

# Quick Reads



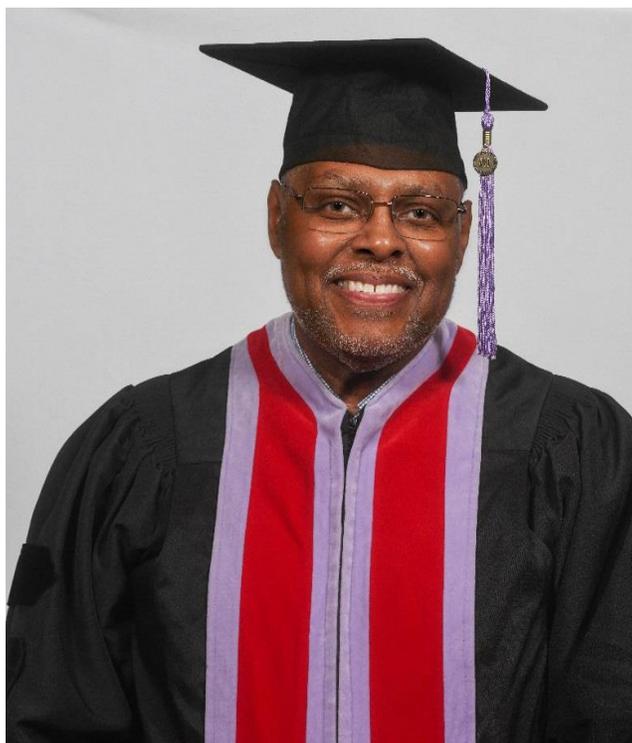
Gerd W. Clabaugh, MPA  
Director, Iowa Department of Public Health



## Dr. Russell honored

The [American College of Dentists](#) (ACD) last month named Iowa Public Health Dental Director, Dr. Bob Russell, a fellow during the annual gathering of the American Dental Association in Atlanta, Georgia.

Membership as a fellow in the ACD is comprised of dentists who have exemplified excellence through their outstanding leadership and exceptional contributions to dentistry and society. Membership is by invitation only. About 3.5 percent of dentists are fellows of the American College of Dentists.



State Public Health Dental Director, Dr. Bob Russell

## Local public health success story

According to a 2016 Feeding America survey, an estimated 81,000 older Iowans (age 60 and over) are “food insecure;” that is, they do not have reliable access to affordable, nutritious food.

In an effort to improve access to fruits and vegetables for Iowa low-income older adults, [Milestones Area Agency on Aging](#) in Des Moines County and Fresh Conversations coordinator Lynda Murray worked with a number of public and private partners to create a produce box pilot project. Using unsold produce donated by vendors at the local farmers market, volunteers collected, organized and transported boxes of fresh produce to congregate meal sites and the homes of registered home-delivered meal recipients.

From July through September of 2017, 26 volunteers logged over 93 hours, delivering 409 produce boxes to 145 seniors.

The success of the Burlington pilot project and several others inspired the Senior Produce Box Project, a cooperative effort between IDPH and six community partnerships. The project will run from October 1, 2017 to September 30, 2018. SNAP-Ed funds will support planning and coordination activities; all produce must be either donated or purchased with other funds.



## IDPH spotlight: Health Statistics



Melissa Bird

The [Bureau of Health Statistics](#) is home to 23 team members tasked with collecting data for birth, death, marriage and fetal death events – data that serve as the cornerstone for many public health programs.

Bureau Chief Melissa Bird began her IDPH career in 2014, serving previously as the Keokuk County Recorder after her election to her first term in 2007. Melissa started in county government as Keokuk County Deputy Recorder in 2003.

In Iowa, all births, deaths and marriages are registered electronically in the Iowa Vital Events System (IVES). This statewide system allows for the bureau and all county registrar offices to issue certified copies, regardless of county of event. Currently, all marriages and deaths are available statewide from 1954 to present and all birth records are available statewide from 1990 to present. The bureau is working to add more birth records to the system for purposes of issuing certified copies from county registrar offices.

A member of the Iowa Army National Guard from 1996 through 1999 and trained as a combat medic, Melissa finished out her term as inactive ready reserve in 2003.

Melissa commutes about 175 miles roundtrip daily from Hayesville, Iowa, where she lives with her husband of 18 years, Shawn, and children, Samantha and Gavin. In her free time, she enjoys scrapbooking, camping and boating, and serves on the Sigourney School Board and the Hayesville City Council.

**Quick Reads – November 15, 2017**

## Lt. Governor Gregg and IDPH Director Clabaugh promote flu vaccination



Iowa Lt. Gov. Gregg and IDPH Director Clabaugh received their annual flu shots Nov. 7. Polk County Public Health nurse Susan Brooks and IDPH Medical Director, Dr. Patricia Quinlisk join them here.

