

# The DPH Bulletin

From the Delaware Division of Public Health

August 2016

## Prevent heart attacks and strokes

Delawareans should know their risk of heart attack and stroke, says Millions Hearts Delaware®. Its 70 partners are working to prevent one million heart attacks and strokes by 2017. Residents should know their numbers (blood pressure and waist circumference), connect with care, and ask health care providers specific “**ABCS**” questions:

1. “Is **A**spirin appropriate for me?”
2. “What is my **B**lood pressure goal?”
3. “Should I be taking **C**holesterol medicine?” and
4. “How can you help me to quit **S**moking?”



Focus on the  
**ABCS**

Smokers are encouraged to use the Delaware Quitline (1-800-QUIT-NOW, [www.quitsupport.com](http://www.quitsupport.com).)

To learn about heart disease and stroke risks and prevention strategies, and to access Million Hearts® toolkits and videos, visit <http://millionhearts.hhs.gov/>.

Learn how to avoid high blood pressure by creating lower-sodium, tasty meals. Visit the Healthy Eating and Lifestyle Resource Center at <http://recipes.millionhearts.hhs.gov/>. Watch the CDC’s “Blood Pressure Basics” video at: [http://www.youtube.com/watch?v=mjTMZ\\_sm0LQ&feature=player\\_embedded](http://www.youtube.com/watch?v=mjTMZ_sm0LQ&feature=player_embedded).

## Student cardiovascular screenings

Athletes and non-athletes ages 8-19 can receive free “Heart in the Game” cardiovascular screenings on Sept. 17 from 9:00 a.m.-1:00 p.m. at



Woodbridge Hill School, 14712 Woodbridge Road, Greenwood, DE 19950; and on Sept. 25 from 11:00 a.m.-3:00 p.m. at the Siegel Jewish Community Center, 101 Garden of Eden

Road, Wilmington, DE 19803. Register online at <http://www.heartinthegame.org/register.html>. Walk-ins are welcome. Parents should allot one hour for the screening and CPR/AED training.

For more information, contact Greer Firestone at 302-494-3133 or [greer@heartinthegame.org](mailto:greer@heartinthegame.org).



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health



## Know your drinking water quality

Eighty-two percent of Delawareans get their

water from a community water system like a water company, city or town system, or shared well (not your own private well). The Division of Public Health’s (DPH) Office of Drinking Water (ODW) regulates those systems, which are tested regularly and extensively. For public water supply system reports, visit the Delaware Drinking Water Watch website: <https://drinkingwater.dhss.delaware.gov/>

Private well owners should sample their drinking water and inspect their wells annually as recommended by ODW, the U.S. EPA and the CDC. Test well water more frequently if:

- someone in the house is pregnant or nursing
- the water is used to prepare infant formula
- neighbors find a dangerous contaminant in their water
- there is a change in taste, odor, color, or clarity
- a well or plumbing is replaced or repaired.

DPH sells bacteriological and chemical test kits for \$2.00 each. The chemical kit tests for nitrate, nitrite, iron, fluoride, alkalinity, pH, chloride, sulfate, sodium, and hardness. Contact ODW at <http://dhss.delaware.gov/dhss/dph/hsp/privdw.html> or 302-741-8630. Seek private companies for more comprehensive tests.

## DPH releases 2016 cancer data

DPH officials released their latest cancer data on July 19 in two documents: *Cancer Incidence and Mortality in Delaware, 2008-2012* and the *2016 Analysis of Delaware’s Census Tracts with Elevated Overall Cancer Rates in 2008-2012*.

Read the reports at <http://www.dhss.delaware.gov/dhss/dph/dpc/cancer.html> and the press release at <http://www.dhss.delaware.gov/dhss/pressreleases/2016/dphcancerreport-071916.html>.