

Consortium Connection

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"Healthy Environment, Healthy Lifestyles, Healthy Community"

Citizens Continue to Advocate for a More Bikeable/Walkable Community

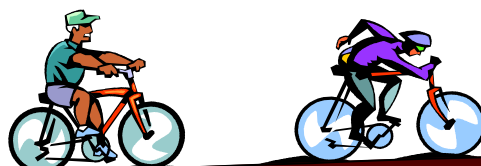
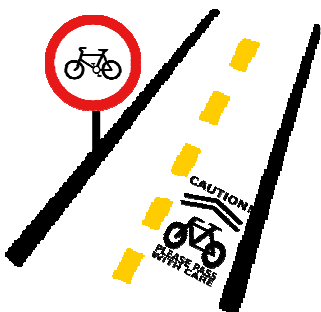
The Bicycle/Pedestrian Advisory Committee (BPAC) of the Metropolitan Planning Organization (MPO) for the Miami Urbanized Area is a citizen advisory group that meets every month to review and discuss transportation development plans related to or affecting bicyclist and pedestrian mobility.

BPAC members draw from their daily experiences as regular bikers and walkers to advise the MPO Governing Board on transportation planning, design, and construction processes, particularly as related to bicycle and pedestrian-related issues in Miami-Dade County. Among the diverse group of current BPAC members are health professionals who emphasize the relationship between physical activity and health outcomes.

At BPAC meetings, presentations on planned and on-going transportation developments are made by agencies such as the Florida Department of Transportation, the Miami-Dade County Public Works Department, and the City of Miami's Bicycle Initiatives division, among others. These meetings often focus on street-paving projects and road modifications; multi-use paved path development; bicycle lanes, painted share-the-road arrows ("sharrows"), and other bike facilities; and pedestrian signals, sidewalks, crosswalks, and other pedestrian network improvements.

The present 17 (out of a possible 23) citizen members of BPAC propose and vote on resolutions aimed at enhancing bicycle and pedestrian network connectivity, accessibility, and safety, all while raising the profile of bicycling and walking for the heightened health and happiness of our community. Anyone interested in receiving the monthly BPAC meeting agendas should contact David Henderson at davidh@miamidade.gov.

- David Henderson
BPAC Coordinator & Bicycle/Pedestrian Specialist
Metropolitan Planning Organization
Health and Built Environment Committee Chairperson



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Bicycle/Pedestrian Advisory Committee (BPAC) of the Metropolitan Planning Organization (MPO)

Is it Flu Season Yet?

Flu season is around the corner and Passport Health Miami, the local representative of nation's largest private provider of travel medical services and immunizations, and member of the Consortium for a Healthier Miami-Dade, has already completed several on-site flu clinics for their corporate clients. "Flu season typically begins in October in the U.S.," said Gabriel Zdircu, the company's director of business development. "It may take up to two weeks for individuals to develop an immune response to the vaccine so it is not unusual for us to begin immunization clinics in mid-September," he added. Last year, the Centers for Disease Control and Prevention (CDC) reported influenza activity in the U.S. as early as the first week of October.

Though it's easy to brush-off the flu as a common illness, the reality is that influenza is a serious upper

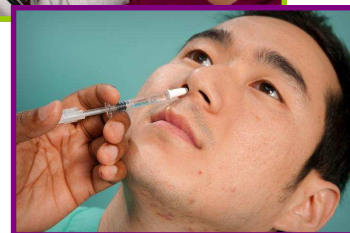
respiratory disease with life-threatening complications for some individuals. Between 25,000 and 35,000 Americans die every year as a result of influenza, so taking preventive steps is important. A recent study suggests that the 2010-2011 flu season resulted in the loss of 100 million work days along with \$7 billion in lost wages and 32 million missed school days.

Because every flu season is different, the CDC recommends that all individuals over the age of 6 months receive their yearly flu shot. "The flu vaccine is the best way to prevent the influenza illness," continued Zdircu.

Skipping vaccination can put you and your family at unnecessary risk. "You may carry the virus and not come down with the flu, but you could easily pass it along to your children, spouse and other

members in your household. Family members, particularly if they are young, older, immune-compromised or suffering from a chronic condition like diabetes or asthma are especially at risk," concluded Zdircu.

