

# Quick Reads

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



## Public Health Leadership Academy begins

The [Public Health Leadership Academy](#) - a collaboration between the University of Iowa College of Public Health, Iowa State Association of Counties and IDPH - begins next week. The academy will provide information and training to local Iowa Boards of Health and Supervisors members to assist them in effectively meeting the requirements of their roles. Sixty-four individuals registered for the inaugural academy, which consists of six free sessions.

## QCHI celebration

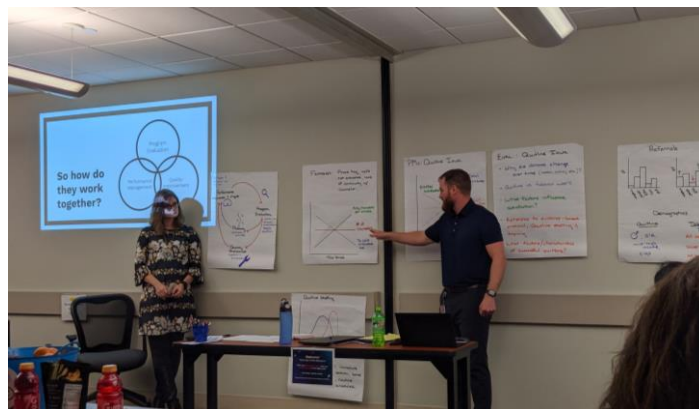
In 1999, over 300 community members and leaders created the [Quad City Health Initiative](#). Working with representatives of local health departments, providers, insurers, social service agencies, educators, businesses, media, law enforcers, foundations and governments, the QCHI vision was to create tangible resources that improve the health and quality of life in the Quad Cities. The QCHI 20<sup>th</sup> anniversary celebration, held October 30, honored the collaborative leadership of individuals and organizations committed to improving health in the community.



IDPH Director Clabaugh and Illinois Dept. of Public Health Director Dr. Ngozi Ezike celebrate the 20<sup>th</sup> anniversary of QCHI.

## Data Day 2019

The second annual Data Day, organized by the IDPH Data Management and Health Equity Program, the Bureau of Public Health Performance and the Data and Informatics Community of Practice, was attended by 114 IDPH staff (up from 63 in 2018). Sessions included information on how to conduct a focus group, secure email, program evaluation, data terminology and data visualization.



IDPH staff Marisa Roseberry and Tom Slater present at Data Day.

## HIP highlights

In 2019, local public health agencies submitted progress reports on their health improvement plan (HIP) objectives and strategies. Each month, Quick Reads will highlight one county's work.

[Scott County](#): Community collaboration around mental health resulted in the launch of the Quad Cities Behavioral Health Coalition. Because the county's leading mental health providers, as well as planning organizations within the community facilitate this effort, the sustainability of this collaborative is significantly increased. For more information, see the complete plans and reports on the IDPH [website](#).



## Fall Tracking Portal update

Each quarter, the [Iowa Public Health Tracking Portal](#) adds new content and data. The Fall 2019 update includes a wealth of new content including: [Hepatitis C](#), [Immunization](#), [Obesity](#), [Substance Use and Misuse](#), [Deaths](#) – 2018, [Reproduction and Birth](#) – 2018 and [Substance-Involved Mortality](#) – 2018.

## I-STEP summit

More than 200 youth attended the annual [I-STEP](#) summit. Monet Rangel (Missouri Valley High School) was appointed ISTEP president, and Courtney Sweet (Johnston Summit Middle School) and Kyleigh Marsden (West Delaware High School) were appointed the new youth [Tobacco Use Prevention and Control Commission](#) members.



I-STEP strong! Teens gather for the annual summit.

## Congrats and kudos

Congrats to Johnson County Public Health, honored by the American Public Health Association for its [Healthy JoCo](#) community health needs assessment and health improvement planning efforts.

## Stay informed; share success

Contribute a news item or smart practice by [email](#). Get more IDPH news and information by subscription through [Granicus](#). For IDPH topics, scroll down to "Public Health, Iowa Department of."

## IDPH spotlight: Family Planning

The [IDPH Title X family planning program](#) strengthens the public health infrastructure by ensuring access to reproductive health services for low-income individuals, promoting healthy behaviors through annual wellness exams, individualized counseling and education on reproductive health and reproductive life planning, and preventing epidemics and the spread of disease through increased STD screening and treatment.

The program uses data in many ways to guide its work and to ensure program compliance. Data are collected for monitoring purposes, as well as for reporting program performance identified by IDPH and federal funders. Various data points are reviewed on a monthly, quarterly, semi-annual and annual basis to identify areas needing improvement, as well as areas where QI can be focused such as "increasing chlamydia screening among family planning clients ages 25 and younger." Another way data are used is to look at the progress made with birth spacing.

