Each year, the American Public Health Association (APHA) hosts daily themes during National Public Health Week (NPHW). 2019 daily themes can be found here: [http://nphw.org/nphw-2019](http://nphw.org/nphw-2019). Themes identified in the Delaware Calendar of Events for 2019 are described below.

**Behavioral Health**

Behavioral health is the connection between our behaviors and our health and well-being. Behaviors can include dietary habits, exercise, and substance abuse and addiction to name a few. (1)

**Workforce Development**

As the field of public health continues to grow, building the capacity of public health workers is crucial to future achievements. Addressing skill gaps through the development of effective training methods can lead to professionals better able to advance the influence of public health on policy. (2)

**Cultural Competency**

As society expands to a global platform, it is important to be knowledgeable and respectful of the needs that are specific to different ethnic, racial, religious, geographic and social groups. Understanding the diverse needs of these groups will reduce health disparities and increase access to quality care. (3)

**Social Justice and Health**

Racism, sexism, and homophobia are among many social justice issues fostered by structural oppression that drive the social determinants of health. These determinants result in unequal distribution of social goods ranging from income to education to social participation which cumulatively establish health inequities. (4)

**Healthy Lifestyles**

Lifestyle encompasses the day to day behaviors of individuals in work, fun, activities, and diet. Metabolic diseases, joint and skeletal problems, cardiovascular diseases, hypertension, and weight gain are only a handful of diseases that are caused by an unhealthy lifestyle. (5)

**Food Security**

In 2017, it was estimated that 1 in 8 Americans were food insecure which equated to 40 million Americans and included more than 12 million children. Food insecurity includes both those unable to access affordable food as well as those unable to access healthy foods, such as in food deserts, both of which can significantly impact short and long-term health outcomes.
Health Across the Lifespan

Over the course the lifespan, health priorities and methods to improve health are ever changing. Access to health services at every age can detect problems in the earliest stage for proactive treatment and disease management. Infants and children should receive check-ups to monitor early growth and development and adults should receive check-ups to screen for cancer and long-term health conditions. Additionally, addressing mental health also changes across life ranging from reducing stress in college to improving life balance for adults. (7)

Chronic Disease

Chronic diseases are the leading cause of death in the United States and are among the most costly and preventable. Health risk factors such as physical inactivity, tobacco use, and poor nutrition are the leading causes of chronic disease. (8)

Pain Management

As the prevalence of chronic pain increases, it is important to obtain knowledge on pain management options and prevention techniques. Pain has adverse effects on quality of life and productivity in the workplace and addressing the options for pain management can significantly decrease disruptions. (9)

Injury and Violence Prevention

The impact of violence is widespread as on average 96 people are killed by guns per day in the U.S., In 2016, there were 1.1 million domestic violence incidents and one in every six American women have been the victim of attempted rape or rape. Violence can result in detrimental impacts to physical health, mental health, and emotional health. The World Health Organization identifies three sub-types of violence: self-directed, interpersonal and collective violence. (10, 11)

Infant Mortality

Infant mortality rates measure the death of liveborn infants before the age of one, but they can also be a broader indicator of the availability and quality of health services and health, poverty, and economic status in the community. Specifically, the greatest inequity exists for black infants. In 2017, the infant mortality for Non-Hispanic black infants was almost double the national average. (12, 13)

Education as a Social Determinant of Health

Education is a strong predictor of health status and quality of life. Those with higher educational attainment generally live longer, have better health status, and their children are more likely to be in better health. Additionally, individuals with a higher level of education are more likely to have access to resources to understand health information and make informed decisions. (14)
Diversity and Inclusion

By 2044, it is projected that no race or ethnic group in the United States will have greater than a 50% share of the nation's total. Such a diverse composition of the population calls for a diverse workforce to match to combat health disparities and promote inclusion. (15)

Global Health

The globalization of the health workforce can provide useful insight through the cross-national comparison of health systems. The high cost of the US healthcare system has little to show in terms of health outcomes when compared to other nations. An international focus on health allows for interdependence of resources. (16)

Infectious Disease

Symptoms of infectious diseases can range from moderate to lethal. For some infectious diseases, the first line of defense is vaccination. However, there are many infectious diseases without vaccinations, including several vector-borne diseases which are transmitted by living organisms, such as mosquitoes and flies. For these diseases, primary forms of prevention include avoiding accumulation of standing water and use of safe insect repellents. (17,18)

One Health

One Health acknowledges how human, animal, and environmental health are intertwined. The goal of One Health is to improve collective health outcomes through a collaborative approach between multiple fields. The novel approach can be especially relevant to studying zoonotic diseases which account for over 60% of human infectious diseases. (19)

Healthy Communities

People’s communities are related to their health status and longevity. A healthy community goes beyond quality medical care and is reflected in the social and environmental factors that promote well-being. Air pollution, water quality, lead exposure, and unsafe streets all contribute to the health and well-being of a community. A healthy community is also a place free from discrimination and oppression and where there is equitable access to the resources needed for optimal health. (20, 21)

Technology and Public Health

Implementation of new technologies is changing public health. Technology has helped to better relay data, share knowledge amongst professionals, map and track diseases, and engage members of the community, all of which have helped advance the field. As newer technology emerges, there is immense potential in having the ability to incorporate them to push innovation in public health. (22)
References


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THE PARTNERSHIP FOR HEALTHY COMMUNITIES

Website: https://sites.udel.edu/healthycommunities/

Email: phc-info@udel.edu

Ph: (302)831-0683