

## DHMIC names 2021 Champions in Health

The Delaware Healthy Mother and Infant Consortium (DHMIC) awarded its Health Champions awards during its April 13 Maternal and Child Health Summit, held virtually this year. Division of Public Health (DPH) Director Dr. Karyl Rattay presented the awards with Governor John Carney.



Shane' Darby

"This year, as equity gaps are magnified, we are reminded how vital it is for us to remove obstacles to health like poverty, discrimination, and lack of access to good jobs with fair pay," Dr. Rattay said.

Shane' Darby received the individual Champion in Health award for founding the statewide non-profit organization, Black Mothers in Power. The non-profit empowers Black mothers to advocate for legislation to address racial inequity, to understand the impact of implicit bias in health care services, to improve health access and response for Black families, and to promote Doula care before, during, and post-partum.

The Community Legal Aid Society (CLASI) received the group Champion in Health award. Executive

Director Dan Atkins accepted the award on behalf of CLASI.



Dan Atkins

CLASI provides free legal services to vulnerable populations to help them address the social determinants of their health. CLASI works on issues to improve housing conditions, prevent homelessness, and obtain

protective orders for survivors of domestic abuse. CLASI helps immigrants obtain permanent residency and ensures that low-income families have food and income benefits. Much of CLASI's work – housing, public benefits, domestic violence – affects health. Delawareans cannot be their healthiest without a safe home, food on the table, and safety net benefits.

"We congratulate these award recipients for their thoughtful work and for making Delaware a healthier place to live," Dr. Rattay said.

## Improve your health by being physically active and strengthening muscles

Spring's warm temperatures and sunny weather allow outdoor activities such as walks and cycling.

Physical activity reduces your blood pressure and anxiety and improves your mood, energy level, and sleep. Daily physical activity improves brain health and alertness, helps maintain a healthy weight, and prevents chronic diseases such as type 2 diabetes and some cancers. It also strengthens bones and muscles and improves balance and coordination.

Getting the recommended amounts and types of physical activity is important. The Centers for Disease Control and Prevention (CDC) recommends at least 150 minutes of moderate-intensity aerobic activity, plus muscle-strengthening activities twice weekly. Moderate-intensity activities are taking a brisk walk, cycling, swimming and water aerobics, jogging, horseback riding, gymnastics, lifting weights, participating in work-out videos, wheelchair walking or running, and Tai chi. Strengthen muscles by doing push-ups and using resistance bands or lifting weights as small as handbells.

You can spread out the 150 minutes of physical activity during the week. Even 15- to 20-minute bursts of physical activity are beneficial.

Add physical activity to your life in these ways:

- Take a post-meal, 15-minute walk to maintain energy and boost metabolism. Include your children and pets.
- Take the stairs instead of the elevator to quickly increase your heart rate, burn calories, and increase energy.
- Stretch during long periods of sitting and before bed. Moving your limbs and stretching reduces muscle tension and improves flexibility.
- Dance to your favorite music. It's a great workout for your heart and muscles.
- Create a dedicated workout space with plenty of space to exercise or practice yoga or Pilates.

To learn more about these recommendations, visit: <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>. Set goals and build a weekly activity plan at [Health.gov/MoveYourWay/Activity-Planner](https://www.health.gov/MoveYourWay/Activity-Planner).





## OHCR launches anti-stigma campaign

Commonly mentioned health care barriers are cost and transportation. For those who need help battling substance use disorders, silence acts as a barrier when individuals are too stigmatized by the disease to seek help.

Stigma is one of the main reasons individuals do not take advantage of the treatments that are available for opioid and alcohol addiction, according to the National Institute on Drug Abuse (NIDA). Fellow community members often blame the person battling an addiction rather than the disease, considering substance use disorder as a character flaw rather than a chronic condition.

To encourage Delawareans to break the stigma of drug addiction, the Delaware Department of Health and Social Services, Division of Public Health's Office of Health Crisis Response (OHCR) launched a multi-media advertising campaign in March. Advertisements feature animated stories of three Delawareans who battled and beat their drug addictions, and will appear on social media, billboards, and radio. A data-to-action grant awarded by the Centers for Disease Control and Prevention funded the campaign.

For more information, visit [www.HelpisHereDe.com](http://www.HelpisHereDe.com) or call the Delaware Hope Line at 833-9-HOPEDE.

## May is Healthy Vision Month

To preserve vision, follow these National Eye Institute recommendations:

- Get a comprehensive dilated eye exam. The American Optometric Association suggests eye exams at least every two years and more often for individuals at high risk or with a family history of eye disease.
- Know your family health history.
- Live a healthy lifestyle.
- Use protective eyewear when playing contact sports, at work, and during hobbies.
- Wear sunglasses.

For more information, call Prevent Blindness at 800-331-2020 or [www.preventblindness.org](http://www.preventblindness.org).

## Communities can avoid flood damage by using FEMA's online planning tool

Communities can prioritize areas at greatest risk of flooding and avoid building new structures in flood-prone areas by using an online tool made available by the Federal Emergency Management Agency's (FEMA) Floodplain Management Division.

The Community Engagement Prioritization Tool (CEP-Tool) 2.0 is a geospatial tool built on the Esri platform. The CEP-Tool's map visualization helps users justify efforts and resources for flood prevention and response, and to determine the number of people in harm's way. With 49 indicators, users can determine the number of flood disasters, communities participating in the National Flood Insurance Program, and where claims were made, including for repetitive loss and severe repetitive loss.

Users can add their own data levels such as "Live Stream Gauges" to depict river deviation. During extreme rain events, the data will allow them to alert residents and emergency response personnel of anticipated floods. Similarly, users can search for fire conditions.

In addition to using the CEP-Tool, FEMA recommends that local communities have regular Community Assistance Visits, described as "an audit to see how well they are implementing their Floodplain Management Program."

Find the CEP-Tool at [FEMA.gov](http://FEMA.gov) under Floods and Maps/Floodplain Management or locate it by searching for "FEMA CEPT" through Google. Those with online GIS accounts can go to the CEPT ARC GIS page. FEMA recommends bookmarking the tool and watching the recorded instructional webinar.

For more information about CEPT, email [FEMA-CEPT@fema.dhs.gov](mailto:FEMA-CEPT@fema.dhs.gov).



April 24  
10 am to 2 pm