IDPH Title X family planning program partners include the Family Planning Council of Iowa, Community Based Screening Services program, IDPH HIV, STD, Pre-exposure prophylaxis (PrEP), and Hepatitis program, IDPH substance abuse programs, the Primary Care Association, local Title X agencies and providers, the family planning database and a variety of others.

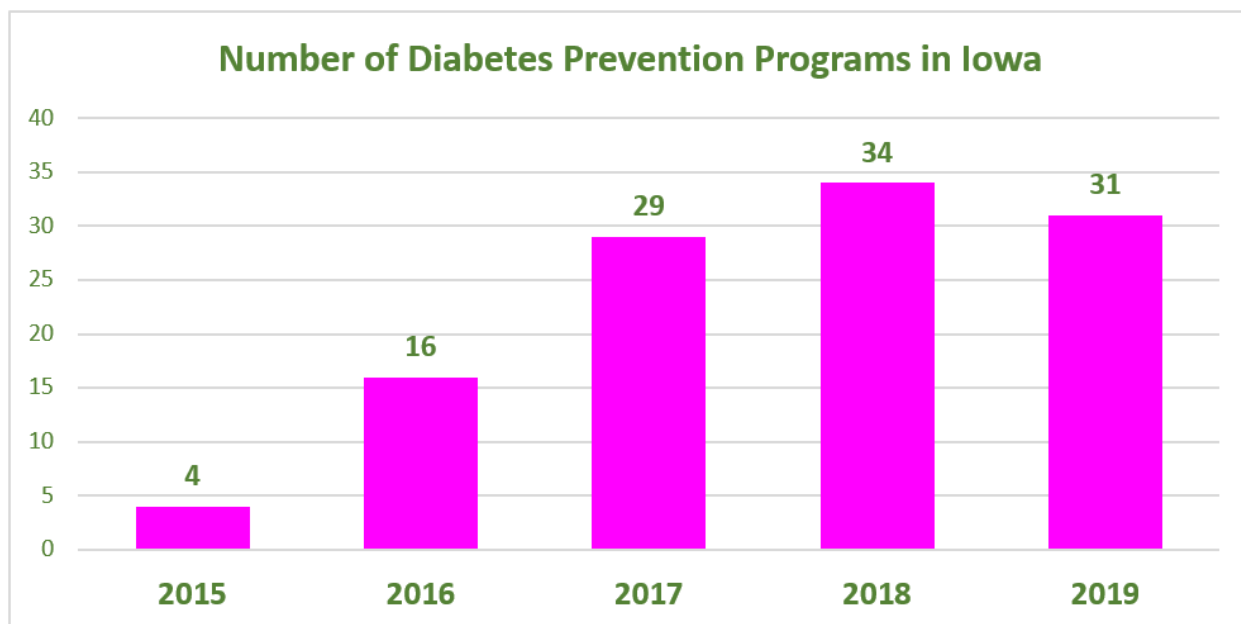
The family planning program contributes to IDPH's role as the chief health strategist by improving the quality and increasing the quantity of family planning services provided to Iowa's low-income populations. Family planning program services reduce the number of unintended pregnancies, and assure the delivery of quality family planning and related evidence based preventive health services that improve the overall health of individuals, couples and families.





# 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.



Diabetes is a chronic disease that affects how food is turned into energy for the body, and is the [seventh leading cause of death](#) in the U.S. Over 100 million people in the U.S. have [diabetes or prediabetes](#). Health related problems associated with diabetes such as heart attack and stroke have declined significantly in the last 20 years, according to the [Centers for Disease Control and Prevention \(CDC\)](#). The National Diabetes Prevention Program (NDPP) for people at high risk for diabetes or with prediabetes can help prevent or delay type 2 diabetes through lifestyle changes. The NDPP addresses increasing physical activity and improving healthy eating habits. For a listing of 31 NDPP sites and contacts across Iowa, click [here](#). Diabetes self-management education/support (DSMES) can help people with diabetes gain knowledge and skills to modify lifestyle behaviors and self-manage the disease. For a listing of state-certified DSMES sites across Iowa, click [here](#). Current IDPH work focuses on access to, participation in, and coverage for diabetes prevention and diabetes management programs in targeted areas of the state. National Diabetes Month in November raises awareness about prevention, diagnosis and treatment of diabetes. Send questions or comments about IDPH data [here](#).



LEFT: IDPH Wellness Committee members Andrew Minear, Jill Lange and Kayleigh Duff attended the [5-2-1-0 Healthy Choices Count!](#) Summit at Des Moines University.



ABOVE: Mindy Uhle, "Ben Franklin," Chelsea Stevens and John Kelly of the IDPH [Swimming Pool & Spa program](#) attended the World Aquatic Health Conference in Williamsburg, VA. DYK Franklin was 11 years old when he invented swim flippers (swim fins)!

RIGHT: Kathy Leinenkugel of the [IDPH Health & Safety Surveillance](#) program educated attendees at the 48<sup>th</sup> Annual Iowa Governor's Safety and Health Conference.

