



Branstad launches Healthiest State Initiative



IDPH Director Dr. Mariannette Miller-Meeks speaks at the launch of the Healthiest State Initiative. Other participants at the kick-off included (L - R) U.S. Representative Leonard Boswell, Lt. Governor Kim Reynolds, Governor Terry Branstad, U.S. Representative Tom Latham, and Wellmark Blue Cross and Blue Shield Chief Executive Officer John Forsyth.

In August, Governor Terry Branstad announced a plan to make Iowa the healthiest state within five years as measured by the [Gallup-Healthways Well-Being Index](#). The [Healthiest State Initiative](#) is a community and business-led, government-endorsed statewide effort that will engage citizens throughout the state to improve their overall health and well-being.

Iowa's 2010 overall Well-Being Index rank is [19th](#) compared to all other states. The goal is to become number one in five years. While Iowa scores well in many areas, there is a significant opportunity for improvement in healthy behavior and work environment.

"This Healthiest State Initiative will assist Iowans in learning about and applying proven methods to live longer, happier, and healthier lives," Branstad said. "We control more than 70 percent of the factors that influence our health. It is within our power to make a positive difference in our lives."

Branstad also noted that addressing comprehensive lifestyle changes could allow the State to redirect as much as \$16 billion over the next five years to grow the state economy versus being consumed by health care (\$11 billion) and lost productivity (\$5 billion). The success of this initiative is critical to the economic viability of the State and translates to a healthier Iowa and better quality of life for all its residents.

Iowans will be engaged at a grassroots level and encouraged to embrace the goal of making Iowa the Healthiest State. This multi-year journey will be designed to align existing and new initiatives that permanently change policies and the environment. This will motivate individuals and communities to move naturally more often, engage in life with a purpose, take time to decompress, eat wisely (less and better food) and create stronger communities and relationships.

As a first step on the road to becoming the Healthiest State, all Iowans are encouraged to take part in a [Start Somewhere Walk](#) on Friday, October 7. At noon that day, communities, neighborhoods, schools, businesses, churches and other groups across the state will gather to walk one kilometer (0.62 miles, or about 7-8 blocks) as a way to demonstrate their support for the Healthiest State goal. Individuals can find Start Somewhere walks near them, or learn how to organize walks in their communities, by visiting the Healthiest State website at www.IowaHealthiestState.com. The website also contains a wealth of information about the Healthi-

est State Initiative and resources to help Iowans improve their own health and well-being.

A centerpiece of the Healthiest State Initiative will be the [Blue Zones Project](#), through which people will transform their community and live measurably longer. To ignite this change, [Wellmark Blue Cross and Blue Shield](#) will financially support the transformation of 10 Iowa communities into Blue Zones Communities over the next five years. Ultimately, all communities can become Blue Zones Communities by leveraging innovative tools accessible to all Iowans, attending the Blue Zones Institute to obtain knowledge, and participating in professional forums to share best practices from across the state.

“Our goal is to get Iowa to the number one spot by 2016,” Branstad said. “It’s an ambitious goal to jump 18 positions in five years, but if anyone can do it, Iowans can. I’d like to thank John Forsyth from [Wellmark](#), Ric Jurgens from [Hy-Vee](#), and Doug Reichardt from the [Iowa Sports Foundation](#) for their leadership in this effort.”



In May, IDPH Director Dr. Mariannette Miller-Meeks (seen here in a green shirt), led approximately 100 State employees in a lunch-time walk around the Capitol Complex. On October 7, communities across Iowa will kick-off the Healthiest State Initiative with a similar event—a one-kilometer “Start Somewhere Walk.”

