

November 2023

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ATTENTION

We are currently accepting submissions for our next newsletter!

Please send in your submissions no later than the 15th of each month.

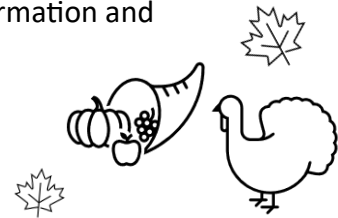
For more information, please e-mail:

Candice.Schottenloher@flhealth.gov



Happy Thanksgiving

Thanksgiving is a national holiday in the United States. Its usually celebrated with a festive meal. Visit the [U.S Department of Agriculture](https://www.usda.gov) for food safety tips to prevent food borne illness this holiday season. For more information and Safe Food Handling and Preparation and Food Safety Basics, please click [here](#). Happy Holidays!



The Great American Smokeout



This year on Thursday, November 16, 2023, the third Thursday in November is recognized as The Great American Smokeout Day. Quitting smoking can be challenging, that's why [Tobacco Free Florida](#) is here to help. If you or someone you know needs resources or support to learn more, please click [here](#).

Fresh from Florida



Oranges are in season this fall. Make fresh orange juice from scratch this holiday season your family will love. Check out what other produce is in season this November from [Fresh from Florida](#) in your local grocery store this month.



CDC: About COVID-19

[CLICK HERE](#)



[Stay Up to Date with COVID-19 Vaccines—CDC Guidelines](#)

(Updated 10/4/2023)

- CDC recommends the 2023–2024 updated COVID-19 vaccines: Pfizer-BioNTech, Moderna, or Novavax, to protect against serious illness from COVID-19.
- [Everyone aged 5 years and older](#) should get **1 dose of an updated COVID-19 vaccine** to protect against serious illness from COVID-19.
- [People who are moderately or severely immunocompromised](#) may get additional doses of updated COVID-19 vaccine.
- [Children aged 6 months to 4 years old](#) need multiple doses of COVID-19 vaccines to be [up to date](#), including at least 1 dose of updated COVID-19 vaccine.
- [Travelers Health: CDC Guidelines](#)
- [COVID-19 Self-Testing At Home or Anywhere](#)



!
COVID-19 VACCINE UPDATE

Everyone ages 6 months and older should get an updated COVID-19 vaccine.

- ✓ Protection from previous vaccination or infection weakens over time
- ✓ This vaccine is a better match to fight common variants circulating now

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Find locations near you: www.vaccines.gov



Resources

[In Crisis?](#)

[Find Help Now](#)

[LGBTQ+ Youth](#)

[Report Trafficking](#)



[Journey To Wellness Rx Prescription](#)

Diabetes Education



November is National Diabetes Month. Diabetes Education Week is celebrated the week of November 5-11, 2023. Did you know that diabetes is linked to [family health history](#)? This chronic disease can be preventable or one can lower their risk factors for diabetes with healthy lifestyle changes. Check out the [CDC](#) about [pre-diabetes and diabetes](#) for information and resources. If you or someone you know is in need of diabetes education, treatment, or support, click [here](#). Locally you can request education services through the Florida Department of Health in Miami-Dade County's Office of Community Health and Planning's [Community Health Action Team \(CHAT\)](#) for services like biometric screenings, referrals, support at health fairs and health promotion events, healthy lifestyle education, health and wellness classes and presentations, Journey to Wellness Rx, and more.

LGBTQI+ Health



Transgender Health Awareness Week is observed on the week of November 13-19, 2023. This week is dedicated to raising the awareness of transgender and gender non-conforming people as well as addressing issues this community faces. [Transgender](#) health is important because this LGBTQI+ group or community of people may have a higher risk of mental health concerns, discrimination, bullying or harassment, dating violence, or even human [trafficking](#). [Click here](#) to learn about the signs and risk factors associated with human trafficking. For more health information, health facts, and services about the LGBTQI+ community, visit the CDC [Lesbian, Gay, Bisexual, and Transgender Health](#). If you or a loved one needs mental health services, support, or resources related to behavioral health visit [SAMHSA](#) (Substance Abuse and Mental Health Services and Administration) or [NAMI Miami-Dade County](#) (National Alliance on Mental Health). You are not alone.

