

University of Delaware



SHIP Quarterly Meeting

July 2026



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

Meet the Team



Dr. Alexandra Wynn
Postdoctoral Researcher
Department of Epidemiology



Katlyn Cullhane-Suluai
Program Manager, Partnership
for Healthy Communities



Dr. Yendelela Cuffee
Associate Director, Partnership
for Healthy Communities



Dr. Jennifer Horney
Director, Partnership for
Healthy Communities



Sequoia Rent
Chief, Bureau of Health Equity
Deputy Chief Health Equity Officer
Division of Public Health



Ernie Lint
Section Chief, Office of
Performance Management
Division of Public Health



Karen McGloughlin
PH Treatment Program Administrator
Bureau of Health Equity
Division of Public Health



Catlynn Senquiz, MSHP
SHIP Implementation Coordinator
Health Communication Specialist



Jamie Kananen, MPH
SHIP Implementation Coordinator
University of Delaware



Athena Bruess
Public Health, Graduate Assistant
University of Delaware



Jordan Myrick
SHIP Implementation Volunteer
University of Delaware



Elena Lynn
Public Health, Graduate Assistant
University of Delaware

AGENDA

- ✓ Welcome + Meet the Team
- ✓ Next Bimonthly Meeting Information
- ✓ SHIP Updates
 - SHIP Community Conversations
 - SHIP Action Plans
 - At a Glance Series
 - Maternal and infant Health Report
 - Evidence-based Workbook
 - Data Dictionary
 - Cultural Competency by Dr. Cuffee
- ✓ SHIP Annual Report
- ✓ SHIP Health Fair
- ✓ PHC & SHIP Training and Capacity Needs Survey
- ✓ Guest Speaker: Meena Ramakrishnan
Maternal and Child Death Review Commission (MCDRC)
- ✓ Q&A – Takeaways

Next Bimonthly Meeting

When: Monday, August 10, 2026

Time: 11:00 a.m. to 12:30 p.m.

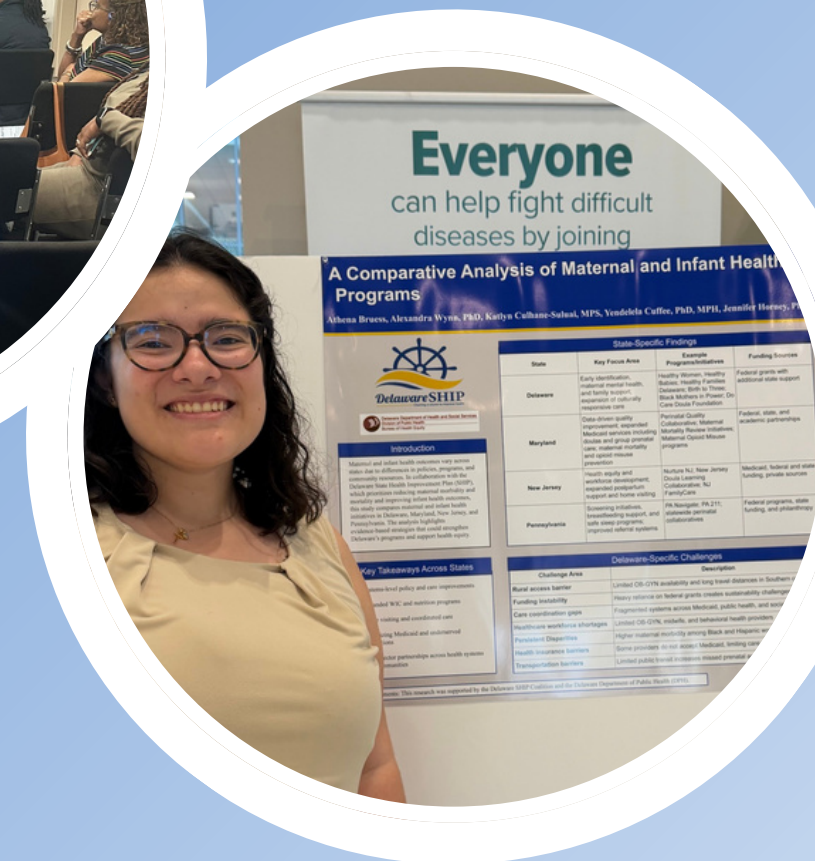
Location: Virtually via Zoom

Zoom Link:

<https://udel.zoom.us/j/92969565712>



SHIP Updates



SHIP Community Conversations

Thank you to everyone who attended and shared the Community Conversations!

