

April 2019

## April is National Minority Health Month!

April 2019 is National Minority Health Month! This year's theme is Active and Healthy. The Department of Health and Human Services are joining partners to help raise awareness about how being physically active plays an active role in keeping us healthy. The Active and Healthy theme allows the Office of Minority Health and minority health advocates around the nation to stress the health benefits that are associated with doing moderate-to-robust physical activity. Staying active promotes health and reduces the risk of chronic diseases and other health conditions that are known to plague racial and ethnic minority groups.

To learn more about the Office of Minority Health and their initiatives, click [here!](#)

Source: [Department of Health and Human Services, Minority Health](#)



### INSIDE THIS

1

- NATIONAL MINORITY HEALTH MONTH
- SPRING ALLERGIES:

2

- WORLD HEALTH DAY
- WORKSITE WELLNESS AWARDS

### Attention:

We are currently accepting submissions for our next Newsletter!

For more info email:

Chastity.Spann@flhealth.gov

## Spring is Here!

With the Spring season in full bloom, those who suffer from allergies may not enjoy this time of the year as much as others. In South Florida, there are many different types of allergens. Here are a few facts about asthma and allergies!

**Allergic Asthma:** This type of asthma is triggered when inhaling allergens such as pet dander, pollen or mold. The allergens cause the airway passages to become inflamed and swollen

**Pollen:** With rain in the forecast, flowers, trees, and other plants flourish, increasing the production of pollen and other allergens.

**Cross Reactivity:** Once it has been determined that you are allergic to pollen, you will have to avoid certain fruit due to your body identifying them as offenders.

To learn more about allergies and how it may affect you, consult with your health care provider.



## April 7th is World Health Day!

World Health Day is celebrated annually on April 7th to mark the founding of the World Health Organization on April 7th, 1948. It is used as an opportunity to bring attention to global health. Each year there is a theme that the organization focus on and organizes international, regional, and local events that are related to the theme. For 2019, the theme is Universal Health Coverage: Everyone, Everywhere. A large proportion of the world cannot afford health care due to daily expenses such as food, clothing and shelter. The key to achieving the goal of having universal health coverage is providing everyone with the care they need, when it is needed and having it nearby.



To learn more about World Health Day, click [here!](#)

Reference: [World Health Organization](#)



## Did you know?

The Florida Department of Health is the only health department in which each of the 67 local offices are fully accredited by the Public Health Accreditation Board.

## Events Calendar

### April 2019

- 4/2 Health Council of South Florida Disaster Preparedness Training, To participate email: [TAvent@healthcouncil.org](mailto:TAvent@healthcouncil.org)
- 4/3 Marketing and Membership Committee Meeting, 8323 NW 12th St., Suite 212, Miami, FL 33126, 2:00pm-3:00pm
- 4/8 Wynwood Job Fair, Roberto Clemente Park 101 NW 34th Street Miami, FL 33127, 10:00am-2:00pm
- 4/27 Walk The Talk for Epilepsy, Wynwood Marketplace 2250 NW 2nd Avenue, 8:00AM

*For a complete list of Consortium 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](http://www.healthymiamidade.org)



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