

Quick Reads

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5-2-1-0 update: West Union

In its first year of funding, West Union's work with child care providers was very positive. Because of the [5-2-1-0](#) project, for example, [Tigerhawk Connections Learning Center](#) now serves 8 ounces of milk each day as part of snack time. They no longer serve fruit juice, but rather fresh fruit or fruit packaged in 100 percent juice. Students are encouraged to carry water bottles and the center's policy no longer allows juice, punch or sugar-sweetened beverages. Learn how to incorporate 5-2-1-0 in your community [here](#).

Local public health success: C3 strategies

Seven [Community and Clinical Care](#) (C3) initiatives were established through the [State Innovation Model](#) (SIM) grant. Iowa's SIM focuses on improving population health, transforming health care and promoting sustainability.

The Marion County C3 identified food insecurity as its top need. In response, a Food Coalition was created and a monthly food pantry calendar is now distributed to grocery stores, bars, restaurants, email lists, schools, first responders and libraries.

The Marion County C3's entire report, along with the other C3 initiatives are posted on the IDPH [website](#).

Accreditation update

IDPH received its [PHAB](#) site visit report and developed this [summary](#). While a decision on accreditation won't be made until PHAB's November 2018 meeting, the report contains positive feedback for IDPH.

IDPH epis busy

IDPH, in collaboration with local public health agencies, [DIA](#) and [SHL](#), continues to investigate gastrointestinal outbreaks linked to recalled products. To date, 99 Iowa Cyclospora cases have been linked to [salads sold by McDonald's](#) and 26 Iowa Salmonella cases have been linked to [spring mix pasta salad](#) sold by Hy-Vee. An outbreak linked to chicken salad sold at Fareway last spring resulted in 240 laboratory-confirmed cases identified as part of that investigation.



Above: Tigerhawk Connections Learning Center chronicled many of its 5-2-1-0 activities on Facebook.



IDPH spotlight: Tobacco Use Prevention & Control



Div. Director Jerilyn Oshell

The [Division of Tobacco Use Prevention & Control](#) addresses many of the core functions of public health, including 1) Assessment – using data from [BRFSS](#) and [IYS](#), reports and infographics are developed to show how, who and where Iowans are using and quitting tobacco. 2) Policy Development - since its creation in 2000, the division has worked with schools, businesses and other organizations to adopt tobacco- and nicotine-free policies. Eighty percent of the state's schools, for example, are currently covered by policies that go beyond what is required by the [Smokefree Air Act](#), and make school buildings and grounds off limits to tobacco and nicotine products. 3) Assurance - through our grant-supported programs like [Quitline Iowa](#), we are assuring Iowans have access to free and effective cessation services. We are also the agency designated to enforce the Iowa Smokefree Air Act.

With nine staff members, the division has been involved in three [5S](#) projects, including organizing its workspace, cleaning up computer drive space and evaluating the effectiveness of the youth tobacco prevention program.

Division Director Jerilyn Oshell has been with the division since 2001, when she started as an intern. In 2002, she graduated from Iowa State University and became a full-time employee, and eventually was named division director. Before IDPH, Jerilyn worked at her family's grocery store in Belmond.

Jerilyn has three children: Shaeli (7), Nyla (3) and Kullan (1). In 2009, she and 17 family members went to Ireland, where she kissed the Blarney Stone!

Get ready to walk

In 2011, the Healthiest State Initiative kicked off an effort to make Iowa the healthiest state in the nation with the Start Somewhere Walk.

[Registration](#) is now open for the 8th annual walk on Wednesday, October 3, 2018.

IDPH staff make a difference

The IDPH [Bureau of Oral and Health Delivery Systems](#) team spent two hours at the Food Bank of Iowa last month, sorting, boxing and wrapping five pallets (179 boxes) worth of pasta and spaghetti. These pallets will be distributed to food pantries throughout Iowa.



Pictured above: OHDS staff Amanda Ramirez and Sara Schlievert.

