

DELAWARE CARDIOVASCULAR HEALTH

Resource Guide



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



Quality
Insights

Table of Contents

What is Cardiovascular Health? 1

You and Your Health Care Team 7

Delaware Community Programs and Support Groups 19

Nutrition and Physical Activity for Cardiovascular Health 25

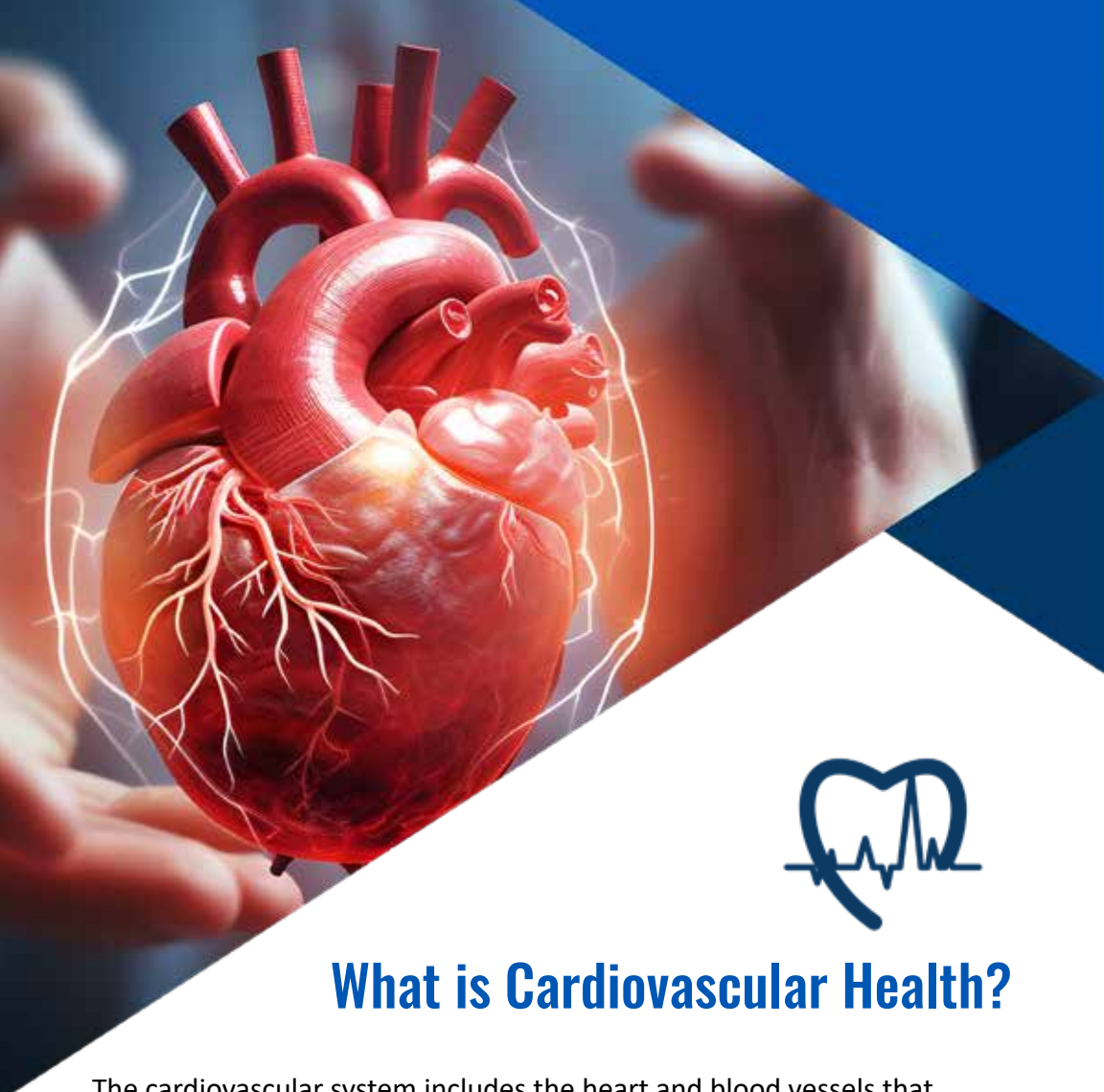
Financial Assistance and Insurance 35

Technology and Tools 42

Social Support 47

Additional Resources 51

References 57



What is Cardiovascular Health?

The cardiovascular system includes the heart and blood vessels that pump blood around the body. Good cardiovascular health means the system keeps the blood flowing efficiently and without disruption. Keeping your cardiovascular system healthy is essential to feeling good and living an active, healthy life.

Your doctor is your partner for managing and preventing cardiovascular disease. You should talk to them about your health questions before making lifestyle changes. This resource guide will help you understand your health risks and suggest ways to be as healthy as possible.

Cardiovascular Disease in the United States and Delaware

- Cardiovascular disease is the leading cause of death in the U.S. for men, women, and people of most racial and ethnic groups (CDC, 2024, <https://bit.ly/43npWwp>).
- Cardiovascular disease is the second leading cause of death in Delaware. In 2022, 6.6% of Delaware adults reported that they had heart disease or that they had experienced a heart attack (DHSS, n.d., <https://bit.ly/4mdKBKO>).
- Almost 48% of American adults have hypertension (also known as high blood pressure) (CDC, 2024, <https://bit.ly/43npWwp>).
- Hypertension is more common in men (50.8%) than women (44.6%), and rates increase with age (CDC, 2023, <https://bit.ly/3YQtbKm>).
- Only 59.2% of people with high blood pressure (BP) know they have the condition (CDC, 2023, <https://bit.ly/3YQtbKm>).
- In 2021, 36.2% of adults in Delaware, or about 288,000 people, reported having high BP. The rate for non-Hispanic Black adults was 42.5% (DHSS, n.d., <https://bit.ly/4mdKBKO>).
- In Delaware, 34.6% of adults reported having high blood cholesterol. Cholesterol can cause plaque buildup in blood vessels so that less blood can reach the heart. This causes the most common type of cardiovascular disease, coronary artery disease, and can lead to a heart attack (CDC, 2024, <https://bit.ly/43npWwp>).

Signs and Symptoms of Cardiovascular Disease

Some signs of cardiovascular disease are considered “silent.” People may not realize they have them until they have an urgent problem, such as a heart attack. For example, many people do not experience any symptoms of high BP. Uncontrolled high BP causes the heart to work harder to pump blood. Over time, this can lead to a heart attack (CDC, 2024, <https://bit.ly/43npWwp>). Your doctor will measure your BP and recommend ways to manage it. Measuring your BP at home can help keep it under control (Million Hearts®, 2024, <https://bit.ly/3S40zJH>).

Unhealthy cholesterol levels are another risk factor for cardiovascular disease, which often does not cause symptoms in the early stages. Cholesterol is a waxy substance made by the liver and found in certain foods. Eating more cholesterol than our body needs can cause it to build up in the heart and blood vessels. Doctors use a simple blood test to monitor cholesterol (CDC, 2024, <https://bit.ly/43npWwp>). It is important to consult with your doctor and follow recommendations for lifestyle changes and/or medicine, if needed.

Other symptoms of cardiovascular disease are easier to recognize, such as (CDC, 2024, <https://bit.ly/43npWwp>):

- **Arrhythmia:** These irregular heartbeats can be caused by various factors. They may feel like a fluttering in the chest (palpitations). Irregular heartbeats can cause complications if untreated.
- **Heart attack:** Heart attacks are caused by a blood clot blocking blood flow to the heart muscle. Symptoms include chest pain or discomfort, upper back or neck pain, heartburn, nausea or vomiting, extreme tiredness, dizziness, and shortness of breath. If a heart attack is suspected, it is important to call 911 to receive life-saving care.

- **Heart failure:** When the heart cannot pump blood efficiently around the body, heart failure develops. Symptoms include shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.
- **Stroke:** The most common type of stroke occurs when the blood supply to part of the brain is blocked. Call 911 immediately if someone experiences drooping of the face, weakness, or speech/vision problems. Early treatment is vital to recovery.

