



Update April 2021

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Khanversation



In a few months, I will transition the Presidency of the Delaware Academy of Medicine/Delaware Public Health Association to my friend, colleague (and now, a fellow [editor!](#)) Dr. S. John Swanson. John is an amazing and accomplished physician: a talented transplant surgeon who has literally helped save hundreds of lives through the work he and his team have led at ChristianaCare. John has impacted thousands more in other dimensions of service including as part of our uniformed services (you can read more [here](#)).

Most recently, John served as Guest Co-Editor (along with Dr. Charmaine Wright) of our current DJPH issue on [Intellectual & Developmental Disability](#) (IDD). I hope that you get to know some part of his personal journey, through his role as a father as well as a physician. I know that in Dr. Swanson we will continue our tradition of leading through actions, not just words; by living and committing to our mission, not just paying it lip service.

Our 2021 Annual Meeting looms large in the windshield. Having put (some of) the worst of COVID-19 behind us, we still remember the wise edict that 'objects in the rear view mirror may be closer than they appear.'* Thus, as we plan for this hybrid meeting, we take into account all sorts of rules of the road, whether federal, local, or common-sense.

Our keynote speaker is my dear friend and colleague from our previous lives in Vermont – Dr. Geoff Tabin. A legend in global health and ophthalmology (and as a world-class, Everest-scaling mountaineer), Geoff established the [Himalayan Cataract Blindness](#) with his co-founder, Dr. Sanduk Ruit. He has been featured on NOVA (PBS), National Geographic, and most recently was a winner of the NY Times [Holiday Impact Prize](#). He has authored the book "Blind Corners" and been the subject of the award-winning "Second Suns." While he was originally slated for last year's meeting (not solely so I could make 20/20 puns, but it was a factor), we are honored that Dr. Tabin will join us this year for our first hybrid meeting!

As Dr. Swanson takes the helm, I will continue to serve as Chair of the Governing Council of the Delaware Public Health Association, and dedicate more time to my role as editor in chief of the DJPH. In concert with our leadership team, we aim to keep bringing you topical and timely issues covering all manner of public health themes important to Delaware and the world. We may be a small state, but we punch way above our weight class.**

Colin Chapman, the founder of Lotus Cars, famously said, [Simplify, then add lightness](#). To "add lightness," that is, to reduce unnecessary structural burdens, improving speed and efficiency. A poster on my university dorm room less-famously said, "When forced to choose, take both." We will continue to reconcile, usually successfully, these dual aims of thoroughness and efficiency. With your teamwork and support, we will build this car while driving it, and help shape the future as we go.

It is always a privilege to be your colleague. Having the honor to serve our patients, community and has been the high point of my professional life. Thank you for allowing me to do so. Unfortunately for you, dear reader, *the Khanversation* will continue, with its terrible car puns, frequent tangents, and occasional insights. I look forward to many more miles of enjoyable driving with you!

**Wisdom courtesy of your nearest car side mirror or Meat Loaf, depending on your tastes.*

***see also: Joseph R. Biden Jr., 46th President of the United States, and a Delawarean. Also, in case Pennsylvania and Massachusetts were wondering, America actually started here :-)*

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National Public Health Week

#NPHW: Building Bridges to Better Health

National Public Health Week will take place virtually on **April 5-11** this year. The 2021 theme is "Building Bridges to Better Health." it's more important than ever for us to all come together in the midst of the COVID-19 pandemic.



Check out all the activities in Delaware and nationally during the week at our [website](#).

Highlights of the week include:

- [Twitter Live Chat](#), Wednesday, April 7th at 2pm E.T. **#NPHWchat**
- Academy/DPHA Photo Contest: What Public Health Means to You
- University of Delaware Panel: "[Rebuilding Community During COVID-19](#)" Panel, Monday, April 5 from 5:00 - 6:00 pm

American Public Health Association #NPHW Events (all events can found [here](#)):

- [NPHW Forum 2020](#): Strengthening Community from the Grassroots (Mon, April 5)
- [AJPH and NPHW: A public health dialogue](#) (Tue, April 6)

APHA POLICY ACTION INSTITUTE

APHA's Virtual Policy Action Institute brings the importance of policy to the forefront during National Public Health Week. Join elected officials, policy experts and influential speakers as they explore such topics as health equity, COVID-19, climate change, the federal health agendas and how to effectively communicate across party lines.

