



DPH launches expanded booster awareness campaign

For the best protection against COVID-19, Delawareans should get a booster dose of the vaccine.

People who are boosted were five times less likely to get COVID-19 than unvaccinated persons and two times less likely than fully vaccinated persons, according to the Centers for Disease Control and Prevention (CDC).

The Division of Public Health (DPH) just launched an expanded booster campaign to clarify that everyone 12+ is eligible for boosters, that they are important to increase protection from waning vaccine immunity, and that you are better protected by getting one even after you had COVID without one.

Only 49 percent of eligible Delawareans have received a booster, according to DPH. Booster uptake is highest in the 65+ age group (74 percent) and lowest in the 12-17 age group (26 percent).

A second booster dose of the Pfizer-BioNTech and Moderna COVID-19 vaccines is available for certain immunocompromised persons and those over the age of 50, at least four months after their first booster. People in these categories may choose to get a second booster four months after their first:

- Persons over age 50 (Pfizer and Moderna)
- Persons 12+ (Pfizer) or 18+ (Moderna) with certain levels of immunocompromise (organ transplants, stem cell replacement, cancer or HIV treatment, or taking immunosuppressants).
- Persons who received J&J for their initial vaccine and booster (should get mRNA second booster).

Learn more about booster eligibility at de.gov/boosters. To find vaccination sites, visit de.gov/getmyvaccine.



Delaware Flood Awareness Week is May 9-13, 2022; know your risk

Delaware Flood Awareness Week (May 9-13) alerts Delawareans about increasing flood risks from the impacts of climate change and sea level rise, leading to more frequent extreme weather events including hurricanes and tornadoes.

The Delaware [Department of Natural Resources and Environmental Control](#) (DNREC), the Delaware Emergency Management Agency (DEMA), and the Federal Emergency Management Agency (FEMA) are partnering to help the public become better informed about flood insurance, which provides financial security and ensures quick recovery of personal property from flood damage. That's important in Delaware, the country's lowest-lying state, where just a few inches of rainfall can cause significant damage to homes and businesses year-round and coastlines are vulnerable to flooding from storm surges or tides during coastal storms.

Delaware and more than 50 communities across the state participate in FEMA's National Flood Insurance Program (NFIP). Each community adopted a floodplain ordinance that meets or exceeds the minimum NFIP requirements for development in the 100-year floodplain, according to [DNREC's Floodplain Management Program](#).

In coordinating the state's NFIP coverage, the program helps communities enforce minimum floodplain management standards in keeping with federal regulations and promotes adoption of higher standards to reduce flood risk. Recently, the program introduced the interactive [Delaware Flood Planning Tool](#) to help Delawareans make informed decisions on a specific area or property.



Additionally, the [Delaware Homeowner's Handbook to Prepare for Natural Hazards](#) from DNREC, DEMA, and Delaware Sea Grant advises homeowners on actions they can take to help protect their properties from flooding.

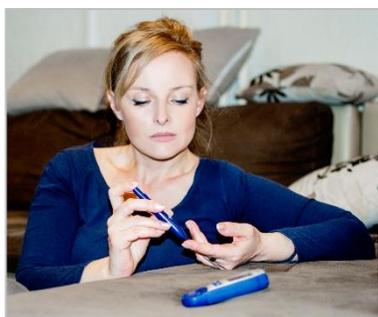
Visit these links or call the Floodplain Management Program at 302-739-9921 for more information.

20th Annual Diabetes Wellness Expo is May 10 at the fairgrounds in Harrington

The 20th Annual Diabetes Wellness Expo will be held on May 10, 2022, at the Delaware State Fairgrounds. The free public event will be held from 9:00 a.m. to 3:00 p.m. in the Kent Open Air Barn at 18500 S. DuPont Highway in Harrington.

People with diabetes, pre-diabetes, caregivers, employers, and health professionals are encouraged to attend to learn how to prevent complications of the chronic disease, such as kidney failure, adult blindness, lower-limb amputations, heart disease, and stroke.

More than 50 exhibitors and educational seminars will provide information about diabetes



management, nutrition, exercise, medication adherence, foot care, and depression. Diabetes and blood pressure screenings and dental and eye exams will be offered.

Complimentary \$10 lunch vouchers will be available first-come, first-served.

The public event is sponsored by the Delaware Diabetes Coalition (DDC), the Division of Public Health (DPH)'s Diabetes and Heart Disease Prevention and Control and Physical Activity, Nutrition and Obesity Prevention (PANO) programs, Bayhealth, Simon Eye Associates, and AmeriHealth Caritas Delaware.