JOURNEY TO WELLNESS Rx

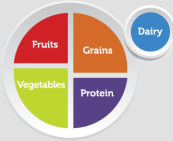
Name: _____ Date: _____

WELLNESS ACTIVITY RECOMMENDATIONS	
Aerobic Activities "Cardio" activities get you breathing harder and your heart beating faster. <input type="checkbox"/> Go Walking <input type="checkbox"/> Go Cycling <input type="checkbox"/> Go Dancing <input type="checkbox"/> Go Swimming	Strength Activities Strengthen your muscles (legs, hips, back, chest, abdomen, shoulders and arms). <input type="checkbox"/> Yoga <input type="checkbox"/> Pilates <input type="checkbox"/> Exercises that use your body weight for resistance (like push-ups, sit-ups, lunges and squats)
<input type="checkbox"/> Go to a local park-visit MiamiDade.gov/parks to find locations and activities near you. <input type="checkbox"/> Take a healthy lifestyle class. <input type="checkbox"/> Other: _____	
<small>*Note: Adults need at least two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week, and muscle-strengthening activities on two or more days a week. Children need one hour or more of physical activity every day.</small>	
Go to a local park. Take a healthy lifestyle class!	
Provided by: _____	Signature: _____

*Please consult your health care provider before beginning any exercise program. This is especially important for people over the age of 50 and for those with any pre-existing health conditions. Discontinue any exercise that causes pain, severe discomfort, nausea, dizziness or shortness of breath, and consult a medical expert immediately.

Resources

MyPlate



Miami- Dade County



Join the Consortium



A Healthy Thanksgiving with MyPlate



Makes:

7 Servings



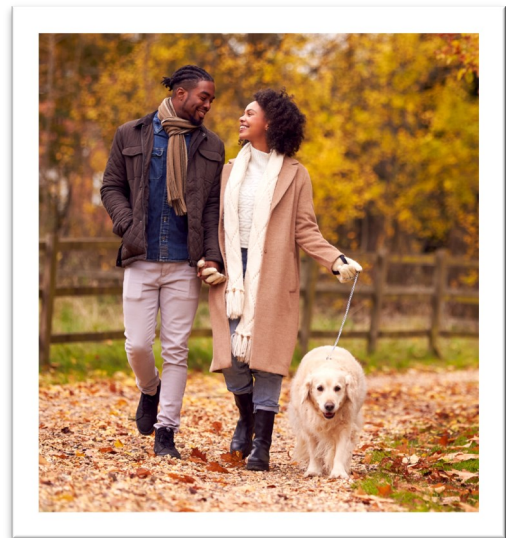
Total Cost:

\$\$\$\$

MyPlate has holiday meals your family is sure to love. Check out MyPlate's delicious [Roasted Chicken](#) recipe this Thanksgiving holiday. You can search for recipes based on cost, nutrition level, cuisine, course, and more. Start your healthy holiday season with MyPlate. Click [here](#) for your next recipe.

Healthy People Healthy Pets

Remember to stay active this holiday season! Go outside in nature and get active. Go for a walk in the park with your pet, hiking, or even go on a cool bike ride. The CDC recommends adults to get a 150 minutes a week for physical activity, while children should be active daily. Pets should also have daily exercise and play time too. Find a park near you and get moving. Visit [Miami-Dade County Parks and Recreation, Open Spaces](#), and local [dog parks](#) for more information. To learn more about pet health, visit the CDC's [Healthy Pets, Healthy People](#) page.



Join The Consortium For A Healthier Miami-Dade

Join us today! Consortium membership is **free** and open to all individuals who share the vision, mission and goals of the Consortium. The Consortium is comprised of the seven (7) committees. Each committee works collaboratively with public and private partners to plan various initiatives targeted to specific groups in an effort to address leading health issues affecting Miami-Dade residents. If you are interested in becoming a member of the Consortium, please click [here](#).

