



# Building a Healthy Community

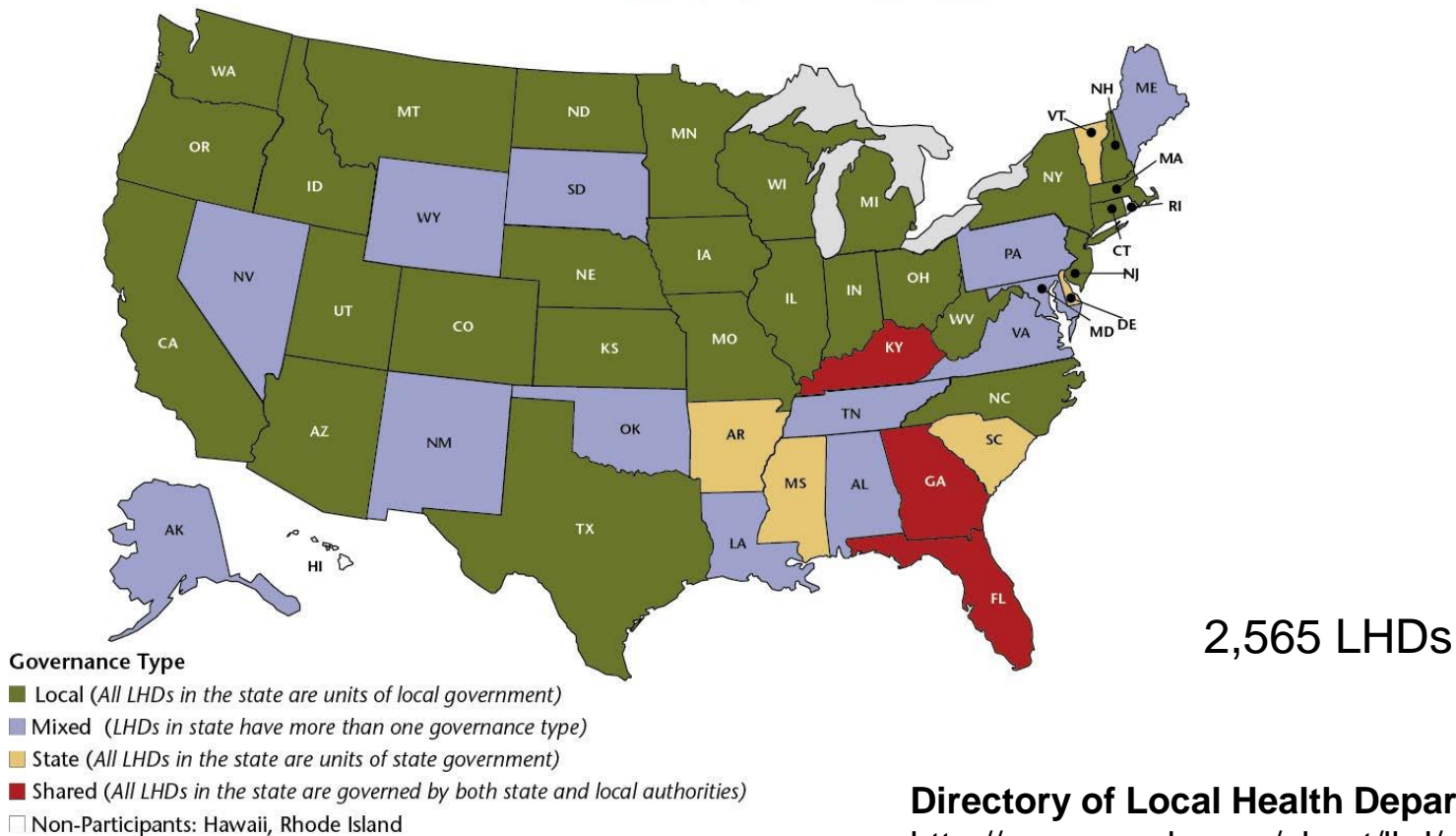
“Connecting People and Parks for Life”

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# Local Health Departments

**LHD Governance Type, by State (Map)**



**Directory of Local Health Departments**  
<http://www.naccho.org/about/lhd/>

Source: 2010 Profile of National Health Departments

# Florida Department of Health

## Healthiest Weight Initiative

- Launched in January 2013 as a public-private collaboration
  - State agencies, not for profit organizations, businesses, and entire communities
  - Helps Florida's children and adults make consistent, informed choices about healthy eating and active living
- Healthy Weight Community Champions
  - Miami-Dade County Parks Recreation and Open Spaces
  - City of Doral
  - City of West Miami
  - West Kendall

