



January 2018

## A message from the Children Issues Committee



Join the Children Issues Committee, and help build a better community for children and families in Miami-Dade. We welcome new, and existing ideas, and work together towards meeting mutual goals. Everyone has a voice, and this committee is a family of committed members, dedicated to the health and well-being of Miami-Dade County residents. Join us, every third Friday of the month, from 9:30-11:30 am, as we work to become bigger, better, and more effective.

## Health & Wellness Center

### **Free Biometric Health Screenings**

including Journey to Wellness Rx and Passport to Health. Screenings include: Blood Pressure, Body Mass Index, Body Fat Analysis, Blood Cholesterol, Blood Glucose, Nutrition & Healthy Lifestyle, and Carbon Monoxide Analysis.

**Location:** 2520 NW 75th Street Miami, FL 33147

**Phone #:** (305) 278-0442

**Times:** Mondays: 9:00am - 3:00pm  
Select Saturdays: 8:30am - 2:00pm

**2018 Saturday Dates:** January 6th | January 20th |  
February 3rd | February 17th | March 3rd |  
March 17th

## New Year, New You

**Make healthy food choices** - A healthy meal plan emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk, lean meats, poultry, fish, beans, eggs, and nuts. The meal plan should be low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. Please [click here](#) for more information.

**Be active to improve overall health** - Try simple things such as taking the stairs instead of the elevator. Consider mall walking if the weather is cold or icy. Be active for at least 2½ hours a week.

**Be smokefree** - If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJÉLO-YA (1-855-335-3569 for Spanish speakers) for free resources, including free quit coaching, a free quit plan, educational materials, and referrals to other resources where you live.

**Get enough sleep** - Insufficient sleep is associated with a number of chronic diseases and conditions,



## Why is Childhood Obesity Considered a Health Problem?

Children with obesity can be bullied and teased more than their normal weight peers. They are also more likely to suffer from social isolation, depression, and lower self-esteem. The effects of this can last into adulthood. They are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. Type 2 diabetes is increasingly being reported among children who are overweight.

Onset of diabetes in children can lead to heart disease and kidney failure. Children with obesity also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers. In a population-based sample of 5- to 17-year-olds, almost 60% of children who were overweight had at least one risk factor for cardiovascular disease (CVD), and 25% had two or more CVD risk factors. (Center for Disease Control and Prevention)



[Click here](#) to discover tips for parents & ideas to help children maintain a healthy weight.



### ANNOUNCEMENT

The Youth & Young Adult Essay Contest is now open for submissions. The purpose of this contest is to educate the public on measures to reduce access to tobacco and nicotine, and the harmful effects of tobacco and nicotine use. This contest is being sponsored by Tobacco-Free Workgroup of the Consortium for a Healthier Miami-Dade. To learn more about the contest, please visit <http://pierocon.org/tobacco/web/essay.htm>.

### Events Calendar

#### January 2018

Jan 10 Meal Prep 101: Back on Track After the Holidays

Miami Cancer Institute | 8900 North Kendall Drive | Miami, FL 33176  
1:00PM-2:00PM

Jan 14 Miami-Dade Health Fair - Black History Month

Miami-Dade Wolfson Campus | 300 NE 2nd Avenue | Miami, FL 33132  
10:45am - 2:00 p.m

Jan 17 Celebrity Chef Workshop: New Year, New You

Miami Cancer Institute | 8900 North Kendall Drive | Miami, FL 33176  
2:00PM-3:00PM

Jan 22 Look Good, Feel Better

Miami Cancer Institute | 8900 North Kendall Drive | Miami, FL 33176  
10:00am - 12:00pm

### Save the Date

The Consortium for a Healthier Miami-Dade Annual Event will be held on Friday, September 14, 2018 at the Rusty Pelican.

### 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)

### Healthy Environment, Healthy Lifestyles, Healthy Community

CONSORTIUM  
FOR A  
HEALTHIER  
MIAMI-DADE



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