2018 CHIP focuses on our community's five

strategic health priorities: Access to Care, Chronic Disease Prevention, Community Redevelopment, Health Finance and Infrastructure, and Health Protection. The Summit provided high-level, dynamic breakout sessions that addressed strategic public health priorities such as increasing access to resources to promote healthy behaviors, reducing tobacco use, preventing and controlling infectious diseases, improving access to primary care services, eliminating health disparities, and promoting an efficient and effective public health system that maximizes partnerships

and uses information technology to improve health care outcomes. Mr. Javier Hernandez-Lichtl, Chief Executive Officer of West Kendall Baptist Hospital, gave the keynote presentation focused on creating and sustaining a culture of excellence. CHIP Summit attendees represented many sectors and disciplines such as education, technology, public health, business, healthcare, community development and urban planning. Visit healthymiamidade.org to access the CHIP Annual Report, summit presentations, and view photos from the event.

A message from the Worksite Wellness Committee

On behalf of the Worksite Wellness Committee, we would like to thank everyone who participated at the Stress Management forum on Thursday, December 15, 2016. Guest speakers Rosina Altamiranda and Isabel Alfonsin-Vittoria educated on how stress affects the body, mind and general outlook. A variety of stress coping techniques were introduced, along with several stretching exercises that were led by Nathan Burandt, FIU Employee Wellness Coordinator. Guests who participated were able to take useful handout tools back with them to their organization. Our next Worksite Wellness Committee Meeting will be on Thursday, February 2, 2017. We hope to see everyone back after the holiday break!



SAVE THE DATE

The Culture of Health Celebration II:
The Connections for a Healthier
Miami-Dade Annual Event

January 27, 2017

Joyful Island
1010 Ponce de Leon Trail, Miami, FL 33134



Please visit the Consortium for a Healthier Miami-Dade to view the newly redesigned website!
www.healthymiamidade.org



Cuban Guys
Sandwiches & More...

1678 NE Miami Gardens Dr.
North Miami Beach, FL 33179

Cuban Guys is an exciting new fast-casual concept. We specialize in authentic traditional Hispanic sandwiches where the Tasty Cuban FRITA (pronounced FREE-TAA) and the world famous Cuban Sandwich are the stars of the show.



Robert Wood Johnson Foundation



JANUARY IS CERVICAL CANCER AWARENESS MONTH

Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-up. It is also highly curable when found and treated early. According to the Centers for Disease Control and Prevention there are two tests that can either help prevent cervical cancer or find it

early: The Pap test, more commonly known as Pap smear, or the HPV test. The Pap test only screens for cervical cancer, and the HPV test looks for HPV, a virus that can cause precancerous cell changes and cervical cancer. For more information please refer to the Centers

for Disease Control and Prevention Cervical Cancer Inside Knowledge campaign by clicking on the image.



FITCITY4: DESIGNING & BUILDING FOR HEALTH

FitCity is about the relationship between design & health. The FitCity Miami4 Conference explores the role buildings play in keeping our community healthy, active and happy. The event will be taking place on Friday, February 24, 2017 from 8:30 am to 2:30 pm at the Miami-Dade College, Wolfson campus.



**"Healthy Environment,
Healthy Lifestyle,
Healthy Community."**

QUICK FACTS

According to the CDC, each year approximately 12,000 women in the United States get cervical cancer.

There are five main types of cancer that affect a woman's reproductive organs: cervical, uterine, vaginal, and vulvar.

The Centers for Disease Control and Prevention recommend a Pap test for women who fall between 21 - 65 age.



JANUARY EVENTS CALENDAR

<p>NEW YEAR NEW YOU Location: Baptist Primary Care Center at Galloway, 7400 SW 87 Avenue Miami, FL 33173 Time: 6:00 PM - 7:00 PM</p>	<p>SLAM FOR HEALTH FAIR Location: 604 NW 12th Ave. Miami, FL 33136 Time: 9:00 AM - 1:00 PM</p>	<p>FAD OR FACT Location: Baptist Primary Care Center at Galloway, 7400 SW 87 Avenue Miami, FL 33173 Time: 6:00 PM - 7:00 PM</p>
<p>ABC'S OF HEALTH, WELLNESS AND PLANNING Location: 5855 Killian Drive Pinecrest, FL 33156 Time: 9:30 AM - 1:30 PM</p>	<p>COMMUNITY HEALTH FESTIVAL Location: 227 Ave. 22 St. Miami Beach, FL 33139 Time: 1:00 PM - 5:00 PM</p>	<p>MIAMI MARATHON Location: 6601 Biscayne Blvd. Miami, FL 33132 Time: 5:00 AM - 11:00 AM</p>