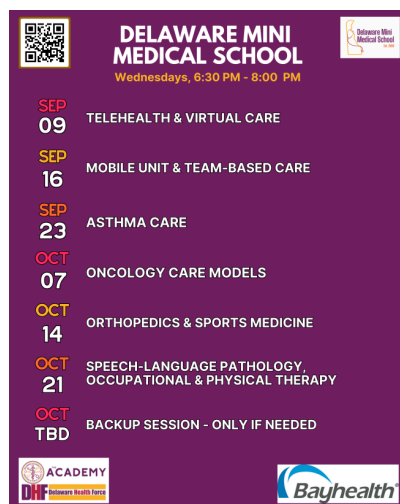




In this Newsletter:

- **Academy News:** DE Mini Med, 2026, DYMA Workshop Recap, New Members
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Academy News



Delaware Mini Med: Registration is Still Open!

Join us for the Fall 2026 Delaware Mini Medical School, a virtual series exploring a variety of health care professions, specialties, and models of care. Sessions will be held on Wednesday evenings from September 9 through October 21, 2026, from 6:30–8:00 p.m.

Topics include Mobile Unit & Team-Based Care, Telehealth & Virtual Care, Rehabilitation Services, Asthma Care, Oncology Care Models, and Orthopedics & Sports Medicine.

[Register Here](#)



SOS for Health Day of Action

On September 24, The Academy led Delaware's part in SOS for Health, a national Day of Action for public health. We partnered with APHA and Public Citizen and ran the campaign fully online under the theme "Delaware Delivers. Delaware Defends. Don't Let D.C. Take It Away."

We shared short videos from [Insurance Commissioner Trinidad Navarro](#); [Dr. Kate Smith](#), The Academy's Executive Director; [Jennifer Horney](#), chair of the University of Delaware's epidemiology department; and [Tim Gibbs of Delaware Health Force](#). We also posted stories from [community partners](#) and [Board members](#), gathered through a survey.

The posts celebrated Delaware's wins, like new health laws and a growing health care workforce. They also warned about federal cuts and expiring ACA tax credits that could hurt Delaware families. Each post asked people to join our email list.

Follow us on facebook!



DE Early Voting Information

Your Vote as a Public Health Tool

When we think about health, we often picture doctors and hospitals. But many things that keep us healthy are decided by the people we elect.

Health starts with policy

Researchers who studied more than 40 years of data found that changes in state policies since the 1970s played a big role in the stall and recent drop in U.S. life expectancy (**Montez et al., 2020, The Milbank Quarterly**). State rules on tobacco, labor, civil rights, and the environment appear to be key levers for helping people live longer.

A Delaware example

In 2002, Delaware lawmakers banned smoking in enclosed public places (**Delaware General Assembly, SB 99**). They noted that secondhand smoke raises the risk of asthma in children and nearly doubles the risk of heart attacks. That protection exists because elected leaders voted for it.

Voting is part of community health

The federal Healthy People 2030 initiative lists taking part in elections as a form of civic participation that affects health (**Healthy People 2030**). From state lawmakers to county leaders, each office shapes how easy it is to live a healthy life.

Make your voice heard

You don't have to be a health expert to make a difference. You just have to show up.

October is Down Syndrome Awareness Month

October is Down Syndrome Awareness Month, a time to celebrate people with Down syndrome and their contributions to our communities. Down syndrome happens when a person has a full or partial extra copy of chromosome 21. It is the most common chromosomal condition in the U.S. About 5,700 babies are born with Down syndrome each year, or about 1 in every 640 births (**CDC**).

Better health care and inclusion are making a real difference. Life expectancy for people with Down



Learn More

syndrome has risen from 25 in 1983 to about 60 today (**National Down Syndrome Society**).

Delaware families have strong local support. Founded by parents in 1979, the **Down Syndrome Association of Delaware** now serves more than 600 people with Down syndrome through education, advocacy, programs, and community events. The **321foundation**, started by Delaware families, works to empower people with Down syndrome and other disabilities through advocacy, education, and support.

This month, take time to learn more, use people-first language, and support inclusion in schools, workplaces, and community life..



DYMA x Nemours Sim Workshop

On September 13th, DYMA scholars participated in a hands-on simulation workshop in partnership with Nemours Children's Health. Scholars practiced IV placement, nasogastric (NG) tube placement, and lumbar puncture techniques through interactive, hands-on simulations. Some scholars also had the opportunity to stay afterward for a tour of the hospital, providing additional insight into the healthcare environment and the work of medical professionals.

