

April 2005



NATIONAL PUBLIC HEALTH WEEK

April 4-10, 2005

Iowa Plans for National Public Health Week 2005: Empowering Americans to Live Stronger Longer

By Jeneane Moody

Public health partners from across Iowa have convened a planning work group to coordinate and disseminate statewide activities to celebrate National Public Health Week (NPHW) 2005. National Public Health Week is promoted by the American Public Health Association (APHA) and occurs April 4 – 10, 2005. For 2005, APHA has selected a theme to create awareness of the impact of aging on the public's health – "Empowering Americans to Live Stronger Longer."

NPHW is an opportunity for Iowa's public health community to draw attention to the importance of public health in every Iowan's life. During the week, entities whose

mission it is to promote the health of Iowans will organize events across the state to highlight the importance of public health in their community. Events may include lunch and learn sessions for professionals, community presentations, and health screenings to name a few.

Iowa's planning work group represents state and local public health agencies, the professional public health association and educators of Iowa's public health work force. Partners include:

- Iowa Department of Public Health
- Iowa Department of Elder Affairs
- Iowa Public Health Association

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Task Force Examines Iowa Antibiotic Infections *Group works to promote proper use of antibiotics*

By Kevin Teale



The Iowa Antibiotic Resistant Task Force, consisting of Iowa public health and medical professionals, released an updated report on the antibiotic resistance problem in Iowa and recommendations to be

taken. This report also contains information about the steady increase in one type of infection, MRSA (methicillin resistant *Staphylococcus aureus*), and provides guidelines for the new "watchful waiting" approach for simple ear infections rather than prescribing antibiotics. This report, as well as other educational materials addressing antibiotic resistance, is being sent to approximately 8,000 health-care providers in Iowa.

The full report can be found at www.idph.state.ia.us/adper/common/pdf/antibioticreport.PDF.

The task force recommends that everyone across the state, including parents, become aware of the dangers from over using antibiotics, including knowing the difference between illnesses caused by viruses (such as the flu, colds, and most sore throats), which cannot and should not be treated with antibiotics, and those illnesses caused by bacteria (strep throat and whooping cough), where antibiotic treatment is important. While this report is of most use in health-care settings such as doctor's offices and medical facilities, all Iowans can assist by remembering to follow instructions about proper antibiotic use and understanding the importance of covering your cough and hand-washing techniques to prevent the spread of illness.

- Iowa Association of Local Public Health Agencies
- Iowa Environmental Health Association
- Des Moines University
- Iowa State University
- University of Iowa College of Public Health
- University of Northern Iowa
- Iowa

In addition to seeking a Governor's proclamation and legislative certificate of recognitions declaring April 4-10, 2005 Iowa Public Health Week, the work group has developed resources to assist communities and public health providers to plan and promote public health week. These resources may be found on the Iowa Public Health Association's web site at www.iowapha.org:

- Lunch and Learn Toolkit
- Food Safety Education Resources

A summary of events planned across Iowa is also available in the Iowa Department of Public Health web site at <http://www.idph.state.ia.us/conferences.asp>. Events are also posted on the Iowa Public Health Association web site at www.iowapha.org.

After public health week celebrations have concluded, the work group will survey local public health agencies to learn how successful their outreach and public education efforts were.

Additional resources can be found at the American Public Health Association web site at www.apha.org.

- **Download National Public Health Week Logos**
- **Download Resources from the NPHW Toolkit**
- **Tip Sheets for Media Advocacy**
- **Sample News Releases**
- **Public Service Announcements**
- **Legislative Advocacy Information**
- **Download the Student Toolkit**
- **Post Your Event to the Interactive Calendar**
- **Become a NPHW Partner**
- **Become a NPHW Sponsor**
- **Access the 'Living to 100' Healthspan Calculator**

Youth Advocacy Day and JEL

By Garin Buttermore

JEL (Just Eliminate Lies) is pleased to announce it's participation in this year's Youth Advocacy Day on April 13. Known nationally as Kick Butts Day, Youth Advocacy Day (YAD) is a chance for Iowa youth to come to the capitol and educate their representatives on tobacco related issues. This is the tenth annual Kick Butts Day and Iowa's seventh Youth Advocacy.