Risk Factors and Prevention

Many factors affect a person's risk of developing cardiovascular disease. High BP, high blood cholesterol, and smoking are major risk factors (CDC, 2024, <https://bit.ly/43npWwp>). Some risk factors for cardiovascular disease are difficult or impossible for a person to change (AHA, 2024, <https://bit.ly/3Zchc9U>). Factors we cannot change include:

- Age – Risk for men increases after age 45 - for women, the risk increases after age 55
- Family history of high BP
- Gender (men are at higher risk)
- Kidney disease
- Race/ethnicity, including being Black
- Sleep apnea.

The good news is that there are other risk factors that you can control (AHA, 2024, <https://bit.ly/3Zchc9U>). Managing these factors means you will be less likely to develop cardiovascular disease. The main controllable risk factors for cardiovascular disease are detailed on pages 5 and 6.

Controllable Risk Factors for Cardiovascular Disease

Alcohol - Too much alcohol can raise your BP.

Men should have no more than two drinks per day, and women no more than one drink per day (CDC, 2024, <https://bit.ly/3YGaCs2>).



BP Control – High BP makes your heart work too hard.

Your doctor can help you manage your BP with lifestyle changes and medicine if necessary.) Measuring your BP at home can keep it within a healthy range (Million Hearts®, 2024, <https://bit.ly/3S40zJH>).



Blood Sugar Control – If you have diabetes, control your blood sugar. Uncontrolled blood sugar can increase your risk for cardiovascular disease.

Work with your doctor to manage your blood sugar and lower your risk of issues, including heart disease (CDC, 2024, <https://bit.ly/3YGaCs2>).



Cholesterol Control – Too much cholesterol in your blood increases the risk of cardiovascular disease.

Work with your doctor to manage your cholesterol. If prescribed, take medication (CDC, 2024, <https://bit.ly/3YGaCs2>).



Diet – The food you eat can affect your cholesterol, BP, and blood sugar.

Choose foods high in fiber and lower in unhealthy fats and cholesterol. Limit salt and sugar (CDC, 2024, <https://bit.ly/3YGaCs2>).



Physical Activity –

Always check with your health care provider before starting an exercise routine. If you are inactive, start slowly.

For most healthy adults, 150 minutes of moderate aerobic activity per week is recommended. Sit less and move more (AHA, 2024, <https://bit.ly/3Zchc9U>).



Sleep – Not getting enough quality sleep can impact heart health.

For most adults, seven to nine hours of sleep every night is recommended (AHA, 2024, <https://bit.ly/3Zchc9U>).

**Smoking and Secondhand Smoke –**

This includes cigarettes, vapes, cigars, etc.

Healthy Delaware offers a range of no-cost options to help people quit tobacco (Healthy Delaware, 2024, <https://bit.ly/43PBjJH>).



Weight – Being overweight or obese increases your risk for heart disease.

Extra weight can add stress to your heart and blood vessels. Even modest weight loss can reduce your risk (CDC, 2024, <https://bit.ly/3YGaCs2>).



Other sections in this resource guide detail how to control many risk factors by changing your lifestyle and behaviors. You will learn about programs in your community that can help you stay healthy. In addition, the section on social support discusses how social needs affect health and includes resources to address health-related social needs.



You and Your Health Care Team

YOU are the most important member of your health care team! You are responsible for learning all you can about your medical conditions and following your health care provider's instructions, but you do not have to do it alone. Your health care provider is your partner in preventing and managing cardiovascular disease; you should visit them regularly. Your health care provider will monitor your BP, cholesterol, and blood sugar. This resource guide will help you work with your health care team and make informed decisions about your health.

Delaware has community health centers in each county if you do not have a regular doctor or are concerned about costs. These centers provide a medical home for people at all income levels. The health centers see insured, underinsured, and uninsured patients. For patients without insurance, most centers bill their patients on a sliding fee scale based on household income (DHSS, 2025, <https://bit.ly/42VxNRR>).

Delaware's Federally Qualified Health Centers and other community health centers can provide medical care.

New Castle County

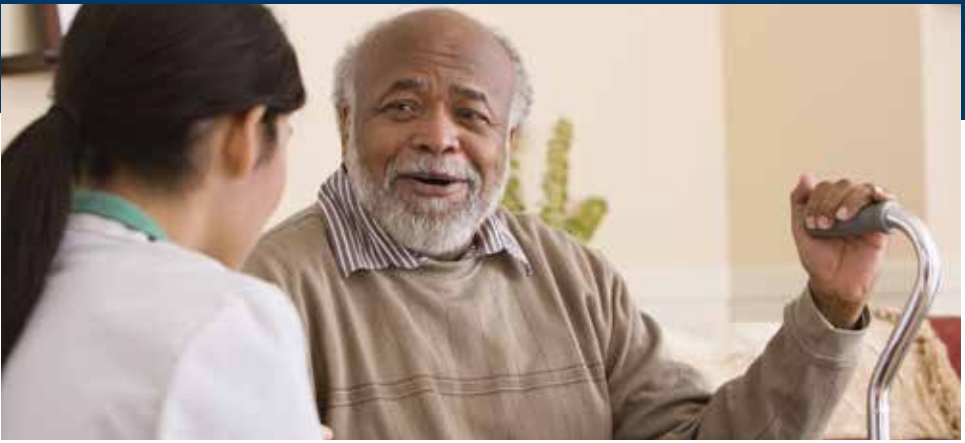
Clinic	Address	Phone Number
ChristianaCare – Wilmington Hospital	501 West 14 th St. Wilmington, DE 19899	302-733-1000
Henrietta Johnson Medical Center – Claymont	2722 Philadelphia Pike Claymont, DE 19703	302-655-6187
Henrietta Johnson Medical Center – Southbridge	601 New Castle Ave. Wilmington, DE 19801	302-655-6187
St. Francis Healthcare – Center of Hope	620 Christiana Road, Suite 302 Newark, DE 19713	302-660-7333
St. Francis Family Practice – St. Francis Hospital	Medical Services Building, 2 nd Floor 701 North Clayton St. Wilmington, DE 19805	302-575-8040
Westside Family Healthcare – Bear	404 Fox Hunt Drive Bear, DE 19701	302-836-2864
Westside Family Healthcare – Newark	27 Marrows Road Newark, DE 19713	302-455-0900
Westside Family Healthcare – Northeast	908-B East 16 th St. Wilmington, DE 19802	302-575-1414
Westside Family Healthcare – Wilmington	1802 West 4 th St. Wilmington, DE 19805	302-655-5822

Kent County

Clinic	Address	Phone Number
Hope Medical Clinic, Inc.	1125 Forrest Ave. Suite 202 Dover, DE 19904	302-735-7551
Westside Family Healthcare – Dover	1020 Forrest Ave. Dover, DE 19904	302-678-4622

Sussex County

Clinic	Address	Phone Number
La Red Health Center – Georgetown	21444 Carmean Way Georgetown, DE 19947	302-855-1233 (all locations)
La Red Health Center – Milford	21 West Clarke Ave. Milford, DE 19963	
La Red Health Center – Seaford	300 High St. Seaford, DE 19973	
La Rosa Health Center	10 North Front St. Georgetown, DE 19947	302-858-4381



Tips for Doctor's Appointments

When visiting a doctor, here are some tips:

- If the office allows, bring a family member or friend. They can provide support and be an extra set of ears to listen to information or ask questions you may not think of. They can also help keep notes during the visit.
- Arrive early. You may need extra time navigating a new building.
- You will most likely need to complete a medical history form before your appointment. Do not leave out any information.
 - Include symptoms you are experiencing
 - Personal and medical history, and family medical history
 - List of medications you are currently taking
 - Your lifestyle
 - Medical records, past physicians, and previous test results
- The doctor will conduct a physical examination and may order additional testing.
- Write down questions you have, such as:
 - What caused any problems I am having?
 - Where can I learn more about this condition?
 - What can I do to improve my heart health and lessen my risk of complications?

