

# Quick Reads

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## Vaping-related illnesses

Iowa is one of 48 states and one U.S. territory reporting [lung injury cases](#) related to e-cigarette use or vaping. To date, 38 cases and no deaths are reported in Iowa. Iowans should not use vaping products since the cause of this outbreak is not yet clear and the long-term health impacts of these products are unknown. Health care providers are asked to report severe respiratory illness in patients with a history of vaping or e-cigarette use to IDPH (1-800-362-2736).

## Leadership promotes flu shot

Lt. Governor Adam Gregg and a number of department directors joined IDPH Medical Director Dr. Caitlin Pedati and me to receive our flu shots earlier this month. The CDC recommends everyone ages 6 months and older be vaccinated against the flu before the end of October to ensure protection before the flu virus starts circulating (typically November in Iowa).



Pictured (L-R) Row 1: Gerd Clabaugh, Dr. Caitlin Pedati, Lt. Gov. Adam Gregg, Polk County Health Dept. nurse Carmin Hutch. Row 2: Dept. of Human Rights Dir. San Wong, Iowa Alcoholic Beverages Division Dir. Stephen Larson, Iowa Veterans Home Commandant Colonel (retired) Timon Oujiri. Row 3: Dept. of Management Dir. Dave Roederer, Dept. of Homeland Security and Emergency Management Dir. Joyce Flinn,

## Healthy Iowans Splash Walk



Dozens of IDPH staff joined IDPH Director Gerd Clabaugh October 2 for the annual Healthiest State Walk. Trudging through puddles and dodging raindrops, they showed nothing can dampen their enthusiasm for health promotion!

## HIP highlights

In 2019, local public health agencies submitted progress reports on their health improvement plan (HIP) objectives and strategies. Each month, Quick Reads will highlight one county's work.

Adair County: Schools have become involved in reducing childhood obesity. Examples include agreements on healthy snacks, a grant for equipment to increase physical activity in gym classes, and for inclement weather, indoor recesses. For more information, see the complete plans and reports on the IDPH [website](#).



## October proclamations

Governor Reynolds signed four public health proclamations for October, declaring October Suicide Prevention, Recovery and Newborn Screening Awareness month, as well as Healthiest State month.



Families and advocates join IDPH staff for the signing of the Newborn Screening Awareness Month proclamation.

## New faces at IDPH

I am pleased to welcome Jeff Kerber, Ph.D., LMFT and Nalo Johnson, Ph.D. to IDPH. Jeff joined IDPH this month as division director for [Behavioral Health](#) and Nalo will come on board next month as division director for [Health Promotion and Chronic Disease Prevention](#). Look for more information about our newest team members in upcoming issues of Quick Reads.

## Congrats and kudos

Congratulations to IDPH Tobacco Use Prevention and Control Division Director Jerilyn Oshel, elected as a regional representative to the [Tobacco Control Network](#) Executive Leadership Committee.

IDPH Injury Prevention Program Manager Tiffany Conroy received the Rising Star award as part of the 2019 [Safe States Alliance](#) annual awards.

IDPH Problem Gambling Treatment Program Manager Eric Preuss has been elected treasurer of the [Association of Problem Gambling Service Administrators](#).

## IDPH spotlight: Child Health

The IDPH [Child Health](#) programs use data to identify health inequities, analyze program planning for quality improvement, and fund formulas for grants to communities and contractors.

Through this work, IDPH is able to advise the Department of Human Services/Iowa Medicaid Enterprise on the well child screenings children need to be healthy, for inclusion in the EPSDT program (Medicaid).

The Title V Child and Adolescent Health needs assessment is currently working to identify the major health needs and strategies for improving health for children, teens and their families.

Partnerships, both public and private, are essential to the success of this program.

