

## During Stroke Awareness Month, focus on symptoms

By Arlene Johnson

“Improving education of stroke symptoms among Iowans will be a main focus in May, which is Stroke Awareness Month,” according to Arlene

Johnson, coordinator of the Cardiovascular Risk Reduction Program for the Iowa Department of Public Health.

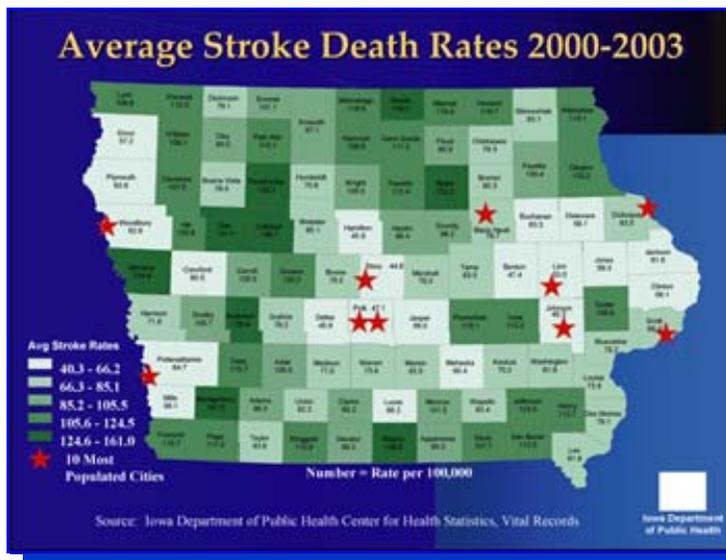
According to surveys (BRFSS, 2003), fewer than 20 percent of Iowans know all the symptoms of cerebrovascular disease or stroke, a blood shortage to the brain, said Johnson. Symptoms include: numbness or weakness in the face, arm or leg—especially on one side of the body; trouble talking; vision difficulties; severe headache; and, loss of balance or coordination.

It’s important for Iowans to be better educated on stroke symptoms because medical attention within the

first three hours of the onset is necessary for maximum effectiveness. If tissue plasminogen activator (t-PA) can be delivered within the first three hours after a stroke,

long-term, serious disability can be greatly reduced. Also, a cost-benefit analysis suggests a savings of \$4,000 for every patient treated with t-PA. Nationally, only about three percent of stroke victims receive t-PA. “Stroke is the leading cause of disability and the third leading cause of death among Iowans,” Johnson said. In addition to improving the education of Iowans about strokes, the Iowa Department of Public Health supports the establishment of stroke centers.

Out of the 88 stroke centers in the United States, only one Joint Commission on Accreditation of Healthcare Organizations (JCAHO) facility is located in Iowa at Mercy Medical Center in Sioux City. “Fewer than three



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## Events slated for Stroke Awareness Month

For either of the events, contact Arlene Johnson (AJ) at (515) 281-7097 or [Ajohnson@idph.state.ia.us](mailto:Ajohnson@idph.state.ia.us) for more information.

- “Teaming Up Against Stroke” May 7, 2005, 8 am - 3 pm, Sheraton West Des Moines, conference for both health care professionals and the general public, registration is \$50 and no one will be turned away if not pre-registered!
- “Go Red for Women Luncheon” May 31, 11:30 am - 1:30 pm, Ames.

# During Stroke Awareness Month, focus on symptoms

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Iowa medical facilities are considering earning the certification," said Johnson.

"But the success of a stroke center depends greatly on people's ability to recognize signs and symptoms of a stroke," Johnson noted. "Stroke centers rely on networking and collaboration to maximize resources."

Johnson noted that medical professionals can also educate Iowans on risk factors that may contribute to a

person experiencing a stroke. She noted stroke and coronary heart disease share risk factors to include: diabetes, elevated blood pressure, high blood cholesterol, overweight or obesity, and cigarette smoking. "In 2003, 78 percent of Iowans had one or more of those risk factors," she said.

## When you can't breathe, nothing else matters

By Andrea Hoffman

**M**ore than 20 million Americans—infants, adults and the elderly—live with asthma, a life-threatening, chronic inflammatory airway disease of the lungs. May is Asthma and Allergies Awareness Month when additional focus is given to raising the public awareness of the risks of living with asthma.

