Happy July, friends!

It’s my favorite time of year – the days are longer; my flip flops are always an option; barbeques are firing up; and the beach is just a hop, skip, and a jump away!

I’ll admit, I’ve already taken one vacation this summer – at the beginning of June I spent a week with twenty-two of my shipmates and sailed the Kalmar Nyckel down the Chesapeake to Norfolk, VA. Get ready for a bunch of nautical metaphors, y’all, because do you know what I realized? Sailing a ship is a lot like public health.

1. **One person cannot sail a ship** (at least, not one the size of the Nyckel). It takes a team of people working together, each of them doing what they do best, to keep her afloat and moving the way we want her to go. Likewise, public health is not just one thing: it’s a bunch of people like you and me, leaning into our expertise, to help move the health of the population forward.

2. **Sometimes we have to deviate our course a little**, to respond to bad weather, or to do some maintenance, but we always get back on track eventually. Sometimes in public health, our focus shifts to one thing (pandemic, anyone?) because it becomes super important. But eventually, we focus again on the finish line: increasing the health of all Delawareans.

3. **Sometimes life just works against you** – at one point, the ship was stuck on a dock because, despite our efforts, the wind and the tide were just not working with us at all. What did we do? Had a movie night on deck and tried again in the morning. Public health is making data-based suggestions for the good of the overall health of the population, which sometimes don’t align with individual views and beliefs. Sometimes there is push back. But it’s okay, we can always take a break, have a movie night, and try again in the morning.

Okay, that’s enough metaphors for one column. Make sure you check out the rest of the newsletter – it’s got information about signing up for the APHA Annual Meeting and Expo (held at the end of October. In Minneapolis. My feet are already cold just thinking about it, but I’ll see you there – with lots of layers on!)

I hope you have a great summer! Make sure you wear sunscreen, drink lots of
Violence as a Public Health Issue

Violence is not only a major public health issue but also a fundamental social determinant impacting various health outcomes. From mental and physical trauma resulting from conflicts to restricted healthcare access in unsafe neighborhoods, the repercussions of violence are profound.

The World Health Organization (WHO) recognized violence as a major public health issue in 1996, defining it as “the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation.” In 2002, WHO
published the first World Report on Violence and Health. Recently, U.S. Surgeon General Dr. Vivek Murthy issued a landmark advisory on firearm violence, declaring it a public health crisis in America.

In this issue, we explore innovative perspectives on this critical public health topic, particularly as it pertains to Delaware. Our goal is to advance strategies for mitigating violence both locally and globally.

2024 Annual Delaware Healthcare Workforce Summit

Heads Up: Registration Opens Late July!

Date: Wednesday, September 25, 2024
Time: 9:00 AM to 4:00 PM
Location: Dover, Delaware – facility to the determined

Summit Theme: Recruit, Reframe, Retain, Retrain, and Resilience – Doing everything we can to address Delaware’s healthcare workforce challenges.

Additional details to follow. Please bookmark our website and check your email for future communications.

Delaware Healthcare Workforce Recruiting
DELTAWARE DAY 2024
HEALTHCARE RECRUITMENT

Date
08/23/2024
9:00AM – 1:00PM

Location
AMMON EDUCATION CENTER AT CHRISTIANACARE
4755 Ogletown Stanton Rd
Newark DE 19718

Recruiters will be on site to discuss career opportunities with individuals seeking employment as a physician, advanced practice provider, and nurse.

Contact Us
SAUSTIN@DHSA.ORG
Website
WWW.DHSA.ORG

APHA's 2024 Annual Meeting and Expo
Registration is Open!
Join APHA in Minneapolis from Oct. 27-30 for the biggest public health event of the year. Learn about all of the most pressing public health topics, hear from the biggest names in public health, engage with colleagues old and new and connect with vendors and partners in the expo hall!

Register before the July 15 early-bird deadline to get the best rates, and don’t forget — members save up to $300 on registration.

Become a Member and Stay Connected!

Want to become a member?

Join 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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