

Iowa sees third human West Nile case

By Kevin Teale, Communications Director

On August 1, a third human case of West Nile Virus was been identified in Iowa. The Central Iowa man, in his 70's, was never hospitalized and is recovering at home. Last month, a Northeast Iowa man in his 70s followed by a Western Iowa woman in her 40s were the first Iowa cases to be reported.

Birds in 39 counties have have tested positive for West Nile Virus activity in 2003. Testing on the birds is conducted by the University of Iowa Hygienic Lab.

West Nile was found in every county last year, either in a human, animal or mosquito. It is mainly transmitted through the bite of a mosquito that has picked up the virus while feeding on a WNV-infected bird. Last year, Iowa had 54 human cases of West Nile Virus, including two fatalities.

West Nile has now been found in over a third of counties statewide this year. "We certainly would encourage Iowans to get outdoors and enjoy Iowa, but at the same time take steps personally to limit your exposure to mosquitoes," said (Continued on page 2)



JEL Summit - Students rally against big tobacco during the fourth annual Just Eliminate Lies (JEL) Summit on the Iowa State University campus last month. Over 500 teens from 80 of Iowa's 99 counties gathered to take a STAND against the tobacco industry, See article on page 6.

Leadership meetings to be held

By Mary Mincer Hansen, RN, PhD, Director



Dr. Hansen

In previous Focus articles, I have mentioned the importance of the Transformation of Public Health initiative, spearheaded by Julie McMahon and Tom Newton. Its aim is to help us, the Iowa Department of Public Health, and our partners chart a course for delivery of public health services in Iowa.

These are challenging times that require efficient and effective use of available resources. One way to improve our efficiency and effectiveness is by creating a shared leadership agenda for public health, developed and supported by collaboration/partnership (Continued on page 3)



Inside this issue:

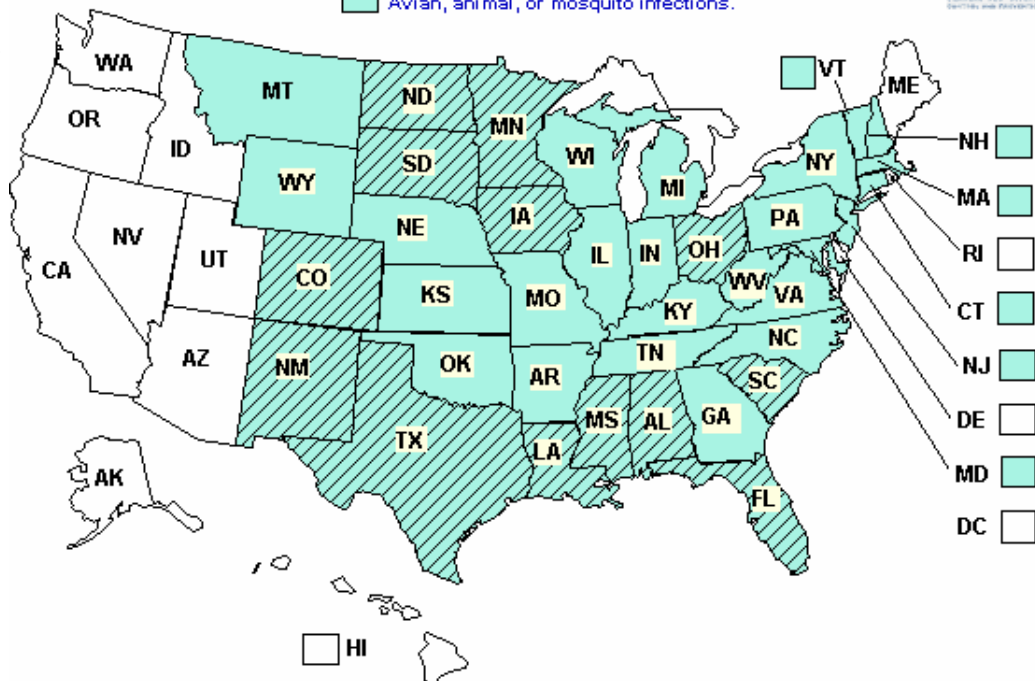
DEET guidelines for children	2
Public Health Conference	4
Smoke-free smorgasbord	5
Dr. Lohff heads for Vermont	5
JEL Summit	6

Dr. Cort Lohff, assistant Iowa state epidemiologist. "Use insect repellent with DEET. Keep skin covered as much as possible when outdoors and avoid being outside at dawn and dusk when mosquitoes are most active."

The public should also eliminate the places where mosquitoes breed, such as old tires and flower pots. Mosquitoes can also breed in bird baths, so the water in them should be changed once or twice a week.

Once West Nile is confirmed in a county this year, residents no longer need to collect dead birds for testing. However, locations of dead birds should still be reported to local public health agencies, or the state toll-free West Nile hotline 866-WNV-IOWA (1-866-968-4692).

 Indicates human disease case(s).
 Avian, animal, or mosquito infections.



As of August 1, 13 states including Iowa reported human cases of West Nile virus for a total of 69 cases and three deaths. The deaths occurred

in Alabama and Texas. For up-to-date information nationally see <http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>.

Guidelines for DEET use on children

According to the Centers for Disease Control, no definitive studies exist in scientific literature about what concentration of DEET is safe for children. No serious illness has arisen from use of DEET when used according to the manufacturer's recommendations. The American Academy of Pediatrics has recommended that a cautious approach is to use products with a low concentration of DEET, 10 percent or less, on children aged 2 - 12.

