

The DPH Bulletin

From the Delaware Division of Public Health

November 2015

Overweight, obese persons at greater risk of developing many cancers

Being overweight or obese sharply increases a person's risk for cancer, according to the Division of Public Health (DPH) report, [Cancer Incidence and Mortality in Delaware, 2007-2011](#). Research has found strong evidence for a linear association between Body Mass Index (BMI) and increased risk



for developing uterine, gallbladder, kidney, cervical, and thyroid cancers, as well as leukemia.

The American Cancer Society's 1982 Cancer Prevention Study II found that all-site cancer mortality rates were 52 percent higher for males and 62 percent higher for females than the rates for their normal weight counterparts.

Dr. Karyl T. Rattay, DPH director, urges Delawareans to reduce their behavioral risk factors for cancer by not smoking or using tobacco, getting plenty of physical activity, eating healthily, maintaining a healthy weight, and limiting alcohol consumption. DPH also advises all Delawareans to have regular physician and dental visits to catch cancers early and to keep up with recommended cancer screenings. Visit HealthyDelaware.org for programs, services, and connections to local parks, gyms, and farmers markets.

Reminder: Get Your Flu Shot!

All Delawareans need to receive annual flu vaccines to be protected from influenza. Flu vaccine is especially important for individuals with lung disease, heart disease, diabetes, and other chronic conditions because they are at greater risk of suffering flu complications, such as pneumonia, worsened asthma, and circulatory problems.



Visit www.flu.delaware.gov or call 800-282-8672 for DPH's schedule of statewide flu clinics.



The American Diabetes Association awarded DPH 'Health Champion Designation' for promoting workplace wellness. Accepting the award at the Nov. 4 Delaware Leadership Summit on Diabetes are, from left: DPH Director Dr. Karyl Rattay, Diabetes Prevention and Control Program Director Don Post, Physical Activity, Nutrition, and Obesity Prevention Program Director Laura Saperstein, and Health Promotion and Disease Prevention Section Chief Richard Killingsworth. ADA photo.

ADA awards DPH 'Health Champion Designation' for workplace wellness

The American Diabetes Association (ADA) awarded the Division of Public Health (DPH) a 'Health Champion Designation' for promoting workplace wellness. Delaware is the first state in the country to win the inaugural award. DPH accepted its recognition at the Nov. 4 Delaware Leadership Summit on Diabetes in New Castle, DE.

The designation recognizes companies and organizations that inspire and encourage organizational well-being. DPH met criteria in three categories: nutrition and weight management, organizational well-being, and encouraging physical activity. DPH adopted an internal policy to guide staff in choosing healthy refreshments, and placed posters to encourage healthy activities, such as taking the stairs. DPH allows staff to wear 'active wear' clothing when they have no scheduled meetings with vendors or outside meetings — in exchange for at least 30 minutes of physical activity during the work day.