



# The Delaware Office of WOMEN'S HEALTH *Newsletter*

Providing information and awareness about women's health issues.

## A message from Erin Knight

As a working mother, I know how important it is to maintain a healthy and balanced lifestyle. I try to be a role model for my daughters and students by eating healthy foods, getting daily physical activity and plenty of sleep. However, I know that not everyone has the same opportunities to be healthy as I do. I am privileged to live in a clean, safe community with neighbors I can call if I need them. I am fortunate to own a reliable car and have a job that pays me well enough to afford healthy food and allows me to take time off when I need to visit a doctor or stay home with a sick child. I live near a beautiful park and my home is free of lead and other hazards.



Erin Knight,  
Health Policy Fellow  
University of Delaware

These social, economic and environmental conditions are privileges that are not afforded to everyone, and yet they are critical resources that underlie good health and our ability to make healthy choices. Researchers have long recognized that living and working conditions are the greatest determinants of health, and that differences in these conditions underlie inequities in health. These differences are socially unfair and economically inefficient, not natural or inevitable. Rather, they are the result of policy decisions or decisions we make as a community about our priorities—decisions we could make differently. I believe that public health agencies can and should play a bigger role in promoting social justice in order to advance equity in health. Through my work with the Division of Public Health, and other professionals around the country, I try to raise awareness about these issues and identify ways to improve public health systems, policies and practices. At the University of Delaware, I hope to instill in my students an understanding of the root causes of poor health, as well as the role we all play in promoting collective well-being.

EK

### POINTS of INTEREST:

January 16, 2013

8:00 a.m.—3:45 p.m.

**LIFE CONFERENCE**

8:00 a.m.—3:45 p.m.

Dover Downs Hotel

1131 N. DuPont Hwy., Dover  
[www.lifeconferencede.org](http://www.lifeconferencede.org)

February 22, 2013

6:00 p.m.

**SOUTHERN LIGHTS OF LIFE**

Dover Downs Hotel

1131 N. DuPont Hwy., Dover  
[www.debreastcancer.org](http://www.debreastcancer.org)

December 2013-August 31, 2013

8:30 a.m. until 4:30 p.m. M-F

*Other weekend hours*

**AN ILLEGAL ACTIVITY:**

**The Underground Railroad  
in Delaware**

First State Heritage Park

Welcome Center and Galleries  
121 Martin Luther King Blvd.  
Dover, Delaware 19901  
Phone: (302) 744-5055

The Office of Women's Health  
(OWH) Newsletter:

- Karen McGloughlin, *Editor*
- Glenda Krause, *Research & distribution*
- Jennifer Wooleyhand, *Newsletter Design, writing, art & photos*

TO SUBSCRIBE PLEASE CALL  
(302)744-4703 or e-mail request  
to: [OWH@state.de.us](mailto:OWH@state.de.us)

#### HAVE A SUGGESTION?

If you have an idea, resource, news item, or event you would like to share with the Office of Women's Health, please contact [OWH@state.de.us](mailto:OWH@state.de.us)

#### SPREAD THE WORD:

Please forward this email to a friend. Effective community partnerships depend upon the sharing of resources.



## FEM FOLIO!

Special exhibit through January 12, 2014

This print portfolio assembles 20 women artists important to the feminist art movement of the 1970s. A moment critical to the development of contemporary art, this first wave of feminist art-making employed the gender of the artist as subject matter.

Included in the Femfolio are prints by Eleanor Antin, Joyce Kozloff, Faith Ringgold, Miriam Shapiro, Carolee Schneemann, Nancy Spero, June Wayne and Martha Wilson, among others.

**Delaware Art Museum—Gallery 9**  
**2301 Kentmere Parkway, Wilmington DE 19806**  
<http://www.delart.org/>

The Office of Women's Health was created to increase the health knowledge for all Delaware women and engage them in leading healthier lives.



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health



# Cold and Flu GERMS

The viruses and flu and cold germs are all around us. What can we do to boost our own chances of avoiding those winter germs? Getting enough sleep, eating a healthy diet, and drinking enough water will help you stay strong in the face of all these germs—but don't press your luck!

