

Healing forward: Making healthy living a priority.



The traditions of African American culture hold deep meaning. Building on that legacy takes a commitment to health. In Delaware, inequities exist between African Americans and other Americans. Various factors play a role, including the social determinants of health. The Division of Public Health (DPH) is working hard to support efforts that address chronic disease, health equity, and COVID-19. DPH is here to provide the services and help you need to make a difference in your life.

Delaware is making progress but still has work to do.

25% decline in the death rate of African Americans from 1999 to 2015.

29% decline in cancer deaths in African Americans from 1999 to 2015.

2X as many African Americans ages 18 to 49 are likely to die from heart disease than whites.

50% of African Americans ages 35 to 64 are more likely to have high blood pressure than whites.

Source: Centers for Disease Control and Prevention

In Delaware, we are working to make Black lives better through:



Improved access to medical care throughout the state, especially in underserved areas



Physical-activity-related programs at local state parks and in city neighborhoods



Health-related education in the community, particularly through faith-based partners



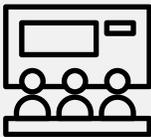
Screening and testing for chronic diseases through Screening for Life and other programs



Using data to drive improvements in school health and wellness programs to stimulate improvements in the classroom



Nutrition and food education in the community, encouraging people to eat better to live longer



Self-management programs for diabetes and other chronic diseases so that people can improve their own behaviors



Help for people to get to doctor appointments and take medications they need



Training for medical professionals on understanding cultural differences



Addressing heart disease, stroke, and other cardiovascular diseases through participation in national programs such as Million Hearts®

Learn about these programs and all the things we're doing to help you lead a healthy life at HealthyDelaware.org.



HEALTHY DELAWARE