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## The *Khanversation*

With each new year comes the dual sense of 'how quickly the last year went by' and perhaps in these COVID years 'wow, I'm glad that's behind us.' Yet change never really is behind us; it's always a part of life. Retreating or hiding from it simply is not an option. Anticipating and responding to it leads one to Louis Pasteur's famous '*fortune favors the prepared*;' change is unexpected for everyone; but those with preparation do better.

In medicine and public health, the opportunities to anticipate and manage inexorable change are plentiful. Environmental health, climate change, infectious disease preparedness - the list goes on. There also is genuinely no option if one is to survive and succeed. A lack of anticipation or responsiveness renders one inert, without agency, at the mercy of circumstance. Failing to plan is indeed planning to fail; a bit harsh, perhaps, but it suggests that change can be unforgiving to those who simply wish it wouldn't happen. And when it inevitably does, when that storm one wishes wouldn't hit does, when the inevitable floodwaters rise, when the entirely anticipatable disasters strike, they ruin our homes, our lives and leave a wake of destruction, much of it preventable.

Prevention really is the engine powered by anticipation. It spurs us to take actions recognizing the spectrum of *possible, probable, inevitable*. Preparing for this spectrum of events, whether natural or man-made, is what the work of public health entails - so we can keep those events from manifesting in the world of medicine: frequently the curative and reactive arm of health.

Yet even with recognition of patterns, with cognitive insights, we humans fail to prepare. Why is that? We wish the inevitable didn't occur. We hope something will take the decision out of our hands. We doubt anticipatory evidence in favor of outmoded thought. And, this way of thinking is embedded in areas far beyond just health. As always, we turn to the world of automobiles to illustrate this.

Hybrid and electric-only automobiles are a reality. Between 10% and 12% of new cars sold in the US are hybrid or electric vehicles (EVs). And, while more than 1 in 10 cars is a hybrid or EV, less than 1 in 100 new cars in the US is a 3-pedal manual transmission. Indeed, most new drivers this year will never encounter a stick shift. And that would be a tragedy, because unlike climate change or home-wrecking disasters, this one might save your life. Anecdotal evidence and the odd [scientific paper](#) (no doubt by a gearhead) indicate better attention when driving a stick shift car; going so far to suggest that teens with ADHD are much less distracted (and thus safer) driving a car with a manual transmission rather than an automatic. So how does this argue for change preparation? Because only by recognizing the inevitable pressure to change will we adapt and preserve the things most important to us.

Hybrid/EV and indeed self-driving cars are part of the future. And quite honestly, they should be. Distractedly piloting a 5000-lb metal object among other similar objects (and distracted occupants) makes accidents inevitable. Solution? Harness the newfound interest in electric power to truly revolutionize the automobile. Improve the morning and evening workday commutes from joyless and likely distracted experiences, to ones where the occupants can catch up on email, the news, or simply listen to music, while being automatically transported to work. Of course, this means far more than self-driving cars: it means an inter-connected technology infrastructure to keep cars from bumping into each other. The benefits? Get the commute done on weekdays in a safer fashion. And for weekends, pull out one's



favorite stick shift and focus on driving, not a cell phone.

Change is not the enemy, but failing to prepare for it is painful. Anticipation has other benefits too: we get to shape the future, appreciate it and enjoy it. The first-generation EVs were not enthusiast-oriented automobiles. Today's EVs are generally quicker than any gas-powered counterpart. A 0-60 mph acceleration time of under 5 seconds used to be supercar territory; today there are many EVs meeting this benchmark. We now live in a world of electric KIAs that are quicker than contemporary gas-engined Lamborghinis and Ferraris (which themselves are embracing EV tech for the sake of the driving experience).

Our worlds- whichever we inhabit- show clear lessons for us. Adapt and enjoy; or ignore the inevitable at our own peril. Helping create the future can be a beautiful thing. Time to shed the behaviors of the past and take control of our destiny. May the new year imbue us all with a hopeful spirit, and guided by love and insight, may we continue to improve ourselves and our world and always *drive on*.

