

# Sexually Transmitted Disease Prevention

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<http://idph.iowa.gov/hivstdhep>

Protecting & Improving  
the Health of Iowans



Sexually Transmitted Diseases (STDs) very often have no symptoms. Despite their asymptomatic nature, STDs can cause serious complications if they are not treated early in the course of infection. These complications include pelvic inflammatory disease (PID), chronic pelvic pain, tubal pregnancy, infertility, infant infection during childbirth, increased risk for HIV infection, and even death. STDs are a significant health threat in Iowa with more than 14,000 infections reported in 2015. Chlamydia and gonorrhea, respectively, represent the first and second most commonly reported conditions in Iowa and the U.S. The STD Prevention Program works to stop the spread of STDs in Iowa through reducing the number of Iowans who are unknowingly infected and providing treatment for those who are diagnosed with or suspected to have an STD.

One of the best ways to find undetected STD is to screen patients during annual exams and to find, test, and treat the partners of people who test positive. The STD Program maintains a screening collaborative with 65 public clinics across Iowa, targeting those most at risk for adverse outcomes of undetected infection. In both the public and private sectors, the STD Program offers technical assistance for sexual health program development, promotes clinician/patient dialogue about STD prevention, and ensures proper testing and treatment of exposed partners.

**Did you know?** About 65% of reported chlamydia cases and about 50% of reported gonorrhea cases are found in young Iowans ages 15 to 24.

## Why is STD Prevention important to protecting and improving the health of Iowans?

- STD cases have increased steadily over the last 10 years. The increases have many causes, but much of it is due to cases that are not diagnosed until one partner has already infected others. Additionally, the asymptomatic nature of STDs like chlamydia means that many young, sexually active Iowans are unknowingly infected and can easily spread the infection to partners. Early testing and treatment is important.
- In the majority of STDs, such as chlamydia, gonorrhea, and certain stages of syphilis, there are no symptoms, yet there can be internal damage that is irreversible.
- National studies suggest that every dollar spent on STD education and prevention saves an estimated \$43 on complications that can lead to hospitalization, surgery, infertility, and death.

## Which Iowa Public Health Goals are we working to achieve?

Prevent epidemics & the spread of disease

Strengthen the health infrastructure

Promote healthy living

## What do we do?

- Provide funding for testing supplies and patient and provider education at 65 STD testing sites across Iowa.
- Offer confidential partner notification and counseling statewide to inform persons who might not otherwise know they have been exposed to an STD.
- Provide treatment medications at no expense to Iowans with STDs to stop the spread of disease.
- Monitor the number of reportable STD cases and types of risk behaviors to provide appropriate community outreach.
- Offer technical assistance to clinics, hospitals, and laboratories to ensure correct identification, treatment, and follow-up care of STD patients.
- Identify and contain STD outbreaks to prevent further spread of infection.
- Develop and enforce legislation, rules, and policies to address emerging trends in STD transmission.

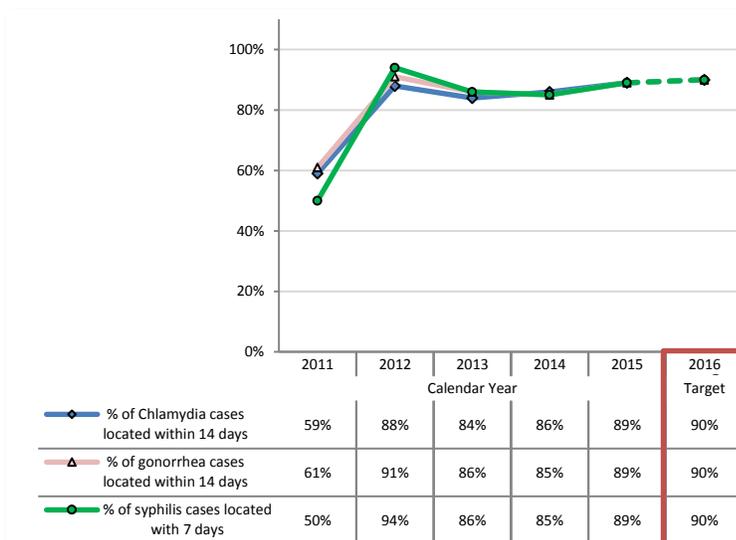
## How do we measure our progress?

- 1 Percent of all reported infectious cases of syphilis located by state and local Disease Intervention Specialists (DIS) within seven working days.
- 2 Percent of all reported cases of gonorrhea located by state and local DIS within 14 working days.
- 3 Percent of all priority\*\* cases of chlamydia located by state and local DIS within 14 working days.

Data Source: STD surveillance program and Iowa Disease Surveillance System. Data are sent to state DIS and local health department clinic supervisors.

\*\* Due to the high volume of chlamydia cases, not all are initiated for investigation. Priority cases include those who are not treated by the provider or when specifically requested by the provider.

**How are we doing?** Better collaboration with medical providers and laboratories, combined with better use of the Internet to locate persons in need of services, will allow for further improvements in the number of persons with syphilis, gonorrhea, or chlamydia located within the specified timeframes. Large increases in the number of gonorrhea and infectious syphilis cases, coupled with an already high incidence of chlamydia cases has prompted the STD Program to reprioritize resources and assign only certain priority chlamydia cases to public health investigators for follow-up.



## What can Iowans do to help?

1. Promote medically accurate, comprehensive sexual education for youth. Sharing correct and complete information with those most at risk for infection has been shown to help those persons make different decisions about the behaviors that put them at risk.
2. Iowans of all ages should be knowledgeable of and utilize safer sex practices, including limiting the number of sexual partners; mutual monogamy with an uninfected partner; and regularly and correctly using latex condoms during sexual contact.
3. Iowans at risk of getting an STD should be tested, and, if necessary, treated for STDs. To find a testing location near you, go to <https://gettested.cdc.gov/>.
4. Health care providers, correctional systems, and educational systems may contact the IDPH STD Program at 515-281-4936 to get information about STD prevention.

## Expenditures

General fund & federal funds; State funds are used for a 75% match for the Title V Block Grant: K15-1563; 0153-1564

	State Fiscal Year 2015 Actual	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Estimate
State funds	\$56,390	\$53,820	\$56,390
Federal funds	\$622,616	\$618,193	\$607,942
<b>Total funds</b>	<b>\$679,006</b>	<b>\$672,013</b>	<b>\$664,332</b>
FTEs	3.45	2.78	3.50

**Note:** Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.