In 1998, the Global Initiative for Asthma, a joint project of the World Health Organization and the National Heart, Lung and Blood Institute at the National Institutes of Health, established World Asthma Day and Asthma Awareness Month. World Asthma Day was on May 3.

Reaching epidemic proportions, asthma causes swollen, sensitive airways that lead to episodes of breathing difficulty. It affects 6.3 million children under the age of 18 years. In Iowa, 6.2 percent of Iowa adults and between eight and nine percent of children 17 years of age and younger reported having physician-diagnosed

asthma in 2003 (BRFSS 2003).

Every year an estimated three million workdays are lost because of asthma. Nationally, asthma costs about \$6 to \$8 billion a year and indirect costs, such as lost productivity, account for another \$5 billion dollars. The estimated cost of treating asthma in those under 18 years is \$3.2 billion per year (*Journal of Allergy Clinical Immunology 2000*). In 2000, direct and indirect costs of asthma in Iowa were \$149 million.

Asthma is one of the leading causes of school absenteeism. From 1994 to 1996, 14 million school days were missed each year due to asthma (MMWR 2002). On

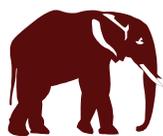
average, in a classroom of 30 children, about three are likely to have asthma (NCHS 2004).

While asthma can't always be prevented and there is no known cure, it can usually be effectively managed. Asthma's characteristic symptoms are coughing, wheezing,

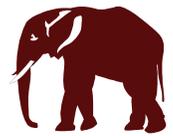
shortness of breath, and chest tightness. Also certain environmental factors and activities can trigger an "asthma attack." Those triggers include tobacco smoke, animal dander, dust mites, mold, cockroaches, pollen, strong odors, perfumes, air pollution, exercise, variations in temperatures, humidity, smoke from leaf and wood burning, and



emotions.



# REMINDER



## Nurses' Appreciation week is May 6-12

Iowa Department of Public Health

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# Iowa Web Site Highlighting Women's Health Debuts During National Women's Health

By Kevin Teale

A new Web site devoted to health issues that impact a majority of Iowans has been unveiled just in time for National Women's Health Week, May 8 – 14, 2005. The web site, [www.womenshealthiowa.info](http://www.womenshealthiowa.info) has been designed to offer objective, medically-accurate health information for women and families in Iowa.

Browse the database for great resources or take a look at the *Health A to Z* section for

topics such as breast and cervical cancer, fitness, general women's health, pregnancy and heart disease.

National Women's Health Week in Iowa also has been declared in Iowa by Governor Tom Vilsack. It rec-

ognizes that women from all walks of life and at every stage of life have unique health needs that should be addressed in their own right. Keeping women healthy and safe and promoting awareness of women's health issues depends on partnerships with social, health, and other services. Women can also promote health and prevent disease and illness by taking simple steps to improve their physi-

the Iowa Department of Public Health. "While this resource may not answer every question about women's health, it does provide extensive links to other state and national resources to help satisfy information needs."

The Web site was developed as a collaborative effort between the state health department and Iowa State University Extension and is being funded through a grant from the U.S. Department of Health and Human Services. Information on the Web site is not for use in diagnosis and treatment and should not be used as a substitute for consulting with a licensed health care professional.



cal, mental, social and spiritual health.

"The Web site provides a new avenue for Iowa women to find important information tailored to them," said Dr. Mary Mincer Hansen, director of

## "Physical Activity. The Arthritis Pain Reliever."

By Laurene Hendricks

Arthritis comprises over 100 different diseases and conditions and is one of the state's and nation's most common health problems. An estimated 585,000 Iowans have been doctor-diagnosed with arthritis. An additional 384,000 Iowans experience chronic joint symptoms, possible arthritis.

The Iowa Arthritis Program in the Iowa Department of Public Health focuses efforts throughout the year and especially during May—designated as Arthritis Month—to increase awareness of arthritis and strategies to manage the disease. Physical activity, one management strategy, can have a beneficial effect on arthritis pain and disability.