Most guidelines cite that it is acceptable to use repellents containing DEET on children over 2 years of age. Other experts suggest that it is acceptable to apply repellent with low concentrations of DEET to in-

fants over 2 months old. Repellent products that do not contain DEET are not likely to offer the same degree of protection from mosquito bites as products containing DEET. Non-DEET repellents have not necessarily been as thoroughly studied as DEET, and may not be safer for use on children.

Always follow the recommendations appearing on the product label.

- When using repellent on a child, apply it to your own hands and then rub them on your child. Avoid children's eyes and mouth and use it sparingly around their ears.
- Do not apply repellent to children's hands. (Children tend to put their hands in their mouths.)

- Do not allow young children to apply insect repellent to themselves; have an adult do it for them. Keep repellents out of reach of children.
- Do not apply repellent to skin under clothing. If repellent is applied to clothing, wash treated clothing before wearing again.

Using repellents on the skin is not the only way to avoid mosquito bites. Children and adults can wear clothing with long pants and long sleeves while outdoors. Mosquito netting can be used over infant carriers. Finally, it may be possible to reduce the number of mosquitoes in the area by getting rid of containers with standing water that provide breeding places for the mosquitoes.

Leadership meetings to be held

From the Director

Continued from page 1

between the Iowa Department of Public Health and local public health providers.

Myself and the department's executive team developed a draft leadership agenda during a two-day retreat. This leadership agenda used comments and suggestions provided during Julie and Tom's Transformation of Public Health meetings in the spring.

To share this agenda with you, our local partners, I have arranged for 6 meetings across the state, one in each of the bio-terrorism re-

gions. Please see the accompanying map that shows these regions.

The meeting will take place from 10:00 a.m.- 1:00p.m. on the following dates:

September 5 - Ottumwa

September 15 - Ames

September 25 - Storm Lake

September 30 - Red Oak

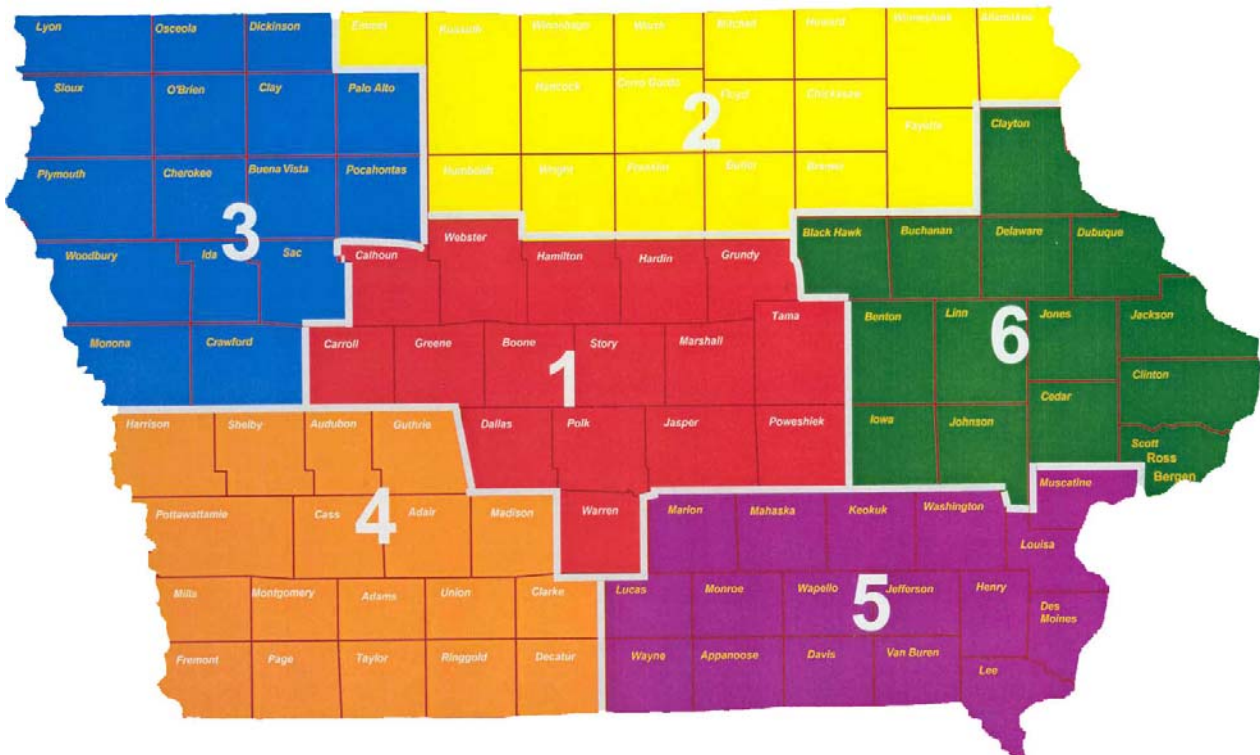
October 7 - Cedar Rapids

October 9 - Charles City

I will send out an e-mail next week to all local public health departments with specific details regarding the location of these meetings

Please join the executive team and me at one of the meeting locations and share your suggestions and vision for delivery of public health services in Iowa.

