

The 2003 Iowa Community Health Prize Project Summary of Entries

Category 1

Organization: **River Valley Wolverine Den After School Program 1-1**

Primary Contact: Linda Fikse
River Valley Elementary School
PO Box 151
Washta, IA 51061

Project: The Wolverine Den After School Program operates out of the elementary building of River Valley Community School District in Washta, Iowa. It serves the families of the 169 students who attend River Valley CSD. Wolverine Den begins after school and runs until 5:30 p.m. when students are bused to hometowns for parent pick-up. For \$1 per day tuition, each child receives supervision by teachers and other qualified staff, organized playtime, a nutritious snack, help with homework, specialized reading and /or math instruction, fitness activities, and supervised activities designed to promote a healthy lifestyle. Wolverine Den was started as community collaboration between River Valley teachers, administrators, community organizations, Parents, local churches, businesses, school organizations, and concerned citizens. It evolved out of a need to keep students safe after school while parents were not at home, to provide assistance with homework, to provide healthy snacks for children, and to teach life skills to children using resources within the community. It has become a source of community pride for students and community members alike. Wolverine Den provides education and assistance necessary for the social, emotional, and physical health and well being of the children in the River Valley Community School District

Organization: **St. Paul's Lutheran Church, Health and Hope Ministry 1-2**

Primary Contact: Denise Krohn
32 Scarlet Oaks Road
Council Bluffs, IA 51503

Project: The Health and Hope Ministry of St. Paul's Lutheran Church, 239 Frank Street, Council Bluffs, Iowa identified a need within its congregation and the surrounding "Lincoln Dell" neighborhood for a program to increase the physical, mental, emotional and spiritual health of adults. It was also noted that there were no other fitness facilities in the Council Bluffs community which offered all four of these components of total well being nor did they provide a non threatening atmosphere in which a person could participate. During the past four years, we have offered a fitness class entitled "Aerobics with a Christian Attitude". The class commences with a joyful gathering, devotion and prayer with a health emphasis, 30-40 minutes of warm up and step aerobics, 10 minutes of strength conditioning, and 5-10 minutes of flexibility and relaxation. The class is held with Christian music providing the inspiration and motivation. All of the equipment is provided including steps, weights, and resistance

bands. There are no joining fees or required monthly fees. A free will offering of \$20.00 is suggested for each six-week session. This class has continually been offered in the morning two times per week during this four-year period. For approximately one year, the class was also offered in the evening two times per week. The calendar for the fitness class is broken own into six-week sessions. This allows individuals to set short-term goals. Fitness and /or spiritual information is shared weekly with participants. This information may take the form of articles from professional journals or inspirational prayers and stories.

Organization: **Boys and Girls Clubs of Central Southwest Iowa 1-3**

Primary Contact: Marty Lester
807 Broad St.
Adair , Iowa 50002

Project: The Boys & Girls Clubs of Central Southwest Iowa looks at serving youth in a wide variety of core areas. Through these core areas we hope to create healthy and confident youth that will affect their communities positively when they grow up. Our Sports, Fitness, and Recreation core area allows our youth to participate in a physical activity every day. Activities include: Fitness Authority- push ups, sit ups, jump rope, lateral hops, and standing broad jump; Walking- members walk to a video for an equivalent of 1 mile, when they have walked 26 times they will receive a shirt stating they walked a marathon at the Club, Daily sports including football, soccer, and volleyball; and also through recreational games we teach members that win or lose it doesn't matter as long as you tried your best. Another core area, Health and Life Skills, allows our members the opportunity to learn and feel good about themselves, how to eat right, and staying away from negative peer pressure. Activities include: Smart (Skills Mastery and Resistance Training) Moves-Dealing with gateway drugs (marijuana, tobacco products, and alcohol), and Smart Girls – for girls 8 to 12 and deals with a variety of subjects adolescent girls are faced with.

Organization: **Athens Woods Estates, Inc. 1-4**

Primary Contact: Keith Carlson
801 Shakespeare Avenue
Stratford, Iowa 50249

Project: Athens Woods Estates is a non-profit corporation which has developed a twenty-unit apartment complex in Stratford, Iowa dedicated to providing personalized assistance and health care tailored to the needs of individuals in the Stanhope and Stratford area. The activities are centered at the congregate apartment and skilled care campus of senior services.

Organization: **Grape Community Hospital's Community Wellness Center 1-5**

Primary Contact: Patty Lundgren, Assistant Administrator
2959 US Hwy 275
Hamburg, IA 51640

Project: The Grape Community Hospital's Community Wellness Center/Program, Located in Hamburg, Iowa is designed to promote health and wellness to

the surrounding community. This new facility is equipped with state of the art equipment and a knowledgeable staff. Health and wellness classes such as smoking cessation, weight management, diabetes, and calorie counting will also be offered. Several services will also be available; These include, strength and endurance testing, flexibility testing, body fat analysis, and exercise prescription.

Organization: **Iowa State Extension, Wapello County Public Health 1-6**

Primary Contact: Barbara Anderson
101 North Court
Ottumwa, IA 52501

Project: Ottumwa, Iowa has a large, new Spanish-speaking population. Because of language barriers and their newness to the community, they have not yet adequately accessed health care services. The Healthy Community Group sponsored a Latino Health Fair at St. Mary's Church on Sunday, September 22, 2002 following Spanish Mass. The screening included interactive screenings for children and adults. Children had vision, hemoglobin test, lead test, hearing screen and height/weight. The adults were offered body fat analysis, weight, blood pressure, glucose, cholesterol check and nutritional information. A speaker presented information on diabetes in Spanish. Take home bags were prepared in advance with health materials in Spanish to be given out. Children's bags were also given with fun items. On Sunday October 6, 2002 a bus tour of health providers was provided following Spanish Mass. Participants toured a couple of the facilities during the tour. The goal was to 1) provide basic health screenings at no cost to the participants – children and adults 2) to better acquaint the new Spanish-speaking residents with local health care service providers and 3) to promote involvement to local health care providers in health care services for an undeserved audience. The Latino Health Fair and bus tour will be an ongoing event in Ottumwa, Iowa.

Organization: **Towncrest Internal Medicine 1-7**

Primary Contact: Sandy Pickup
Iowa City Free Medical Clinic
120 North Dubuque
Iowa City, IA 562245

Project: The Case Management program at FMC provides continuity of care of patients with chronic health problems such as diabetes, hypertension, depression or asthma. Patients are seen regularly by the staff MD's, while their comprehensive care is coordinated by the case manager. Comprehensive care includes free medication (once enrolled in the PINP), eye exams, podiatry exams, dietary counseling, glucose monitoring supplies, blood test and annual flu immunizations.

Organization: **Colesburg Clinic 1-8**

Primary Contact: Jill Buschmann, ARNP
2522 Pilot Road,
Greeley, Iowa 52050

Project: The Colesburg Clinic provides primary care in a rural community, which has not had a healthcare provider for over 40 years. In addition to the primary care we are offering and leading exercise classes 2 days per week. The nurse practitioner offers instruction in aerobic, strength training and stretching activities.

Organization: **Buena Vista County Public Health & Home Care 1-9**

Primary Contact: Renea Seagren, RN, BSN
1709 E. Richland
Storm Lake, IA 50588

Project: The Tuberculosis Clinic in Storm Lake is a collaborative project between Buena Vista County Public Health, Trimark Physicians Group, and Buena Vista Regional Medical Center. The project was designed to offer reduced –fee medical evaluation to children and adults with a positive tuberculin skin test who have no health insurance and limited financial resources. The TB clinic was established utilizing volunteer services of Dr. David Archer, reduced hospital radiology and laboratory fees, and coordination by Buena Vista County Public Health. The program has been effective in detection, testing, and treatment of a communicable disease, which helps assure a healthier community.

Organization: **Larchwood City Council 1-10**

Primary Contact: Ken Kerkvliet
925 Hyland Drive,
Larchwood, Iowa 51241

Project: The objective of the Larchwood Recreational Center project was to turn an old unused gymnasium into a recreation facility for members of a small rural Iowa Town. By getting the community involved, a recreational facility was created that provided a new basketball/volleyball court, tread mills, bicycles, elliptical machines, steppers and weight machines. Today, half of the households in this town use the facility and are improving the quality of their health.

Organization: **Palmer Lutheran Health Center 1-11**

Primary Contact: Debrah Chensvold, President
Palmer Lutheran Health Center
112 Jefferson St.
West Union, IA 52175

Project: According to the Center for Disease Control, 121 Iowans were diagnosed with diabetes in 2000, and a 43 % increase from 1990. Through the Diabetes Education program, patients throughout Fayette County and surrounding areas are given access to diabetic counseling and education

through support groups with other diabetics and one on one education with registered nurses, dieticians and physicians. In addition, glucose testing is provided in our county every 2-3 months to screen at risk individuals.

Organization: **Stork's Nest-Marshall County 1-12**

Primary Contact: Darcy Maiden-Parks
MMSC 3 S. 4th Ave
Marshalltown, Iowa 50158

Project: The Stork's Nest is an incentive program designed to increase maternal and infant healthcare utilization by high risk, economically disadvantaged women. The purpose of the program is to encourage healthy behaviors in women and children, enhance parenting skills, reduce risky behaviors and empower women to make responsible choices about their prenatal and postnatal needs. The program serves pregnant women and children up to 1 year of age. High risk includes women who are at a disadvantage due to income, minority status, education and /or health status. Poverty is a significant fact among Stork's Nest participants. Economically disadvantaged women are more likely to face barriers in accessing prenatal care. Well pay care and education information regarding health pregnancy and parenting behaviors.

Organization: **City of Lockridge Emergency Response Unit 1-13**

Primary Contact: Kenneth McCarty
302 N. Center
Lockridge, IA 52635

Project: The Lockridge Emergency Response Unit is a volunteer group dedicated to the health and safety of the citizens of the community. The city of Lockridge has just completed a new ER Building and then had to replace the fire truck pumper. The ER unit has responded on Easter morning to a train derailment through the center of town. They alerted the residents of the possibility of evacuating, directed traffic and helped with cleanup. They have been called to a hog confinement fire, family home fires, vehicle accidents, chimney fires, brush and grass fires. When a straight wind hit our city, they were there making sure everyone was accounted for and watching for emergencies. Trees and electrical wires were down all over town, one home was blown away and several others were damaged. The ER unit is continually updating and furthering their education. The cost of training is almost prohibitive to our small community.

