



National Nutrition Month 2021

March 2021

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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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Every March the Academy of Nutrition and Dietetics commemorates National Nutrition Month®. This year's annual campaign theme is *Personalize Your Plate*. During the month of March, everyone is invited to learn more about developing healthy eating and physical activity habits and making better food choices. This campaign recognizes that there is not a one-size-fits all approach to nutrition and health. We are all unique with different goals, cultures, and tastes! This campaign includes weekly key messaging and a campaign toolkit to sharing messaging. The weekly themes are included below in which you can begin to learn more and begin to take steps to improve your health and nutrition.

- ◆ **Week 1:** Eat a variety of nutritious foods every day.
- ◆ **Week 2:** Plan your meals each week.
- ◆ **Week 3:** Learn skills to create tasty meals.
- ◆ **Week 4:** Consult a Registered Dietitian Nutritionist (RDN) for a personalized diet plan.

Lastly, if you are looking for a tailored unique healthful eating plan, you will want to meet with a Registered Dietitian Nutritionist. For more information, please visit the Academy of Nutrition and Dietetics [here](#).

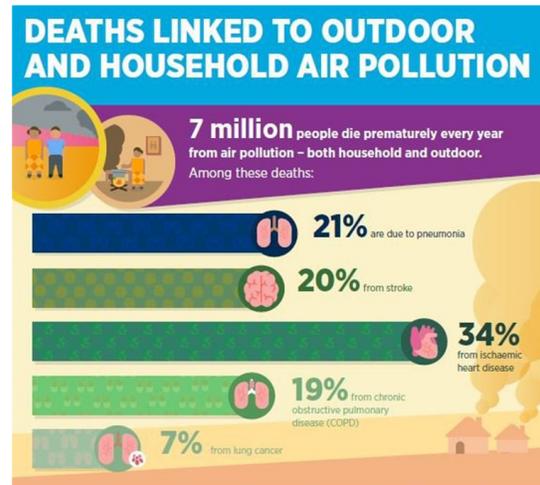


Air Pollution and Your Health

Written by: Mareike Van Wie, 2021 Public Allies Fellow with Dream in Green

Ambient air pollution is the 4th leading cause of pre-mature deaths globally; while this particularly affects low to middle income countries, the Global Alliance on Health and Pollution ranked the United States 7th by air pollutant related premature deaths. Children are especially vulnerable to the impacts of air pollution as their bodies' defenses are still developing. It also impacts health prior to birth as high levels of air pollution are linked to neonatal mortality.

Read more on page 2.



CLEAN AIR FOR HEALTH

#AirPollution





Florida Department of
Health in Miami-Dade
County

[Environmental Health](#)

[Home Radon Testing](#)

Air Pollution and Your Health (continued)

These deaths are largely preventable through stricter air quality controls, making it a crucial environmental justice issue. While the burden of change lies with governments, individuals can also minimize their risk by reducing near-roadway exposure and wearing facemasks in areas of lower air quality. It is advised to utilize air quality alert systems, such as those provided by [AirNow](#), and minimize outdoor activity during peaks of exposure. Individual action can also be used to improve alert systems through citizen science with the [EPA](#) even partnering with communities to establish sensor networks and loans.



CLEAN AIR FOR HEALTH

#AirPollution



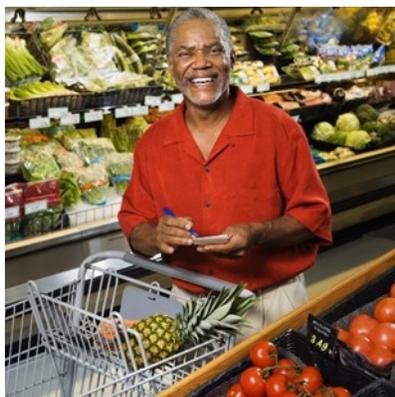
3 Key Strategies for Successful Meal Planning

Visit the

[Florida Department of Health in Miami-Dade County's Community Resource Map](#)

for information on the following resources:

- ◇ Behavioral Health Resources
- ◇ Community based services
- ◇ Daycare
- ◇ Disability Resources
- ◇ And much more!



The Academy of Nutrition and Dietetics shares three key steps to helping you meal plan ahead to reduce mealtime stress. These steps will help you plan and prepare nutritious meals that fit your lifestyle and busy schedules.

