



DELAWARE  
ACADEMY of  
MEDICINE



Update  
February 2019

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## Khanversation

### A Moment with the President

The first real book about cars I read, by necessity, was a Haynes Automotive Manual for the particular sub-\$1000 car I had acquired back then. But I read stories about cars and planes all the time, from the non-fiction musings of Peter Egan in *Road & Track*, to the stories of Biggles the aviator (W. C. Johns), to the unforgettable memoirs of individuals like Formula 1 champion Niki Lauda (Meine Story- the basis for the movie *Rush*). Much before ever turning a wrench in earnest (or frustration), I was drawn into the human stories behind the machines.

So it is with science, particularly health sciences. While we are awash in data, at times it seems we have yet to translate it all into a story of broader public understanding. Part of that is true; part is perception. The fact is, many meaningful improvements in the public's health have occurred, largely as a result of the application of rigorous science and the generation of knowledge. We have improved nearly every human indicator of progress, including newborn mortality, vaccine-preventable diseases, HIV care, and overall life span.

This is an issue important enough to warrant the creation of its own field: Translational Science. The National Institutes of Health (NIH) even have large grant mechanisms for Clinical & Translational Research/Science to set up the structure for information translation: applying the findings from bench research, to bedside, to the clinic, to the community, and finally to the world.

This type of translation isn't as far-fetched as one might think, and actually happens constantly. Circulating influenza strains are studied every year, and vaccines are predictively developed, produced on a wide scale, and administered to nearly 150 million people in the US alone. It is due to vaccine science, public health protocols, and public education that we refer to the Influenza Pandemic of 1918 (which killed 50 million) and not of 2018.

Knowledge acquisition is active, constant, iterative. Perhaps the one key area where we all - scientists and non-scientists - need to keep working is communicating these results in interesting, informative ways. For every Ebola outbreak made popular (through the book *The Hot Zone*, or the movie *Outbreak*), there await the stories of other conditions affecting individuals and communities. Stories for a general audience may not be of universal appeal - we might sniff at the hyperbolic nature of sensationalized books (or Dustin Hoffman's miscasting in the movie) - but they get us talking. Perhaps, in health awareness, the old marketing adage about 'no publicity is bad publicity' rings true.

Back in high school, I picked up *Zen and the Art of Motorcycle Maintenance* (Robert Pirsig) thinking it was about machines. I also got Tim Gallwey's *The Inner Game of Tennis* to learn the sport. They weren't about motorbikes or tennis - not really - but remain among



the best books I have read. It is in the same spirit that we present our latest DJPH issue on Data to Decision Making. We hope, of course, it leads you further down the path of data, to information, to insight, and to wisdom. And if it simply inspires you to read about something affecting you or your community, or sparks an idea worthy of exploration, discussion, and publication - all the better.

As always I invite your feedback on the work herein, on the Journal, and on our broader Academy/ Association. Share your thoughts on what books or movies in your now-professional field inspired you to dig deeper. We appreciate you taking us along for the ride!

Omar Khan, MD, MHS, FAAFP

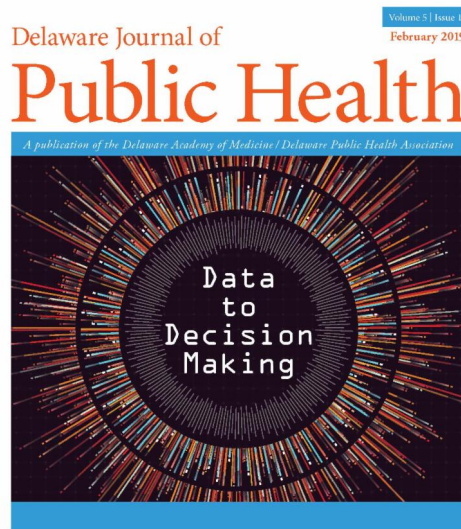
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## Delaware Journal of Public Health

### Data to Decision Making



*"If we have data, let's look at data. If all we have are opinions, let's go with mine."*  
~ Jim Barksdale, former Netscape CEO

It can be argued that the practice of public and population health is the practice of gathering data, turning it into useful information, displaying it in understandable formats, and using the resulting understanding to develop predictive and responsive solutions that move us forward.

This issue of the Journal is dedicated to the data-gathering part of public health, and how that data is used to make decisions, create policy, and implement programs for the betterment of Delawareans.

[Read the Journal Here!](#)



## The Academy in Action

### Save the Date for the Delaware Academy of Medicine Annual Meeting!

The Academy's 89th Annual Meeting, Keynote Address, and Awards Ceremony will be held on **May 7, 2019!**

Our keynote address will be given by David L. Heymann, MD DTM&H CBE. Dr. Heymann will discuss his career in global health and combating infectious disease. He will focus on the last remaining outposts of polio, and the importance of global polio eradication.

Dr. Heymann is Head of the Centre on Global Health Security at the UK's Royal Institute for International Affairs (Chatham House), and Professor of Infectious Disease Epidemiology at the London School of Hygiene and Tropical Medicine.