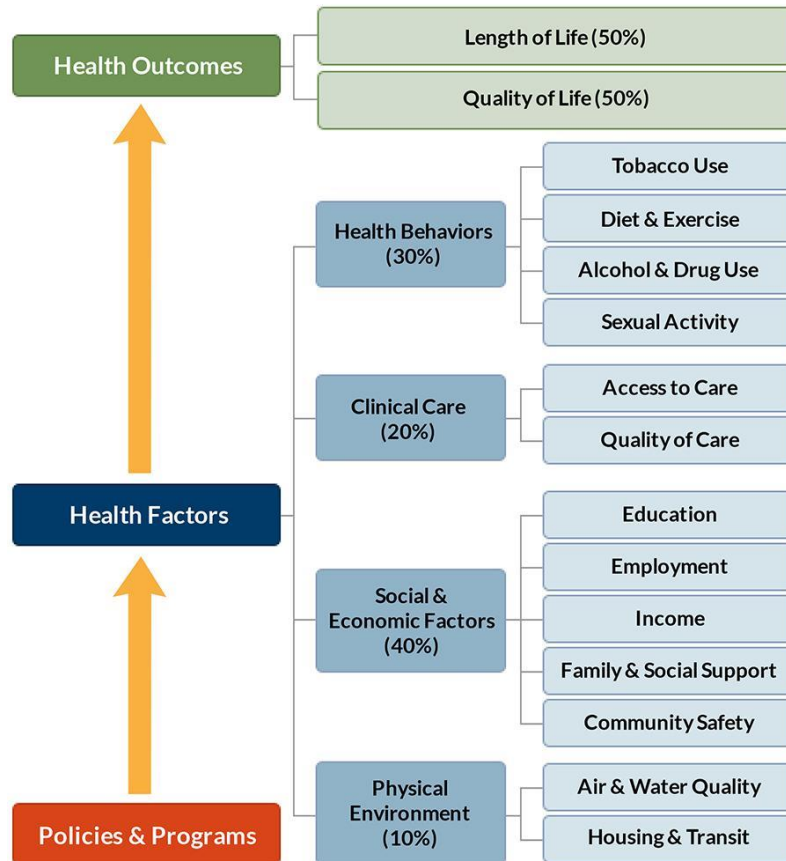


# Florida Department of Health

- Enhancing access to places for physical activity involves:
  - changes to local environments (e.g., creating walking trails)
  - building exercise facilities
  - providing access to existing nearby facilities
  - reducing the cost of opportunities for physical activity
- Increased access is typically achieved in a particular community through a multi-component strategy that includes training or education for participants.



# County Health Rankings



County Health Rankings model © 2014 UWPHI

County Health Rankings and Roadmaps program helps communities identify and implement solutions that make it easier for people to be healthy in their schools, workplaces and neighborhoods.

<http://www.countyhealthrankings.org/>

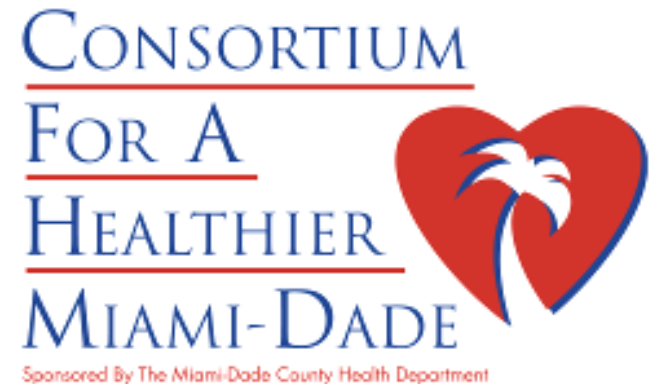




# Florida Department of Health in Miami-Dade County Initiative

## Consortium for a Healthier Miami-Dade

- Community Initiative to promote the activities of their organizations and work together to better serve the community.
- Healthy People 2020.
- Established in September 2003



# About the Consortium

- Approximately 160 different organizations are active members of the Consortium.
- Includes local non-profits, hospitals, governmental organizations and businesses.
- Works in a committee structure with Executive Board direction
  - Seven Committees



# About the Consortium

## Health and the Built Environment Committee

- **Goals**

- To increase awareness of the relationship between the built environment and the community's health.
- To support policies that promote incidental physical activity and access to healthful foods.
- To foster collaborations between organizations and act as a catalyst for an environment that supports a healthier Miami-Dade County.





# Vision and Mission

- Vision:
  - “Healthy Environment, Healthy Lifestyles, Healthy Community”
- Mission:
  - To be a major catalyst for healthy living in Miami-Dade through the support and strengthening of policies, systems and environments.



