

The DPH Bulletin

From the Delaware Division of Public Health

May 2023

Diabetes and obesity webinar for employers set for June 6

Delaware employers are invited to a free webinar about diabetes and obesity. The June 6, 2023 webinar runs 9:00 a.m. to 10:30 a.m.

Participants will learn how addressing diabetes and obesity can improve workforce health, productivity, and retention and reduce costs. Presenters will share how to access resources to implement evidence-based programs and medical interventions.

According to 2021 data from the Division of Public Health (DPH), of Delaware adults, 12% of Delaware adults have diabetes, 12.6% have prediabetes, and 33.0% report that they are obese.

The webinar is sponsored by the Delaware Diabetes Coalition, DPH, Novo Nordisk Inc., and the Greater Philadelphia Business Coalition on Health. Attendees can receive 1.25 Professional Development Credits from the Delaware Society of Human Resource Managers.

To register for the webinar, click [here](#).



DHMIC presents 2023 Kitty Esterly, MD Health Equity Champion Awards

The Delaware Healthy Mother and Infant Consortium (DHMIC) presented the 2023 Kitty Esterly, MD Health Equity Champion Awards during its 17th summit, held on April 18. Dr. Esterly, a pediatrician who specialized in neonatal care, was a visionary who worked to improve health equity.

Black Mothers in Power received the organization award for being a grassroots powerhouse for eradicating racial health disparities for Black birthing people and Black babies throughout Delaware.

Black Mothers in Power burst onto the Delaware scene in 2019 with a community listening series at the Wilmington Library — and they have kept up a high level of energy and engagement ever since. With their advocate, Shane' Darby, Black Mothers in Power has consistently connected women and children in need with direct support. Members held diaper drives and other community events, did advocacy work, and worked to improve practices like doula training and reimbursement.

Mona Liza Hamlin, MSN, RN, of ChristianaCare received the individual award for her personalized approach in caring for each woman and baby. She has led many initiatives that were the catalysts for statewide change and improvements.

Mona forged a partnership with the University of Delaware to develop the Birth Companion Doula program, which ensures that every mother has doula support throughout her birthing journey. She promoted a diverse lactation staff and manages Christian's Cribs for Kid's distribution. Mona also organized a breast pump closet at ChristianaCare and designed the Twistle Program, which now has more than 3,000 enrollments and helps increase breastfeeding longevity in one of the largest birthing hospitals in our region.

21st Annual Diabetes Wellness Expo

The 21st Annual Diabetes Wellness Expo will be held on June 20, 2023 from 9:00 a.m. to 3:00 p.m. at Delaware Technical Community College's Terry Campus, located at 100 Campus Drive in Dover. Admission is free.

Attendees will find information about diabetes and prediabetes management, nutrition, and exercise, plus exhibitors, screenings, and giveaways.

The Expo is hosted by the Delaware Diabetes Coalition and the Division of Public Health's Diabetes and Heart Disease Prevention and Control Program. To register, visit <https://www.dediabetescoalition.org/>. Registration is free.

Help us say thanks!

To nominate an individual or an organization for the annual Kitty Esterly, MD Health Equity Champion awards, visit dethrives.com.

Nominations open once a year. Awardees ensure that access to better health is inclusive and within reach of all Delawareans.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

Be smart; prepare for hurricanes

Before tropical storms and hurricanes head our way, prepare to protect lives and property from high winds and flooding.



Flooding can occur from heavy rainfall and storm surge in both coastal and inland areas.

Take these precautions from the Delaware Emergency Management Agency:

- Know your flooding risk. Type in your address at the [Federal Emergency Management Agency's Flood Map Service Center](#).
- [Make an emergency plan](#). Shelters should be your last resort. Determine which friends, family, and hotels may be available to you. Individuals with functional, access, or medical needs and their pets and service animals can stay safe.
- [Create an emergency kit](#) beginning with one gallon of water per day for each person and a non-perishable three-day supply of food for all household members and pets.
- Know the latest path of hurricanes and tropical storms at the [National Oceanic Atmospheric Agency's National Hurricane Center](#).
- Sign up for [Delaware Emergency Alert Services](#).
- Follow instructions from public safety officials to shelter-in-place or evacuate. Plan your evacuation routes using the [Delaware Department of Transportation's \(DelDOT\) evacuation route maps](#). [DART](#) or Paratransit reduce their routes and may stop completely right before, during, and immediately after a disaster.
- Keep gutters clean. Prune shrubs and trees and remove dead trees and limbs.
- Take photographs of your home and contents (inside and outside). Check the coverage on your homeowner's, rental, and business insurance policies. Consider [flood insurance](#).
- Keep your cell phone charged and have a charged power bank.