Getting immunized is the single best way to beat an illness like the flu. Get your flu shot as early as possible.

Recognize that your own belongings can be absolutely *covered* with germs. Car keys, cell phones, purses, and gym bags can carry germs for weeks—and then pass these germs on to you and make you sick! Wipe these items down to reduce germs, and remember to wash your hands often throughout the day.

Limit your exposure to crowded, indoor places. Where people are gathered, germs gather. Try to get outdoors and get some fresh air! Exercise is a great excuse, and good for you.

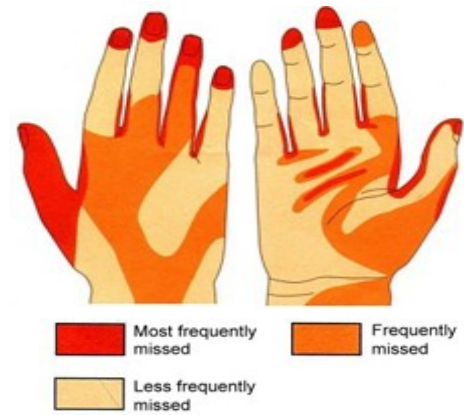
Know that once you've been sick and until you are completely well, your resistance is down. This means you are more vulnerable to getting sick again. Avoid people who are ill, and take good care of yourself.

## HAND WASHING

Something as simple as clean hands can prevent many types of infection and illness from spreading from one person to another.

Common sense, right?

But do you know **when** you should wash your hands?

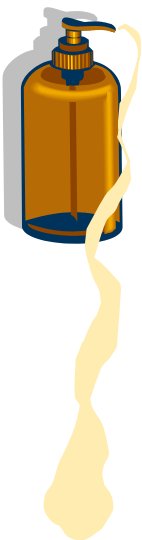


- Before, during, and after preparing and eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet, changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or animal waste
- After touching garbage

And are you sure you're washing your hands **correctly**?

- Wet your hands with clean water and apply soap.
- Rub your hands together to make lather and scrub well; remember the backs of your hands, between fingers, and under your nails.
- Continue washing hands for at least 20 seconds. Need a timer? Hum the entire "Happy Birthday" song - twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry.

For more information on hand washing, visit the Center for Disease Control and Prevention (CDC) website at: [cdc.gov/handwashing/](http://cdc.gov/handwashing/). You can also call 1-800-CDC-INFO, or email [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) for answers to specific questions.



## DRY, CRACKED SKIN

Colder weather dries our skin. Dry skin can be uncomfortable, even painful — so it's best to prevent it with these helpful tips:

- Drink plenty of water every day.
- After showering, gently pat skin dry with a towel, then apply an all-over body lotion.
- If you bathe, remember that water—especially hot water—can be drying. Limit your time in the tub, and add a few drops of natural mineral or almond oil into the water. Also, try oatmeal or baking soda to a bath to soothe the skin and lock in moisture.
- For very dry, cracked skin, petroleum jelly is a good, inexpensive option. If the cracks are on the hands or feet, smear those areas well and cover them with cotton gloves or socks to hold the moisture in overnight as you sleep.
- Use caution with heavy oils or creams on your face, as these can lead to acne.
- Super Glue or Liquid Bandage can sometimes be recommended on cracked skin to promote healing and prevent further drying. After cleaning the area, apply glue or adhesive to the edges of the crack and hold together until it dries.

*TIDbit*

From the HHS/  
Office on  
Women's  
Health (OWH):

The OWH has  
rebuilt its  
GirlsHealth.gov  
website with  
an audience  
tailored design!

[http://  
www.girlshealth  
.gov/](http://www.girlshealth.gov/)



More than two out of every five middle and high school students who smoke report using either flavored little cigars or flavored cigarettes, according to a report by the [Centers for Disease Control and Prevention](#).