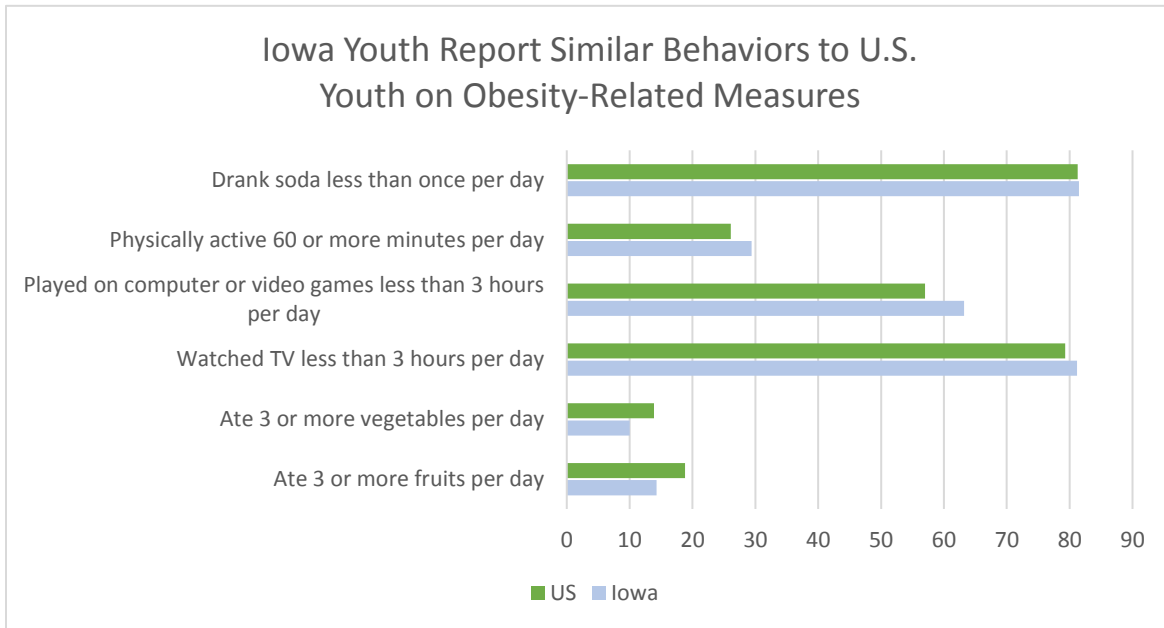
Members of the IDPH [Bureau of Chronic Disease Prevention and Management](#) donated 72 notebooks along with pens, pencils and scissors to [Orchard Place](#). Annually, Orchard Place serves nearly 10,000 children and youth with emotional and behavioral challenges.

Congrats and kudos

Congrats to [Iowa Gambling Treatment Program](#) manager Eric Preuss, who has been elected treasurer of the [Association of Problem Gambling Service Administrators](#).

Monthly data snapshot

Data are essential to the practice of public health. Each month, Quick Reads highlights selected tidbits to help create awareness of IDPH data and epidemiology.



Source: 2017 Youth Risk Behavior Survey

These data show the self-reported responses of a randomly selected group of Iowa high school students on key obesity-related behaviors. IDPH, in partnership with the Healthiest State Initiative and United Way of Central Iowa, is promoting [5-2-1-0 Healthy Choices Count](#). This initiative promotes healthy eating and active living for children and families through the daily recommendations of 5 servings of fruits and vegetables, 2 hours or less of recreational screen time, 1 hour of physical activity, and 0 sugary drinks and more water. More information regarding Iowa public health data can be found [here](#).



Yes, QI can be fun!

New members of IDPH's [Quality Improvement \(QI\) Council](#) members recently joined the current council members for a hands-on activity: Mr. Potato Head's family was in a bus crash! The council members (pictured left) worked as emergency response teams to save the potatoes. (Truthfully, they were learning QI concepts and putting the Plan-Do-Check-Act cycle into practice.)

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