Organization: **Pocahontas Area Community School 1-14**

Primary Contact: Dennis D. Pierce
202 1st Avenue SW
Pocahontas, IA 50574

Project: Our Fitness center is a school-operated project designed to encourage exercise in our younger population as well as our adult population. Its goal is to promote a healthier life style through proper exercise. Our

tudent usage is recorded by our physical education instructor and a fitness test will be administered at the end of the year. The adult progress is measured by their progression on the equipment and the amount of time they log.

Organization: **Forest City Community School Lunch Program 1-15**

Primary Contact: Jackie Armstrong
810 W K Street
Forest City, IA 50436

Project: The goal at the Forest City Community School was to provide healthy and nourishing snacks to busy students involved in extra-curricular school activities. These students were not getting the opportunity to eat supper until late into the evening. We saw that they were consuming pop and junk food to “tie” them over until supper. We also saw that some kids were completely skipping supper and eating only junk food. We began this after school snack program to offer kids a variety of grab & go food and beverages that have nutritional value. Each day we also offer a substantial hot food item (pizza, waling taco, bread sticks/spag. sauce etc.)

This service, which is managed through the lunch program, does not participate or receive funding through the USDA Bureau of Food & Nutrition (as does the school breakfast and lunch program). Our school only serves about 15% of students that qualify in the free & reduced eligibility program; therefore we do not qualify for benefits provided in the USDA snack program.

Students or adults may make purchases at the Snak Shak with cash or by pre-depositing money into their lunch account. Using the student account system is the most popular methods of payment. This way the student does not need to carry cash to school on a daily basis.

Organization; **Hospice of North Iowa 1-16**

Primacy Contact: Frances Hoffman, Executive Director
232 Second Street SE
Mason City, Iowa 50401

Project: Star Care assists patients and caregivers when patients need extensive in-home care to manage medical symptoms and/or psychosocial needs, but can't qualify for home health services or hospice services funded through Medicare, Medicaid, or private insurance companies. They aren't entitled to home care because they can still leave their homes with assistance from others and are not eligible for reimbursed hospice services, because they don't have a six-month, end of life prognosis or are receiving curative treatments.

Star Care offers the following services/interventions in patients' homes from 8 a.m. to 4.30 p.m. Monday through Friday:

- Written information and instruction for patients and caregivers about patients' illnesses, warning signs, and prescribed treatments
- Instruction on care giving to increase caregiver confidence and effectiveness in providing care and solving problems
- Skilled, personal nursing focused on relieving pain, controlling symptoms, managing medications, and improving patients' quality of life

- Monitoring and manipulation of patients physical environments to promote safety
- Assistance with person care and daily living activities
- In-home respite care for caregivers and socialization for patients
- Emotional support and encouragement
- Counseling or conflict mediation by licensed social workers to help families resolve care disputes in a mutually acceptable manner
- Spiritual counseling or assistance to link with local churches, ministers, priests, or rabbis
- Information, problem solving and decision making support to assist patients and caregivers who are facing difficult problems or decisions regarding their health
- Grief counseling for survivors who request it when patients die in the program
- Information about other available public and private health care and psychosocial services and assistance in contacting and accessing these services – including, but not limited to, the Elderbridge Agency on Aging Case Management for the Frail Elderly program, Meals on Wheels, Salvation Army Day Care respite care, or homemaker services
- Referrals to sources of financial assistance to meet the patients' health care needs.

Organization: **West Liberty Elementary School 1-17**

Primary Contact: Missy Aitchison, School Nurse
111 W 7th Street
West Liberty, IA 52776

Project: Health promotion activities strive to give students the knowledge they need to pursue safe healthy lifestyles, classroom teaching is supplemented by a health fair every 1-2 years, Occasional special activities such as "Fire Safety and Prevention Week:" and health information in parent newsletters. Areas of focus have been handwashing hygiene, nutrition, exercise, dental care, and safety. We try to make the activities fun, yet educational, by incorporating things like puppet shows and healthy snack contest.

Organization: **Jefferson Parks & Recreation/Green County Community Center 1-18**

Primary Contact: Jeff Lamoureux
402 West Harrison
Jefferson, Iowa

Project: The Greene County community Center is a recreation center, which was built through donations of a community. Shortly after it opened its doors, there was a need for childcare in the area before and after school as well as through the summer months. The GCCC has a before school program in place which 10 to 15 children attend. They are given breakfast and play in the gymnasium before school, The after school program has 78 children attending it. The participants have the option to complete their homework in a quiet atmosphere, play in the gymnasium, or work on arts and crafts. GCCC also offers a summer day camp that had 41 participants in 2002. The participants have activities to do everyday, along with going swimming and trips out of town once a week.

GCCC feels it is important for kids to have a safe place to go after school and summer activities for the opportunity to exercise.

Organization: **North Cedar Elementary School 1-19**

Primary Contact: Ange Miller, RN
PO Box 314,
Dike, Iowa 50624

Project: Our program, "Walk with the Principal," was initially introduced by the Iowa State University Extension Office. Our principal, Cyndi Morgan, heard of the program and decided to give it a try here at North Cedar Elementary. The students keep track of laps around a track and log miles. Mrs. Morgan then took it a step further by challenging the students to walk farther than students at another school who were also participating. To make it more interesting and to add an educational twist, the students map out destination for goals. The 6th grade was studying the "Alamo" in Texas last fall so that was the initial goal. California is the next point. Although the Iowa weather has slowed our progress this winter we plan to really hit it hard this spring.

Organization: **Clarion-Goldfield Community School 1-20**

Primary Contact: Mr. Steve Haberman
Middle School Principal
319 Third Ave. NE
Clarion, IA 50525

Project: The purpose of our project is to promote the pillars of character (trustworthiness, respect, responsibility, caring, fairness, and citizenship) through building intergenerational relationships and serving a real need in our community. The overall goal is to create a community where healthy choices and behaviors are the norm.

Organization: **Cerro Gordo County Department of Public Health 1-21**

Primary Contact: Jaci Miller
Deputy Director of Health
22 N. Georgia Ave 3rd Floor
Mason City, IA 50401

Project: With childhood obesity on the rise, we wanted to try and find a fun and meaningful way to instill the value of being physically active and eating better at a younger age. On behalf of the Heart Healthy Cerro Gordo coalition "junior Tracks" has been offered to 4th grade students during the 2002-2003 school year. Participants kept a simple log of what activity they did each week. Logs were initialed by their parent/guardian and turned in each Friday to the classroom teacher to earn an incentive. Monthly interactive mini-education classes provided by coalition members were offered in the classroom and have included topics such exercise, nutrition and heart health. In addition, a free 45 minute Saturday morning class is offered at the local YMCA for any fourth grader enrolled in "Junior Tracks" to earn bonus points for their classroom team and themselves.

Organization: **Palo Alto Community Health Services 1-22**

Primary Contact: Elaine Boes, RN, BSN, CAN, LSW, and Director
3201 West First Street
Emmetsburg, IA 50536

Project: The Stork's Closet of Palo Alto County is a program to help babies get off to a good and healthy start. Nurses working with the Healthy Families Project have found that a majority of teen and single parents visited are lacking motivation to consistently attend prenatal classes, medical and immunization appointments, and to keep scheduled Health Families nursing appointments. However, most are motivated by the offer of incentive gifts that can be used for their babies, such as diapers, blankets, thermometers, wipes, lotion, infant care seats and books. The Storks Closet offers coupons for young mothers, which are collected for attending medical appointments and prenatal classes. When at least twenty-five points in coupons are collected, they can be cashed in for baby supplies. By utilizing the stork's Closet program, families have more supplies and books for improved child comfort, safety, and enhanced development. In addition, the attendance at classes and health appointments has increased, improving the health of young families in Palo Alto County.

Organization: **People's Memorial Hospital of Buchanan County 1-23**

Primary Contact: Amy Marlow
1600 1st St. East
Independence, IA 50644

Project: The Buchanan county Health & Fitness Exhibition 2003 was a collaborative effort between People's Memorial Hospital of Buchanan County and the Independence Parks and Recreation Department. The Goal of the event was to "Get Buchanan County up and Moving" A one-day, free event was hosted at the Independence Falcon Civic Center. Approximately 50 exhibitors provided healthy information and free samples. Booths were available for children through the senior age group, including fire safety, body fat testing/ body mass index, blood sugar, blood pressure, Family & Friends 'CPR instruction, and dermascan screening, to name a few. Additionally, interactive demonstrations were held every one-half hour, including Fit Ball Exercises, Pilate's, Self Defense, Yoga, Weight-lifting/Toning, Circuit Training, Personal Trainer, and Youth Programming. Participants had the opportunity to try a new means of exercise through the interactive demonstration process.

Organization: **Harris Lake Park High School Fitness for Health Program 1-24**

Primary Contact: Rick Vanderwoude
105 Ave A West
Lake Park, Iowa

Project: Every Tuesday and Thursday, elderly people from our community come into the high school weight room to be helped by our students to get into better shape. We assist them by stretching, walking, lifting weights, and abdominal workouts. Even though this is a fitness program, it gives our students a chance to converse with the older community.

Organization: **Audubon County Public Health Nursing Service 1-25**

Primary Contact: Jeanne Schwab, RN BSN
318 Leroy St.
Audubon, IA 50025

Project: Audubon County Public Health provides a skilled nursing visit to all parents and newborns receptive to this service within our county. Initial contact via telephone is made shortly after discharge. A home visit is made at the parent's convenience. The nurse assesses the health and well being of mother and baby, including vitals and height and weight. Education at this time includes feedings, basic infant care, safety, growth and development. If the family needs more assistance or education they are informed of, or referred to other community resources such as the HOPES program. Stork's Nest or Parent time-out. The nurse is also available to receive phone calls after the home visit if other concerns develop. This program promotes a positive family beginning

Organization: **Worth County Public Health 1-26**

Primary Contact: Nancy Faber, RN
85 N 8th St.
Northwood, Iowa 50459

Project: Fourth graders, high school students, parents and the county benefited from Worth County Public Health, Worth County Extension and the cooperation with local schools and substance abuse center for an educational, anti-smoking program the past 2 years held in conjunction with the county parenting fair. An educational, anti-smoking program was organized and presented to all 4th graders in the North Central and Northwood-Kensett schools, Students heard presentation and participated in an anti-smoking poster contest. Older students mentored kids and in year 2 took over the educational programming. The winning posters were used for one month as a billboard display along Hwy 65 near Kensett and Manly. T-shirts were also given to all 4th grades with the winning poster designs. Parents were treated to 2 excellent speakers along with the ability to view all of the posters. Local clubs and businesses supported pizza party for all youth and mentors. The community has adopted this tobacco education/substance abuse, supported family asset building and family fun. From this program further education programs are branching off to serve middle school and high school youth and families.