The prevalence of diagnosed diabetes in Delaware (13 percent) exceeds the U.S. prevalence of 11 percent. In a survey, more than 98,700 Delaware adults reported in 2019 that they had been diagnosed with diabetes, according to *The Burden of Diabetes in Delaware, 2021*. An additional 75,100 (2019) Delaware adults reported being diagnosed with pre-diabetes. Progression to type 2 diabetes can be prevented or delayed by losing weight, engaging in at least 150 minutes of physical activity weekly, and improving one's diet.

To register or become a vendor for this event, visit www.dediabetescoalition.org/wellness-expo/. Send questions to director@dediabetescoalition.org.

To learn more about diabetes management and prevention programs and resources, [click here](#); or call DPH at 302-744-1020.

Healthy Heart Ambassador Blood Pressure Self-Monitoring Program

Do you have diabetes and/or hypertension?

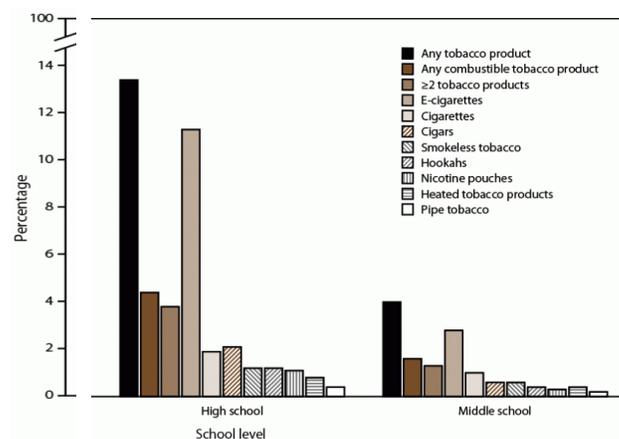
About six out of 10 people who have diabetes also have high blood pressure, according to the Centers for Disease Control and Prevention (CDC). High blood pressure increases the risk of heart disease and stroke.

A normal blood pressure level is less than 120/80 mmHg. Individuals can manage their high blood pressure by checking it with a blood pressure monitor at home, at the doctor's office, or at some pharmacies or clinics.

Delawareans in need of help with controlling their hypertension can sign up for the Division of Public Health's (DPH) Healthy Heart Ambassador – Blood Pressure Self-Monitoring Program.

For information or to enroll, call 302-208-9097, email DHSS_DPH_HHA@delaware.gov, or visit <https://www.healthydelaware.org/Individuals/Heart/Healthy-Heart-Ambassador-Program#intro>.

Percentage of middle and high school students who reported current (past 30-day) use of select tobacco products, any tobacco product, any combustible tobacco product, or two or more tobacco product types, by school level* – National Youth Tobacco Survey, United States, 2021



* Overall estimates were reported among 20,413 U.S. middle and high school students. School level was determined by self-reported grade level: high school (grades 9–12; n = 10,515) and middle school (grades 6–8; n = 9,763).

[Click here](#) to read the summary in the Centers for Disease Control and Prevention's March 11, 2022 Morbidity and Mortality Weekly Report.

Salads add fruits and vegetables to diets with crunch, zest, and sweetness

A healthy diet supports a healthy immune system and can help prevent chronic diseases such as obesity, type 2 diabetes, cardiovascular diseases, and some cancers.

The U.S. Department of Agriculture and U.S. Department of Health and Human Services recommends Americans eat 1.5 to 2.5 cups of fruit and two to four cups of vegetables each day. However, the Centers for Disease Control and Prevention (CDC) [reports](#) that the percentage of U.S. adults meeting fruit and vegetable intake recommendations is low. In 2019, only 12 percent of adults met fruit intake recommendations and 10 percent met vegetable intake recommendations.

Eating salads is an easy and versatile way to incorporate more fruits and vegetables into your diet. Salads can be made with fresh fruit such as melons, berries, apples, citrus, and grapes. Berries and citrus add sweet or zesty flavor. The American Heart Association [suggests](#) creating salads with leafy greens like spinach or romaine. Raw vegetables like carrots, cucumbers, and broccoli can



add crunch and flavor to salads, while roasted beets, potatoes, and squash add some sweetness. Beans, a hard-boiled egg, tuna, or grilled chicken add protein. Mixing in cooked whole grains like couscous, barley, or quinoa make you feel fuller.

To learn more about eating healthy, visit the [2020–2025 Dietary Guidelines for Americans](#). The CDC [recommends](#) that you wash fruit and vegetables before eating, cutting, or cooking. Healthy Delaware's [Healthy Living Blog](#) offers salad and other recipes to create with fresh produce.

Spring is the perfect time to start growing fruit and vegetables in your backyard, patio, or even in containers, indoors or outdoors. The [Delaware Master Gardeners](#) provide helpful videos, tips, and workshops to grow fruit and vegetables. For gardening advice, call the Master Gardeners' Helplines in each county: New Castle County, 302-831-2667; Kent County, 302-730-4000; and Sussex County, 302-856-7303, ext. 535.