# Goals of the Consortium

- Integrate planning and assessment processes to maximize partnerships and expertise of the community in accomplishing its goals
- Increase the percentage of adults and children who are at a healthy weight
- Build and revitalize communities so people can live healthy lives
- Increase access to resources that promote healthy behaviors



# Consortium Focal Areas

- Where We Live
- Where We Work
- Where We Learn
- Where We Play



# Where We Live

- Convenience Stores

- Increase community access to healthy and affordable food.
- How?
  - Ensuring they are readily available to WIC and/or SNAP-approved convenience stores.



- Farmers' Markets

- Increase access to healthy foods, fruits, and vegetables.
- How?
  - Farmers' Markets
  - Community Gardens
  - Community Outreach & Education



# Healthy West Kendall

- Healthy Hub
- Fitness prescription









# Where We Play

## Active Transportation and Recreation

- Increase active transportation and recreation through the built environment.
- How?
  - Installation of bicycle racks, way-finding signage and sharrows
  - Enhancement of Urban Design Manual I and II
  - Access and Equity Report
  - Pattern Book





# Fitness Zones

- Installation of four outdoor gyms
- Urban Design Manual for civic and private development



## Urban Design Manual

Volume II - Civic Development

DRAFT - 11/10/11





# Media Campaign



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MIAMI



**MAKE  HEALTHY HAPPEN MIAMI**  
Communities Putting Prevention to Work

**makehealthyhappenmiami.com**

Made possible with funding from the Department of Health and Human Services



# Partnership to Improve Community Health

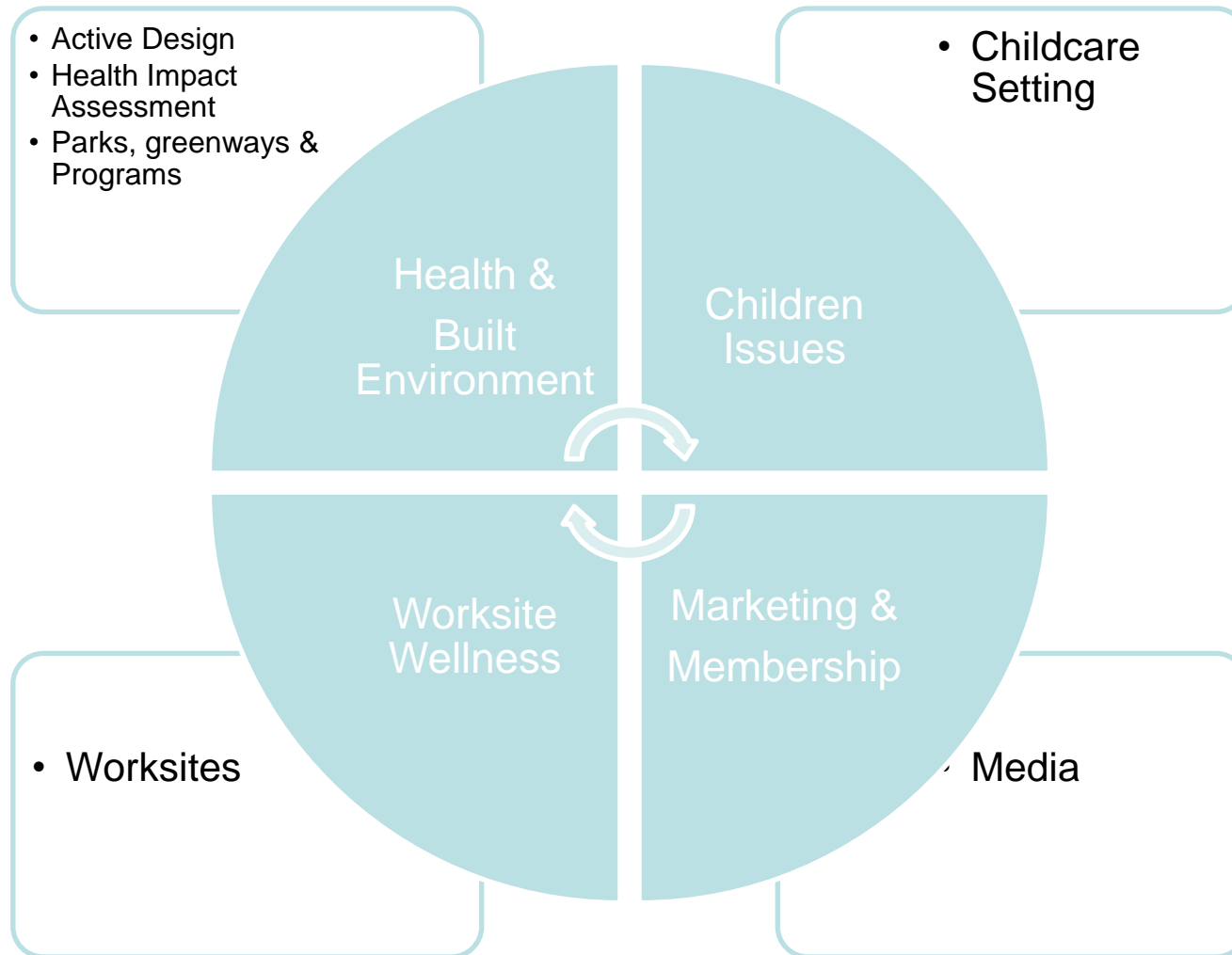
- New Grant - 2015
- Will be working closely with our Parks
  - Increase usage of bike trails and walking trails
  - Fit to Play program
  - “Green Prescription” to clients and patients to parks

