

HEALTHY SUSSEX QUARTERLY

January 2023

Coming Together for a Healthy Sussex County

Welcome a
Healthy 2023!



The beginning of a new year often brings about resolutions, many of which revolve around healthy lifestyle changes. I believe that these resolutions are achievable only if you have the right mindset for success

and community conditions to achieve them

Health is more than eating right, exercise and drinking water on occasion; it requires a mental evolution that often goes against our personal culture and upbringing.

This paradigm shift is the most difficult, in my opinion, but also the most crucial in guaranteeing the effective development of a healthy lifestyle. It requires access to preventive health care, access to understandable health information and an environment conducive to health that provides affordable options to be healthy.

At SCHC, we are working to be intentional with and through our partners to ensure **everyone** within Sussex County has

access to opportunities that evoke healthy changes in their life. This year, we are embarking on new collaborations that will increase support for health initiatives and opportunities for increased physical activity across the community.

The upcoming **Let's Get Healthy Sussex! Campaign and mini grants** we are poised to provide avenues for all residents to prioritize their health and wellbeing. This is particularly true for those within the workforce, who most often devalue their own wellbeing on behalf of family and loved ones. This community wide effort taps into the resources all around us- parks, trails, community centers, and most importantly, the people- to facilitate easily accessible health and wellness options for the Sussex community.

My hope is that by making positive health opportunities readily available, residents across the county will choose to pursue a new mindset that elevates their own health and wellbeing. That first step toward a healthier lifestyle is often the hardest, but it is always the right step to make.

Peggy M. Geisler, Executive Director

SCHC MISSION

The Sussex County Health Coalition exists to engage the entire community in collaborative family-focused effort to improve the health of children, youth and families in Sussex County.



SCHC VISION

We envision a community in which our citizens and institutions (public, private, and not-for-profit) are actively engaged in community health promotion as a shared community good, and working together to create a cultural and physical environment which supports healthy lifestyles for our children and their families.

OBESITY

Obesity is a major public health problem in Delaware, and it puts First State residents at higher risk for chronic diseases and other serious health conditions

The number of individuals considered obese in Delaware is substantial and statistical surveys show the percentage of residents falling into that category has continued to increase over the last several decades.

In 2019, 34.4 percent of Delaware adults reported being obese, compared to 13 percent in 1992, according to the Delaware Behavioral Risk Factor Survey (BRFS). The survey showed there was no statistically significant difference in obesity between men and women.

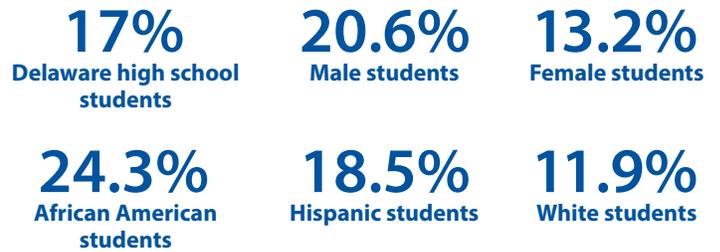
Here is what the statistics show for obese Delawareans:



The statistical surveys also show that obesity among Delawareans increases with age. Here is the breakdown:



The 2021 Youth Risk Behavior Survey (YRBS) of Delaware public high school students indicates that obesity is becoming common among this group of students:



The Delaware Division of Public Health (DPH), part of Delaware's Department of Health and Social Services (DHSS), is tasked with protecting and enhancing Delaware residents' health. The Physical Activity, Nutrition, and Obesity Prevention (PANO) program, which sits in the Division's Health Promotion and Disease Prevention (HPDP) section, further supports DPH's responsibility with a mission of its own - to provide goals and strategies for government, media, communities, health care providers, schools, and worksites to decrease obesity in Delaware.

(continued)

AHL's goal is to reduce adult and childhood obesity, along with other chronic conditions, to achieve long-term health equity for **schools, communities, and workplaces** throughout Delaware.



