

April 2022

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ATTENTION

We are currently accepting submissions for our next newsletter!

For more info, e-mail:

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April Health Observance's 2022

- April 2– Autism Awareness Day
- April 7-World Health Day
- April 11-17 -Black Maternal Health Week
- April 18- Healthy Kids Day
- April 18 -26- National Parks Week
- April 22- Earth Day
- April 24 –30-National Infertility Awareness Week
- April 24-30 -World Immunization Week
- STD Awareness Month
- Sexual Assault Awareness Prevention Month
- Women's Eye Health and Safety Month
- Alcohol Awareness Month
- Minority Health Month

Health Equity Corner

Black Maternal Health Week, celebrated April 11-17, 2022. We are going to talk about Infant Mortality. The [CDC](#) defines Infant mortality as the death of an infant before his or her first birthday. According to [FLCHARTS](#), in the year 2020 Black families had a higher rate of live births compared to white families in Miami Dade-County and the state of Florida. Do you



want to make change? To get involved... Join the [Healthy Baby Task Force](#) or [Children Issues/Oral Health Committee](#) at the [Consortium for A Healthier Miami-Dade](#). Contact Candice Schottenloher, Candice.Schottenloher@flhealth.gov, 305-234-5400 Ext. 8855.



MyPlate



Are you looking for easy-to-make breakfast, lunch, and dinner recipes at a low cost? Visit [MyPlate](#) for healthy and delicious recipes for the family.

Find A Park Near You



Find a park near you for physical activity in Miami-Dade County, [here](#).

Resources

[NIH- Black Maternal](#)

[Health Week](#)

[CDC– Drowning](#)

[Prevention](#)

[Miami– Dade County](#)

[Learn to Swim](#)



Florida Department of Health in Miami-Dade County

[FDOH Immunizations](#)

[Jackson Health-RTC](#)

[CDC– Violence Prevention](#)

[RAINN– Sexual Assault](#)

Black Maternal Health Week 4/11-4/17

Spread awareness on improving Black maternal health by reducing the risks of pregnancy-related complications and deaths. According to the CDC, 50,000 women each year experience severe pregnancy complications that can cause severe health complications in the future. To learn more visit the [CDC Minority Health and Health Equity](#).



Drowning Prevention

Spring is here and the weather is warming up. We don't often think about potential accidents and injuries while having fun. As you enjoy this spring season, don't forget to practice water safety at the pool and beach to prevent injuries and drowning. To learn more about water safety and drowning prevention, [click here](#).



Spring Into a Healthier You

It is important to maintain a healthy diet or lifestyle. According to [FLCHARTS](#), the leading cause of death for most Americans living in Florida is heart disease accounting for 49,208 deaths in the year 2020. Not only does physical activity play a major role in our health but also the foods we eat play a major role as well. Consider eating food such as lean meat, low-carbs, low-fat dairy products, fruits and vegetables. Check out what crops Fresh from Florida are in season for the month of April, [here](#).



Sexual Assault Awareness Prevention Month

April is National Sexual Assault Awareness Month (SAAM). This year's theme is "Building Safe Online Spaces Together." [Jackson Memorial Hospital's Roxcy Bolton Rape Treatment Center \(RTC\)](#) aims to raise awareness about sexual violence and its effects on survivors. Sexual assault can happen anywhere, including online spaces. According to the Centers for Disease Control and Prevention (CDC), bystander approaches engage individuals to change existing social norms, promote protective behaviors, and lead others to prevent sexual violence when they see risk behaviors. **Contact RTC at 305-585-7273.**





Florida Department of Health COVID-19 Testing Site & Vaccine Site Locator

[CLICK HERE](#)

CDC About COVID-19

[CLICK HERE](#)

COVID-19

To find the most up-to-date information and guidance on COVID-19 please visit the CDC'S website Guidance for COVID-19.

[Click Here](#)

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**

The CDC has provided the following information on COVID-19 updates.

- [Make Shots Less Stressful- 9 Things You Can Do for You and Your Baby](#)
- [COVID-19 Vaccines for Children and Teens](#)
- [COVID-19 Vaccine Booster Shots](#)
- [12 COVID-19 Vaccination Strategies for Your Community](#)
- [COVID-19 Travel Guidance](#)
- [Quarantine and Isolation](#)
- [Self- Testing](#)

Photo Source: CDC

Coping with Stress

The COVID-19 Pandemic has had a major effect on our lives and day to day activities. According to the [CDC](#), It's natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic but coping with stress can be challenging if you are not coping in a healthy way. The CDC has provided tips for healthy ways of coping with stress below.

- Take breaks from news stories, including those on social media.
- Take care of your body
- Make time to unwind.
- Connect with others.
- Connect with your community- or faith-based organizations.

#BeThe1To

If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.

Find out why this can save a life at www.BeThe1To.com
 If you're struggling, call the Lifeline at **1-800-273-TALK (8255)**

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Resources

[CDC-Asthma](#)

[ACAAI- Common Seasonal Allergy Triggers](#)



[Alliance for Aging Inc.](#)

Spring Allergens

Spring is here. Do you have asthma or seasonal allergies? According to the [CDC](#), pollen is an airborne allergen that can affect your health. Pollen exposure can trigger various allergic reactions including symptoms of hay fever, allergic conjunctivitis, and respiratory illnesses linked to asthma attacks. Be safe this Spring season by learning to control your asthma. Click [here](#) for more information.



Savvy Caregiver at the Alliance for Aging

Seventy-eight percent of adults living in the community requiring long-term care depend on family and friends for their support needs. If you work with caregivers of someone living with Alzheimer's disease or related dementias, the Alliance for Aging's [Savvy Caregiver](#) is a free program that may offer additional support. This evidence-based program was developed to empower caregivers, provide tools to reduce stress through planning and self-care, and offer participants an opportunity to share their experiences. Through seven weekly one-hour virtual sessions employing active learning methods, participants may gain the knowledge, skills, and the sense of confidence needed for effective caregiving. Learning is based on exercises studied in the sessions, applied at home, and later shared with their peers. Caregivers learn how to reduce stress through thoughtful planning and self-care. To learn more, visit our [website](#), call 305-670-6500 x 11275, or email programs@allianceforaging.org.



Alliance for Aging, Inc.
Answers on Aging



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.



Sponsored by the Florida Department of Health in Miami-Dade County

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