

Report finds Iowa teen smokers at-risk of asthma

By Joann Muldoon*

Teenagers are much more likely to have diagnosed asthma than are younger children, according to a new report from the Iowa Department of Public Health (IDPH). And a lot of that difference may be caused by smoking.

Data from the Iowa Youth Tobacco Survey published in *Asthma in Iowa: Iowa Child and Youth Asthma Prevalence Report 2001-2006* showed that while only 12 percent of non-smoking high schoolers had asthma, 22 percent of those who smoked one or more cigarettes per day had the chronic lung disorder. Of high school youth who smoked 20 or more cigarettes a day, more than 40 percent had asthma.

"If you've never been around a kid who's having an asthma attack, you don't know how terrifying

it can be," said Andrea

Hoffman, coordinator of the IDPH Asthma Control Program and parent of an asthmatic child. "As parents, teachers, and community members, we need to educate our kids about the dangers of smoking, especially those with asthma."

Of Iowa high school youth who did not smoke, 20 percent reported having breathing difficulties when exercising. Among those who smoked 20 or more cigarettes per day, more than 50 percent reported having breathing problems when they exercised.

"This report supports what we have known for quite a while – that smoking reduces the quality of life for teens in Iowa," said Jerilyn Quigley, community health consultant in the IDPH Division of Tobacco Use Prevention and Control. "Preventing tobacco use will reduce the number and severity of asthma



IDPH Director Tom Newton speaks before the American Lung Association's "Blow the Whistle on Asthma" walk at Jordan Creek Mall in Des Moines in September. The event drew an estimated 200 participants and raised nearly \$30,000 to provide life-saving education, research and advocacy.

symptoms and allow teens to become more active and miss less school."

For a copy of the full report or information about what IDPH is doing statewide to lessen the impact of asthma, visit the Iowa Asthma Control Program Web site at www.idph.state.ia.us/hpcdp/asthma.asp.

For help with stopping smoking and more infor-

mation about interventions to prevent teen smoking in Iowa, visit the IDPH Division of Tobacco Use Prevention and Control Web site at www.idph.state.ia.us/tobacco.

* Joann Muldoon is the Asthma Control Program epidemiologist at IDPH.



New E-team members bring important skills and perspectives

By Don McCormick*

The IDPH Executive Team has seen some exciting changes since Tom Newton was appointed department director in April of this year.

Leaving his position as director of the [Division of Environmental Health](#) to become department director, Newton handed the division over to Ken Sharp as interim division director. Sharp was recently named permanent division director.

Another exciting development was the creation of a new arm of the department, the [Division of Administration and Professional Licensure](#). Marcia Spangler, who had been serving as the fiscal representative to E-team, is in charge of the new division.

A new member to E-team and the IDPH family is Kathy Stone. She joined the department as the director for the [Division of Behavioral Health](#), which had been vacated due to a retirement.

"We now have a complete and permanent Executive Team," Director Newton said. "Together with the tremendous momentum of seasoned E-team members, the important skills and fresh perspectives of our new members are already helping us move forward quite effectively."

The newest members of E-team are:

Ken Sharp has been with the department since completing his BA in Environmental Science



at Simpson College in 1993. As an executive officer for the department, Sharp oversaw numerous activities affecting environmental health in Iowa, including Environmental Health Capacity Building, the Environmental Health Specialist Network, Environmental Health Emergency Response, and the Comprehensive Assessment of Rural Health in Iowa and Sanitarian Orientation programs.

"Iowa's environmental health programs have made great advancements in the past 14 years," Sharp said. "I'm grateful to have been part of that success and look forward to advancements yet to come."

After receiving her Bachelor of Business Administration degree from Iowa State University,



Marcia Spangler worked five years in the State's Comptroller's Office/Department of Management as a Fiscal & Policy Analyst. She joined IDPH in 1989 as the bureau chief of Accounting and Finance.

"I'm excited about my expanded role on the executive team," Spangler said. "I look forward to working with everyone to help the department move forward."

In addition to being division director for Administration and Professional Licensure, Spangler is the Chief Financial Officer at IDPH.