Organization: **Teen Leadership Connection (TLC) 1-27**

Primary Contact: Cathy Beck- Cross
Southeast Polk High School
8325 NE University Ave.
Runnells, Iowa 50237

Project: Teen Leadership Connection offers students an opportunity to make a commitment to living and advocating a life of responsible, positive choices. TLC members are involved in community service activities such as helping feed the homeless, clowning at nursing homes and

elementary fun night, and one of their biggest activities, visiting fourth grade students to present the message of choosing a life without drugs and alcohol. TLC members are strongly encouraged to be involved in planning and developing additional activities throughout the year. TLC committees include: Elementary Visitors, Homeless Outreach, Community Clowning, High School Prevention, and Community Prevention.

Organization: **Dubuque Rescue Mission, Dubuque, Iowa 1-28**

Primary Contact: Rev. Murray E. Phillips
398 Main Street
Dubuque, IA 52004

Project: The weekly free medical clinic is a cooperative effort between the Dubuque Rescue Mission, the Visiting Nurses Association, and the Gannon Center for Mental Health. The primary goal of the clinic is to provide diagnostic care and treatment of minor illnesses and injuries. The clinic also provides referrals to other health facilities for situation that require more acute care. Lab procedures are done a minimal or no cost to clients through an agreement with United Clinical Labs of Dubuque. The clinic is staffed entirely by volunteer nurses, physician assistants, and doctors who work at the weekly clinic on a rotation basis.

Organization: **The Free Clinic 1-29**

Primary Contact: Glenn Bohmer
623 17th Avenue North
Estherville, IA 51334

Project: The Free clinic was established in 1999 to provide no cost medical services o individuals and families in need. The clinic is hosed in the First Christian Church, located at 205 North 7th Street in Estherville, Iowa. Clinic services are available from 6:30 to 8:30 PM on the second and fourth Tuesday of each month. Physicians, nurses and other medical professionals volunteer their time to provide direct medical services to clients. Non-medical volunteers assist with patient registration translation, site preparation and other essential activities.

Organization: **Mills County Public Health 1-30**

Primary Contact: Sheri Bowen, Agency Administrator
PO Box 209
Glenwood, IA 51534

Project: The Mills County NEST Project was established in 2000 to improve health outcomes and behaviors of pregnant women and young parents, thereby reducing the risk of abuse and neglect for their children. Through the use of an incentive program, expectant and new moms are able to earn points for healthy behavior, including medical care, attending education programs and participating in other support programs such as Parents as Teachers. These points can then be used to buy baby items from the Nest store. Our NEST has monthly educational opportunities, support groups and referral to other needed services.

Organization: **Volunteer Services of Cedar County 1-31**

Primary Contact: Elda Licht
407 8th Ave.
Clarence, IA 52216

Project: Frail Senior citizens who do not have access to friends or family have limited options for transportation to medical appointments in and around Cedar County. Volunteer Services is working hard to fill this gap by lining up rides in regular autos and now a new handicapped accessible van. Our service allows these individuals to get the medical attention they need. When they need it.

Organization: **Stork's NEST Baby Boutique 1-32**

Primary Contact: Janet Gritten
Lutheran Social Services
105 South 7th St.
Dennison, IA 51442

Project: The Stork's Nest Baby Boutique is a service to promote healthy children and wellness through education and medical care for prenatal and children up to the age of two years old.

Organization: **Twin Cedars Community School District 1-33**

Primary Contact Maxine Coffman, RN
806 East Main St.
Knoxville, IA 50138

Project: A First Aid Health Fair was held at Twin Cedars School, The community was invited to attend along with all TC students. Twelve different stations were set up to give information and hand on practice for the following: How to access 911. Burns, Poisoning, Bleeding, Sprains and Fractures, Seizures, heart attack heat and cold problems, sample of a First Aid Kit, choking, bites and stings and automated external defibrillator.

Organization: **AgriSafe of Spencer Hospital 1-34**

Primary Contact: Carolyn Sheridan
1200 1st Ave. East
Spencer, IA 51301

Project: Certified Safe Farm (CSF) is a voluntary agricultural health and safety program that addresses the hazards of farming and the need to reduce illnesses and injuries on farms. An agricultural occupational health screening, personalized education, and an on farm safety review comprise the three primary interventions of the program. A farm becomes certified when the principal farm operator takes part in all of the components mentioned above, and when his/her farm passes the on farm safety review with a score of 855 or higher. The goal of this program is to reduce the number and cost of agriculturally related illnesses and injuries by proving farmer with incentives that motivate them to improve their farming practices.

Organization: **CPR Saturday – Saving Lives in our Communities Committee 1-35**

Primary Contact: Dawn Hamilton
306 West River Drive
Davenport, Iowa 52801

Project: CPR Saturday- Saving Lives in our Communities was developed to increase public awareness and improve the survival rate in the Quad cities (Scott County, Iowa and Rock Island, Illinois) by offering a CPR training course. CPR, when performed immediately and correctly, can double the survival chance of cardiac victims. Forty Four percent of deaths in Scott County are due to cardiovascular disease. Nationwide there is 250,000 sudden cardiac arrest and 3,200 choking victims. Seventh- Eighty percent of cardiac arrests occur at home. The health care Quad cities community recognized the need for more CPR trained bystanders in order to save lives. Three sessions of CPR for Family and Friends were done 2 adult and 1 pediatric. Sixty-four volunteer instructors were available which enabled a 2:1 student to instructor ratio. During lunch, the main speaker was a cardiac arrest victim who was saved by a CPR trained Boy Scout. Several people involved in that rescue also presented to attendees.

Organization: **Hamilton County Public Health Services 1-36?**

Primary Contact: Russ Milane, Executive Director
821 Seneca St.
Webster City, IA 50595

Project: Hamilton County Public Health Services has been participating in the Medication Assistance Program for approximately four years. The program is designed to help obtain prescription medication for people over 65 years of age with limited income and no other resources. The program originally started with the co-operation of Elderbridge Agency on aging. Each year we have gained more participants and now have approximately 50 people on the program. Medication comes generally in three-month supplies and then applications must be filled out to continue the services. Our local physicians work very closely with us on this program. Some of the comments that make us strive to continue the program has been, "I now can buy food instead of spending money on medicine". " This will be the First Christmas in years that I can buy gifts for my grandchildren with the money I saved from not buying medication", "Maybe I can go to coffee once a month with my friends", "Now I can pay for the glasses that I have needed", etc. We believe our participation in this program has definitely brought a better quality of life to our participants.

Organization: **Community Action of Southeast Iowa 1-37?**

Primary Contact: Sharon L. Ford Executive Director
2850 Mt. Pleasant Street, Suite 108
Burlington, IA 52601

Project: The Medication Assistance Program (MAP) helps people who have a chronic health condition and no prescription drug coverage to access medications. The formation of the Medication Assistance Program is a collaborative effort between community Action, Local doctors,

Pharmacists, nurses, and some other local service organizations. Many drug companies offer some medications at no cost to a patient that meets their income guidelines. Therefore, several local doctors, a pharmacist, and social workers helped us form an Advisory Council to design and start this program. Community Action employs a person who works twenty hours per week in the Des Moines County Neighborhood Center. Doctors refer patients whom they believe could benefit from this program to the Community Action Center in Burlington. The employee accepts referral from the doctors, contacts the patients, accesses the forms necessary and assists the individual in filling out the applications. The prescribing physician will then sign the forms and the medications are usually sent directly to the doctor. MAP is a program of Community Action of Southeast Iowa.

Organization: **Cass County Home Care/Hospice 1-38?**

Primary Contact: Lorilyn Schultes
1500 E. 10th St.
Atlantic, IA 50022

Project: Cass County Memorial Hospital and Cass County Medical Clinics collaborate to coordinate an indigent Drug Program which assists patients in obtaining prescription medications. The program ensures that low income; un and under-insured patients have the medications needed to manage chronic diseases. This improves both quality and quantity of life. It also controls health care costs – when chronic diseases are managed well, patients access emergency and inpatient care less frequently.

Organization: **American Red Cross Grant Wood Area Chapter 1-39**

Primary Contact: Judy Grishaber
PO Box 10375
Cedar Rapids, IA 52410

Project: Health Education in Schools is a project that allows schools to offer CPR/Automated External Defibrillation (AED) and first-aid training to their teacher, students and staff, at no cost to the school. The American Red Cross Grant Wood Area Chapter, in collaboration with Metro Wellness Program, trains local teachers as certified instructors. Using educational materials, supplies and equipment provided by the chapter, they will be able to teach these life-saving skills throughout their school district. A grant was obtained from the Greater Cedar Rapids Community Foundation Van Nostrand Health-Related Activities Fund to support some of the cost associated with this project.

Organization: **Horn Memorial Hospital 1-40**

Primary Contact: Sandra Lacey
701 East Second Street
Ida Grove, IA 51445

Project: Agriculture is one of the three most dangerous occupations in this country. Mining and construction have improved their safety statistics because of mandatory programs. Education, engineering, and enforcement are the three methods of improving safety statistics. Since

farmers don't endorse mandatory programs, education is the most palatable of the interventions. In addition many farm families either have no insurance or a policy with high deductible. As a result they don't visit physicians unless they are ill or injured. Screenings can identify health problems in early stages and prevent or delay major problems. The Family Farm Safety Project included the establishment of the AgriSafe Clinic at Horn Memorial Hospital and the first annual Farm Safety Day Camp for ages 8 –13. During 2002 twenty-five farmers were screened for height, weight, blood pressure, vision, hearing, cholesterol, pulmonary function, and skin cancer assessment at no cost to them. Education about health maintenance as well as any areas of concern identified were addressed. The second component of the clinic was a farm visit by a certified farm safety inspector. She evaluated the machinery and farm environment for risks. Those who attained a satisfactory score on this evaluation were awarded a Safe Farm Certificate. The Farm Safety Day Camp was attended by 70 youngsters between ages 8 and 13. Approximately 30 volunteers assisted during the day by teaching, shepherding or attending to other needs, Eight interactive stations taught a variety of safety lessons. Evaluations proved the kids had fun and retained some valuable knowledge.