"Physical Activity. The Arthritis Pain Reliever." is a health communications campaign currently used by the Iowa Arthritis Program. The Centers for Disease Control and Prevention, working with state health departments and Arthritis Foundation chapters, developed the campaign to promote physical activity as a way to manage arthritis pain and increase function and increase the trial of physical activity behaviors. For people with arthritis, low-impact activities at a moderate

pace—like walking, swimming and riding a bicycle—are best. These activities can strengthen the heart and help control weight if done regularly. Everyday activities like gardening, washing the car and dancing are also good. Doctors and other practitioners can advise activity appropriate to the condition and joint involvement. Regular moderate physical activity can help people with arthritis feel less pain, move more easily and do more activities, feel more energetic and positive, and keep muscles, bones and joints healthy.



In addition to physical activity, early diagnosis and other management strategies such as self-help education, weight control, therapy, medication and surgery can reduce arthritis pain and disability. For more information, contact the Iowa Arthritis Program at 515-281-5675 ([www.idph.state.ia.us/bhpl/arthritis.asp](http://www.idph.state.ia.us/bhpl/arthritis.asp)) or the Arthritis Foundation Iowa Chapter at 515-278-0636 or 866-378-0636 toll-free ([www.arthritis.org](http://www.arthritis.org)). "Physical Activity. The Arthritis Pain Reliever." Health communications materials are available from the Iowa Arthritis Program.



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# “Moving Moments” at Monroe County Public Health

By Twilla Kruzic

**T**willia Kruzic is a Child Care Health Consultant and a Public Health Nurse for Monroe

County located in Albia, Iowa. She does health and dental lessons one time a month for three and four year olds at Head Start in Albia and Lovilia.

Due to the dramatic increase in obesity over the last few decades and decrease in physical activity, this year they have focused on "Moving Moments" at Head Start. She teaches kids to exercise and move during television commercials. "We do calisthenics, dance or use our imaginations," says Kruzic.

"At the beginning of my lesson, I

have them sit down and I instruct them on dental care," reports Kruzic. Then, after a few minutes she asks them how they feel? She says, "I tell them I feel sleepy and lazy after sitting."

She asks the kids, "What could we do after we sit and feel lazy?" They chime in "EXERCISE!"

She asks the kids what exercise they want to do. They perform ten to 20 of calisthenics, then move on to "Music and Movement In The Classroom," a compact disc by Steven Traugh. "We praise the children frequently during exercise and tell them any kind of movement is OK. There is no wrong way to move," adds Kruzic.

Among other ideas that Kruzic has tried, include using puppets named Sara and Pepe for demonstrations. Sara wants to go outside and play. Pepe would rather watch television or play Nintendo. "In the past we have tried food diaries with

the overweight children, along with referring them to a physician. This was not effective. Most of us know what we should and should not eat."

"The new dietary guidelines suggest balanced nutrition is not enough, we also need to move," Kruzic stated. "Being a mother myself, I realize video games and television are a reality and we cannot go back to simpler times. We need to accept television and work with television viewing."



A "Moving Moment" is having kids use their imagination during commercials and moving. "If we can change one

small part of our children's routine, maybe a moving moment will foster a moving lifestyle," she said.

## Delta Dental plan of Iowa to award three additional \$50,000 grants for dentists in underserved areas

By Ed Schooley



**T**o help address Iowa's ongoing shortage of dentists, Delta Dental Plan of Iowa is expanding its successful three-year-old dental education loan repayment program. The expansion provides an additional three \$50,000 educational loan repayment grants over the next three years to dentists who agree to practice in underserved counties of Iowa. Under the terms of the expansion program, local communities would provide grants and in-kind donations to create a matching economic recruitment package for dentists to practice in the underserved areas.

So far, three Iowa dentists have received loan repayment grants through the current program, which is a collaboration between Delta Dental, the Iowa Department of Public Health and the University of Iowa College of Dentistry. Each recipient dentist agrees to practice in a designated dental shortage area and to allocate at least 35

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# Medical Examiners open new lab facility

By Kevin Teale

Open House for state legislators was held Monday night, April 18th, at the new \$52 million state labs facility on the campus of Des Moines Area Community College. The project, several years in the making, is designed to bring the labs of several state agencies under one roof to allow them to better share information and



Deputy State Medical Examiner Dennis Klein answering questions.

findings. The labs are Department of Public Safety, IDPH's State Medical Examiners Facility, University of Iowa Hygienic Lab, and the Iowa Department of Agriculture and Land Stewardship. The location on the DMACC Campus allows the facilities to help train DMACC students interested in careers in the various labs. Agencies have been moving into the new building over the last month. Another Open House for the general public will be held in early June.



