

Immediate Release

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Elena Delle Donne to Serve as Christiana Care Wellness Spokesperson

(WILMINGTON, Del., June 24) -- Christiana Care Health System and Delaware's own WNBA star Elena Delle Donne are teaming up to promote wellness by encouraging people to become active partners in their own good health. Delle Donne—the former Ursuline Academy and University of Delaware player who became one of the most highly touted women's basketball recruits—will serve as spokesperson and guest wellness blogger for Christiana Care, sharing tips for eating healthy and staying active, as well as promoting the importance of forming active partnerships with your doctors and other health care providers.

“I am honored to partner with Christiana Care,” said the Chicago Sky Rookie of the Year for 2013. “As a lifelong Delawarean, I have witnessed the benefits this health system brings to our community. Caring for others—particularly those with illnesses or disabilities—is an area in which I strongly believe, and I am grateful for this opportunity to work with Christiana Care to share my experiences and make a difference.”

Through her blog posts, Delle Donne will encourage readers to be aware of subtle changes in their own bodies and to seek expert medical care. She also hopes to empower others to actively participate in their own health care decisions. Her first blog post “Getting Fit Starts with Eating Right” appears on the [Christiana Care Wellness Blog](#).

“You know your own personal health better than anyone,” Delle Donne tells her readers in her initial blog for the health system. “As part of your own health care team, you'll be a partner in deciding what's best for you. It's a team approach that works!”

“Health and wellness are team sports,” said Janice E. Nevin, M.D., MPH, Christiana Care Health System president and CEO. “At Christiana Care, we encourage all of our neighbors to create a wellness plan with their health care team. People who build a relationship with their physicians and health care team are more likely to stay well and out of the hospital.”

Recognizing the importance and value of patients' input into their own care is at the core of Christiana Care's commitment to patient-centered care.

About Christiana Care Health System

Christiana Care Health System is one of the country's largest health care systems, ranking as the 22nd leading hospital in the nation and 12th on the East Coast in terms of admissions. The health system includes The Christiana Care Medical Group, a network of primary care physicians, medical and surgical specialists as well as home health care, preventive medicine, rehabilitation services and patient/family advisors for core health care services. A not-for-profit teaching hospital affiliated with Sidney Kimmel Medical College at Thomas Jefferson University, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services. Christiana Care has an extensive range of outpatient services, and through Christiana Care Quality Partners, Christiana Care works closely with its medical staff to achieve better health, better access to care and lower cost. Christiana Care is home to Delaware's only Level I trauma center, the highest capability center and the only one of its kind between Philadelphia and Baltimore. Christiana Care also features a Level III neonatal intensive care unit, the only delivering hospital in Delaware that offers the highest level of non-surgical care to the most critically ill newborns. Christiana Care includes two hospitals with 1,100 patient beds.

For more information about Christiana Care, visit www.christianacare.org/whoweare.

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