New Member Spotlight

The Delaware Academy of Medicine and Public Health is pleased to welcome our newest members! We are excited to have these accomplished professionals join our growing community and look forward to the knowledge, experience, and perspectives they will bring to the Academy.

Please join us in welcoming:

Claire H. Rudolph, MSM, CPHQ
Jordan Weisman, PSY.D

We are delighted to have them as members and look forward to their engagement and contributions to the Academy's mission and vision.

DE Offers Private Well Testing for PFAS

Delawareans with private wells can now get their drinking water tested for free. The Delaware Department of Natural Resources and Environmental Control (DNREC) and the Division of Public Health are running the program together.

Tests check for PFAS, also called "forever chemicals." They also check for bacteria like E. coli, plus nitrate, fluoride, sodium, and other substances. Federal drinking water rules don't cover private wells, so homeowners usually have to test and care for their own water.

If a test finds high levels of certain contaminants, residents will get advice on next steps. Some households may also qualify for help paying for water treatment. The program is part of Delaware's 2026 PFAS Implementation Plan.

To sign up, fill out **DNREC's well testing questionnaire**.

DE Gov Awards \$23M to FQHCs Through RTP

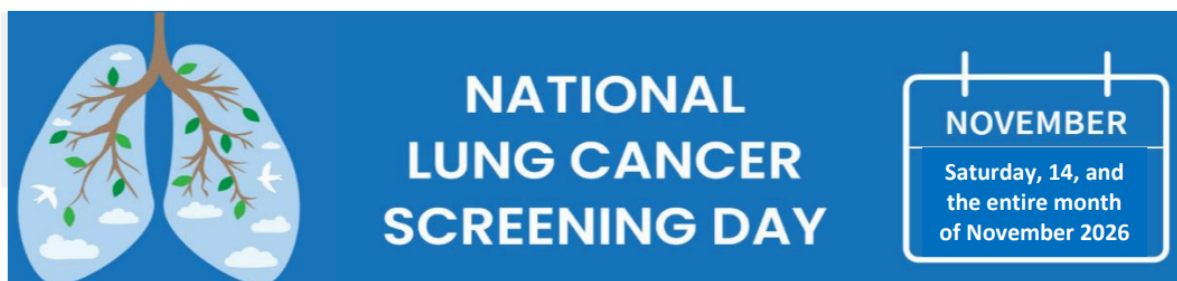
Governor Matt Meyer and the Delaware Department of Health and Social Services announced nearly \$23 million in Rural Health Transformation Program funding for Delaware's three Federally Qualified Health Centers. Westside Family Healthcare will receive \$11.3 million for a new medical records system, two mobile health units, and a van to reach rural and farm communities. La Red Health Center will receive \$10.1 million to improve access for underserved patients in Sussex County. Henrietta Johnson Medical Center will receive \$1.29 million to grow its care team. The money comes from Delaware's \$157.4 million federal award for the program's first year.

Delaware Health Officials: Be Alert for Whooping Cough

Delaware health officials urge schools and parents to watch for whooping cough after possible school spread. Surgeon General Dr. Neil Hockstein reports 13 cases this year, not a major surge. Vaccination prevents it. Cold-like symptoms can turn into severe coughing fits, which are especially dangerous for children.

What else we are reading:

- [Delaware healthcare spending 'unsustainable,' health secretary says](#)
- [Delaware health officials warn residents of possible measles exposure in Rehoboth Beach, Sussex County](#)
- [New federal rules could end Medicaid coverage for hundreds in Delaware](#)
- [Delaware health officials urge adults to get colon cancer screenings](#)
- [Are your medical records updated? Probably so, thanks to Delaware Health Information Network](#)



National News

As diseases loom: fears of agency reliability rise

Many public health experts worry they can't trust health data from the Centers for Disease Control and Prevention (CDC). Pennsylvania officials said two people died from measles, but Health and Human Services Secretary Robert F. Kennedy Jr. questioned the deaths, and the CDC removed them from its website. Normally, the CDC accepts states' findings on causes of death. Former CDC leaders say this is dangerous and could weaken trust between states and federal health officials. Experts also fear data on flu, COVID-19, and RSV could be held back. Without reliable data, they warn, more people could get sick and die.