## Award applications

Nominations are open for the Iowa Healthiest State Initiative annual [awards](#) to recognize businesses, workplaces, schools, communities and individuals for advancing efforts to improve the physical, social and emotional well-being of their employees, students and citizens. Award applications are due by November 30, 2017.

## Iowa Diabetes Summit

The [Iowa Diabetes Summit](#) is Friday, November 17, 2017, at Des Moines Area Community College in Ankeny. National, state and local experts will share innovative strategies for reducing the burden of diabetes in Iowa.

## Congrats and kudos

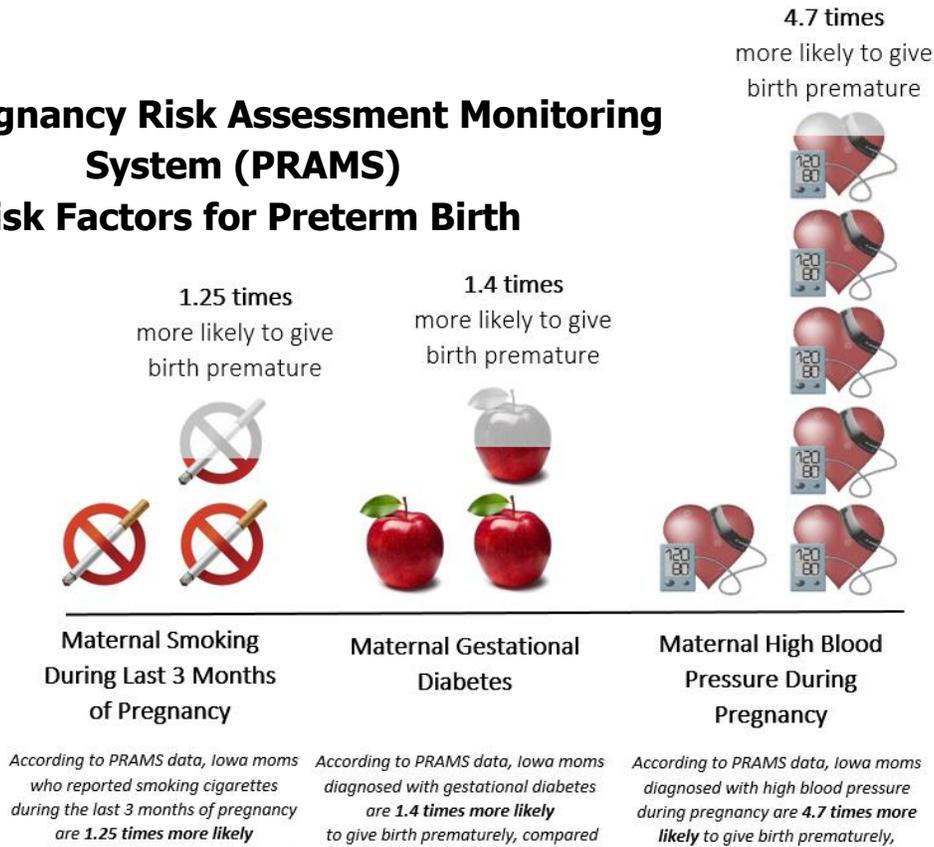
Congratulations to Randy Mayer, IDPH HIV, STD and Hepatitis bureau chief, recognized by the [Association of State and Territorial Health Officials](#) (ASTHO) for his work on the [National Strategy for the Elimination of Hepatitis B and C: Phase Two Report](#), released earlier this year.



# 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](#).

## Iowa Pregnancy Risk Assessment Monitoring System (PRAMS) Risk Factors for Preterm Birth



According to the World Health Organization, an estimated 15 million babies are born preterm (before 37 completed weeks of gestation) every year and this number is rising. In the United States, one in 10 babies is born too soon. Infants born early are at increased risk for death and many who survive face serious health problems. According to data collected by the [Pregnancy Risk Assessment Monitoring System](#) (PRAMS), Iowa mothers with prenatal conditions such as gestational diabetes or high blood pressure are at increased risk to give birth to a preterm infant. Behaviors during pregnancy can also have an effect; Iowa mothers who report they smoked in the last three months of pregnancy are also more likely to deliver a preterm infant.



IDPH is proud to collaborate with the Iowa State Patrol in the [Stop the Bleed](#) program. Pictured above: Trooper Rod Larson, ISP Public Resource Officer; Margot McComas, IDPH BETS Trauma nurse coordinator; Diane Williams, IDPH BETS Trauma program manager.

### Stay informed; share your story

To contribute a news item or smart practice, please write to Polly Carver-Kimm at [Polly.Carver-Kimm@idph.iowa.gov](mailto:Polly.Carver-Kimm@idph.iowa.gov).

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