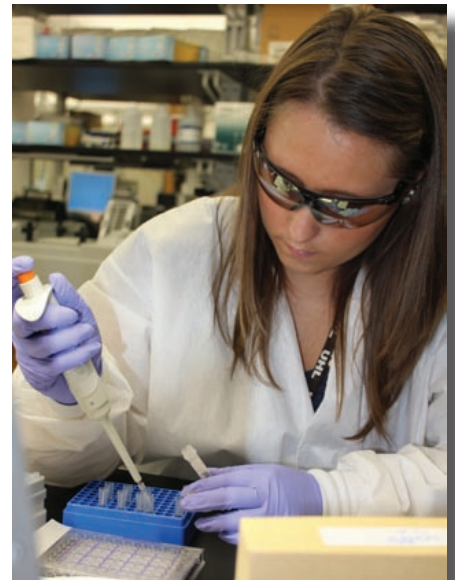
More than 60,000 reports comprise disease summary

What do whooping cough and mumps have in common? If you’re one of the hundreds of public health partners who help track the bugs that make Iowans sick, you probably already know the answer; both diseases increased in Iowa last year.

According to the [2010 Iowa Surveillance of Notifiable and Other Diseases Report](#) from the Iowa Department of Public Health (IDPH), pertussis or whooping cough cases jumped by 229 percent over the previous three-year average, while mumps saw a 73 percent increase. Many other vaccine-preventable diseases, however, decreased compared to the three-year average. These include shigellosis (55 percent), hepatitis A (83 percent) and Lyme disease (24 percent).

“Disease reporting and follow-up can be very time consuming to our partners who are simultaneously trying to run vaccine clinics, do home healthcare visits, promote healthy behaviors, respond to environmental health issues, and conduct many other essential services,” said Director Dr. Mariannette Miller-Meeks. “Our partners accept this laborious task because they know how vital this information is to the health of Iowans. Without them, tracking, controlling and preventing disease just wouldn’t be possible.”

Released in July by the IDPH [Center for Acute Disease Epidemiology](#), the annual publication is the result of more than 60,000 reports of infectious diseases and other conditions submitted to IDPH disease surveillance programs in 2010. Many of the partners in the effort are registered users of the web-based [Iowa Disease Surveillance System](#). They include staff in local health departments serving 99 counties and two cities, 126 laboratory workers, 132 infection prevention experts, and 35 sexually transmit-



Clinical Lab Analyst Ali Conklin conducts West Nile virus testing at the State Hygienic Laboratory.

ted disease specialists. The annual report also included disease reports related to elevated blood lead levels, occupational illnesses and injuries, and exposures to environmental hazards.

Other highlights from the report include:

- Among influenza hospitalizations, 27% were in people younger than 64 years old, while 42% were in people under 25.
- There were 10 cases of invasive meningococcal disease in Iowa—0.3 cases for every 100,000 persons.
- There was a 35% increase in diseases typically associated with undercooked or contaminated food.
- Carbon monoxide poisoning resulted in three deaths.

Among the rare and unusual diseases reported in Iowa in 2010 was Hansen's disease (leprosy); one case was reported in a 40-year-old male. There was one case of toxic shock syndrome, which occurred in a 19-year-old female. Also, there was one case of tetanus reported in a 7-year-old boy.

For the complete IDPH 2010 Iowa Surveillance of Notifiable and Other Diseases Report, visit www.idph.state.ia.us/Cade under the "Reports" tab.

What are Iowa's critical health needs?

It sounds pretty daunting. What do Iowans need to focus on to improve the health of individuals and communities in our state?

Such is the question being asked since February 1, when thousands of public health partners began contributing to the development of [Healthy Iowans](#), our state's five-year health assessment and improvement plan. Seven months later, that question now has an answer.

Thanks to the [input](#) of Iowa's 99 counties and more than 70 private and public organizations, analysts at the Iowa Department of Public Health (IDPH) have identified [39 critical health needs](#). "These 39 critical health needs provide a solid framework for ensuring that all Iowans can live longer, healthier, and more productive lives," said IDPH Planning Manager Jonn Durbin. "The big question, of course, is how do we accomplish that?"

Durbin says his team of analysts will soon be reaching out to more than 500 public health partners to gather [objectives and strategies](#) for addressing Iowa's 39 critical health needs. "Only with their input can we create a resource Iowans can use to see how government, non-profit organizations, and the private sector are working together on Iowa's most pressing health issues."