## Delta Dental plan of Iowa to award three additional \$50,000 grants for dentists in underserved areas

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percent of his or her practice to meet the needs of Medicaid-eligible, elderly, disabled, and other underserved patients.

The new grants are intended to increase the number of dentists in shortage areas, particularly counties identified as having the most significant dental access issues, and to stimulate matching community support to help dentists establish successful practices in these designated areas.

While 71 of Iowa's 99 counties are considered shortage areas, the counties initially targeted through the program include: Adams, Buena Vista, Clay, Clinton, Des Moines, Jackson, Kossuth, Mahaska, Plymouth, Poweshiek, Shelby, Wapello, Washington, Webster, and Winnebago. The basis for the selection is based on such factors as financial viability, community readiness, ease of transportation, and the regional economic drawing power.

"Delta Dental Plan of Iowa believes that the dental shortage can be solved with a three-way partnership: the dentist's commitment to patients, Delta Dental's financial support through loan repayment, and the community's matching support. It is our hope that this loan repayment program will significantly improve access to dental care and boost the long-term vitality of these communities,"

said Dr. Ed Schooley, vice president and dental director of Delta Dental Plan of Iowa.

The initial expansion grants will be awarded based on the local communities' ability to generate one-to-one matching economic packages that would supplement the Delta Dental loan repayment grants. Funding partners may include cities, counties, local agencies, or philanthropic organizations. Communities may provide matching grants and in-kind donations such as free office space, tax abatement, building improvements and others.

Dentists interested in applying for the expansion grants, as well as community representatives interested in providing matching support, should contact Schooley, at 515-261-5502 or [eschooley@deltadentalia.com](mailto:eschooley@deltadentalia.com).

Delta Dental Plan of Iowa is the largest and most experienced provider of dental benefits in the state. The Iowa plan is a member of the Delta Dental Plans Association, a national organization of not-for-profit Delta Dental plans. The national association is the largest dental benefits carrier in the nation providing coverage to more than 45 million people in nearly 76,000 employer groups.



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# Governor's Conference Building Iowa as a Healthy Community

By Louise Lex

**O**n July 28-29, 2005, at the Governor's Conference on Public Health: Barn Raising V, at Drake University in Des Moines, Iowa, will celebrate its proud 125-year history of the founding of organized public health for the state of Iowa.

Organized public health for the state began in 1880 when the Iowa General Assembly enacted legislation establishing the Iowa State Board of Health. The board was responsible for vital statistics collection and assignment of certain duties.

The conference logo also is a part of Iowa's history. Barn raising harks back to the days when everyone joined forces to raise a barn. Working together helped the barn raisers see themselves as a community with shared values. The 2005 barn raising conference represents a continuation of this tradition. Sixty-one organizations, a record number, have contributed to the July 28-29 celebration. Forty-three of them have provided financial support, and another 18 have made such in-kind contributions as sharing mailing lists and

promoting conference attendance. Conference conveners include the Office of Governor Thomas J. Vilsack, the Office of Lieutenant Governor Sally J. Pederson, the Iowa Department of Public Health and Drake University. The entire Drake campus is open for conference activities.

Ninety experts will be making presentations at breakouts for the following tracks: "New Forces Shaping Healthy Communities," "Telling the Story of Public Health," "Tools to Get the Job Done," and "Change Models." Topics for breakouts were selected based on a 2004 Barn Raising IV conference participant survey, steering committee discussion, and workgroup suggestions.

Members of the workgroup responsible for conference planning are Jane Schadle (consultant); Beth Hochstedler (University of Iowa Hygienic Laboratory); Stephanie Perry (The Wellmark Foundation); Dawn Gentsch (University of Iowa College of Public Health, Institute of Public Health Practice); Diane Heckman, Mary Weaver, and Janan Wunsch-Smith (Iowa Public Health Founda-

tion); and Sandy Briggs, Jonn Durbin, Joy Harris, Mary Kahler, Tim Lane, and Louise Lex (Iowa Department of Public Health). Training Resources is handling conference registration and logistics.