Component strategies



School

Establish partnerships between youth-serving organizations and public schools to implement an evidence-based health promotion program for school-age children



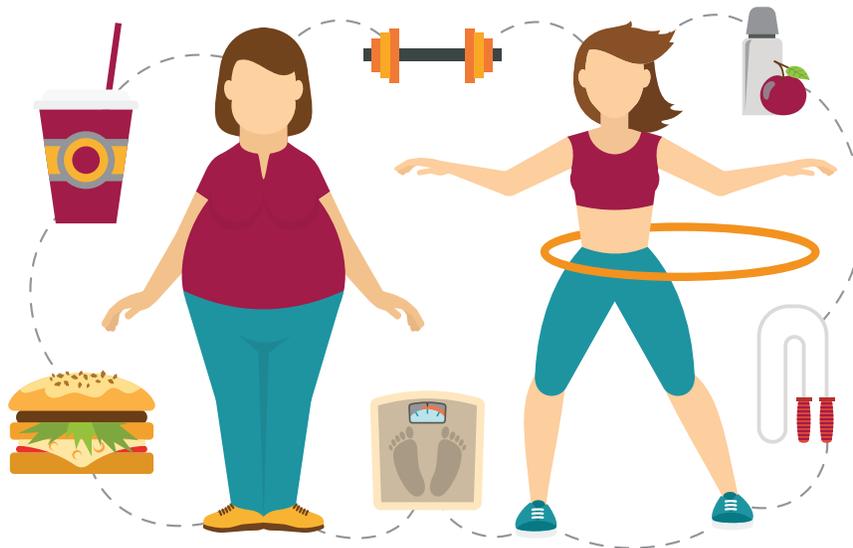
Community

Support community partners with planning, implementing, and evaluating community-based lifestyle interventions



Workplace

Work with the State to implement a Workplace Wellness Policy for all executive branch agencies



To address this major public health challenge, PANO aims to improve the health and wellness of individuals and communities in Delaware and eliminate health disparities by working through multiple initiatives and efforts across the population.

In 2021, PANO launched the [Advancing Healthy Lifestyles initiative](#) (AHL). The AHL initiative has two key goals—reduce obesity and other chronic conditions and work toward health equity for all Delawareans. AHL has three fundamental component areas—coordinated school health and wellness, community capacity building, and employee health/workplace wellness.

In 2023, PANO will continue to implement projects and activities through AHL. Those projects will focus on expanding our school and community partnerships with school-based Boys and Girls Clubs across Delaware; offering community mini-grants which leverage resources for grass-roots community activities; and implementing a new

workplace wellness policy and toolkit across executive branch state agencies.

PANO is also planning to launch a AHL Statewide Conference in 2023. The conference will showcase national best practices on advancing healthy lifestyles and highlight local and regional successes.

It will energize and inspire actions for positive change and demonstrate Delaware’s ongoing commitment to advancing healthy lifestyles, and it will serve as a springboard for the engagement of new stakeholders and introduce a renewed statewide Coalition on Advancing Health Lifestyles.

If you would like to be added to a PANO contact list to posted on PANO and AHL activities, please email shebra.hall@delaware.gov.

CHILDHOOD LEAD POISONING IS 100% PREVENTABLE. DELAWARE CAN DO MORE.



lead-free

There are no safe levels of exposure to lead and there are no safe levels of lead in children’s blood. Lead poisoning is an issue that impacts the health of all Delawareans. The American Academy of Pediatrics notes that childhood lead toxicity has been recognized for over 100 years. Higher blood lead levels are associated with lower IQ scores, intellectual, neurological, language, attention, and behavioral disorders, and hinders the ability of students to reach their full potential as adults.

Kids Count Data Center reports that in the 6-years period between 2016 and 2021, 2062 children in Delaware experienced elevated blood lead levels above ≥ 3.5 $\mu\text{g}/\text{dL}$ when they were tested. While all children are required to have a blood lead screening at 12 months and as of 2021, another

screening at 24 months, Delaware’s blood lead screening and testing rates remain extremely low, so that figure is undoubtedly underreporting the true scale of the problem.

