



NOV. - DEC. 2008

E-HEALTHBEAT

CONTENTS

Message from the Administrator	2
Healthy Stories Awarded	3
MDCHD Goes National on AIDS	4
Food Drive for Haiti and Cuba	5
Hispanic Heritage Celebrated	6
Infection Control Week	6
In the Spotlight	6



MESSAGE FROM THE ADMINISTRATOR



Lillian Rivera,
RN, MSN, PhD

As we approach the end of 2008, I would like to extend to you and your families my best wishes in the upcoming Holiday Season.

This has been a fruitful and challenging year for our Department, but the challenges have not impeded us to continue focusing on what we do best: protect the health of our community.

We keep expanding services in our existing clinical sites and are closely following the construction of the new Center of Excellence at our downtown facility.

We also continue working with our legislators at the State and local levels in order to secure funds and resources to advance other health initiatives and projects.

Recently, we honored hundreds of volunteers and partners, including doctors, dentists and healthcare

personnel that give away their valuable time to benefit uninsured and underinsured people in our community.

In the past year alone, 1,470 volunteers and partners provided over \$29 million in health care services to more than 57,082 uninsured and underinsured men, women and children in Miami-Dade.

I know that 2009 has in store for us other challenges that we must face with enthusiasm, optimism and professionalism. Providing health-care services and advancing our prevention philosophy is a business we know well and one in which we will continue to excel.

I'm very proud of you all. Have a great Holiday Season!

E-HEALTHBEAT is a bi-monthly electronic publication of the Miami-Dade County Health Department.
8323 NW 12 St. Suite 212. Miami, FL 33126.

All rights reserved © 2008.

Please send your articles and comments to:
newsletter@doh.state.fl.us.



Hundreds of volunteers attended the event in South Miami.

Healthy Stories Awarded by NACCHO

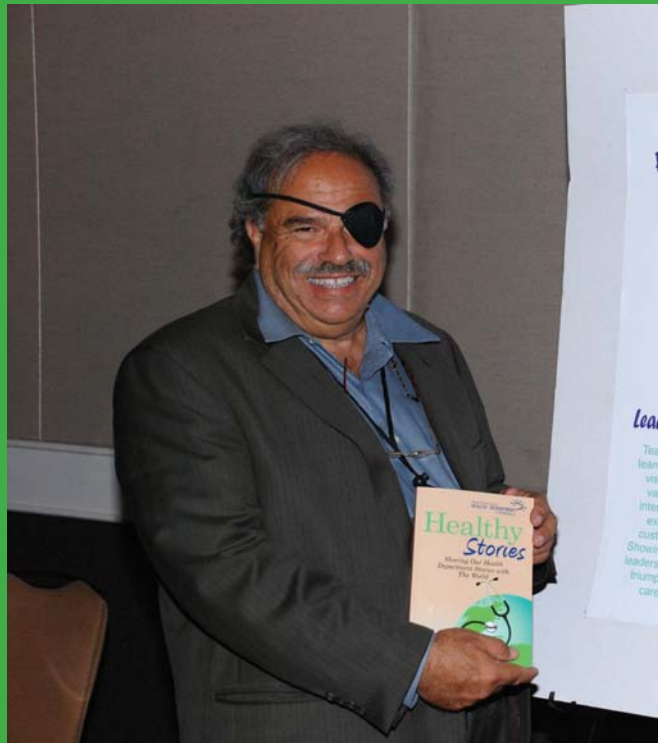
The National Association of County and City Health Officials (NACCHO) recently honored the Miami-Dade County Health Department (MDCHD) for implementing a program that responds to a local public health need. MDCHD's Healthy Stories was one of 25 local public health programs selected from across the nation to receive the NACCHO's Model Practice Award.

Healthy Stories is a compilation of vignettes concerning the promotion of public health and reflect experiences of Health Department employees. These stories serve to inspire and invigorate the public health workforce by showing that they make a difference everyday in their fields.

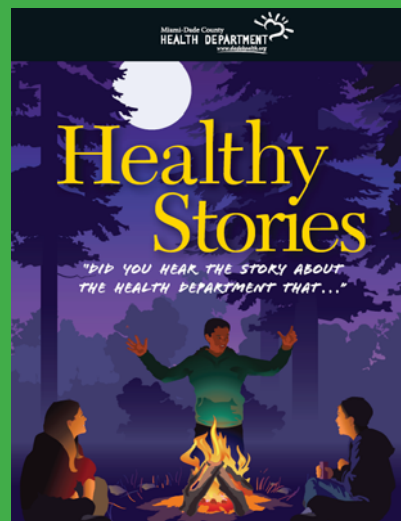
"We are proud to receive NACCHO's Model Practice Award. The award is evidence of our commitment to develop responsive and innovative public health programs that improve the health of local citizens," said Administrator Lillian Rivera.