We expect nearly 300 youth from all corners of Iowa to participate in the day long activities. Those activities include training on how to talk to your legislators from member's of JEL's executive council, short speeches from an Iowa senator and representative about the current status of tobacco bills in the legislature and a press conference with the Lt Governor, the JEL president and JEL executive council members. After the preparation activities the youth will ascend the capitol steps to find their representatives and express their voices relating to tobacco issues.

JEL is just one of the many organizations that help make YAD possible. JEL youth have been involved with the planning of this event for months and are eager to join with others for this important event.



Thomas Oldham, a senior at Lincoln High School and a president of JEL (Just Eliminate Lies), spoke to a crowd of over 200 teens from across Iowa during the 2004 Youth Advocacy Day.



Iowa Department of Public Health

Promoting and Protecting the Health of Iowans

Iowa Community Health Prize Invests In Healthy Communities

By Carlyn Crowe

For over a decade, the Iowa Health System and the Iowa Farm Bureau Foundation have partnered to help improve the health and well-being of Iowans and their communities by sponsoring the Iowa Community Health Prize. The result has been the investment of over a quarter of a million dollars in community projects such as heart health education, preventing child sexual abuse and improving medical access for at-risk Latino women.

Community program coordinators throughout Iowa are encouraged to submit the results of successful community projects to The Iowa Community Health Prize for the 2005 award. Four prizes in the amount of \$6,000 each will be awarded to community-based, voluntary projects and programs that have exhibited an impact on the health and well-being of their community. The prize is not a grant, but does require the submission of an application detailing the demonstrated impact on community health. Prize funds can be used at the discretion of the prize recipient and are encouraged to be reinvested in the community.

For Parents United of North Central Iowa, an organization that offers specialized services for the prevention, treatment, and education of child sexual abuse, being recognized with the Iowa Community Health Prize in 2004 bolstered their board and staff's assurance in the purpose of their work. "There's an affirmation today for what we do, a recognition that this is money well-spent," said the organization's co-founder Delphine Justin.

Iowa Community Health Prize 2004 recipient Paul Hedquist, CEO of Employee and Family Resources in Des Moines, says the award not only acknowledges the work, it raises public visibility of important issues.

"Alcohol and drug use disorders have devastating health and societal consequences, and our community is

not immune to these problems. The Iowa Community Health Prize helped us gain recognition for our program and heighten awareness of the need for improved access to treatment, so people with drug and alcohol problems can begin their journey of recovery," said Hedquist.



Organized public health programs, clubs, church groups, schools, foundations, hospitals and any community group may apply. The deadline for postmark on applications is April 30, 2005. The awards will be presented

at the Governor's Conference on Public Health July 28, 2005 in Des Moines. For more information or to obtain an application, please visit the Iowa Health System web site at www.ihs.org, call 515-241-6161, or contact your county's Farm Bureau office.

Established in 1994, Iowa Health System today has includes 11 hospitals in Cedar Rapids, Des Moines, Dubuque, Fort Dodge, Sioux City, Waterloo, and the Quad Cities of Iowa and Illinois, along with a group of nearly 450 physicians in more than 30 communities. It is Iowa's first and largest integrated health care system and was recently recognized as being in the top 5 percent of the nation's health networks.

The Iowa Farm Bureau Foundation improves the quality of life for rural Iowans by giving back to those who have provided so much richness in our state and nation throughout the years.

Spirit of Hermina Award Nominations Accepted



The Iowa Medical Society Alliance is pleased to announce the Spirit of Hermina Award, to be presented annually to a deserving individual or group actively

engaged in improving the health of Iowans. The award, initiated in 2003 to recognize Iowans who go to extraordinary measures to improve the health of Iowans, is named in memory of Alliance member Hermina Habak, who committed her last 15 years to a life style of physical activity and good nutrition.

The award will recognize Iowans who fulfill the following criteria:

1. Nominee has been involved in

an effort that impacts the health of a significant number of Iowans.

