Sexually Transmitted Disease Exams

Did you know that SDHD’s laboratory and clinic provides STD exams daily from 8:00 AM-4:00 PM. Some exams are free, while some may have a slight charge.

Appointments are not necessary for males, it is first come first serve. Females are also welcome to walk in but due to availability of clinicians, appointments are preferred.

Standard testing for STD's includes chlamydia, gonorrhea, and syphilis testing. Visual examination for herpes and genital warts is also performed. Vaginal infections such as trichomonas, bacterial vaginosis, and yeast infection are also checked for during female exams.

HIV and hepatitis testing is also available, but some fees may apply.

According to Iowa Dept. of Public Health, Woodbury County had the following counts for STD in 2014: Syphilis (7), Chlamydia (576), and Gonorrhea (160).

For more information call 712-234-3908 or 1-800-587-3005.

(Public Health Standard: Prevent Epidemics and the Spread of Disease)

Immunizations by Appointment

The national Vaccines for Children Program (VFC) was created to help raise childhood immunization levels, especially among infants and young children. The VFC Program provides federally purchased vaccine for eligible children birth through 18 years of age. SDHD is a VFC provider and the program promotes age-appropriate vaccinations for children from birth through age 18. Immunization services are available by appointment – call 712-279-6119 and ask for the Nursing Clinic.

Children eligible to receive VFC provided vaccines include children enrolled in Medicaid, children who do not have health insurance and children who are American Indian or Alaskan Native.

In addition, children who have health insurance that does not cover the cost of vaccines are considered to be "underinsured," and are eligible for the program.

Chart above depicts Siouxland District Health Dept. VFC numbers.

(Public Health Standard: Prevent Epidemics and the Spread of Disease)

PICH—Worksite Gardens

SDHD was awarded a 3-year CDC Partnership in Community Health (PICH) grant in 2014. One main focus of the grant is to increase access to healthy food for residents of Woodbury County. A few local worksites have agreed to incorporate worksite gardens for their employees. Worksites develop policies on the use and care of the gardens, while the employees reap the benefits of locally grown produce. Area worksites with onsite gardens this summer are: Mary J. Treglia, Innovative Business Consultants (IBC), Center for Siouxland and Siouxland District Health Dept.

If interested in learning more about worksite gardens, please contact Becky Carlson at 279-6119.

(Public Health Standard: Promote Healthy Behaviors)
Employee of Quarter

SDHD recently implemented an Employee of the Quarter Award to increase the recognition of employees and all of their hard work in public health. Employees are encouraged to nominate co-workers with a brief description as to why they believe they deserve the award. All employees then vote on the nominees. The first Employee of the Quarter Award was presented to Jeni Johnson in April. A brief quote from her nomination is below.

“I have contacted Jeni on several occasions to help with different projects and she is always very helpful, even taking the time to teach me some useful actions available in the programs. This is a very important point. By taking the time to teach me she is helping me grow and become more self-sufficient and capable in my own position.”

(Public Health Standard: Workforce)

Medical Reserve Corps

The Woodbury County MRC is part of a nationwide initiative to pre-register, train, manage, and mobilize medical and non-medical volunteers to help the community respond to all types of disasters. The Woodbury County MRC’s mission is to assist in preparing for, responding to, and recovering from a variety of disasters, public health emergencies and other community events. As a WC MRC volunteer you may have the opportunity to help with:

- Local emergency response exercises / drills
- Disaster response such as mass vaccination or distribution clinics, hospital surge
- Community special events (first aid stations, health fairs, screenings, traffic control, etc)
- Disaster recovery (clean-up from natural disaster, assess physical, mental, emotional needs of residents, completing and compiling applications for assistance, and information sharing)

Anyone who is willing to volunteer their skills, either medical or non-medical, should consider being a volunteer. WC MRC is looking for people with the following medical skills: physicians, physician assistants, nurses, pharmacists, dentists, mental health professionals, social workers, and first responders.

