

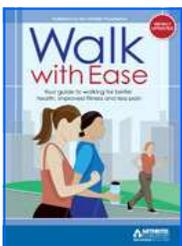
Consortium Connection

June 2012

Volume 2, Issue 6

“Healthy Environment, Healthy Lifestyles, Healthy Community”

Walk With Ease: Walking to Better Health



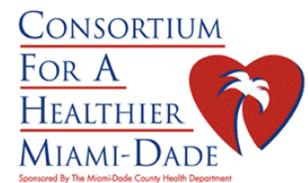
Health Foundation of South Florida’s Healthy Aging Regional Collaborative, a \$7.5 million, five-year initiative to help older adults age strong, has added a new program to the current evidence-based classes that are offered to residents in Broward, Miami-Dade and Monroe Counties. The new fitness program, Walk With Ease, was created by the Arthritis Foundation to help reduce pain and improve health.

The Walk With Ease program is available free of charge to adults 55 years of age and older who would like to ease the pain in their lives. Research studies show that walking for 30 minutes at least three times a week reduces pain from arthritis (if present), and increases balance and strength while improving overall health.

All participants are given a guidebook which provides all the information, support and tools needed to set and reach realistic goals.

The Walk With Ease program kicked-off on April 21, 2012 in Miami-Dade County at 13 local parks.

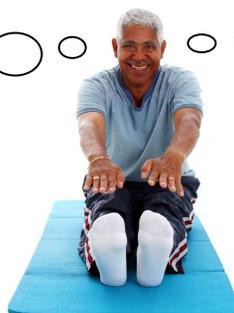
Individuals interested in joining or organizing a Walk With Ease program in their neighborhood, or senior groups from churches, temples, social clubs, condominiums, corporations, etc. should call the Healthy Aging Regional Collaborative’s Walk With Ease Coordinator, Allan Tavss, at **305-374-7200 ext. 105**. Call today and you can get started making your life better by feeling better!



Inside this issue:

Walk With Ease: Walking to Better Health	1
Teen Pregnancy Prevention	2
Just Keep Swimming...	3
Men’s Health Month	4

- Contributed by Alan Tavss
Walk With Ease Coordinator
Health Promotion & Disease Prevention Committee



Teen Pregnancy Prevention



Although teen birth rates in the United States have dropped over the last two decades, teen pregnancy still remains a serious health concern. Thirty one percent of young women become pregnant at least once before they reach the age of 20¹, adding up to about 750,000 teen pregnancies every year.² Eight of 10 of these pregnancies are unintended and 81 percent are to unmarried teens.³ Miami-Dade County had the highest incidence (25%) of teen aged births for the combined years 2007 through 2009 in Florida.⁴

Many teen pregnancies are associated with poor prenatal care, pre-term delivery and low birth weight, all of which increase the risk of developmental delays, illness, and infant mortality.

In an effort to reduce teen pregnancy and birth rates, the Miami Dade County Health Department (MDCHD), under the Office of Women's Health & Preventive Services (WHPS), established six family planning clinics strategically located in areas with the highest incidence of teen births. The Miami-Dade County Health Department Family Planning Program provides access to confidential family planning services to men and women, including dispensing various methods of contraception.

At the family planning clinics, men and women aged 12-18 receive the following services free of charge:

- sexual health education
- abstinence education
- birth control methods, including condoms and emergency contraception
- pregnancy tests
- STI screening, counseling and treatment
- HIV testing and counseling (rapid HIV available at certain sites)

The Family Planning Program uses an "Open Access" Appointment System which allows clients to schedule appointments on the same day they would like to come to the clinic. Appointments can be made by calling the Appointment Line at: **786-336-1437**.

MDCHD WHPS promoted National Teen Pregnancy Prevention Month with various activities throughout May. The Senior Health Educator held a presentation at the Miami-Dade Community Based Care Alliance *Teen Sexual Health Work Group* monthly meeting, and introduced a new "TEEN Clinic" brochure which highlights the family planning clinic services and locations.

In addition, family planning staff attended various outreach events including: the Southwest Miami Senior High 5th Annual Health and Wellness Fair, Test Miami, Take Control Health Fair, Downtown Harvest Market & Health Fair. They also distributed flyers and provided health education on teen pregnancy prevention, STI's and HIV/AIDS.



- Angelica Urbina
Senior Health Educator
Miami-Dade County Health Department
Health Promotion & Disease Prevention Committee

References

1. National Campaign to Prevent Teen Pregnancy analysis of Teen Pregnancy Data. (2006).
2. The Guttmacher Institute. (2006) U.S. Teenage Pregnancy Statistics National and State Trends and Trends by Race and Ethnicity. New York: The Guttmacher Institute.
3. Henshaw, S.K. (1998). Unintended Pregnancy in the United States. *Family Planning Perspectives*, 30(1):24-29, 46. Based on data from the 1982, 1988, and 1995 cycles of the National Survey of Family Growth, supplemented by data from other sources.
4. Florida Vital Statistics. 2009. Table B-6: Resident Live Births by Age of Mother, by County, Florida, 2009.

Just Keep Swimming...