Organized into nine topic areas, Iowa's critical health needs are:

Access to Quality Health Services & Support

- Affordability (economic barriers to health access)
- Availability and Quality of the Health Workforce
- Healthcare Quality
- Insurance
- Transportation

Acute Disease

- Immunizations and Infectious Disease (vaccine preventable & non-chronic infectious)
- Outbreak Management and Surge Capacity

Addictive Behaviors

- Alcohol and Binge Drinking
- Drugs (legal and illicit)
- Tobacco

Chronic Disease

- Arthritis, Osteoporosis, and Chronic Back Conditions
- Cancer
- Diabetes
- Heart Disease and Stroke
- HIV/AIDS & Hepatitis
- Respiratory Conditions (asthma, COPD)

Environmental Health

- Air Quality
- Healthy Homes (radon, septic, well safety, fire safety)
- Lead Poisoning Prevention (blood lead testing, case management, lead-safe housing)
- Water Quality

Healthy Living

- Healthy Growth & Development (maternal and child health, family health, wellness)
- Nutrition and Food (access and safety)
- Oral Health
- Physical Activity
- Reproductive & Sexual Health (STD, family planning, & teen pregnancy)
- Vision and Hearing

Injury and Violence

- Falls
- Interpersonal Violence (dependent abuse, physical and sexual violence)
- Motor Vehicle Injuries & Deaths
- Occupational Safety
- Poisoning

Mental Health & Mental Disorders

- Co-occurring Disorders
- Mental & Emotional Well Being
- Mental Illnesses (depression, anxiety, PTSD, Anorexia)
- Neurological Disorders (autism, dementia, epilepsy, Alzheimer's)
- Suicide

Preparedness & Response

- Human Resource Capacity (volunteers & personnel)
- Planning (among partners, responders, & the public)
- Technological & Communication Capacity

For more information about Healthy Iowans, visit www.idph.state.ia.us/adper/healthy_iowans.asp.



Local boards of health recognized

With the [Community Wellness Grant](#) program drawing to a close, [Iowans Fit for Life](#) recently recognized two county boards of health for their work in nutrition and physical activity. Calling the projects models for collaboration, Iowans Fit for Life Coordinator Dennis Haney said the Cerro Gordo and Ringgold county boards of health are leading the charge in reducing the obesity epidemic at the local level.

“The projects in Cerro Gordo and Ringgold counties are important components to implementing the Iowans Fit for Life [plan](#) for preventing disease related to inactivity and unhealthy eating,” Haney said. “Cerro Gordo and Ringgold are leading by example in increasing the number of healthy eating and physical activity opportunities in their communities by fostering supportive policies and environments.”

Cerro Gordo

The [Cerro Gordo County Board of Health](#) received the Excellence in Physical Activity Award for their work in [worksite wellness](#) programming, related policies, and environmental changes. Among their achievements, a worksite wellness program has been implemented for all county employees. It offers physical activity and nutrition programming, ergonomic assessments, health screenings and fitness testing. In addition, a room at the health department has been outfitted with exercise equipment for employee use.

Amy Liechti, worksite wellness specialist with Iowans Fit for Life highlighted some of the program’s successes. “In just two short years, the Cerro Gordo County Health Department has shown itself to be a leader in the area of worksite wellness in Northern Iowa. With nearly 70 percent of county employees taking part, program coordinators are now seeing the dividend on this investment. Sixty-one percent of participants reported improvements in their nutrition habits and nearly 50 percent reported engaging in at least 30 minutes of physical activity on at least three days per week. This is encouraging and bodes well for the worksite wellness program, the Cerro Gordo County employees, and the community in general.”

The addition of an onsite fitness room has been further enhanced by a supportive policy that allows employees more options to make use of the equipment, which ultimately can lead to happier, healthier employees. Furthermore, the health department has also implemented a flextime policy that allows employees the option of combining their break times with their lunch period to allow them to incorporate some physical activity into their daily routine. “Most importantly, they’re sharing their lessons learned and smart practices with other employers in their community” Liechti added.