Miami-Dade was selected from a group of 118 health departments. The Model Practice Awards program honors initiatives that demonstrate how local health departments and their community partners can effectively collaborate to address public health concerns. Healthy Stories has already will become part of an online database of successful public health practices in areas ranging from immunization and maternal and child health to infectious diseases and emergency preparedness. The database will allow NACCHO to share information about what is working across the county in the public health field.

You can read the Healthy Stories by visiting www.healthystories.org.



Mort Laitner, Editor of Healthy Stories, received the Award.



MDCHD Brings its Voice to National Conference on AIDS



Jorge Villafranca, Elvira Calizaire, Frederick Villari and Ketty Ledan attended the conference.



Tom Liberti, DOH Bureau Chief of HIV/AIDS, and Evelyn Ullah, Director of the HIV/AIDS Program.

Under the theme “Looking Back, Moving Forward” and sponsored by the National Minority AIDS Council, the 2008 U.S. Conference on AIDS was held in Ft. Lauderdale with the participation of dozens of employees from the HIV/AIDS program of the Miami-Dade County Health Department.

More than 4,000 government officials, health care workers and those living with HIV/AIDS also attended the conference, where TV channel Univision and the Kaiser Family Foundation unveiled a new Spanish language awareness campaign, which uses personal stories of Hispanics living with HIV/AIDS and their loved

ones to reach out to the Hispanic community.

The campaign “SOY...” (“I AM...”) features 12 original public service announcements that began airing on Oct. 15 and will run through 2009.

NOTED...

What's good for the heart may hurt the brain. A new study of the effects of alcohol says the more alcohol consumed, the smaller the brain volume.

People who drink alcohol, even the moderate amounts that help prevent heart disease, have a smaller brain volume than those who do not, according to a study in the *Archives of Neurology*.

While a certain amount of brain shrinkage is normal with age, greater amounts in some parts of the brain have been linked to dementia.

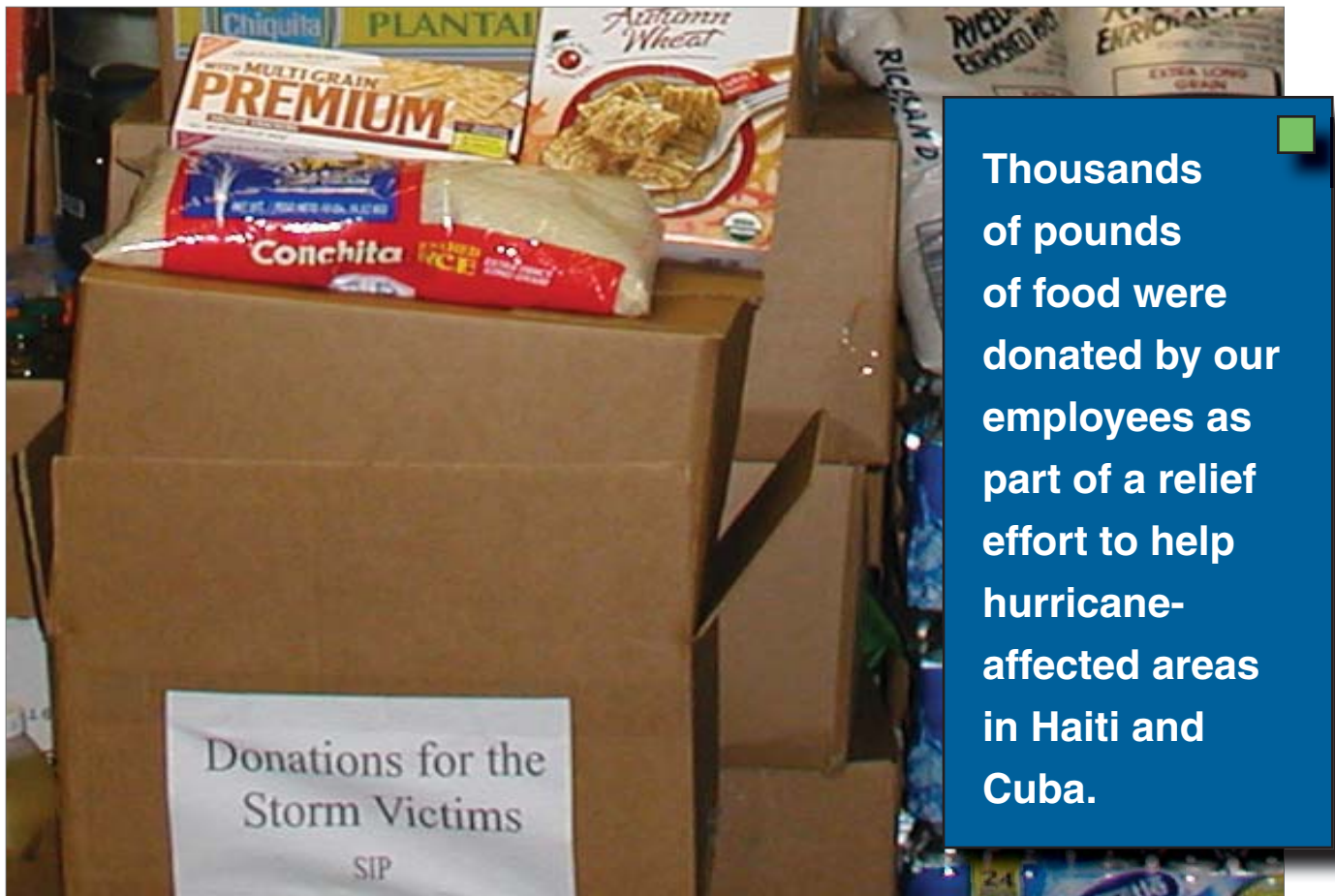
Overall, the more alcohol consumed, the smaller the brain volume, with abstainers having a higher brain volume than former drinkers, light drinkers (one to seven drinks per week), moderate drinkers (eight to 14 drinks per week), and heavy drinkers (14 or more drinks per week).