Extensive fund raising has meant a continuation of a modest registration fee. The early bird fee of \$50.00 covers CEUs, all conference materials, a reception featuring food provided by outstanding smoke-free restaurants, two lunches and two continental breakfasts. There is no charge to communities and non-profits for a conference display or poster.

"Beyond Depression: Best Practices for Treating Major Depression," a special training session for registered participants will be held on July 27. During the evening of July 28, "Abuse Mandatory Training" is scheduled from 6 p.m.-10 p.m.. An additional \$20 registration for each of the two sessions covers training costs and materials, CEUs, and a light supper.

The brochure will be mailed this month and posted on [www.idph.state.ia.us](http://www.idph.state.ia.us).

## Iowa Dept. of Public Health earns "Award of Merit"

By Kevin Teale

**I**DPH picked up an "Award of Merit" last month from the Central Iowa Chapter of the Public Relations Society of America (PRSA) in the category of Crisis Communications, the only award in that area given this year. There were 60 entrants in 14 categories, with 21 winners. The Crisis Communications work was for Department's performance during the measles outbreak in eastern Iowa in March,

2004, a collaborative effort between the communications, epidemiology and immunization staffs. Award criteria said it was designed to "demonstrate emergency preparedness" and "timely response to an issue."

IDPH received a second award when the ad agency of record for the JEL tobacco campaign ([ZLRIgnition](http://ZLRIgnition)) was also given an "Award of Merit" for "Integrated Communications Campaign."



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# RFPs taken until June 6 by Wellmark Foundation

By Matt McGarvey

The Wellmark Foundation announces its second regular grant cycle for funding priority areas of asthma, diabetes, cardiovascular disease, depression and end-of-life care with an emphasis on pain control. The deadline for application is June 6 and is for the last large grant competition of the year.

The Foundation's 2005 Request for Proposals outlining their grant application can be accessed from their Web site at [www.wellmark.com](http://www.wellmark.com). From there, click on

"The Wellmark Foundation" on the left navigational toolbar and then click on "How to Apply for Funding" to access the application guidelines.

The 2006 application process, funding focus and guidelines will be available in December. For more information, contact the Wellmark Foundation's Matt McGarvey at 515-245-4819 or [mcgarvey@wellmark.com](mailto:mcgarvey@wellmark.com).



## Iowa Great Places: Let the imagining begin

Great Places is an initiative of Governor Thomas Vilsack



By Anita Walker

Imagine a great place. It may be a quiet place along an Iowa lake or stream, or a historic downtown with funky shops, or a gleaming urban center or neighborhood. Wherever it is, you know you're there. You can feel its energy and spirit.

Governor Tom Vilsack recently launched an unprecedented initiative: "Iowa Great Places". He called on Iowans to be bold, innovative and entrepreneurial in transforming this state into a magnet for people. And he called on state government to become a true partner in accomplishing the vision.

The Iowa Department of Public Health is one of 18 state agencies launching this new partnership with Iowans. The goal is to demystify government, combine resources and deliver results by helping *places*---regions, towns, districts, neighborhoods---to locate the programs and services they need to achieve their vision of a better future.

In the new "Great Places" approach, your region or town will *invite* the state to become a partner in accomplishing a specific goal. The "Great Places"

team will respond by sending a team of *coaches* to listen and learn about your hopes, dreams and vision. Once the coaches understand the needs, a custom "Great Places" team representing various state agencies will identify relevant programs and resources. State agencies will work together to synchronize and streamline government services to fit the *end result* you envision, not force your vision to fit our programs.

You might call this new approach a *one stop shop* with easy access to an array of grants and technical assistance offered by the state. Together we will negotiate a partnership that combines the capacity of government with local resources to turn special places into "Great Places".

The first phase of the initiative will commence this summer with the selection of three pilot "Great Places". As residents of your own towns and regions, and as administrators of state government programs, we encourage *you* to get involved in the "Great Places" initiative. What is special about the place where you live and work and play? What would make it a great place?