Ringgold

The [Ringgold County Board of Health](#) received the Excellence in Nutrition Award for improving the [nutrition](#) environment in Ringgold County schools. Focusing on policy development and environmental change, the board has worked with two school districts to increase the availability of healthier foods and beverages while restricting the availability of less healthy foods. Policies



Left to right, Cerro Gordo County employees Jodi Willemssen, Karen Crimmings, and Kara Vogelsson take advantage of their new wellness flex time policy in their on-site fitness room.

introduced by the board include serving only skim milk in school cafeterias, eliminating candy sales and requiring a minimum number of healthy options at sporting event concession stands, making it easier for students to take advantage of healthy breakfast options, and preventing the use of candy as an incentive for student performance.

“Ringgold County has not only changed their nutrition environment, they’ve also improved their financial picture,” said Sarah Taylor Watts, physical activity coordinator with Iowans Fit for Life. “Skim milk has five fewer grams of fat per carton, but it also costs less. In addition, cafeteria and concession stand sales have increased dramatically now that students have more freedom at breakfast and healthier options during sporting events. In Mt. Ayr Community School alone, concession stand sales went up almost \$6,000 last year.”

School districts in Ringgold County are also increasing the amount of time available during the school day for physical activity. This includes daily physical activity promotion and nutrition education e-mail messages to school staff, students, and parents.

Webinar: Walking Works for Schools, Sept. 14

The Iowa departments of Public Health and Education are hosting a webinar for schools and public health partners that introduces how to implement local walking programs. Scheduled for Sept. 14 from 3:30 p.m. to 4:30 p.m., the free event will feature presentations on:

Start Somewhere Walk

In October, Governor Branstad will kick off the Healthiest State Initiative by holding [Start Somewhere Walks](#) across the state. Wherever you are at noon on Oct. 7, you can join by taking about 12 minutes out of your day for a 1-kilometer (0.62 mile) walk with friends, family, neighbors or co-workers.



Walking Tool-kit for Schools

The tool-kit was developed by the Iowa Department of Education’s [Team Nutrition Program](#) and includes resources for walking clubs and walk-to-school programs.

The Next Step

Live Healthy Iowa’s team-based challenge called [The Next Step](#) is a six-week, pedometer-based activity challenge held every year beginning in September.



To register for the webinar, click [here](#). Questions? Contact Iowans Fit for Life Worksite Wellness Specialist Amy Liechti at amy.liechti@idph.iowa.gov or (515) 281-3623.

Multi-agency response plans tested in Black Hawk County

Streets were closed, crime tape was up, local media were on-site, and the National Guard had arrived. That was the scene in Waterloo on August 30 during a full scale bioterrorism exercise that practiced a response to a simulated release of anthrax into the community.

“We wanted an opportunity for several emergency response plans to be exercised at once, just like in an actual emergency or bioterrorism event,” said Enforcement, Surveillance & Preparedness Division Manager Jon McNamee at the [Black Hawk County Health Department](#). “We were able to set up our pre-staged point of distribution (POD) in only 30 minutes from when the call came in. The first patient role-players started arriving 15 minutes later for medication dispensing.”

Months in the making, the exercise tested preparedness plans written by more than a dozen local, state and federal agencies. Partners in the planning and execution of the exercise included: the American Red Cross, Black Hawk County Emergency Management, Black Hawk County Health Department, Federal Bureau of Investigation, Iowa Department of Public Health, Iowa Homeland Security, Iowa National Guard, Iowa State Patrol, State Hygienic Laboratory, U.S. Postal Inspection Services, U.S. Postal Service, and Waterloo Police and Fire Departments.

Role-players came from as far away as Denver, Colorado for the exercise. Although the event only lasted two hours from start to finish, there was a lot of excitement packed into that time. Brenda Corey, a health officer with the Black Hawk County Health Department helped with patient registration and education during the exercise. “It was very impressive how everyone knew what to do and where to go,” she said about her first experience of this kind. “I hope this will not happen in real life, but if it does, this exercise has prepared me to do the job.”

