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Preface and Acknowledgements

This planning process began early in 2002, and was formally initiated at follow-up meeting to the Annual Conference of the Health Education Network of Delaware on March 22. More than 50 people from a wide variety of interested agencies and organizations were invited and participated in various parts of the process.

This has been an exciting year in the effort to promote physical activity and healthy nutrition. At the federal level, a number of important reports and studies were released, some of which are referenced in this plan. Many things are also beginning to happen in Delaware, and one of our goals is to coordinate these efforts and provide a common thread. At about the same time, strategic planning efforts started for the 5-a-Day campaign to promote fruit and vegetable consumption in Delaware. Both groups recognize that physical activity and healthy nutrition are inseparable issues, and the planning processes were merged. We also hope that this plan will stimulate more programs and initiatives, and help organizations obtain funding to work toward these goals.

We owe a special debt of gratitude to Lt. Governor John Carney, who is a champion and role model for these healthy behaviors. His “Lt. Governor’s Challenge” is a key element in efforts to promote healthier lifestyles.

We would also like to thank everyone who participated in the process, especially the Steering Committee. In addition, we owe special thanks to a couple of people whose vision guided this planning process, and for whom this is the first step in turning a career-long dream into reality. Special thanks to Allan Waterfield, who has committed his entire career – as a professor, as chair of the Governor’s Council on Lifestyle and Fitness, and in numerous other roles – to promoting physical activity. Christine Oakes, a health educator with the Delaware Division of Services for the Aging and Adults with Physical Disabilities, was the third member of the group that drove this process from the beginning. Thanks also to Avron Abraham and Mike Peterson, who represent the Coalition and the Health Education Network of Delaware, which are sponsoring organizations.

There is, as this plan makes clear, a lot of work to be done. But a lot is also being done already, and with united effort across all sectors of our state, we can bring significant change and improve the health and quality of life of Delawareans.

– Fred Breukelman

*Director of Health Education
Delaware Division of Public Health
Steering Committee Chair*