Building a Healthy Community
“Connecting People and Parks for Life”

Lillian Rivera RN, MSN, PhD
Administrator/Health Officer
Florida Department of Health in Miami-Dade County
Local Health Departments

LHD Governance Type, by State (Map)

Governance Type
- Green: Local (All LHDs in the state are units of local government)
- Purple: Mixed (LHDs in state have more than one governance type)
- Gold: State (All LHDs in the state are units of state government)
- Red: Shared (All LHDs in the state are governed by both state and local authorities)
- Black: Non-Participants: Hawaii, Rhode Island

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

Source: 2010 Profile of National Health Departments

2,565 LHDs
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
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 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
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
Media Campaign

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

- Active Design
- Health Impact Assessment
- Parks, greenways & Programs

- Childcare Setting

- Worksite Wellness

Health & Built Environment

Children Issues

Marketing & Membership

Worksites

Media
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

Lillian Rivera, RN, MSN, PhD
Administrator/Health Officer
Florida Department of Health in Miami-Dade County
Lillian.Rivera@FLHealth.gov
786-336-1259
http://miamidade.floridahealth.gov/