

# Quick Reads



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## Sidewalk policy sample

[Scott County Health Department](#) officially launched a [Comprehensive Sidewalk Policy Sample](#) at the 2018 Bi-State Complete Streets Workshop. Scott County Health Department Christina McDonough, a graduate of the [Iowa Walking College](#), created the policy to serve as a summary of best practices for communities to tailor to their specific needs, when a [Complete Streets policy](#) is not realistic. The policy aims to enhance safety and equity by prioritizing pedestrians and bicyclists of all ages and abilities. If you have questions about the policy, [related resources](#), or how to enact it in your community, contact [Christina](#).



Pictured above: (L-R) Cori Foley, University of Iowa RN to BSN student; Rhonda Ramler ARNP (Lead Nurse, Dubuque Schools); Hillary Gant (University of Iowa RN to BSN student), coordinators of the Lincoln Elementary food pantry in Dubuque

## Public health success: 5-2-1-0 in Dubuque

A successful Dubuque elementary school food pantry, now funded through a local business, started with a [5-2-1-0 Healthy Choices Count!](#) grant from IDPH.

Rhonda Ramler, [Lincoln Elementary School](#) Health Services Coordinator, worked with two [University of Iowa](#) students to research food insecurity among the school's children. After determining there was a need, Ramler applied for and received a 5-2-1-0 grant from IDPH. The grant provided essential start-up items like refrigeration units, shelving and enough food to get the pantry through its first year.

Analysis of the pantry's use helped determine important information like what time of day food was most frequently picked up and what types of food or items were most needed. The pantry was advertised through posters in the school, information sent home with students, and emails to parents.

“This experience opened my eyes to the needs of those in our community, especially our most vulnerable youth,” said Ramler. “Many of these children rely on school as their stable food source. Food insecurity is a prevalent issue facing these children.” During this school year, 42 families (210 people) were served.

5-2-1-0 funding sustained the pantry through its first year and new funding from a local business will keep the project going indefinitely, with the possibility of opening food pantries in other [Dubuque Community School District](#) schools.



# IDPH spotlight: Office of Disability, Injury & Violence Prevention



Office co-leads, Maggie Ferguson and Tiffany Conroy

This [Office](#) houses a spectrum of programs on disability and intentional and unintentional injury. With four staff, the program focuses on disability and health,

traumatic brain injury, sexual and intimate partner violence, violent deaths and falls. Using data from needs assessments and other available data, the office partners with others to link people to needed supports and services; provide training and education; and develop policies and plans to support individual and systems change efforts.

In collaboration with the Department of Education, the office developed the [Concussion Management Guidelines for Iowa Schools](#). Subsequently, Iowa's [concussion law](#) was updated to reflect guidelines consistent with "Return to Learn before Return to Play" following a concussion. The office is currently writing administrative rules and has developed a concussion episode using the IDPH [Healthy Habit All Stars](#), which will be launched in August.

Office co-lead Tiffany Conroy has been with IDPH since 2016. Prior to that, she was a trauma therapist in Chicago for six years, working in a not-for-profit trauma treatment program and a community mental health center. She specialized in treating complex trauma, primarily focusing on sexual abuse and assault, and community and youth violence prevention.

Co-lead Maggie Ferguson has been with IDPH almost five years, and worked at the Brain Injury Alliance of Iowa prior to that. She has worked at various organizations with missions

related to supporting individuals with disabilities since college.

Tiffany recently purchased her first home, which she shares with her partner of six years, Andrew, and their adorable rescue dog, Chief. Trauma-Informed Care & Violence Prevention is her heart and soul, but if she ever did anything else, she would be a home stager - someone who stages homes for photo shoots or real estate listings!

Maggie has a reputation for being lucky! If it involves being caller nine to win a radio contest or having her name drawn from a bowl, she is fairly confident the prize will be hers (no luck, though, at picking lottery numbers or other gambling). When she's not at work, she enjoys outdoor activities ranging from hiking in the mountains, to riding her bicycle, to tent camping, and she is planning on buying a kayak this summer.