Iowans have plenty of creativity

and imagination. We just need a forum for our ideas. Begin by attending one of the "Great Places" forums to learn how to make the dreams of Iowans a reality:

May 17 – Clear Lake – Surf Ballroom (4:00 to 6:00 p.m.)

May 18 – Spencer – Spencer Community Playhouse (4:00 to 6:00 p.m.)

May 19 – Council Bluffs – Western Historic Trails Center (4:15 to 6:15 p.m.)

May 23 – Dubuque – Mississippi River Museum (4:00 to 6:00 p.m.)

May 24 – Pella – Opera House (4:00 to 6:00 p.m.)

May 25 – Cedar Falls – Oster Regent Theater (4:00 to 6:00 p.m.)

May 26 – Muscatine – Stanley Auditorium (3:30 to 5:30 p.m.)

June 1 – Cedar Rapids – CSPS art center (4:00 to 6:00 p.m.)

June 2 – Des Moines – Meredith Campus (4:00 to 6:00 p.m.)

June 9 – Sioux City – Martin Ballroom (4:00 to 6:00 p.m.)

For more information about the Great Places initiative, visit [www.iowagreatplaces.gov](http://www.iowagreatplaces.gov)



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# What is a Critical Access Hospital (CAH)?

By Marvin Firch

**C**ritical Access Hospitals (CAH) are those hospitals designated by the Iowa Department of Public Health as necessary providers and certified by Medicare as rural hospitals necessary to the economic, health and well being of that community. Currently, 72 of the 116 Iowa hospitals have become CAHs.



Congress passed legislation (Balanced Budget Act of 1997) in an effort to assist the vulnerable, low-volume, rural hospitals. The Balanced Budget Act of

1997 created the CAH designation and the Medicare Rural Hospital Flexibility program to assist hospitals in conversion and provide technical assistance. Since 1997, the original legislation has been amended three times to eliminate detrimental impacts of the original legislation.

The process for a hospital to become a CAH is a two-step process: become designated as a "Necessary Provider" by the Iowa Department of Public Health and be surveyed by the Iowa Department of Inspections and Ap-

peals.

The "Necessary Provider" criteria are designed to demonstrate that a hospital's geographic, population and facility characteristics impede a hospital's ability to remain financially viable under the prospective pay system. A CAH will continue to provide the same, or perhaps, enhanced level of care to the community they serve. The CAH designation is strictly a change in how the hospital receives reimbursement for the services they provide.

The prospective pay system is designed to reimburse hospitals a certain amount for a particular service/level of care. Therefore, the system is heavily based on volume of patients for each service. The theory is that some patients' care will have a higher cost and some patients' care will have a lower cost for the same service. Rural hospitals' patient volumes are lower than their urban counterparts, thus resulting in fewer patients to share out costs. In addition to the lower patient volumes, rural hospitals have similar regulatory overhead costs to their urban counterparts to spread over fewer patients. The change in reimbursement has enabled rural hospitals to improve and enhance the services they provide to their community.

The process of becoming a Critical Access Hospital is further detailed on our website ([http://www.idph.state.ia.us/hpcdp/flex\\_program.asp](http://www.idph.state.ia.us/hpcdp/flex_program.asp)).

## The American Lung Association's 801 Grand "Power Climb" was a success!

By Dave Ortega

**T**he Lucas Leapers earned two plaques, one for the top fundraising team and one for the fastest corporate team. All 10 Lucas Leapers earned medals for fundraising, and five members earned medals for fastest time. These awards are for all IDPH and so were presented to Dr. Mary Hansen, director of IDPH.

The members of the team included staff from the Division of Health Promotion and Chronic



Rebecca and Sara Colboth

State Medical Examiner's office, the Division of Acute Disease Prevention and Emergency Response, the Environmental Health Division, two Iowa State University interns and 8-year-old Rebecca Colboth, daughter of Sara Colboth of the Bureau of Environmental Health Services. Rebecca has asthma, and finished the 41 flights ahead of her mother, quite an accomplishment. Two interns, Tyler Weig and Amber Blomgren finished as one of the top five fastest for the team. The remaining three fastest times recorded for the Lucas Leapers were from Matt Lozier, Mindy Rohlfs and Dr. Dennis Klein.