2. Nominee has demonstrated the ability to collaborate with other groups to form effective coalitions to address community health concerns.

3. Nominee has demonstrated effectiveness, creativity and commitment in efforts to improve the well-being of his/her community and/or the state of Iowa.

You are encouraged to nominate



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Spirit of Hermina Award Nominations Accepted

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any deserving Iowan who satisfies the criteria, by writing a one-page description of his/her efforts to improve the health of Iowans and submitting it to Dorothy Carpenter, 7

Larchwood Court, Newton, IA 50208 by June 1, 2005. Materials in support of the nomination (not to exceed 5 pages) may be included.

This year's Spirit of Hermina

Award will be presented at the Governor's Public Health Conference on July 28, 2005. For questions, contact Dorothy Carpenter at 641 792-3961 or docdot@iowatelecom.net.

Barn Raising V Offers Continuing Education Credits

By Louise Lex



Governor's Conference Building Iowa as a Healthy Community

Again this year, Drake University has opened its campus to participants attending the Governor's Conference on Public Health: Barn Raising V on July 28 and 29th. True to its name, barn raisings bring together a diverse group of people who care about the health of their communities. To respond to this wide audience, continuing education credits are being requested for physicians, nurses, social workers, pharmacists, substance abuse counselors, emergency medical services, licensed dietitians, registered dietitians, family physicians, osteopathic physicians, chiropractic physicians, certified health education specialists, and oral health professionals.

Also, plans are underway to seek credits for long-term care administrators. Except for the special training sessions on abuse mandatory reporting and best practices treating depression, there is no additional charge for the continuing education credits.

So far, conference planners have received contact hour approval for the following professions:

- Nurses: 12.7 contact hours
- Social Workers: 10.5 contact hours
- Licensed Dietitians: 12.0 contact hours
- EMS: 14 contact hours plus 2 for adult and 2 for

child abuse mandatory reporting

Chiropractic Physicians: 10 contact hours

The complete list of continuing education credits will be included in the conference brochure slated for mailing and available on the department web site in May. For up-to-date conference information, go to www.idph.state.ia.us and click on conferences.

"This is the first conference I have attended in which there were physicians, dentists, teachers, and social workers and nurses all present."

"I liked connecting with others in public health."

"I was impressed with the number of professions that participated."

"I enjoyed seeing other health-care providers."

"It's empowering to be together to discuss the state of public health and what can be done."

--Evaluation Comments from Barn Raising IV Participants



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DMU Public Health Student Selected for CDC Internship



Des Moines University Master of Public Health student, Adam Aten, has been selected as a spring 2005 intern with the Center for Disease Control's Public Health Law Program. Aten will begin his two-month internship on April 18 in Atlanta, Georgia.

The majority of the students selected for an internship in the Public Health Law Program at the CDC are law students or recent law graduates. He feels that his public health experi-

ence set him apart from other applicants and hopes to bring a different perspective to the program.

Adam is currently interested in HIV/AIDS prevention and the implementation of routine HIV testing as a part of medical care in the U.S. He is particularly interested in the related legal issues and how they will affect the public health sector.

Adam began pursuing his Master of Public Health degree on the recommendation of an uncle and undergraduate advisor and thought it could

give him a broader perspective of the health care system. Adam will graduate from the MPH program after completing his CDC internship. Adam is planning on taking the LSAT in June and applying to several law schools focusing on health law.

For more information about the Master of Public Health program at Des Moines University, please call (515)271-1364 or e-mail hmadmit@dmu.edu.

I-CASH Offers Agricultural Occupational Health Training

By Kay Mohling

Iowa's Center for Agricultural Safety and Health (I-CASH) will host a training program for health-care professionals who treat and help prevent occupational illnesses and injuries on the farm. The Agricultural Occupational Health Training Program will be offered during two sessions, running from May 18-20 and from June 8-10. Nurses, nurse practitioners, physicians, physician assistants, physical therapists and other health-care providers are invited to participate. Both sessions are approved for continuing education credits for physicians and nurses. The training program also may be taken for three graduate credit hours from the University of Iowa College of Public Health.