Step 1: Create a menu. Before you create your menu, you will first want to think about how you are going to approach your meal planning. You want to consider if you are making a weekly or monthly menu. Next, you will want to create your menu on your phone, computer, or a sheet of paper. It is important that you consider recipes, what ingredients you have available and checking in with your family about their schedules and meal preferences.

Step 2: Stock up on the five food groups. Another important step of the meal planning process is to make sure your pantry and freezer are stocked up on the basics. You want to make sure you have the five food groups stocked. These include vegetables, fruits, milk and dairy products, proteins, and grains. Additionally, you want to make sure you have available herbs and spices, condiments, and oil and vinegar.

Step 3: Maintain a running grocery list. Creating a running grocery list will be essential to track as you use up grocery items or begin to plan for next week's meals. This list will help you not to forget any items while you are at the supermarket.

Source: <https://www.eatright.org/food/planning-and-prep/smart-shopping/3-strategies-for-successful-meal-planning>



COVID-19 Miami-Dade County Vaccine and Testing List:

[Click Here](#)

Florida Department of Health COVID-19 Vaccine Locator

[Click Here](#)

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

What You Need To Know: COVID-19 Vaccines

Is the vaccine safe?

According to the [CDC \(2021\)](#) "All the COVID-19 vaccines being used have gone through rigorous studies to ensure they are as safe as possible. Systems that allow CDC to watch for safety issues are in place across the entire country."

[Learn More](#)

Can the vaccine give me COVID-19?

No, because the current vaccines being offered do not contain the live virus.

[Learn More](#)

What vaccines are available?

Currently, there are three vaccines authorized for emergency use: Pfizer-BioNTech, Moderna, and Janssen. There are other vaccines in phase 3 clinical trials.

[Learn More](#)

If I had COVID-19, do I still need the vaccine?

Yes because reinfection is possible. According to the [CDC \(2021\)](#) "the immunity someone gains from having an infection, called 'natural immunity,' varies from person to person."

Do I still need to wear a mask and social distance if I received the vaccine?

Yes. This helps stop the spread of the disease and can protect both you and the public.

[Learn More](#)

Is the COVID-19 Vaccine free?

"The federal government is providing the vaccine free of charge to people living in the United States. However, your vaccination provider may bill your insurance company, Medicaid, or Medicare for an administration fee."

[- Centers for Disease Control and Prevention](#)

Always remember to...

Use gloves, masks, goggles, and other wearables properly.



Continue to practice safe hygiene with your personal protection equipment.



Discard your gloves, masks, gowns, etc. in the closest trash bin.



Upcoming Events



When: March 16, 2021
Time: 2:00 PM - 3:00 PM

For Colorectal Cancer Awareness Month join the Florida Department of Health in Miami-Dade County's Office of Community Health and Planning as they will be hosting a webinar focused on raising awareness and educating the public about colorectal cancer.

For additional information, contact:
 Bryanna McDaniel
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 or Candice Schottenloher
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Need Health Insurance?

The special enrollment period ends May 15th for coverage start dates as early as March 1, 2021. There are local organizations like the [Health Council of South Florida](#) and programs like the [Epilepsy Florida's Healthcare Navigation Program](#) that offer free healthcare enrollment assistance and education to those looking to obtain affordable coverage or change their current health insurance selection.

Visit <https://localhelp.healthcare.gov> to find an agent and/or an assister today! GetCovered2021 #StayCovered2021

epilepsy FLORIDA Health Insurance Marketplace

FREE INSURANCE ENROLLMENT HELP

1-877-553-7453

HOW THE MARKETPLACE WORKS:

- Create Account
- Apply
- Pick a Plan
- Enroll

From questions on eligibility, exemptions and all things having to do with Florida's Health Insurance Marketplace, we'll help you sign up for the Marketplace and navigate the system.
 For further assistance or to schedule an appointment call 1-877-553-7453

- A CHECKLIST OF WHAT YOU NEED FOR ENROLLMENT:**
- Information about you and your household, including income, any insurance you currently have and some additional items
 - Social Security Numbers (or document numbers for legal immigrants)
 - Employer and income information (from pay stubs or W-2 forms) for every member of your household who needs coverage
 - Policy numbers for any current health insurance plans covering members of your household



For more information visit www.epilepsyfl.com or call 1-877-553-7453

The project described was supported by Funding Opportunity Number CA-NAV-19-001 from the U.S. Department of Health & Human Services, Centers for Medicare & Medicaid Services. The contents provided are solely the responsibility of the authors and do not necessarily represent the official views of HHS or any of its agencies.

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