

Quick Reads

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Looking back and ahead

Opioid dependence and overdoses were in the public health spotlight last year and will continue to be this year. IDPH's two primary efforts in this battle will continue in 2018: The [Medication Assisted Treatment](#) for prescription drug and opioid addiction and the opioid [State Targeted Response](#).

In October, Governor Reynolds announced the launch of the [5-2-1-0 Healthy Choices Count](#) initiative, which focuses on the importance of four simple daily health habits. This is the first statewide effort to provide consistent messaging and programming on the subject of childhood obesity. You can read more about 5-2-1-0 in this month's bureau spotlight.

As always, with a focus on quality improvement, best practices, efficiency and effectiveness, the department will continue its mission of protecting and improving the health of Iowans.



IDPH Director Gerd Clabaugh at the 5-2-1-0 kickoff.

Local public health success story

[Dickinson County Public Health](#) identified a need for assistance to new mothers lacking in infant care skills. In response, the county launched the [Best Care for Better Babies](#) program, based on standardized, evidence-based progression for infant development. A Dickinson County public health nurse worked with many mothers, and successes included:

- A new mother who was apprehensive about immunizations and had declined the birth Hepatitis B vaccine. Through home visits, the public health nurse developed a trusting relationship with mom and was able to share evidence-based information about vaccine safety. Mom agreed to have her baby vaccinated and the infant is currently up-to-date on all required immunizations.
- An infant who was diagnosed with failure to thrive. During a home visit, the nurse noticed the mother had minimal interaction with the baby, was unaware of feeding amounts, and had no feeding schedule. Working together, the mother learned to keep a log of feeding times and amounts. After a few months of visits, the nurse would arrive to find the mother eagerly waiting to demonstrate the new skills baby had mastered and the baby with steady weight gains.

Research confirms problems in early life can result in negative consequences later. Early intervention is essential to prevention.

IDPH spotlight: Nutrition & Physical Activity



Jill Lange

The [Bureau of Nutrition and Physical Activity](#) works to ensure Iowans have the opportunity to live a healthy lifestyle by providing education and resources, building partnerships, and supporting communities.

Bureau Chief Jill Lange and her staff of 22 administer programs to educate and help improve the nutrition and physical activity opportunities for residents; the bureau works to make the healthy choice the easy choice.

In partnership with Iowa's Healthiest State Initiative and United Way of Central Iowa, the bureau is currently involved with the [5-2-1-0 Healthy Choices Count](#) project. The initiative assists communities with common messaging and improvement projects. The bureau is working to support Malvern, West Union, Dubuque and Mt. Pleasant to implement projects in daycare centers and physician clinics. Governor Reynolds has proposed an expansion of the program in FY19 into more communities.

Prior to joining IDPH in 2007, Jill was the clinical dietitian at Dallas County Hospital in Perry.

Outside of work, Jill and her husband enjoy being outside and spending time with their pets, a 2-year-old black lab and an 18-year-old, soon to be 19-year-old cat! You will find them hiking, camping, fishing or skiing and often, their black lab Lucy is right there with them.

Congrats and kudos

Congratulations to [River Hills Community Health Center](#) on its designation as a [2017 Million Hearts Champion](#). It is the very first Iowa clinical health system to win this designation.

Kudos to the recipients of the annual IDPH Employee Recognition Awards:

For customer service: Kemi Oni, Kevin Gabbert, Mary Kay Brinkman, Jen Caskey, Lori-Hancock-Muck.

For Quality Improvement, two teams were recognized. WIC Food Delivery Team: Ken Kane, Kenny Kane Jr., Brandy Benedict, Caryn Wittry, and Kimberly Stanek; Ryan White Part B Program Quality Management Team: Katie Herting, Nicole Kolm-Valdivia, Alagie Jatta, Holly Hanson, Randy Mayer, Elizabeth McChesney, Lexie Hach, Gina Mallett, Meredith Heckmann, Darla Peterson and Cody Shafer.



Row 1: Cody Shafer, Katie Herting, Meredith Heckman, Lexie Hach
Row 2: Alagie Jatta, Holly Hanson, Elizabeth McChesney, Randy Mayer, Gerd Clabaugh



L-R: Gerd Clabaugh, Ken Kane, Caryn Wittry, Kenny Kane, Jr.



