

# OCH&P Times

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## A Message from your Tobacco Prevention & Education Staff

Hello All,

We are pleased to welcome two new staff members to our team, Germaine Ebanks (Administrative Assistant) and Isabelle Datis (Sr. Health Educator). We are excited to have them on board and look

forward to what this year will bring. Isabelle will be coordinating with our schools, community, and local organizations to establish S.W.A.T clubs throughout the county. In addition, we are collaborating with ACS to promote an increase in the Cigarette

Tax and working with FIU to make their campuses a smoke-free environment.

*-Lizette Fabon  
-Germaine Ebanks  
-Isabelle Datis*

## Getting Started

- \* Schedule a regular time through-out the week for physical activity.
- \* Use physical activity as a reward rather than food.
- \* Park your car further away when at the mall or grocery store.
- \* Make chores your chance to be active.
- \* Use the stairs.

## The Consortium at Work

On its continued mission to make Miami-Dade a healthier county, the Consortium for a Healthier Miami Dade held their annual meeting on January 27, 2009. Noted professor, scholar, and activist Dr. Fleda Mask Jackson was the Keynote speaker at the event. Dr. Jackson presented and shared her expertise on racial and gendered stress and its link to health disparities, particularly, reproductive disparities for African American women, as it pertains to infant mortal-

ity. The meeting also highlighted a panel discussion on healthy lifestyle through the stages. The event was a great success with over a hundred in attendance to show their support and continued dedication of the mission, vision, and values of the Consortium for a Healthier Miami-Dade. The annual meeting marked the impact the Consortium is having in and around our community.

The Consortium for a Healthier Miami-Dade would like to thank all those who presented,

attended, and helped to make this event a great success.



## PASSPORT to a Healthier Life



Heart disease remains the leading cause of death in America, killing approximately 700,000 people every year. February was American Heart Month, which made it the perfect opportunity for the OCHP to bring back the passport event.

Passport is a bi-annual event offered throughout the months of February and September, in which the OCHP provides free health screening and education on blood pressure, carbon monoxide, cholesterol, and BMI/Body fat analysis to MDCHD employees and the community at large. The purpose of these passport events is to bring awareness of cardiovascular health, and the risk associated with heart disease and stroke to the community. The event encourages individuals to find out their risk for cardiovascular disease and gives education, information, and resource tool for maintaining good cardiovascular health.

In February, Passport events took place at various MDCHD locations throughout the county, including : West Perrine Health Center, MICC, 8600 Building, Golden Glades, Little Haiti Health Center, Healthy Start Coalition, and 1350 Building. Passport was a great success with over 150 people participating. The OCHP would like to thank all the staff and participants for making this another successful passport event.



## "15 Minutes In Nutrition Heaven"

In collaboration with National Nutrition month, the MDCHD OCHP, WIC, and Nutrition Program is bringing you "15 Minutes in Nutrition Heaven". This event is designed to promote good health and nutrition. The goal of this event is to encourage and motivate individuals to eat healthy, and bring awareness to the benefits of a healthy balanced diet. "15 Minutes in Nutrition Heaven"

is the perfect opportunity to talk one-on-one with a Registered/Licensed Dietitian about nutrition and eating healthy. Participants will have 15 minutes to ask and find out everything they've ever wanted to know about nutrition and health. They will be able to take advantage of having a customized nutrition education plan tailored to their needs and wants.

This event is free and will take place every Friday throughout the month of March from 1:00 pm to 4:00 pm at various MDCHD locations. For more information and to register, please call 305-234-5400 ext. 2507

## Smoke-free FIU 01-01-2010

Over the past year, FIU has established a University Task Force to focus on creating a healthy university. The university task force is addressing the following items:

- Improving air quality
- Emphasizing physical and mental health for all students and staff

- Emphasizing an energy conscious climate
- Promoting safety

In addressing each of these concerns, the university has decided that they will work towards becoming a smoke-free campus by 01-01-2010. MDCHD and the University Task Force will work together in



designing a Smoke-free campaigns that will be used to promote the program in Fall 2009. For more information, please contact Lizette Pabon at [Lizette\\_pabon@doh.state.fl.us](mailto:Lizette_pabon@doh.state.fl.us).

## 2nd Annual Tobacco Youth Summit

The MDCHD in collaboration with the City of Hialeah Mayor Julio Robaina, University of Miami, and City of Hialeah Department of Parks and Recreation’s Early Prevention and Intervention Youth Program (E.P.I) celebrated the 2<sup>nd</sup> Annual Youth Tobacco Summit on Friday, December 12th at Goodlet Park.