For helpful materials, visit [PrepareDE.org](#), [www.dema.delaware.gov](#), or [www.ready.gov](#).

Prepare pets for emergencies

Delawareans should know how to properly prepare for a wide range of emergencies that could affect their lives. As pets are family members, make sure they are included in emergency plans.

Delaware Animal Response (DAR) is a program within the Office of Animal Welfare, located within the Delaware Department of Health and Social Services, Division of Public Health. DAR suggests that pet owners have a pet emergency kit containing:

- three days' worth of food and water
- medical information which includes vaccination records, medicines, and a first aid kit
- collar with ID tags and extra leash
- crate or pet carrier
- a photo of the pet and pet owner together
- the pet's favorite toys, treats, and bedding
- plastic bags, litter, and cleaning products.

Before emergencies happen, plan where pets can stay. Find out now if pets can stay with family, friends, or at a hotel during an evacuation. If the State of Delaware opens a community shelter, pet owners can stay there with their pets. Bring the pet emergency kit to the shelter with the pet because the vaccination records in it will be required to register the pet there.

If the pet is normally housed outside, bring it inside immediately and out of danger during bad weather or a disaster.

For more information about pet preparedness or how to become a DAR Volunteer Team member, send an email to the DAR Coordinator at dar@delaware.gov. To prepare families and pets for emergencies, visit [www.dema.delaware.gov](#), [www.fema.gov](#), or [www.ready.gov](#).



DAR Coordinator Edward Bamberger, with his dog "Spud". OAW photo.



Aging is a dynamic time to live fully

Aging is a dynamic time to enjoy independence and fulfillment. The Delaware Department of Health and Social Services Division of Services for Aging and Adults with Physical Disabilities (DSAAPD) recommends that aging Delawareans:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, and participating in social clubs and community activities such as at your local senior center.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For more information, visit [the official Older Americans Month website](#), and follow DSAAPD on [Facebook](#) and [Instagram](#).

Public Health Emergency ends

The State of Delaware's Public Health Emergency Order ended at the end of the day on May 11, 2023. Governor John Carney made the [announcement](#) on April 6. May 11 was also the end date of the federal Public Health Emergency.

On May 10, 2023, [My Healthy Community](#) reported that 646,924 Delawareans (66.9% of the state population) were fully vaccinated with a primary series of COVID-19 vaccine. Since March 11, 2020 in Delaware, there have been 333,767 total positive cases and 3,394 deaths.

Kids should not ride on lawn mowers

When you were a child, your family member may have given you a ride on a riding lawn mower. However, it is a dangerous practice that should be avoided. Children can suffer cuts and traumatic amputations from lawn mower-related incidents.

According to pediatric orthopedic surgeon Jennifer Ty of Nemours Children's Health, lawn mower-related pediatric injuries include cuts to the hands and fingers, eye injuries or cuts from rocks and sticks thrown by mowing equipment, and burns. Life-changing traumatic amputations in children are most commonly caused by lawn mowers.



Prevent lawn mower injuries with these safety tips:

- Never have young children in the yard when using lawn mower equipment.
- Never let young children ride on a lawn mower.
- Children should be age 12 and older to operate a walk-behind power mower or hand mower safely.
- Children should be age 16 and older to operate a riding lawn mower safely.
- Children with cognitive or behavior issues, who are immature, or are physically unable to operate lawn mowing equipment safely should not be allowed to mow lawns.

For more safety tips, read Dr. Ty's blog at <https://blog.nemours.org/2017/06/lawn-mower-safety/>.