Organization: **Life Awareness Council for Northwest Iowa 1-41**

Primary Contact: Cindy Warntjes
118 N. 7th Ave.
Sheldon, Iowa 51201

Project: The Life Awareness Council coordinates three programs in O'Brien and Osceola County, Historic Funding sources for the programs will not be made available in 2004. Any proceeds received would be awarded equally among the three programs.

- **Respite Care provides** temporary relief from child care responsibilities at licensed daycare facilities Families do not have to enter into a contractual arrangement with the daycare, as space is available, families can bring their children ages 6 weeks to 5 to a daycare facility for no cost for up to 10 hours per month.
- **Good Night Sleep Tight** Good Night, Sleep Tight is a project that emphasizes the connection between books and a bedtime ritual for preschool children in an effort to keep kids safe. The program is a community partnership to address a variety of families, from a variety of backgrounds to encourage and promote family bedtime routines by providing a care package. Blanket, Books Toothbrush/paste, no water soap, bedtime bag, motivation charts, stickers.
- **Safe House** The safe house will provide temporary, emergency supervision of children in crisis situation due to medical or law enforcement intervention, until placed with other family members or DHS

Organization: **Kids Club- After School Program, Ballard JR/SR High School 1-42**

Primary Contact: Jeriann McLaughlin
PO Box 307
Ballard High School
Huxley, IA 50124

Project:

Kids Club is a free program here at Ballard High School. It is open to students in grades 7 – 12. We meet Monday – Thursday after school until 5:30. The program is designed for older students who are not necessarily involved in any after school sports, drama, and band or related school activity. Kids club is located at the High School and provides students with snacks, activities, and field trips such as bowling, swimming, skating, skiing and numerous other outings. There is daily homework, computer and tutoring time. Kids club is designed as an activity based program such as Boys and Girls Club and similar programs that are available in the larger cities. Kids club provides students with experiences that they would normally not be able to afford or be able to take part in. Kids Club provides a safe environment for teens in those un-chaperoned hours after school when parents are not home from work.

The 2003 Iowa Community Health Prize Project Summary of Entries

Category 2

Organization: **Ag Health and Safety Center 2-1**

Primary Contact: Dixie Daugherty RT/CMC
1502 Broad St.
Keosauqua, IA 52565

Project: Through this project, we provided tobacco cessation programs, education and cessation aids to adults who used tobacco products and who worked at one of the three largest manufactures in the county. The program took place at these work sites. The program staff continued to make site visits and offer support groups for six months following the program's conclusion. The program was developed in response to a survey which revealed a direct correlation between the high rate of tobacco use among the county's teenagers (33%) and the use of tobacco products by their parents. The county as a whole exceeds the state averages for many tobacco –related diseases, including hear disease. As a result of this project, participating worksites have seen decreases in the incidence of tobacco use among their employees. One worksite, prior to the program's implementation, reported 46% of the workforce using tobacco. This employer had allowed employees top smoke at their workstations. This employer now reports that less than 30% of its workforce uses tobacco products and the employer plans to convert to a tobacco free campus this spring. The largest employer has begun tracking sick day of program participants and has realized a decrease in the sick days used by the employees who successfully completed the program. Over 70% of those who participated remained tobacco free at six months following the program conclusion.

Organization: **Grinnell Middle School 2-2**

Primary Contact: Susan Gallo, RN

Project: The Grinnell Middle School Health and Safety Fair is a Culminating experience for grades four through eight provided by the organizers of a community wide Red Ribbon Week It is sponsored annually by Grinnell Middle School, Grinnell Regional Medical Center, Grinnell Mutual Reinsurance Company, and the SAFE Coalition and is actively supported by health care and safety professionals throughout the area. The sixth annual fair was held on November 1, 2002. The fair has had no funding source, and is staffed totally by volunteers, from organizers to presenters. It has grown from a half day schedule its first year to all day for the past five years. The purpose of this fair is to heighten awareness of electrical, fire, outdoor and personal safety, and health/wellness topics such as dentistry, smoking hazards, radiology, fitness/agility, optometry, chiropractic, first aid and many other areas.

Organization: **Larchwood Medical Clinic/Avera Health 2-3**

Primary Contact: Bonnie Petersen –Nurse Practitioner
916 Holder Street
Larchwood, IA 51241

Project: The Larchwood Medical Clinic was developed by a group of community residents. Community leaders recognized the importance of having health care services available daily in the community. In 2001 when it looked like tough economic times would force the clinic to close, community members stepped in again to assist the clinic, and assure that Larchwood residents maintain access to health care services in their community. After struggling financially, the Clinic is on track to financial stability. The Larchwood Medical clinic is open five days a week, and has evening hours one night per week. Due to the hard work of community champions, the clinic provides a variety of health care services including primary health care, nursing home care and care through home visits. The Clinic provides health care to many residents, including elderly residents who might go without services if they were not offered in the community.

Organization: **Southern Appanoose County First Responders 2-4**

Primary Contact: Katy Wireman
PO Box 95
Cincinnati, Iowa 5549

Project: The Southern Appanoose County First Responders is a first responder unit that responds to many different medical emergencies, and assists the local Ambulance services in the areas. It also assists the local Fire Departments. We have had over 75 calls this past year. From minor medical emergencies to full trauma calls, that includes major motor vehicle accidents, gun shot victims, to full code status with use of the automatic heart difibulator. These emergencies range from small children to adults to the elderly. There is a continuing need for supplies, equipment, and on going training. We obtain these by holding fundraisers in the communities and contributions, and grant funding. We also have the cost of 2 emergency vehicles. We are a non-profit organization that serves our communities any time of the day or night. We also tech CPR to local fire departments, and churches, and other groups, and business.

Organization: **Saydel High School
Saydel Student Assistance Team 2-5**

Primary Contact: Lisa Hill
Saydel High School
5601 NE 7th
Des Moines, IA 50313

Project: The Saydel Student Assistance Team has made a commitment to meet the academic, emotional, medical, and social needs of all the children in the Saydel School District. Our focus is to ensure that our children will become successful productive citizens. We have created specific Saydel Services in which our patrons can access when in need of assistance.

We provide the Saydel Food Pantry, Clothes Closet, Young Mom's group, Family Holiday Sponsors, Neighborhood Spring Egg Hunt, School Supplies, Mentors/Tutors, Mental Health Counseling, Grief Counseling, Alternative Education, and referrals to numerous community agencies. All of our services are free of cost and open to any Saydel community resident.

Organization: **Webster County Health Department 2-6**

Primary Contact: Vicki Gill, RN, and BS Director Webster County Health Dept.
330 1st Avenue North Suite L2
Fort Dodge, IA 50501

Project: Webster County formed the "Crossroad Pacers" Mall Walker program after identifying cardiovascular disease as the community's number one health problem. The prevalence of overweight children in Iowa and the statistical data showing childhood obesity to be on the rise nationally prompted us to find a family centered approach activity to improve nutrition and promote activity in our community. The adult participants in the program had baseline data collected for BMI, blood pressure, height, weight, physical activity per week and number of fruits and vegetables eaten daily. We presently are tracking data from 44 participants for complete lipid profiles in addition to the other measurements. We track minutes walked each month; fruits and vegetables consumed daily and give incentive awards to walkers that have reached milestones. We provide blood pressure screenings weekly for participants. We have included children from head start and six registered daycare centers in our program. We have a nurse from our agency visit the six day cares and Head Start each month to provide a short session to the children and parents about healthy eating and exercise. In addition to educating the children about healthy lifestyles we have one group from the daycare centers and Head Start attend the mall each month for nutritional session and walk the mall. We invite parents to participate in the field trip with their children and have had success with parent participation. We also distribute a newsletter each month to parents providing information about health and wellness and to keep the parents updated on the program. We have helped each daycare develop a policy concerning physical activity and nutrition for the children they serve. We also have a display table in the Mall for participants to leave their activity logs and to pick up educational materials. The theme of the table is changed each month and new information is provided. The goal of this program is to promote healthy lifestyles through behavior changes. Our hope is to decrease cardiovascular disease in our county and to decrease the primary health risk of overweight in children being the probability that it will last into adulthood and result in a variety of chronic diseases. We look forward to expanding this program each year.

Organization: **Iowa Senior Olympics 2-7**

Primary Contact: Susan Skinner, Director
3550 Mills Civic Parkway
West Des Moines, IA 50265

Project: Iowa Senior Olympics goal is to promote wellness through fitness, recreation, and social opportunities for adults ages 50+. We do this by encouraging adults, fifty and older, to undertake and continue

participating in a health and fitness oriented lifestyle. The Iowa Senior Olympics provides active adults with a forum in which to compete with their peers and receive recognition for their efforts and achievements in an atmosphere of friendship and support. The Iowa Senior Olympics focuses public attention on the importance of regular exercise as a way to achieve and preserve better health, particularly among adults who are fifty years and over. Ann finally, the games promote a positive image of the older adult in our society.

Organization: **Garner Volunteer Ambulance Services 2-8**

Primary Contact: Todd Edward
575 West 3rd Street
Garner, Iowa 50438

Project: One of the vital keys in the chain of survival is early treatment with a defibrillator. We trained several faculty members at the Garner-Hayfield High School to use the defibrillator in case of an emergency at a school event. This provides early treatment until the ambulance service arrives to provide advance care.

Organization: **Turkey Valley Community School 2-9**

Primary Contact: Nancy Cuvelier, RN School Nurse
101 South McHigh Street
Lawler IA 52154

Project: A public access defibrillator has become a reality for Turkey Valley Community School thanks to the determination, generosity and hard work of Turkey Valley Students, patrons and employees. After two sudden deaths occurred in the school setting (which is over 20 minutes from the nearest emergency room) donations toward the purchase of a defibrillator were received, fund-raising efforts were started, employees become CPR/AED certified and the school now houses a public access defibrillator for emergency use.