He has served in senior positions in the US CDC and the World Health Organization, including as WHO Assistant Director-General, and as Representative of the Director-General for polio eradication. Dr. Heymann has worked on infectious diseases worldwide, including in the smallpox eradication campaign (India); the Ebola outbreak in then-Zaire in 1976; Legionnaire's disease (Philadelphia); and leading the global response to SARS.

He received the Commander of the Order of the British Empire (CBE) in 2009; is a member of the US National Academy of Medicine and the UK Academy of Medical Sciences; holds 3 honorary doctorates; and has received the highest awards from the American Public Health Association and the American Society of Tropical Medicine & Hygiene. He is Editor in Chief of the APHA's Control of Communicable Disease Manual, the most widely used infectious disease text in the world.



We hope you will join us!

[Register here!](#)

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## Frank M. and Robert R. Hoopes Medical/Dental Lecture



When Robert R. Hoopes' father and dental partner Frank Hoopes died in 1976, Rob's mother Edna, his family, and donors of gifts for "Dr. Frank," established this lecture fund to provide honoraria for expert speakers to provide continuing dental education in Delaware.

The lecture was held on January 8, and the guest speaker was Richard (Dick) Weems, DMD. Dr. Weems is a native of Birmingham, Alabama. Dr. Weems is currently an Associate Professor, and serves as Director of Dental Radiology and Director of Clinical Operations at the University of Alabama School of Dentistry. Dr. Weems is a dental consultant to the

Alabama Department of Forensic Sciences, and Forensic Odontologist for the Jefferson County Medical Examiner's Office.

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## 2019 Mini-Medical School

Designed for individuals who want to gain a deeper understanding of the world of medicine, Mini-Medical School is a free, six-week series of lectures for adults of all ages and high school students co-sponsored with Christiana Care Health System.

Attendees learn about important trends in diagnosing and treating illness and general health topics. Faculty will provide in-depth lectures and allow time for questions to enhance the experience. There are no tests or grades. No previous medical training is required.

Thursday, March 7 - What is Nursing Today?

Thursday, March 14 - Clinical Research Trial - the basics

Thursday, March 21 - Aging and Memory, Memory Impairment, and Memory Care

Thursday, March 28 - What Does Innovation Have to Do with Health Care?

Thursday, April 4 - The Gene Editing Revolution

Thursday, April 11 - New Developments in Vascular Surgery

[Register Online](#) or call 800-693-CARE (2273)

# National News



AMERICAN PUBLIC HEALTH ASSOCIATION

*For science. For action. For health.*



This month's issue includes information about:

- [APHA Annual Congressional Record](#)
- [Suicide, Opioids Tied to Ongoing Fall in US Life Expectancy](#)
- [Focus on Nutrition, Physical Activity at School Level Can Pay off for Students](#)
- [LGBT Patients Prefer Sharing Sexual Orientation, Gender Identity in Writing](#)
- [People Who Skip Cancer Screenings More Likely to Die from Other Causes](#)
- [Hawaii Again Takes Lead Spot as Healthiest State in US Rankings](#)
- [E. Coli in Produce Shows Need for Better Tracking, Prevention](#)
- [Thousands Lose Coverage from Medicaid Work Requirements](#)

## Academy Spotlight

### Professor Rita Landgraf



Ms. Landgraf joined the University of Delaware's College of Health Sciences in early 2017 as professor of practice and distinguished health and social services administrator in residence. She also serves as director of the UD Partnership for Healthy Communities (PHC), a cross-college, cross-state initiative.

Ms. Landgraf served as Cabinet Secretary of the Delaware Department of Health and Social Services from 2009 to 2017, under Governor Jack Markell's administration. As Secretary, she led the principal agency charged with keeping Delawareans healthy; ensuring they get the health care they need; and providing children, families, individuals with disabilities and seniors with the essential services on which they depend.

[Learn more about Professor Landgraf](#)

### Delaware's State Health Improvement Plan

Charting a Course to Improve the Health of Delawareans



Health improvement consists of many parts - some simple, some complex - and many work together to create a healthier community. The State Health Improvement Plan (SHIP) addresses the needs of all Delawareans, and describes how the Delaware Division of Public Health (DPH) and the community it serves works together to improve the health of all citizens in their jurisdiction. The SHIP can be used to set priorities, direct the use of resources, and develop and implement projects, programs, and policies.

The Academy/DPHA is thrilled to be working with our colleagues at the University of Delaware's Partnership for Healthy Communities (including Academy Board Member Professor Landgraf), and the Division of Public Health to "steer" this SHIP into the future.

[Read the SHIP Needs Assessment and Recommendations Report](#)

[Read the Summary Document](#)

Check out the [website!](#)

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## February is...

African American History Month  
American Heart Month  
International Prenatal Infection Prevention Month  
National Cancer Prevention Month  
National Children's Dental Health Month  
National Condom Month

[Learn More](#)

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## Additional Resources

Trust for America's Health: Wellness and Prevention Digest -[Subscribe](#)

# The Delaware Academy of Medicine / Delaware Public Health Association

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