Flavoring does not exempt these products from causing cancer and many other health problems. The wide variety of flavors does, however, appeal to young people. They are also taxed at a lower rate than cigarettes at the state level, making them more accessible to youth. This combination has caused sales to increase 240 percent from 1997 to 2007— with flavored brands making up almost 80 percent of the market share.

In 2009, the Family Smoking Prevention and Tobacco Control Act was enacted and prohibited the use of flavors, except menthol, in cigarettes. However, flavored little cigars are still manufactured and sold with candy and fruit flavorings.

Smoking remains the leading cause of preventable death and disease in the United States, killing an estimated 443,000 Americans each year. And for every one death, 20 people suffer from a smoking-related illness. Smoking is estimated to cost \$193 billion annually in direct health care expenses and lost productivity. Another sobering fact: 99 percent of all smokers start before they're 26 years old.

Through the Affordable Care Act, more Americans will qualify to get health care coverage that fits their needs and budget. This includes preventive coverage for services to quit smoking with no additional costs. Visit [Healthcare.gov](#) or call 1-800-318-2596 (TTY/TDD 1-855-889-4325) to learn more. Open enrollment in the Marketplace ends March 31, 2014. For those enrolled by December 15, 2013, coverage starts as early as January 1, 2014.

## HIV: Not Just For Grown-Ups Anymore

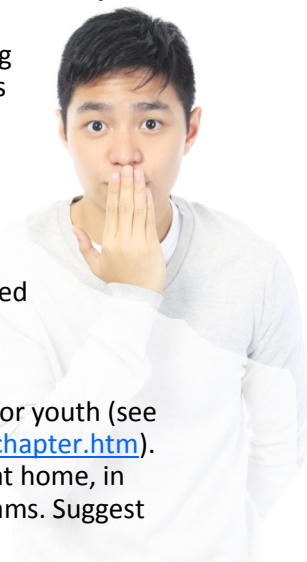
About 1 in 4 (26%) of all new HIV infections are among youth ages 13 to 24 years, the time frame when drugs and sexual experimentation intersect with their lives.

About 60 percent of the youth with HIV don't know they are infected, so they are not treated and unknowingly pass the virus on to others. Youth are more likely to engage in risky behaviors: less than half (44%) of gay and bisexual males in high school used condoms the last time they had sex.

Follow these tips to prevent the spread of HIV?

- Many effective programs reduce risky behaviors for youth (see [http://www.cdc.gov/hiv/topics/research/prs/rr\\_chapter.htm](http://www.cdc.gov/hiv/topics/research/prs/rr_chapter.htm)). Prevention education for youth can be provided at home, in schools, and in community and web-based programs. Suggest these programs in your own community.
- Youth, particularly those at high risk, should be taught early about HIV risks and the skills they need to help delay sex and prevent HIV infection. Be aware. Talk to the youth and see what the schools are teaching them, and when.
- Youth who are sexually active can reduce their risk of HIV infection by choosing to stop having sex. Other options include limiting their sexual partners, using a condom every time, and avoiding sex with high-risk older partners who are 40 times more likely to already have HIV. *Tell the kids about these options.*
- All youth at risk should be tested for HIV. Testing is the first step to treatment that can improve health, save lives, and prevent the spread of HIV. Share this information in your community!

Learn more, find testing sites near you. Go to: <http://dhss.delaware.gov/dhss/dph/dpc/hivaidprogram.html>



## Health Risks Among Sexual Minority Youth

Sexual minority youth, those who identify as lesbian, gay, or bisexual, transgender and questioning (LGBTQ), come from all walks of life, and are part of every community.

Some of these kids struggle as a result of challenges such as stigma, discrimination, social rejection, and violence, and are also at increased risk for certain negative health outcomes. For example, young gay and bisexual males have much higher rates of sexually transmitted diseases (STDs), and adolescent lesbian and bisexual females are more likely to become pregnant than their heterosexual peers. LGBTQ youth frequently report that they do not have an adult to talk to about personal problems. Parents, teachers, friends and community stakeholders often feel unprepared to support LGBTQ youth. In Delaware the United Way PRIDE Council's mission is to leverage the community's resources to improve the lives of LGBTQ youth and adults.

