

Quick Reads

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Call for nominations

To recognize the efforts of Iowa's public health practitioners, [the University of Iowa College of Public Health](#) established the [Iowa Public Health Heroes Award](#). Each year, individuals who have worked to promote a healthier state through wellness and disease prevention initiatives are recognized.

The college is soliciting nominations from across all fields of public health and a range of career paths including service in local leadership, advocacy, business, as a newcomer to public health practice, or for career achievement. Nominations of individuals from traditional and non-traditional public health organizations are encouraged.

Nominations are due Monday, October 2nd. For more information, contact [Tonya Uden-Holman](#).

Prevention, treatment, recovery

The State Youth Treatment Implementation Grant presents [Youth and Recovery: An Opportunity to Explore Prevention, Treatment and Recovery Strategies for Youth Ages 12-25](#) September 25 in Ankeny. Key stakeholders will discuss, share ideas and consider policy change related to adolescent substance use disorders and mental health services in Iowa. National and regional leaders will be present to discuss key issues relevant to this topic.

Local public health success story

Like many areas, Shelby County residents have high rates of physical inactivity and a correlating increased rate of obesity. In the 2015 Shelby County [Community Health Needs](#) (SCCHNA) survey, 29.33 percent of respondents identified physical inactivity as priority health issue. Additionally, the [2015 County Health Rankings](#) showed 28 percent of Shelby County adults physically inactive, compared to 24 percent of adults statewide. Over 16 percent of Shelby County low-income preschool children are also obese, threatening a generational trend of obesity. To address this concern, Shelby County Public Health implemented an educational strategy to promote physical activity (and other health issues) starting in childhood.

The [Shelby County Public Health Department](#) partnered with 30 community organizations to host a Kids Festival day on April 16, 2016 to raise awareness on health and safety issues, including physical activity, healthy foods bicycle safety and more. Community donations totaling \$8340 provided activities and bike helmets or knee and elbow pads for children who attended. Through community engagement and support, Shelby County will continue its health improvement strategic plan to reduce physical inactivity and obesity.



IDPH spotlight: Information Management



Lon Laffey

If asked to describe himself with one word, Information Management Bureau Chief Lon Laffey says the word would be “trustworthy.” That’s a

critical trait to have in the person overseeing the security of IDPH’s website and internet functions. Born in Estherville, and growing up in Armstrong, Iowa, Lon has lived in the Des Moines area for 37 years. Lon is an Iowa State Cyclone, holding a degree in Industrial Administration/Management and a minor in Computer Science.

Before coming to IDPH seven years ago, Lon worked in IT for a health insurance company for 28 years. He says achieving high ratings in the annual departmental IM customer satisfaction survey is something he’s particularly proud of.

Lon married “the girl next door” 36 years ago and together they raised three sons. In his spare time, Lon enjoys riding his bike (he often rides it to work) and tending to his bonsai plants. An accomplished swimmer, Lon once swam 100 100s every 100 seconds. That’s a little over 5.5 miles in 2.7 hours!

Congrats and kudos

[Big Brothers Big Sisters of Northeast Iowa](#) volunteered 348 hours to win the April/May [Give Back Iowa Challenge](#). Efforts included participation in the IDPH-sponsored AmeriCorps Mentoring program.

Quick Reads – August 21, 2017



The [Public Health Advisory Council](#) met September 7 in Des Moines. The council is a partnership between local and state leaders, working to advance the quality and performance of public health in Iowa.

Walking College memo

As we gear up for another school year and I begin to establish walking routes for the Mason City Community School District’s [Walking School Bus Program](#), I become quite conscious of the walking amenities in our North Iowa communities. The infrastructure of our sidewalks, trails and pedestrian right-of-ways directly impact our health.

As a citizen, could you start lobbying for more sidewalks in your neighborhood? As a planner and designer, could you design buildings that provide a safe walkway in front of the stores? As a zoning official, could we encourage adding apartments above ground-level shops to keep errand shopping within walking distance? As a health advocate, can we make our community healthier without visiting the gym? I think we can and we will!

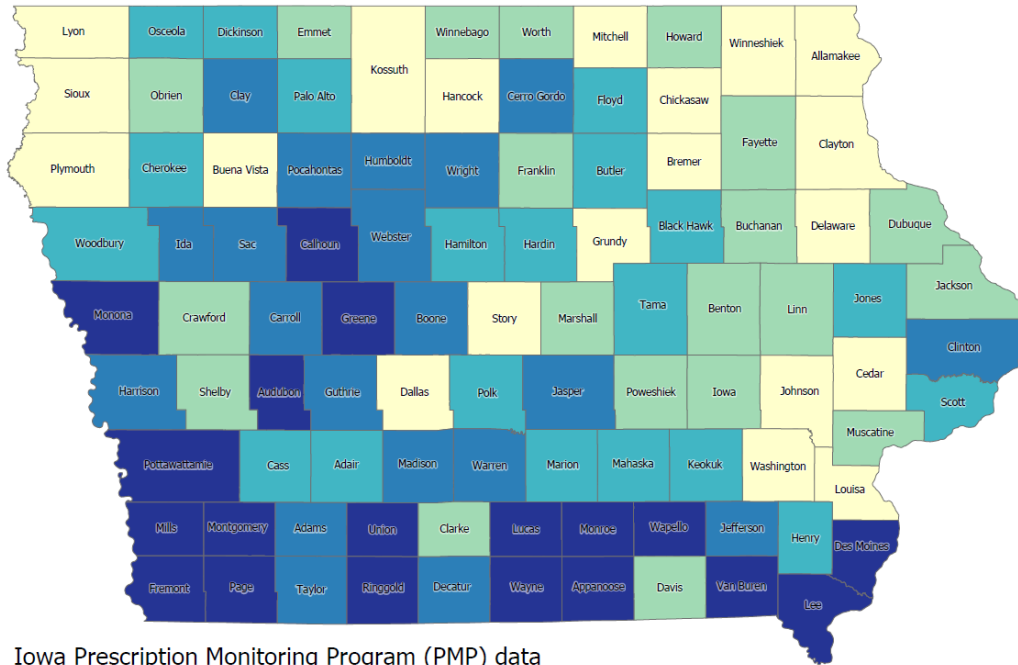
- *Kelli Gerdes is the Health Promotion Manager for the [Cerro Gordo County Department of Public Health](#), and is one of 16 fellows participating in Iowa’s Walking College Fellowship, equipping local leaders for improving the walkability of communities across the state.*



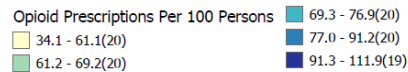
Monthly data snapshot

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. Explore more data with the [IDPH Public Health Tracking Portal](#).

Iowa Prescription Monitoring Program (PMP)



Iowa Prescription Monitoring Program (PMP) data for opioid prescriptions per 100 people in 2016
Iowa Department of Public Health, Bureau of Substance Abuse



Nationwide, four out of five new heroin users first misused prescription painkillers. The Iowa Department of Public Health, in collaboration with the Iowa Board of Pharmacy, is reviewing data from the state's Prescription Monitoring Program regarding opioid prescribing patterns and use. This map shows the rate of opioid prescriptions filled per 100 people by county for 2016. More information can be found at <https://idph.iowa.gov/substance-abuse/opioid-update>.

Stay informed, share your story

To contribute a news item or smart practice, please write to Polly Carver-Kimm at Polly.Carver-Kimm@idph.iowa.gov.