Men were more likely to be heavy drinkers than women. But the link between brain volume and alcohol wasn't as strong in men. For men, only those who were heavy drinkers had a smaller brain volume than those who consumed little or no alcohol.

Source: *Archives of Neurology*



Teresa Rodriguez, from Univision, Administrator Lillian Rivera, and Florida Surgeon General Dr. Ana Viamonte-Ros.



Thousands of pounds of food were donated by our employees as part of a relief effort to help hurricane-affected areas in Haiti and Cuba.

Food Drive to Benefit Haiti and Cuba

Miami-Dade County Health Department's employees showed once again their generosity by responding overwhelmingly to a food drive organized by the Legal / Contracts program to benefit Haiti and Cuba, two of the Caribbean nations devastated by hurricanes Gustav and Ike.

For several weeks the Legal program received countless contributions that came from every office of the Health Department.

Immediately after the storms, in a message to all employees, Administrator Lillian Rivera wrote: "The situation on the islands of Haiti and Cuba remains very tense and is set to remain so in the longer term."

Daughters of Charity, a local charitable organization, is in charge of distributing the aid.



Roland Pierre and J.D. Shingles worked in the relief effort.

IN the Spotlight

EMPLOYEES OF THE MONTH

CONGRATULATIONS TO THE OUTSTANDING EMPLOYEES WHO WERE RECOGNIZED FOR THEIR EXEMPLARY PERFORMANCE AND PROFESSIONALISM. YOUR HARD WORK MAKES OUR COMMUNITY HEALTHIER AND SAFER.

JULY



Sandra Colon

AUGUST



Maria Ortega

SEPTEMBER



Margarika Mathieu

OCTOBER



Natalie Boyer

HISPANIC HERITAGE CELEBRATED



The Hispanic Heritage was celebrated at different locations of the Health Department with exhibits, food and great enthusiasm. Kudos to the organizers and participants.

HAPPY ANNIVERSARY!



Employees from different programs attended the anniversary celebration of the West Perrine Health Center, that included health screenings for clients and exhibits about health education and prevention.



WACKY HAT CONTEST

Employees from all the programs participated in the Wacky Hat Contest, sponsored by the Image Recognition Committee to raise funds for United Way. In the picture, employees from the West Perrine Health Center.

THE WINNER



Massiel Prieto

INFECTION CONTROL WEEK

The National Infection Control Week was celebrated in October at MICC, where MDCHD employees, visitors and staff from other State agencies learned about disease prevention. Health messages were displayed in booths and exhibits and our employees participated in the "Hands That Care" contest, where they attempted to match Senior Leaders faces with their hands. Antonia Plata, Lyana Icaza and Nelson Garcia were the winners.

Remember, the daily practice of good hand hygiene and cough etiquette will keep us healthy all year long.