As summer starts heating up, South Florida residents are looking for opportunities to cool off. With ample access to beaches and pools, families are making their way outside looking for activities that will both refresh and invigorate them. Swimming is not only a great way to achieve this, but it is also a great way to be physically active and get the aerobic activity that is great for our hearts. While swimming can be beneficial to our health, it is also an activity that should be practiced with precaution to ensure safety.

So this summer, make sure that you stay safe while in the water by practicing the following safety tips¹:

- Make sure that everyone in the family knows how to swim. Miami-Dade County Parks and Recreation offers swimming courses for both adults and children: http://www.miamidade.gov/parks/fun-pool_swim-lessons.asp
- Swim in areas that are designated and supervised by lifeguards.
- Never leave a child alone in or near the water; and teach them to ask for permission before getting close to it.
- Wear sunscreen.
- Know what to do in case of an emergency.

In the spirit of Dory from Finding Nemo, “just keep swimming...,” and always remember safety first!

- CPPW Staff

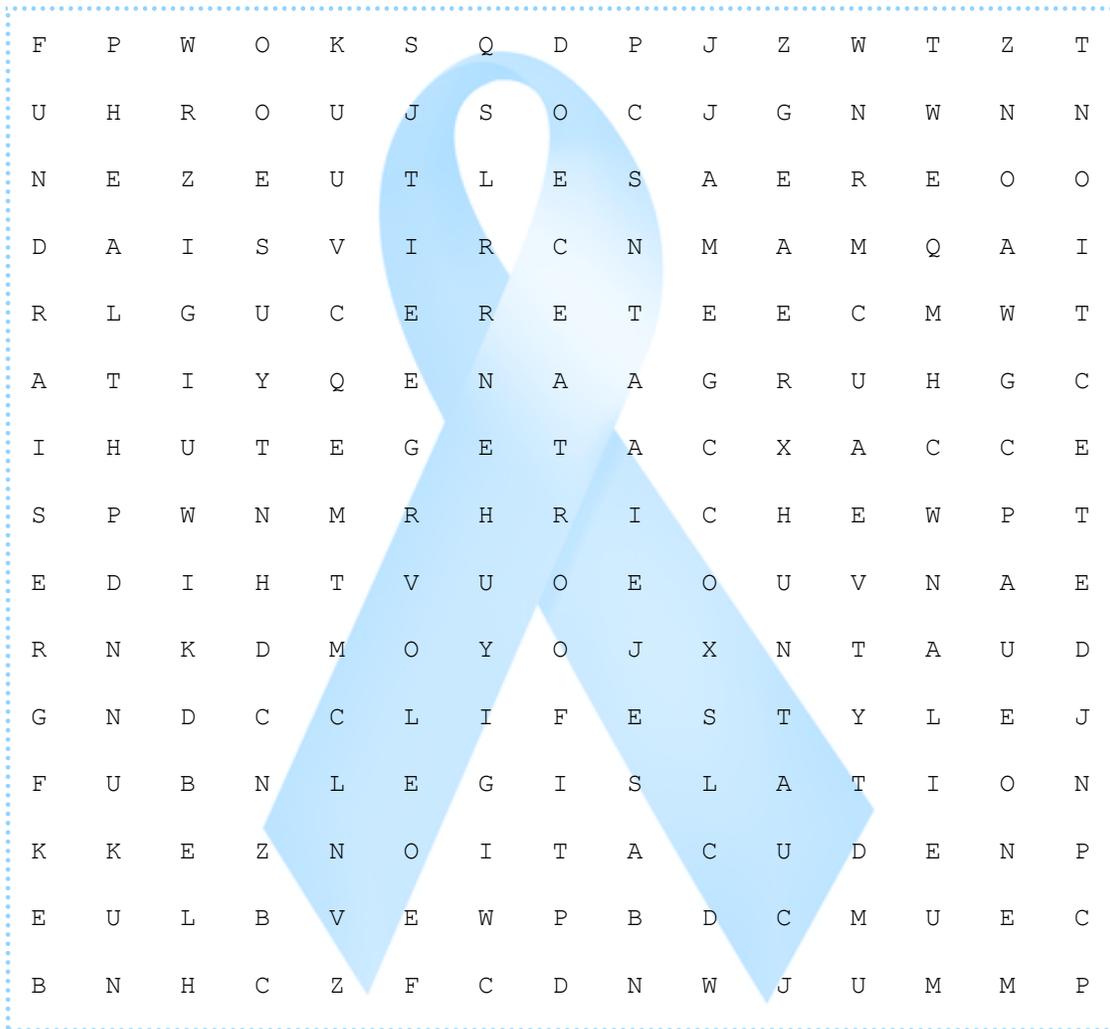
References:

1. American Red Cross. (2012). Take Steps to Stay Safe Around Water. Retrieved from <http://www.redcross.org/portal/site/en/menuitem.53fabf6cc033f17a2b1ecbf43181aa0/?vgnnextoid=a6c9f837443d0210VgnVCM10000089f0870aRCRD>.



Men's Health Month

To learn about Men's Health Month, please visit: <http://www.menshealthmonth.org/>.



Screening
Men
Education
Awareness
Prevention
Detection
Treatment
Blue

June
Health
Encouragement
Legislation
Policy
Lifestyle
Fundraiser
Outreach



For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org