Insights gathered will be summarized in the upcoming SHIP Annual Report 2026 as well as discussed at the August Bimonthly Meeting.



New Castle County

- LGBTQIA+ Community at the Route 9 Library
 - Partner: UD Pride Caucus
- Disability Community at the Freedom Center for Independent Living

Kent County

- Student population at Delaware State University
 - Partner: Interdisciplinary Health Research Center at DSU
- Housing Insecure population at NeighborGood Partners

Sussex County

- Senior population at the Rural Innovation Hub
 - Partner: Sussex County Health Coalition
- Veteran population at the Laurel Public Library
 - Partners:
 - American Legion Post 17
 - CAMP Rehoboth Veterans

Total Number of Attendees: 66

Delaware SHIP Action Plans

Our Action Plans outline the goals, objectives, and strategies that will guide our efforts to improve each priority health outcome. Grounded in the Vital Conditions Framework, these plans identify strategies and implementation action items designed to create the conditions for individuals and communities to thrive.

Together, they provide a roadmap for collaborative action, accountability, and measurable progress toward achieving better health outcomes for all.

The SHIP Action Plans are available on:

- The SHIP Website (delawareship.org) under the SHIP Coalition Tab
- The SHIP Google Drive
- The SHIP Microsoft Teams

At-A-Glance Series

Now Available on the SHIP Website!

This series shines a spotlight on coalition members driving change across our five priority health outcome areas—chronic disease, avoidable injury, mental health, premature death, and maternal and infant health. Through their stories and insights, explore the current landscape, the challenges communities face, and the innovative work shaping healthier futures.

Thank You!

- Mental Health – Marie Wenzel, NAMI Delaware
- Chronic Disease – Shebra Hall, Chronic Disease Bureau for the Division of Public Health
- Maternal and Infant Health – Erica Allen, Do Care Doula Foundation, Inc.
- Premature Death – Joanna Champney, Division of Substance Abuse and Mental Health
- Avoidable Injury –
 - Joe Myers, Delaware Coalition Against Domestic Violence
 - Anson Gock, Delaware Department of Transportation

Delaware SHIP Maternal and Infant Health Report

What is it?

- The Maternal and Infant Health Report was developed to inform SHIP priorities and guide future action.
- The report summarizes key data, trends, and strategies related to maternal and infant health and is intended to reflect current conditions across the state.
- Feedback was collected to ensure the content is accurate, relevant, and aligned with SHIP efforts.



A Comparative Analysis of Maternal and Infant Health Programs

January 2026
Delaware State Health Improvement Plan (SHIP)

By: Athena Bruess, SHIP Implementation Coordinator
Dr. Alexandra Wynn, Postdoctoral Research Fellow
Dr. Yendelela Cuffee, Associate Director
Dr. Jennifer Horney, Principle Investigator, Founder, and Director

For more information about Delaware's State Health Improvement Plan, visit:
<http://www.delawareship.org/> or email info@delawareSHIP.org

Acknowledgements
Structure and formatting based on "A Comparative Analysis of State-Level Physical Activity, Nutrition, and Obesity Prevention Programs" written by Esther Dawley, MPH.

The Maternal and Infant Health Report is now available on the SHIP Website!
Click [here](#) to read it.

- ## Workbook Features:

- Topic-specific strategies & successful intervention examples
- Peer-reviewed literature & global/national health agency resources (e.g., WHO, CDC, APA)
- Organized by health focus areas:
(*aligned with CHAMG Strategic Plan*)

- Obesity
- Cardiovascular Disease
- Diabetes
- Depression

Can also click here to access the workbook.