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## Academy/DPHA Events



### **2023 Mid-Atlantic Regional Conference Public Health & Climate Change: Response, Policy, and Implementation**

**March 16 & 17, 2023**

The Delaware Academy of Medicine/Delaware Public Health Association (Academy/DPHA), Maryland Public Health Association (MdPHA), and Pennsylvania Public Health Association (PPHA) are proud to bring the third annual (and first hybrid) conference to public health communities in the Mid-Atlantic Region!

Extreme weather events in recent weeks are a reminder that climate change and public health are inextricably connected. Adapting public health policy to address the climate crisis is key to protecting and strengthening our communities.

[Learn More and Register Here!](#)

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### **93rd Annual Meeting of the Delaware Academy of Medicine**

**Wednesday, April 26, 2023 | 6:00 - 9:00 pm**  
DuPont Country Club

Please join outgoing President, S. John Swanson, M.D., incoming President, Mr. Lynn C. Jones, LFACHE, and the board and staff of the Academy/DPHA at the DuPont Country Club as we honor Lolita Lopez and Westside Healthcare, hear from HRSA Workforce leader Dr. Michelle Washko, and welcome a new slate of officers and directors!

[Register and Learn More](#)



**Save the Date!**

# SAVE THE DATE

**Parkinson's Disease Symposium**  
**April 14, 2023**  
**8:00 a.m. to 4:30 p.m.**

**University of Delaware – Clayton Hall**  
**100 David Hollowell Drive, Newark, DE 19716**



To register, scan the QR code or visit  
[ChristianaCare.org/ParkinsonsEvent](https://ChristianaCare.org/ParkinsonsEvent)

**A FREE**  
**community**  
**education event**  
for Parkinson's Disease  
patients, their caregivers  
and providers.



**March 2-3, 2023**

Mark your calendars for March 2, at 6 pm for a special 24 hours of giving! We are once again participating in the #DoMore24DE event!





## 2023 Mini Medical School

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

**Thursday Evenings**  
**April 6 - May 11, 2023**  
**7:00-8:30 pm**

Attendees will 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. Participants who attend all six sessions will receive a Certificate of Achievement.

Spring 2023 Delaware Mini Medical School is co-sponsored by ChristianaCare.

[Registration opens soon.](#)

## Tech Impact Open House

Tech Impact, a nonprofit created to assist other nonprofit organizations with technological projects and support, celebrated the opening of their new offices at the Delaware Data Innovation Lab (DDIL) at University of Delaware's STAR Campus on January 23, 2023.

The open house began with a reception, followed by remarks from Tech Impact's DSO Ryan Harrington and CEO Patrick Callihan, Lieutenant Governor Bethany Hall-Long, and Delaware Department of Technology and Information's CIO Jason Clarke.



Attendees were then guided upstairs for a tour of the new office, and provided demos of projects done from each of the DDIL fellows—two of which were done on behalf of the Academy / DPHA for our APRA funded Delaware Health Force Initiative.

## Delaware Journal of Public Health



## Delaware's Healthcare Workforce

Across the country and here in Delaware, people in racial and ethnic minority groups experience higher rates of poor health and disease for a range of health conditions, including asthma, cancer, diabetes, heart disease, hypertension, obesity, and preterm birth.

These health disparities are preventable, and can affect many other populations of people (i.e. those with disabilities, women, the LGBTQI+, people for whom English is not their primary language, and recent immigrants). By increasing awareness of these disparities and creating interventions to address them, we can improve health equity.

[Read the Issue](#)

## Additional Resources

Delaware Division of Public Health - [The DPH Bulletin](#)

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

Johns Hopkins Infectious Diseases COVID-19 Grand Rounds - [View Schedule](#)

### Academy of Medicine 2021 - 2023 Board of Directors

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