Your Cardiovascular Health Care Team



Most people can get all the care they need from their primary care provider (PCP). PCPs are often family medicine or internal medicine doctors. They will review your lab results with you and coordinate your care. Your PCP may recommend that you see other providers for specialized care.

There are many members of the health care team you may also work with, including:

- **Registered Nurse:** A registered nurse is responsible for managing patient care, educating patients, and providing advice and support to patients and their families.
- **Social Worker:** A social worker can help coordinate services for people with chronic diseases or conditions and assist with counseling.
- **Community Health Worker:** Community health workers can work in the community or within a doctor's office. They are trained to provide culturally appropriate health education and information, offer social support, and connect people with the local services they need.
- **Registered Dietitian:** A registered dietitian can help manage cardiovascular health by lowering cholesterol and managing BP through dietary choices and changes. A dietitian can also help develop a personal eating plan for individual needs.
- **Pharmacist:** A pharmacist can help educate an individual on ways to improve cardiovascular health by managing medicine and providing feedback to a doctor. More information about pharmacists can be found in the "Pharmacy" section in this Guide.
- **Psychologist:** Living with a health condition can be a challenge and might lead to depression and anxiety. A psychologist can provide stress management techniques. Talking to someone about your feelings can help you cope better. A person with cardiovascular disease may want to check with their insurance company to find out what services are covered.

- **Cardiologist (heart doctor):** A cardiologist can help manage many conditions associated with the heart, including chest pain, high BP, and heart failure. Additionally, they manage medications and help diagnose problems with the heart and blood vessels.
- **Other specialists you may need include:**
 - Endocrinologist: Diabetes Specialist
 - Neurologist: Nervous system doctor
 - Nephrologist: Kidney doctor
 - Urologist: Cares for bladder control or sexual function
 - Gastroenterologist: Digestion/stomach doctor
 - Obstetrician/Gynecologist: Women's health doctor
- **Employer:** Your employer can help you remain healthy and productive. They may provide an employee benefits package supporting cardiovascular health through education and programs encouraging general wellness.
- **Insurance Company:** Insurance policies vary, and each person should contact their insurance company to ask questions about cardiovascular health-related education, medications, and supplies coverage. You can check the back of your insurance card for the toll-free phone number to call for covered services.
- **Friends and Family:** Friends and family can help support you in managing your daily heart health. Ask them to help you make heart-healthy diet choices. They can also help you manage the daily steps and decisions related to your heart health.

Pharmacy Resources

Pharmacists are an important part of the health care team. In Delaware, they help people get the right medicine and understand how to use it safely. They also work with doctors and other health professionals to ensure patients take the correct medications ([APhA](#), 2021).



Pharmacists can help patients with the following:

- **Medication management:** Pharmacists help patients take their medications as prescribed.
- **Medication safety:** They provide clear instructions on how to use medications safely.
- **Medication selection:** Doctors may consult pharmacists when deciding what medications to prescribe.
- **Medication interactions:** Pharmacists can advise patients and doctors on how medications interact with other medications.
- **Medication side effects:** They provide information on the side effects of medications.

Having access to pharmacists can help people improve their overall health. Pharmacist resources can help patients get answers to questions, use resources, get transportation to appointments, help with medicine orders or referrals, and resolve barriers to care (APhA, 2021, <https://bit.ly/3S1jhla>).

Independent Pharmacies in Delaware

New Castle County

Pharmacy	Address	Phone Number
Concord Pharmacy	3613 Silverside Road Wilmington, DE 19810	302-478-1212
Darley Pharmacy	111 Darley Road Claymont, DE 19703	302-798-0202
Delaware Apothecary	1215 Churchmans Road, Suite 1200 Newark, DE 19713	302-789-9750
Glasgow Pharmacy	3625 Wrangle Hill Road Bear, DE 19701	302-838-8700
Metro Pharmacy	620 Stanton Christiana Road Newark, DE 19713	302-407-5895
People’s Pharmacy	2701 Washington St. Wilmington, DE 19802	302-762-6700
Prices Corner Pharmacy	3311 Old Capitol Trail, Suite B Wilmington, DE 19808	302-668-1470
Synergy RX Express Pharmacy	18 Penn Mart New Castle, DE 19720	302-323-1689

Kent County

Pharmacy	Address	Phone Number
Atlantic Apothecary	103 S. Dupont Blvd. #2 Smyrna, DE 19977	302-653-9355
Dover Community Pharmacy	1035 S. Governors Ave. Dover, DE 19904	302-724-9323
Focus Pharmacy	117 East Glenwood Ave. Smyrna, DE 19977	302-471-3046

Pharmacy	Address	Phone Number
Forest Pharmacy	1030 Forrest Ave. Suite 111 Dover, DE 19904	302-990-3131
Hometown Drugs Pharmacy	16819 S. Dupont Hwy. Harrington, DE 19952	302-450-1970
Rodney Village Pharmacy	1664 S. Governors Ave. Dover DE 19904	302-747-7533

Sussex County

Pharmacy	Address	Phone Number
Cape Pharmacy	17252 North Village Main Blvd. The Villages of Five Points, Unit 3 Lewes, DE 19958	302-645-0090
Georgetown Pharmacy	432 E. Market St. Georgetown, DE 19947	302-856-2828
Nanticoke Pharmacy	1609 Middleford Road Seaford, DE 19973	302-536-7464
Sussex Pharmacy	32362 Long Neck Road, Unit 5 Millsboro, DE 19966	302-947-0333

Discount Generic Medications



Target - Target offers a wide range of generic drugs to help treat various conditions and diseases. They are just as safe as their brand-name equivalents but are available at a much lower cost. Contact your local Target or visit <https://bit.ly/45anIXZ> to see if your medication is available.



Walgreens Prescription Savings Club - Walgreens offers a discounting program for medication if you do not have insurance or your medications are not covered. Based on certain eligibility, members pay a small annual fee and receive discounts on their prescriptions. Benefits include savings on more than 8,000 brand name and all generic medications and discounts on flu shots and diabetic supplies. Go to your local Walgreens or visit <https://bit.ly/43hnpmk> for additional information.



Walmart - Walmart offers a wide variety of generic medications. Contact your local Walmart or visit <https://bit.ly/3Sxo269> to see if your medication is available.

Additional Pharmacy Resources



Delaware Prescription Assistance Program: This program helps to pay for prescription medications for older or disabled people who cannot afford them. It provides up to \$3,000 each year for necessary medications and Medicare Part D costs. Visit <https://bit.ly/3YG86C8> for details.



GoodRx: GoodRx gathers current prices and discounts to help you find the lowest-cost pharmacy for your prescriptions. This program can be accessed online at <https://www.goodrx.com> or through a smartphone app. It is 100% free, and no registration is required.



Medicine Assistance Tool: This free tool is designed to help identify resources available through various pharmaceutical programs, such as financial assistance programs and prescription savings cards. Learn more at <https://bit.ly/4kjiDeY>.



NeedyMeds.org - This website lets you search for support programs by diagnosis. It offers assistance with diabetes or heart medications, supplies, lab services, finding a free clinic, and understanding your health care options. Visit <https://bit.ly/3YGbSeK> to learn more.



Rx Assist - The Rx Assist website helps people find savings cards, discounts, and assistance programs for prescription medications. Check it out at <https://bit.ly/3ZhqfGD>.

Diabetes-Specific Resources

Many people living with cardiovascular disease also have diabetes. If you are among them, the following programs might be of interest.



Delaware Emergency Medical Diabetes Fund (DEMDF) - This program helps DE residents with diabetes get emergency help with medications, supplies, and care. You can receive up to \$500 each year. Visit <https://bit.ly/4iURJdB> for details.

RESOURCE: Review the **DEMDF flyer** from Quality Insights and the Delaware Division of Public Health for application details. Download it at <https://qualityinsights.info/44zc5Er>.



GetInsulin.org - Visit <https://getinsulin.org> to find low-cost insulin based on where you live, your insurance, income, and prescription. The plans are available to everyone in the U.S., regardless of citizenship status.



Healthy Delaware - Go to <https://www.healthydelaware.org/Individuals> for information on health insurance to help patients cover costs like doctor visits, medicines, meters, or other supplies.



