



September 2016



Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events

Powered by 

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH



One in three children in the United States is overweight or obese. Childhood obesity puts kids at risk for both long term and short term health problems.

Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. Seventy percent have at least one risk factor for cardiovascular disease. Additionally, obese adolescents are more likely to have pre-diabetes, and are at greater risk for bone and joint problems and sleep apnea. Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. The good news is that childhood obesity can be prevented.

- **Encourage healthy eating habits. Small changes can lead to a recipe for success!**
- **Make favorite dishes healthier**
- **Remove calorie-rich temptations**
- **Help kids stay active**
- **Reduce sedentary time**

To learn more, visit the American Heart Association

http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/Childhood-Obesity_UCM_459376_SubHomePage.jsp

Miami-Dade Parks' Summer Campers celebrate the Morning Mile and End-of-Summer Bash



Miami-Dade Parks' summer camp participants had a lot to celebrate at this year's "End-of-Summer" Bash, an annual event

exclusive to Miami-Dade Parks' summer camps, where all 30 camp sites fellowship together. Nearly 3,000 children demonstrated their inner "superhero", as they began their day with the AvMed-sponsored Morning Mile and enjoyed water slides, bounce houses, competitive games, fitness challenges, free lunch and snacks, and beverages courtesy of the Florida Beverage Association.

Read more at

<https://www.avmed.org/documents/20182/935502/Morning+Mile+Press+Release++Aug+2/e6b31c9f-e106-4760-98a8-2444392b4771>

View photos at

https://www.facebook.com/parksfoundation/photos/?tab=album&album_id=1560366300645095



ZIKA: The Basics and How to Protect Against It

Zika virus spreads to people primarily through the bite of an infected mosquito. People can

also get Zika through intimate contact with a person infected with Zika and it can be spread from a pregnant woman to her unborn infant. To prevent the bite and spread of disease by mosquitoes, remember to drain and cover.

<http://www.miamidade.gov/solidwaste/library/flyers/drain-and-cover-eng.pdf>

THE RESULTS FOR THE 2016 PERSONAL HEALTH ASSESSMENT (PHA) CHALLENGE ARE IN!! DRUM ROLL PLEASE....



The winning departments are Aviation and Human Resources! Human Resources had the highest percentage of employee participation while the Aviation Department had the highest overall number of PHA's completed. These departments have won a "Day of Wellness", a fabulous plaque and bragging rights for the year.

Since this also was an individual effort, random drawings were held for individual prizes. Anyone that participated, regardless of department, was eligible. Winners were contacted directly on August 29, 2016.

SEPTEMBER EVENTS

Date	Time	Event	Location	Description
Sunday, September 4, 2016	7:30 am	10th Annual King of the Hill 5K Challenge	Vista View Park, 4001 SW 142nd Ave. Davie, Fla. 33330	http://www.active.com/davie-fl/running/distance-running-races/10th-annual-king-of-the-hill-5k-challenge-2016
Sunday, September 10, 2016	7 am	Coral Springs 9/11 Remembrance 5K	Northwest Regional Library, 3151 University Dr., Coral Springs, Fla. 33065	http://www.active.com/coral-springs-fl/running/distance-running-races/coral-springs-9-11-remembrance-5k-2016
Sunday, September 10, 2016	7:30 am	The UPS 5K	Coral Gables City Hall, 405 Biltmore Way, Coral Gables, Fla. 33134	http://unitedwaymiami.org/event/the-ups-5k-racewalk/
Sunday, September 17, 2016	7 am	Splash Dash 5K Run, Walk & Family Fun Run	Huizenga Plaza, 300 East Las Olas Blvd., Fort Lauderdale, Fla. 33301	http://www.active.com/fort-lauderdale-fl/running/distance-running-races/splash-dash-5k-run-walk-and-family-fun-run-2016



HEALTHY SELFIE

Cindy Lopez, MDPD

Arlene Lewis, Clerk of Courts

Sandra Stanley, Human Resources

Have you made fitness part of your lifestyle? Send us a picture of you participating in your favorite type of exercise and you will be entered in a raffle to win a prize. Email photos to wellnessworks@miamidade.gov.

CUCUMBER DILL SALAD



Ingredients:

- 3 medium cucumbers, peeled and very thinly sliced
- 1 small white onion, very thinly sliced
- 2 teaspoons fine sea salt, plus one pinch salt
- 2 tablespoons white wine vinegar
- 1 tablespoon finely chopped fresh dill or 1 teaspoon dried

Method:

In a large colander, toss together cucumbers, onion and 2 teaspoons salt. Place the colander over a bowl to catch draining liquid and refrigerate for 1 to 2 hours. Cucumbers will shrink considerably as salt releases their moisture.

Rinse cucumbers and onion under cold running water and let drain thoroughly, about 20 minutes, then transfer to a bowl. Add vinegar, dill and pinch of salt and toss to combine. Cover and refrigerate for 1 to 2 hours before serving.

Nutritional Info:

Per Serving: 20 calories (0 from fat), 25mg sodium, 4g carbohydrates, (1 g dietary fiber, 2g sugar), 1g protein.

Submit Your Healthy Recipes:

Wellness Works is looking for tasty and healthy recipes. Please submit your recipes to wellnessworks@miamidade.gov.