Organization: **Race America 2-10**

Primary Contact: Jennifer Lynne Olufsen
P.O. Box 297
Clermont, IA 52135

Project: Race America is an organization of 30 young runners that run across one-half of the U.S. every summer in a "round the clock" marathon run. These "road warriors" have crossed this nation border to border on foot. They bring new meaning to the term cross-country. Race America has been one of the most education "real Life" experiences in most of these runners lives. They have learned that America is an amazing country, filled with caring and committed people from border to border

Organization: **Northwest IA Health Center Home Health and Hospice 2-11**

Primary Contact: Cindy Warntjes, RN
118 ZN 7th Ave.
Sheldon, IA 51201

Project: Best Care for Better Babies is a program serving pregnant women and their families with children prenatal to 6 months of age. Health Education is provided to all families at no charge. Best Care for Better Babies is delivered by health care professional in the county. These nurses are specially trained in these areas: Prenatal and postpartum Care, physical and developmental milestones for babies and toddlers, breastfeeding support and nutritional guidance, and resource networking.

Organization: **Sioux Central Community School District 2-12**

Primary Contact: Dr. Bonnie Meier
4440 US Hwy 71
Sioux Rapids, IA 50585

Project: Our School is working on a systemic change that will turn out healthy adults by producing healthy children through a new "philosophy of education and effective decision making. After completing an extensive needs assessment, three gaps were identified in our district which led to three goals 1) To provide professional development opportunities regarding the latest research and training in the field to physical education teachers and health related staff, and sub sequentially training other faculty as well as communicating this information to the community. Goal2) To provide the overall health, wellness, and development of all students resulting in increased academic achievement including meeting local/state PE standards. Goal 3) To provide students with knowledge, skills, and opportunities to make healthy decisions throughout their lives. Results are a quality PE program, students physically active for a lifetime and students choosing healthy behaviors relating to substance use. Dietary behaviors and physical activity

Organization: **Mills County After School Coalition 2-13**

Primary Contact: Sherry Ford
501 East 5th St.
Malvern, IA 51551

Project: ACES Activities to Challenge and Enrich Students, is a program that provides safe, positive activities for your after school, ACES targets primarily 4th to 6th grad youth in all three school districts in Mills County. This program provides a structured environment that gives youth an opportunity to develop physically, socially and academically. Students participate in fun and challenging activities, receive homework time and help, and work with adult and student volunteers to accomplish tasks. Parents are an important part of the program. They are involved through open house events, presentations and educational workshops. They receive youth development and parenting information and through publications as well. ACES also offers day camps throughout the summer. These camps serve youth in kindergarten through 6th grades. Topics vary from nature art and environmental science to dinosaurs. P curriculum is geared toward the specific age groups.

The 2003 Iowa Community Health Prize Project Summary of Entries

Category 3

Organization: **Veterans Memorial Hospital –Allamakee Diabetes Ed. Program 3-1**

Primary Contact: Anne K. Blocker, RD/LD
Veterans Memorial Hospital
40 1st St. SE
Waukon, IA 52171

Project: The Allamakee Diabetes Education Project, a county-wide program, was a project designed to promote diabetes awareness and control. Project components included an awareness and education initiative for county residents and health professionals, diabetes screening and assessment of at risk persons and development and implementation of a state certified diabetes self-management program. The initial components of the project began in June 2000 and were completed in February 2003 with many aspects of the project ongoing today.

Organization: **Northwest IA Health Center Home Health and Hospice 3-2**

Primary Contact: Mavis Weaver, Director
Northwest Iowa Health Center Home Health & Hospice
118 North 7th Ave.
Sheldon, IA 51201

Project: Rural environments have unique needs related to limited access to services especially health and wellness related to opportunities to preserve functional status and help older adults remain at home. Well elderly clinics were set up to address the health needs of the senior population by maintaining an optimal level of health function, enhancing self-care capacity and maintaining or improving an acceptable quality of life.

Organization: **Ottumwa Regional Health Center 3-3**

Primary Contact: Amanda McCrea-Carter
312 E. Alta Vista
Ottumwa, IA 52501

Project: The Children of Prisoners Project: The COP Project was a grass roots effort by a group of school counselors, the Department of Corrections, the regional health center, and local human service organizations to provide services for children and families affected by criminal activity and incarceration. The group began meeting in January 2003 and began the immediate goal of identifying the children affected and starting a pilot program group with children at one local elementary school. The COP Project is being designed to address the issue of parental incarceration and criminal activity among youth in Wapello County. The effects of parental criminal activity and incarceration are widespread. They are detrimental to the health of the children involved and the classmates of

those children. The goals of the COP Project are to increase or maintain student's success at school, increase the availability of treatment resources, improve/strengthen community support systems, decrease the propensity toward substance abuse and decrease intergenerational delinquency and incarceration. It is through these goals that the COP Project hopes to improve the overall emotional and physical health of all children in Wapello County.

Organization: **Community Health Free Clinic 3-4**

Primary Contact: Darlene Schmidt, CEO, and Clinic Director
943 14th Ave SE
Cedar Rapids, IA 52401

Project: The Community Health Free Clinic is a non-profit organization that provides free medical services to medically uninsured and underinsured people in Cedar Rapids, Iowa and surrounding communities. It provides prescription and medical services through the following clinics:

- Primary Care Clinic
- Women's Clinic
- Podiatry Clinic
- Internal Medicine Clinic
- Otolaryngology Clinic
- Prescription Assistance Service
- Physical Therapy
- Orthopedics Clinic
- Lead Screening Clinic
- Therapeutic Assistance (Social Service)

Both nationally and locally, medical services are becoming more complicated and expensive therefore less available to an increasing number of our population. CHFC believes that everyone is entitled to access adequate medical care regardless of economic status, including life sustaining prescription medications. Both the preventative medicine and treatment for illnesses offered results in reduced demand on critical public services as well as increased individual productivity.

Organization: **Bettendorf Middle School 3-5**

Primary Contact: Jo Mecham
2030 Middle Road
Bettendorf, IA 52722

Project: Fitness United with Nutrition (FUN) is a project dedicated to promoting good health that educates, encourages and allows middle school students to learn and practice principles of healthy habits. It involves a comprehensive plan to make the school environment healthier by utilizing various approaches. Some examples of the FUN program are; sack breakfasts which students may take to class (rather than skipping breakfast). A dairy vending machine as an alternative to soda pop and healthy choice snacks as part of the ala carte selection. To increase fitness we have installed a climbing wall and offer open gym nights for families with activities such as basketball, volleyball, pickle ball and an obstacle course. A highlight of the FUM program is a full week that is dedicated to fitness and nutrition messages including contest, prizes, healthy snack break, high school fitness ambassadors, assemblies

(fireman performing fitness challenges) and multidisciplinary curriculum taught in classrooms. Role modeling by adults lends authority and credibility to the fitness Unites with Nutrition (FUN) message. The role modeling is demonstrated through; the Principal's Pledge to Good Nutrition, poster of teachers doing sports and physical activities and community, reinforce fitness and nutrition learning at school and in the larger community. Positive impact on student health with nutrition and fitness promotion can be gained through the FUN program.

Organization: **Hull Betterment Committee and City of Hull 3-6**

Primary Contact: Randy Feenstra, City Administrator
1133 Maple Street
Hull , IA 51239

Project: The Hull Betterment Board, along with the City of Hull, worked together with the community to create a new Medical Professional Building. This new building brought an optometrist and a physical therapist to our community for the first time. It also added diagnostic services such as x-ray and lab to Mercy Medical Center and brought a dentist back to town after being vacant for nine years. The 1.2 million-dollar project was paid for by a grant from the Hull Betterment Community private shareholders, community residents and help from the city. The project allows all of 2,000 people, worked nearly 5 years on making this a reality for the community

Organization: **Community Health Care of Wapello 3-7**

Primary Contact: June Hardin
PO Box 172
Wapello, IA 52653

Project: A group of concerned citizens organized Community Health Care of Wapello a 501c3 no profit corporation committed to providing quality health care to Wapello and the surrounding area in an effort to maintain quality health care for this rural area. This organization was prompted due to the slated closure of the University of Iowa Family Care Clinic located in Wapello, The slated closure would equate to the loss of the only physician within the community of over 2100 and one of only three physicians within the county. Based on this critical issue CHCW launched a capital campaign in an effort to secure funds in the amount of \$252,000 to purchase the current facility in order to eliminate the overhead cost for the current provider. In return, the University of Iowa Community Medical Services, Inc. has committed to underwriting all costs associated with the day to day operations of the clinic. At the present, CHCW has commitments in excess of \$238,000 for this project and has received notification of a grant award in the amount of \$152,000 through the Iowa Department of Economic Development Community Development Block Grant Program.

Organization: **Johnston Middle School / Partnership for Prevention Project 3-8**

Primary Contact: Chris Wilson, Coordinator
Johnston Middle School Partnership for Prevention
PO Box 10
Johnston, IA 50131

Project: The Middle School Partnership for Prevention is a comprehensive, substance abuse and violence prevention project at the Johnston Middle School. This is a proactive project focused on promoting healthy lifestyles by encouraging students to make low risk choices Through collaborations with the community and by implementing research supported programs know to community continue to be safe places to live, learn and grow.

Organization: **House of Mercy Free Medical Clinic 3-9**

Primary Contact: Annette Bair
1111 6th Ave.
Des Moines, IA 50314

Project: Lab certified by Clinical Lab Improvement Amendments, the Free Medical Clinic at House of Mercy provides free primary health care, clinical testing and prescription drugs to over 450 patients each month. The clinic is open five days a week, eight hours a day. Typical services offered include treatment of childhood ailments, immunizations, STD check, pregnancy testing, employment physicals, treatment of chronic diseases, and care of injuries. This is family practice at its best, emphasizing health maintenance, disease prevention, pre-natal care and well child exam. The clinic staff consists of a fulltime RN, a Physician Assistant, and a quarter time Medical Director Physician.

Other unique elements:

- A pediatric clinic is held weekly and is staffed by a volunteer Mercy Pediatrician.
- The Clinic's immunization program vaccinates 800 children annually.
- Over 75 % of the patients are returning patients, demonstrating that this is their primary source of health care.
- Mercy Clinic physicians volunteer there time and services at the clinic and refer patients to specialists at Mercy Medical Center – Des Moines as needed.