For more information about the MRC program please contact Tyler Brock at 279-6119.

(Public Health Standard: Prepare for, Respond to, and Recover from Public Health Emergencies and Prevent Epidemics and the Spread of Disease)

WIC—Garden Education Program

Clients of Siouxland District Health Department’s Women Infant and Children’s program have been busy learning about gardening and growing their own fruits and vegetables. As part of the FFY15 WIC grant, SDHD Dietitians have been providing information about community gardening and where to find help locally, as well as gardening education, information and supplies to WIC clients over the last 3 months. They have also provided seed starter kits, seed packets, and recipes for their locally grown produce. Many seeds supplies were donated by local partners. The goal of the education program is for both parents and children to increase their vegetable and/or fruit intake, thus positively impacting their overall health. Several studies have shown that children’s consumption of fruits and vegetables is correlated with parents’ intake. Children are also more likely to eat new foods when they see a parent consuming them.

(Public Health Standard: Promote Healthy Behaviors)

National Public Health Week

Siouxland District Health Department Staff celebrated National Public Health Week April 6 - 12, 2015. This year’s theme was “Make the U.S. the Healthiest Nation in One Generation by 2030.”

Each day a new topic was shared with SDHD employees, that revolved around the main theme. Staff took time to develop division posters outlining the services they provide that contribute to making the U.S. the Healthiest Nation, as well as developing a Wall Hot Spot that listed all the community partners each division works with to accomplish those services.

The week concluded with taking a look back at all the accomplishments that have occurred in public health over the years, and recognizing staff for their commitment to public health.

(Public Health Standard: All)
Public Health and Tuberculosis

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. The general symptoms of TB disease include weakness, weight loss, fever, and night sweats. Other symptoms may include coughing, chest pain, and coughing up blood.

There are two types of TB conditions: TB disease and latent TB infection. People with TB disease are sick from active TB germs. They usually have symptoms and may spread TB germs to others. People with latent TB infection do not feel sick, do not have symptoms, and cannot spread TB germs to others. But, if their TB germs become active, they can develop TB disease.

Millions of people in the U.S. have latent TB infection. Without treatment, they are at risk for developing TB disease.

TB is a reportable disease in Iowa. SDHD provides education, testing, consultation, medication management, and linkage to medical providers for individuals in Woodbury County with TB. Public Health Nurses case manage all Woodbury County clients with active TB as well as latent TB.

(Public Health Standard: Epidemics and the Spread of Disease)

Walking School Bus — Infrastructure Improvements

Over the course of the last year, SDHD in partnership with SIMPCO, City of Sioux City, and the Sioux City Community School District, have made improvements to 3 area elementary schools’ walking school bus (WSB) routes.

SDHD and SIMPCO staff completed a walking and bicycling suitability assessment (WABSA) on several WSB routes, which helped identify areas in need of improvement. Committee members then prioritized areas and schools of most concern.

With funding through Wellmark and IDPH grants, and the City of Sioux City, improvements were made at Spalding Park Elementary, Loess Hills Elementary, and Hunt Elementary. Improvements consisted of new curb ramps with truncated domes, painted crosswalks, and additional signage.

Picture to right depicts new sidewalk segment and curb ramp replacement near Loess Hills Elementary School.

(Public Health Standard: Promote Healthy Behaviors)

Pool Inspections

SDHD Environmental Staff keep busy each year inspecting swimming pools in an eight-county area, including Woodbury, Plymouth, Sioux, Lyon, O’Brien, Osceola, Dickinson and Palo Alto Counties. During FY14 staff inspected 95 swimming pool facilities, which include indoor and outdoor pools in hotels, and public locations.

There are many potential health concerns related to swimming pools, including transmission of disease, injuries, and the potential for drowning. Inspections are completed to ensure safety and sanitation criteria are met for the operation and use of swimming pools to keep residents safe.

(Public Health Standard: Protect Against Environmental Hazards, Prevent Injuries)