

December 2019

Tips to Stop the Tossing and Turning

We all know sleep is important, but how many of us actually get the sleep we need? Lack of sleep has been linked to diseases like type 2 diabetes, heart disease, obesity, and depression. Additionally, sleep deprivation contributes to vehicle crashes and workplace mistakes. So why don't we sleep more? A good night's sleep starts with a peaceful environment. Make sure your bedroom is quiet, dark, and a comfortable temperature. It is also strongly recommended to remove any electronics from the bedroom. A consistent routine is equally important. Try to go to bed around the same time every night and wake up at the same time every morning, even on weekends. Finally, avoid consuming large meals, caffeine, and alcohol before bedtime. We lead busy lives and getting to bed can be difficult, try out these tips to ensure that when your head does hit the pillow, you can actually rest.

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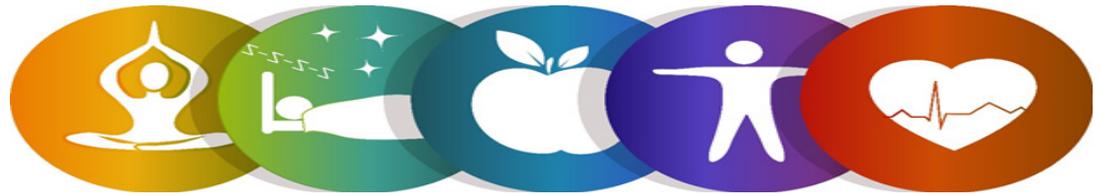
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Attention:

We are currently accepting submissions for our next Newsletter!

For more info email:

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Source: [National Sleep Foundation](http://NationalSleepFoundation.org)

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 2020:

1. Read all caution labels on any firework devices you purchase and review performance description prior to igniting.
2. Never give fireworks to children. Any firework ignition should be supervised by a responsible adult.
3. Do not mix alcohol and fireworks. Avoid intoxication prior to and while handling fireworks.
4. Fireworks should only be used outside in an open area away from buildings, houses, cars, and other people.
5. Wear safety goggles while lighting fireworks. Once firework is lit, quickly move away.
6. 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.



Social Media: Comparing Everyday Life to Someone Else's

The majority of teenagers spend over two hours on social media every day, not including the time searching the internet or texting. In Miami-Dade County, that totals to 2.8 million hours per week. The internet allows for anonymity, increasing the risk of cyberbullying. Teens are also more likely to be exposed early to graphic content.

Social media can present an altered reality in which people only share their best images and experiences. This can fuel feelings of low self-esteem and altered perceptions of body image as teens compare their lives to the fiction presented online. Talk to your teens about using social media responsibly. Click [here](#) to learn more.

Reference: [U.S. Department of Health & Human Services](#)



Did You Know?



Who Should Get the HPV Vaccine?

People often think of the human papillomavirus (HPV) as a “women’s disease” because of its known relation to causing cervical cancer. In reality, HPV infects males and females and can lead to a wide range of cancers including cancers of the vagina, penis, anus, back of throat, and others. Males and females can protect themselves from these negative outcomes through getting the HPV vaccine. It is recommended that adolescents receive two doses of the vaccine before their 15th birthday. Between the ages of 15 and 26, three doses are recommended. To learn more visit the [CDC website](#).

Reference: [Centers for Disease Control & Prevention](#)

Events Calendar

DECEMBER 2019

12/05/2019: Worksite Wellness Committee Meeting, 8323 NW 12th Street, Suite 212, Doral FL 33126, 9:30am-11:30am

12/07/2019: 6th Annual Holiday Homestead Florida City Health and Resource Fair, 753 West Palm Dr., Florida City, FL 33034, 9:30am-1:30pm

12/14/2019: Printmaking Workshop @ Miami-Dade County Public Library, 101 W. Flagler St., Miami, FL 33130, 12:00pm-1:00pm

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