Topics to be discussed include agricultural health care delivery, respiratory hazards, agricultural trauma, skin diseases, occupational hearing impairment, behavioral health issues, ergonomics and farming, agricultural toxicology, biological hazards, zoonoses, and other topics. All the training sessions will be led by recognized experts in the various topic areas. Training and certifica-

tion through the Agricultural Occupational Health Training Program is required for a health-care professional or clinic to become a member of the AgriSafe Network, a nonprofit organization representing rural-based hospitals, health clinics and county health departments that provide occupational health services for the farming community. For more information about the training sessions or to register, contact Kay Mohling at 319-335-4219, or visit the I-CASH web site at www.public-health.uiowa.edu/icash.



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Dr. Quinlisk was honored as Metro Women's Network 2005 Woman of the Year



the Council of State and Territorial Epidemiologists. She has testified before two Congressional Subcommittees on Public Health aspects of terrorism, and participated on the Institute of Medicine's Committee on Microbial Threats to Health in the 21st Century and its Committee on the Psychological Consequences of Terrorism. Recently, she was named to the Board of Scientific Counselors for the National Center for Infectious Diseases, Centers for Disease Control and Prevention.

Patty walked through a recent Iowa measles outbreak investigation. She also discussed an infection outbreak from a wedding and how important vaccinations are both in this county and worldwide. Patty's conclusions to her talk were:

Leave angry animals alone.

Be vaccinated and stay vaccinated

Don't go to funerals if you're vomiting

Don't worry about a little bit of dirt, it might be good for you.

Avoid "giant African" anything.

Dr. Patricia (Patty) Quinlisk was honored at the Metro Women's Network 2005 Woman of the Year dinner for her personal and professional contributions to the metro area in her role as a medical epidemiologist practicing at the Iowa Department of Public Health.

Her background includes training as a clinical microbiologist, training microbiologists while a Peace Corps Volunteer in Nepal, a Masters of Public Health from Johns Hopkins, a medical degree from the University of Wisconsin, and training as a field epidemiologist in the Centers for Disease Control and Prevention's Epidemic Intelligence Service. Yearly, for the last twelve years, she has conducted week long epidemiologic training courses in Europe, and is a professor at the University of Iowa and Iowa State University, lectures regularly at other educational institutions around the Midwest. She serves, or has served, on several national advisory committees including the National Vaccine Advisory Committee, the Sub-Committee for Vaccine Safety and Communication, the Advisory Committee of the U.S. Marine Corps Chemical/Biological Incident Response Force, the Department of Defense's Panel to Assess the Capabilities for Domestic Response to Terrorist Acts Involving Weapons of Mass Destruction and as President of



Judy Goddard, Patty Quinlisk, and Barb Livingston



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Epidemiology Notes

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

Cruising Tips

Each year millions of U.S. citizens enjoy cruise vacations. In 2003, approximately 8.3 million passengers embarked from North American ports for their cruise vacation. Traveling on cruise ships exposes people to new environments and high volumes of people, including other travelers. Although an infrequent occurrence, this exposure creates the risk for illness, either from contaminated food, water, or more commonly through person-to-person contact.

With spring break fast approaching and CADE in the process of investigating a possible salmonella outbreak related to a cruise ship, here are some timely to health tips for those who might be taking cruises this spring.

Follow these tips to help prevent the spread of illness:

1. Wash your hands!
 - Before and after
 - eating
 - smoking
 - After
 - touching your face
 - going to the bathroom
 - When your hands are dirty
 2. Leave the area if you see someone get sick (vomiting or diarrhea). Report to cruise staff, if not already notified. You could become sick if you ingest contaminated particles that travel through the air.
 3. Take care of yourself. Get plenty of rest and drink lots of water. Proper amounts of sleep helps keep your immune system in good shape. Drinking water helps prevent dehydration.
 4. Be considerate of other people's health. If you're ill before taking a cruise, call the cruise line to determine if there are alternative cruising options.
- For more information on this article log onto CDC's website at

