

# The DPH Bulletin

From the Delaware Division of Public Health

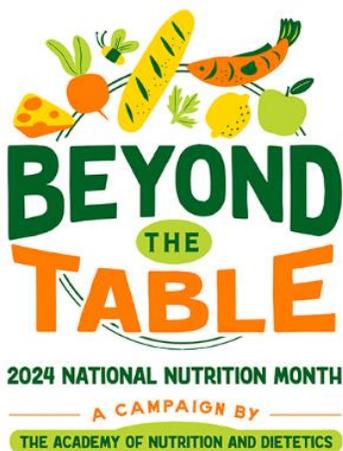
March 2024

## National Nutrition Month promotes understanding of nutrition for well-being

March heralds National Nutrition Month, an annual initiative by the [Academy of Nutrition and Dietetics](#) that promotes healthy eating and the importance of nutrition to maintain a healthy weight and reduce the risk of chronic disease.

The 2024 theme, “Beyond the Table,” highlights the importance of the farm-to-fork aspects of nutrition, addressing food production, navigating grocery stores and farmers markets, and home food safety. By looking “beyond the table” and considering healthy food choices at home and on the go, individuals can learn mindful eating by savoring each bite, heeding hunger cues, and learning how to enjoy distraction-free meals.

A primary goal is to equip individuals with knowledge and skills for healthier decision-making, such as cooking at home, deciphering food labels, and understanding portion sizes. Fruits, vegetables, lean proteins, and whole grains are nutrient-rich foods that nourish lives by building meals with essential vitamins, minerals, and antioxidants.



The Division of Public Health’s Physical Activity, Nutrition, and Obesity Prevention (PANO) Program promotes healthy eating and the importance of nutrition to maintain a healthy weight and reducing risk of chronic disease. PANO suggests following the *Dietary Guidelines for Americans, 2020-2025*. The website [Dietary](#)

[Guidelines for Americans](#) has information about healthy dietary patterns at every age, including choosing nutrient-dense foods and beverages and understanding calorie needs, macronutrients, minerals, vitamins, and more.

Another resource is the U.S. Department of Agriculture’s [MyPlate](#). MyPlate provides information about the food groups and how to build healthy meals by age.



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health



## Wear blue on March 26 to support Diabetes Alert Day in Delaware

Diabetes Alert Day reminds Delawareans to assess their risk of developing type 2 diabetes, a chronic disease that can lead to kidney failure, adult blindness, lower limb amputations, heart disease, and stroke. 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. Wear blue on March 26 to show support.

National Diabetes Prevention Programs are covered by insurance or offered at no cost for those at risk for, or concerned about, diabetes.

Individuals dealing with diabetes can seek support through clinical Diabetes Self-Management Education Programs or register for free six-week Self-Management Programs in Delaware at <https://www.healthylidelaware.org/Individuals>. Additional Delaware Diabetes Coalition resources are available at <https://www.dediabetescoalition.org/>.

Community members can encourage friends, family, and community members to undergo a simple [Diabetes Risk Test](#). The National Institute of Diabetes and Digestive and Kidney Diseases offers [Kidney Sundays: A Toolkit](#) to help begin essential conversations.

More than 95,000 Delaware adults reported in 2021 that they had been diagnosed with diabetes, according to the Delaware Behavioral Risk Factor Survey conducted by the Division of Public Health (DPH). The survey also shows that 84,800 additional Delaware adults reported being diagnosed with pre-diabetes.

For more information, contact DPH’s Diabetes and Heart Disease Prevention and Control Program at 302-744-1020.

## “Moving Delaware Forward: From Equity Awareness to Action” Summit planned

Healthy Communities Delaware and 16 co-sponsors are hosting a large two-day event, “Moving Delaware Forward: From Equity Awareness to Action” Summit on April 18 and 19, 2024 from 9:00 a.m. to 4:00 p.m. each day. The event is being held at the Chase Center on the Riverfront, located at 815 Justison Street in Wilmington, Del., in the Atrium and Multiple Rooms.

The free summit will convene an ongoing movement to advance equity for all as shared stewards to ensure that all people and places in Delaware are thriving (no exceptions). Attendees will gain knowledge of the vital conditions for health and well-being and explore "multi-solving" to advance equity. They will learn about local initiatives, find ways to build momentum, and inspire action in their communities.

As many as 500 attendees will represent non-profit and community-based organizations, community



champions/residents, elected officials and policymakers, youth leaders, and representation from urban, suburban, and rural areas of each county. There are two keynote speakers:

- LaTosha Brown, co-founder of Black Voters Matter, will speak on April 18. Drawing from her experiences as a co-founder of the Black Voters Matter Foundation, Ms. Brown will share her story of power building and civic engagement that played an instrumental role in the 2017 Alabama U.S. Senate race and inspire Delaware's equity champions to action.
- Admiral Rachel L. Levine, MD, with the U.S. Department of Health and Human Services and the Assistant Secretary for Health, will speak on April 19. Admiral Levine will illustrate the powerful connections between equity work happening across Delaware's communities and the pursuit of equity on the federal level, showing how Delaware can leverage the Federal Plan for Equitable Long-Term Recovery and Resilience.