2017 IDPH Employee Recognition Individual Award Winners

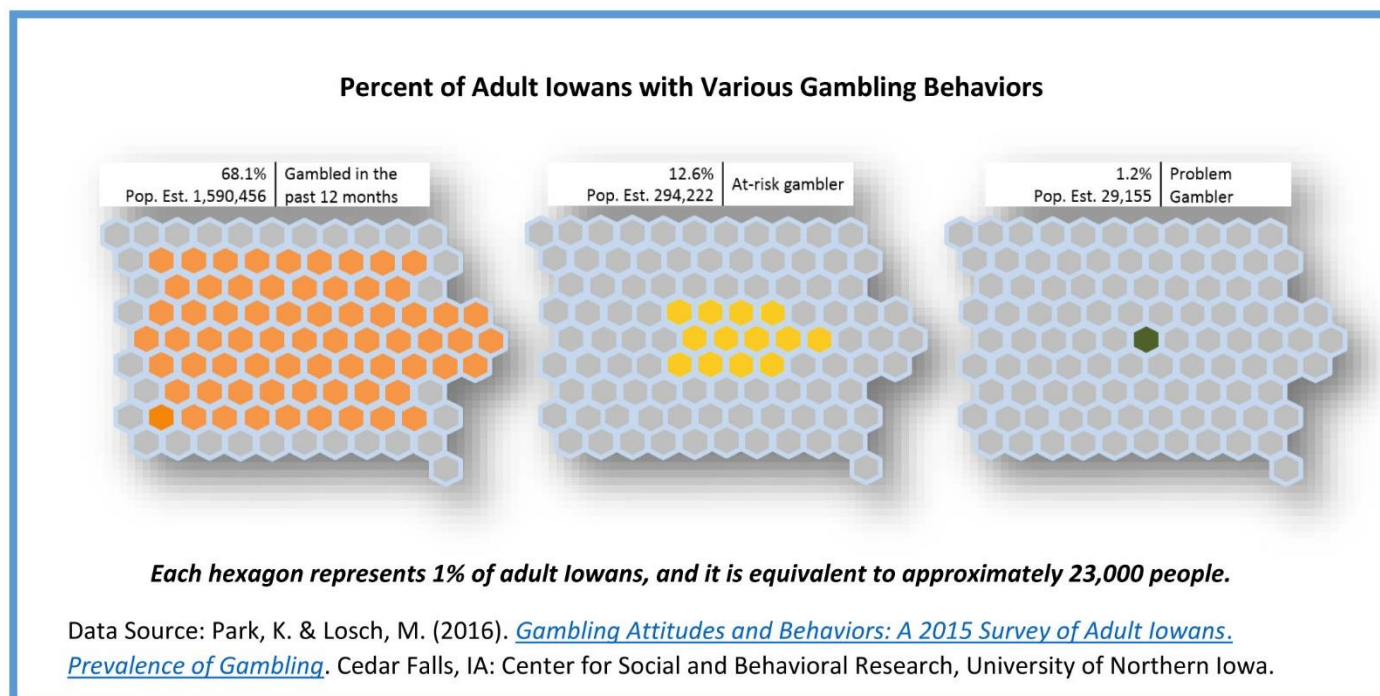


Top left: Mary Kay Brinkman
Middle left: Jennifer Caskey
Left bottom: Lori Hancock-Muck
Top right: Kemi Oni
Bottom right: Kevin Gabbert



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](#).



For most people, gambling is recreational; however, for some, gambling leads to serious problems. Problem gambling means participation in any form of gambling activity that creates one or more negative consequences to the gambler, their family or loved ones, employer or community. According to the [2015 Survey of Public Gambling Attitudes and Behaviors toward Gambling](#), an estimated 1.2 percent of Iowans met the established criteria for a gambling disorder and were classified as “problem gamblers.”

IDPH contracts with 11 local agencies to provide problem gambling prevention in all 99 Iowa counties. Additionally, IDPH is working with stakeholders to raise awareness of problem gambling and access the treatment and support services available. This has included development of [gambling in the work place](#) and [self-exclusion](#) tool kits as well as expansion of same day access and consumer choice regarding delivery of treatment services (in-person, by phone, video, text messaging, and secure live online chat). More information about the Iowa Gambling Treatment Program can be found at <http://idph.iowa.gov/iqtp> and more information about problem gambling services can be found at <https://yourlifeiowa.org/gambling>.

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.

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