The event included presentations by Dr. Arthur Pitchenik, a University of Miami professor and V.A. Medical Center physician. Dr. Pitchenik spoke on the Aims and goals of Smoking Prevention Program. Raiza Gomez gave a personal testimony on the effects of living with a smoker.

In addition, testimonials were provided by Councilwoman Vivian Munoz and CBS 4 Reporter Jorge Estevez.

The MDCHD partnered with local agencies that included the Florida Marlins, Miami Dolphins, Miami Heat, CBS 4, FIU Raymond James Kids Club, City of Hialeah Police Department, Police Cadets, Fire Department, and Fire Explorers, the American Cancer Society and the Zimmerman Agency Campaign for Tobacco Free Florida. Students were given the opportunity to participate in a canine show,

explore the City of Hialeah Command Unit, and participate in activities offered by the Smokifier Van.



*Zimmerman Agency Street Team and Tobacco-free Florida*



*Raiza Gomez providing a personal testimony of living with a smoker*



*Smokifier van from Tobacco-free Florida*



*Dr. Pitchenik providing a talk on the Aims of Prevention*

## Pass the Buck "Increase the Cigarette Tax"



It's time to raise the cigarette tax in Florida, and we're looking for volunteers with the passion to help us get it done this year.

### WHY HELP?

- Nearly 29,000 Floridians will die this year from smoking
- \$1 per pack increase will prompt 125,000 people to quit smoking.

- For every 10% increase in the price per pack, smoking will be reduced by 4%
- Passage of the tax would generate nearly \$1.1 billion annually for the state.
- Passage of this "user fee" is a sensible solution in our tough budget climate. If you don't smoke, you don't pay.



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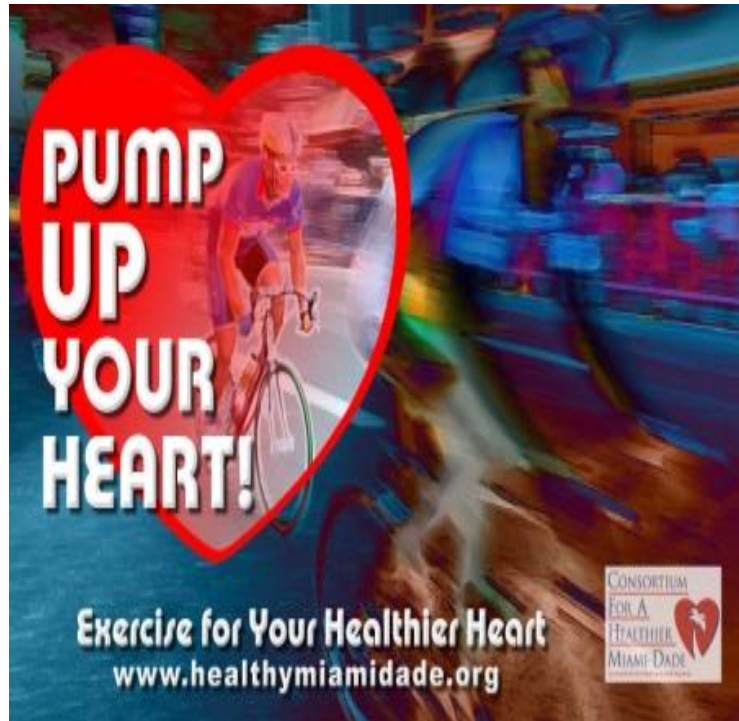
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## Smoking Cessation

The Office of Community Health and Planning has partnered with Miami-Dade AHEC to offer free 6-week smoking cessation classes for employees and the community.

If you are interested in attending the smoking cessation classes please contact Lizette Pabon at 305-234-5400, ext 2505 or via email at Lizette\_pabon@doh.state.fl.us.



## Events

- **March 25, 2009:** Kick Butts Day  
For more information visit: <https://www.kickbutts.org>
- **March 26, 2009:** Breakfast of Champions. For more information contact Isabelle Datis at 305-234-5400, ext 2511
- **April 6, 2009:** Tobacco-free Workgroup Committee Meeting at Beacon Center. For more information visit: <http://healthymiamidade.org>
- **April 15, 2009:** Victor Denoble lecture series. For more information contact Lizette Pabon at 305-234-5400, ext 2505
- **April 17, 2009:** 2nd Annual Youth Extravaganza. For more information contact Isabelle Datis at 305-234-5400, ext 2511

## Did you know...

- March is Nutrition month.
- Pedometer logs are due by March 31, 2009