Organization: **OSACS Women's Center 3-10**

Primary Contact: Kim Carr-Irvin , Executive Director
1300 21st Street
Des Moines, Iowa 50311

Project: The OSACS Women's Center HIV/AIDS Capacity Building Project was created to reduce the number of reported HIV/AIDS cases among the clients we serve with a special emphasis on making the project activities appropriated to culture and gender. The project implemented cultural – and gender specific prevention and intervention strategies by 1) involving key community stakeholders in prevention strategy design 2) implementing a public awareness campaign 3) developing and distributing a health fact sheet specific to the community OSACS serves, and 4) developing and implementing cultural- and gender specific support groups for individuals diagnosed with HIV/AIDS.

Organization: **Monroe County Health Care Foundation 3-11**

Primary Contact: Carol Yenger, foundation Coordinator
6580 165th St.
Albia, Iowa 52531

Project: The Monroe County Health Care coordinates and sponsors events focused on family and child safety. Annual events include a Bike Rodeo and Child Passenger Safety Education /Checkup events. We have participated in the Bike Rodeo since 1999 by providing free bike helmets to youth needing them after they complete the safety training and bike course. This fall we are expanding the child passenger event to a Monroe County Kids' Expo. The Expo currently includes collaboration with 9 different organizations, but more is expected. Currently we have 10 different learning stations for seat safety and 011 simulator. The Child passenger program offers families a free inspection of their child's car seat by a Certified Child passenger Safety technician and also provides opportunities for education to families on the need for using a child restraint. If a seat is found to be recalled, over 5 years old, has been in a crash, has noted damage, inappropriate for the child or is a second hand seat with not history, the family is given an appropriate car seat for the child. Once the family is given the seat and proper education on how to use the seat correctly, it becomes their property. Educational and contact information is also given to the family for future reference.

Organization: **West Des Moines Community School District/Wellness Program 3-12**

Primary Contact: Gabe Carlson
3550 Mills Civic Pkwy
West Des Moines, Iowa 50265

Project: Our Wellness program is a vital component of our district's learning culture. Employee well-being and healthy lifestyle choices are a must for our school district. We are a people organization. When we care for our people, we care for our community. The comprehensive programming that is provided through Wellness encourages employees, family members and retirees to choose healthy lifestyle behaviors. Programs are specifically designed to address the health needs and costs of the district and promote healthy behaviors in all areas of well being including physical, intellectual, emotional, social and spiritual. The continued success of this program will depend greatly on the continued support and role modeling of our district leaders. The more the district invests in the health of its employees, the greater the returns both economically and non economically.

Organization: **Iowa City-Coralville Safety Village, Inc. 3-13**

Primary Contact: John Lundell
403 Holiday Road
Coralville, IA 52241

Project: The overall goal of the Iowa City-Coralville Safety Village is best described by the Village's motto, A Special Place Just for Kids Where they can get safety smart. At the Safety Village, local volunteers, police and fire fighters have made basic safety education into a fun learning experience for children ages five to seven. The Safety Village, located on the grounds of the Grant Wood Elementary School, is a child-sized town, complete with streets, traffic lights, crosswalk, and pedal cars. Safety Village is staffed by a certified director, paid staff and community volunteers, with the young participants organized into small group for ample individual attention. For two weeks each summer, children

enrolled at Safety Village engage in activities that present and reinforce safe behaviors. They drive their cars each day on the miniature streets, guided by real police officers and fire fighters, to learn safety rules. With operating telephones, they practice using 911. They receive hands on experience with fire emergencies by learning how to safely exit a small model home containing artificial smoke. Through these and other experiences, they learn pedestrian and car safety as well as how to stay safe around water, on bicycles, near railroads, at the playground, on a farm, and even in their own backyards. Safety Village makes good use of local professionals to give a real world point of view. Police officers, fire fighters, animal control officers, paramedics, and park rangers bring activities, story times, art projects, and an ongoing journal of writing and drawing to reinforce concepts.

Organization: **Moravia First Responders 3-14**

Primary Contact: Lisa Richardson, EMT-B
26298 Highway J&J
Moravia, IA 52571

Project: Due to upcoming expansion for our Fire department the first responder unit need to build a building for our rescue can. The expansion is in reference to Hone Creek State Park expansion.

Organization; **Curious Kids Museum 3-15**

Primary Contact: Tracey Konvalinka
308 North 17th Street
Fort Dodge, IA 50501

Project: The Curious Kids Museum has a mission to provide a hands on learning environment that will foster youth and adult connectedness while learning about each other, and the world around them. By empowering youth to become inquisitive, confident, and self-reliant, we believe that each child will benefit in overall health. We recognize the important role a parent/caregiver plays in a child's life, therefore programs are creatively designed to involve both adult and child. Some of which are the following:

- Curious Capers- interactive adventures that take children into another world, Designed for children ages 4-to 8. Themes include: Wild Wild West, Construction Junction, Pretty Princess, ROAR with the Dinosaurs and more
- Storybook Adventures- Literacy program designed for children ages 2 and up. Caregivers interact with children using, music, crafts, and movement to help bring each story to life and families together. Area businesses and local organizations provide volunteers to share stories with the children.
- Spanish After school/Spanish for Toddlers- Basic Language is taught through play and use of real world tools and environment. Which only a kid's museum can supply. Volunteers from Iowa Central Community College and Senior High School work as mentors, teachers, and actors as we teach young families.
- Music in motion Parents/Caregivers are taught to use music in a therapeutic manner to sooth, encourage, and play with their child. Together we sing, dance and learn more about one another.

Organization: **Metro Care Connection 3-16**

Primary Contact: Susie Green
720 7th Ave. SW
Cedar Rapids, IA 52404

Project: Metro Care Connection is a school-based health center and school-based counseling program in the Cedar Rapids Community School District. The focus of this collaborative school and community effort is on removing health-related barriers to learning for all youth. As Jocelyn Elders said “ You cannot educate a child who is not healthy, and you cannot keep a child healthy who is not educated. Our services include health care (such as Physical exam, immunizations, sick care and assistance in signing up for Hawk I and Title 19), mental health counseling, and substance abuse intervention counseling. The Metro Care Connection staff includes pediatric nurse practitioners, health secretaries, mental health therapists, and substance abuse counselors. All of our services are free and available to any Cedar Rapids Community School student or their siblings who are without access to other care.

Organization: **Maquoketa School’s Rural Health Outreach Program 3-17**

Primary Contact: Paula L River RN, BSN
200 E Locust St.
Maquoketa, IA 52060

Project: The Maquoketa School district Rural Health Outreach Program has four main goals including:

- Provide for the organization of a community-wide planning group. This group would provide the direction and structure to determine local health care needs and strategies to help meet needs. This group of 25 local health providers formulated the vision: “The Maquoketa Rural Health School-Community Advisory will work with parents, students, and community resources to improve the health of children”
- Provide for the yearly health assessment of every school-age child in the district. The process would use an assessment form, which is completed for every child in the school district each year as part of the school registration process.
- Connecting students to medical services in two different ways. First, the hiring of an outreach worker and a nurse who will off school-based health services in four school buildings. In addition project staff will refer students to local physicians, dentists, eye care providers and mental health professionals for additional services as needed.
- Providing monthly training and information sessions for parents and community members. It would involve revision of K-12 health curricula in the school district to include up to date health information and help all students learn to take responsibility for their own health in a proactive manor.

Organization: **St. Anthony Regional Hospital 3-18**

Primary Contact: Gary P. Riedmann, President
St. Anthony Regional Hospital
311 South Clark Street
Carroll IA 51404

Project: The Cancer Center at St. Anthony Regional Hospital in Carroll, Iowa was developed from a community concern that many area residents were facing extensive long distance travel to seek radiation therapy cancer treatment when it was prescribed as treatment for cancer. Initial planning documents showed that prior to the development of St. Anthony's Cancer Center, area residents were making 6,000 trips annually to urban cancer centers for radiation therapy. Long distance travel, time and associated expense created an excessive burden for many individuals and families, especially the growing number of elderly residents living in west central Iowa. Some individuals were unable to receive life saving treatment due to family and transportation limitations. St. Anthony developed a plan to provide full-time physician coverage, technical support staff and equipment for the St. Anthony Cancer Center, still the only one of its type within a one hundred mile radius of Carroll, Since opening in July 1994, the St. Anthony Cancer Center has provided radiation therapy services to over 1,550 individuals, saving nearly five million miles in long distance travel during an already difficult time for these patients. Community support for the Cancer Center is strong, as evidenced by a portion of the project funds being raised through a \$2.9 million community capital campaign. Regular upgrades to equipment assure patients that they are receiving the most recent technology and treatment available. Overall, the mission of providing better access for individuals needing radiation therapy cancer care has been achieved. Quality healthcare, close to home is St. Anthony's mission for community healthcare

Organization: **St. Ansgar Rescue 3-19**

Primary Contact: Vickie Bruggeman
C/O St. Ansgar Rescue
PO Box 176
St. Ansgar, IA 50472

Project: We are an emergency response team of volunteers. We offer assistance 24 hours a day, all year round. The volunteers are trained and able to give emergency assistance until the ambulance can arrive. Our equipment consists of first aid supplies, splints, backboards, oxygen, defibrillator, extrication and communications equipment.

Organization: **Iowa CareGivers Association (ICA) 3-20**

Primary Contact: Diana Findley. Executive Director
1117 Pleasant St. Suite 221
Des Moines, IA 50309

Project: Certified Nurse Assistants (CNAs) deliver 80 –90% of the hands-on care in a variety of health care settings. Although CNAs find caregiving to be rewarding, the work is demanding and often undervalued by society. This results in high turnover and staff shortages, which compromise the

quality of care for many Iowans. The Iowa CareGivers Association (ICA), the first of its kind in the nation, is committed to quality care through dedication to direct caregivers. ICA, in conjunction with several community colleges, has developed and is now offering a program that trains CNAs to be mentors for other CNAs. Follow-up research conducted by the University of Iowa showed that CNA mentoring helps retain staff longer, provides advancement opportunities for CNAs, and results in core consistent, high quality care.

