

June 2018

Forces of Change Community Meeting 2018

The Florida Department of Health in Miami-Dade County hosted the Forces of Change Assessment Community Meeting to identify significant factors, events and trends that affect the health of residents or the effectiveness of the public health system and the related challenges and opportunities these factors pose.

During the community meeting, a varied group of community partners engaged in brainstorming sessions and discussed key factors that directly or indirectly affect health and the health of the community. Examples of some of the key forces discussed included:

- Social/mental health
- Lack of affordable housing
- Opioid epidemic
- Gun violence
- Data driven decisions
- Lack of coordination between healthcare providers
- Lack of fully integrated data sharing system
- Healthcare immigration policy change



***The next step in the [MAPP process](#) is the Community Themes and Strengths Assessment ***

Healthy Happens Here Partners with EASY Perks

Submitted by: Leyanee Perez, R.D., L.D.N.

[EASY Perks](#) is a nationally recognized discount program that the Miami-Dade County Department of Transportation and Public Works (DTPW) offers to all commuters who purchase an EASY Card or EASY Ticket to ride Miami-Dade Transit. By simply flashing the EASY Card or Ticket, or using a special promo code, Miami-Dade Transit riders can take advantage of great discounts. The Health Promotion and Disease Prevention Committee of the Consortium for a Healthier Miami-Dade focuses on initiatives that encourage the adoption and practice of healthy behaviors. Under the Healthy Happens Here Restaurant Initiative, over 129 restaurants were educated on the implementation of a healthier menu with meals lower in sodium and saturated fats and under 500 calories.

We recently partnered with EASY Perks by connecting Healthy Happens Here Restaurants with commuters to receive discounted healthy meals at over 25 local restaurants including the 94th Aero Squadron, Chicken Stack, Cuban Guys, Pinecrest Bakery, Sergio's, and Shorty's BBQ. For a full listing of participating restaurants [click here](#).



June is Men's Health Month

It has been shown that prostate health is a marker of overall health in men. A prostate cancer diagnosis is often associated with lower levels of testosterone in men. Lower testosterone levels can lead to a host of health issues including memory loss and mood disorders.

Here's what you need to know about [Prostate Cancer](#):

1. Prostate cancer is the most common cancer among men, excluding skin cancer.
2. African-American men are at the greatest risk to develop prostate cancer.
3. The American Cancer Society recommends men with an average risk of prostate cancer should begin the discussion about screening at age 50, while men with higher risk of prostate cancer should begin earlier.
4. Lower testosterone is linked to larger health risks, including heart disease, high blood pressure, diabetes and obesity.

The Summer is a great time for the men of south Florida to seek comprehensive examinations. As the hurricane season approaches, seeing a doctor can be integrated into hurricane preparedness plans as well.

2018 Hurricane Season is Here

This year's hurricane season was off to an early start with Tropical storm Alberto, as the first named storm of the season. This tropical disturbance came as a surprise for coastal residents and caused many residents to cancel their Memorial Day plans. Despite the official start of the Hurricane season being June 1, last minute preparations were made by residents along the coast due to the emergence of this early season storm.

One thing all Floridians should know is the importance of being prepared. The [2018 Hurricane Readiness Guide](#) has been prepared by Miami-Dade County for this current season. [Preparedness protocol](#) includes acquiring the proper kits and checklists, emergency evacuations, understanding evacuation assistance for those with alternative capabilities, preparations for pets and tree preparations.

In addition to hurricane preparedness protocol, south Floridians should also be prepared for the formation of tornadoes. According to the [Weather Channel](#), 2017 produced the most reported tornadoes in a decade.



Events Calendar

June 2018

- Jun 10 (Sun) Pedal It and Park It! Bike Tour: 10am-12pm
Location: 190 SE 12 Terrace Miami, FL 33131
- Jun 13 (Wed) Health Fair: 3pm-5pm
Location: 20505 SW 122 Ave, Miami FL 33177
- Jun 13 (Wed) Elder Abuse Resource Fair: 10am-2pm
Location: Stephen P. Clarke Government Center 111 NW 1st St., Miami, FL 33128
- Jun 15 (Fri) Fresh Hudson Youth Safety Fair: 4pm-7pm
Location: Fresh Hudson Youth Safety Fair 1034 North East 8th Street, Homestead, FL 33033

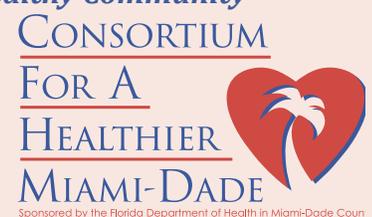
For the complete list of events [click here!](#)

Join the Consortium For A Healthier Miami-Dade

Healthy Environment, Healthy Lifestyles, Healthy Community

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