Siouxland’s Give Kids a Smile Day

One goal for the I-Smile™ Oral Health Program is to make early prevention and dental care accessible to the underserved children and pregnant women in our community. Our program collaborates with the local dental offices and community partners in order to achieve this goal. One such collaboration is our local Give Kids A Smile Day to recognize February as National Children’s Dental Health Month. There were three offices who participated this year. Dr. Prince, Dr. Lohr, Dr. Stevens and their dedicated staff each donated a day of free dental services for children ages 18 and under.

I-Smile™ helped promote this effort by creating a calendar of the free clinic dates which was distributed in schools, WIC, Siouxland Mental Health, Child Health Specialty Clinics, SDHD Immunization Clinic and the Beyond the Bell after school program. The calendar was also posted on the SDHD website and an ad was placed in the Sioux City Journal promoting Children’s Dental Health month.

As a result of the hard work put forth by these dentists and their staff a total of 158 children received exams, cleanings, x-rays and fluoride. Also, 32 teeth were sealed, 1 tooth was filled and 2 extracted. Follow up is continuing on the kids seen during the free clinic days. Offices are fulfilling treatment needs or referring them to our program as needed.

(Public Health Standard: Promote Healthy Behavior)

Measles

Siouxland District Health Department employees have been busy monitoring the recent Measles outbreak across the nation, and in neighboring states. At the time of publication there had been no reported Measles cases in Iowa, however several surrounding states including, NE, MN, SD, and IL, had reported cases.

Health Department officials have been distributing information to local K-12 schools, colleges, employers, child care centers and the general public about the facts regarding Measles and proper immunization.

For symptomatic information and vaccine recommendations visit siouxlanddistricthealth.org.

To access an IDPH measles infographic on Evaluating Patients for Possible Measles visit:

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

TAP/TEG in Sioux City

In collaboration with the Sioux City Police Department and Jackson Recovery, Siouxland District Health Department works with students that have been caught using tobacco on school property.

Tobacco Education Group (TEG) program is a positive alternative to suspension for those caught using tobacco on school property. Participants are assigned to this involuntary tobacco education program. TEG provides: methods of quitting, stress and weight management strategies, relapse support and refusal skills, and enhancement of self-esteem. This program motivates participants to quit or join the TAP (Tobacco Awareness Program).

TAP program is a voluntary tobacco cessation group. This group provides a comprehensive tobacco awareness and cessation behavior modification curriculum. This program is offered through our Tobacco Prevention Grant funded through the Iowa Department of Public Health.

(Public Health Standard: Promote Healthy Behaviors)
25+ Years of Service
What were you doing in 1984, 1986, and 1989? Were you working, or going to school? Were you perhaps even born?!?!?! Siouxland District Health Department currently employs roughly 65 full and part time employees, however 4 of those employees have worked at SDHD for more than 25 years! We take this time to recognize and thank each of them for their continued service to SDHD and Woodbury County.

Mona Scaletta—Nursing Coordinator
Sue Nielsen—Public Health Nurse
Leslie Franco—Public Health Nurse
Jeni Johnson—Administrative Assistant

Who Is Looking Out for Food Safety?
In Iowa, as in other states, a license is required to sell food to the public with a few exceptions, such as certain non-profit entities. The Environmental Division holds a contract with the Iowa Department of Inspections and Appeals to license and inspect retail food and lodging establishments in 11 counties in Northwest Iowa, which include Woodbury, Plymouth, Sioux, Lyon, O’Brien, Osceola, Cherokee, Clay, Dickinson, Palo Alto, and Emmet counties. Establishments include restaurants, grocery stores, home food establishments, vending machines, mobile food units, temporary food stands and motels. As a part of this program, Environmental personnel also investigate all reported foodborne illnesses and complaints, and provide food safety education in the territory. Iowa adopted the 2009 FDA Food Code, which took effect in January 2014.

A risk-based inspection schedule is used to determine the frequency of inspections in the food and lodging program. Risk levels are determined using set criteria, including the complexity of the food-handling processes used, and whether the population served is one that is highly susceptible to foodborne illness. Using this schedule, high risk establishments are inspected at least twice annually, medium risk establishments are inspected once annually, and low risk establishments are inspected at least once every 24 months, with the majority of these inspected annually as time allows. Additional inspections are conducted as necessary for follow up inspections, complaint inspections, construction inspections, preoperational inspections, and other inspections.

Annual FIT Testing Complete
In order to help protect SDHD employees who may have exposure to biological, respiratory or chemical hazards we train and annually test for the correct respirator fit — aka, FIT Test. Respirators vary in size, shape and level of respiratory protection offered. With the correct fit, a respirator protects the wearer by reducing the concentration of inhaled contaminants. Respirators are Personal Protection Equipment (PPE) that help protect against dangerous or infectious materials. FIT-testing is the procedure used to check for a correct mask-to-face seal and involves testing to ensure there is no air leakage between the mask and face. Annually SDHD FIT tests our nursing staff, lab staff and those who serve on our Incident Command Team.

Wear Red Day
Many SDHD employees wore red on Feb. 6, National Wear Red Day, to show their support for heart disease.

Did you know that 1 in 3 women die of heart disease and stoke each year. Here are some of the symptoms of a heart attack for women: uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back; pain or discomfort in one or both arms, the back, neck, jaw or stomach; shortness of breath, with or without chest discomfort; and other signs such as breaking out in a cold sweat, nausea or lightheadedness.
SDHD Awarded Federal PICH Grant

In September 2014, Siouxland District Health Department (SDHD) was awarded a 3 year grant from the Center for Disease Control and Prevention (CDC) entitled, Partnership to Improve Community Health (PICH). This grant will provide funds for SDHD and the Live Healthy Siouxland (LHS) Coalition to address chronic diseases and their associated risk factors, such as limited access to healthy foods and limited opportunities for physical activity in Woodbury County.

Specifically, the work that SDHD and LHS Coalition members will be doing includes working with worksites, childcare centers, physician offices and rural communities to implement a variety of policy, system, and environmental changes to improve the health of Woodbury County residents. On-site gardens and Community Supported Agriculture drop sites will be developed, along with improvements in cafeteria and vending machine options at worksites. Childcare centers will improve physical activity and nutrition programing by completing the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program, and physician offices will be contacted about adopting a program similar to the Fruits and Vegetable Prescription model, with having produce available on-site. Finally rural communities will be provided assistance in developing Safe Routes to School routes and implementing Complete Streets principles throughout their towns.

For more information on any specific initiative mentioned above please contact Angela Drent, Becky Carlson or Michelle Lewis at Siouxland District Health Department.

(Public Health Standard: Promote Healthy Behaviors)

Wear Blue Day

Governor Branstad declared March as Colorectal Cancer Awareness Month. SDHD joined the Iowa Department of Public Health in urging residents to learn more about colorectal cancer, which is the second leading cause of death in Iowa, by wearing blue on March 6th. For more information on SDHD’s Iowa Get Screened program visit our web page.

(Mobility Matters)

A few SDHD staff participated in a workshop on barriers to transportation in the Siouxland area on March 3rd. The Comprehensive Strategies group in a joint effort with Siouxland Interstate Metropolitan Planning Council (SIMPCO), held the training to brainstorm transportation issues and solutions for the local area. Several of the ideas will now begin to be followed up on by SIMPCO’s Transportation Advisory Group (TAG).

(Public Health Standard: Community Planning)