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TIMTalk

Hardly a moment of my workday goes by that I am not thinking, talking, or planning something related to COVID-19 and health equity. However, in the background are all of the other aspects of population and public health: the challenges, the interventions, the education and, increasingly, the missed opportunities.

I want to focus on the missed opportunities for a moment and make it personal. If you are a reader of this newsletter, I have some questions for you:

- Have you maintained your primary and specialty care visits?
- Have you had your routine dental checkup?
- How about routine immunizations for you and your family?
- If a significant medical emergency occurs to you, or those around you – can you muster the will to get to the nearest emergency department for proper care? Heart Attacks and Strokes don't care about COVID-19. Those rules of the game have not changed.
- Have you kept up on taking essential medications and following other healthcare provider recommendations?



Between COVID-19 and the increased awareness of structural racism (and the dismantling of it) in this country, we have much to be distracted by – but if we don't keep our eyes on all of the other things that we can control or follow through on, then we may pay a high price down the line. We hear every day about the second wave of COVID-19, but the first wave of a public health disaster of another type will be upon us if we backslide on prevention, primary care, and treatment of "everything else."

Please, now more than ever, be your and your family's own health advocate in all aspects – and keep social distancing and wearing that mask. COVID-19 will be around long enough, even if everyone takes responsibility for the welfare of themselves and those around them. Letting our guard down now is simply not an option.

Tim Gibbs, MPH, NPMc

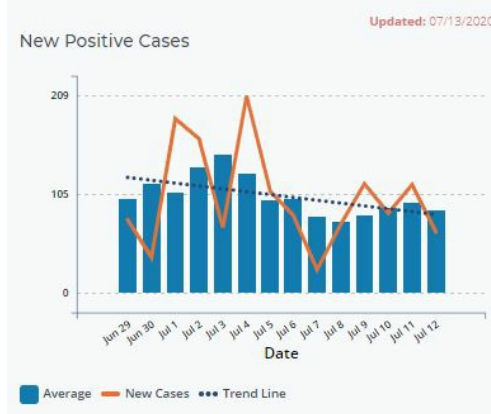
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COVID-19

On **June 15, 2020**, Governor John Carney transitioned Delaware to Phase II of re-opening ([guidance](#)). Phase III was [delayed](#) due to concerns about testing, mask use, and following basic public health precautions.

The latest numbers show:



- Over 13 million global cases, and over 500,000 global deaths
- Over 3.3 million US cases, and over 130,000 deaths
- In Delaware, over 12,000 cases, and over 500 deaths

Coronavirus Resources

Delaware Resources:

- de.gov/coronavirus

From the CDC:

- [Guidance](#)
- [Summary of Current Situation](#)
- [Information for Travel](#)
- [Information for](#)
 - [Businesses](#)
 - [Pregnant Women and Children](#)
 - [Schools](#)
- [Information for Health Professionals](#)

Centers for Medicare and Medicaid Services

- [Coronavirus Front Page](#)

Consortium of Universities for Global Health (CUGH)

- [May 19 COVID Newsletter](#)

Johns Hopkins

- [Resource Center](#)
- [Preparedness Pulsepoints Newsletter \(subscribe\)](#)

National Academies

- [Resources](#)

University of Washington

- [Resources](#)

United States

- [Government Response](#)

Coronavirus Funding Monitor

[Frontiers](#) has curated list of open funding calls and other support for researchers, non-profit organizations and commercial organizations, specifically for COVID-19 and coronavirus-related research. The list is updated daily.

Academy Updates

ChristianaCare Grand Rounds

On June 4, 2020, Dr. Omar Khan (President, Delaware Academy of Medicine / Delaware Public Health Association; CEO, Delaware Health Sciences Alliance) gave a Medical Grand Rounds presentation on Health Policy in the Time of COVID-19: Lessons from Global Health. That talk can be found at the link below.

[Health Policy in the Time of COVID-19](#)

Public Health Hang Out



The Mid-Atlantic Partnership brings you this weekly forum to discuss a series of topics related to COVID-19 in Pennsylvania, Delaware and Maryland.

