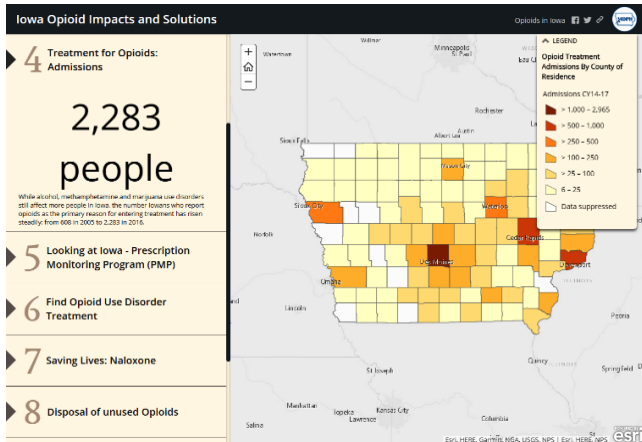


Quick Reads

Gerd W. Clabaugh, MPA
Director, Iowa Department of Public Health



Local public health success story

[Wayne County](#) has a high poverty level and chronic diseases are prevalent. It can be difficult for families to access health resources or even be aware these resources exist. Through collaboration, [public health](#) is successfully addressing these gaps. Among these partnerships:

- Community Health Coalition, which includes Wayne County Hospital, takes donated air conditioners to families that include someone with a respiratory illness.
- Substance Abuse Free Environment (SAFE) Coalition, a group of multiple agencies, ensures community resources are available to address youth concerns like tobacco, drug and alcohol use.
- Back to School group, which worked with many local coalitions to host a back-to-school fair. Each coalition member provided a service, activity, lesson or information to attendees. Public health gave hand-washing demonstrations using the [Glitter Bug](#). Car seat safety checks (and new seats, if needed) were provided, along with meals, school supplies, haircuts, immunizations, and dental, sight and hearing screenings. Low-income families were targeted, but no one was turned away.

New opioids maps site

A new interactive IDPH [website](#) allows access to maps and information about opioids in Iowa. The site includes county/state level data on opioid overdoses, deaths and hospitalizations, as well as treatment and prevention information.

Rethink your drink

IDPH collaborated with the Iowa Dept. of Education and Delta Dental of Iowa to install water bottle filling stations in 54 Iowa schools. The [Rethink Your Drink](#) initiative provides opportunities for better oral and overall health for more than 28,000 Iowa students.



Jeff Russell, president and CEO of Delta Dental (left), the Tooth Fairy and IDPH Dental Director, Dr. Bob Russell (right),



IDPH spotlight: HIV, STD and Hepatitis



Randy Mayer

In 2016, the bureau received laboratory and case reports for over 17,500 new HIV, STD and hepatitis C diagnoses, or nearly 80 percent of infectious disease diagnoses reported to the department.

Bureau staff use data to initiate partner services investigations, link people to care, and verify the treatment prescribed follows recommended guidelines. Prevention staff work with local public health and community-based organizations to provide testing, risk reduction counseling, immunizations and referrals for other prevention and treatment services. Care program staff work with community-based organizations and medical providers to measure and improve health outcomes, provide access to medications and/or health insurance, and provide core and support services.

HIV, STD and Hepatitis Bureau Chief Randy Mayer has been with IDPH for 18 years. He holds a master of public health degree in epidemiology, a master of science in horticulture, and an undergraduate degree in botany. Randy says he's thrilled to be using all those degrees now in his additional work with the Office of Medical Cannabidiol.

Randy and his husband travel extensively, visiting 21 countries, 46 states, and seven provinces in Canada in their 32 years together. This year, they'll visit Ecuador and New Zealand. They have spent 26 years renovating a 103-year old house and just finished rebuilding the porch – the last major project.

The 22 [HIV, STD and Hepatitis bureau](#) staff are responsible for the disease reporting, investigation and epidemiology that form the backbone of its programs.

Produce project expands

According to a 2016 survey by Feeding America, nearly 81,000 Iowans age 60 and over are estimated to be "food insecure;" that is, they do not have reliable access to affordable, nutritious food. Last year with federal technical assistance funding from the [Supplemental Nutrition Assistance Program Education](#) (SNAP-Ed), IDPH launched a fresh produce project that provided donated fresh fruits and vegetables to low-income senior housing, local meal sites, senior centers, and in conjunction with home-delivered meals. In its pilot year, produce box teams across the state delivered more than 700 boxes of fresh fruits and vegetables. This year, the Senior Produce Box project has expanded to serve [22 counties](#)!

