

January 2019

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How to Achieve a Healthy Weight as an Adult

More than half of the American adult population is considered to be overweight/obese. Body mass index (BMI) is a method used to indicate whether a person is at a healthy weight, overweight, or obese. There are many factors that play a role in why many adults are overweight/obese. Accessibility to high calorie/sugary foods, family trends, medication and even everyday emotions (sad, bored, angry) can contribute to being overweight/obese. Although you may not be able to control all factors that contribute to weight gain, some ways you may be able to better maintain your weight is by:

- Increasing your intake of nutrient rich foods such as fruit and vegetables
- Eat less refined sugars
- Reduce your intake of foods that are high in fat
- Reduce refined grains like white bread and white rice
- Increase physical activity

Reference: <https://www.niddk.nih.gov/health-information/weight-management/health-tips-adults>

Teen Vaping: A Cause for Concern?



The Food and Drug Administration (FDA) has declared that the use of e-cigarettes has reached an all-time high among the teenage population. The reason for concern is that this product is available to minors under the age of 18. In 2017, two million middle and high school students used e-cigarettes on a regular basis.

The FDA has issued warning letters to retailers who sell these devices to minors stating that they will be fined if they continue to sell to minors. Since this declaration, the FDA began to investigate marketing practices of e-cigarette makers, such as Juul, to detect whether the company is intentionally seeking youth as their customers. In order to further improve the health of the American population, the FDA is working harder to reduce smoking rates, especially among the teenage population.

Reference: <https://www.nytimes.com/vaping-ecigarettes.html>

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.

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

Feeling the Holiday Spirit: Alcohol Myths and Truths

The holiday celebrations are soon to commence. During this time of year, it is more likely for people to drink more alcohol than is recommended. As a result, there are some consequences that follow these drunken occasions, that are sometimes fatal. Some myths associated with the consumption of alcohol are:

“Drinking coffee will sober you up”

- Caffeine will reduce drowsiness, but will not help with decision making or coordination. The body needs time to break down the alcohol that is present in the body before you are considered to be sober.

“Drinking alcohol will make you warm, therefore you can tolerate colder temperatures without a jacket”

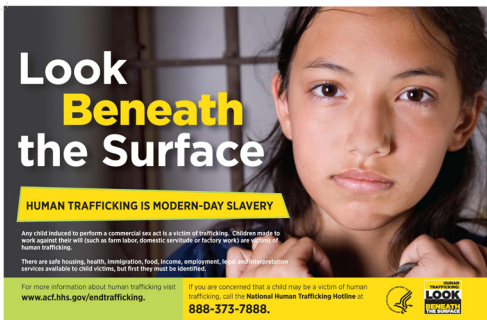
- Due to your body pulling warmth from the core regions of your body and flushing it to vessels directly under the skin, your temperature is dropping instead of rising. It is also suppressing the brain’s ability to regulate temperature. So, although you may feel hot, it is not safe to be in cold weather.

If you are hosting a holiday gathering, be sure to provide an array of nonalcoholic beverages and have nutritious foods and snacks available. If you are a parent, adhere to underage drinking laws. Happy Holidays!

Reference: https://pubs.niaaa.nih.gov/publications/Fact_Sheet.htm

January: Human Trafficking Awareness Month

Those who are victims of trafficking are difficult to distinguish from others because their appearance may be nothing different from any other person. The Department of Health and Human Services works alongside their partners and grant receivers to advocate for victims of human trafficking and educate about those populations that are at a higher risk. This campaign enables health care providers, faith-based and community organizations to recognize these individuals who are involved in human trafficking and link them to resources. Learn more by calling the National Human Trafficking Hotline at (888)-373-7888.



Events Calendar

January 2019

1/8- 2019 Health and the Built Environment Committee Meeting, 1120 NW 14th Street Miami, FL 33136, RM 1080 9:30am-11:00am

1/3- 2019 Marketing and Membership Committee Meeting, 8323 NW 12th St., Suite 212, Miami, FL 33126, 2:00pm-3:00pm

1/18 -2019 Deerwood Bonita- Meet Me at The Park, 14445 SW 122nd Avenue Miami, FL 33186 10:00am-12:00pm

1/19 - 2019 Goulds Park Bike Excursion, 11350 SW 216th Street Miami. FL 33170 10:00am-12:00pm

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