Managing stress can improve your outlook, relationships, and even productivity at work

Let's face it – the last two years have been stressful for all of us!

Although some stress can be beneficial, too much can negatively affect job productivity and relationships with co-workers, lead to job turnover, and result in lateness and absenteeism. Stress also can cause unhappiness, difficulties focusing, fatigue, and decreased enthusiasm. It can also have a significant impact on your physical and [mental health](#), as it can lead to problems such as hypertension and heart disease, not to mention anxiety and depression.

There are things you can do while at work to reduce stress levels and become a happier person overall. Follow these tips from the American Psychological Association:

- Make your workspace comfortable. Add plants or other elements to make you feel happier.
- Take a walk, do yoga, or get some fresh air on your breaks. Getting some exercise benefits the body and can improve sleep.
- Learn how to relax. Meditation, deep breathing exercises, and mindfulness (where one actively observes present experiences and thoughts without judging them) can help decrease stress.
- Talk to your supervisor. Plan how to manage identified stressors by improving time management skills, identifying employer-sponsored wellness resources, clarifying work expectations, and getting support from colleagues.

For more information about reducing work stress, visit <https://www.apa.org/topics/healthy-workplaces/work-stress> and <https://www.health.harvard.edu/blog/how-to-handle-stress-at-work-2019041716436>.

Hoarding: A recognized illness leading to health and safety issues

According to the Diagnostic & Statistical Manual of Mental Disorders-2013 (DSM-5), hoarding disorder is a recognized psychiatric illness characterized by a “persistent difficulty, discarding, or parting with possessions regardless of their value.” The clutter inhibits the use of the home as designed. A person may experience distress and fear of getting rid of things (disposophobia) and may resist interventions.



The disorder afflicts 13 million Americans, of whom 6.2 percent are age 55 and older (Johns Hopkins University research), said Gail Weinberg, Trainer/Educator III with the Delaware Department of Health and Social Services’

Division of Services for Aging and Adults with Physical Disabilities. Hoarding impacts individuals of all ages, races, ethnicities, and socioeconomic and educational levels. Dementia and other cognitive issues, medical problems, and mobility issues contribute to hoarding situations. Individuals who hoard may have strong emotional attachment to items, fear forgetting the significance of items, or have experienced trauma.

“Seventy-five percent of individuals who hoard have a co-occurring behavioral health issue such as anxiety, depression, obsessive compulsive disorder, or attention deficit disorder,” Weinberg said. They often have difficulty making decisions and organizing.

Extreme clutter presents numerous health and safety risks: falls, fires, insect and rodent infestations, and illness and allergies caused by expired food, mold, and unsanitary conditions. First responders are hindered by narrow walkways weaving through piles of possessions. Individuals who hoard may have problems with landlords, neighbors, and code officials; face eviction and homelessness; and be rejected from home health aide services.

Weinberg emphasizes that a hoarding disorder is a treatable behavioral health disorder. Individuals who hoard should seek a therapist with experience treating hoarding or obsessive-compulsive disorders and who employs cognitive behavioral therapy. To find such a provider, call the local hospital’s referral line or visit Help is Here Delaware at HelpisHereDE.com and 833-9-HOPEDE.

Tips to address individuals who hoard

- Do no harm. Clean-outs should be a gradual process of slowly cleaning small areas unless there is an extreme environmental emergency.
- Sorting small piles can make the task more manageable. Try the three-pile approach: keep, discard, and donate.
- Be patient, stay calm, and do not argue. Getting rid of possessions can be distressing.
- Listen, empathize, affirm, and redirect.
- Do not clean up without the individual, as that will upset them. Hoarders have a mental map of where things are.
- Enlist a team of helpers to make a realistic plan. Search the DonationTown Directory (<http://www.donationtown.org/charity/>) for charities that accept and/or pick up certain donated items or call them directly. Habitat for Humanity, GreenDrop, Friendship House, Goodwill, the Salvation Army, and other organizations accept donated items.
- Read *Buried in Treasures: Help For Compulsive Acquiring, Saving And Hoarding*, 2nd edition by Dr. Randy Frost and Dr. Gail Steketee. Children of hoarders can visit a grassroots support group at <https://childrenofhoarders.com/wordpress/>.

Faith and recovery conference is May 11

The Faith Forward Collaborative Healing Substance Addiction is sponsoring the “Engaging Faith in Recovery” Conference on May 11, 2022 to educate faith communities about substance use disorder.

The free event is from 8:30 a.m. to 2:30 p.m. at Delaware State University’s Martin Luther King Building, located at 1200 N. Dupont Highway in Dover.

The Reverend Erica Poellot, director of the national Faith in Harm Reduction Coalition, is the keynote speaker. CEUs are available for a \$10 fee.

Registration is required. To register, visit <https://www.faithforwardcollaborativede.org/>.