Delaware Community Programs and Support Groups

Delaware has many community programs and support groups for people who want to get healthier. These programs offer help with managing diseases, staying active, and keeping a healthy weight. They also provide information about heart health, family support, and dealing with mental health issues and substance use.

Self-Management Programs

To maintain good health, you should always follow your doctor's advice, but it is also important to know how to take care of yourself. Self-management programs can help you learn new ways to be healthy.

Delaware Chronic Disease Coalition

- The Coalition provides reliable information about the prevention, diagnosis, and treatment of chronic disease, and offers ongoing support for those living with it.
- Visit <https://bit.ly/4dcgRtA> to learn more.



Delaware Self-Management Programs

- Self-management programs are interactive sessions that help people with ongoing health conditions learn to live life to the fullest.
- These evidence-based programs are open to adults of all ages and abilities and provide small group workshops in easy-to-reach locations for six weeks. Virtual classes are also available.
- Participants learn how to manage chronic pain, stay active, eat healthy, take medications correctly, and communicate effectively with doctors, family, and friends.
- For more information on these FREE programs, call **302-990-0522** or visit <https://bit.ly/4j2IPJL>.



Health Ready! at Delaware Libraries

- Every library across the state offers free BP checks to those with a valid library card, and BP monitors for check-out for up to three weeks at a time at no cost. The monitors are easy to use and come with information on measuring BP correctly.
- Some libraries provide private spaces with a secure and reliable internet connection which allows people to take advantage of virtual health. Learn more at <https://lib.de.us/healthready/>.



Healthy Delaware

- Learn how to live healthier and how to prevent, get tested for, and get treated for chronic diseases. Whether you have insurance or not, you may be eligible for programs and services.
- Visit the Healthy Delaware website at <https://bit.ly/4j34pgZ>.



Healthy Heart Ambassador BP Self-Monitoring (HHA BPSM) Program

- The HHA BPSM Program is a free, 100% virtual program focusing on self-monitoring BP with individualized support. It also provides nutrition education and cooking classes.
- HHA BPSM is a four-month program that offers a free BP monitor to those who qualify and provides personal support to those who live in Delaware.
- To learn more about the program, call 302-2089097 or visit <https://bit.ly/44v8Xt9>.



RESOURCE: Review the HHA BPSM Program flyer for more details about the program. Download it at <https://qualityinsights.info/42WkrEM> or scan the QR code to easily access the flyer.

Tobacco Prevention and Control

- Delaware's Tobacco Control and Prevention offers programs to help people quit smoking, offering many resources to help prevent tobacco use, including among youth, and providing education about secondhand smoke exposure. Learn more at <https://bit.ly/4iZrhxU>.



Well Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN)

- The WISEWOMAN project supports low-income, uninsured, or underinsured women ages 40 to 64.



- The program teaches participants how to reduce their risk for heart disease and stroke by providing services to promote lasting heart-healthy lifestyles. Qualifying women can receive free screenings and counseling about their risk for heart disease and stroke.
- Individuals are supported in evidence-based lifestyle programs, individual health coaching, or referrals to other community resources.

Yes2Health

- The Delaware Breast Cancer Coalition (DBCC) and supporting partners offer the Yes2Health programs at no cost to participants. DBCC wants to help create opportunities for members of the community to reduce their risk of chronic diseases, such as breast cancer, by living a healthy lifestyle.
- Participants meet online each week for 10 weeks to learn about fitness, health, and wellness. The goal is to help people stay on a healthy track and encourage them to walk for at least 30 minutes per week.
- Join today at no cost by calling **302-882-9647**. or visit <https://bit.ly/4klqWXH> to learn more.



YMCA's BP Self-Monitoring Program

- This four-month program supports adults with hypertension in lowering and managing their BP.
- Participants are taught how to monitor their BP at home and make healthier food choices to improve their diet and BP.
- Adults age 18 and older with diagnosed high BP can contact the YMCA Healthy Living Department at **302-572-9622** or visit <https://bit.ly/3GPDVSW> for more information.



Physical Activity and Weight Management

Curves

- Curves is a women-focused health and fitness club where women support one another through 30-minute fitness classes and support networks. Curves offers online and in-person fitness classes. Visit <https://www.curves.com> to find a class near you.



Taking Off Pounds Sensibly (TOPS)

- TOPS offers online and in-person healthy living guides, including meal plans, weight tracking, and wellness guides. You can also join a self-care program.
- There is a membership fee, plus monthly chapter fees.
- To learn more, call **414-482-4620** or go to <https://www.tops.org>.



Weight Watchers (WW)

- WW is the number one doctor-recommended weight loss program that offers affordable weight loss medication access, meal support from registered dietitians, and workshops to offer coaching and support. WW offers a phone application that can help track weight, food, and exercise.
- Visit <https://bit.ly/3ZrGrFc> to find an in-person or online workshop.



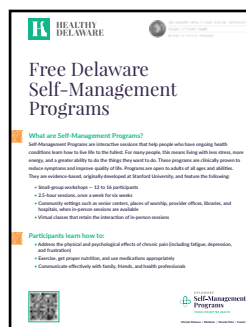
YMCA of Delaware

- The YMCA of Delaware is a leading non-profit organization committed to strengthening the community through youth development, healthy living, and social responsibility.
- Learn more about the programs available at the YMCA at <https://www.ymcade.org/>.



RESOURCES:

- **CDC-Recognized Healthy Lifestyle Programs Flyer:**
Download the flyer at <https://qualityinsights.info/43rdbRp>.
- **HHA BPSM Program Flyer:**
Download the flyer at <https://qualityinsights.info/42WkrEM>.
- **Free Delaware Self-Management Programs Flyer:**
Download the flyer at <https://bit.ly/4mq0OwE>.



Cardiovascular Health Education

American Heart Association (AHA) - Delaware

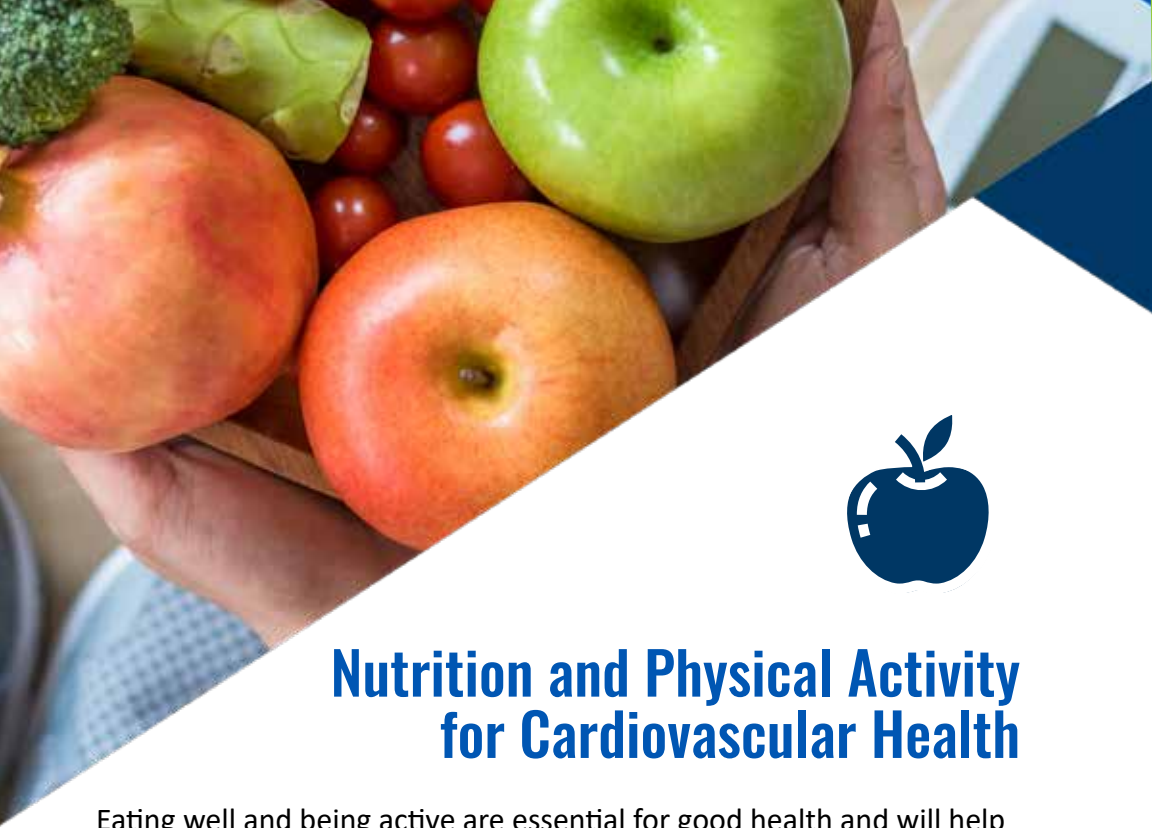
The AHA works to improve the health and well-being of Delaware residents through education, health screenings, and more. Visit <https://bit.ly/3GQcmc2> to learn more.



