

The DPH Bulletin

From the Delaware Division of Public Health

June 2023

The Delaware Diabetes Wellness Expo is June 20 at Delaware Tech in Dover

The public is invited to the 21st Annual Diabetes Wellness Expo on June 20, 2023 at Delaware Technical Community College's Terry Campus in Dover. The free event will be held from 9:00 a.m. to 3:00 p.m. in the Del-One Conference Center, located at 100 Campus Drive. Lieutenant Governor Bethany Hall-Long will speak at noon.

The Expo is hosted by the Delaware Diabetes Coalition (DDC) and sponsored by the Division of Public Health's (DPH) Diabetes and Heart Disease Prevention and Control Program and the Physical Activity, Nutrition and Obesity Prevention Program. Bronze sponsors are AmeriHealth Caritas Delaware, Anodyne Pain & Wellness Solutions, Beebe Healthcare, Delaware First Health, and Tidal Health.

People with diabetes and pre-diabetes, caregivers, employers, and health professionals are encouraged to attend to learn how to prevent diabetes complications such as kidney failure, heart disease, stroke, lower-limb amputations, and adult blindness. Progression to type 2 diabetes can be prevented or delayed by losing weight, engaging in at least 150 minutes of physical activity weekly, and improving one's diet.

More than 30 exhibitors and educational seminars will provide information about diabetes management, nutrition, exercise, medication adherence, hearing, and mental health. Diabetes and blood pressure screenings, hearing screening, stress assessment, COVID-19 testing, and vaccinations are offered at no cost. Screenings are provided by



DPH's Kent County Mobile Unit, Beebe Healthcare, Delaware State University, Mast Audiology Services, PACE Your LIFE. A complimentary lunch is included for registered attendees. Register at <https://www.dediabetescoalition.org/wellness-expo/>.

For event information, contact DDC at 302-519-6767 or director@dediabetescoalition.org. [Click here](#) for diabetes resources or call 302-744-1020.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



U.S. Olympian Dominique Dawes spoke at the May 18 Advancing Healthy Lifestyles Conference at Delaware State University (DSU). Photo by Carlos Holmes, DSU.

Advancing healthy lifestyles discussed

Nearly 300 public health policymakers, educators, health care providers, researchers, and nonprofit advocates of health and wellness attended the inaugural Advancing Healthy Lifestyles Conference on May 18, 2023 at Delaware State University. It was sponsored by the Division of Public Health's (DPH) Physical Activity, Nutrition and Obesity Prevention Program and many community partners.

National, regional, and local leaders participated, including Dominique Dawes, who won gold on the 1996 U.S. Olympics gymnastics team, and Dalton Paxman, Regional Health Administrator for the U.S. Department of Health and Human Services. The theme of the conference was "Improving Health Through Equity." Learn more at <https://www.healthylifestyle.org/Community-Partners/Advancing-Healthy-Lifestyles>.



Ella M. Burton of Wilmington, Cynthia Newton of Frederica, and Sequoia Rent of DPH participate in a roundtable discussion. Photo by Donna Sharp.



After-school initiative teaches health

In January 2021, the Division of Public Health’s (DPH) Physical Activity, Nutrition and Obesity Prevention Program (PANO) launched its Advancing Healthy Lifestyles (AHL) initiative to reduce obesity and other chronic conditions, and to achieve health equity for schools, communities, and workplaces.

The AHL initiative fosters connections between youth-serving organizations and schools to support the health and well-being of youth and to strengthen community partnerships. The Centers for Disease Control and Prevention highlighted partnerships between school and providers of out-of-school-time programs such as before-school, after-school, and summer programs – to address health and educational inequities that widened during the COVID-19 pandemic.

Triple Play is a national Boys and Girls Club (BGC) healthy lifestyle program that focuses on the three components of a healthy self: mind, body, and soul. During 2022, the BGC of Delaware successfully implemented the Triple Play curriculum at nine sites throughout the state that provided healthy after-school activities to 507 youth. Grades kindergarten to second grade were the focus in the fall of 2022; older children in grades 3 to 5 were the focus during the winter/spring of 2023. Data collection and a survey indicated that most participants reported gaining new knowledge and skills to live healthy lifestyles.

An example of Triple Play’s over 150 lessons for ages 6 to 18 is an “around the world” card activity that teaches youth the five MyPlate food groups. Another lesson has youth create a group dance to improve locomotor, acrobatic, and teamwork skills.

Read the Triple Play Summary and Infographic on the [Advancing Healthy Lifestyles](#) webpage.