# Strategies

- Tobacco and Smoke-free Environments
- Environments with Healthy Food or Beverage Options
- Physical Activity Opportunities
- Opportunities for Prevention of Chronic Disease through Clinical and Community Linkages



# Physical Activity Opportunities



# CDC: Community Health Status Indicators

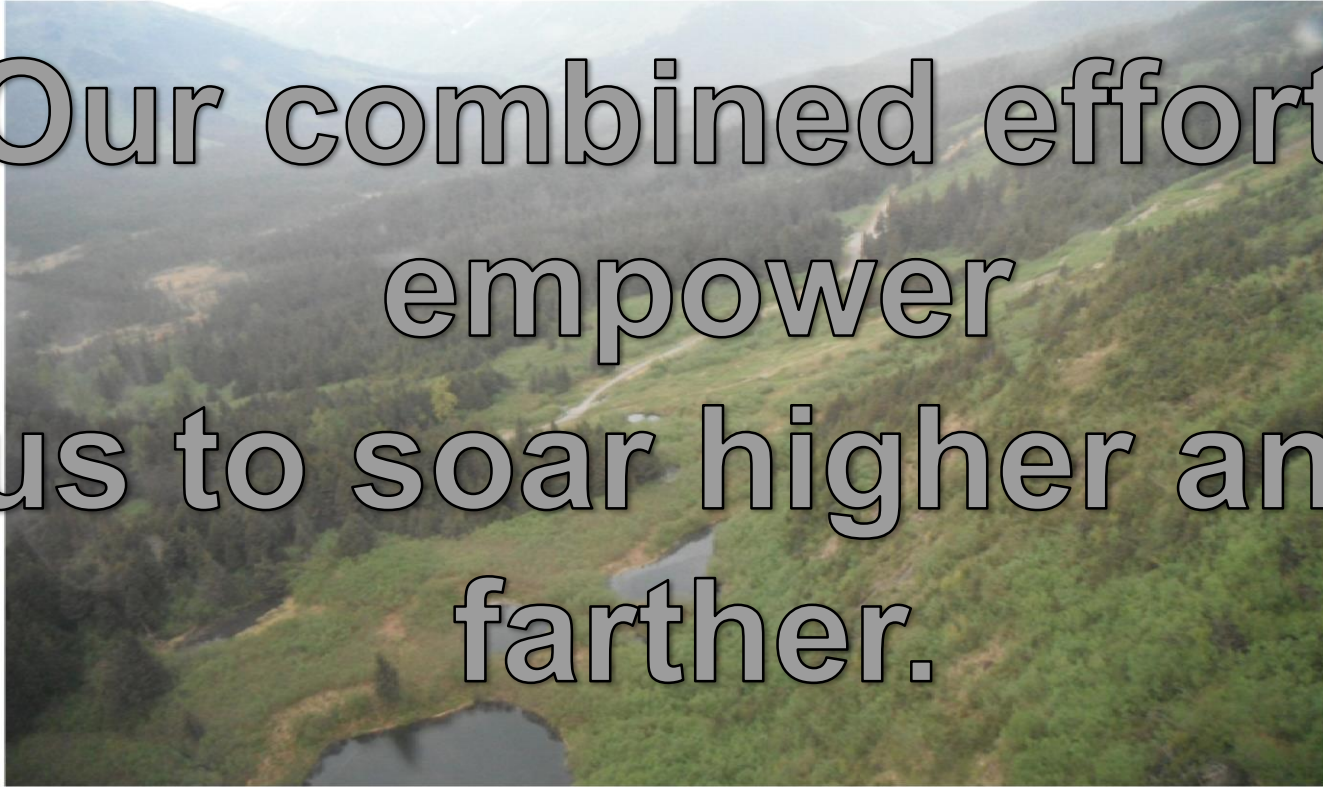
Interactive web application that produces health profiles for all 3,143 counties in the United States

- Individuals living within a half mile of a park
  - Miami-Dade County, FL 61.0%
  - Orange County, FL 13.0%
  - Bexar “County, TX 33.0%

<http://www.cdc.gov/communityhealth>

# Teamwork

Our combined efforts  
empower  
us to soar higher and  
farther.



# Thank you

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