It was a challenge to keep both the post office and bus depot open during the exercise since both were in the hot zone but the public cooperated well. The decontamination area was set up well out of the view of the public but patients had to walk across the street to the POD after they had been cleaned. This caught several stares from passersby but afforded the media some good shots for the local news outlets.

“Overall, I thought it was a success,” McNamee said. “Any time we can protect the public by helping emergency responders practice and perfect their skills is time well spent.”

To request a copy of the after-action report, please contact Jon McNamee at jmcnamee@co.black-hawk.ia.us or 319-291-2413.



Clint Vandehoef, a criminal justice student at Hawkeye Community College, receives medication from Ange Miller of the Black Hawk County Health Department during the exercise. Although the “medicine” in this case was actually M&Ms candies, Vandehoef and approximately 130 other role players were asked to act and react as if an actual bioterrorism event had occurred. Photo courtesy of Black Hawk County Health Department.

Latest state data show obesity rate rising

A recently released report from the Centers for Disease Control and Prevention shows that Iowa's obesity prevalence is 28.4 percent, up from 27.9 percent in 2009. No state reported an obesity prevalence lower than 20 percent in 2010. The number of states with an obesity prevalence of 30 percent or more has increased to 12 in 2010, compared to no states with that level in 2000.

"Obesity is a complex issue, and it will take every element of society working together to reverse the epidemic," said Dennis Haney, Iowa Department of Public Health (IDPH) community health consultant with [Iowans Fit for Life](#). "All Iowans need to make healthy choices—both in terms of what they eat and how active they are. Communities that strongly support healthy eating and active living play a large role in reducing obesity."

The data come from the most recent [Behavioral Risk Factor Surveillance System](#) (BRFSS), a state-based phone survey that collects health information from approximately 400,000 adults aged 18 and over. The 2010 BRFSS data confirm that no state met the nation's Healthy People 2010 goal to lower obesity prevalence to 15 percent within the past decade.

An adult is considered obese if he or she has a body mass index (BMI) of 30 or above. For example, a 5-foot-4-inch woman who weighs 174 pounds would have a BMI of 30 and would therefore be considered obese. Similarly, a 5-foot-10-inch man who weighs 209 pounds would be considered obese.

IDPH's Iowans Fit for Life [State Plan](#) includes community [resources](#) such as:

- suggestions to make communities more "walkable;"
- tools to improve the healthfulness of restaurant menus, grocery store offerings, and vending machine options;
- a worksite wellness resource designed for small employers; and
- a school and community nutrition and physical activity intervention.

Iowans Fit for Life subject matter experts have also partnered with the health promotion unit at IDPH to provide technical support for community wellness grants across the state which are used locally to make the healthy choice, the easy choice.

For more information about Iowa's obesity prevention efforts, visit www.idph.state.ia.us/iowansfitforlife. For more information on obesity prevalence, including an animated map, visit www.cdc.gov/obesity.



Capacity tracking system to go live Oct. 1

The Iowa Department of Public Health (IDPH) [Center for Disaster Operations and Response](#) is edging closer to full implementation of the Iowa Public Health Advanced Capacity Tracking System, better known as I-PHACTS.

I-PHACTS, slated to go live Oct. 1, is designed for use during public health emergencies to evaluate Iowa's medical infrastructure through collection of bed capacity data, staffing levels, and the status of utilities.

"We held the first pilot test of the system late in 2010 with 12 hospitals across the state and they identified a number of issues that were implemented into the system," said Brent Spear, IDPH I-PHACTS coordinator. "A secondary pilot was conducted in March and April of this year to ensure the system was ready for statewide rollout."

University of Iowa Hospitals and Clinics (UIHC) was one of the partners helping with the pilot program. Their emergency management coordinator, Mike Hartley, said that the pilot demonstrated that the flow of capacity data had initially one path: from the hospitals to IDPH. "We encouraged the development team to re-tool the system prior to its release so that information flowed not only to IDPH, but between the hospitals as well."