Trump threatens entire US health system

The federal government is removing 760,000 people from the Affordable Care Act (ACA) marketplace. Centers for Medicare & Medicaid Services Administrator Dr. Mehmet Oz and Vice President JD Vance said the cuts target fraud and people who don't qualify. Officials are also investigating about 420,000 more people and pausing new insurance brokers for six months.

Officials did not share how many removed people were fake or signed up without knowing. Some enrollees lost coverage because they didn't respond to a notice within 30 days.

People can appeal, but experts say extra paperwork often pushes eligible people off coverage. Experts warn this could raise premiums and strain hospitals and clinics, making care harder for everyone to get.

For women, healthcare barriers extend into work and family life

A new Gallup-Pivotal Women's Health Survey of more than 5,000 U.S. adults, conducted in July 2026, finds that women face more negative health care experiences than men. Half of women (51%) report at least one of four problems in the past five years: dismissed symptoms, misdiagnosis or no diagnosis, missing answers, or conflicting recommendations. That compares with 39% of men. Women are also more likely to wait three months or longer for a diagnosis, a gap that holds even for the same types of conditions. Forty-two percent of women say they have had to advocate for their own health, versus 26% of men.

These experiences reach beyond health. Among working women, 42% say their health has limited their careers, and many report harder caregiving and less community involvement. Menopause adds further challenges: 40% of women who have experienced perimenopause or menopause say it has negatively affected their life or work.

What else we are reading:

- [Shortages of crucial cancer medications continue to impact US healthcare](#)
- [How to fix U.S. healthcare? 'Radical action,' says John McDonough.](#)
- [Health care costs a major concern for voters ahead of midterms](#)
- [A Closer Look at the \\$50 Billion Rural Health Transformation Program](#)

Global News

Report: healthcare in Africa "strained" after US withdrawal from aid programs

A new report from the Accra Reset, a global health initiative led by Ghanaian President John Dramani Mahama, warns that U.S. aid cuts have put health care in Africa and the Global South under growing strain. External health financing in Africa fell nearly 70% between 2021 and 2025. The dissolution of USAID forced Nigeria to absorb 28,000 health workers, while the loss of PEPFAR funding closed HIV clinics across South Africa, leaving 1.4 million people with HIV uncertain about treatment. The report argues that countries should lead their own health systems rather than depend on donors, noting Africa

produces less than 1% of its vaccines despite carrying 25% of the global disease burden. Separate polling found 75% of Americans support restoring Ebola prevention aid.

Global leaders recommit to protect world from future pandemics

World leaders gathered at the United Nations on September 25, 2026, for the second High-level Meeting on pandemic prevention, preparedness, and response. They renewed their commitment to making the world safer from future pandemics and called for sustained, more equitable investment. Leaders noted progress since the first meeting in 2023, including adoption of the WHO Pandemic Agreement, amendments to the International Health Regulations, and new global centers for disease surveillance and local vaccine manufacturing. WHO Director-General Dr. Tedros Adhanom Ghebreyesus warned that continued action is needed, noting COVID-19 was linked to more than 20 million excess deaths. Countries urged finishing negotiations on a system for sharing pathogens and the vaccines and treatments developed from them. That annex must be adopted in May 2027 before countries can begin considering ratification of the Pandemic Agreement.

US Senator warns OMB about unspent global health funding

Sen. Susan Collins (R-Maine), chair of the Senate Appropriations Committee, is urging the Trump administration to spend \$1.3 billion in global health funding before it expires on September 30. In a letter to Secretary of State Marco Rubio, OMB Director Russell Vought, and Eric Ueland, who oversees what remains of USAID, Collins said the money should fight public health threats as Congress intended, not expire or cover costs of closing USAID. The funds were meant to protect maternal and child health and counter HIV/AIDS, malaria, and tuberculosis. Her letter follows a warning from Sens. Patty Murray (D-Wash.) and Brian Schatz (D-Hawaii) that the administration is redirecting more than \$2 billion in foreign aid, including the global health funds, toward shutting down USAID. They say the administration also plans to let another \$725 million expire.

What else we are reading:

- [Planetary crisis heightens global inequality of health opportunities](#)
- [Children's Heart Disease: A Health Crisis Governments Are Overlooking](#)
- [What we know about the spread of Ebola amid growing outbreak in DRC](#)
- [Ebola disease caused by Bundibugyo virus - Democratic Republic of the Congo](#)
- [China is excelling in health tech. That's good news for the world](#)

Additional Resources

Delaware Health and Social Services - [Public Health Information Portal](#)
Trust for America's Health: Wellness and Prevention Digest - [Subscribe](#)

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