Questions or Suggestions? Email Info@delawareship.org

Evidenced Based Practices for Community Health and Well-being

File Edit View Insert Format Data Tools Extensions Help

A3H1 Welcome to the evidence-based practices for community health and well-being workbook! Created in collaboration with the University of Delaware State Health Improvement Plan (SHIP) team and the Community Health Advocacy

Welcome to the evidence-based practices for community health and well-being workbook! Created in collaboration with the University of Delaware State Health Improvement Plan (SHIP) team and the Community Health Advocacy Mobilization Group (CHAMG) of Delaware. This workbook offers resources for community-based organizations (CBOs) to identify evidence-based programs or interventions that can enhance health and wellness within their communities. It includes strategies focused on specific topics, examples of successful community interventions, and information related to providing health and wellness to underserved populations. The selected resource journal articles, materials from global or local health Organization and Centers for Disease Control and Prevention (CDC), and other national organizations such as the American Planning Association). The "primary sheet" is a collection of all the resources that we have found thus far. The following sheets, including Obesity, Cardiovascular Disease, Diabetes, and Depression (inspired by the CHAMG strategic plans), pull the relevant shared strategies from the resources found in the primary sheet. This workbook is designed to be a living document, with updates planned on a quarterly basis. We welcome any suggestions for additional resources to be included. Please contact nhi@udelaware.org for any questions, concerns, and/or suggestions.

*last updated July 2025

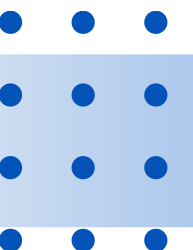
Title	Year	Author/Organization	Topic (i.e. physical activity)	Type	Brief Description	Priority Population	Inclusion of blank worksheets/etc...	Link/PDF	Ref#
Public Health Speaks: Public health's role in community organizing Leading Locally: A Community Power-Building Approach to structural change	2024	National Collaborating Centre for Determinants of Health	community engagement, interpersonal action, power	Literature/resources	community organizing discusses their experiences and reflect on working in community organizing groups as public health practitioners. Discusses community power and the methodology for these programs in relation to community health. It also lists 16 stories of where these programs worked in 16 cities.	N/A	No	https://www.nccdh.ca.net/	
Mental Health among Pacific Island Youth in New Zealand	2020	Pastor, et al.	community power, local projects	Literature/resources	Community campaign led by pacific island youth and use of focus groups and reporting series of agency and mental health status	pacific island youth in New Zealand	No	https://www.tjg.psyh	
Social Movements in Health	2014	Han, et al.	child health, mobilization, resistance use, urban conditions, activism	Examples of successful community	Review discussing the impacts of social movements based on urban conditions and health, children and behavioral and substance related determinants of health.	Urban residents/ Children	No	http://ajph.org/a/2014	
Community Organizing and Public Health rapid review	2025	Brown, J & Fee, E.	public health, environmental health, justice, social capital, policy, community organizing	Literature/resources	Rapid review of 24 articles focused on advancing health equity and structural determinants of health and power imbalances. Community organizing to cultivate community power.	N/A	No	https://www.spa.gov	
Community Organizing Frameworks, Models and Processes to Improve Health	2023	Jimenex, C & Heller, C.	public health, environmental health, frameworks, models, sexual and reproductive health, access to healthcare and equity and reduce disease and chronic disease management	Literature/resources	Review of 38 studies that promoted healthy lifestyle and discussion of models and frameworks to implement these programs.	N/A	No	https://www.spa.gov	
Growing Equity and Health Equity in Perpetual Times	2019	Kaderly, et al.	community organizing, health equity	Literature/resources	137 organizers leading equity organizations qualitative interviews to discuss strategies, barriers, and leadership	N/A	No	https://www.spa.gov	

Primary Sheet Obesity Cardiovascular (Heart) Disease Diabetes Depression

Promoting Cultural Humility and Sensitivity by Dr. Cuffee

Now posted on the SHIP website for coalition members and community partners!

- Explores the meaning of culture and the factors that shape cultural identity
- Highlights the importance of cultural competency in serving diverse populations
- Introduces Culturally and Linguistically Appropriate Services (CLAS)
- Reviews the National CLAS Standards and their role in advancing equitable, person-centered care
 - *National CLAS Standards one pager also available on the SHIP Website*
- Serves as a resource to support ongoing learning, professional development, and inclusive practices
- Encourages organizations and individuals to apply culturally responsive approaches in their work



Delaware SHIP Health Fair 2026



LIVE WELL SUSSEX: COMMUNITY HEALTH FAIR

NAVIGATING BETTER HEALTH TOGETHER!

 **AUGUST 8, 2026**
4:00PM to 8:00PM

About Our Event!

