National Teen Pregnancy Prevention Awareness Month

The 2017 National Vital Statistics Reports from the CDC stated that a total of 194,377 babies were born to women aged 15–19 years old, for a birth rate of 18.8 per 1,000 women in this age group. This is a record low for U.S. teens. Some evidence may suggest these declines are due to more teens abstaining from sexual activity, and more teens who are sexually active are using birth control methods more than seen in previous years. The U.S. teen pregnancy rate is substantially higher compared to other industrialized nations. We also see that racial/ethnic and geographic disparities in teen birth rates continue to exist. To learn more about the disparities and the importance of prevention, please visit the Centers for Disease Control and Prevention here at https://www.cdc.gov/teenpregnancy/about/index.htm.

The New Nutrition Facts Label: What’s In It For You?

In over 20 years, this is the first major update to the food Nutrition Facts label. The refreshed design and updated label can help you make food choices that contribute to lifelong healthy eating habits. Some of the changes include updated serving size information; larger, bolder calories; and updated Daily Values and an updated nutrients list. Check out the changes at www.fda.gov/NewNutritionFactsLabel.

The U.S. Food and Drug Administration (FDA) has created an awareness campaign about the changes to the new Nutrition Facts label. This campaign will increase its use, and help consumers, health care professionals, and educators learn how to use it as a tool for maintaining healthy dietary practices. This campaign includes many outreach channels including social media, indoor/outdoor advertising, videos, and consumer-friendly downloadable educational materials. To share more information, please visit the campaign outreach materials to spread the word about the new Nutrition Facts label using the Social Media Toolkit.
To find the most up-to-date information and guidance on COVID-19, please visit the Department of Health’s dedicated [COVID-19 webpage](https://floridahealth.gov/coronavirus/). 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.

For information and advisories from the Centers for Disease Control (CDC), please visit the [CDC COVID-19 website](https://www.cdc.gov/coronavirus/). For more information about current travel advisories issued by the U.S. Department of State, please visit the [travel advisory website](https://travel.state.gov/).
This year, the Consortium Annual Event and Award Ceremony is in partnership with the Florida Worksite Wellness Awards. For this year's theme, "Fall Into Healthy Habits", attendees will have the exciting opportunity to learn from national leaders in the field of public health, learn best practices on how organizations are promoting healthier lifestyles in their workforce, and how local entities can achieve health equity in their communities.

For more information, visit https://www.healthymiamidade.org/annual-event-and-award-ceremony/

Friday, October 2, 2020
Jungle Island
8:00 AM to 2:00 PM

Although plans for Epilepsy Florida’s annual statewide Walk the Talk were interrupted due to COVID19, our services and support for persons with epilepsy in the state of Florida were not. Epilepsy Florida continues to be the #1 ally for persons with epilepsy by providing services remotely to our clients during this time. We recognize that those living with epilepsy already face a myriad of challenges on a daily basis so we want to ensure that we are addressing those along with new concerns that may arise due to the pandemic.

Our telemedicine program in particular has seen a surge in use as we have been able to connect persons from all over the state with neurologists so their care can continue. Many persons have benefitted thus far from being able to receive consultations and their medication while staying safely at home. Our social and psychological services are also being offered through teleconference so our clients are still able to get much needed support. Epilepsy Florida staff will continue to support those in our community living with epilepsy to the best of our ability while doing our part to stop the spread of COVID19.

For more information about Epilepsy Florida and their initiatives, visit: https://www.epilepsyfl.com/.

Epilepsy Florida
By Monica Gonzalez, Epilepsy Florida

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