Kathy Stone comes to IDPH from Magellan Behavioral Care of Iowa where she served as



vice president of Network and Quality Improvement. Among her duties, Stone was responsible for contract compliance and oversight, and coordinated planning meetings with IDPH and the Department of Human Services.

"Public health has a good reputation for being on the front line and helping people every day," Stone said. "I'm very happy to be here to support those public health professionals who work in substance abuse prevention and treatment."

Currently a licensed master social worker, Stone received her BSW from the University of Northern Iowa and her MBA from Iowa State University.



Iowa Department of Public Health

Advancing Health Through the Generations

Focus newsletter survey results shed light on readers

By Jonn Durbin*

“Know your audience. It’s one of the first rules of writing,” said Don McCormick, editor of *Iowa Health Focus*, the bimonthly newsletter from the Iowa Department of Public Health. “Our recent survey told us a lot about who our readers are, how they access the newsletter, and what elements of our publication they find most important.”

More than 225 *Focus* readers responded to the online survey, which was available from Aug. 6 to Sept. 20. Responses came from across the state.

Readership broad

According to the survey, *Focus* readers represent a wide variety of public health professions from all parts of the public health system. The most common were public health administrators and support staff, nurses, health planners, and specialists in infection control, environmental health, and communications or education.

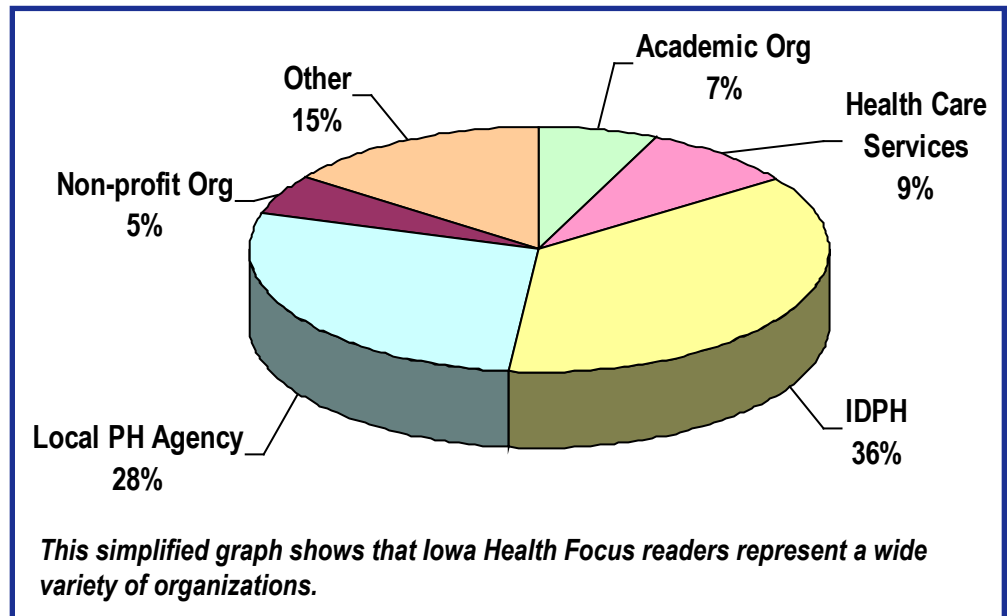
Two-thirds of the responses came from organizations outside the department, including local public health agencies, health care providers, academic institutions, non-profits and others.

Focus gets passed around

“We’re especially pleased that nearly three out of four readers who responded to the survey are on the *Focus* mailing list,” McCormick said. “And, more than half share our publication with others.”

The most common way readers share *Focus* is by sending the link to others via email, but nearly half of those who share the newsletter do so in hard-copy format.

Often, those who are sharing *Iowa Health Focus*, share it with five or fewer



others. Still, over 30 percent send the link or share a printed copy with more than five others.

Reader preferences highlighted

Readers were asked to indicate which elements of a newsletter they find most important. Nearly all, 94 percent, chose well-written articles as one of the things they look for most in a newsletter. Other priorities included good headlines, hyperlinked text, Internet and e-mail addresses, graphic appeal and photos.

Finally, readers were asked what kind of articles they would like to see more often. More than 100 people responded. Common suggestions included best practices, cutting edge public health strategies, local and state partnerships, and spotlights on public health figures or teams in Iowa.