Association of Black Cardiologists (ABC)

This association promotes the prevention and treatment of cardiovascular disease, including stroke, in Black people and other minorities and to achieve health equity for all through the elimination of disparities. Visit the ABC website at <https://abccardio.org>.





Nutrition and Physical Activity for Cardiovascular Health

Eating well and being active are essential for good health and will help you feel your best. If you have any medical conditions, you should ask your doctor for specific recommendations. Next are some general guidelines:



Source: ODPHP, 2025, <https://bit.ly/43txvI6>.

Healthy Eating

The Centers for Disease Control and Prevention (CDC) reports that six out of 10 American adults are living with one or more diet-related chronic diseases. Chronic diseases are the leading cause of illness, disability, and death in the U.S. (CDC, 2024, <https://bit.ly/4jZByMc>).

The foods you eat affect your overall health, including your heart. Everyone should eat to promote health and prevent the development of chronic illnesses such as diabetes and heart disease.

Dietary Approaches to Stop Hypertension (DASH) Eating Plan

To eat a heart-healthy diet, try a DASH eating plan. DASH is flexible and balanced and helps create a heart-healthy eating style for life. It was named “Best Heart-Healthy Diet” and “Best Diet for High BP” by the *U.S. News & World Report* in 2025 (NHLBI, 2025, <https://bit.ly/3F4edcR>). Review more details about the plan at <https://bit.ly/4mdk2VX>.



DASH-friendly foods consist of:

- Vegetables, fruits, and whole grains
- Fish, poultry, beans, nuts, vegetable oils, fat-free or low-fat dairy products
- Limiting foods high in saturated fat and sodium
- Limiting sugar-sweetened beverages and sweets

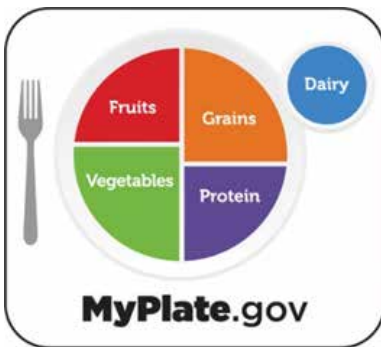
National Institutes of Health (NIH) Recommendations

In 2025, the NIH began offering more heart-healthy eating tips and options, which include (NIH, 2022, <https://bit.ly/3T4v4iU>):

- **Whole grains:** Choose bread, cereal, rice, pasta, unsalted low-fat crackers, pretzels, and popcorn.



- **Vegetables:** Eat fresh, frozen, or no-salt-added canned vegetables; cook without added fat.
- **Fruits:** Select fresh, frozen, canned (in fruit juice), or dried fruits
- **Dairy:** Choose fat-free or 1% milk and yogurt, and cheeses lower in sodium and fat.
- **Protein:** Choose skinless chicken or turkey, fish, or lean cuts of beef (round, sirloin, chuck, loin, or lean ground beef). Include eggs, cooked dry beans and peas, nuts, and seeds in your diet.
- **Fats and oils:** Use soft tub margarine and oils such as canola, corn, safflower, olive, peanut, or sesame.



MyPlate

Created by the U.S. Department of Agriculture to help Americans eat healthy, nutritious, and balanced meals, MyPlate is based on the *Dietary Guidelines for Americans 2020–2025* and is represented by a colorful, divided plate that includes sections for vegetables, fruits, grains, and foods high in protein.

Recommendations include:

- Fill half your plate with fruits and vegetables.
- Choose whole grains.
- Eat proteins that are lower in fat such as beans, peas, lentils, fish, and lean meat.

Visit <https://www.myplate.gov> to learn more.

MyPlate offers personalization to help with meal planning and goal setting. Use the MyPlate Quiz to create a plan that meets your individual needs. Access the quiz by scanning this QR code.



Therapeutic Lifestyle Changes (TLC) to Lower Cholesterol

This is a three-part program created by the National Heart, Lung, and Blood Institute (NHLBI) to improve cholesterol numbers (NHLBI, 2024, <https://bit.ly/4jUzfKe>). It combines diet, physical activity, and weight management to lower cholesterol and improve heart health.



- **Diet:** To lower cholesterol, the TLC program recommends adding soluble fiber (fruit, beans, and oats) and sterols (whole grains, nuts, legumes, and oils) to your daily diet. It also recommends limiting daily sodium intake to 2,300 milligrams, which can be done by including herbs and salt-free spices.
- **Physical activity:** Daily activity is essential to success with the TLC program. Include activities that require body movement that work your muscles, such as walking, dancing, running, swimming, yoga, and gardening.
- **Maintain a healthy weight:** Dietary changes and increasing physical activity can help create lifestyle changes that make maintaining a healthy weight possible. Tips to increase the chances of success include:
 - Keep track of daily physical activity and food intake.
 - Discuss successes and setbacks with your doctors.
 - Set attainable daily goals, such as walking 8,000 steps or trying a new fruit or vegetable.



Registered Dietitian Nutritionists (RDN)

If you still have questions regarding choosing foods that are right for you and your lifestyle, consider consulting with an RDN. They are at the forefront of educating about healthy eating and help people understand how to eat nutritious, balanced meals. RDNs can also help you create a specific nutrition plan that is the best fit for your lifestyle and personal restrictions and limitations. To find an RDN in your area, search on one of the following platforms:



Delaware Academy of Nutrition and Dietetics

The Academy's mission is to empower members to be Delaware's food and nutrition leaders. It can help you find a registered dietician or nutritionist or a local community event. Learn more at <https://bit.ly/3H69Kqz>.



ChristianaCare Wellness Services

This service provides expert help with nutrition and education for health conditions and special nutritional needs. Visit the ChristianaCare Wellness Center website at <https://bit.ly/455Wtlw> for service details.



First State Health and Wellness

This program offers nutritional counseling for Delaware residents. Learn more about the assistance provided by this program at <https://www.firststatehealth.com/nutrition>.



The Nutrition Clinic

The University of Delaware's Nutrition Clinic's mission is to serve as a resource for nutrition services and provide personal and community nutrition education. Visit <https://bit.ly/4jOVSPX> for more information.

Food Resources



Catholic Charities - Diocese of Wilmington Basic Needs Program

The Basic Needs Program provides free food, meals, groceries, clothes, holiday help, and money for things like heating bills or rent. It also has a thrift store for individuals looking for gently used clothing, accessories, furniture, and household goods. The program helps families in need with programs like the Emergency Food Assistance Program, which provides emergency food and snack packs for students on weekends. Learn more at <https://bit.ly/4jSrHHZ>.



Delaware Department of Health and Social Services - State Service Centers

All State Service Centers help provide food to families in need. Visit <https://bit.ly/4kujyt8> or more information. For a list of State Service Centers, see the "Financial Assistance and Insurance" section in this Guide.



Delaware SNAP Emergency Food Benefits

SNAP is a program that helps low-income families buy different kinds of food to improve their nutrition. Each month, benefits are added to a Delaware Food First card, an Electronic Benefits Transfer card that can be used at local grocery stores to get food. For more information, visit <https://bit.ly/4dINgxR>.



