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In this newsletter:

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- Other Events
- New Issue of DJPH

WordSmith

Summer my favorite season. It’s the time of warm weather, beaches, and pools. It’s a time for family vacations and for children to run free and play in the dirt. It’s the time of thunderstorms, cool drinks on the porch, and barbeques. It’s also the time the temperature and humidity seem to rise exponentially. So, how do I enjoy the hotter months?

1. I wear sunscreen.

Did you know, in 2020, only 12.3% of men and 29.0% of women aged 18 years and older always used sunscreen when outside on a sunny day for more than an hour (CDC)? Regular daily use of an SPF 15 or higher sunscreen reduces the risk of developing squamous cell carcinoma by about 40% (skincancer.org). Get some SPF 30 or greater and make sure to reapply every two hours!

2. I stay hydrated.

I drink lots of water, and try to avoid alcohol, caffeine, and drinks with a lot of sugar. I eat smaller meals with lots of fresh foods (especially those with higher water content, like watermelon). This is an easy way of getting my recommended five fruits and veggies each day (my summer diet includes a lot of salads and smoothies).

3. I use water thoughtfully.

I use cool water for showers, or sometimes make cool compresses for my forehead, the back of my neck, and my wrists. I also go swimming in a local pool or (my favorite) the beach. Keep in mind that drowning can happen at any time; it can be prevented by supervising access to pools, teaching people and children how to swim, wearing life jackets when boating and swimming, and not using drugs or alcohol before or during water activities (CDC).

4. Timing is everything.

I finally turned on my air conditioning at the beginning of this month; I was fine with the temperature, but the humidity was getting ridiculous. If you don’t have A/C, you can make your own with a shallow bowl of ice in front of a fan. I also switched up my exercise routine – I work out inside or in the earlier mornings or later evenings when it’s cooler; instead of running outdoors, I swim, or play in the pool.

*Summer is a time most of us take a break (you’ll notice we skipped the June issue of this newsletter entirely), dial back our working hours a little, and reset. So, take a break and have a look through the content below: we’ve been honored for our work on the Healthcare Workforce Initiative; we’ve got a new issue of the Journal for you on Homelessness, Poverty, and Public Health; and we’re putting together a second Mini Medical School session for August/September.

I hope you have a great summer; don’t forget your sunscreen

Kate Smith, MD, MPH
Program Manager & Clinical Liaison,
Delaware Academy of Medicine/Delaware Public Health Association
2023 Drexel LeBow Analytics 50 Award Recipient

The Academy/DPHA is delighted to announce that it has been honored with the prestigious 2023 Drexel LeBow Analytics 50 award. The Drexel LeBow Analytics 50 is a nationally recognized accolade that celebrates organizations for their exceptional use of analytics in tackling business challenges. A panel of distinguished researchers and practitioners meticulously evaluated each nomination, considering factors such as the intricacy of the business challenge, the implementation of the analytics solution, and its tangible impact on our organization.

The Academy/DPHA’s success in winning this award is attributed to the outstanding efforts of its staff members, including Matt McNeill, Nicole Sabine, and Alec Sporn; staff from Tech Impact including Héc Maldonado-Reis, Evan Miller, Kaitlin Canalichio, Ryan Harrington; and our colleagues at Agile Cloud Consulting including Tim Ay, Peter Santamaria, and Sharif Shaalan.

Other Events

Delaware in 2040 Virtual Policy Forum

Hosted and facilitated by the University of Delaware’s Institute for Public Administration in partnership with the Delaware Department of Transportation, Division of Planning, we proudly present:

Delaware in 2040
Demographic Changes and the Impacts on Infrastructure
Virtual Policy Forum
This webinar will highlight the history and influence of the Delaware Population Consortium (DPC) and the state's demographic projections, which are approved on an annual basis by the DPC. The DPC's current work and demographic trends impacting Delaware will also be highlighted, and we will have a panel discussion focusing on the impact of our aging population in Delaware.

Speakers will include:

- Edward Ratledge, Director, University of Delaware Center for Applied Demography & Research
- Dan Blevins, Principal Transportation Planner, WILMAPCO, Delaware Population Consortium Chair
- Carter Thompson, Director of Appropriations for Senator Chris Coons
- Melissa Smith, Director, Division of Services for Aging and Adults with Physical Disabilities
- Timothy Gibbs, Delaware Academy of Medicine and the Delaware Public Health Association

Additional information is coming soon.

Webinar attendees will have an opportunity to ask questions of the speaker and respondents.

Contact Sean O'Neill with questions about this event.

Learn More and Register Here

Delaware Journal of Public Health

Homelessness, Poverty, and Public Health

Homelessness, poverty, and substandard housing are urgent public health concerns with widespread implications. They contribute to the spread of diseases, expose individuals to environmental hazards, and worsen physical and mental health. Homeless and inadequately housed people face increased health risks, limited healthcare access, and mental health challenges.

Addressing these issues requires collaboration between healthcare, housing, and social services to improve affordable housing, healthcare access, and support networks. The Delaware Journal of Public Health highlights these concerns and emphasizes the need for immediate action.

Read the issue

Message of the Month
Preventive Screening Can Lead to Early Detection!

The Delaware Health Care Commission identifies four (4) new health quality benchmarks for 2022-2024:

- **Breast Cancer Screening** for women ages 50-74
- **Colorectal Cancer Screening** for individuals ages 50-75
- **Cervical Cancer Screening** for women of various age groups
- **Percentage of Eligibles Who Received Preventive Dental Services** ages 1-20 and who are enrolled in Medicaid or CHIP Medicaid.

For yourself, for a loved one, for everyone - take action today!

### Additional Resources

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

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