Iowa's Public Health and Healthcare Bioterrorism Planning Regions*



Public health conference to be held this month

By Kara Berg, Iowa Health FOCUS Editor

The Governor's Conference on Public Health, also known as Barn Raising IV will be held August 14 and 15 at Drake University. The conference targets those who work in the health fields or who recognize the vital importance of the health sector to the stability and economic security of their communities.



Governor's Conference

Leading the Charge for Community Health

First day activities will center on health care reform and other health policy issues. Dr. F.E. Thompson, Jr., M.D., deputy director of the Centers for Disease Control and Prevention (CDC) will discuss "Emerging and Infectious Diseases." Former Governor Robert Ray and Henry Simmons, MD will speak on half of the National Coalition on Health Care, of which they serve as chair and executive director respectively.

Also on day one, a panel chaired by Richard Boxer, MD of the National Health Policy Council will discuss "The State of Health in America." The panel will consist of leaders of nationally known organizations such as John Rother, director of Policy and Strategy, American Association of Retired Persons (AARP); Andrew Stern, president, Service Employee International Union (SEIU); and Barbara Blakeney, president, American Nurses Association along with Dr. John Redwine, primary care physician from

Sioux City and former Republican State Senator and Assistant Majority Leader. Dr. Robert Freeman, Senior Director, for AstraZeneca, will complete the line up of panel presenters.

In the afternoon, Democratic presidential candidates Governor Howard Dean, Senator John Kerry, Senator John Edwards, Senator Robert Graham, Senator Carol Mosely Braun, Representative Dick Gephardt, and Representative Dennis Kucinich will speak on health care issues.

The second day of the conference will bring together cutting edge experts to expand participants' knowledge, introduce new tools and resources, and share successful program models through 36 breakout sessions. Some of the workshop topics covered in these sessions include concentrated animal feeding operations, obesity, bioterrorism, tobacco, the role of the community in health care, substance abuse, child care, and many more.

Conference keynoter for day two is Dr. Irwin Redlener, Associate Dean of the Mailman School of Public Health at Columbia University and co-founder and president of the Children's Health Fund, who will speak on medically underserved children. Dr. Martin Collis, an exercise physiologist will cap the day with a presentation on healing and humor.

For more information on conference speakers, workshops, or to view the conference via web cast go to www.thehealthconference.org. Web casting of most of day one and portions of day two will be available at this web address for up to a month following the event.

For general conference information, contact Louise Lex, Ph.D., Iowa Department of Public Health, at 515 281-4348 or e-mail at llex@idph.state.ia.us. Day two of the conference is made possible in part by a major contribution from The Wellmark Foundation.

Smoke-Free Taste of Iowa Smorgasbord to be held

By Keven Arrowsmith, Division of Tobacco Use Prevention and Control

The Division of Tobacco Use Prevention and Control is hosting a smoke-free Taste of Iowa Smorgasbord on Thursday, August 14, from 5:30 p.m. to 7 p.m., at the Ola Babcock Miller Building, East 12th and Grand Avenue, Des Moines. The event is a part of the Governor's Conference on Public Health, Barn Raising IV.

Iowa restaurants that are completely smoke-free will be providing food for the reception. The reception will also honor Iowans who volunteered for rescue and recovery efforts at the World Trade Center and the Pentagon, following 9/11.

"We are looking forward to showcasing Iowa restaurants that offer a smoke-free dining experience," said Threase Harms-Hassoun, program director for the Division of Tobacco Use Prevention and Control.

"Exposure to secondhand smoke is an important issue for public health because each year, over 500 people in Iowa die from exposure to secondhand smoke and research shows that it is the third leading cause of preventable death in the United States, following smoking and alcohol abuse. The restaurants participating in this event should be commended not only for providing a smoke-free dining experience for their patrons, but a smoke-free workplace for their employees as well."

The Division of Tobacco Use Prevention and Control is working with community partnerships and other partners across the state to reduce Iowans' exposure to secondhand smoke by educating the public on the negative health effects of secondhand smoke and creating smoke-free public places. As part of the division's efforts to educate the public, they created

new television commercials that focus on secondhand smoke.

"We have many customers who have dined at the finest restaurants in the world and they expect a smoke-free environment," said David North, executive chef, David's Milwaukee Diner, Hotel Pattee of Perry. "Being smoke-free raises the level of quality, and enhances the dining experience for everyone."

Restaurants participating in the smoke-free Taste of Iowa Smorgasbord include: Iowa Bakery Café, Art House, Varsity Café, and Sodexo Catering, Des Moines; Le Café, West Des Moines; Raul's Mexican Food, Clive; Linen Closet, Algona; Hickory Park, Ames; Tulip Tea Room, Pella; Zuber's Restaurant, Homestead; Devotay, Iowa City; Hotel Pattee, Perry; and Leaning Tower of Pizza, Ankeny.

IDPH's Lohff chosen for Vermont epi position

By Kara Berg, Iowa Health FOCUS Editor

Iowa Department of Public Health (IDPH) Assistant State Epidemiologist Dr. Cortland Lohff will become the new state epidemiologist for Vermont this month. He describes his



Dr. Cort Lohff

new position as being similar to that of IDPH's State Epidemiologist Patricia Quinlisk, with whom he's worked closely for the past four years.

He will head the infectious diseases epidemiology unit, which includes acute disease epidemiology, immunization, tuberculosis, sexually transmitted diseases, and HIV. He will provide consultation on infectious disease

issues, work with the media, and be involved in policy issues.

