

January  
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## Five Ways Poverty Harms Children

**1 Poverty harms the brain and other body systems** - by negatively impacting child development and physically altering the brain. This is related to an increase in chronic disease and shortened life expectancy in adulthood.

**2 Poverty creates and widens achievement gaps** - because of the negative influences on brain development, children who experience poverty fall behind their peers in learning and social-emotional development.

**3 Poverty leads to poor physical, emotional, and behavioral health** - as a result of food insecurity, poor health, and poor emotional and behavioral health. Children who live in poverty are also less likely to receive preventive care.

**4 Poor children are more likely to live in neighborhoods with concentrated poverty, which is associated with numerous social ills** - such as poorer academic performance, social and behavioral problems, and as previously mentioned, poorer health. Children living in poverty are more likely to be exposed to environmental toxins and physical hazards, and attend schools with fewer resources.

**5 Poverty can harm children through the negative effects it has on their families and the home environment** - living with fewer resources means higher stress, aggravation, and depressive symptoms in parents. This can also have a negative impact on the learning and development of children living in poverty.

Murphey, D., & Redd, Z. (2014). Child Trends.

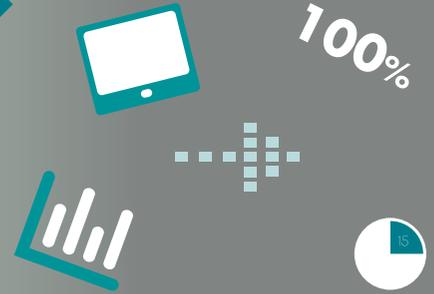
The Update is a monthly web newsletter published by the Iowa Department of Public Health's Bureau of Family Health. It is posted once a month, and provides useful job resource information for departmental health care professionals, information on training opportunities, intradepartmental reports and meetings, and additional information pertinent to health care professionals.



# All About Infographics



- ★ Do you use data to communicate with stakeholders?
- ★ Do you want to find a way to communicate the awesome things your programs do?
- ★ Does your agency have a Facebook or Twitter account?



If you answered "yes" to any or all of the above questions, you may want to consider using infographics to communicate what your agency does and the impact you have in a quick and easy to understand way!

## What are Infographics?

### How to Create Infographics

There are several websites that can help you create infographics. They come stocked with ready to use graphics, charts, themes, and layouts that makes creating the perfect infographic quick and easy! Check out the following FREE sites:

- [infogr.am](http://infogr.am)
- [visual.ly](http://visual.ly)
- [easel.ly](http://easel.ly)
- [piktochart.com](http://piktochart.com)

### What can you do with an infographic?

20%

Show Statistics



Visualize Impact



Social Media



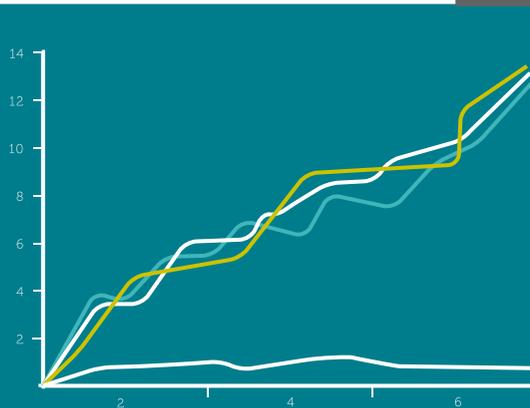
Charts and graphs

And much more...

Infographics are a simple and visual way to represent more complicated data or messages. They use graphics to deliver more information in a more effective way.



If this hasn't convinced you that infographics are a useful tool, check out [this infographic](#) about why infographics are effective!



What are you waiting for?

# Important Stuff

## Iowa's Family Support Professional Development System

The vision of Iowa's family support professional development system is for all Family Support professionals in the state of Iowa to have access to meaningful, ongoing, differentiated, evidence-based, and high-quality professional development opportunities. As a result of engagement with highly skilled and competent Family Support professionals, every child, beginning at birth, will be healthy and successful and reach more positive outcomes.

The ultimate goal for this professional development system is to create a workforce that is highly skilled, competent, trained, credentialed, and that promotes life-long learning, which is designed to empower families to reach their fullest potential.

**Click on the buttons to the right for more information!**

[Click here to see a flow-chart of the professional development projects](#)

## Early Childhood Iowa Day on the Hill 2014

On February 12th, early childhood advocates from around the state will convene at the Capitol to meet with legislators, talking with them about the importance of the first 2,000 days of life. Specifically, this year's event will focus on strengthening our future workforce by building skills in early childhood.

The keynote speaker will be Linda Smith, Deputy Assistant Secretary for Early Childhood, with the Administration for Children & Families, U.S. Department of Health & Human Services. Linda plays a key role in setting federal policy for issues affecting young children and their families.

[Click here to register for this FREE event!](#)



# Calendar at a Glance

January	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3	4
	5	6	7	8	9	10	11
	12	13 First day of Legislative Session	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29 I-Smile Coordinator Meeting	30	31	

February	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	

## Listening Visit Trainings

Friday, January 31st, 2014	Johnson County Public Health, 855 South Dubuque St. Johnson County Conference Room, Iowa City, IA 52240; 9am-4pm
Friday, February 28th, 2014	United Way Building, 1111 9th St., Conference Room F Des Moines, IA 50314; 9am-4pm
Friday, April 25th, 2014	Marquart Classroom: Winter Hall Allan College - Unity Point Health Waterloo, IA; 9am-4pm
Friday, May 9th, 2014	Buena Vista Regional Medical Center Storm Lake, IA
Thursday, May 29th, 2014	Cass County Memorial Hospital, Conference Room #2 Atlantic, IA; 9am-4pm