Important partners include:

- Iowa Medicaid Enterprise
- Department of Human Services
- Local Title V Contract Agencies
- Health Care Providers
- Child Health Specialty Clinics\University of Iowa
- Iowa State University

Networking, collaborating and building relationships with and through local Title V contractors, other IDPH bureaus and departments, and other state and federal departments, have resulted in:

- increased lead poisoning prevention and blood lead testing
- increased immunization rates among children and teens
- effective responses to communicable disease outbreaks in child care
- referral policies and opportunities for WIC co-location of services
- Oral Health Delivery Systems I-Smile services for children and pregnant women

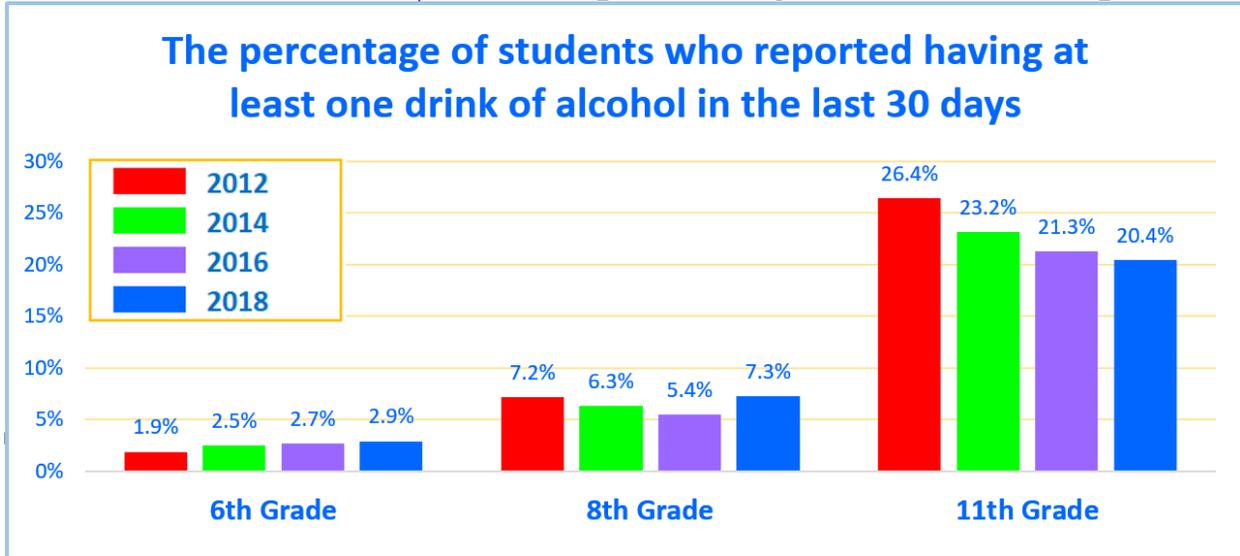
Last year, nearly 118,000 children received preventive health services from 23 Title V Child and Adolescent Health agencies serving all Iowa counties.



# 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.

## Iowa 11<sup>th</sup> Graders Are Drinking Less Compared to Six Years Ago



Data source: Iowa Youth Survey (IYS)

According to the 2012 to 2018 [Iowa Youth Survey \(IYS\)](#), 11<sup>th</sup> graders showed a downward trend when asked if they had at least one drink of alcohol in the last 30 days. Eighth graders showed a slight decrease then increase, while sixth graders showed a very slight increase. The CDC states that alcohol is the nation's most commonly used and abused drug among [youth](#). October is National Substance Abuse Prevention Month. The IYS is administered every other year with sixth, eighth and 11th grade students completing the survey online. More information on IYS can be found [here](#). More information on abuse of alcohol and other substances can be found [here](#). If you are concerned about someone misusing alcohol, call Your Life Iowa at 855-581-8111, text 855-895-8398 or visit the [website](#). Questions or comments about IDPH data can be sent [here](#).

## School-health connections

[Muscatine County](#) is employing four resource navigators in the elementary, middle and high schools in one district. These navigators connect the dots for resources and referrals, with mental health as a priority.

Successes include working with community organizations to restore heat to a family's home, after the child told a teacher they were showering in cold water. A family, new to Muscatine and homeless, received emergency shelter and successfully obtained a housing voucher. They now have a home of their own.

In FY19, 468 students were served (200 in FY18), including 422 successful referrals to service and 253 successful mental health referrals. For more information, contact [Christy Roby-Williams](#).

## CDC RECOMMENDS:

Get your  
flu shot by  
October 31



HHS.gov

## Stay informed; share success

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