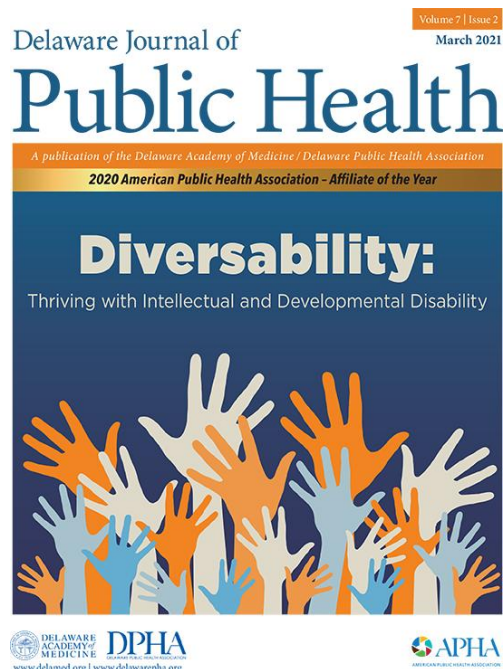
April 8-9, 2021 from 1:00 - 4:30 pm EST

[Learn more](#)

Delaware Journal of Public Health

djph.org

Diversability: Thriving with Intellectual and Developmental Disability



We have one overarching goal for this issue: to encourage everyone to think of people with an Intellectual or Developmental Disability as differently-abled; as full members of our community who deserve our compassion, our respect, and our support.

This issue seeks to provide a guide to providers on what options they have to recommend and offer their patients with IDD and their caregivers to promote best health and life options.

Read the issue [here](#)

Save the Date!

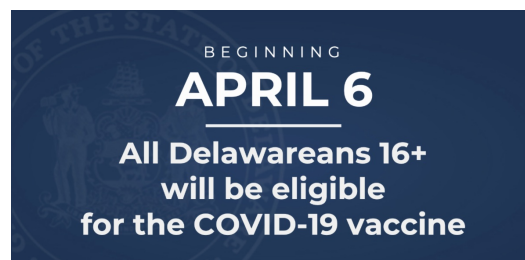
Tuesday, April 6

COVID-19 Vaccination Available to All Delawareans 16 and Older

Beginning April 6, any Delawarean aged 16 and older will be eligible for the COVID-19 vaccine!

Both before and after receiving the vaccine, you should continue to wear a mask, maintain distancing, and wash your hands frequently!

Check out [Delaware's Vaccine Information Page](#) to register for an appointment!



de.gov/covidvaccine

Monday, May 3

The Role of Primary Care in Addressing the Moral Determinants of Health

In partnership with the Delaware Health Sciences Alliance and ChristianaCare, we are pleased to present ***Medical Grand Rounds: The Role of Primary Care in Addressing the Moral Determinants of Health***.

Don Berwick, MD, MPP, FRCP is the President Emeritus and Senior Fellow in the Institute for Healthcare Improvement, and is also former Administrator of the Centers for Medicare and Medicaid.

[Click here to learn more.](#)



Wednesday, June 2

Academy/DPHA Annual Meeting



The COVID-19 pandemic forced the cancellation of many things last year, including our **Annual Meeting**. This year, we're making up for it! Join us at Deerfield Country Club as we hear from [Geoff Tabin, MD](#), co-founder and Chairmain of the [Himalayan Cataract Project](#), and Professor of ophthalmology and Global Medicine at Stanford University.

Dr. Tabin is the fourth person in the world to reach the tallest peak on each of the seven continents, he has published more than 45 peer-reviewed articles, two books, and a dozen book chapters related to his work in ophthalmology and the developing world.

Academy Updates

Mini Medical School

Once again, the Academy/DPHA is partnering with ChristianaCare to offer Mini Medical School!



ChristianaCare



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Mini-Medical School is a free six-week lecture series offered for adults of all ages and high school students. Attendees learn about important trends in diagnosing and treating illness and general health topics. There are no tests or grades. No previous medical training is required. Participants who attend all six sessions will receive a Certificate of Achievement.

This year, we are offering lectures on the intersection of behavioral health, physical health, and the social determinants of health; an update on Delaware's COVID-19 response; prostate screening and treatment options; gynecology and minimally invasive gynecologic surgery; and racism and health.

Mini Medical School will be held on Thursday nights, for six weeks (April 15 - May 20), from 7:00 - 8:30 pm.

[View the Whole Schedule here!](#)

National News

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

Once again, New Castle County is the healthiest in Delaware and Kent County is the least healthy county, according to the annual County Health Rankings, released yesterday by the University of Wisconsin Population Health Institute (UWPHI).

This year's Rankings provide communities with a local snapshot of the most recent data available.

Counties in **Delaware** have seen improvements in a number of areas, including a decrease in alcohol-impaired driving deaths, teen births, and air pollution particulate matter. The state has also seen an increase in primary care physicians, dentists, and mental health providers.

The Rankings also provide a tool for communities in each state to identify opportunities for improvement, including increases in the number of sexually transmitted infections and death before the age of 75.

Check out the [County Health Rankings](#), and [Delaware Specific Data](#) here!

April is...

Alcohol Awareness Month
Autism Acceptance Month
Donate Life Month
IBS 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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Delaware Public Health Association**

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