November is the National Diabetes Month

More than 29 million people in the United States have diabetes, but 1 out of 4 of them don’t know they have it. There are three main types of diabetes: Type 1, Type 2, and Gestational Diabetes. With Type 1 Diabetes, your body can’t make insulin, a hormone that regulates blood sugar, so you need to take it every day. Type 1 Diabetes is less common than Type 2 Diabetes; about 5% of the people who have diabetes have Type 1. Please click here for more information.

### Speakers Bureau

The Consortium for a Healthier Miami-Dade Speakers’ Bureau is comprised of Consortium members who are experts in a variety of health topics and community-based topics that represents the work of the committees. As a service to the community, members of the Speakers’ Bureau are available to give presentations and educate the community on their area of expertise. If you would like to request a speaker, please click here. If you feel that you or someone from your organization is qualified to be a speaker and would like to participate in this volunteer service, please click here.
Jackson Health Systems achieved the Baby-Friendly designation

Jackson Health System and the Florida Department of Health in Miami-Dade County celebrated Jackson Health Systems for becoming the first hospital system in Florida designated as Baby-Friendly on Monday, October 16, 2017. The event recognized Jackson Health System for years of working diligently toward certification, which signals a gold standard of care for promoting breastfeeding and mother-infant bonding. The Women’s Hospital at Jackson Memorial, Jackson North Medical Center and Jackson South Medical Center is continuing their work of providing mothers and fathers with appropriate breastfeeding counseling and guidance, and establishing better conditions for mother and child bonding to help improve the health of mothers and children in Miami-Dade County. The Baby-Friendly designation shows the system’s continuing commitment for strong, healthy families in our communities.

The Great American Smokeout (GASO) takes place on Thursday, November 16, 2017. It is an annual social engineering event on the third Thursday of November by the American Cancer Society (ACS). The event encourages Americans to stop smoking tobacco. The event challenges people to stop smoking cigarettes for 24 hours, hoping their decision not to smoke will last forever. Please click here for more information.

November 2017

Nov 1 Celebrity Chef Workshop: Thanksgiving, The Healthy Way
Miami Cancer Institute | 8900 North Kendall Drive (SW 88 Street) | Miami, FL 33176
2:00PM-3:30PM

Nov 4 2017 Walk to End Alzheimer’s Miami-Dade
Museum Park|1075 Biscayne Boulevard | Miami, FL 33132
7:30 a.m.

Nov 9 Worksite Wellness Forum Wellness Dollars
United Way of Miami-Dade |3250 SW 3rd Avenue |Miami, FL 33129
10:00-12:00 p.m

Nov 10 Diabetes: Beyond the Basics
Baptist Medical Arts Building | 8950 North Kendall Drive | Miami, FL 33176
9:00AM-12:00PM

Nov 14 Quit Smoking Now
Miami Cancer Institute | 8900 North Kendall Drive | Miami, FL 33176
5:30PM-6:30PM

Nov 29 Tour the Supermarket
Publix Supermarket | 9105 South Dadeland Blvd | Miami, FL 33156
6:30PM-8:00PM

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