

June 2017

# CONSORTIUM CONNECTION

"Healthy Environment, Healthy Lifestyles, Healthy Community"

## Message from the Chair of the Worksite Wellness Committee



Nathan Burandt

The Worksite Wellness Committee is a group of like-minded individuals from various industries trying to help bring well-being to the workplace and to continue the mission of the Consortium for a Healthier Miami-Dade. The Committee is actively working with businesses to help facilitate wellness policies, promote physical activity, and to promote healthy food and beverages within the work environment. To create a Healthier Miami-Dade, we need community partners from Miami-Dade. Being a part of the Worksite Wellness Committee and working to help create a healthier Miami-Dade, in all its facets, is deeply rewarding and fulfilling. Not only will community partners be networking but they will be helping to create something lasting, sustainable, and setting a precedent for future generations.

## Feature News

### The Florida Department of Health in Miami-Dade obtains the Governor's Sterling Award

The Governor's Sterling Award winners reflect

our focus of making Florida the best state in the nation to live, work and raise a family.

**Florida Department of Health in Miami-Dade County**, a unit of the Florida Department of Health, is the county health department located in Miami. It provides population/community-based services to the county's



2.7 million residents and close to 16 million annual visitors.

The Florida Department of Health in Miami-Dade County is the only organization to be recognized as a three-time recipient of the prestigious Governor's Sterling Award (2012, 2006, and 2002) and two-time recipient of the Governor's Sustained Excellence Award (2014 and 2017). The Florida Department of Health in Miami-Dade County is the most recognized Governor's Sterling Award organization in the state of Florida.

### MyPlate, MyWins Initiative

Submitted by: Monica Dawkins, University of Florida Expanded Food and Nutrition Education Program

USDA Center for Nutrition Policy and Promotion (CNPP) kicked off last year with the launch of **MyPlate, MyWins**, a consumer education initiative that translates the 2015-2020 Dietary Guidelines into actionable messages for consumers. The campaign and its accompanying resources help consumers find solutions to overcome common barriers to healthy eating, such as time, budget, and cooking skills. The campaign aims

to inspire Americans to make small changes to their food and beverage choices, gradually building to a healthy eating style that is realistic and works for them. As the 2015-2020 Dietary Guidelines emphasize, it is a healthy eating style over time that has the biggest impact on health -- not a single food, nutrient, or meal.

An exciting way CNPP is bringing the MyPlate, MyWins campaign to life is through video.

### Food Feature



MyPlate celebrates its 6th Anniversary! during the month of June

These videos feature real American families offering their healthy eating solutions in an interview and documentary format. All campaign resources and information can be found at [www.choosemyplate.gov/mywins](http://www.choosemyplate.gov/mywins).

# Youth Wellness Specialist leads YFit Activities during YMCA of South Florida afterschool programming.

Submitted by: Robert Hill, Director of Youth Wellness at YMCA

The YMCA of South Florida provides a healthier start for children by utilizing measurable programs through youth-wellness teams, which work to improve the health of South Florida through best-practices programs. The Y leads successful implementation of SPARK (Sports Play & Active Recreation for Kids) evidence-based, programming at youth development sites through our YFit Curriculum; and are the sole, local agency with SPARK Master Trainers certifying afterschool leaders throughout South Florida. To continue



this work the Y has partnered with the Alliance for a Healthier Generation to begin Healthy Eating & Physical Activity (HEPA) implementation at their afterschool sites using the AHG 6 step framework. As the calendar year closed, the YMCA of South Florida assessed 27 afterschool sites using three separate tools on: staff knowledge, physical activity improvement, and site assessments. Through this work, which is possible due to funding from the Health Foundation of South Florida, the YMCA is helping to build healthier communities and reduce and prevent obesity in children.



## About the Consortium For A Healthier Miami-Dade

The Consortium is comprised of seven committees and guided by the goals and objectives established in Healthy People 2020. It is comprised of over 300 organizations, all united by the common belief that through collaboration and prevention-focused initiatives, Miami-Dade County residents can live longer, healthier and happier.

## Join the Consortium For A Healthier Miami-Dade

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](http://www.healthymiamidade.org)

## Events Calendar

### June 2017

#### 8 Fad or Fact: Weight Loss

Baptist Primary Care Family Medicine Center at West Kendall Baptist Hospital  
15955 SW 96 Street, Miami, FL 33196 • 7:00 PM - 8:00 PM

#### 9 Sabbath of Wholeness

Miami Cancer Institute  
8900 North Kendall Drive (SW 88 Street), Miami, FL 33176 • 11:30 AM – 12:30 PM

#### 12 Meal Planning for a Healthy Weight

Baptist Primary Care Center at Galloway  
7400 SW 87 Avenue, Miami, FL 33173 • 6:00 PM - 7:00 PM

#### 19 American Cancer Society: Look Good, Feel Better

Miami Cancer Institute • Room: 3W270 • 3rd Floor  
8900 North Kendall Drive, Miami, FL 33176 • 10:00 AM – 12:00 PM

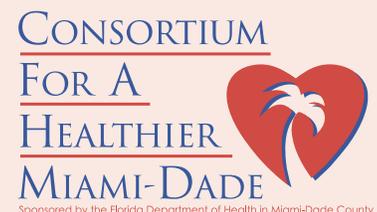
#### 22 The Truth About Carbs

Baptist Primary Care Family Medicine Center at West Kendall Baptist Hospital  
15955 SW 96 Street, Suite 200, Miami, FL 33196 • 7:00 PM – 8:00 PM

#### 27 Healthy SWAGG Expo

401 NW 12th Street Miami, FL 33136 • 12:00 PM - 4:00 PM

## Healthy Environment, Healthy Lifestyles, Healthy Community



Sponsored by the Florida Department of Health in Miami-Dade County