Registration is open

The 2018 Iowa Governor's Conference on Public Health is April 10 and 11 in Des Moines. [Registration](#) is open for the conference featuring the theme "Our Changing Landscape: Strengthening Our Mission for the Future."

[Registration](#) is now open for the 41st Annual Governor's Conference on Substance Abuse. Sponsored by the IDPH [Division of Behavioral Health](#), the conference will be April 18 and 19 in Des Moines.

41st Annual Governor's Conference on Substance Abuse


APRIL 18 WEDNESDAY **APRIL 19 THURSDAY**

Veteran's Memorial-Community Choice Credit Union Convention Center, Des Moines, IA

Keynote Speakers: Corey Waller, Kevin Hill
Early Registration: \$140

Registration to open mid-February at www.trainingresources.org
Contact becky@trainingresources.org for more information

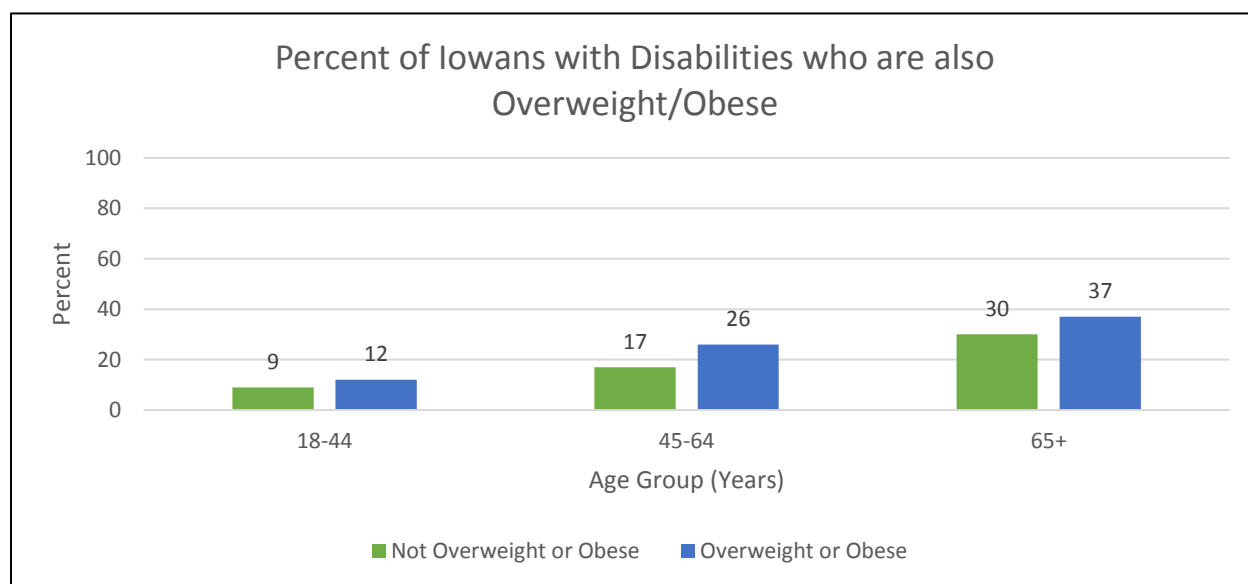
Sponsored by the Iowa Department of Public Health, Division of Behavioral Health





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](#).



Prevalence of Iowans with Disabilities by Weight and Age, BRFSS, 2008-2014

Data is from the 2008 through 2014 Behavioral Risk Factor Surveillance System (BRFSS), a population-based survey about health-related behaviors and outcomes. The BRFSS definition of disability status (adult population ages 18 and older) is based on participants' positive responses to one of two specific questions that ask about activity limitation due to any health problem and the use of equipment. The first question asks whether the participant was limited in any way in any activities because of physical, mental or emotional problems. The second asks whether the participant has any health problem that required the use of special equipment, such as a cane, wheelchair, special bed or telephone.

Overall, approximately 12 percent of Iowans have a disability. Both weight and age play a significant role in disability. Across all adult age groups, Iowans who are overweight or obese have a higher prevalence of disability than those who are not overweight or obese. As one method of addressing this, the IDPH Office of Disability, Injury and Violence Prevention promotes the National Center on Health, Physical Activity and Disability's [14 Weeks to a Healthier You](#) program. This free, personalized, web-based physical activity program is for people with mobility limitations, chronic health conditions and physical disabilities. State and county-level information is available in the [2017 Disability Status in Iowa Report](#). Please [email](#) the department questions or comments about this or other IDPH data.

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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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