Hartley said this improvement increased the value of the system hospitals because UIHC feels it is important that all of Iowa's hospitals exchange information about operational conditions and patient care capabilities during a disaster.

Hospitals are participating in a monthly test of the system over the next several months. "These tests will help users get more comfortable with the system and make sure they know how to enter data into I-PHACTS prior to a real emergency," Spear added.

Since the pilots were completed, IDPH has developed user manuals and other tools for the system. These tools were reviewed and approved by the Surge Capacity Task Force and the pilot hospitals. IDPH conducted regional rollout presentations at regional preparedness meetings and then provided follow-up trainings via webinar as needed.

The system was rolled out statewide in late June to all hospitals for system testing and training prior to the Oct. 1 date.



In the hours after an EF-5 tornado hit St. John's Hospital in Joplin, MO, all 183 patients were relocated to hospitals in the region with available beds. When I-PHACTS becomes operational in October, public health partners in Iowa will be able to track available health care resources across the state. This will allow hospitals to make more timely, informed and efficient emergency patient transfers.

Iowa above national average for nursing babies

The percentage of Iowa women who choose to breastfeed their baby at birth, and continue exclusively breastfeeding at 3 months of age is above the national average, according to [new data](#) from the Centers for Disease Control and Prevention (CDC). Breastfeeding is an important strategy to improve children's health and reduce their risk of obesity, diabetes, infections and sudden infant death syndrome (SIDS).

"In Iowa, most women want to breastfeed, but need support to start and maintain breastfeeding," said Holly Szcodronski, breastfeeding coordinator of the [Women Infants and Children \(WIC\)](#) program at the Iowa Department of Public Health (IDPH). "It is encouraging that 78 percent of Iowa infants are breastfed at birth; however, only 37 percent are exclusively breastfeeding at 3 months of age. While this is above the national average, there is still much room for improvement." Nationally, 75 percent of mothers start breastfeeding, and at 3 months 35 percent are exclusively breastfeeding.

The data find that 6 percent of hospitals in Iowa have a written, model breastfeeding policy; nationally 14 percent of hospitals have comprehensive breastfeeding policies. Also, in Iowa, 13 percent of hospitals refrain from giving healthy, breastfeeding infants formula when it is not medically necessary. The practice of giving healthy, breastfeeding infants formula makes it much harder for mothers and babies to learn how to breastfeed and continue breastfeeding when they go home. Across the country, 22 percent of hospitals refrain from giving formula to breastfeeding infants when it is not medically necessary.

The American Academy of Pediatrics recommends that babies receive only breast milk until about 6 months of age. For more information about breastfeeding and the Iowa Breastfeeding Coalition, visit www.idph.state.ia.us/wic/Breastfeeding.aspx. To view the CDC report, visit www.cdc.gov/breastfeeding/data/reportcard.htm.



Submit your abstract by Oct. 7

Abstracts for oral and poster presentations are now being accepted for the 2012 [Iowa Governor's Conference on Public Health](#). Scheduled for April 17 & 18, 2012, the gathering is the premiere public health event of the year.

This general call for abstracts is open to the public until Oct. 7. Conference partnering organizations will also specifically encourage or solicit abstracts for submission. Approximately 50 percent of the concurrent sessions will be selected using this open call for abstract process.

To learn more, visit www.iowapha.org and click on "Iowa Governor's Conference on Public Health." This will take you to the call for abstracts document which provides guidance on criteria, procedures and the timeline for this competitive process. After reviewing [this guidance document](#), simply click on the posted web site link (p.5 of guidance) to submit your online proposal. Questions? Contact Conference Coordinator Sara Patkin at m spatkin@yahoo.com.

Iowa Health Fact Book 2011 profiles health and behavior of Iowans

Certain infectious and sexually transmitted disease rates continue to be areas of concern for Iowa's public health, according to data from the [2011 Iowa Health Fact Book](#).

