

The DPH Bulletin

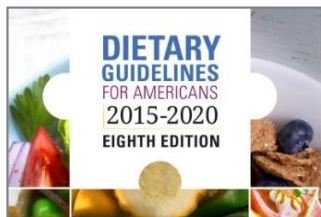
From the Delaware Division of Public Health

April 2016

Dietary Guidelines for Americans: shift eating patterns

The U.S. Departments of Health and Human Services and Agriculture recently released *Dietary Guidelines for Americans 2015-2020*. This edition urges Americans to shift their eating patterns to promote health and prevent type 2 diabetes, heart disease, and lower risk for some cancers.

Almost nine in 10 Americans get less than the recommended amount of vegetables, and adults consume about 50 percent more sodium than



recommended. The guidelines advise to select more nutrient-dense foods and beverages using fresh, canned, dried, or frozen foods, and to:

- Consume less than 10 percent of calories per day from added sugars
- Consume less than 10 percent of calories per day from saturated fats
- Consume less than 2,300 mg per day of sodium
- If alcohol is consumed, it should be only by adults of legal drinking age who are not pregnant. Women should not have more than one drink per day and men should not have more than two drinks per day.
- Americans of all ages should meet the *Physical Activity Guidelines for Americans* to balance calories and manage body weight.

Families, schools, workplaces, communities, and retail food outlets should support healthy eating patterns. The ChooseMyPlate.gov tool offers budget-friendly recipes and proper portion sizes.

Don't ignore the Appendices, as they contain physical activity recommendations; calorie needs by age, sex, and level of physical activity; three eating patterns (Healthy U.S., Healthy Vegetarian, and Healthy Mediterranean-Style); nutritional goals for various age-sex groups, and food safety guidance. Included is additional information on alcohol and nutrients of public health concern: Calcium, Potassium, Vitamin D, and Dietary Fiber.

For more information, visit <http://health.gov/dietaryguidelines/>



Delaware Quitline celebrates 15 years

For 15 years, the Delaware Quitline, a toll-free tobacco cessation hotline, helped 49,000 Delaware smokers try to break their addiction. Operated by the Division of Public Health (DPH) since 2001, the Quitline provides tobacco users (including e-cigarette users) with cessation counseling by phone or in person.

"Quitting smoking is one of the most important things a person can do to reduce their cancer risk," said Dr. Karyl Rattay, DPH director.

Quitline services are free to Delaware residents age 18 and older. Eligible smokers can receive Food and Drug Administration-approved prescription cessation aids and non-prescription nicotine-replacement therapy such as patches, gum, and lozenges. Connect by calling 866-409-1858 or visit: www.dhss.delaware.gov/dhss/dph/dpc/quitline.html.



Get the latest news and resources related to women's health in Delaware. Read the Delaware Office of Women's Health winter newsletter, published by OWH at this link:

dhss.delaware.gov/dhss/dph/mh/owhnewsletters.html

New Zika materials available from DPH

New Zika materials targeting pregnant women and their male partners are available at DPH's Zika page, <http://dhss.delaware.gov/dhss/dph/zika.html>:

- Flyer for pregnant women in English: <http://www.dhss.delaware.gov/dhss/dph/files/zikaflyerforpregnantwomen.pdf>
- Flyer for pregnant women in Spanish: <http://www.dhss.delaware.gov/dhss/dph/files/zikaflyerforpregnantwomensp.pdf>
- Flyer for pregnant women in Haitian Creole: <http://www.dhss.delaware.gov/dhss/dph/files/zikaflyerforpregnantwomenhc.pdf>

For facts about Zika and mosquito control:

- In English: <http://www.dhss.delaware.gov/dhss/dph/files/zikafaq.pdf>
- In Spanish: <http://dhss.delaware.gov/dhss/dph/files/zikafagsp.pdf>
- In Haitian Creole: <http://dhss.delaware.gov/dhss/dph/files/zikafaghc.pdf>