"I have learned a lot from the staff here and the people are great to work with, says Dr. Lohff. "I have been here through a time of many changes, including new staff and new programs, with bio-terrorism issues being the main area of focus."

On Dr. Lohff's leaving, Director Mary Mincer Hansen praised Dr. Lohff's passion for public health.

"Vermont is very fortunate to get Dr. Lohff," she said. "He has been a tremendous asset to the department in his roles as chief for the Center for Acute Disease Epidemiology and as the assistant state epidemiologist. He has also had a leading role in the bio-terrorism program. Cort's leadership has been outstanding and his passion

for public health extraordinary. Dr. Lohff will be missed, however I wish him the best of luck, and thank him for his hard work, dedication, and commitment to public health and our department."

Mary Jones, director of the Division of Epidemiology, EMS said, "It has been a pleasure to have the opportunity to work with Dr. Lohff. His dedication and commitment to public health is extraordinary. I wish him the best of luck in his new position."

Dr. Quinlisk also expressed her sentiment by saying, "It has always a pleasure working with Cort. His quiet confidence, integrity and professionalism – tempered by a sense of humor – always came through."

Good luck and congratulations, Cort!

Teens take a STAND at annual JEL summit

By Keven Arrowsmith, Division of Tobacco Use Prevention and Control

Over 500 teens from 80 of Iowa's 99 counties gathered on the Iowa State University (ISU) campus July 15 to 17 to take a STAND against the tobacco industry, during the fourth annual Just Eliminate Lies (JEL) Summit.

As part of the requirements by the state legislature, the youth attending elected a new JEL president. Thomas Oldham, a senior from Lincoln High School in Des Moines, was chosen to be the group's third president. Oldham has been involved with JEL since

its creation in 2000.

Jacklyn McEachran, a senior from Ames High School, was elected for a fourth year on the State Commission on Tobacco Use Prevention and Control. McEachran is the only member of JEL to have served on the commission since its inception. Jay Brandt, a freshman at Luther College in Decorah, was elected to a three-year term on the commission. Brandt is a past member of the JEL Executive Council.

"During the summit, students participated in student-led sessions on media advocacy, street marketing, and tactics used by the tobacco industry to attract youth into using their products," said Oldham. "We concluded with a march across the ISU campus and a rally. Everyone left the summit feeling charged and motivated to educate their peers and stand up to the tobacco industry."

"This year's summit was a great success," said Randi Huffman, JEL coordinator. "The support and response we have received throughout Iowa has been tremendous. JEL and the Iowa tobacco control effort would not be where it is today without the work of the teens from across Iowa."

JEL and other tobacco use prevention and control activities are funded by the State of Iowa from the Master Settlement Agreement with the tobacco industry and administered by the Iowa Department of Public Health.



March on Tobacco - JEL teens march against tobacco on the ISU campus in July. During the youth summit, students participated in student-led sessions on media advocacy, street marketing, and tactics used by the tobacco industry. Around 500 teens participated in the event.



Trans fatty acids to be included on food labels

By Susan Pohl, M.S., R.D., Bureau of Nutrition

In July, the Food and Drug Administration moved to provide consumers with information crucial to their health. Beginning January 1, 2006, the nutrition labels on your favorite foods will be required to include information on the trans fatty acid content. Food manufacturers will no doubt be adopting the new nutrition label sooner. They may also choose to reformulate products with healthier fats to help consumers meet the goal of reducing trans fat acids in their diets.

Trans fatty acids are formed when an unsaturated fat is hydrogenated to produce a more solid form. Stick margarine is an example of this type of product. Trans fatty acids are hidden in a number of other products such as crackers, baked goods, salad dressings, fried foods, cookies and candies. While most trans fats are found in processed foods containing hydrogenated fats, small amounts of trans fatty acids occur naturally in butter, milk products, cheese, beef, and lamb. For example, a tablespoon of stick margarine contains 2.8 grams of trans fat, while an equal amount of tub margarine contains 0.3 grams and butter contains 0.6 grams.

“Trans fats,” the chosen term for trans fatty acids, will be added to

the nutrition label because research has shown that trans fatty acids increase LDL “bad cholesterol” and lowers HDL “good cholesterol,” which in turn increases the risk of coronary heart disease. Before this research was conducted, consumers believed that using margarine was better than using butter, lard and other animal

Nutrition Facts	
Serving Size 1/2 cup (130g)	
Servings Per Container about 3.5	
Amount Per Serving	
Calories 110	Calories from Fat 10
%Daily Value	
Total Fat 1.5g	2%
Saturated Fat 0.5g	2%
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	0%
Cholesterol 0mg	21%
Sodium 490mg	8%
Total Carbohydrate 24g	24%
Dietary Fiber 6 g	
Sugars 7g	
Protein 6g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 10%

fats. Current recommendations are to decrease both saturated and trans fats, and increase the use of polyunsaturated fats and monounsaturated fats in the diet.

The FDA predicts that health care costs and lives will be saved as a result of this ruling. The food industry will incur a one-time cost of \$140

to \$250 million dollars. On the other hand, as many as 1,200 heart attacks could be prevented annually and up to \$1.8 billion per year in medical costs could be saved.