For Delaware information, contact **PRIDE** at [pride@uwde.org](mailto:pride@uwde.org) or call (302) 573-3700. Or, visit their Facebook page at [www.facebook.com/groups/uwdpride](http://www.facebook.com/groups/uwdpride). Additional information can be found at <http://www.cdc.gov/lgbthealth/youth-programs.htm>

## Breast milk

is the best food for babies. But when a mother has trouble breast-feeding, she may think about searching online for breast milk to purchase. There are many moms with extra breast milk who sell their milk via the Internet, but buying human milk from an unscreened seller is *not* a healthy choice. Milk bought online often has more bacteria and viruses that can harm infants, including *Staphylococcus*, *Salmonella*, *Escherichia coli*, *cytomegalovirus* and human immunodeficiency virus, or HIV. These germs are particularly dangerous for premature babies and those with weak immune systems.



I like my milk SAFE

The American Academy of Pediatrics recommends human breast milk as the best source of food for a baby, but encourages parents to contact their pediatrician and the Human Milk Banking Association of North America (HMBANA) for help. These milk bank donors are screened, the milk is pasteurized, and other important safety precautions followed. Visit [www.hmbana.org/](http://www.hmbana.org/) for help.

Any mother who feeds a baby expressed breast milk should follow pumping, storing, and freezing guidelines. Information is available on the Centers for Disease Control and Prevention website, [www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm). For breastfeeding help, mothers can ask their pediatrician for resources and a referral to a lactation consultant. Other good sources of information are the Breastfeeding Coalition of Delaware website: <http://www.delawarebreastfeeding.org/> and the Delaware Division of Public Health's Women, Infants and Children (WIC) Supplemental Nutrition Program website: <http://dhss.delaware.gov/dhss/dph/chca/dphwichominf01.html>.

## Sweet Potatoes, you look so young!

Can sweet potatoes help reduce wrinkles? Well, these delicious little taters are rich in Vitamin A, which has been found to reduce wrinkles and other signs of aging. Several topical creams with Vitamin A are available, as well, but these can be drying—so it's better to include foods rich in Vitamin A, like sweet potatoes, into a healthy diet.



## Ohhhh... BLOATING

Though gas and bloating can be painful, they are actually a normal part of the digestive process. But certain foods and beverages can cause more bloating than normal. To avoid this, eat smaller meals, and eat more slowly. When we eat fast, we swallow excess air. Also, watch what you eat, because some foods cause more gas to form in the stomach.

If you've already eaten and have that gassy, bloated feeling, try taking a walk. Exercise helps with digestion. You could also consider adding a probiotic yogurt and plenty of water to your daily diet, to encourage a healthy digestive tract.

Over the counter aids for bloating aren't as effective as changing what and how you eat.

## PORTION CONTROL

Whether you want to lose weight or maintain your current size, it's all about calories - and simple math. Calories *in* must equal calories *out* to keep your weight steady; and to lose a few pounds, you have to burn more calories than you eat. Sounds easy, but good intentions often fall apart at portion control.

Not watching how much you eat at meals and how much you snack in between raises the risk of overeating. These tips can help you eat less and keep your calorie intake in check:

- Serving size and portions - Use the "Nutrition Facts" chart found on all pre-packaged foods as a guide;
- Don't Forget to Drink Water - Healthy eating includes healthy drinking — both the beverage and the quantity. Alcohol, soda, and even juice can cause weight gain;
- Count Every Snack - Keeping a food log can help you see the extra calories you eat in a day;
- Put It on a Plate - Don't eat from a container, bag, or serving dish. You will overeat less often when you have to reach for a second helping;
- Don't Put Extra Food on the Table - Put away any food that won't be going on your plate before you sit down to eat;
- Choose Filling Foods - Whole grains and lean protein foods will fill you up so you eat less.

There are other neat tricks to help you in this constant battle!  
Visit the website below for more tips and information:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/portion/index.htm>