To view the results of the survey, go to www.idph.state.ia.us/adper/focus.asp and click the link at the top of the page.

* Jonn Durbin is an executive officer in the IDPH Bureau of Communication and Planning.



Iowa Department of Public Health

Advancing Health Through the Generations

Webster County I-Smile efforts result in increased services

By Renee Piper*

Webster County has a reason to smile. Several, actually.

In recognition of October as [National Dental Hygiene Month](#), the Webster County I-Smile program has teamed up with the [Iowa Central Community College](#) Dental Hygiene Clinic to offer a variety of services. With funding from the United Way/Community Foundation of Fort Dodge, oral screenings will be held for all Webster County kindergartners in October. Screenings will also be held in February, which is [Children's Dental Health Month](#).

I-Smile Coordinator for the [Webster County Health Department](#), Angie Halfwassen, commented on the importance of the screenings. "Just within the last month, I've seen four kids no older than 5 years old with as many as

six decaying teeth," Halfwassen said. "The problem is that there's a limited number of dentists in this area who accept coverage through Title XIX. Something simply has to be done."

The partnership with the Iowa Central Dental Hygiene Clinic has also resulted in preventive dental care for local Head Start children, day care children, [Women, Infants and Children](#) (WIC) participants and others. For example, WIC participants receive education and



Dr. Steven Christensen works with Angie Dudley, a second-year student at Iowa Central Community College to provide free dental restorations during a Dental Health Night.

fluoride varnishes, if desired, at monthly WIC clinics.

Trisha Nichols, a registered nurse at the Webster County Health Department says the surrounding community has been very supportive of the I-Smile efforts to increase access to dental services. "When the oral health care providers

of our community see the I-Smile Program working, they will be more willing to contribute to future efforts."

Another initiative being offered in Webster County is free Dental Health Nights. Originally planned to meet the restorative and urgent needs of WIC participants, the monthly evening services have been expanded to also serve other members of the community. Free Dental Health Nights are offered to patients who have had a comprehensive dental exam, radiographs, and appropriate dental hygiene therapy at the Iowa Central Dental Hygiene Clinic, but who do not have a dental home. Volunteer dentists and second-year hygiene students at Iowa Central Community College provide services.

** Renee Piper is the dental hygiene coordinator at Iowa Central Community College.*

I-Smile in Action

Reports from Local Coordinators

Lunch and learn activities presented in dental offices have helped increase the number of dental providers willing to serve Medicaid enrolled children.

Parent education on the benefits of early dental screening and fluoride varnish applications have begun in Early Head Start Programs.

To minimize appointment no-shows, transportation protocols have been established.

I-Smile Coordinators are working with school nurses to assist them in establishing direct care preventive dental services in their community schools.



Iowa Department of Public Health

Advancing Health Through the Generations

Environmental health practitioners benefit from “Operation EH Credential”

By Carmily Stone*

A little over a year ago, the Iowa Department of Public Health (IDPH) began a series of study groups designed to increase the number of credentialed environmental health specialists (EHS) in Iowa through the [National Environmental Health Association](#) (NEHA). Thanks to this effort, called Operation EH Credential, Iowa now has 14 more registered environmental health professionals.

The effort first began with an email to all EHSs at the local and state level in Iowa to determine if there was an interest in organizing study groups for exams needed to obtain credentialing as a Registered Environmental Health Specialist/Registered Sanitarian (REHS/RS) or a Certified Environmental Health Technician (CEHT). The response was overwhelming; 40 EHSs began studying for their respective exam in October 2006.

“This was the largest effort of its kind ever initiated in Iowa,” said Ken Sharp, director of the IDPH [Division of Environmental Health](#). “Clearly, these individuals showed their commitment to establishing a standard of excellence for the profession in Iowa.”

Four study groups were organized in Central, Northeast, Northwest, and Southeast Iowa. IDPH used Environmental Health Capacity and Environmental Health Specialist Network grant funds to purchase several sets of NEHA’s recommended study resources for the groups to use.