What can you do right now? It is very likely you are consuming trans fatty acids without being aware of it. While some fat is needed in the diet to aid in the absorption of fat soluble vitamins (A, D, E and K), support brain growth and produce hormones, trans fatty acids are not essential to any functions of the body. The nutrition label will continue to be an asset during this transition.

To determine if a food product contains *trans* fat, look for “shortening”, “partially hydrogenated vegetable oil” or “hydrogenated vegetable oil” in the list of ingredients. Replace stick margarine with tub margarine and oils, limit intake of baked goods and processed foods. Also, select foods low in saturated fats. If you have been limiting saturated fats, found naturally in meats and dairy products, continue to do so by choosing lean meats and low fat dairy products. Read the labels of all processed foods to determine if they are high in saturated fats. Becoming knowledgeable about the foods you eat can be a first step in making healthier lifestyle choices.

Come see us at the Iowa State Fair

The Iowa Department of Public Health is hosting a booth at the Iowa State Fair, August 7-17. It is located at the south side of the Varied Industries Building in the 600 aisle. Our display highlights our mission statement, “Protecting and promoting the health of Iowans.”

IDPH programs are highlighted daily and the Medical Examiners Office has an interactive “CSI” type of display. IDPH volunteers will staff the booth for the run of the fair from 9 a.m. to 9 p.m.

There are all kinds of cool giveaway items, and brochures. Some of the giveaways include sun block samples, pens, pencils, magnets, temporary tattoos, child development wheels, and healthy recipe cards. We have information covering such hot topics as West Nile virus and the chicken pox vaccine. So, come see us!

IDPH submits Bioterrorism Continuation Grant

By Mary Jones, Director of Epidemiology, EMS, & Disaster Operations

The Iowa Department of Public Health (IDPH) submitted a comprehensive continuation grant application to the Center's for Disease Control and Prevention (CDC) and to the Health Resources Services Administration (HRSA) in July 2003.

The continuation application, when awarded, will provide over 17 million dollars of funding for public health, hospitals and EMS for upgrading preparedness for and response capabilities to bioterrorism, other outbreaks of infectious disease, and other public health threats and emergencies. The

IDPH anticipates receiving award notices no later than August 31, 2003.

Public health and healthcare emergency preparedness requires that local, regional and state partnerships be solidified among multiple emergency response agencies to enable a collective statewide systematic response with seamless interaction. Public health emergency planning also requires a unifying jurisdiction-wide planning and response strategies. Funding from this continuation application will be utilized to achieve these goals. Additionally, public

health and healthcare emergency preparedness activities need to be coordinated closely with public safety and emergency management agencies.

Multiple partners from local and state agencies participated in development of the application culminating with approval from the CDC and HRSA subcommittees, the director of IDPH and the Iowa Homeland Security and Emergency Management (IHSEM) director. The duration of the cooperative agreement is August 2003 through August 2004.

Funding CDC

	% of Total Funding	Total Funding
Local public health agencies	21%	\$2,644,609
CDC regions	20%	\$2,504,515
IDPH	21%	\$2,669,579
Shared Capacity	21%	\$2,594,892
UHL	17%	2,188,378
TOTAL	100%	\$12,601,973

Funding HRSA

Hospitals	HRSA Regions	DPH	UHL	EMS	Poison Control	IA-DMAT	TOTAL
\$1,452,596	\$1,173,500	\$1,239,778	\$235,000	\$1,000,000	\$113,000	\$222,750	\$5,436,624

CDC Application Participants

Organization Representing	Name	Organization
EMD	Bret Voorhees Steve Zimmerman Wade Travis Lucinda Parker Connie Gilbert	EMD
CDC Region 1	Karen Fread	Grinnell Regional Public Health
CDC Region 2	Ron Osterholm	Cerro Gordo County Public Health
CDC Region 3	Linda Drey	Siouxland Health District
I-ALPHA	Frances Sadden	Siouxland Health District
DPHAC	Thomas O'Rourke	Black Hawk County Public Health
UHL	Mike Pentella Bonnie Ruben	UHL
IA Poison Control Center	Dr. Ed Bottei	IPCC
IPHA	Ralph Wilmoth	Johnson County Public Health
CDC Region 6	Rick Fleshin	Cedar County Public Health
IPHA	Dr. Michele Yehieli	UNI Global Health Services
I-ALPHA	Amy Marlow	Buchanan County Public Health
UI Center for Public Health Preparedness	Chris Atchison	UICPHP
CDC Region 4	Wilma Perrin	Union County Public Health
CDC Region 5	Kim Dorn	Marion County Public Health

The above table identifies participants actively involved in the writing of the applications.

HRSA Application Participants

Organization Representing	Name	Organization
IA Hospital Assn	Art Spies	IA Hospital Assn
Mercy Medical Center	Dave Hickman	Mercy Medical Center
Iowa Poison Control Center	Dr. Ed Bottei	IA Poison Control Center
UIHC	Jeff Gauthier	UIHC
Mercy Medical Center	Matt McGarvey	Mercy Medical Center
HRSA Region 4	Robin Olson	Jennie Edmundson Hospital
HRSA Region 1	Suzanne Cooner	Grinnell Regional Medical Center
IA EMS Assn	Dennis Ostrem Roger Heglund	Cerro Gordo County EMS Newton Fire Department
HRSA Region 2	Tom Craighton	Franklin General Hospital
UHL	Mike Pentella	UHL
IA Health System	Ann Herring	IA Health System -Lab
UHL	Bonnie Ruben Mike Pentella	UHL
Mercy Medical Center	Keith Wachter	Mercy Medical Center - Lab
IA Health System	Kirk Phillips	IA Health System
IA/NE Primary Care Assn.	Margaret Richey Ted Boesen	IA/NE Primary Care Assn
HRSA Region 5	Tim Schroeder	Mercy Medical Center - Centerville
HRSA Region 6	Ann Streller	St Lukes
HRSA Region 4	Robin Olson	Jennie Edmundson Hospital
EMD	Connie Gilbert Jack Briggs	EMD