In addition to the presenters, this event includes film screenings and a poster gallery walk. It closes with a visit to the Blue Rocks game with fireworks.

The public is invited to register for this conference. There is no registration fee. Register at [Equity Action Delaware](#).



## How to help children cope with a disaster

Children are not small adults. They require help to cope with emergencies or disasters that they experience or are exposed to through media coverage of war, extreme weather, and active shooter incidents. Children

feel less of a sense of control, understand less, and have fewer experiences bouncing back from hard situations.

When parents and caregivers are prepared, rested, and relaxed, they respond better to unexpected events and make better decisions. Parents and caregivers should set a good example for children by eating healthy, exercising regularly, getting plenty of sleep, and avoiding drugs and alcohol. Follow these tips from the Centers for Disease Control and Prevention to reduce stress before, during, and after disasters or traumatic events:

### Before

- Talk to your children so they know you are prepared to keep them safe.
- Make and review safety plans to boost their confidence and give them a sense of control.

### During

- Stay calm and reassure your children.
- Talk to children about what is happening in a way that they can understand. Keep it simple and appropriate for each child's age.

### After

- Provide opportunities for children to talk about what they went through or what they think about it. Let them share concerns and ask questions.
- Let children help community or family members after a disaster, such as supervised volunteering in a safe environment. Children should not participate in disaster cleanup activities.
- Parents, teachers, and other adults should share information about how each child is coping.

It is difficult to predict how some children will respond to disasters and traumatic events. The American Academy of Pediatrics offers a [Family Readiness Kit](#). For more information, visit [ready.gov/kids/helping-children-cope](https://www.ready.gov/kids/helping-children-cope).



## DPH Office of Infectious Disease Epidemiology hosts monthly forums

The Division of Public Health’s Office of Infectious Disease Epidemiology (OIDE) now has office hours for Delaware health care providers.

OIDE hosts virtual “EpiChat” forums for health care providers to engage with epidemiologists and other subject matter experts about key public health topics. Made available via Delaware Public Health’s One Health partnership, the monthly sessions allow health care providers to learn about Delaware’s reportable diseases, ask questions, and share insights. OIDE provides information and guidance on various topics and shares resources. Forums begin at noon and end at 1:00 p.m. The March 21 EpiChat is about Lyme disease.

To receive EpiChat notifications, contact [Reportdisease@delaware.gov](mailto:Reportdisease@delaware.gov). For more information, contact OIDE at 302-622-4149.



The Division of Public Health, Bureau of Chronic Disease, Self-Management and Healthy Heart Ambassador programs hosted a volunteer recognition luncheon on February 16 at the Modern Maturity Center. From left to right are volunteers: Kalissa Horne, Senior Medical Social Work Consultant, Shipley State Service Center (SSC); Nikita Clark, Senior Medical Social Work Consultant, Williams SSC; and Natasha Morris-Harrison, Nutritionist II and Jasmine Smith, Senior Medical Social Work Consultant, both of Milford SSC Riverwalk. Photo by Alyssa Imprescia.

## National Poison Prevention Week set for week of March 17-23, 2024

The third week of March (March 17-23, 2024) is [National Poison Prevention Week](#). The U.S. Congress established the observance in 1961 to raise awareness of poison prevention, especially how to reduce unintentional poisonings.

Since 93% of poisonings occur in the home, the American Association of Poison Control Centers warns families about potentially poisonous medicines and chemicals. Follow these tips from the National Poison Prevention Week Council:

- Post the Poison Control Center’s phone number (1-800-222-1222) near every phone.
- Carefully read product labels and dosages so they are used and stored correctly.
- Immediately call Poison Help at 1-800-222-1222 when accidents happen with chemicals or medicine. Call 911 if someone has trouble breathing.
- Keep household cleaning agents, prescription medications, and insecticides and lawn products out of the reach of children and pets.
- Open windows when using strong chemicals.
- Properly dispose of old [household hazardous waste](#) and [prescription drugs](#).
- [Install smoke detectors](#) on each level of new and existing one- and two-family dwellings, mobile homes, modular homes, and townhouses as required by state law. Test them monthly.
- [Install carbon monoxide detectors](#) in new and existing dwelling or sleeping units with a fossil-fuel burning heater or appliance, a fireplace, or other feature, fixture, or element that emits carbon monoxide as a byproduct of combustion; or an attached garage. It is a state law.



For more information, visit the Health Resources & Services Administration’s Poison Help website at [www.PoisonHelp.hrsa.gov](http://www.PoisonHelp.hrsa.gov). [Poison Control Center toolkit materials](#) are available in Spanish.