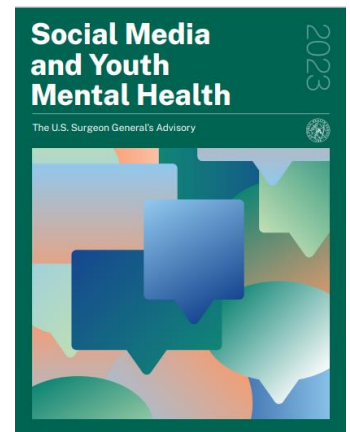
U.S. Surgeon General warns social media use can harm teens’ mental health

“We are in the middle of a national youth mental health crisis, and I am concerned that social media is an important driver of that crisis – one that we must urgently address,” said U.S. Surgeon General Dr. Vivek Murthy. Dr. Murthy issued the May 23 advisory, [Surgeon General’s Advisory on Social Media and Youth Mental Health - PDF](#).

Up to 95% of youth ages 13 to 17 report using a social media platform. A critical stage of brain development occurs during adolescence and childhood, making young people more vulnerable to social media’s harms such as violent and sexual content, bullying, and harassment.

The advisory cites research showing that adolescents who spend more than three hours per day on social media face double the risk of experiencing poor mental health outcomes, such as symptoms of depression and anxiety. Social media may also perpetuate body dissatisfaction, disordered eating behaviors, social comparison, and low self-esteem, especially among adolescent girls. Forty-six percent of adolescents aged 13-17 said social media makes them feel worse about their body image. Further, 64% of adolescents are “often” or “sometimes” exposed to hate-based content through social media. Studies have also shown a relationship between social media use and poor sleep quality, reduced sleep duration, sleep difficulties, and depression among youth. Social media use also compromises their sleep and valuable in-person time with family and friends.

Dr. Murthy advises parents and caregivers to establish tech-free zones to foster in-person relationships, teach kids about responsible online behavior and model that behavior, and report problematic content and activity. Children and adolescents should limit time on platforms, block unwanted content, be careful about sharing personal information, and reach out if they or a friend need help or see harassment or abuse on the platforms.





DeIDOT's bike rodeos teach safety to kids

The Delaware Department of Transportation (DeIDOT) organizes bike rodeos for young cyclists in grades 3 to 5 at schools and community events. The bicycle safety clinics feature helmet fitting, a safety lecture about the rules of the road and what to always check on your bike before riding, and a ride on a miniature course set up in a parking lot.

To request a bike rodeo, contact John Fiori, DeIDOT Bicycle Coordinator, at john.fiori@delaware.gov.

Bike partners offer safety checkpoints

Beginning June 1, 12 bicycle safety checkpoints will be held this summer near Lewes and Rehoboth Beach. The Delaware Department of Transportation (DeIDOT) provides free helmets with courtesy fittings and free bicycle lights with courtesy installation for all ages. Basic bike repairs can be completed.

The checkpoints are sponsored by DeIDOT, the Delaware State Police, Delaware Bicycle Council, and Sussex Cyclists. [Click here](#) for the schedule.

State law requires bicycle helmets for children under age 18. The public can purchase at-cost youth bike helmets from the Nemours Safety Store, located at the Alfred I. duPont Hospital for Children in the Anthony N. Fusco, Sr. Atrium, 1600 Rockland Road, Wilmington, Delaware. Bike helmets sell for \$15 (in-store purchases only). The store is generally open Monday through Friday, 10:00 a.m. to 3:00 p.m. Call 302-651-5279 for more information.

For safety information, visit the [Delaware Bike Council](#), Safe Kids World Wide at www.safekids.org, and the Delaware Safe Kids Coalition at <https://www.dhss.delaware.gov/dhss/dph/ems/safekids.html>.



Bicycle events, safety videos, and route maps

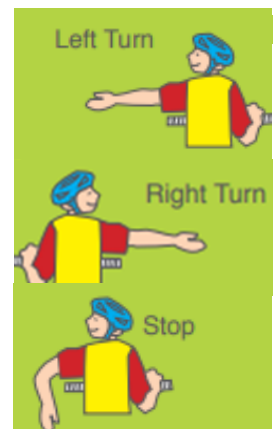
Delaware Bike Council

https://deldot.gov/Programs/bike/biking_in_delaware/index.shtml

Follow Delaware bicycle laws

Bicyclists of all ages must follow Delaware's bike safety laws, including these:

- Use designated hand signals for left turns, right turns, and slowing down or stops.
- Obey all traffic signs and signals, and ride in the same direction as traffic.
- Ride far enough to the right as judged safe by the bicyclist except when turning left. A bicycle may be ridden near the left-hand edge of the roadway only on one-way highways with two or more lanes and less than a 30 mile per hour posted speed limit.
- Children under 18 years must wear a properly fitted and fastened bicycle helmet while operating or riding on a bicycle on any property open to the public or used by the public for walking or driving motor vehicles. Bicycle helmets are recommended for all ages.
- Bicyclists must not wear ear coverings, including headsets, over both ears.
- A bicycle must only carry the number of persons that it was designed to carry.
- Bicyclists must have both hands available to operate the bicycle, with at least one hand on the handlebars at all times.
- A bicycle must be fitted with a rear, red reflector visible from at least 600 feet from a motor vehicle with lawful low beams.
- When riding at night, a bicycle must be equipped with reflective material visible from both sides for at least 600 feet by a motor vehicle using low beams; or the rider must be visible from both sides for at least 500 feet if equipped with a lighted lamp.



DeIDOT

To read Delaware bicycle laws, visit [Title 21, Delaware Code, Chapter 41, Subchapter XII](#). Section 4198P pertains to the operation of electric bicycles.

For bicycling news, maps, and safety tips, visit the Delaware Bike Council at www.deldot.gov/Programs/bike.

June celebrates LGBTQIA+ pride

June is LGBTQIA+ Pride Month, a historical and transformative celebration of individuality. LGBTQIA+ stands for persons identifying as lesbian, gay, bisexual, transgender, queer or questioning, intersex, asexual, and more. These terms describe sexual orientation or gender identity.

The Centers for Disease Control and Prevention (CDC) is clear that the stigma, discrimination, and violence faced by the LGBTQIA+ community have devastating impacts on health. It can affect the ability to maintain relationships and feel safe. Bodies respond to long-lasting stress by raising stress hormones and keeping them raised, resulting in high blood pressure or a faster heart rate.

Discrimination and stigma devastate mental health, particularly when youth are rejected by their families or not affirmed by them. When these youth are rejected or forced out of their homes, they become homeless, placing them at risk of poverty, poor health, and violence. According to the CDC, 40% of homeless youth identify as LGBTQIA+. Youth who face strong rejection from their families are eight times more likely to attempt suicide, six times more likely to develop high levels of depression, three times more likely to use illegal drugs, and three times more likely to engage in risky sexual practices. Studies show that good social support for gay and bisexual young men leads to higher self-esteem and more positive mental health, the CDC reports.

For more information about LGBTQIA+ health, visit <https://www.cdc.gov/msmhealth/stigma-and-discrimination.htm>. For LGBT health, visit <https://www.cdc.gov/lgbthealth/transgender.htm>. Crime victims can find resources at delawarevictimservices.org.

Parents and guardians of LGBTQIA+ individuals can find positive parenting practices at <https://www.cdc.gov/healthyyouth/protective/positiveparenting.htm>.



Know Delaware's fireworks law before July Fourth

When planning Fourth of July celebrations, citizens should leave fireworks operations to the professionals. Attempting to use fireworks can lead to serious consequences such as burns and

property damage. The Delaware State Fire School reminds the public not to let children play with fireworks.

According to Delaware's fireworks law ([Title 16, Chapter 69](#)), no person can store, sell, offer for sale, or possess any fireworks, firecrackers, rockets, torpedoes, Roman candles, fire balloons, or other fireworks without a permit. Exempt individuals are those established and manufacturing fireworks and those scaring birds away from agricultural crops.

Associations or companies seeking to have a public fireworks display must get a permit from the Office of the State Fire Marshal 30 days prior to the display. Discharging guns and explosive devices in, on, or into public streets or public spaces is prohibited.

It is legal for individuals age 18 and older to use permitted fireworks during the "days of allowed use": July 4, the third day of Diwali, New Year's Eve, and New Year's Day. Permitted fireworks are:

- Wood stick or wire sparklers coated with not more than 100 grams of pyrotechnic mixture per item
- Hand-held or ground-based sparkling devices which are nonexplosive and nonaerial and sometimes produce crackling or whistling sounds, and which contain 75 grams or less of pyrotechnic mixture per tube or a total of 500 grams or less for multiple tubes
- Toy pistols, toy canes, and toy guns, including those that use paper caps "manufactured in accordance with the United States Interstate Commerce Commission regulations"
- Snakes, glow worms, and smoke devices which contain 20 grams or less of pyrotechnic mixture
- Trick noisemakers such as party poppers, snappers, and drop pops, each containing 16 milligrams or less of pyrotechnic mixture.

Only individuals age 18 years and older can sell the above-listed fireworks only during the 30 days prior to the days of allowed use.