- Gabriel Zdircu
Director of Business
Development
Passport Health Miami
Worksite Wellness Committee



Guidelines and Information for this Year's Flu Season:



- CDC recommends an annual flu vaccine as the first and best way to protect against influenza.
- Everyone 6 months of age and older should get a flu vaccine as soon as the 2011-2012 vaccines are available, even if they were vaccinated last season.
- Get your flu vaccine now so you will be protected during flu season.
- Although influenza is unpredictable, so far, circulating influenza viruses are well-matched with the viruses that the vaccine will protect against; therefore, this season's vaccine should offer protection.
- New vaccination options this season include: intradermal vaccine given with a 2 mm needle and the high dose vaccine for people 65 years and older.

Resources

1. Key Facts about Influenza and the Influenza Vaccine. Available at: www.cdc.gov/flu/keyfacts.htm. Accessed July 2009.
2. Su Li, Shelah - Leader Economic burden and absenteeism from influenza-like illness in healthy households with children (5-17 years) in the U.S. June 2007
3. Keech M, Scott AJ, Ryan PJ. The impact of influenza and influenza-like illness on productivity and healthcare resource utilization in a working population. *Occup Med*. 1998;48:85-90.
4. Challenger, Gray & Christmas Incorporated. Flu could cost employers \$10 billion. Study shows sick employees could hinder the productivity of an entire company by spreading the illness [press release], November 2006. http://money.cnn.com/2006/11/27/news/companies/flu_season/index.htm. Accessed July 17, 2009.
5. Nichol KL. Cost-benefit analysis of a strategy to vaccinate healthy working adults against influenza. *Archives of Internal Medicine*. 2001;161(5):749-759. Benson V, Marano M. Current Estimated from the National Health Interview Survey, 1995. *Vital Health and Health Statistics* (National Center for Health Statistics; Hyattsville, MD). 1998(1999)
6. <http://www.zacks.com/stock/news/61620/Walgreen+Unveils+Flu+Impact+Report>

Healthy Habits at Villa Lyan

Villa Lyan School, a Miami-based non-profit organization designed to meet the educational, developmental and emotional demands of children with special needs within the school setting has been successful in its implementation of the Healthy Habits for All Program. The Healthy Habits, modeled after the national “Let’s Move” initiative program, promotes fitness and nutrition to children with disabilities and their families, including siblings and extended family members.

The Healthy Habits for All Program stems from work done at Villa Lyan in response to the clear implications of obesity-related

complications in the pediatric population. The initial work resulted in favorable reports from parents and professionals in the community. The program aims to increase fitness levels among children with disabilities and their families, expose children to more fruits and vegetables, eliminate exposure to foods high in fat and artificial ingredients, and empower parents to make wise food choices for the entire family. Taking these steps now will lead to healthy futures for families by decreasing risks associated with obesity including diabetes, heart disease, and certain types of cancers.

The Healthy Habits for All Program ran for 10 weeks this past summer.

Villa Lyan partnered with Short Chef and developed daily healthy and nutritious meals that included breakfast, lunch, and snacks for all campers. The campers also participated in daily rigorous fitness activities including yoga, Sports, Play, and Active Recreation for Kids! (SPARK), dance, sports, gym, and interactive games. At the end of the 10 weeks, 51% of the campers demonstrated improved healthy weight and eating habits. Programs like these demonstrate that we can make a difference in our community, one child at a time!

- Yani Rubio
Director of Programming,
Music Therapist
Villa Lyan
Children Issues Committee





Tips for a Safe Halloween!



Trick or Treat?!

It's that time of year again; the time for costumes, sweets, and a sneak peek at some "fall" weather. Children and adults alike look forward to dressing up and having fun. Halloween is a great opportunity to get together, but it is also a great opportunity to try something new and be active, substitute some candy for a nutritious snack, and be safe. Please see below for some tips to share on how to get the most out of Halloween this year!¹



Hold a flashlight while trick-or-treating to help you see and others see you.



Avoid trick-or-treating alone. Walk in groups or with a trusted adult.



Look both ways before crossing the street. Use established crosswalks wherever possible.



Limit the amount of treats you eat. Examine all treats for choking hazards and tampering before eating them.



Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.



Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.



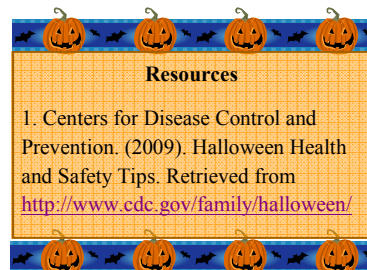
Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.



Enter homes only if you're with a trusted adult. Otherwise, stay outside.



Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.



Resources

1. Centers for Disease Control and Prevention. (2009). Halloween Health and Safety Tips. Retrieved from <http://www.cdc.gov/family/halloween/>

For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthmiamidade.org