Each study group was assigned a mentor who was already credentialed through NEHA. The groups then met on a monthly basis with participants each being assigned a certain section of the material. When the groups met, the participants reviewed study materials and sample exam questions on topics they had studied the previous month. This enabled the EHSs to cover the vast amount



of information contained in each of the exams in an organized fashion.

In August, 13 EHSs took the REHS/RS exam and 13 took the exam for CEHT certification in August at the Iowa Laboratory Facilities in Ankeny. Of those 26 who took the demanding exam, 14 passed in their respective field.

“Whether they passed, failed, or have yet to take the exam, all of those who committed the time and effort to preparing should be congratulated on their accomplishment,” Sharp said. “They have walked away better prepared to handle the activities that come with the duties and responsibilities in environmental health.”

For more information on the credentials or the National Environmental Health Association, visit www.neha.org.

* *Carmily Stone is a community health consultant in the IDPH Division of Environmental Health.*

The Iowa Department of Public Health would like to thank the mentors for each of the study groups for their participation in Operation EH Credential.

Michelle Clausen-Rosendahl, REHS, Siouxland District Health

Merri Cross, REHS, Cerro Gordo County Department of Public Health

Ken Sharp, REHS, IDPH

Jodi Sutter, REHS, Henry County



Breast cancer awareness raised through IDPH activities

By Shannon Heinen*

October is [National Breast Cancer Awareness](#) month and the Iowa Department of Public Health (IDPH) has worked hard to create awareness and raise funds for breast cancer.

IDPH employees, family, and friends participated in the 16th Annual Des Moines Race for the Cure on Oct. 6. Sponsored by the [Susan G. Komen for the Cure](#) foundation, the Race for the Cure funds provide no-cost mammograms for women and men in need of financial assistance.

“Seventy-five percent of the funds raised through this race stay in Iowa,” said Jolene Carver, team co-chair for the [Des Moines Komen Affiliate](#) race. “This money goes into grants to provide screening and diagnostic mammograms, computer-aided detection, and ultrasounds for women in 81 counties.”

IDPH is a current and past recipient of grants awarded from the Des Moines Komen Affiliate and uses the funding to provide mammograms to women in the [Care for Yourself Iowa Breast and Cervical Cancer Early Detection Program](#) (BCCEDP). The program provides

low-income, uninsured, and underserved women with access to timely, high-quality screening and diagnostic services to detect breast and cervical cancer at the earliest stages. The program provides clinical breast examinations, mammograms, and Pap tests for eligible women who participate in the program, as well as diagnostic testing for women whose screening outcome is abnormal. Last year 7,355 Iowa women were screened through the BCCEDP.

Also during National Breast Cancer Awareness Month, IDPH employees participated in Passionately Pink for the Cure, an event in which participants donated \$5 each and wore pink apparel of their choice on Oct. 17 to create awareness and show support for breast cancer. The \$245 raised through this event will go directly to the national Susan G. Komen for the Cure foundation to support breast cancer initiatives.

* Shannon Heinen is the BCCEDP coordinator at IDPH.

ONE IN EIGHT

women in the U.S. will be diagnosed with breast cancer in their lifetime. According to the 2007 *Cancer in Iowa* report by the [State Health Registry of Iowa](#), 27.3 percent of new cancers reported by females in Iowa are estimated to be breast cancer, making it the number one female cancer.



IDPH Chronic Disease Prevention & Management Bureau Chief, Jill Myers Gadelmann (center right) accepts a \$30,000 check from the United for the Cure Campaign for the BCCEDP. Organized by American Family Insurance, the University of Iowa, and Iowa State University, the funds came from fans who purchased pink caps featuring their favorite university to help Iowans cope with breast cancer.



Iowa Department of Public Health

Advancing Health Through the Generations

“Biggest Loser” competition fosters local and personal successes

By Kim Dorn*

When Trish Wadle began planning the first [Knoxville Recreation Center's Biggest Loser](#) competition for her community last year, she had no idea it would be such a winner. Modeled after [NBC's The Biggest Loser](#), the program was incredibly successful.

Five weeks into the “second season,” Wadle says this year’s program is on track toward attaining similar success.