Expanded Food and Nutrition Education Program

Income-eligible families with children and daycare providers can join free home-based nutrition lessons focused on lifelong healthy eating and fitness habits. Topics include budgeting for food, handling picky eaters, quick healthy meals, snack ideas, and food safety. For details, call **607-865-6531** or visit <https://bit.ly/45EtrzY>.



Food Bank of Delaware

The Food Bank is the largest group in the U.S. for fighting hunger. The Food Bank of Delaware offers the following programs: Healthy Pantry Center, Home Delivery, Backpack Program, Senior Nutrition, Mobile Pantry, and Food Pantries. Below is more information on each of these programs.

- **Healthy Pantry Centers:** The Food Bank of Delaware has two physical locations where individuals or households can pick up emergency food.
 - Newark location: 222 Lake Drive, Newark, DE 19702
 - Milford location: 102 Delaware Veterans Blvd., Milford, DE 19963
- **Home Delivery:** Participants in the home delivery program receive a box containing non-perishable items such as canned goods, cereal, dry milk, pasta, and other items. The Amazon home delivery program is intended for Delawareans without transportation or those who cannot leave their home to visit local food pantries. Deliveries occur once a month and must be requested one month earlier.
- **Senior Nutrition:** This program provides additional food support to Delawareans over the age of 60 who meet specific income requirements.
- **Mobile Pantry:** The Food Bank of Delaware hosts several mobile food pantries at locations across the state every month. Visit their website to find upcoming locations and reserve your spot.
- **Food Pantries:** Food Bank of Delaware community food pantry partners are available throughout the state. The food bank has a current list of participating organizations on its website.

For additional details about all the Food Bank of Delaware programs, visit www.fbd.org/program.



Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Program

WIC is a federal nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition at <https://wicsmart.com>, and stay healthy.

Free and Reduced-Priced Meals in School

The Delaware Department of Education shared the new rules for free and reduced-price school meals for families who need assistance.

Read about it at <https://bit.ly/4jcTaCV>. To apply, fill out the meal benefit form and give it to the school. Scan the QR code to access the form or visit <https://bit.ly/4jyvMEi>.



Additionally, weekend meals are available for children at participating schools through the Food Bank of Delaware. To learn more about this program and whether your child's school participates, check the Food Bank of Delaware website at <https://bit.ly/4j4k2VL>.

Physical Activity

Only about 20% of American adults and teens get enough exercise to stay healthy. Being more active can help everyone think, feel, sleep better, and perform daily tasks more easily. If you are not currently active, you can begin by sitting less and moving more!

Exercise is important to help manage a healthy weight and reduce your health risks, including risk for cardiovascular disease.



Recommendations for adults (CDC, 2024, <https://bit.ly/CDCphysac>) include:

- Aim for 150 minutes of moderate-intensity activity. For example, this could be 30 minutes per day, five days a week. This type of activity includes anything that makes you breathe harder or break a sweat, such as walking fast, biking, swimming, mowing the lawn, vacuuming, etc.
- At least two days a week, include activities that help strengthen your muscles, such as resistance or weight training.
- Older adults (65 years and up) should include balance exercises.

Walking: The Most Popular Exercise

There are many fun ways to improve your health through physical activity. Each person can pick activities that they enjoy. According to the American Heart Association (AHA, 2024, <https://bit.ly/4jWnG4Z>), walking is the most popular form of exercise because it is safe and easy for most people. Walking costs little or nothing and requires no special skills or equipment. The benefits of walking briskly for at least 150 minutes per week include:

- Lowers BP, blood sugar, and cholesterol.
- Helps you think, feel, and sleep better.
- Reduces the risk of dementia.
- Improves bone strength and density.
- Enhances stress management.



The Arthritis Foundation's **Walk With Ease Program** is a community-based physical activity and self-management education program that includes health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to help participants safely move toward better health. For additional details, visit <https://bit.ly/3F5tR7T>.



The University of Delaware Cooperative Extension offers the Walk with Ease Program, an introductory-level program that provides tips on beginning and maintaining a successful walking program. The cost is \$20 and includes a participant workbook. Scholarships are available for those who indicate their eligibility during registration. Learn more by visiting the University of Delaware Cooperative Extension website at <https://bit.ly/4jVT8QV>.



Physical Activity, Nutrition, and Obesity Prevention (PANO)

Delaware's PANO program, detailed on the Delaware DHSS website at <https://bit.ly/4miN0Uw>, links people to national and Delaware-specific resources, such as:

- Healthy Delaware
- Advancing Healthy Lifestyles: Chronic Disease, Health Equity, and COVID-19
- Delaware Farmers Markets
- Delaware's Play Outside



Financial Assistance and Insurance

Health care can be costly. If you have private insurance, check your policy coverage by calling the phone number on your insurance card. If you do not have private insurance, see the options below for Medicaid, Medicare, and the Health Insurance Marketplace. Also shown are Delaware community health centers that serve people who are uninsured or underinsured on a sliding-scale basis.

Delaware Helpline



If you need health care but do not have insurance coverage, the Delaware Helpline has a wealth of information about organizations that provide health care at reduced rates for uninsured individuals. Call the Delaware Helpline toll-free at **1-800-464-HELP (4357)** from Monday through Friday, 8:00 a.m. to 5:00 p.m. The Delaware Helpline service is also available in Spanish. Learn more at <http://www.delawarehelpline.org>.

See the "You and Your Health Care Team" section in this resource guide for a list of qualified health centers and more information about contacting and finding a location near you.

Delaware Medicaid



Medicaid is a health insurance program that pays medical bills for eligible low-income families and for eligible aged, blind, and/or disabled people whose income is not enough to meet the cost of necessary medical services. The Delaware Division of Medicaid and Medical Assistance runs Medicaid and pays medical bills with state and federal tax money. For details, visit <https://bit.ly/4disDCM>.

To obtain full Medicaid benefits in Delaware, you must be a Delaware resident and either a U.S. citizen or a legally residing noncitizen. Full coverage for noncitizens depends on the amount of money the state has available. Noncitizens (documented or undocumented) can qualify for coverage for emergencies and labor and delivery services if income requirements are met.

Qualifying for Medicaid is also based on need. Household income must be below certain limits defined by the Federal Poverty Level based on family size.

You can find out if you qualify for Medicaid or other medical assistance and social service programs by speaking with a representative at your local State Service Center. Call Medicaid Customer Relations at **1-800-372-2022** or **302-255-9500** to be directed to the appropriate office where someone can help you.

There are several ways to apply for Medicaid and other medical assistance programs:

- On the internet, you can use ASSIST (<https://bit.ly/4ec0zkM>) to check your eligibility for several different assistance programs by completing a self-screening questionnaire. ASSIST then allows you to apply online.
- You may print an Application for Health Insurance/Medicaid. The application form is also available in Spanish.
- For further information, visit the Delaware Department of Health and Social Services Medicaid and Medical Assistance website at <https://bit.ly/4disDCM>.



Health Care Connection (HCC)



HCC recipients receive discounted medical services based on income. To be eligible for HCC, an individual must be an uninsured Delaware resident. You may not be eligible for state medical assistance programs such as Medicaid. You must be exempt or not eligible for the Healthcare Marketplace. You must meet the program's financial eligibility guidelines. To learn more, call 2-1-1 or visit <https://bit.ly/3EYQQS6>.

Health Insurance Marketplace



Choose Health Delaware is the state's free official program that helps individuals and businesses learn more about the low-cost, high-quality health insurance coverage available through the Health Insurance Marketplace. Through this website, at <https://bit.ly/43jiYY9>, you can learn what partner insurance companies can offer you and how you might be able to lower your costs. Federal application counselors are also available 24 hours a day, seven days a week. Simply call **1-800-318-2596**.

Insurance Coverage for BP Monitors

The following insurance companies will help pay for home BP monitors or offer a program that provides one for patients to use. Contact your health insurance provider for more information.

