July is National Minority Mental Health Awareness Month

Since 2008, organizations throughout the U.S have dedicated the month of July to address and eliminate mental health stigma while increasing resources for minority populations. While mental illness does not discriminate by race, ethnicity, or sex, there are barriers preventing some groups from receiving the help they need. In terms of receiving treatment for mental illness, Black/African American populations only received treatment 30% of the time. Similarly, Hispanic or Latinx populations received treatment 32.9% of the time—both of these rates fall below the U.S overall percentage of 43.3% (SAMSHA, 2018). According to the National Alliance on Mental Illness, “African Americans, like many minority communities, are also more likely to experience socioeconomic disparities such as exclusion from health, educational, social and economic resources. These disparities may contribute to worse mental health outcomes.”

Addressing these barriers and eliminating the stigma of mental health requires an interdisciplinary approach both on the local and national level. Outside of policy changes and increasing access to care, it’s important that individuals understand what mental illness may look like and what steps to take. Visit page 2 of this newsletter for more information on identifying mental illness and local resources.

Why Are Walnuts Good for Me?

by Leyanee Perez, RDN/LDN

- Walnuts are high in polyunsaturated fatty acids with 13 g out of 18 g total fat per ounce.
- Walnuts are the only nuts rich in alpha-linolenic acid (ALA), a plant-based essential omega-3 fatty acid that has positive anti-inflammatory effects.
- Walnuts help improve cardiovascular risk factors by lowering LDL (bad) cholesterol and diastolic blood pressure. These two risk factors are major contributors to heart disease risk.
- Research has found that omega-3 fatty acids may decrease the inflammatory marker C-reactive protein (CRP) in those with high cholesterol.

Recent studies have emerged showing evidence that Omega-3’s alleviate muscle mass loss during periods of muscle disuse, or prolonged resting periods, as well as gains in muscle size and strength in healthy individuals. The Dietary Guidelines recommend 5 ounces equivalent per week of nuts, seeds and soy products. One-ounce portion of walnuts is equal to 2 ounce-equivalents protein foods.

*For the full article, please click here.*
Web Resources Tool

The Florida Department of Health in Miami-Dade County has created a Community Health Resources Map to provide the public with an easier way to locate resource providers in South Dade and Homestead. Services that this map includes:

- Behavioral Health Resources
- Community Based Services
- Daycare
- Disability Resources
- Domestic Violence Resources
- Educational Programs
- Faith-Based Organizations
- Health Programs
- Parent & Family Support

Visit HealthyMiamiDade.org for the map and additional information.

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately.
**Protect Yourself From Mosquitos**

Mosquitos are most active in the summer and early fall. With the potential of spreading diseases like West Nile Virus, it’s important that we reduce our chances of mosquito bites as much as we can. Some ways to avoid/prevent mosquitos are:

- Drain any standing water from garbage cans, buckets, and other objects that have collected water.
- Wear long pants and long-sleeved shirts to protect your skin.
- Use Mosquito repellent, like DEET to keep mosquitos away.

For more information, click [here](http://healthy.miamidade.org/hppn/mosquitoes).
What You Should Know About COVID-19

It is communicable. COVID-19 is a coronavirus that is easily spread from human to human by droplets.

COVID-19 is still on the rise. Even though states and cities are opening back up, it’s important to remember that COVID-19 continues to spread.

Social Distancing works. Remaining 6 ft from others, whether it be at work or out grocery shopping, is one of the best ways to reduce your chance of getting sick.

Practicing proper hygiene and washing your hands works. Washing your hands or using 60% alcohol-based hand sanitizer as well as wearing a mask helps stop the spread of COVID-19.

You can still be at risk. Continue to monitor your health through these times and understand your risk of contracting the disease. Older populations and those who are immunocompromised should make sure they take extra precautions as cities return back to normal.

To find the most up-to-date information and guidance on COVID-19, please visit the Department of Health’s dedicated COVID-19 webpage.

For any other questions related to COVID-19 in Florida, please contact the Department’s dedicated COVID-19 Call Center by calling 1-866-779-6121.

The Call Center is available 24 hours per day.

Inquiries may also be emailed to COVID-19@flhealth.gov.

COVID-19 Testing Sites

Please click here for the most up-to-date list.