How it works

There are 30 slots; three teams of 10 people each. Like the TV show, the local program relies on people’s natural competitiveness and their cohesiveness as a team. Teams earn points based on physical activity, diet tracking and team competitions. Diet accountability is built in through forms aptly called “Bite It & Write It.” Participants sign in to work on their exercise plan at the Recreation Center at least four times per week. Each Sunday evening there is a weekly weigh in, nutrition and fitness education, and a team competition.

“It is a perfect partnership,” Wadle said. “The recreation center provides what they know best – the physical activity – and [Community Health Services of Marion County](#) provides the health and nutritional guidance.

On the first day of the competition, every participant is weighed and has his or her measurements taken. Each participant also receives a blood profile, a blood sugar screening, a body fat measurement and a physical fitness test. The health screenings are provided by the health department, the rest is done by recreation staff.

“All these numbers provide participants with a big picture of their overall health,” Wadle said. “It marks a beginning point for health improvement.”

Emotions ride high

With each participant losing an average of 24 pounds during the first 12-week competition, it’s understandable that the hard work is accompanied by a lot of emotions. One participant lost an amazing 46 pounds.

Similar results are expected for this year’s Biggest Loser competition, but not



Eric Dennison, who won last year’s competition by losing nearly 22% of his body weight, accepts his award from trainer Trish Wadle.

without some tough love. “Sometimes we will ride you pretty hard,” Wadle told this fall’s participants. “We will push you until you convince us that you can’t... not just say that you can’t.”

Judi Van Hulzen, RN at Community Health Services admitted that these types of programs do have some controversy attached to them. “Some health and fitness people have said they think that it’s pushing folks for a flash-in-the-pan fix,” she said. “I don’t see it that way at all. For many, this is enough to get them started on a real lifestyle change. But, it’s like everything else in life, success is really up to the participant.”

The fact that many participants have maintained their plan since the end of the 2006 competition gives organizers hope that this year’s participants will do the same, making them true Biggest Loser winners.

* Kim Dorn is the administrator of Community Health Services of Marion County.



Iowa Department of Public Health

Advancing Health Through the Generations

WIC Web site gets a makeover

Everyone has had the experience of walking into a grocery store and being unable to find what you're looking for. You know it must be here, but where? If it weren't for the store staff, you might give up and get what you're looking for at another store.

The same can be said of some Web sites... except that you can't always rely on staff to tell you where something is.

To help Iowans find what they need from the [Iowa Women's Infants and Children \(WIC\)](#) program, the WIC Web page recently received a new look. Now there are specific areas of interest focusing on families, agencies, and vendors. Interested [families](#) can now locate their local WIC office and gain information on qualifying for WIC services. [Agencies](#) are able to find their old favorites along with a vast amount of new information. And now [vendors](#) finally have their own section with newsletters, application materials, and frequently asked questions.

Also, the Iowa WIC program has placed education materials, Web site links, and data on the new page to help partners find the resources they need.

Check out the new and improved site at www.idph.state.ia.us/wic.

Welcome to WIC



Iowa Senator Jack Hatch visits with IDPH Division of Tobacco Use Prevention and Control staff Sieglinde Prior and Cesar DeLeon of Proteus, Inc., a tobacco prevention services contractor, at the fifth annual Latino Heritage Festival.

Held in Des Moines in September, the event was attended by about 20,000 people, over 1,400 of whom visited the IDPH booth within the Wellmark Health and Wellness Tent. About one third of IDPH's materials were available in Spanish.



IDPH

Team Voices

Office of the State Medical Examiner

Recently, Focus spoke with John Kraemer, director of forensic operations at the [Office of the State Medical Examiner](#).

What is the mission of this office?

Our mission is to establish credibility in death investigation in a system that will operate efficiently and serve the needs of Iowans. We investigate deaths of public interest and gather scientific, medical evidence to support the cause and manner of death. Then we share what we learn with other agencies in order to help prevent future deaths from occurring. We also provide information to the courts for legal proceedings.

What is the difference between “cause” and “manner” of death?

The cause of death is the disease or injury which set in motion the chain of events which led to the individual's death. For example, cardio-respiratory arrest is not a cause of death, but a mechanism of death. We're looking for what made the heart and lungs stop.

And the “manner” of death?