Review the **Delaware: Insurance Coverage Options for Home Blood Pressure Monitors** resource from Quality Insights to learn which insurance companies provide coverage for home BP monitors or offer a program that provides patients with one. You can download the flyer at <https://qualityinsights.info/3SFbCZX>.



Medicare



Medicare is an insurance program that pays medical bills for people who are aged 65 years and older or who are disabled. It is available to people who receive Social Security benefits regardless of how much money they have. It is run by the federal government and is paid for with money from the Social Security Trust Fund, which most people pay into while they work. Retired and disabled people pay a monthly insurance premium for Medicare Part B. For more information, call **1-800-MEDICARE (1-800-633-4227)** or visit <https://www.medicare.gov>.



State Service Centers

Delaware State Service Centers are a network of 15 locations that provide access to health and social services. They are managed by the Delaware Department of Health and Social Services (DHSS).

Services offered include:

- Childcare
- Emergency assistance
- Emergency housing
- Food stamps
- General assistance
- Home health care
- Medicaid
- Mental health support
- Temporary Assistance for Needy Families
- Transportation

New Castle County State Service Centers

State Service Center	Address	Phone Number
Appoquinimink	122 Silver Lake Road Middletown, DE 19709	302-696-3120
Belvedere	310 Kiamensi Road Wilmington, DE 19804	302-892-5972
Canby Park Office*	1920 Maryland Ave. Wilmington, DE 19805	302-498-5500
Churchman's Corporate Center*	84 Christiana Road New Castle, DE 19720	302-395-6500
Claymont	3301 Green St. Claymont, DE 19703	302-792-6505
DeLaWarr	500 Rogers Road New Castle, DE 19720	302-622-4500
Floyd I. Hudson	501 Ogletown Road Newark, DE 19711	302-283-7500
Northeast	1624 Jessup St. Wilmington, DE 19802	302-552-3500
Robscott Building/ DSS*	153 East Chestnut Hill Road Newark, DE 19713	302-451-3680
Winder Laird Porter	509 West 8th St. Wilmington, DE 19801	302-777-2800

**This location does not offer Emergency Assistance or LIHEAP emergency cooling or heating assistance.*

Kent County State Service Centers

State Service Center	Address	Phone Number
Blue Hen Mall/ Corporate Center*	655 Bay Road Dover, DE 19901	302-672-9500
James W. Williams	805 River Road Dover, DE 19901	302-857-5000
Smyrna	200 South DuPont Blvd., Suite 101 Smyrna, DE 19977	302-514-4500

Sussex County State Service Centers

State Service Center	Address	Phone Number
Anna C. Shipley	350 Virginia Ave. Seaford, DE 19973	302-628-6700
Bridgeville	400 Mill St. Bridgeville, DE 19933	302-721-7000
Edward W. Pyle	34314 Pyle Center Road Frankford, DE 19945	302-732-1700
Laurel	31039 North Poplar St. Laurel, DE 19956	302-875-8402
Milford Annex	13 South West Front St. Milford, DE 19963	302-424-7230
Thurman Adams	546 South Bedford St. Georgetown, DE 19947	302-515-3000

**This location does not offer Emergency Assistance or LIHEAP emergency cooling or heating assistance.*



Technology and Tools

Technology has led to new and convenient ways to track cardiovascular health. You can install mobile apps to help track your BP, exercise, food intake, heart rate, and more.

Self-Measured BP Monitoring

If you want to control your BP, try self-measured BP monitoring (SMBP). SMBP monitoring is the regular measurement of BP at home or elsewhere. These readings give you and your health care provider a better understanding of your BP trends and provide valuable information to your health care provider for your treatment and care. Scientific studies show that SMBP plus support from the health care team helps people to better control their high BP (Million Hearts®, 2025, <https://bit.ly/3S40zJH>).

The "Community Programs and Support" section of this resource guide provides information about programs offering BP monitors and training to use them. You can sign up for the Healthy Heart Ambassador BP Self-Monitoring Program there and find out if your insurance provider covers automated BP monitors.

For more details on insurance coverage for BP monitors, see the "Financial Assistance and Insurance" section of this resource guide.

Remote Patient Monitoring

Remote patient BP monitoring refers to the use of technology to measure and track a patient's BP outside of a health care setting, such as at home. This process typically involves the use of a BP cuff (often an automatic one) that connects to a digital device, such as a smartphone, tablet, or computer, which records the readings and sends them to health care providers remotely.

This method allows patients to monitor their BP regularly, often without needing to visit a doctor's office. It can help detect trends, manage chronic conditions (like hypertension), and provide timely data to health care providers for better decision-making. The data can be shared in real-time or periodically, depending on the technology and system in use.

Remote monitoring can be particularly helpful for managing long-term conditions and improving outcomes. It reduces the need for frequent in-person visits and offers more continuous monitoring of a patient's health. Contact your doctor's office or insurance company for coverage options.

Apps to Help Track BP

These mobile apps are available through the Apple App Store (<https://www.apple.com/app-store>) or Google Play (https://play.google.com/store/games?hl=en_US).

- **BP Monitor Pro:** This app allows users to turn their device into a personal BP and weight health monitor. It is easy to track all health and medical readings.
- **BP Tracker Plus:** This app allows you to track your BP at your convenience. It allows notes to be attached to BP readings for future reference. The tracker has an unlimited history and calculates averages for daily BP readings. You can also email your BP readings to your doctor.
- **Hello Heart:** Hello Heart is a mobile app that helps track, understand, and manage BP and cholesterol. It also comes with a BP monitor.
- **My Fitness Pal:** This handy app allows you to track your food intake, exercise activities, and heart health.
- **Omada Health:** This virtual program helps manage hypertension for improved long-term results. It includes health coaches and hypertension specialists, peer groups and communities, disease education, remote BP monitoring, and more.
- **Omron Health Connect App:** The app gives you a clear view of your heart health - anytime, anywhere. By wirelessly syncing via Bluetooth, you can easily upload,

store, and view your heart history. The app lets you easily share BP data with family or doctors. You can also keep track of your weight so you can achieve your health goals.

- **Omron Health Heart Advisor:** Learn how your lifestyle impacts your heart health. The app is designed for use with the HeartGuide wearable BP monitor and makes it easy to receive valuable daily insights about your BP and activity.
- **Smart BP:** This app allows you to record, track, and share your BP information through your iPhone. It can show progress using graphs, and users can tag data when lifestyle modifications or medication adjustments are made.

RESOURCES:

Blood Pressure Tracker - This handy tool provides tips on actions you can take to keep your BP under control. It also features a log where you can write down your daily blood pressure readings to better track your progress. Download it today at <https://qualityinsights.info/4jZNs8P>.



How to Measure Your Blood Pressure - Follow the instructions on this guide for accurate blood pressure monitoring at home. Download this helpful resource at <https://qualityinsights.info/43wQr2u>.



Tips for Taking Your Own Blood Pressure - Get tips on what you need to take your BP at home, the best times of day to take a reading, and more. Access it at <https://qualityinsights.info/3GZC7qD>.



Apps to Help with Medication Adherence

It is important to take your medication as prescribed by your doctor. These apps can make it easier. Visit the Apple App Store (<https://www.apple.com/app-store>) or Google Play (https://play.google.com/store/games?hl=en_US) to download these mobile apps.

- **CareZone Medisafe - PillMemo:** Want an easy way for you and your family to manage medications and doctor's instructions? PillMemo reminders can help you stay on your medication schedule and refill prescriptions on time.
- **Medication Reminder:** This app allows you to add and manage up to ten different medications. It reminds you when it is time to refill prescriptions and can also track your family and pets' pills. With this useful and simple app, you will never miss your pills again.
- **Medicine Time!:** Install this app on your smartphone to make taking medications much easier. You can set reminder times for different days.
- **MediSafe Pill and Med Reminder:** This app provides reminders for all your medications and when to take them. It will display all your notes, such as "take with food."
- **My Pill Reminder:** Need help remembering to take your medication? This medicine reminder app puts all your medication needs in one place.
- **Pills Time Med Reminder:** Pills Time helps users take their medication on time, which improves health.



