

Consortium

CONNECTION

"Healthy Environment, Healthy Lifestyles, Healthy Community"

February 2024

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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



February is Black History Month

Happy Black History Month from the Consortium for a Healthier Miami-Dade. During the month of February, we recognize various Black leaders and civil activists that help pave the way for equal rights in the United States. To learn more about barriers that affect black and minority communities, visit the CDC <u>here</u>. This month also acknowledges noteworthy health and medical advancements of people of color. For more information, please click <u>here</u>.

National Black HIV/AIDS Awareness Day (February 7th) is a day to address the impact of HIV on Black communities. Together, we can make HIV Black history by working to overcome structural barriers to HIV testing, prevention, and treatment. Learn more <u>here</u>.



Prenatal Infection Prevention Month

Some infections before and during pregnancy can hurt both you and your developing fetus. Here are 10 tips to help prevent infections before and during pregnancy:

- 1. Protect yourself from Zika virus
- 2. Wash your hands with soap and water
- 3. Reduce contact with saliva and urine from babies and young children
- 4. Avoid unpasteurized milk and foods made from it
- 5. Do not touch or change dirty cat litter
- 6. Stay away from wild or pet rodents and their droppings
- 7. Get tested for sexually transmitted diseases (STDs), such as HIV and hepatitis B, and protect yourself from them

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- 8. Talk to your healthcare provider about vaccinations (shots)
- 9. Avoid people who have an infection
- 10. Ask your doctor about group B strep
- To learn more about preventing prenatal infections, please click here.

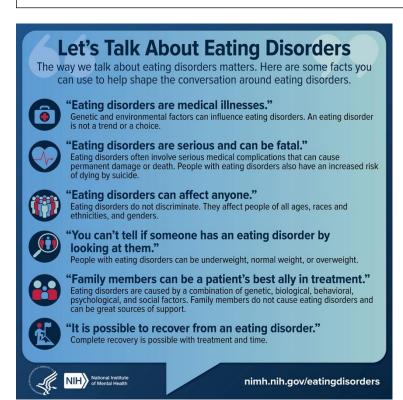
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National Eating Disorders Awareness Week

February 26 – March 3, 2024, is **Eating Disorders Awareness Week (EDAW)**, an annual campaign to educate the public about eating disorders and to engage in efforts to provide hope and to engage support for individuals and families affected by eating disorders.

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What are eating disorders?

Eating disorders are serious and possibly fatal illnesses that are associated with severe disturbances in people's eating behaviors and related thoughts and emotions. Preoccupation with food, body weight, and shape may also signal an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.

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What are risk factors for eating disorders?

Eating disorders can affect people of all ages, racial/ethnic backgrounds, body weights, and genders. Eating disorders frequently appear during the teen years or young adulthood but may also develop during childhood or later in life.

What are treatments and therapies for eating disorders?

It is important to seek treatment early for eating disorders. People with eating disorders are at higher risk for suicide and medical complications. People with eating disorders can often have other mental disorders (such as depression or anxiety) or problems with substance use. Complete recovery is possible.

Source:

https://www.nimh.nih.gov/health/topics/eatingdisorders

National Teen Dating Violence Awareness and Prevention Month

Youth violence is a significant public health problem that affects thousands of young people each day, and in turn, their families, schools, and communities.

Youth violence can have serious and lasting effects on young people's physical, mental, and social health. It can harm development and contribute to impaired decision-making, learning challenges, decreased connections to peers and adults, and trouble coping with stress.

All young people deserve to grow up safely and thrive. See <u>Youth</u> <u>Violence Resources</u> for publications, data sources and prevention resources for youth violence.



Source: https://www.cdc.gov/ViolencePrevention/youthviolence/index.html

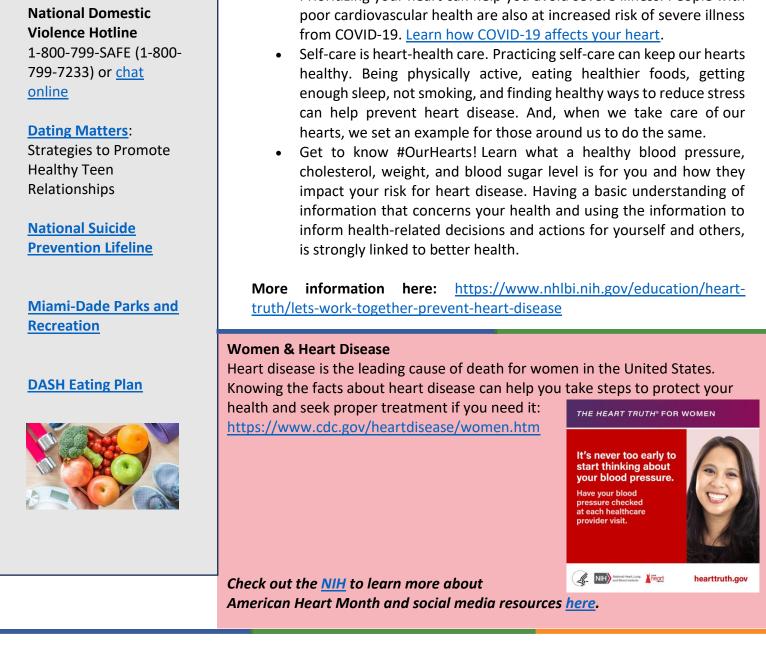
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Resources

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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.



February is American Heart Month!

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- Heart disease is the leading cause of death in the United States. But you can do a lot to protect your heart. Learn more about hearthealthy living.
- Prioritizing your heart can help you avoid severe illness. People with