The manner of death is determined by examining

the circumstances surrounding the death. In Iowa, there are five manners of death: accident, homicide, suicide, natural and undetermined. Scene investigation, law enforcement interviews and interrogations, and the autopsy help us identify this.

What is your role in public health?

It is multifaceted, really, because we work closely with many other divisions and bureaus in public health. Sometimes, we're the first agency to identify a reportable, infectious disease such as meningitis. In that case, we'll work very closely with epidemiologists in the IDPH [Center for Acute Disease Epidemiology](#) to report the disease so they can then initiate an investigation and/or order prophylaxis.

Tell me about some of your successes.

We're foremost very proud of our new facility here in Ankeny. This is the most state-of-the-art medical examiner facility in the country right now. Also, we have

been involved in many high profile and difficult cases. One such incident involved 11 foreign-born individuals who had been found dead in a railroad car in Denison. They had been there for several months. We were able to positively identify each one using DNA and return the bodies to their families. This process took approximately 6 months working jointly with the FBI.

What is coming up for your office?

We're applying for accreditation from the

National Association of Medical Examiners.

This accreditation will mean that we have been rigorously examined and inspected by a group of our peers to determine that our policies, procedures, methods of investigation, and our death investigation system in Iowa meets or exceeds national standards. This accomplishment will further build public trust and will build confidence among our colleagues in law enforcement, the legal system, and in public health.



John Kraemer (left) and Walker Hodges demonstrate how latent fingerprints are developed using an alternate light source in the library of the State Medical Examiner's Facility in Ankeny.



Iowa Department of Public Health

Advancing Health Through the Generations

Suicide prevention walks raise more than \$28,000

Nearly 500 Iowans participated in two walks in Iowa recently to raise awareness and funds for suicide prevention. Held in late September and early October at Gray's Lake in Des Moines and Southbridge Mall in Mason City, the "Out of the Darkness" walks were part of a nationwide effort by the [American Foundation for Suicide Prevention](#).

Participants walked 3 to 5 miles to honor and remember loved ones lost to suicide, and to reduce the stigma attached to depression and suicide. Through the walks, community members raised more than \$28,000 for suicide awareness and prevention efforts. Both walks included talks from people who had lost loved ones to suicide, and were attended by dignitaries such as U.S. Senator Charles Grassley, Iowa Senator Amanda Ragan and Iowa Representative Bill Schickel.



Public Health Redesign Public comment period, Oct. 8 - Nov. 9

The second public comment period regarding [proposed changes](#) to the state criteria of the [Iowa Public Health Standards](#) will continue until Nov. 9. Proposed changes to the current version of the standards are based on comments from the first public comment period in spring 2007, and recommendations from a committee that developed standards and criteria for public health responsibilities that primarily take place at the state level.



The proposed changes can be viewed on the Redesigning Public Health Web site, www.idph.state.ia.us/rphi. Click on "Standards" at the top of the page and then click "Public Comments" on the left. Comments can be made through the Web site or directly to Martha Gelhaus at mgelhaus@idph.state.ia.us.



Iowa Department of Public Health

Advancing Health Through the Generations

Health and Long-Term Care Workforce Summit, Nov. 9

Iowa is 44th in the nation in physicians per population. By 2020, Iowa's shortage of nurses is expected to grow from 8 percent to 27 percent. Also, nearly half of Iowa dentists are over the age of 50, meaning they will retire soon.

Why is the issue of health workforce shortage areas so daunting, yet so important, for Iowa? As people grow older, they require more health services. Iowa is fourth in the nation in people aged 65 and over. When it comes to the "oldest old," those aged 85 or over, Iowa ranks third in the nation. This means that our state has more demands than most others when it comes to health services needed by our aging population.

At the same time, the "baby boomer" generation of workers is approaching retirement. We simply aren't producing or recruiting enough health workers to replace the ones who are retiring. And, we aren't keeping enough young health professionals in our state.

The good news is that you can help. On Nov. 9, the Iowa Department of Public Health will host the Iowa Health and Long-Term Care Workforce Summit. Your voice and your ideas will be heard. Input from



the summit will be included in a report to the legislature and the Governor on or before January 15, 2008.

