

Healthy Heart Ambassador Program: self-monitoring manages hypertension

The current public health emergency caused by COVID-19 may have forced the Division of Public Health's (DPH) Diabetes and Heart Disease Prevention and Control Program (DHDPCP) to a virtual existence, but the program is still responsive to constituent needs.

In March, DHDPCP launched the Healthy Heart Ambassador Self Blood Pressure Monitoring Program. Delaware is one of several states that has or is implementing this evidence-based program, which develops the habit of self-monitoring to better manage high blood pressure (hypertension).

Participants receive guidance and tools for self-monitoring and tracking, support through bi-weekly "coaching hours" and messages, and monthly nutrition education seminars. Over four months, participants meet with a health coach two times per month, attend four nutrition education sessions, and take three cooking demonstration classes.



Eligible participants must be over 18 years old, be a Delaware resident, have a high blood pressure diagnosis, have no cardiac events in the previous year, and have no atrial fibrillation or other arrhythmias.

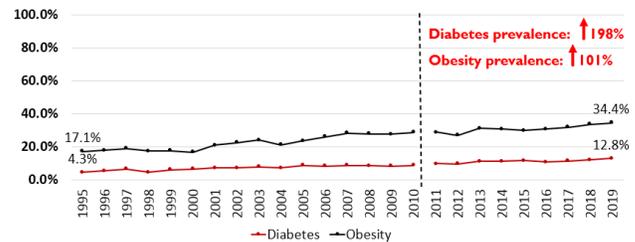
The DHDPCP hopes to enroll between 75 and 100 participants in 2021.

To register, contact DHDPCP at 302-208-9097 or DHSS_DPH_HHA@delaware.gov.

According to the 2019 Behavior Risk Factor Survey, 36.4 percent, or 280,000, Delaware adults age 18 or older reported having high blood pressure.

African Americans have a slightly higher prevalence of high blood pressure at 42.1 percent. Adults 65 years of age and older have a 61.2 percent prevalence rate. These groups are also at high risk for severe illness caused by COVID-19.

24-YEAR DIABETES AND OBESITY PREVALENCE TRENDS, DELAWARE, 1995-2019



Source: Delaware Department of Health and Social Services, Division of Public Health, Behavioral Risk Factor Survey, 1995-2019.

National Diabetes Prevention Program connects virtually to those at risk

The Delaware Department of Health and Social Services' Division of Public Health (DPH) and the Division of Medicaid and Medical Assistance and their Managed Care Organizations, AmeriHealth Caritas, and Highmark Health Options are identifying and referring their members at greatest risk for pre-diabetes to the National Diabetes Prevention Program (National DPP). More than 75,000 Delawareans have prediabetes, according to DPH's Diabetes and Heart Disease Prevention and Control Program.

Offered virtually, National DPP is an evidence-based lifestyle change program that can prevent type 2 diabetes through weight loss, healthier eating, increasing physical activity, and other lifestyle modifications. National DPP participation is covered by certain health insurances, Medicare, and Delaware's Medicaid Managed Care Organizations.

Currently, the YMCA of Delaware and ChristianaCare Health Systems offer the National DPP virtually. The University of Delaware will resume virtual classes this year. The YMCA reported that in 2020, each of their 413 National DPP participants lost an average of 5 percent of body weight and were physically active for two hours and 28 minutes each week.

Delaware health systems, businesses, and organizations are invited to participate in the National DPP to keep their members healthy and reduce health care costs. To participate, contact DPH Trainer/Educator III Wendy Bailey at 302-744-1020. For more information, visit Healthydelaware.org.





VAPING: WHAT WE DO & DON'T KNOW

April 29, 2021 - 6:30 p.m.-7:30 p.m.

A free virtual event open to the general public and Allied Health Professionals.

Limited capacity; register early at: <https://reg.planetreg.com/DangersOfVaping>



CDC issues health recommendations for fully vaccinated people

The Centers for Disease Control and Prevention (CDC) issued [public health recommendations for fully vaccinated people](#) on March 8. People are considered to be fully vaccinated if it's been two weeks or more since they received their second dose in a two-dose series (Pfizer-BioNTech or Moderna); or they received a single dose of the Johnson and Johnson/Janssen vaccine.

Fully vaccinated people:

- Can gather indoors with fully vaccinated people without wearing a mask.
- Can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- Do not need to stay away from others or get tested after being around someone who has COVID-19 unless they have symptoms. However, if they live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, they should still stay away from others for 14 days and get tested, even if they don't have symptoms.

Fully vaccinated people should continue to wear a well-fitted mask, practice social distancing when in public, and avoid medium- and large-sized in-person gatherings. To learn more, visit the CDC at www.cdc.gov.

Office of Women's Health partners with UD on gender-based violence strategies

Gender-based violence (GBV) is a severe form of trauma with long-term repercussions such as lowered life expectancy, chronic disease, mental health disorders, and interference in brain development during childhood.

The Division of Public Health's (DPH) Office of Women's Health asked the University of Delaware (UD) to analyze how GBV work occurring in Delaware intersects with the State Health Improvement Plan (SHIP). Over winter session, UD's Partnership for Healthy Communities and Center for the Study & Prevention of Gender-Based Violence held a SHIP Fellowship pilot program. During the six-week program, graduate and undergraduate students produced shareable materials to further safety and provide victim services.

Public health practitioners, non-public health practitioners, and the general public can access three one-hour training modules that champion GBV prevention strategies. Fourteen At-A-Glance documents present GBV as a public health issue and a social justice issue and explain its correlation to SHIP's priority areas: chronic disease, maternal and child health, mental health, and substance use disorder.



Access the students' GBV work at <https://delawareship.org/ship-special-topics>. Visit the Delaware SHIP website at www.DelawareSHIP.org.



On March 6, 150 volunteers and staff from the Division of Public Health administered about 2,000 of the new Johnson & Johnson COVID-19 vaccines at Seaford Senior High School in Seaford, Delaware. At left, Annie Rhodes and Dana Hackey of Laurel attended. At right, Jay Shine of Sussex County EMS vaccinates Felicia Qualies of Seaford. Learn more about the COVID-19 vaccine at <https://coronavirus.delaware.gov/vaccine/> #NetDe #COVID19 #Seaford. Photos by Sharon Smith.