The team thanks the IDPH employees who participated in a jeans days and those who sponsored them, allowing the team to shatter the fundraising goal of \$2,000. The money raised will support: Freedom From Smoking, Corporate Brown Bag luncheons, Asthma 101, Living with Asthma Night, a project funding six researchers at the University of Iowa for a total of \$175,250, Camp Superkids, Better Breathers Club, and American Lung Association call center.



Iowa Department of Public Health

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# Epidemiology Notes

From the Center for Acute Disease Epidemiology, 1 800 362-2736 (24-hour number)

## Mumps in Iowa

Recently a case of mumps was reported to the state health department. The case was in a middle aged male who we believe had recently arrived in Iowa from a country where vaccination for diseases like mumps and rubella is not as prevalent as it is in the U.S. Currently we have no reports of spread of the disease, but it is a reminder that there are people living in Iowa who may have come from such countries. It is a good idea to ask them about their vaccination status when you see them in your office for other reasons. Vaccinate them if they have definitely had the disease or haven't been vaccinated. If you suspect that a patient may have one of these vaccine preventable diseases, such as mumps, measles, or rubella; please be sure to run the appropriate tests—an IgM to test for current infection and an IgG to check for immunity. The conjunction of these tests can be useful in ruling in or ruling out many of these diseases.

## Antibiotic Resistance Task Force Report Released

The Iowa Antibiotic Resistance Task Force released the second edition of the "*Report of the Iowa Antibiotic Resistance Task Force: A Public Health Guide*". It was mailed to approximately 8,000 public health and health care providers across the state. It includes information concerning antibiotic use, levels of antibiotic resistance in Iowa, and recommendations for the laboratory, primary care, acute care, long-term care, home care hospice, outpatient dialysis, schools childcare, veterinary medicine and the community. The task force hopes to address the following goals with this report: 1) facilitate appropriate use of antibiotics; 2) discourage prescribing practices that promote the development of antibiotic resistance; and, 3) decrease the spread of antimicrobial resistance with appropriate control measures.

Also included in the packet were various materials that will be helpful in implementing some of the recommendations including: clinical practice guidelines on the management of acute otitis media; CDC treatment algorithms for various infections; posters that can be displayed in patient areas; and a camera-ready family brochure for you to personalize and reproduce.

Support for production and mailing of these materials was provided by Iowa Health-Des Moines, Ortho McNeil, GlaxoSmithKline, and an ELC grant for Infectious Disease Cooperative Agreement # U50/CCU723678-01-1.

Members of the task force represented the fields of public health, medicine, hospital infection control, nursing, veterinary, pharmacy, and epidemiology (representing a variety of professional organizations in Iowa.)

A copy of the report can be found on IDPH's website at: <http://www.idph.state.ia.us/adper/common/pdf/antibioticreport.PDF>

Additional copies of the posters will be

available in the near future at the Clearinghouse. (We'll let you know when and how to order.)

## Avian Influenza Update

Testing conducted on samples from the avian influenza outbreak recently identified in North Korea reveals it is an H7 strain with identification of the "N" subtype pending; not the H5N1 strain that has been prevalent in Thailand and Vietnam. No new cases of bird flu have been reported in North Korea since authorities destroyed approximately 210,000 chickens in late March 2005 and no human infections have been detected or reported. Historically, H7 avian influenza strains only cause mild illness in humans, such as conjunctivitis. An outbreak of H7N7 avian influenza in the Netherlands in Feb. 2003 identified 89 individuals with confirmed infections, with only one death.

Between January 28, 2004, and April 14, 2005, the cumulative number of confirmed human cases of avian influenza A H5N1 was:

Cambodia:	total cases:	3	deaths:	3
Thailand:	total cases:	17	deaths:	12
Vietnam:	total cases:	68	deaths:	36
<b>Overall total:</b>		<b>88</b>	<b>deaths:</b>	<b>51</b>

(from WHO website:

[http://www.who.int/csr/disease/avian\\_influenza/en/](http://www.who.int/csr/disease/avian_influenza/en/))

(The actual mortality rate is unknown since the only cases being counted are those ill enough to seek medical care. Preliminary sero-surveys suggest that people do have asymptomatic infections, thus the mortality rate may be low.)