Organization: **City of LeMars 3-21**

Primary Contact: Donna Ruhland
City of LeMars Recreation Director
40 Central Ave. SE
LeMars, IA 51031

Project: The City of LeMars acquired a 24-acre campus with 20 buildings in 1997 when Westmar University closed its doors. The city officials have been making every attempt since its purchase to utilize the property to benefit nearly 10,000 citizens of Le Mars and 24,000 citizens of Plymouth County. It was out of the citizens concern for the mental and physical wellness of the community that began both the community Wellness Center (former Lifesport Center), now housing 8 tenants and the Community Services Center (former Admissions/Financial Aide Offices). Now housing 5 tenants. Agency directors and boards felt that the two projects would not only enhance the quality of life of the citizens, but would strengthen the quality of all programs offered by the tenants. The collaboration between the two projects intergenerational programming has the potential to create an environment of greater cooperation between all agencies and an opportunity for program growth with increased partnerships of all health agencies involved. The City of LeMars will be able to continue to deliver state of the art systems of community-based services for people of all ages through this affordable leasing program of Campus buildings. The tenants of both facilities will be able to continue to improve the effectiveness and cost efficiency of services they deliver.

Organization: **Butler Parish Nurse Project 3-22**

Primary Contact: Lonna Debner, RN PN Coordinator
Butler County Public Health
428 6th Street Box 325
Allison, IA 50602

Project: "Stomp Out Stroke" Program
How do you Stomp Out Stroke? In Butler County, where stroke rates are high, citizens Stomp Out Stroke by learning all they can about prevention, controlling risk factors, and seeking early treatment when stroke's warning signs occur. This ongoing program has held six screening events to date. Parish Nurses offer the screening wherever people gather---soup suppers, pancake suppers, Aplington Fun Days (in the Park), and church bazaars. No appointments are necessary, and the screening is free. 410 people have taken advantage of the service, receiving stroke education along with medical referral and follow-up for those found to have high risk for stroke. As part of Stomp Out Stroke this same group of fifteen Parish Nurses hold monthly blood pressure clinics

around the county. 2,807 Blood Pressures have been taken, with 137 referrals for abnormal reading made. One of those referrals found the client needing heart surgery for mitral valve replacement. Another client received bypass surgery before heart damage occurred. Many others have detected high blood pressure, and have received treatment. If even one stroke is prevented, there is a saving of \$60,000 in medical care. The money is important, but to Stomp Out Stroke staff and participants, the value lies in the quality of life. Preventing paralysis, loss of speech, loss of swallowing, loss of bodily functions and loss of independence has no price tag.

Organization: **Smoking Kills Education Awareness Inc. 3-23**

Primary Contact: Jean Nelson
610 Boundary St.
Red Oak, Iowa 51566

Project: Smoking Kills Education Awareness Inc. is a newly formed (January 2003) Iowa non profit corporation with a 501c3 status from the IRS who wants to educate people, especially the youth, about the dangers of tobacco addiction, and how it is harmful to both the user and the non-user. Our goal will be to give the youth the knowledge to resist tobacco, and for them to respect their bodies enough to remain tobacco free, and to push toward the lofty goal of making Montgomery County the first county in Iowa where there are no young people who begin using tobacco. In Iowa 22.2% of adults aged 18 and older, 32.7% of high school students, and 11.8% of middle school students reported being a current smoker in 2000-2001, and 20.0% of male high school students of Iowa in 2000 were using smokeless tobacco, according to statistics compiled by the American Cancer Society.

Organization: **Central Place Family Resource Center 3-24**

Primary Contact: Cathy Beck-Cross
8325 NE University Ave
Runnells, Iowa 50237

Project: Central Place is a school based community and family resource center whose mission is to provide diverse support services for all members of the Southeast Polk Community to help individuals become safer, healthier, and self sufficient. Central Place services are for all ages of people who live in the Southeast Polk Community School District or have a student open enrolled into the district. Central Place utilizes the Iowa Comprehensive School Health model, and provides a variety of services to improve the health of the community, such as:

- Community Wellness classes on a variety of health related issues for all ages
- Parent education classes for emerging concerns and serious parenting issues
- Community outreach activities that provide information on health care access and health related issues
- Resource and referrals to assist people in accessing a multitude of services to improve their health and well being
- Multiple mental health providers on site at each of the district schools
- Intensive case management services for families with serious issues, such as mental health, domestic violence, and substance abuse

- Free quality medial care for children and youth age birth to 21 years
- Assistance with families basic needs
- Preschool scholarships to support school success

Organization: **Eastern Iowa Community College District 3-25**

Primary Contact: Gale Roeder
306 West River
Davenport, IA 52801

Project: Scott Community College/Eastern Iowa Community College in collaboration with Hearts of the Quad Cities and the Scott County Health Department has conducted a project to reduce the impact of cardiovascular disease among the senior citizens of Scott County in conjunction with the Plus 60 Club. Over 1,000 Scott County residents over the age of 60 were encouraged to develop healthier lifestyles by participating in nutrition and fitness classes this year.

The 2003 Iowa Community Health Prize Project Summary of Entries

Category 4

Organization: **“Seeds of Hope: Caring for the Mental Health of Iowa Farm Population”
Ecumenical Ministries of Iowa
Iowa Concern Hotline
Iowa State University Extension Rural Mental Health Initiative
AgriWellness, Inc. 4-1**

Primary Contact: Diane Patton, Project Coordinator
Ecumenical Ministries of Iowa
3816 36th Street Suite 202
Des Moines, IA 50310

Project: The “Seeds of Hope: Caring for the Mental Health of Iowa’s Farm Population” is a collaborative project of Ecumenical Ministries of Iowa, the Iowa Concern Hotline, the Iowa State University Extension Rural Mental Health Initiative and AgriWellness, Inc. that provides mental health services to Iowa’s farm and rural residents who lack health insurance or cannot afford care.

Organization: **Right Choices About Sex (RCAS) 4-2**

Primary Contact: Jacque Grabouski
4500 Stoneridge Point
Sioux City, IA 51106

Project: Right Choice About Sex (RCAS) is a team of parents organized more than two years ago after studies by the Healthy Siouxland Initiative concluded Woodbury county had higher than the state and national averages for teenage pregnancy. The goal of RCAS is to support and educate Siouxland teens and their parents about the health risks of sex outside of a single marriage relationship. The group organized a True Love Waits abstinence rally on February 25, 2000 at West High School who had an estimated attendance of 4,000 teens and parents. Over 700 teens signed abstinence commitment cards at that event. The rally featured world-renowned speaker Pam Stenzel, Husker Coach Ron Brown and members of the band “Sonic flood”. Two years later RCAS again raised funds and organized abstinence education school assemblies featuring Pam Stenzel, Pam spoke at 14 locations to over 12,000 students about sexually transmitted diseases and teens making educated choices in their relationships. A parent evening entitled Character Matters was held during that same week with over 500 parents in attendance.

Organization: **Healthy Polk 4-3**

Primary Contact: Rick Kozin
Polk County Health Department
1907 Carpenter Avenue
Des Moines, IA 50314

Project: Healthy Polk is a movement of individuals and community organizations with a mission to improve health status, longevity and quality of life for persons of all age groups, socioeconomic levels and ethnic backgrounds living in Polk County, Iowa. This mission will be accomplished by providing greater access to health promotion information, appropriate health protection and disease prevention services, and healthier physical and social environments.

Organization: **University of Northern Iowa Global Health Corps 4-4**

Primary Contact: Michele Yehieli, Dr. P.H., and Executive Director
220 Wellness Recreation Center
University of Northern IA
Cedar Falls, IA 50614

Project: The Global Health Corps is a student –oriented, locally headquartered, nonprofit organization, under the supervision of University of Northern Iowa faculty trained in international health. The field based training curriculum enhances student preparation in the area of cross-cultural community health. Since 1996, the Global Health Corps has trained more than 400 pre-professionals to provide health education outreach programs addressing the most relevant health issues for more than 35,000 clients from such diverse audiences as immigrants and refugees, the homeless, low-income elderly, and youth. Presentations are interactive, and use visual aids including props, demonstrations, and puppets. The implementation of the program simultaneously improves access to culturally appropriate, preventive health programs for diverse and underserved populations in Iowa, the U.S. and abroad.

Organization: **Carroll County Board of Health, Carroll County Health Coalition
St. Anthony Regional Hospital, Daily Times Herald 4-5**

Primary Contact: Katie Towers, RN, Dir Education Services
311 S Clark St.
Carroll, IA 51401

Project: The Carroll County “Health View” Communications Project is a community based, preventive health program which is supported through the collaborative efforts of the Carroll County Board of Health, Carroll County Health Coalition, St. Anthony Regional Hospital, and the Carroll Daily Times Herald. The Health View is a quarterly magazine-style, health-focused publication which provides Carroll county residents with practical information about current health issues, with emphasis upon local initiatives, services and activities which promote health lifestyles for people across the county. A calendar up upcoming community events is included with each issue. An important component to the Health View Project is that it reaches every household in Carroll county, reflecting a shared concern and commitment to improving health outcomes.

Organization: **Benton Community Health Occupations Students of America
(HOSA) Chapter form Benton 4-6**

Primary Contact: Mary Lou Jacobi, HOSA Advisor
Benton community High School
600 1st Street
Van Horne, IA 52346

Project: Our Local Benton Community Health Occupations Students of America (HOSA) Chapter's Community Awareness and service projects have been promoting healthy lifestyles and giving service in our schools, community, county, and surrounding areas for the past ten years. Our members attended the Take Charge Conference, Win With Wellness, Peer Educator's Training Sessions, and Tobacco Coalition Meetings. These high school students then taught younger children in 5th and 6th grade about the dangers of tobacco use and second hand smoke. HOSA members started Students Against Awareness Week promoting healthy lifestyles. We schedule several educational assemblies with guest speakers with video and slide presentations for the middle school and high school students, teachers and parents. Our community awareness team gave power point presentations on the dangers of tobacco use and second hand smoke to the school board, PTA's and Lion clubs in our community. We sponsored a picking up cigarette butts contest on the school grounds. A prize was given for the organization that collected the most. These jars of cigarette butts were displayed at The Great American Smoke out Day. We provided survival kits for the individuals who were trying to quit smoking. We encouraged our school board to change the school policy to ban all smoking by everyone on school grounds. We sponsored Red Ribbon Week for kindergarten through twelfth grades with activities for each day of the week. We worked with Benton county ASAC to implement a smoking cessation program for our high school students. Due to deaths form cancer from smoking, we collaborated with the American Cancer Society to make poster for the Relay for life event. We will also be participating in the Relay for life with the Benton County Teens Against Tobacco use TATU team to earn money for the cancer research. We also sold and delivered daffodils for the American Cancer Society. We joined tow other Benton county schools to attend the Youth Advocacy Day where we talked to our legislators about using tobacco settlement money for education and increasing the cigarette tax. Our project has events schedule each month from Sept. through May to educated and give service to Environment and Nutrition. We also had many other service projects, including collecting and delivering food to the less fortunate families in Benton and Linn counties at Thanksgiving and Christmas time. Organizing and delivering gifts from the Angel Tree at Christmas time, collecting and delivering 50 pounds of pop tabs and cleaning supplies to the Ronald McDonald House on Iowa City, sponsored a school and community blood drive for the local hospitals, sponsored an ongoing clothing swap of used clothing in our school and cans, and provided treat for Halloween for 300 children in Linn County as part of the Lindale Mall project. We assess the needs of our community and provide education and service to promote health and wellness for people of all ages.

