



# *Quick Reads*

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

**August 17, 2015**

## **Mt. Everest challenge**

You may recall the [May 2015 edition](#) of Quick Reads, in which I highlighted the IDPH Mt. Everest Challenge – a fitness activity developed and implemented at our offices in the Capitol complex Lucas building. The entire program planning packet for this simple, fun and friendly opportunity to increase physical activity and decrease sitting time is now available free-of-charge to any school, business, office or group. You may [download](#) the materials or contact [Shawnice Cameron](#) for more information.

## **IPHT updates**

The [Iowa Public Health Tracking](#) (IPHT) portal has launched several data updates, including childhood lead (includes annual 3 year old and 6 year old cohort data); reproductive outcomes (includes infant mortality, preterm and low birth weights data); demographics (includes race, ethnicity, age and gender data); county health snapshots (includes 84 measures of health by topic area); and more.

IPHT is a state of the art environmental and public health tracking program, and part of a [national initiative](#) led by the Centers for Disease Control and Prevention (CDC) to close the gap in what is known about the impact of environmental hazards on health. The data can improve the understanding of hazards and lead to actions that may prevent chronic illnesses.

## **Campus sexual violence prevention**

Iowa was one of 15 states chosen by the [CDC's Injury Prevention and Control program](#) to participate in a planning meeting for Campus Sexual Violence Prevention last month in Atlanta. Members of the Iowa team include Binnie LeHew of the IDPH [Office of Disability, Injury and Violence Prevention](#) and four representatives from Drake University, the University of Northern Iowa, and the Iowa Coalition Against Sexual Assault. The team will promote prevention strategies to prevent sexual violence on Iowa's college campuses.

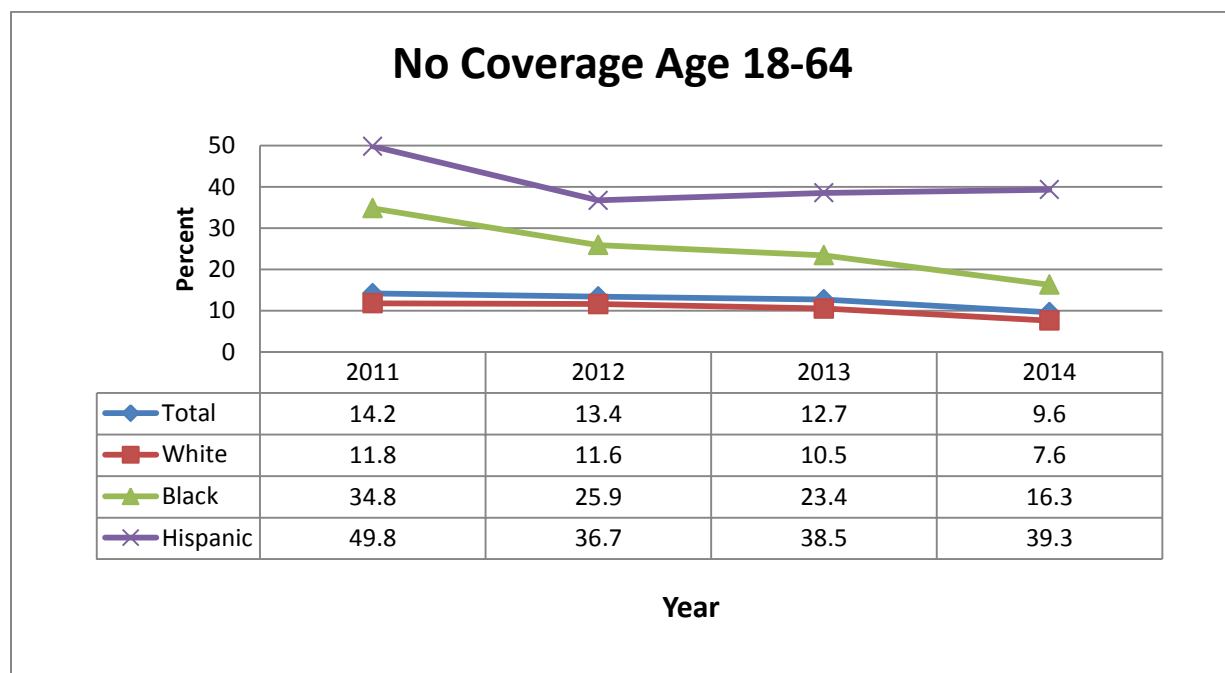
## Healthy Iowans

Initial planning is underway for the development of the [Healthy Iowans](#): Iowa's Health Improvement Plan 2017-2021. Thirty-nine ad hoc and legislatively-mandated advisory committees will play a key role in creating this roadmap for the health of Iowans. Orientation for lead staff is planned this fall.

## 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. To discover more of the important and useful data available from IDPH, please visit the [Public Health Data Tracking Portal](#).

### Percent of Non-elderly Adults Reporting Currently Not Having Health Insurance Coverage, By Race/Ethnicity



This figure presents the percentage of non-elderly adults (age 18-64) by race/ethnicity who reported currently not having health insurance coverage. Lack of health insurance showed a marked decline, especially in the latest year, for all racial/ethnic groups except Hispanics who had the highest level throughout the period and only showed a decline from the first year. The 2011-2014 BRFSS data show a 4.6 percentage point decrease in lack of coverage among all non-elderly adults.

The [Iowa Behavioral Risk Factor Survey](#) (BRFSS) features a wide variety of data, reports and research. Contact [Don Shepherd](#) for more information about BRFSS.

## **Congrats and kudos**

Congratulations to Karen Crimmings, RN, CIC, Chronic Disease Prevention & Health Promotion Service manager at the Cerro Gordo County Dept. of Public Health, who was selected to participate in the [Robert Wood Johnson Foundation](#) (RWJF) Public Health Nurse Leaders (PHNL) program. Just [25 nurses from 22 states](#) were chosen to take part in the two-year leadership development program designed to strengthen the capacity of senior public health nurses to improve population health, address social determinants of health, respond to emerging trends in health and health care, influence policy, and lead collaboration in their communities.

## **Stay informed, share your story**

To get *Quick Reads* directly in your inbox, please send a blank e-mail to [join-quick\\_reads@lists.ia.gov](mailto:join-quick_reads@lists.ia.gov). 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).

*To everyone in public health and all our partners, keep up the great work!*

— Gerd