

DPH Awarded \$506,000 To Prevent Chronic Disease

Delaware was awarded a \$506,000 three-year grant from the U.S. Department of Health and Human Services (HHS) to help prevent chronic diseases and promote health.

The state Division of Public Health (DPH) will use the funds for programs to reduce diabetes, heart disease and chronic disease risk factors. Funded by the Affordable Care Act, the grant is part of approximately \$40 million provided nationwide. Chronic diseases are responsible for 7 out of 10 deaths among Americans each year, according to HHS, and they account for nearly three-fourths of the more than \$2.5 trillion our nation spends annually on medical care.

“Many chronic diseases are preventable. We want to be doing everything we can to help Delawareans lead healthier lives,” said Governor Jack Markell. “Wellness makes for a better quality of life, a stronger workforce, and it lowers health care costs.”

DPH’s grant will provide expansion of the Stanford Universities Diabetes Self-Management and Chronic Disease Self-Management Programs. A third community evidence-based program will focus on the primary prevention of chronic disease such as diabetes and heart disease . Other interventions include the creation of a chronic disease and health promotion advocate program and social marketing to the public and health care providers to increase awareness about chronic diseases and their risk factors.

“Many chronic diseases share risk factors and can be addressed by the same strategies and lifestyle changes,” said Dr. Karyl Rattay, DPH director. “Helping Delawareans so they can eat healthy, be physically active and obtain health screenings

will prevent disease and death and reduce health care costs.”