

December 2018

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December is AIDS Awareness Month

World AIDS Day is December 1st, and it is an international day devoted to raising responsiveness of the AIDS pandemic. The AIDS pandemic is caused by the spread of the HIV infection. In addition, it is a time to remember all those lost in the AIDS battle. HIV is a human immunodeficiency virus, meaning it weakens the immune system by destroying health cells. The symptoms of HIV are diverse and vary with person and stage of infection. HIV can be passed through specific activities, which involve the exchange of bodily fluids. Activities such as sexual behavior and needle or syringe use, but it is NOT spread through touch or saliva. To learn more, visit www.cdc.gov/hiv/basics/transmission.html.

HIV AWARENESS MONTH

THE RISK IS NOT KNOWING

GET TESTED TODAY

For a complete list of our testing centers visit HIVWATCH.COM/CLINICS

Wellbeing Survey

The Florida Department of Health in Miami-Dade County is conducting the Wellbeing Survey to identify the needs, opinions, and views of Miami-Dade County residents as it relates to the communities where you reside.

The Wellbeing Survey folds into the Mobilizing for Action through Planning and Partnerships model of community health improvement as one of the four types of assessments that informs the new Community Health Improvement Plan. Taken together, the four assessments give a complete view of health and quality of life in Miami-Dade County, and help make up the Miami-Dade County Community Health Assessment. Your opinion matters and we want you to participate in the survey by clicking here.

The survey is available in multiple languages. By completing the survey, you will help answer the following questions: What is important to the community? How is the quality of life perceived in the community? What assets does the community have that can be used to improve community health? Share your opinions today!

Please complete the survey

www.surveymonkey.com/r/MDCWellbeing

Stay Active During the Holidays

Ever heard of the saying "Nature heals the soul?" Spending time in your local community and national parks is one step towards a happier you! According to a study done by Harvard, spending more time outside will give you both mental and physical benefits. Making the choice of exercising outside or even just going for a walk through your local park or neighborhood will provide you with a variety of health benefits such as:

- Increase in Vitamin D levels and improved immunity
- Increase in exercise and possible weight loss
- Mood improvements
- Concentration improvements

Start today by looking up your communities' parks and recreational areas here. Change your afternoon and weekend routine and start feeling healthier and happier with just a stroll outside.

Firework Safety for the New Year

Here in the US, celebrating the New Year is tradition. During this time many choose to see the many fireworks displays put together by our local and state community members, while others choose to purchase their own fireworks and put on a show for their neighborhood friends and families. Here are a few safety facts to keep in mind to keep everyone safe as we bring in 2019:

- Read all caution labels on any firework devices you purchase and review performance description prior to igniting.
- Never give fireworks to children. Any firework ignition should be supervised by a responsible adult.
- Do not mix alcohol and fireworks. Avoid intoxication prior to and while handling fireworks.
- Fireworks should only be used outside in an open area away from buildings, houses, cars, and other people.
- Wear safety goggles while lighting fireworks. Once firework is lit, quickly move away.
- Light one firework at a time and never try to relight a “dud” firework, instead wait 20 minutes and then submerge it into a bucket of water to ensure that it will not go off.

Reference: www.fireworkssafety.org/safety-tips

Pets and Holidays

Holidays are a great time to spend time with friends, family and our furry loved ones. As a reminder, the holidays with all the lights and sparkle can be a dangerous time for pets. Here are a few tips to make sure that our furry friends stay safe during the holiday season. Be careful with seasonal plants and decorations. Avoid poisonous plants such as mistletoe and holly, both of which are very dangerous to our pets if consumed. Also try not to use tinsel as cats love the sparkle of this and if it is eaten it can cause a blocked digestive tract. When it comes to food for our pets, try to avoid table foods as both cats and dogs alike can be sensitive to human foods such as chocolate, xylitol, and alcohol. To learn more about how to create a pet friendly environment, please visit the ASPCA website.

Events Calendar

December 2018

12/1 - Annual Holiday Homestead/Florida City Health and Resource Fair, 753 West Palm Drive, Florida City, FL 33328 9:30am-1:30pm

12/14-12/15 - Annual Jessie Trice Community Foundation's Santa's Workshop, 5607 NW 27th Ave Miami, FL 33142 3:00-5:00pm

12/14-12/15 - The Annual Living Nativity at Miami Shores Presbyterian Church-Live Reenactment of the Christmas Story, 602 NE 96th Street, Miami Shores, FL 33138, 7:00-9:00pm

12/15 - New World Symphony Wallcast Free Outdoor Concert: Sounds of the Season, SoundScape Park, 500 17th Street, Miami Beach, FL 33139, 7:30pm

[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.



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

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