Social Determinants of Health



Social Determinants of Health
Background Image

Healthy People 2030

Source: ODPHP, 2020, <https://bit.ly/4miM5TV>.

Good health care is important to overall health, but many other factors outside the doctor's office play a role in healthy living. These are known as the social determinants of health (SDOH). The U.S. Department of Health and Social Services initiative Healthy People 2030 defines SDOH as "the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks" (ODPHP, 2024, <https://bit.ly/4miM5TV>).

Another term for SDOH is health-related social needs. Some examples from Healthy People 2030 are:

- Education, job opportunities, and income
- Safe housing, transportation, and neighborhoods

Social Support

Good health care is important to overall health, but many other factors outside the doctor's office play a role in healthy living. These are known as the social determinants of health (SDOH). The U.S. Department of Health and Social Services initiative Healthy People 2030 defines SDOH as "the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks" (ODPHP, 2024, <https://bit.ly/4miM5TV>).

Community, State, and Federal Tools, and Resources



The **SDOH Community Resource List** is a guide to local resources that address SDOH, such as education, employment, food, health care, housing, transportation, and more. It can help you and your family find the support needed to improve your well-being. Access this list at <https://qualityinsights.info/3GXvx3X>



Education

All three counties in Delaware provide opportunities for adults to further their basic education free of charge. You can download this **Education Resources flyer** at <https://qualityinsights.info/4mzjfPA> to find a directory of Adult Basic Education programs, General Educational Development programs, and English as a Second Language classes available throughout Delaware. The programs are organized by county for your convenience.



Employment Opportunities

Employment and job security affect health through safety, insurance, and income opportunities. There are resources available for Delaware residents interested in applying or looking for new employment opportunities.

Download the **Employment Opportunities flyer** at <https://qualityinsights.info/4dFu66B> which lists phone numbers and websites for staffing organizations in Delaware.

Food



Access to healthy food is essential to healthy living at all ages. Delaware offers many options to help meet food needs. Reference this **Food Resources flyer**, available for download at <https://qualityinsights.info/44JGW1>, for a list of organizations throughout Delaware that offer no-cost or reduced-price food assistance and nutrition guidance to those in need.

Housing



Lack of stable housing or inadequate housing can lead to high BP, obesity, and other risk factors for cardiovascular events such as heart attacks, strokes, heart failure, and others. Racial and ethnic segregation affects heart health by limiting access to affordable, high-quality housing in under-resourced communities. Unhoused people may experience 60% to 70% higher rates of cardiovascular events, such as heart attacks, strokes, and heart failure, compared to the general population (Sims, 2020, <https://bit.ly/4doCfMj>).

Empower yourself with the knowledge and resources to secure safe and stable housing, a critical component for a healthier life. Reference this **Housing Resources flyer** at <https://qualityinsights.info/3Fm9SBM> provides information on housing assistance available to individuals and families in need in Delaware.



Legal Assistance



Legal solutions can impact social needs and the ability to maintain a healthy lifestyle. For example, a person might require help resolving veteran discharge status, clearing criminal history, disputing housing or employment concerns, addressing food stamps or disability benefits, or helping secure restraining orders and custody guardianship.

This **Legal Assistance flyer** from Quality Insights includes information about legal aid resources available across Delaware, specifically aimed at assisting financially eligible individuals. Download it today at <https://qualityinsights.info/3Sa1eJB>.

Transportation



Reliable, safe transportation is vital for getting to work, medical appointments, and other needs. Delaware offers many accessible transportation options throughout the state.

Access this handy **Transportation Assistance flyer**, available for download at <https://qualityinsights.info/4jqdhOh>, for a list of transportation services that are available in Delaware to help people reach essential services like medical appointments and grocery stores, improving access and mobility.





Additional Resources

Cardiovascular health is influenced by many factors beyond BP and cholesterol. This section provides information and resources to support good dental health, mental health, and tobacco cessation—three key areas that can impact heart health. Poor oral hygiene, unmanaged stress or mental health conditions, and tobacco use are all linked to increased cardiovascular risk. Addressing these factors supports a more complete approach to heart health.

Dental Clinics



The connection between oral health and cardiovascular health is well-documented, with growing evidence suggesting that poor oral hygiene can contribute to heart disease.

Below is a list of dental contacts in each county. Contact each site for eligibility and available services. You can also contact the Delaware Health and Social Services Oral Health Program at <https://bit.ly/4j2q74R>.

Clinic	Address	Phone Number
ChristianaCare Wilmington Hospital Dental Clinic	501 West 14 th St. Wilmington, DE 19801	302-320-4850
DelTech Dental Health Center	200 Orange St. Wilmington, DE 19801	302-571-5364
Henrietta Johnson Medical Center – Southbridge	601 New Castle Ave. Wilmington, DE 19801	302-655-6187, Ext. 416
La Red Health Center	21444 Carmean Way Georgetown, DE 19947	302-855-1233
Nemours Senior Care – Milford	101 Wellness Way Milford, DE 19963	1-800-763-9326
Nemours Senior Care – Wilmington	1801 Rockland Road Wilmington, DE 19803	1-800-292-9538
Westside Family Healthcare Dental Clinic	1802 West 4 th St. Wilmington, DE 19805	302-224-6800



Mental Health and Counseling

There is a strong connection between mental health and cardiovascular health, with research showing that conditions like stress, anxiety, and depression can increase the risk of heart disease.

For emergency care: The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) is a nationally recognized dialing code that connects persons in need to immediate support. When you or someone you know needs support through a crisis, hope has a number: **988**.



For a full list of mental health and substance use treatment, visit the Help Is Here Delaware website at <https://www.helpisherede.com/>.

These mental health professionals treat individuals suffering from depression and other conditions. Mental health services are also available at some community health centers. See the "You and Your Health Care Team" section in this Guide for a list of available sites.

Site	New Castle County	Kent County	Sussex County
Brandywine Counseling	302-656-2348		
Children & Families First	302-658-5177	302-674-8384	302-856-2388
CORAS	833-886-2777 (for all locations)		
Delaware Family Center	302-995-9600		
Dover Behavioral Health		302-741-0140	
Family Resource Center Claymont Community Center	302-792-2757		
Guidance Services for Children, Youth, Inc.	302-652-3948	302-678-3020	302-645-5338
Jewish Family Services of Delaware	302-478-9411		
Mind & Body Consortium	302-674-2380		
Peoples Place II		302-422-8033	
Psychological Services, University of Delaware	302-831-2717		



Support for Quitting Tobacco

Smoking is one of the biggest risk factors for cardiovascular disease. It damages the heart and blood vessels in multiple ways, significantly increasing the risk of heart attacks, strokes, and other circulatory problems.

The Delaware Quit Line offers free options to help people stop smoking and using other forms of tobacco. The support provided by the Quit Line can triple the chance of quitting for good. Review the **Delaware Quit Line brochure** (in English and Spanish) to learn more. Access it at <https://bit.ly/4kqPSgs> or simply scan this code.



Important Contact Information

Organization	Phone Number
Aging and Disability Resource Center	1-800-223-9074
American Heart Association – Delaware Affiliate	302-454-0613
Delaware Help Line	2-1-1 or 1-800-560-3372
Delaware Insurance Commissioner	302-674-7300
Delaware Medicare Assistance Bureau	1-800-336-9500
Department of Veterans Affairs	1-800-827-1000
La Esperanza – Medical Hotline	302-854-9262
Latin American Community Center	302-655-7338
Meals on Wheels	302-656-3257
Medicaid Assistance	1-800-372-2022
Social Security Administration	1-800-772-1213

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DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



FOR MORE INFORMATION, CONTACT:

**Delaware Department of Health and Social Services
Division of Public Health**

417 Federal St., Dover, DE 19901

Phone: 302-744-4541 | Fax: 302-739-4787

Website: www.dhss.delaware.gov/dhss/dph/index

This publication was supported by Cooperative Agreement Number NU58DP007429 from the Centers for Disease Control and Prevention as part of the National Cardiovascular Health Program (CDC-RFA-DP-23-0004). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Publication number DEDPH-CV-053025