Bioterrorism Grant Forum to tell all

DeAnne Sesker, Division of *Epidemiology, EMS, & Disaster Operations*

Public health agencies, hospital, county emergency management, EMS, local boards of health and county boards of supervisors are invited to attend a forum on September 17 at the Iowa State Center in Ames to learn about the Centers for Disease Control and Prevention and Health Resources and Services Administration Grants submitted this month by Iowa Department of Public Health for potential funding.

Last year, IDPH was awarded \$12.5 million from both grants to begin the planning phase for a coordinated bioterrorism response. "This year has seen growth beyond our expectations," says Mary Jones, division director of Epidemiology, EMS and Disaster Operations. "Local public health agencies have worked very hard in developing new relationships, writing plans and attending numerous meetings. All of this has been above and beyond their current job responsibilities."

In writing the '03-'04 grant, local response partners were brought in to assist in the process. Karen Fread, director of Grinnell Regional Public Health says, "the grant planning process was a partnership of local and state representatives striving to develop a plan to have all of Iowa better prepared. If local public health is not prepared, it would be difficult for the state to meet needs quickly in any type of disaster."

The local level was represented in each of the focus and priority planning areas, which included planning and assessment, epidemiology and surveillance, laboratory, risk communications, surge capacity, education and training, EMS, and information technology.

"Bringing in all of the local partners to the grant forum who will be benefiting from the dollars allocated at the local level should have first-hand knowledge of what this grant means to them," says Jones. "We all need to work together if we need to respond to a normal emergency in Iowa as well as a terrorist

event so why not plan, prepare and practice in the very same fashion. "We have been practicing this model at the state level and have proven its success. That is why we are inviting our partners at the local level to give them the information that they need to continue this model."

The grant forum will consist of a plenary session in the morning, including messages from Dr. Mary Hansen, director of the Iowa Department of Public Health and Ellen Gordon, administrator and director of Iowa Homeland Security and Emergency Management. Also included, will be an overview of the findings of the Needs Assessment conducted earlier this year as well as other funding sources and budget issues. The afternoon will be chock-full of information with three breakout sessions covering focus areas and priority planning areas from which participants can choose.

For more information about forum, call DeAnne Sesker at 515 242-5037.

Iowans improve nutrition and exercise habits

By Ruth Litchfield, ISU Extension

Who lost 23.5 tons of weight while traveling 2.6 million miles in only five months? ...12,000 Iowans who participated in Lighten Up Iowa in 2003.

Nearly 1,400 teams of friends, work colleagues, community members, youth and others took up the challenge to improve their nutrition and become more physically active. They tracked their mileage while walking, biking, running, exercising and engaging in other activities. They also ate more fruits and vegetables. The effort paid off with a total weight loss of over 47,000 pounds.

"Iowans literally have made strides to improve their health through nutrition and physical activity," according to Ruth Litchfield, Iowa State University Extension nutrition specialist. "Yet, there is still room for improvement."

A sample of teams participating in Lighten Up Iowa from January to June were surveyed about their health habits, including nutrition and physical activity, before beginning and after completing the program, Litchfield said. Prior to Lighten Up Iowa

- 76 percent of those surveyed did not meet the "5 A Day" recommendation of eating five servings of fruit and vegetables a day. After the program this dropped to 62 percent.
- 54 percent of those surveyed did not participate in regular exercise (three or more times per week). After the program, only 29 percent reported not participating in regular exercise.
- 65 percent of those surveyed consumed two or more servings of refined foods on a daily basis. After the program only 46 percent reported eating refined foods at this

frequency.

According to Tim Lane of the Iowa Department of Public Health, "Lighten Up Iowa is a lighthearted and fun way to address a serious public health issue."

The 2.6 million miles logged by participants is the equivalent of 108 trips around the earth, or one Lighten Up Iowa team of eight making approximately 14 trips together.

Lighten Up Iowa is presented by the Iowa Games in partnership with Iowa State University Extension and the Iowa Department of Public Health. Another round of Lighten Up Iowa is scheduled to start Jan. 5, 2004. For more information, check <http://www.lightenupiowa.org>.

Working together to conquer cancer

Kerry Finnegan, American Cancer Society, Midwest Division

Cancer exacts a terrible toll on Iowa, year after year. This year an estimated 15,300 Iowans will be told they have cancer and approximately 6,400 will lose their lives to this disease. That's the bad news.

The good news is that research advances have brought us to the point where cancer is no longer the automatic death sentence it once was. More than half of those in Iowa diagnosed with cancer will survive, and each year the number of cancer survivors in the state grows.

But Iowa has an opportunity to save more of our fellow citizens from the consequences of cancer by using already proven techniques for cancer prevention, early detection, treatment and quality of life practices and to continue as an active participant in cancer research.