Every Monday at noon, the Mid-Atlantic Partnership brings you information and resources on how public health professionals working from home can support the front lines in Pennsylvania, Maryland and Delaware. So, bring your lunch, your questions and your ideas and a FRIEND!

Registration is required!

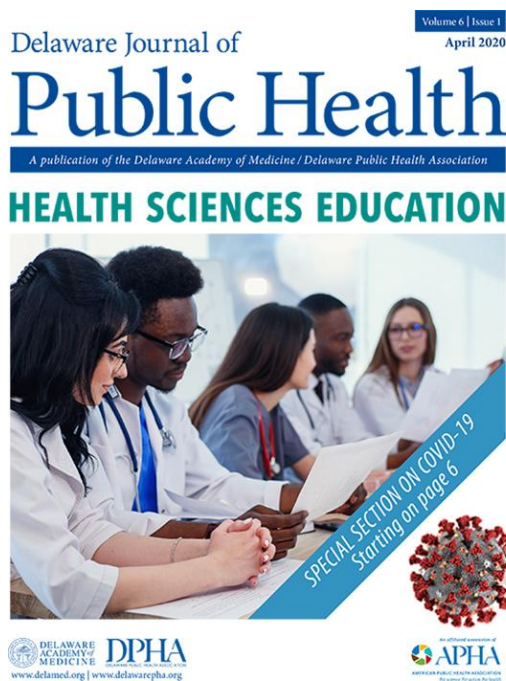
[Register here](#)

Previous Topics

- Mental & Behavioral Health Resources
- Volunteering / What can I do?
- Food Access
- Housing
- Education (K-12, undergraduate/graduate)
- Phases of Re-Opening
- Disparities and COVID-19
- Data Driven Solutions
- Immunizations

Delaware Journal of Public Health

Check out the new DJPH Website: <http://djph.org>



This issue of the Journal, guest edited by Dr. Neil Jasani and Dr. Omar Khan, focuses on education and public health. In this instance, we refer to higher education: training the healthcare workforce to operate in the realm of individual medicine and population health.

But there is an elephant in the room.

“Unprecedented.”

“Extraordinary.”

“Unparalleled.”

The global COVID-19 pandemic was unfolding as this issue of the Delaware Journal of Public Health was in final edit mode.

These times are unlike any other, as the profession of public health is taking center stage. The critical components of public health including (but not limited to) surveillance, epidemiology, infectious disease control and prevention, occupational health and safety,

communications strategies, and global health are in the forefront of media broadcasts, social media posts, and people everywhere are educating themselves on these key areas. More people than ever understand what the nature of our work is, and ultimately that is a good thing.

National News

Health Equity

Creating health equity is a guiding priority and core value of APHA. By health equity, we mean everyone has the opportunity to attain their highest level of health.



Inequities are created when barriers prevent individuals and communities from accessing these conditions and reaching their full potential. Inequities differ from health disparities, which are differences in health status between people related to social or demographic factors such as race, gender, income or geographic region. Health disparities are one way we can measure our progress toward achieving health equity.

How do we achieve health equity? We value all people equally. We optimize the conditions in which people are born, grow, live, work, learn and age. We work with other sectors to address the factors that influence health, including employment, housing, education, health care, public safety and food access. We name racism as a force in determining how these social determinants are distributed.

As APHA Executive Director Georges Benjamin, MD, writes in this U.S. News & World Report piece, "Health equity is a goal we can achieve, and it's within our power to do so. We have the tools and the knowledge to make health equity happen, but it's up to all of us to use them."

Read more about [APHA's work on health equity](#).

July is...

Juvenile Arthritis Awareness Month
National Fireworks Safety Month
Sarcoma Awareness Month

[And Much More!](#)

Additional Resources

Delaware Division of Public Health: [The DPH Bulletin](#)
Trust for America's Health: Wellness and Prevention Digest - [Subscribe](#)

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