

August 2019

INSIDE THIS ISSUE

1

- NATIONAL IMMUNIZATION AWARENESS MONTH
- METRO MOMMY AGENCY

2

- MYPLATE TURNS 8!
- COMMUNITY MEETING

National Immunization Awareness Month

August is National Immunization Awareness Month. Vaccines aid in preventing dangerous, infectious, and sometimes deadly diseases. Vaccines are not only for kids, adults should also continue to get vaccinated to stay protected from serious illnesses like the flu, measles, pneumonia, or even tetanus. National Immunization Awareness Month is a great time to promote vaccines, their benefits, and to remind others that it is important for people of all ages to stay up to date on their vaccines.

Talk to your doctor or nurse to make sure that everyone in your family gets the shots they need. To learn more, visit <http://miamidade.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunizations/index.html>.

Source: [Health Finder](#)

National Breastfeeding Month

2019 marks the Eighth year since the United States Breastfeeding Committee declared August as National Breastfeeding Month (NBM): an observance dedicated to improving the nation's health by working collaboratively to protect, promote, and support breastfeeding.

Listed below are some benefits of breastfeeding:

1) Breast Milk Provides Ideal Nutrition for Babies

- During the first days after birth, the breasts produce a thick and yellowish fluid called colostrum. It's high in protein, low in sugar and loaded with beneficial compounds.

2) Breast Milk Contains Important Antibodies

- Breast milk is loaded with antibodies that help your baby fight off viruses and bacteria.

3) Breastfeeding May Reduce Disease Risk

It may reduce your baby's risk of many illnesses and diseases, including:

- Colds and infections
- Sudden infant death syndrome (SIDS)
- Respiratory tract infections
- Allergic diseases
- Diabetes

4) Breast Milk Promotes a Healthy Weight

- Breastfeeding promotes healthy weight gain and helps prevent childhood obesity.

To learn more about breastfeeding, please call the WIC warm line at 786-336-1336.



Source: [Healthline](#)

MyPlate Turns 8!

Happy Birthday, MyPlate! Eight years ago, MyPlate USDA Food Guidance System; was introduced as a symbol of the five food groups that serve as the building blocks for healthy eating. This year, we are encouraged to Start Simple with MyPlate, which provides healthy inspiration and tips that are easily incorporated into busy lives and fit personal preferences, health goals, style, and budget. Learn more and join in the #MyPlateChallenge at: ChooseMyPlate.gov/StartSimple.

Source: MyPlate



Miami-Dade County Community Health Assessment and Improvement Plan Community Meeting

The Florida Department of Health in Miami-Dade County hosted the Community Health Assessment and Improvement Plan Community Meeting on Thursday, July 18th, 2019 at the Fire Fighters Memorial Building in Doral, FL. This meeting delivered high-level information on the MAPP process and the community assessments conducted. Attendees from different organizations participated in dynamic sessions where they were able to discuss the strategic health priorities that affect Miami-Dade County residents and their health. Through this event, the Florida Department of Health in Miami-Dade County will develop Community Health Improvement Plan that will guide efforts in making Florida the Healthiest State in the Nation.

Events Calendar

August 2019

8/3- 2019 BreastfeedMiami: Big Latch On Event, IKEA Miami 1801 NW 117th Ave, Miami, FL 33172, 9:00am-3:00

8/6- Alzheimers Support Group, 20601 Old Cutler Road, Miami, FL 33189, 11:30am-1:30pm

8/10- Hurst Chapel Community Outreach Health Fair, 10080 West Jessamine Street, Perrine FL, 33157, 9:00am-1:30pm

8/20- Health Promotion and Disease Prevention Committee Meeting, Beacon Center 8323 NW 12th Street, Doral FL 33126, 2:00pm-4:00pm

8/23 Florida Kidcare Coalition of Miami-Dade Monthly Meeting, United Way 3250 SW 3rd Avenue Miami, FL 33129, 9:30am-11:30am

IKEA Miami
2019 BreastfeedMiami
Big Latch On Event
presented by the
Florida Department of Health
Miami-Dade WIC Program

Saturday, August 3rd
9:00am - 3:00pm
at **IKEA Miami**

Parenting & Kid Workshops

FREE Breakfast for the first
200 registered breastfeeding
mothers participating in the
Big Latch On!

Sign Up Today!
2019BreastfeedMiami.eventbrite.com

Join the Consortium For A Healthier Miami-Dade!

For a complete list of Consortium Events [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