

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"
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INSIDE THIS ISSUE

1 WORKSITE WELLNESS COMMITTEE ANNOUNCEMENT
NATIONAL NUTRITION MONTH
WIC MAKES A DIFFERENCE!

FLORIDA HEALTHY BABIES INITIATIVE
AGE OF LOVE MOVIE EVENT
BIKE 305
QUICKS FACTS
EVENTS CALENDAR

2

WORKSITE WELLNESS COMMITTEE ANNOUNCEMENT

Since 2003, the Worksite Wellness Committee has promoted healthy lifestyles in the work-setting by sharing resources on best practices, encouraging policy, systems, and environmental change and creating partnerships among the diverse businesses within Miami-Dade County. Since 2009, the worksite Wellness Committee has hosted the annual South Florida Worksite Wellness Awards, a ceremony that honors businesses with demonstrated programmatic and individual positive health outcomes. The committee's targeted initiatives focus on generating sustainable policy, environmental, and system changes in workplaces throughout Miami-Dade County. The committee continues to focus on improving health through worksite-based programs that combine educational, behavioral, and environmental modifications. The 2017 South Florida Worksite Wellness Awards will be held on Friday May 5th, 2017. Registration for sponsorship/exhibitors and event registration will be available in the coming week. All Consortium members will be notified via e-mail when registration is available. We hope to see you there!

NATIONAL NUTRITION MONTH!

National Nutrition Month is celebrated annually in March by the Academy of Nutrition and Dietetics. It focuses on the importance of developing sound eating and physical activity habits. The 2017 theme: "Put Your Best Fork Forward", reminds us "that we hold the tools to making healthier food choices."

Tips for Healthy Eating

Eat a variety of fruits and vegetables daily, Limit intake of sugar, sodium and fat
Always choose water —it is calorie free & sugar free
Use herbs & spices instead of salt when preparing meals

WIC MAKES A DIFFERENCE!

WIC provides nutrition education for Women, Infants, and Children in the community. WIC understands that optimum nutrition is important from birth and we emphasize the importance of breastfeeding. WIC also provides healthy foods to all participants at no cost.

WIC staff includes Registered and Licensed Dietitians, International Board Certified Lactation Consultants, Nutrition Educators, and Peer Counselors.

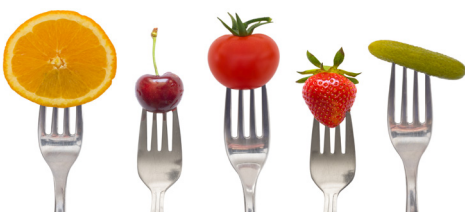


PUT YOUR
BEST FORK FORWARD

National Nutrition Month® 2017



Delicious!





FLORIDA HEALTHY BABIES INITIATIVE

In March, 2016, the Florida Department of Health (Department) launched the Florida Healthy Babies Initiative, a collaborative state-wide initiative to positively influence social determinants of health and reduce racial disparities in infant mortality. The Baby Steps to Baby Friendly project is under the Florida Healthy Baby Initiative (statewide initiative to positively influence social determinants of health and reduce racial disparities in infant mortality). BSBF is a hospital project that focuses on increasing breastfeeding initiation and duration among Florida women. A subcommittee (Healthy Baby Taskforce) under the Children Issues Committee has been established to improve breastfeeding outcomes and reduce maternal and infant morbidity and mortality rate in Miami-Dade County. The Healthy Baby Taskforce will be meeting on March 17, 2017 at the United Way building. For more information about the Florida Healthy baby initiative please contact: Rachele Theodore at Rachele.Theodore@flhealth.gov or Britney James at Britney.James@flhealth.gov



THE AGE OF LOVE MOVIE EVENT

There has been excitement in the air for the Elder Issues Committee. We have a new member who is also the new Senior Advocate for Miami-Dade County and her name is Teri Busse-Aruesu. We are looking to working with her and receiving her Legislature Reports at our up-coming meetings. We also had a screening of the movie "The Age of Love" on February 2, 2017 at the United Way of Miami-Dade. It was a lovely event sponsored by Elder Issues, AARP and United Way were a capacity crowd of elders had gourmet pizza and enjoyed a very thought-provoking panel discussion after screening the movie.



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

QUICK FACTS

Every year, about 3% to 6% of infants worldwide are born with a serious birth defect.

Birth defects can affect an infant regardless of birthplace, race or ethnicity.

In some countries, birth defects are a leading cause of death for babies and young children. Those who survive and live with these conditions have an increased risk of lifelong disabilities.

BIKE305 BIKE THE UNDERLINE & UNDERLOUNGE

March is "Bike305 Month" in Miami-Dade County. In celebration, the Miami-Dade County Parks, Recreation and Open Spaces Department in partnership with Friends of The Underline, Miami-Dade County Transportation and Public Works and the City of Miami, invites residents of all ages to join them for this most significant Bike305 signature event. For more information please [click here!](#)



MARCH EVENTS CALENDAR

March 3 is World Birth Defects Day. Worldwide, about 3-6% of babies are born with a serious birth defect.



<p>2</p> <p><u>CHANGING FACE OF AGING</u> Location: JUNGLE ISLAND 1111 Parrot Jungle Trail, Miami, FL 33132 Time: 9:30 AM - 4:00 PM</p>	<p>3</p> <p><u>MORNING MEDITATION-RESTORATIVE YOGA</u> Location: Miami Cancer Institute 8900 North Kendall Drive Miami, FL 33176 Time: 10:00 AM - 11:00 AM</p>	<p>9</p> <p><u>HEALTHY LIVING XPO 2017</u> Location: 3000 NE 151 Street , North Miami, FL 33181 Time: 10:00 PM - 2:00 PM</p>
<p>11</p> <p><u>BABY BASICS :UNDERSTANDING YOUR NEW BORN</u> Location: Miami Cancer Institute 8900 North Kendall Drive Miami, FL 33176 Time: 10:00 AM - 1:00 PM</p>	<p>22</p> <p><u>PERSONAL SPIRITUAL PRACTICES</u> Location: Miami Cancer Institute 8900 North Kendall Drive Miami, FL 33176 Time: 2:00 PM - 3:30 PM</p>	<p>29</p> <p><u>CELEBRITY CHEF WORKSHOP</u> Location: Miami Cancer Institute 8900 North Kendall Drive Miami, FL 33176 Time: 1:00 PM - 2:30 PM</p>

STEP IT UP!
SURGEON GENERAL'S CALL TO ACTION TO PROMOTE WALKING AND WALKABLE COMMUNITIES

