August is National Breast Feeding Awareness Month

Every year throughout the first week of August, the World Breastfeeding Week (WBW) works to spread awareness on the benefits of breastfeeding for both infant and mother. The World Breastfeeding Awareness week aims to focus on maternal health, while targeting a well-balanced nutrition, poverty reduction, and food safety. In 2018 the WBW has announced their new theme for this campaign which is “Breastfeeding: Foundation of Life”. Breastfeeding provides infants with the nutrients they need to have a great start at life by adding a boost to the immune system. Research has proven the following breastfeeding benefits:

1. Nutritionally balanced meals
2. Protection against common childhood infections
3. Improved survival rate during the babies first year
4. Lower risk of Sudden Infant Death Syndrome (SIDS)
5. Early skin-to-skin contact can provide physical and emotional benefits for the mother and newborn

Click the links below to learn more:
- The benefits of breastfeeding
- World Breastfeeding Week

Back to School Prep

National Immunization Month:
It’s Flu Shot Season

Summertime is winding down, and school is about to begin. During this time of the year, many students are getting prepared to buy their textbooks, notebooks, and their back to school outfits. While those items are important, a student is not fully prepared for school until he or she makes sure that their vaccine records are up to date! However, it is essential to understand that vaccinations are not just for children; adults need to get vaccinated as well. By stating this, the National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. The purpose of NIAM was to encourage people of all ages to make sure their vaccinations were up to date. In order to complete this task, #NIAM17 focused on different stages throughout a lifespan each week. Communities have continued to use the month each year to raise awareness about the important role vaccines play in preventing infections, and deadly diseases.

If you have any questions, please discuss any immunizations with your physician and checkout CDC.gov to get more information about the significance of vaccinations.

National Children’s Eye Health and Safety Month: Their Vision Matters

While parents are purchasing back to school supplies, and clothing items, it is essential to schedule a comprehensive eye exam for your children in order to have a successful school year. Our eyes are an important part of our health because it allows us to make sense of the world. Therefore, a child should begin to have their eye exam around age three. Your child’s optometrist can detect refractive errors such as nearsightedness, farsightedness, astigmatism and many other ailments.

For more information on maintaining optimum eye health, Click here
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

Sources: Medline, CDC, NIH, Awarenessdays