## Capitol farmers market

The [Iowa Capitol Complex farmers market](#) is underway. This cooperative effort by IDPH, the Iowa Department of Administrative Services and the Iowa Department of Agriculture and Land Stewardship, is conveniently located for state employees working in the capitol complex, but it is open to all visitors and neighbors looking for Iowa vendor-grown and homemade products. The market runs every Tuesday through September 26 from 11:00 a.m. to 1:00 p.m. (except for July 4).

## Congrats and kudos

Congratulations to Katie Jones of the IDPH Bureau of Chronic Disease Prevention and Management, who was recently elected as secretary of the [National Association of Chronic Disease Directors Cancer Council](#).

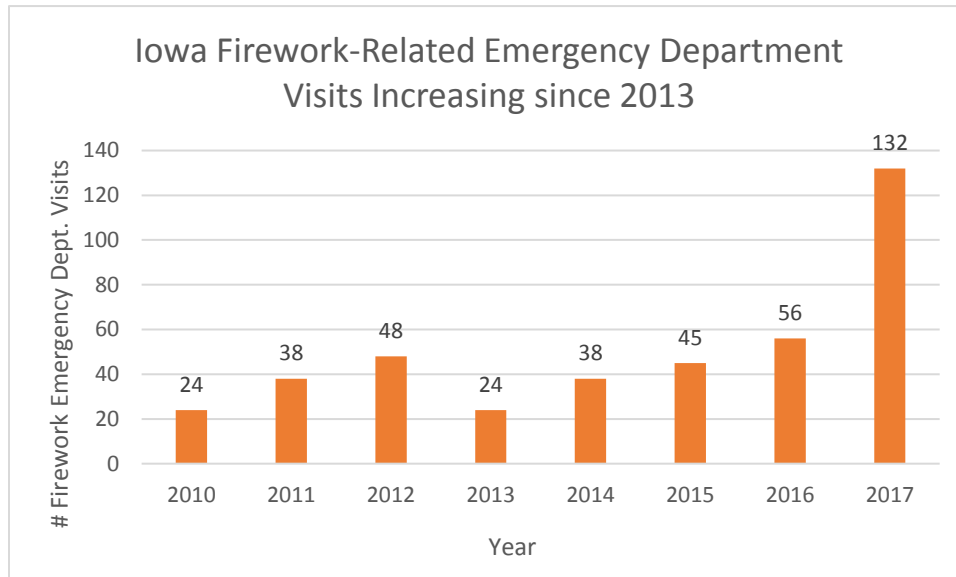
Jill Lange, IDPH Nutrition and Physical Activity bureau chief, has been elected as Director-at-Large for the [Association of State Public Health Nutritionists](#) board.

Kudos to Rachel Stolz with the [Council Bluffs City Health](#) Department on winning the Thelma Luther Award from the Iowa Public Health Association.



# 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.



Source: Iowa Outpatient Hospitalization Data, 2010-2017

The number of firework-related emergency department visits has steadily increased since 2013. Additionally, emergency department visits increased by 135 percent from 2016 to 2017. This increase from 2016 to 2017 resulted in a \$208,000 increase in healthcare spending due to firework injuries. One of the goals of the Iowa Department of Public Health is to prevent injuries. More information on preventing injuries, including additional data on the burden of Injury in Iowa, can be found [here](#). Questions or comments about IDPH data can be sent [here](#).

**5** SERVINGS OF FRUITS AND VEGETABLES.

**2** HOURS OR LESS OF SCREEN TIME.

**1** HOUR OR MORE OF PHYSICAL ACTIVITY.

**0** SUGARY DRINKS—MORE WATER.

## 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](mailto:Polly.Carver-Kimm@idph.iowa.gov).

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