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ATTENTION

We are currently accepting sub-
missions for our next newsletter!
Please send in your submissions no
later than the 15th of each month.

For more information, please e-mail:
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National Minority Health Month

April is National Minority Health Month. This year's theme is, *Be the Source for Better Health: Improving Health Outcomes Through Our Cultures, Communities, and Connections*. Celebrated every year in April, National Minority Health Month:

- Builds awareness about the differences in health outcomes among different groups of people.
- Encourages action through health education, early detection, and control of disease complications.

We are committed to addressing these barriers by promoting access to healthcare, advocating for culturally competent services, and empowering individuals to take control of their health. Let's work together to ensure that every member of our community has the resources and support they need to thrive. To learn more, visit the U.S. Department of Health and Human Services [here](#).



Be the Source for Better Health | April 2024



Sexual Assault Awareness and Prevention Month

This month is Sexual Assault Awareness Prevention Month. Sexual violence is a significant public health problem that can have a profound impact on lifelong health and well-being. The Centers for Disease Control and Prevention (CDC) works to understand the problem of sexual violence and ways to prevent it. Together, we can create a safer and more supportive environment for all. To learn more and how to prevent, visit the CDC [here](#).



April is Sexually Transmitted Infections (STIs) Awareness Month

April is Sexually Transmitted Infections (STIs) Awareness Month. During this month [STI Awareness Week](#) is also observed on the second full week in April. This year STI Awareness Week is from April 14 to 20, 2024, which provides an opportunity to raise awareness about STIs and how they impact our lives; reduce STI-related stigma and fear; and ensure people have the tools and knowledge for prevention, testing, and treatment. The [Centers for Disease Control and Prevention \(CDC\)](#) estimates that approximately 1 in 5 people in the United States had an STI on any given day in 2018, which is about 20% of the U.S. populations ([CDC, 2023](#)). STIs acquired that year cost the American health care system nearly \$16 billion in health care costs alone.

With this data it is important to note innovative testing strategies are critical for prevention. Opportunities for phone, video, or online health care visits are expanding STI care beyond the clinic setting, which in turn can help us reduce infections and address the challenges of health care access.

Join us this month to raise awareness about STIs and ways to seek treatment through the three campaigns the CDC has created for this year. The campaigns include:

- **Prepare Before You're There.** This campaign encourages people to make an intentional game plan for their sexual health. To learn more about this campaign, please visit the CDC [here](#).
- **Talk. Test. Treat.** This campaign encourages individuals and healthcare providers to take three simple action steps: talk, test, and treat. To learn more about these three simple steps, please click [here](#).
- **GYT: Get Yourself Tested.** This campaign is aimed to encourage young people to get tested. To learn more about this campaign and prevention partners, please visit the CDC [here](#).



Black Maternal Health Week

Black Maternal Health Week (BMHW) is held annually on the week of April 11 to April 17. This is a week-long campaign founded and led by the Black Mamas Matter Alliance to build awareness and community-building to amplify the voices, perspectives and lived experiences of Black mothers and birthing people. To learn more, please visit [here](#).

Source:

<https://blackmamasmatter.org/bmhw-2024/>



Resources

[NIH National Institute on Alcohol Abuse and Alcoholism](#)

National Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233) or [chat online](#)

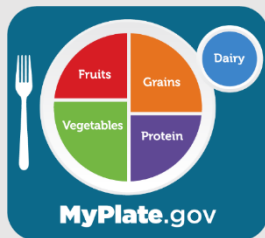
[Dating Matters:](#)

Strategies to Promote Healthy Teen Relationships

[National Suicide Prevention Lifeline](#)

[Miami-Dade Parks and Recreation](#)

[MyPlate](#)



April is National Alcohol Awareness Month

In the United States, approximately 178,000 people per year die from excessive alcohol use, making it one of the leading causes of preventable deaths. Alcohol use is linked to more than 200 disease and injury-related conditions. The misuse of alcohol contributes substantially to health care costs, lost productivity, and affects people's health in ways that they may not realize. It can also have painful emotional impacts on individuals and their loved ones.

- **Show compassion.** Share your concerns and support with loved ones. Have an honest and clear conversation about their habits and drinking patterns.
- **Understand alcoholism.** Educate yourself about the impact of alcohol and excessive consumption it could have on oneself. Discuss with friends and family. Parents should also talk to their children about the dangers of alcohol and drug use.
- **Limit alcohol consumption** or try sobriety all together. If you're considering changing your drinking habits, you'll need to decide which steps are best for you whether that would be to cut down alcohol consumption or quit. It's a good idea to discuss different options with a healthcare professional, a friend, or someone you trust. Check out the Centers for Disease and Control (CDC) [Dietary Guidelines for Alcohol](#). To learn more, please visit the CDC [here](#).



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](#).

