

The DPH Bulletin

From the Delaware Division of Public Health

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Health officials agree: no alcohol during pregnancy

To prevent birth effects and neurodevelopmental disabilities, pregnant women should not have a drop of alcohol, the American Academy of Pediatrics (AAP) recently declared.



Drinking during pregnancy greatly increases the chances that the baby will develop a fetal alcohol spectrum disorder (FASD). Prenatal alcohol exposure causes structural or

functional effects on the brain, heart, bones and spine, kidneys, vision and hearing. It's also associated with a higher incidence of attention-deficit/hyperactivity disorder, learning and behavioral problems, and emotional and social issues.


"We wholeheartedly support the AAP's announcement regarding no alcohol use during pregnancy," said Dr. Karyl Rattay, director of the Division of Public Health (DPH). "The only sure way to prevent FASDs is to completely avoid alcohol use while pregnant. This also applies to women who are trying to conceive. Damage from prenatal alcohol exposure can occur even during the earliest weeks of pregnancy, even before a woman realizes she's pregnant."

For tips for a healthy pregnancy and healthy baby, visit <http://dethrives.com/healthy-mothers>. Men and women struggling with addiction can visit <http://www.helpisherede.com/> for local resources, or call 800-652-2929 (New Castle County) or 800-345-6785 (Kent and Sussex counties).



Be prepared for winter power outages! Add your electric company as a cell phone contact, and post the number at home. Check your circuit breaker before reporting a power loss. Keep flashlights and battery-operated lanterns and radios handy.

Be familiar with Code Purple sites



During extreme cold events, Code Purple sites open in houses of worship and community centers. Homeless individuals and families can come out of the cold to sleep and eat hot meals. Many Code Purple sites often need volunteers and donations of money, sleeping supplies, and food. Other items include:

- blankets, cots, and sleeping bags
- towels, wash cloths, hand wipes, sanitizers
- feminine products
- hats, scarves, gloves, hand or feet warmers
- coats, boots, long underwear
- bottled water and instant hot drinks
- frozen meals and ready-to-eat food with easy-opening lids
- garbage bags and disinfectant spray

To connect with Code Purple resources, call Delaware 2-1-1 or use the Delaware 2-1-1 mobile app, or visit www.delaware211.org.

Use "31 Days to a Healthier You" tips

Start healthier habits with the help of DPH's "31 Days to a Healthier You" social media campaign. Use the hashtag #31DaysDE to view how-to videos, tips, and photos, such as:

- Follow the 5-2-1 Almost None concept: eat at least five servings of fruit or vegetables a day, get no more than two hours of recreational screen time daily, get one hour of physical activity each day, and drink almost no sugar-sweetened drinks. Less than 10 percent of calories should come from added sugars and saturated fats, according to the new 2015-2020 Dietary Guidelines for Americans, at health.gov/dietaryguidelines/2015/guidelines/.
- Under the Affordable Care Act, Delawareans have access to free health screenings; visit www.choosehealthde.com.
- Delaware residents 18 and older can quit smoking with free help. Contact the Delaware Quitline toll-free at 866-409-1858 or at www.dhss.delaware.gov/dhss/dph/dpc/quitline.html.