Iowa can significantly change the course of cancer through organizations from the private, government and the not-for-profit sectors working together in a comprehensive, statewide approach to cancer control – something that hasn't happened, until now.

To unveil the new comprehensive cancer plan to reduce the cancer burden in Iowa, the Iowa Consortium for Comprehensive Cancer Control will conduct a free seminar on October 1. *Changing the Face of Cancer in Iowa... Yours, Mine & Ours* will be presented at the Renaissance Savery Hotel in Des Moines, 9 a.m. to 3:30 p.m.

impact of cancer on the state. Their report, *The Face of Cancer in Iowa*, led to the formation of the Iowa Consortium for Comprehensive Cancer Control consisting of more than 100 individuals representing 50 agencies and organizations across the state. The Consortium chose as its first priority to create a comprehensive, statewide cancer plan that would have

broad support and participation from cancer-concerned organizations throughout the state and would dramatically change the "face of cancer" in Iowa. The plan includes 50 strategies for addressing critical cancer problems in Iowa over the next three years. It also prioritizes six of these for implementation beginning in July 2003.



... Working together to conquer cancer

Those interested in learning more about cancer control and helping fight the disease in Iowa are encouraged to pre-register by calling 515 309-3315. In addition to presenting the plan, strategies to improve Iowa's cancer prevention and control efforts will be addressed, while focusing on cancer prevention, early detection, treatment, quality of life and research.

In 2001, the Iowa Legislature commissioned a detailed study of the

The goals for Iowa's Comprehensive Cancer Control Plan include preventing cancer from occurring, diagnosing the disease in early stages, treating cancer with the most appropriate therapy and assuring that the quality of life for cancer patients is the best it can be.

For more information about *Changing the Face of Cancer in Iowa... Yours, Mine & Ours*, call 515 309-3315 or e-mail cfurne@trainingresources.org.

Siouxland Grant Writing Workshop Scheduled for October

By Stephanie Perry, Corporate Communications Coordinator, Wellmark Blue Cross and Blue Shield of South Dakota

Whether you are a novice or experienced grant writer, you will want to attend the Siouxland Grant Writing Workshop Oct. 28 & 29, at the Marina Inn in South Sioux City, Neb.

“The workshop will have two tracks – one for those just learning how to write grants, and another for seasoned grant writers who want to take their skill to the next level,” explained Jane Schadle, director of strategic relations for The Wellmark Foundation, one of the sponsors of the workshop.

Ron Mirr, an Iowa City, Iowa-based consultant who has assisted school

districts and health and human service agencies obtain and manage more than \$65 million in grant funds since 1989, will lead Grant Writing 101.

Patty Wolfe Hasselbring of Concordia, Mo., will lead Grant Writing 201 for experienced grant writers. As a trainer and consultant, she has provided assistance to hundreds of local, state, national, and international organizations in long-range planning, project planning and management, supervisory skills, creating and managing change, and program management and evaluation.

The three-state workshop is sponsored by the following organizations:

Avera Health
Iowa Office of Rural Health
Iowa Department of Public Health
Nebraska Health and Human Services: Office of Rural Health
Siouxland Chapter of Fundraising Professionals
Sioux Valley Health Foundation
South Dakota Department of Health
Office of Rural Health
The Wellmark Foundation

The cost of the workshop is \$55 for one day and \$85 for two days. A detailed agenda with registration information will be available later this month.

Rural Iowa hospitals to get help

By Kevin Teale, Communications Director

The Small Rural Hospital Improvement (SHIP) Grant Program provided up to nearly ten thousand dollars in funding to each of 71 rural Iowa hospitals in the past year. The money was used to improve quality and patient safety by making greater investments in computers, software and technical assistance.

Rural hospitals qualify for the program if they have 49 or fewer beds. The grant program was established in 2002 through the federal Office of Rural Health Policy and administered through the state Office of Rural Health. In Iowa, the Office of

Rural Health is in the Bureau of Health Care Access in the Iowa Department of Public Health

In Iowa, 71 percent of the funds were spent by hospitals to comply with the provisions of the Health Insurance Portability and Accountability Act (HIPPA). Training opportunities, minor equipment updates and modifications to office work stations and surroundings were made to train hospital staff and assure patient privacy.

Quality improvement accounted for 22 percent of funds. Hospitals used

it to reduce the potential for medical errors, support quality and improve performance through computer upgrades and staff training.

The Iowa Office of Rural Health submitted a second application to participate in this program beginning again in the fall. The coordinator for the Office of Rural Health, Kathy Williams, estimates that 76 Iowa hospitals will qualify for these funds. The amount is expected to remain close to the same as the previous year. Funding for the upcoming year is expected to be announced this October.

Epidemiology Notes



From the Center for Acute Disease Epidemiology, Iowa Department of Public Health, 1 800 362-2736 (24-hour number)

Iowa's Regional Epidemiology

Program: We are pleased to announce the hiring of two new epidemiologists - Donna Schneider and Joshua Yoakam - to fill the two vacant positions in our regional epidemiology program. Donna will be assigned to region 3 (northwest Iowa) and Joshua to region 4 (southwest Iowa).

Donna has been employed at the department as a Disease Prevention Specialist (DPS) in northwest Iowa, and Joshua has most recently worked for the City of Wichita (Kansas) as a Sanitarian and has a master's degree in public health from the University of Kansas. Both join our current cadre of regional epidemiologists that include Carmily Stone (region 1), Matt Hobson (region 2), Elizabeth Miller (region 5), and Tricia Kitzmann (region 6).