<http://www.cdc.gov/nceh/vsp/pub/CruisingTips/cruisingtips.htm>

UHL Pertussis Testing Guidelines - Frequently Asked Questions

UHL and IDPH have worked together to create a document that addresses frequently asked questions about the pertussis testing guidelines. This resource can be found on IDPH's website on the Pertussis Information page: <http://www.idph.state.ia.us/adper/pertussis.asp>. Clicking on the link below will take you directly to the document.

http://www.idph.state.ia.us/common/pdf/immunization/pertussis_uhl_faq.pdf

FDA Health Advisory - Certain Soft Cheeses Made from Raw Milk

The FDA is advising that certain soft cheeses made from raw milk present a health risk, particularly to certain high-risk groups, such as pregnant women, newborns, older adults, and people with weakened immune systems. There is some risk even to healthy people who consume these cheeses. Consumption of raw milk cheeses has been associated with several serious infections including listeriosis, brucellosis, salmonellosis, and tuberculosis. The raw milk cheeses of most concern originate from Mexico and Central America and some types that have been implicated include Queso Panela, Asadero, and Blanco. These types of cheeses are particularly popular among those in the Hispanic community so practitioners that serve Hispanic populations in Iowa may want to alert their clients and patients to the potential risks and also keep this in mind in patients who present with symptoms of any of the above diseases.

The FDA is recommending that people not eat any unripened raw milk soft cheeses from Mexico, Nicaragua, or Honduras. They also recommend that consumers not purchase or consume raw milk cheeses from sources such as flea markets, sellers operating door-to-door or out of their trunks. This would also include cheeses made at individual's homes.

Summary of Enteric Infections from Animal Contact

A very good summary of various enteric infections that can occur from animal contact has just been published by the Minnesota Dept of Health in their most recent Disease Control Newsletter and is available at:

<http://www.health.state.mn.us/divs/idepc/newsletters/dcn/2005/marapr05.pdf>

(You'll be amazed at all the ways those Minnesotans were getting sick from animals!)

Guidelines for Petting Zoos and other Animal Venues - MMWR

"Compendium of Measures to Prevent Disease Associated with Animals in Public Settings - 2005"

This report provides standardized recommendations for public health officials, veterinarians, animal venue operators, animal exhibitors, visitors to animal venues and exhibits, and others concerned with disease-control and with minimizing risks associated with animals in public settings. The recommendation to wash hands is the single most important prevention step for reducing the risk for disease transmission. The full report can be found at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5404a1.htm>



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Worth Noting

Visit the IDPH website at www.idph.state.ia.us. New additions to the web site are:

- [Impact of the President's Budget to the Iowa Department of Public Health - March 1, 2005](#)
- [2004 IDPH Annual Report](#)
- [Dr. Hansen Presentation on January 21, 2005](#)
- [2003 BRFSS Annual Report](#)
- [Meth Lab Cleanup Guidelines](#)
- [Vital Statistics of Iowa in Brief, 2003](#)
- [Legislative Updates](#)

In addition, the Director's Quick Reads, Conference information, Legislative updates, and other issues of the Public Health Focus are just a click away!

Gambling Symposium: Beyond The Odds

Thursday, May 5, 2005

233 Nursing Building

Presenters will include:

Donald Black, Ph.D., Professor, Department of Psychiatry, University of Iowa; Robert Ladouceur, Ph.D., Professor of Psychology, Laval University, Quebec, Canada; Marc N. Potenza, M.D., Ph.D., Director, Problem Gambling Clinic, Assistant Professor, Division of Substance Abuse, Department of Psychiatry, Yale University; and Ken C. Winters, Ph.D., Professor, Department of Psychiatry, University of Minnesota.

Clinical Workshop: Cognitive and Behavioral Treatment of Pathological Gamblers

Friday, May 6, 2005

Sheraton Hotel, Iowa City

Clinical Workshop: Practical Issues in the Diagnosis and Treatment of Pathological Gamblers

Presenter: Robert Ladouceur, Ph.D., Professor of Psychology, Laval University, Quebec, Canada:

Iowa Department of Public Health

Lucas State Office Building

321 E. 12th Street

Des Moines, IA 50319-0075

Phone: 515 281-5787

www.idph.state.ia.us

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.



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