The [University of Iowa College of Public Health](#), in partnership with the Iowa Department of Public Health, has released the 2011 edition of the book, a broad-ranging report covering the health and health-related behaviors of Iowans.

"With this book, we present a tool that is useful to Iowa's health care providers, health policymakers, public health practitioners, health researchers, and members of the media alike," said Jane Pendergast, Director of the [Center for Public Health Statistics](#) and professor of biostatistics at the University of Iowa. "It's a 'one-stop shop' for county- and state-wide data relating to health outcomes, social determinants of health, health behaviors, and health care resources."

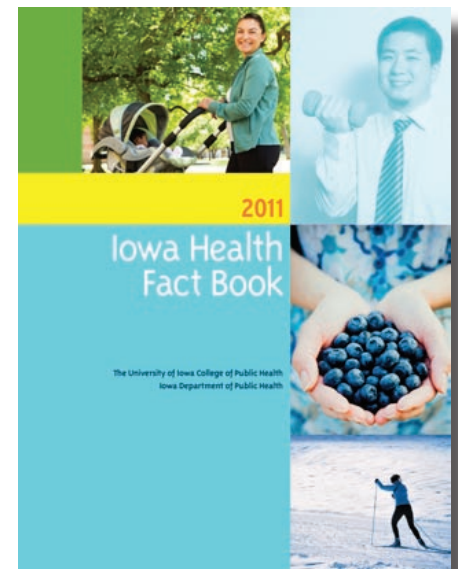
The fact book assembles health data on areas such as prenatal and infant health, infectious diseases, cancer and other chronic diseases, and injury. Health and social behaviors and population totals and age distributions are also presented. Much of the data are tracked longitudinally so as to follow how Iowans' health and behaviors have changed over time.

Some notable trends in the health of Iowans include:

- Infectious diseases continue to be a concern. The number of reported cases of mumps, salmonella, and pertussis (whooping cough) rose significantly in 2010.
- Diagnoses of certain sexually transmitted diseases, such as chlamydia, continue to rise as well.
- More Iowans are developing lung cancer and COPD, disturbing trends as tobacco use is the leading modifiable risk factor for these diseases.
- Injuries are the leading cause of death in persons under 34 years of age.
- Cancer was the number one cause of death in Iowa during 2004-2008, the first time in the Iowa Health Fact Book's history that heart disease did not lead the list.

New to this edition of the Iowa Health Fact Book is additional information on state-level health indicators from the U.S. Agency for Healthcare Research and Quality and accidental mortality.

Data were collected from state and national sources, including the Iowa Department of Public Health, the Iowa Department of Inspections and Appeals, the Iowa Department of Education, the Iowa Consortium for Substance Abuse Research and Evaluation, the Centers for Disease Control and Prevention, and the U.S. Census Bureau. The UI-based State Health Registry of Iowa, the SEER Program of the National Cancer Institute, the



Iowa Registry for Congenital and Inherited Disorders, and the Office of Statewide Clinical Education Programs also provided data.

The 2011 edition is the eighth in a series of Iowa Health Fact Book biennial publications. An electronic version of this and previous reports are available online at <http://www.public-health.uiowa.edu/factbook>.

Safeguard Iowa Partnership hosts Prepare Fair, Oct. 8

Employee preparedness is the single most important effort that a business owner can undertake to ensure the business will survive a disaster and recover. Without employees, there is no business. Those Iowans who work for organizations that have taken the time to help prepare them and their families are more likely to be effective during a disaster and the recovery phase.

The [Central Iowa Chapter](#) of the [Safeguard Iowa Partnership](#) is hosting a free, public education event

to encourage individuals, families, employees, and employers to “Get a Kit, Make a Plan, Be Informed.” Scheduled for Oct. 8 from 10:00 a.m. to 2:00 p.m. at Capitol Square in Des Moines, the event will feature a scavenger hunt for kids and door prizes, such as first aid and emergency kits. Outdoor displays will include a fire truck, pediatric ambulance, police car and much more. For more information, visit www.safeguardiowa.org/central-iowa-chapter.



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