The registration deadline for this important event is Nov. 2. Please contact Kevin Wooddell at kwooddel@idph.state.ia.us or 515-242-6383. You will receive a brief [questionnaire](#) that will help guide discussions during the summit. The questionnaire is also available at www.idph.state.ia.us/hpcdp/health_care_access.asp.

Vaccine University to be offered in November

In November, Immunization Program staff from the Iowa Department of Public Health will be traveling to 16 sites throughout the state to present [Vaccine University](#).

The curriculum of this educational effort is designed to teach vaccine storage and handling, Iowa immunization law, and [Iowa Vaccines For Children \(VFC\)](#) Program requirements.

Trainings are expected to be offered at no cost and as half-day sessions. Nursing, pharmacy, and



certified medical assistant continuing education units will be offered. Successful post-testing will entitle participants to be certified as a Vaccine University graduate.

To view a brochure with times, locations, an agenda, and application materials, visit www.idph.state.ia.us/adper/immunization.asp. For more information call (515)309-3315. To register online, go to www.trainingresources.org.



Iowa Department of Public Health

Advancing Health Through the Generations

Iowa's neighborhoods ranked most supportive of children

By Louise Lex*

According to a recent publication by [Child Trends](#), an independent research center which focuses on children, Iowa's neighborhoods are the most supportive of children in the U.S. Produced with support from the [Annie E. Casey Foundation](#), the [Neighborhood Support Index Fact Sheet](#) is based on parents' responses to six questions included in the [2003 National Survey of Children's Health](#).

"Several explanations underlie the association between neighborhood quality and child well-being," the fact sheet says. "For instance, the supportiveness of neighbors can influence children's development through social connections, role models, trust and help. When neighbors report high levels of positive social ties, children tend to have more prosocial skills and display fewer problem behaviors."

Included in the fact sheet is a state-by-state table with data on the proportions of children living in the most supportive neighborhoods. Iowa contains the largest proportion of children in neighborhoods perceived as most supportive. Among children from low-income families, Iowa also ranked first in the percentage of children living in the most supportive neighborhoods.

For more information about Child Trends, visit www.childtrends.org. To view the fact sheet, click on "Research Areas" then "Indicators."

* Louise Lex is the Healthy Iowans 2010 coordinator.



Calla Poldberg of [Myrtue Medical Center Community Health](#) in Shelby County shared the clipping on the right from the Center's poster for the 07-08 influenza season. The picture features four generations of Petsches – a family taking action to protect their youngest members (and the community) from the flu.

Helpful information on the poster includes the date, time, and location of 13 vaccination clinics in the Center's service area from Nov. 2 to Nov. 16.

Innovative strategies for this year's campaign include scheduling one clinic during a day when kids are out of school, and setting up a "drive thru" clinic where visitors get vaccinated without leaving their car. The Center is also planning a "Vaccinate & Vote" clinic on voting day, Tuesday, Nov. 6.

 The logo for Myrtue Medical Center, featuring a red and white dotted graphic on the left and the text "MYRTUE Medical Center" in a serif font.

MYRTUE Medical Center

"We're getting our shots to make sure everyone is safe from the flu around our twins."
Katherine Petsche Jens, Harlan



Front (l-r), Lawrence and Helen Petsche; back, Katherine Petsche Jens holding Jesse Jens, Sandi Petsche, and Allen Petsche holding Olivia Jens.

Fair booth full of information and activity

Did you visit the 2007 Iowa State Fair? If you did, you may have been one of over 80,000 people who visited the Iowa Department of Public Health (IDPH) booth in the Varied Industries Building.

This year, the booth theme was, "What does public health do?" The main display, informational materials, give-aways, and staff provided information based on six main points – namely, public health prevents injuries, promotes healthy behaviors, improves access to health services, prevents spread of disease and epidemics, protects against environmental hazards, and prepares for and responds to public health emergencies and disasters.

Visitors to the booth were also encouraged to get involved in the "Walking the Fair" scavenger hunt activity. "It provided us a way to interact with visitors to the booth, to encourage fair-goers to be active, and for participants to possibly see a part of the fairgrounds they don't normally visit," said Sara Colboth, IDPH Fair Committee co-chair.

