

The DPH Bulletin

From the Delaware Division of Public Health

November 2019

Diabetes Wellness Expo on Nov. 19 offers speakers, vendors, and screenings

The 18th Annual Diabetes Wellness Expo is set for November 19 at the Dover Downs Conference Center, located at 1131 N. DuPont Highway in Dover. The free Expo features speakers and more than 50 exhibitors and screeners from 9:00 a.m. to 3:00 p.m.

The Delaware Diabetes Coalition (DDC), the Division of Public Health (DPH), and other partners organized the Expo to help people with diabetes, people with pre-diabetes, and caregivers learn how to self-manage the disease to prevent complications such as kidney failure, adult blindness, lower-limb amputations, heart disease, and stroke.

There are educational presentations on preventing type 2 diabetes, medication adherence, depression, innovative and revolving advancements in technology and design, foot care, and the benefits of healthy eating and exercise. Blood sugar, blood pressure, dental exams, eye exams, and other screenings are available, as well as free flu shots. Complimentary box lunches are provided on a first-come, first-served basis.

Sponsors are DPH's Diabetes and Heart Disease Prevention and Control Program, Bayhealth, Beebe Healthcare, ChristianaCare, and Valeritas.

More than 91,000 Delawareans have diabetes and an additional 78,000 people have been diagnosed with pre-diabetes, according to DPH. Overweight and obesity are major contributing factors for developing diabetes. According to the 2018 Delaware Behavioral Risk Factor Survey, 21.9 percent of Delaware adults who report being obese have been diagnosed with diabetes, compared with 5 percent of adults who report normal weights. People with pre-diabetes can significantly reduce their risk for developing type 2 diabetes by being more physically active and eating a healthier diet.

For more information about the Expo, visit the DDC at <https://www.dediabetescoalition.org/> or call the DDC at 302-519-6767. For more information about how to manage and prevent diabetes, visit: <http://www.dhss.delaware.gov/dhss/dph/dpc/diabetes.html> for programs and resources, or call the DPH's Diabetes and Heart Disease Prevention and Control Program at 302-744-1020.



In October, the Division of Public Health (DPH) hosted the State Health Improvement Plan (SHIP) Stakeholder Meeting at the University of Delaware's (UD) STAR Tower. Clockwise, from upper left: Susan Conaty-Buck, DNP, APRN, FNP-C, Assistant Professor, UD School of Nursing, makes a point. Janet Urdahl, Behavioral Health Administrator, La Red Health Center, asks a question. Listening from left, are Kris Fraser, MPH, Manager, Delaware Department of Health and Social Services, Division of Substance Abuse and Mental Health; Richard Margolis, MD, Child Psychiatrist, Delaware Department of Services for Children, Youth and Their Families; and April Lyons, RN, MSN, MPA, contracted nurse consultant (DPH, Children & Families First. Cheryl Heiks, Executive Director, Delaware Health Care Facilities Association, contributes to a discussion. To her left is Tyrone Jones, Grants and Projects Director for Congresswoman Lisa Blunt Rochester. UD student Hadja Toure presented "African Immigrant Children and Food Behavior" (poster co-authored by Kelebogile T. Setiloane). The presentations and the newly released SHIP Plan are on the Delaware SHIP website: <http://delawareship.org/>. Photos by Donna Sharp.

Communicable Diseases Summit is Dec. 9

The Delaware Academy of Medicine/Delaware Public Health Association and DPH are hosting the 2019 "Health Summit: Communicable Diseases" on December 9 from 8:00 a.m. to 4:00 p.m. at the Christiana Hospital Campus in the John H. Ammon Medical Education Center, 4755 Ogletown-Stanton Road, Newark, DE 19713. For more information, visit: www.delamed.org/CD2019.

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