Rodent Rabies: We were consulted regarding the risk of rabies from a prairie dog bite. This animal was a wild captured prairie dog, not raised in captivity. CDC

records indicate there have been two rabies-positive prairie dogs since records were established. In 1960, Nebraska reported a positive prairie dog and in 1986 Wyoming reported a positive specimen. Accordingly, we obtained additional history and the mother of the child bitten indicated the animal was a "ground squirrel" that later was released by a playmate.

We recommended no anti-rabies treatment. The overriding consideration in this incident is that there never has been a human case of rabies from a rodent bite. Also, there has never been sustained transmission of rabies in any small rodent species. Bats are an exception to this generalization and do sustain rabies transmission and in turn pose risk of exposure to humans.

Sentinel Influenza Surveillance:

We are currently recruiting for influenza sentinel providers for the 2003-2004 influenza season. All interested providers should contact

Iowa's influenza surveillance state coordinator, Sarah Brend, at 515-242-5114 or at sbrend@idph.state.ia.us by mid-August.

Fall EPI Training for Local Public Health Practitioners and ICPs:

Please note the change in the date of the Mason City training from Oct. 15 to Oct. 13 and note that the date for the Cedar Rapids training has been finalized:

09/23: Southwestern Community College - Creston

09/30: DMACC - Ankeny

10/01: Indian Hills Community College - Ottumwa

10/13: Mercy Medical Center - Mason City

10/23: Western Iowa Tech Community College - Cherokee

10/30: Kirkwood Community College - Cedar Rapids

Obtaining Past Issues

Back issues of *Iowa Health FOCUS* are available on the Iowa Department of Public Health web site at www.idph.state.ia.us. The link is under Quick Links on the right side of our home page under Publications & Data.

Worth Noting

Center for Health Workforce Planning Web Site - Check out the center's web site at www.idph.state.ia.us (Link to Programs, then "W" to access the Center.) This site provides information about current funding opportunities at the federal and state levels, scholarships and loans for faculty and student, surveys, resources for high school students, committee activities, reports and newsworthy events. The site is designed to link visitors to Center staff and a wide array of national and state resources.

Side Notes

Des Moines University Fall Classes -The Division of Health Management's Master of Health Care Administration and Master of Public Health programs are ideal for the working adult or for students entering directly from an undergraduate institution. Classes are offered in a flexible, non-traditional evening and weekend format. The majority of our students work full time during the day and take classes at night. This enables students to directly utilize the classroom material and apply real-world knowledge to their education.

Applications continue to be accepted for fall 2003! Classes start September 2 for a degree in Public Health or Health Care Administration. Call 515 271-1364 for visit www.dmu.edu/dhm.

Deputy State Epidemiologist/Medical Director Center for Acute Disease Epidemiology (CADE)

The Iowa Department of Public Health (IDPH), Division of Epidemiology, EMS, and Disaster Operations is actively seeking a physician (M.D./D.O.) to serve as full-time medical director for the Center of Acute Disease Epidemiology (CADE) and Deputy State Epidemiologist.

The successful candidate will provide medical leadership and oversight to investigations of infectious disease and other acute disease outbreaks, clusters, or individual cases working closely with a team of six regional (field) epidemiologists, 2 master's level epidemiologists, a nurse epidemiologist, and a public health veterinarian. Will serve as a liaison with local public health practitioners, medical personnel, other state and federal agencies during epidemiological investigations and respond as appropriate. Additionally, may provide epidemiological and medical consultation to other areas in public health. Will be responsible for preparing reports, making recommendations for prevention and control measures and publishing findings of unique public health importance and may include media relations. The successful candidate will provide medical and epidemiological oversight for bio-emergency planning and response activities for CADE. This will include assistance with program development, implementation and response during a threatened or actual public health emergency/disaster.

The successful candidate will report to the Division Director of Epidemiology, EMS and Disaster Operations while having a direct working relationship with the director of the state public health department, state public health medical director and state epidemiologist.

Location: Iowa Department of Public Health, Des Moines, Iowa

Qualifications: Minimum of Medical Doctor (M.D.) or Doctor of Osteopathy (D.O.) with experience and expertise in infectious diseases and epidemiology. Must be licensed or eligible to be licensed to practice medicine in the state in Iowa. Prefer master's degree in Public Health, Health, Health Management or related field.

Job Classification (physician)

Annual Salary Range: \$78,000 - \$200,699

By September 1, 2003 Submit Letter of Intent and Resume to:

Iowa Department of Public Health

By September 1, 2003 Submit Letter of Intent and Resume to:

Iowa Department of Public Health

Attn: Personnel Office, 6th Floor

Lucas State Office Building

321 East 12th Street

Des Moines, Iowa 50319

msams@idph.state.ia.us

Additional Information: Contact the Personnel Director Mary Sams by phone at 515 281-6222 or e-mail at msams@idph.state.ia.us

Iowa Department of Public Health is an equal opportunity and affirmative action employer.

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**Check out our web site
at www.idph.state.ia.us**

FOCUS Editor: Kara Berg

What would you like to see in Iowa Health FOCUS? Send your suggestions for future articles, letters to the editor, and upcoming events or to add names to the mailing list by e-mailing us at kberg@idph.state.ia.us.