Fair-goers were given a map of the fairgrounds that also included health tips. Prizes donated by attractions across Iowa were awarded for walking to the seven places indicated.



Prizes came from the following Iowa attractions:

<i>Amana Heritage Society</i>	<i>Heritage Carousel</i>
<i>B & J' S Greenhouse</i>	<i>Historic General Dodge House</i>
<i>Birthplace of John Wayne</i>	<i>Ice Cream Capitol of the World Visitor Center</i>
<i>Blank Park Zoo</i>	<i>Iowa Association for Health</i>
<i>Boone Scenic Valley Railroad</i>	<i>Iowa Aviation Museum</i>
<i>Buffalo Bill Museum/The Lone Star Steamer</i>	<i>Iowa Children's Museum</i>
<i>Bureau of Emergency Medical Services</i>	<i>Iowa Department of Public Health</i>
<i>Carroll's Pumpkin Farm</i>	<i>Iowa Orchard</i>
<i>Cedar Rapids Museum of Art</i>	<i>Kathy's Pumpkin Patch</i>
<i>Christian Herschler Historic District Winery and Stage-coach Stop</i>	<i>Lady of the Lake</i>
<i>Community Orchards, Inc.</i>	<i>Laura Ingalls Wilder Park And Museum</i>
<i>Dan Gable International Wrestling Institute and Museum</i>	<i>Living History Farms</i>
<i>Deal Orchard</i>	<i>Loffredo Fresh Produce Co., Inc.</i>
<i>Des Moines Botanical Center</i>	<i>Madison County Historical Complex</i>
<i>Desoto National Wildlife Refuge</i>	<i>Midwest Old Threshers Heritage Museum</i>
<i>Effigy Mounds National Museum</i>	<i>National Czech and Slovak Museum and Library</i>
<i>Field of Dreams Movie Site</i>	<i>National Farm Toy Museum</i>
<i>Figge Art Museum</i>	<i>National Motorcycle Museum</i>
<i>Floyd County Historical Society Museum</i>	<i>National Sprint Car Hall of Fame and Museum</i>
<i>Fort Dodge Community Orchard</i>	<i>Pella Historical Society</i>
<i>Geisler Farms Inc.</i>	<i>Physical Education Recreation and Dance (IAHPERD)</i>
<i>Gerst Family Gardens</i>	<i>Prairie Trails Museum of Wayne County</i>
<i>Hawkeye Buffalo Ranch</i>	<i>Reiman Gardens</i>
<i>Herbert Hoover Presidential Library/Museum and Historical Site</i>	<i>River Music Experience</i>
	<i>Schettler's Garden</i>

IDPH co-sponsors Activate Iowa

For the past three years, Wellmark Blue Cross Blue Shield of Iowa has provided annual grants and in-kind support for the University of Iowa College of Public Health (CPH) Educational Outreach Series. In the spring of 2007, the Iowa Health System and the Mercy Health Network were recruited to partner with Wellmark to financially support this series. These organizations, in addition to the CPH and the Iowa Department of Public Health, will serve as co-sponsors and advocates for the series, now titled *Activate Iowa*.

Based on the overall theme of health and wellness, programs are planned in six Iowa communities. Part of the funds will be used to provide internships for graduate students to work with these communities to enhance community-based health planning and promotion efforts.

Activate Iowa

Series Objectives

1. Improve the health of Iowa's communities through citizen-focused educational programs;
2. Identify grass-roots resources to enhance and benefit community-based initiatives; and
3. Promote a collaborative, linked and sustained approach, based on a three-year commitment.



The kickoff program for Activate Iowa will be held at 4:00 on Nov. 1 in Des Moines at [Mercy Medical Center](#). This program will provide an opportunity to find out more about the resources in the community as well as networking opportunities to enhance community-based health planning and promotion efforts. The program is free and open to the public as well as health organizations and agencies involved in areas such as community health planning and health promotion.

Future Activate Iowa programs will be held in Cedar Rapids, Dubuque, Mason City, Sioux City, and Waterloo. To attend the kickoff program on Nov. 1 or to learn more, visit the Activate Iowa Web site at www.activateiowa.net or call 319-335-9880.

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Advancing Health Through the Generations