Celebrate the end of National Health Center Week with an evening of health, wellness, and community connection! Explore local resources, receive free health screenings, enjoy interactive activities, enter prize raffles, and discover practical tools to help you and your family live well. Whether you're looking for health information, community support, or simply a fun family event, there's something for everyone.

La Red Health Center
21444 Carmean Way
Georgetown, DE 19947

Event Highlights

- ✓ Free wellness screenings
- ✓ Goodie bags, giveaways & raffle prizes
- ✓ Health, nutrition & fitness resources
- ✓ Children's activities
- ✓ Interactive games & prizes
- ✓ Community vendors & local services
- ✓ Refreshments provided

Questions? Contact us at Info@delawareship.org

 **DELAWARE HEALTH AND SOCIAL SERVICES**
Division of Public Health

 **DelawareSHIP**

 **La Red**
HEALTH CENTER
Rooted in Community

 **SUSSEX**
COUNTY HEALTH COALITION

Let's Get Healthy Delaware Mini-Grant Awardee, 2026

Live Well Sussex: Community Health Fair

- Collaboration between the Delaware SHIP, Division of Public Health, La Red Health Center, and Sussex County Health Coalition
- Awardee of the Let's Get Healthy Delaware Mini-Grant 2026

About Our Event:

- Where: La Red Health Center
(21444 Carmean Way, Georgetown, DE 19947)

Highlights:

- Free wellness screenings
- Goodie bags, giveaways, and raffle prizes
- Health, nutrition, and fitness resources
- Children's activities
- Interactive games and prizes
- Community vendors and local services
- Refreshments provided

Delaware SHIP Annual Report

The purpose of the SHIP Annual Report is to assess progress toward goals, address gaps, and inform data-driven decision-making to strengthen public health initiatives across Delaware.

Findings:

Of the 42 SHIP objectives:



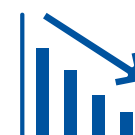
12 showed measurable improvement



6 met their targets



3 remained unchanged



15 objectives worsened

Priority Health Outcome	Total Objectives	Objectives Improved/Met	% Improved/Met
Mental Health	5	0	0%
Chronic Disease	15	8	53%
Maternal and Infant Health	6	3	50%
Avoidable Injury	11	4	36%
Premature Death	5	3	60%

Delaware SHIP Annual Report

Met:

- Physical Activity
- Children using tobacco
- People receiving mammograms
- Homicide deaths
- Firearm-related deaths
- Illicit opioid use

Unchanged:

- Maternal mortality
- Public transportation to work
- Motor Vehicle Crash Deaths

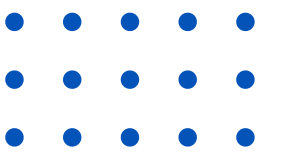
Improved:

- Adult obesity
- Child obesity
- Adult smokers
- Adults receiving routine visits
- Diabetes
- Preterm birth
- Prenatal care
- Postpartum checkup
- Walking to work
- Bicycling to work
- Binge or heavy drinking
- Children consuming alcohol

Worsened:

- Mental health population to provider ratio
- Uninsured
- Adult Depression
- Child Depression
- Suicide
- Food insecurity
- Children receiving preventive visits
- High blood pressure
- High cholesterol
- Infant mortality
- Low birth weight
- Motor vehicle crash deaths involving alcohol
- Older adult falls
- Domestic violence incidents
- High school students taking prescription drugs

PHC & SHIP Training and Capacity Needs Survey

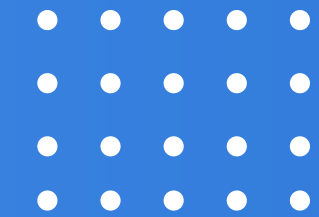


- The purpose of this survey is to identify training, technical assistance, and capacity-building needs among PHC partners.
- Your feedback will help guide the development of future workshops, learning opportunities, and resources that are responsive to the needs of our community partners.
- The survey should take approximately 5 minutes to complete.
- Click [here](#) to take the survey.



Welcome Guest Speaker

Meena Ramakrishnan
Maternal and Child Death
Review Commission
(MCDRC)



Thank You!

Any Questions?

All meeting materials will be emailed out and
uploaded to all SHIP Platforms
(Google Drive, Microsoft Teams, and the SHIP Website)



delawareship.org



info@delawareship.org