## New Zoonotic Disease Course

The University of Iowa's Center for Emerging Infectious Diseases (College of Public Health) and the University Hygienic Laboratory announce a new five-day summer course in Zoonotic Diseases that will be first offered **May 23-27th 2005 in Iowa City**. The course will introduce students to the epidemiology and control of zoonotic diseases and will emphasize zoonoses endemic to the midwestern United States. The course is comprised of readings, lectures, field studies and laboratory exercises. Each day there will be three hours of lecture and three or more hours of laboratory/field activity (mosquito identification, tick identification, water sampling, visiting a meat processing plant, etc.). If you are not currently enrolled in the College of Public Health you may still be able to take the course by contacting Judy Rowles at the Center for Credit Programs at (319) 335-2577. Details regarding the course can be found in the syllabus which may be reviewed at:

[http://www.public-health.uiowa.edu/CEID/MS\\_Word\\_files/173157\\_syllabus\\_2005.pdf](http://www.public-health.uiowa.edu/CEID/MS_Word_files/173157_syllabus_2005.pdf)



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# Worth Noting

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**Clarification:** On March 14th, the FDA issued a raw milk soft cheese advisory that mentioned a number of cheeses, including "Ranchero." The FDA became aware that "Ranchero" is a trademark of the Cacique company, in Industry, California. Cacique's "Ranchero" is made with pasteurized milk. The FDA's raw milk cheese advisory was not intended to include this specific product. For the FDA's health advisory visit: <http://www.fda.gov/bbs/topics/news/2005/NEW01165.html>.

## Oral Health Meetings

The Oral Health Bureau will be sponsoring community meetings throughout the state this spring. The purpose of the meetings is to gather input from local stakeholders about oral health needs and local capacity to meet those needs. We also want to raise awareness about oral health issues and gather information that will assist the bureau in developing oral health demonstration project grants for Iowa communities. Please mark your calendars and share the information with other local public health stakeholders.

### DAVENPORT

**Monday, May 16, 3:30-5:00**  
Community Health Care  
Conference Room  
500 W. River Drive

### STORM LAKE

**Friday, May 20, 10:30-12:00**  
Area Education Agency 8  
Conference Room  
824 Flindt Drive

### MASON CITY

**Wednesday, May 25, 11:00-12:30**  
Department of Human Services  
Liberty Room  
22 N. Georgia

### LEMARS

**Thursday, May 19, 3:00-4:30**  
Floyd Valley Hospital  
Conference Room  
714 Lincoln Street, NE

### NEW HAMPTON

**Tuesday, May 24, 3:30-5:00**  
Community Services Building  
Meeting Room  
260 E. Prospect

### CEDAR RAPIDS

**Thursday, May 26, 11:00-12:30**  
St. Luke's Hospital Nassif Heart  
Center  
Classrooms 2 and 3

## Promoting Independence through Vision Rehabilitation

With the aging population, vision loss is becoming a major public health concern in the United States, according to officials with the Iowa Optometric Association. Eye diseases and health conditions such as macular degeneration, cataracts, glaucoma and diabetes are on the rise. By the year 2020, the number of people who are blind or have low vision is projected to increase substantially.

People with low vision experience physical, economic and psychological changes that diminish their quality of life. Low vision affects activities of daily living, such as leisure activities and the ability to perform job-related functions. However, people with low vision can regain some of their independence through vision rehabilitation.

An optometrist or ophthalmologist can provide vision rehabilitation services that are designed to help people make the most of their remaining vision and enhance the quality of their life. For more information, contact the Iowa Optometric Association at 800-444-1772. There is a web site to help educate about vision rehabilitation services: [www.healthyvision2010.org/hvm/](http://www.healthyvision2010.org/hvm/).

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## Iowa Department of Public Health

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What would you like to see in the Iowa Health FOCUS? Send your suggestions for future articles, letters to the editor, upcoming events, or to add names to the mailing list by e-mailing the FOCUS Editor, Sarah Taylor at [staylor@idph.state.ia.us](mailto:staylor@idph.state.ia.us).



Iowa Department of Public Health

Promoting and Protecting the Health of Iowans