

# The DPH Bulletin

From the Delaware Division of Public Health

May 2016



Motivate the First State Campaign Director Jason Danner and son and Governor Jack Markell led South Dover Elementary School students on a walk from the Dover YMCA to their playground.

## Motivate the First State Campaign promotes healthy behaviors

In April, Governor Jack Markell launched a campaign with the Division of Public Health (DPH), the Delaware State Chamber of Commerce, and Plus3.com to encourage Delawareans to be more physically active. Regular moderate physical activity strengthens the heart, tones muscles, helps achieve desired weights, and prevents chronic diseases.

Through the free [Motivate the First State](#) website, Delawareans log their healthy behaviors: walking, bicycling, and other sports; drinking more water, and brushing teeth. Logged activities translate into earnings for three in-state nonprofits: the YMCA of Delaware, Boys & Girls Club of Delaware, and Special Olympics Delaware.

"Together, we can make each step and pedal stroke count for three Delaware charities," Governor Markell said. During a 2015 pilot, more than 2,600 Delawareans generated \$39,948 for those charities.

"There are many fun ways to be physically active and Motivate the First State offers the flexibility to track many different kinds of fitness," said DPH Director Dr. Karyl Rattay.



"Motivate The First State is an important part of an overall strategy to improve the health of people who live and work in Delaware by making being healthier more fun," said Jason Danner, campaign director.

For more information, visit [www.motivatethefirststate.com](http://www.motivatethefirststate.com) or call 302-661-6321.



## Prevent skin cancer now, not later

Delaware ranks third-highest in the nation for incidence rates of melanoma, the deadliest form of skin cancer.

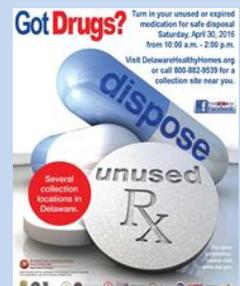
DPH's Comprehensive Cancer Program suggests always using sunscreen with a sun protective factor (SPF) 15 or higher, wearing clothing that covers your arms and legs, avoiding indoor tanning beds, and practicing regular self-examinations and visits to a dermatologist. Visit the [#ProtectYourSkinDE](#) website for facts, tips, dermatologists, and video testimonials from skin cancer survivors.



For more information, contact the DPH Comprehensive Cancer Control Program at 302-744-1020, or visit [ProtectYourSkinDE.com](http://ProtectYourSkinDE.com) or [HealthyDelaware.org](http://HealthyDelaware.org).

## A new record: 7,684 pounds of drugs collected

DPH's Healthy Homes Program reports that the [Drug Enforcement Administration](#) (DEA)'s April 30, 2016 Drug Take-Back Day in Delaware collected 7,684 pounds of unused and expired medications, a new record!



Delawareans can drop off medications at any time at any of these 14 permanent drug collection sites:

- Newark Police Department
- New Castle County Police Department
- Wilmington Police Department
- Dover Police Department
- Smyrna Police Department
- Felton Police Department
- Camden Police Department
- Harrington Police Department
- Selbyville Police Department
- Greenwood Police Department
- Ocean View Police Department
- Georgetown Police Department
- Laurel Police Department
- Delmar Police Department