National Breastfeeding Month

According to FLHealthCharts, 92.2% of Miami-Dade mothers initiated breastfeeding in 2019, exceeding the Healthy People 2020’s national goal which was 81.9%. There is still some work to do in Miami-Dade, however, as the Black/African American breastfeeding Initiation rate is only 86.3%. While this is still higher than the Healthy People 2020 goal, it’s significantly lower than the overall Miami-Dade rate and the breastfeeding initiation rate among white population which is 93.5%.

As a result of various efforts across the nation throughout the years, August became National Breastfeeding Month. In the same month you’ll also find World Breastfeeding Week (Aug. 1-7), Native Breastfeeding Week (Aug. 9-15), Spotlight on Infant and Young Child Feeding in Emergencies (Aug 16-24) and Black Breastfeeding Week (Aug. 25-31). So, why should we advocate for and celebrate breastfeeding? Because of the many benefits that come along with it!

Benefits of breastfeeding:

- Baby receives antibodies that help fight off infections
- Decreased risk of type 2 diabetes for baby
- Decreased risk of obesity for baby
- Lower rates of sudden infant death syndrome
- Can help control postpartum bleeding in new moms
- Infant tooth decay is not a significant issue
- Decreases baby’s risk of developing asthma and eczema
Fun Ways to Increase Physical Activity Where You Are!

- Exercise to a workout video.
- Dance to your favorite music.
- Plant and care for a vegetable or flower garden.
- Do stretches, exercises, or pedal a stationary bike while watching television.

To learn more ways to increase physical activity, please visit https://www.choosemyplate.gov/resources/physical-activity-tips

Food Planning During the Coronavirus with MyPlate

During the coronavirus pandemic, you may be taking extra safety measures to keep you and your family safe and prepared during this situation. Some of these measures may include making sure you have everything you need at home like healthy foods and snacks. Some initial steps you can take when planning is to first check and see what foods you already have at home in your refrigerator, freezer, and/or pantry. It is important to make sure to look at expiration dates and best by dates. This step can help you plan and prepare meals around what you already have at home. This activity will help you reduce the number of trips to the grocery store and even reduce spending money on items you don’t need at the moment. Also, there are many grocery store shopping options like in-store pickup, curbside pickup, or home delivery.

Check out the Start Simple with MyPlate: Food Planning During the Coronavirus Pandemic Guide here. This guide provided by the United States Department of Agriculture (USDA) includes information on food planning, including what to buy, how much to buy, and preparation tips. This guide is also available in English and Spanish and in a postcard format too.
Preventing Repetitive Strain Injuries While Working

This year, many of us are working at home or in a setting outside of our regular office environment. With this change of workspace comes a change in how we work, meaning our bodies have to adjust so that we continue to work in a healthy manner. Repetitive Strain Injuries as reported by Princeton University are a result of “forceful, awkward, and/or repetitive use of your limbs, producing damaged muscles, tendons, and nerves.” These types of injuries are quite common in those who work at a desk for most of the day. In addition to this, eye strain is possible especially if looking at a computer screen for long periods of time. Below you’ll find suggestions on how to combat eye and muscle strain and prevent future injuries.

- **Top of computer screen should be eye-level.**
- **Keyboard should be in front of you and arms L-Shaped at 90–degree angles.**
- **Grasp the computer mouse lightly. Use keyboard shortcuts as an alternative. Use a mouse that keeps your wrist straight.**
- **Take regular breaks. If a break isn’t possible, try changing the activity (i.e if typing on a computer switch to organizing documents or taking a call).**
- **Stretch, walk, massage your muscles, and continue to make adjustments throughout the day.**
- **Don’t sit too close to the screen. Practice the 20-20-20 rule (every 20 minutes, look at an object at least 20 feet away, for at least 20 seconds).**

Information from the UCLA Stein Eye Institute, the NHS, and Princeton University.
Join the Consortium For A Healthier Miami-Dade as we present information on how to facilitate conversations on health equity in times of change and community challenges. From the COVID-19 public health emergency and its impact on minority communities to the nationwide realization that not all is fair or equitable in communities. We will share with you best practices, lessons learned, and strategies for leveraging partnerships to improve systems thinking and begin those tough conversations towards lasting change and equity.

Breastfeeding and COVID-19

According to the CDC (2020):

“If you have COVID-19 and choose to breastfeed:
• Wear a cloth face covering while breastfeeding and wash your hands with soap and water for at least 20 seconds before each feeding.

If you have COVID-19 and choose to express breast milk:
• Use a dedicated breast pump (not shared).
• Wear a cloth face covering during expression and wash your hands with soap and water for at least 20 seconds before touching any pump or bottle parts and before expressing breast milk.
• Follow recommendations for proper pump cleaning [Español] after each use, cleaning all parts that come into contact with breast milk.
• If possible, expressed breast milk should be fed to the infant by a healthy caregiver who does not have COVID-19, is not at high-risk for severe illness from COVID-19, and is living in the same home.”

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.

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