

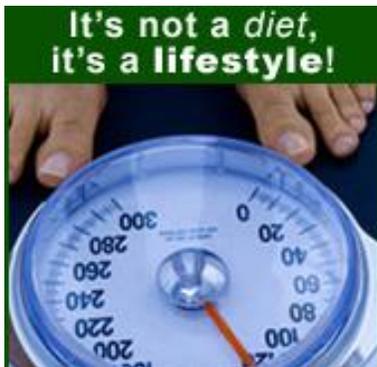
# The DPH Bulletin

From the Delaware Division of Public Health

February 2018

## 31 Days to a Healthier You

Didn't make New Year's resolutions in January? No worries. You have the rest of the year to adopt healthier habits. Experts say that one month is an ideal amount of time to try new things and make them routine. The Department of Health and Social Services shared some tips daily in January via social media for "31 Days to a Healthier You!"



Losing weight and getting in shape are popular goals which can be achieved together, so enlist a friend or family member for added support. Not being overweight or obese and being physically active can eliminate fat,

lower blood pressure, and improve insulin sensitivity, cardiovascular health, and mental health. A diet high in fruits and vegetables protects against numerous cancers, including cancers of the breast, cervix, colon/rectum, uterus, esophagus, oral cavity, ovary, pancreas, prostate, and stomach, according to the report [Cancer Incidence and Mortality in Delaware, 2008-2012](#).

Obese individuals are also at risk for coronary heart disease, stroke, and high blood pressure; Type 2 diabetes; high total cholesterol and high levels of triglycerides; liver and gallbladder disease; sleep apnea and respiratory problems; and infertility. Delaware's self-reported adult obesity prevalence was 29.7 percent in 2015, similar to the U.S. median of 29.8 percent, according to "Obesity in Delaware: The State of Our Weight 2015," at [www.dhss.delaware.gov/dph/dpc/files/obesityinde2015.pdf](http://www.dhss.delaware.gov/dph/dpc/files/obesityinde2015.pdf).

Find tips for being more active, eating healthier, and being emotionally stronger by visiting [dhss.delaware.gov/dhss/dph/dpc/eatright.html](http://dhss.delaware.gov/dhss/dph/dpc/eatright.html), [www.choosemyplate.gov](http://www.choosemyplate.gov), [www.destateparks.com/](http://www.destateparks.com/), and [www.getupanddosomething.org/](http://www.getupanddosomething.org/).



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health



## It's never too late to be prepared

Is 'create a household emergency kit' still on your to-do list? Follow these tips to move your household's preparedness status to 'ready!'

**Download the FEMA app.** It provides National Weather Service alerts for up to five locations; a customizable emergency checklist; and tips on how to stay safe before, during, and after over 20 types of hazards, including floods, hurricanes, tornadoes, and earthquakes. The free FEMA app also includes the location of open shelters; how to apply for federal disaster assistance; and how to upload disaster photos to help first responders. Visit [www.fema.gov/mobile-app](http://www.fema.gov/mobile-app) and download the app on the iTunes App Store and Google Play.

**Build a preparedness kit.** Print off checklists from [www.ready.gov/build-a-kit](http://www.ready.gov/build-a-kit) and [www.preparedde.org/](http://www.preparedde.org/). Consider your family's unique needs, including supplies for pets or seniors, and plans for persons with access and functional needs.

**Plan how to contact family.** Families may not be together when disasters occur, so carry wallet cards with contact numbers, including an out-of-state family or friend who can serve as an operator if Delaware's phone service is damaged.

## IMPACT Delaware Tobacco Prevention Coalition issues five-year plan



Tobacco use is the leading cause of preventable death in Delaware, says the IMPACT Delaware Tobacco Prevention Coalition's five-year plan, *Shedding Light on New Threats*. The plan addresses electronic cigarettes and

efforts to address vaping, which vaporizes liquid nicotine. The Delaware General Assembly amended the Delaware Clean Indoor Air Act to ban electronic cigarette use in public places and workplaces; and amended the Youth Access to Tobacco Law to ban the sale of electronic cigarettes to minors. Read the Coalition's recommendations at [http://www.dhss.delaware.gov/dhss/dph/dpc/files/sheddinglight\\_tobaccoplan2017.pdf](http://www.dhss.delaware.gov/dhss/dph/dpc/files/sheddinglight_tobaccoplan2017.pdf).