

# Quick Reads

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## Healthy Habits All Stars

IDPH has released a multi-faceted public health campaign, available free of charge to all Iowa educators, health care providers and parents. The "[Healthy Habits All-Stars](#)" are animated cartoon characters that help teach elementary-age children about public health topics in an age-appropriate manner.

The campaign includes a course outline, posters, temporary tattoos, coloring books and an activity guide. Contact [Eric Enderton](#) for more details.



## Local public health success story

[Marion County Public Health](#) has a “no wrong door” policy, which means the department comes in contact with a variety of residential needs. A significant issue identified through the agency’s use of [TAVHealth](#) was food security.

Historical data showed very low usage of WIC program farmers market vouchers and a similar usage pattern was seen in senior citizen farmers market vouchers.

Several in-person trips to the local farmers market found there was very little produce at the market – it was more of a “flea market.”

Marion County [SIM](#) coordinator Larissa Van Donselaar had already linked the need for healthy choices to the SIM focus area of diabetes. Working with [Straw Hat Farms](#) more fresh produce was made available at the market and WIC staff offered on-site group nutrition education, allowing families to not only see some unfamiliar produce, but also taste and learn how to prepare it. The Parents as Teachers group taught families how to make baby food from fresh produce.

Marion County’s success is linked to the use of data to provide insight, and bringing public and private partners together to be fluid in meeting the community’s needs.



## IDPH spotlight: Legislative Liaison



Deborah Thompson

Originally from Dallas, Texas, Deborah Thompson serves as IDPH's Legislative Liaison. Deborah says she was drawn to her career at IDPH

because the core public health principles of assessment, policy development and assurance aligned well with her principles of good governance and resource management. In her five years at IDPH, Deborah says the accomplishment of which she is proudest is passage of the bill providing the authority for the Iowa Health Information Network to be made into a nonprofit, because she believes it was a great step for continuing to increase patient-centered care by using electronic records in Iowa's health care system.

When not representing IDPH at the Legislature, Deborah enjoys spending time with her soon-to-be 2-year-old son, Lincoln, decorating her new home, and going for walks.

### Healthiest State Walk

The seventh Healthiest State Annual Walk will be held across the state October 4 and we need your help to reach our goal of having at least one walk in all 99 counties. Please [register](#) your school, worksite or community walk. There is no cost to register and there is no need for individual walkers to register. This year's theme is Walk More. Connect More.



### Green thumb

Studies have repeatedly shown a correlation between worker wellness, productivity and satisfaction. The culture of wellness at the Capitol Complex now includes the Healthy Choices program at the [Lucas Bistro](#). Menu items identified as "healthy" by a green thumbs up symbol provide details regarding calories, saturated fat, sugar, and protein content to help diners make informed selections.

### Congrats and kudos

The IDPH [WIC](#) Program received a \$13,189 Breastfeeding Performance Bonus grant award recognizing the state's outstanding achievement in improving [breastfeeding](#) rates among WIC participants.

IDPH Program Gambling Treatment program manager Eric Preuss has been elected Treasurer of the [Assn. of Problem Gambling Service Administrators](#).

Dallas County Public Health was honored with the Model Practice Award at the 2017 annual [National Assn. of County and City Health Officials](#) (NACCHO) conference for its [Health Navigation](#) services.

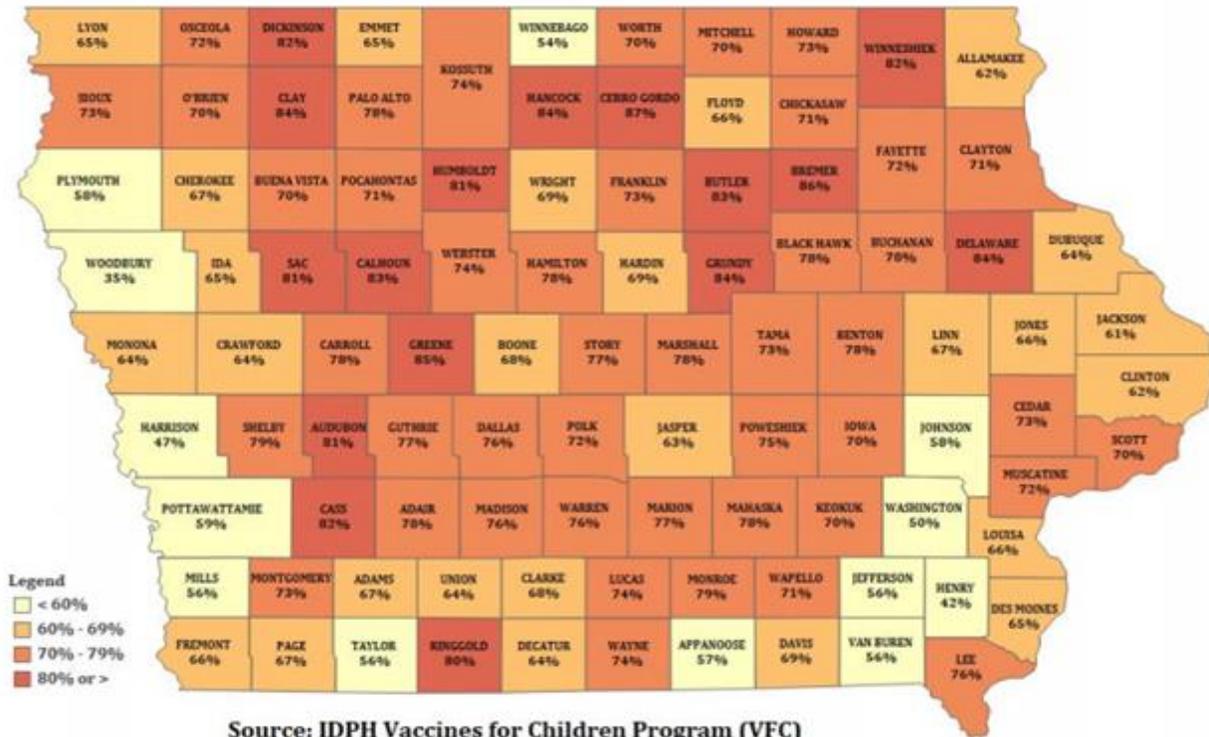
[WalletHub.com](#) has named Iowa 2017's second best state for health care. High marks include Iowa ranked second lowest for infant mortality rate, first in hospital beds per capita and sixth in percentage of insured adults.



# Monthly data snapshot

Data are essential to the practice of public health. Each month, Quick Reads highlights selected tidbits to help create awareness of IDPH data and epidemiology. Explore more data with the [IDPH Public Health Tracking Portal](#).

## 2016 County Immunization Assessment Map: Percent of 2 Year-Olds Receiving 4 DTaP, 3 Polio, 1 MMR, 3 Hib, 3 Hep B, 1 Varicella, 4 Pneumococcal Vaccines



Source: IDPH Vaccines for Children Program (VFC)

Assessment of immunization coverage levels at 2 years of age is used to evaluate the routine administration of vaccines given at 2, 4, 6, and 12 -15 months of age. This assessment includes the prevention of 11 vaccine preventable diseases which protects children, families and communities. The diseases that childhood vaccines prevent can be very serious, even life-threatening. It is important for children to receive these vaccines early in life and on schedule to protect them before they are exposed to these diseases. Iowa's assessment of 2-year-old immunization rates is consistent with the Centers for Disease Control and Prevention (CDC) National Immunization Survey which is conducted in the same age group. More information is available at <http://www.idph.iowa.gov/imm/tb/immunization>.

### 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).