Learn about screening and testing for lead poisoning in Delaware at <https://publichealthalerts.delaware.gov/safe-school-drinking-water/#lead-screening-and-testing>

Stay up to date on lead poisoning prevention in Delaware:

Join our email list: <https://forms.gle/BxdyrPcfjDvbdByt8>

Find us on Facebook: <https://www.facebook.com/LeadFreeDelaware>

Read our blog: <https://leadfreede.blogspot.com/>

SPECIAL ANNOUNCEMENT



The SCHC team is proud to announce that we now have a Project Manager dedicated to the HRSA grant to work alongside David Chernov, Project Director/Principal Investigator.

Kristy Handley comes to us as a long-time Delawarean with many years of experience in healthcare, specifically with the SCHC.

Kristy brings real-world personal experience working as a community health worker and has worked in numerous healthcare settings overseeing grants. Kristy will be assisting the team with all aspects of the grant with the focus in the next couple of months on messaging and website development (Step 1 of the chart below). The plan is to have one location on the web for CHW recruiting, training opportunities, grant information, and a central point for all community-based organizations that we will be partnering with to bring in 200 new community health workers into Sussex and Kent counties.

For more information please contact either David (dchernov@maconsultingco.com) or Kristy (khandley@pmgconsulting.net).



The American Lung Association is hosting a technical training focused on Health Equity on January 23, 2023 from 8:30 am–12:00 pm at the Modern Maturity Center in Dover, DE.

Presenters will provide an overview of Health Equity and discuss how you can incorporate best practices related to Health Equity into community programs. We will also discuss the results of a Community Readiness Assessment regarding tobacco use in the low socioeconomic status population, how it relates to Health Equity, and actions steps your organization can take to improve your community's readiness.

All community members are welcome to join. Register here: <https://bit.ly/23TechTrain2>

This technical training workshop is made possible through the Delaware Division of Public Health's Tobacco Prevention Community Contract. Funding for the Contract is provided by the Delaware Health Fund and managed by the American Lung Association in Delaware.



Here's How the Plan Works

BACKGROUND

1 HRSA

Health Resources and Services Administration

3-YEAR GRANT

Recruit 150 new CHWs and "upskill" 50 existing health care workers in Sussex/Kent Counties

APPRENTICESHIP

Establishment of a formal "apprenticeship" program to place CHWs after training (from the state)

TRAINING

FREE Training for CHW Recruits

FINANCIAL SUPPORT

Financial support for CHW recruits in training and apprenticeship programs

CERTIFICATION BOARD

Creation of a formal "Certification Board" for CHWs in Delaware

ADVISORY BOARD

Establishment of an "Advisory Board" consisting of the CHW Association, SCHC, UWDE, health systems, community-based organizations, and state officials

CHW REGISTRY

Development of the CHW "registry" to maintain certification and help place certified CHWs (possibly expanding state-wide)

Community Mental Health Worker Academy

LEARN WHILE YOU EARN

1

Monthly
Webinar

2

Talented
Instructors



Dr. Rob Schmidt
Ed.D, LCPC, NCC, AS
Mental Health Coordinator
Talbot County Schools



Kiera McGillvary
LMFT, Chief Program Officer for
School-Based Initiatives with
Children & Families First

3

Collaboration
Meetings

Seeking Learning Collaborative
Participants. Will train and coach
15 Sussex County residents.

You will learn *Screening, Brief Intervention, and Referral to Treatment*, including content on cultural and linguistic competence and telehealth service delivery.

February through
June 2023.

CASH
STIPEND

FREE
CEU'S

Apply now!



For more information email Kathryn Burritt
at kburritt@pmgconsulting.net.

Psychostimulant Support Grant: Aims to strengthen and expand prevention, treatment, and recovery services in rural areas of Delaware

SUSSEX COUNTY HEALTH COALITION

Delaware State
University