Organization: **Clinton County Cardiovascular Task Force 4-7**

Primary Contact: Kelly Stoller
611 North 2nd St.
Clinton, IA 52732

Project: The volunteer committee formed in 1996 from a diverse group of people in the community with a common goal to assist in community efforts to reduce death, disability from heart disease and stroke by 2005. This is being accomplished by providing ongoing public awareness, writing

grants and receiving community donations to obtain AED's in Clinton County schools, colleges, health and fitness facilities, sheriff and police cars and churches. The committee works to see that AED's are registered, in proper placement and assists with training staff and community members in CPR and the AED usage.

Organization: **City of West Des Moines Emergency Medical Services 4-8**

Primary contact: Captain David Edgar
PO Box 65320
West Des Moines, IA 50265

Project: The West Des Moines Public Assess Defibrillation Program is intended to place Automated External Defibrillators (AED) in public places to reduce the number of deaths due to sudden cardiac death in the public setting. The program includes not only the placement of the AEDs but also training users in CPR and use of the AED. The program has three main areas of emphasis, with the first being the placement of AEDs in all West Des Moines Police Cars and training the officers on their use. The second area of emphasis is the placement of AEDs within the community in high-risk areas, such as malls, golf courses, fitness centers and churches. The final area involves a joint project with the West Des Moines community School Systems to train all sophomore students in CPR and the use of the AED, thus assuring that all students entering the work force are trained in these life saving techniques.

Organization: **The Ames Tobacco Task Force 4-9**

Primary Contact: George Belitsos, Co-Chair, ATTF
PO Box 1628
Ames, Iowa 50010

Project: The Ames Tobacco Task Force led the community health effort to successfully enact Iowa's first-ever city ordinance limiting smoking in all Ames restaurants and bars that serve food. The possibility for such an ordinance was conceived six years ago when a coalition was formed by concerned citizens (including both adults and teens), and they began working toward enactment of the ordinance. Members at ATTF organized public forums, led petition drives, testified at City Council hearings, testified in district court proceedings, spoke on TV and radio, prepared and distributed education information, including health warnings, as well as statistics on smoke-related illnesses. Nearly 75 letters to the editor were written by ATTF members and local citizens and were published in The Tribune or The Des Moines Register. Members of the Task Force met with leaders of the hospitality industry to work out a compromise that was mutually beneficial and established principles agreeable to parties on both sides of the issue. The City Attorney prepared the ordinance according to these principles. It was debated before the City Council and was passed unanimously and enacted into law on August 1, 2001. The ATTF continues to meet monthly and guide community efforts in the direction of reducing the incidence of tobacco use among people of all ages, but especially among the young. Several other local gains include smoke-free dorms at Iowa State University, removing cigarette sales from campus, publishing an Ames guide to smoke-free restaurants, a smoking cessation guide, and booklet about

how Ames organized and passed the first smoke-free ordinance in the state.

Organization: **Together for Youth 4-10**

Primary Contact: Brooke Olson
Allen Hospital
1825 Logan Avenue
Waterloo, IA 50703

Project: Together for Youth is a program that strives to prevent adolescent pregnancies and strengthen young families in the Cedar Valley area through a strong collaborative effort with ten vital agencies. TFY consists of two components: Prevention of adolescent pregnancies and services to pregnant and parenting adolescents. The prevention component offers ten programs to area youth: Health Education, Peer Educators in Sexuality and Health (PESH_ Teen Parent, Panel, Baby Think It over dolls, Wise Girlz, Strengthening Families, Take Charge of Your Body, Parent Education Individual Pregnancy Prevention Counseling, and Together for Youth Outreach Presentations. The services to pregnant and parenting adolescents are offered through a program call Young Parents Together. YPT provides parenting education and emotional support for young moms and dads, and help prevent subsequent pregnancies among its participants. YPT meets on Monday at the Waterloo YMCA from approximately 3:30 to 5:30 p.m. Participants are provided a nutritious meal, on site child care, and transportation to and from group, if needed. After the congregated meal, the participants divide into six smaller groups, which are led by a professional from one of ten collaborating agencies. The groups include two maternal health and four parenting groups, as follows: Prenatal Education, Childbirth Preparation, parenting for Newborns, Young Toddlers and Older Toddlers, and classes for Promise Job requirements. Many YPT participants begin coming during their pregnancy and can attend all the way through their child's third birthday. Participants of the YPT program also have the opportunity to earn "points" which allow them to "buy" baby care, personal, household items. Points are earned for attendance, personal achievement and responsibility and referring new participants. The YPT Incentive Store is offered once a month to the participants learn valuable life lessons as they save and spend points for things they need. Young teen parents are also able to receive individual services through YPT. Parent Connection for Teens matches young parents with a professional or a trained volunteer to provide in home education and support.

Organization: **Iowa Donor Network 4-11**

Primary Contact: Paul Sodders
8191 Birchwood Court, Suite J
Johnston, Iowa 50131

Project: The Iowa Donor Registry is an on-line database that enables Iowans to legally record consent for organ and tissue donation prior to death. This secure database cannot only be accessed through the Intranet, but Iowans can also register through the mail by picking up a Donor Registry Brochure at any driver's license station in the State. Iowans have a third option of registering via a toll-free telephone number.

Applications submitted but technically ineligible

Organization: **St. John Lutheran Church “HOPE Group” (Category 1)**

Primary Contact: Carolyn Martin, Director
715 College Street
Cedar Falls, Iowa 50613

Project: The HOPE Group is a ministry of St. John Lutheran Church (ELCA) in Cedar Falls, Iowa. Our purpose is to offer support and companionship, education, and awareness to people living with chronic pain. Maintaining healthy lifestyles while living with chronic pain will be the focus of our group. HOPE Group will utilize published materials to provide faith – based and up to date medical information to group participants, as well as information on resources available in the Cedar Valley Area. Guest speakers from the health and wellness community will be asked to give presentations.

Organization: **Massena Volunteer Fire and Rescue (Category 1)**

Primary Contact: Brad Lank
88 E Cedar Street
Massena, IA 50853

Project: The Massena Fire and Rescue is currently needing to purchase an updated ambulance. Our current ambulance is a 1984, which is constantly in need of mechanical repairs. We are hoping to purchase this unit with the support of grant money, fundraisers and tax money.

Organization: **St. Lucas Park/Playground Committee (Category 1)**

Primary Contact: Darla Goerend
112 E. Main St.
St. Lucas, IA 52166

Project: We believe the community of St. Lucas would greatly benefit when our park/playground is re-done to allow our children a safer place to meet friends and play to stay physically fit and offer a place for adults also with overall community betterment in mind.

Organization: **PCM School District (Prairie City-Monroe Reasnor) (Category 3)**

Primary Contact: Linda Birkenholtz, School Nurse
Prairie City Elementary
PO Box 490
Prairie City, IA 50228

Project: The Save A Life Program strives to ensure that anyone inside one of our schools or on the grounds would have cardiac resuscitation available, should the need occur. By having an AED (automated external defibrillator) available in each school building, resuscitation can be started much quicker. Quicker response time increase the chances of saving a life. Nurses, teachers and coaches in each building will be trained to use the AED. Building principals will post an action plan to follow should the emergency occur. CPR alone cannot convert a heart in ventricular fibrillation to a normal sinus rhythm. The heart in ventricular

tachycardia usually stays there briefly before converting to ventricular fibrillation. The only hope for successful resuscitation lies in early defibrillation. With each passing minute, the success for resuscitation deteriorates. Survival rates decrease significantly each minute of cardiac arrest.

Organization: **Community Health Centers of Southeastern Iowa, Inc. (Category 3)**

Primary Contact: Ronald W. Kemp. CEO
1225 South Gear Avenue
West Burlington, IA 52655

Project: CHC/SEIA is a newly established 501 c 3 community health center whose mission is to provide comprehensive, culturally effective, efficient and affordable primary health care to those living in the southeastern Iowa region (especially those with limited access to affordable primary health care.) Currently, CHC/SEIA operated 4 primary care medical clinic sites in the region (with a 5th medical clinic site to open in Burlington 7/03. Dental access issues are well documented for persons living in his region; especially for those without dental insurance or those covered by Medicaid. CHC/SEIA opened its 1st dental clinic in Burlington, Iowa 4/28/03. With a full-time staff dentist and dental hygienist, over 4600 dental visits are expected during the initial full year of operation. CHC/SEIA also expects to work closely with local county health department to provide dental screenings, effective dental prophylactic services (sealant & varnish as well as to public health/school based programs in the four county services area.

Organization: **Tri State Community Health Center (Category 4)**

Primary Contact: Kelly McMahon
2457 Willow Brook Drive
Dubuque, Iowa 52001

Project: The Tri-state Community Health Center is a proposed new delivery site developed in Dubuque for the provision of comprehensive primary and preventative healthcare services. The service area is defined as Dubuque and Jackson Counties in Iowa. Because of Dubuque's proximity to Illinois and Wisconsin, we anticipate providing services to residents in those states, as well as surrounding counties in Iowa. Persons of all ages, from infancy to the elderly, will have ready access to a full range of primary, preventive enabling and supplemental healthcare services, including oral health services. The service plan will involve a combination of direct service and other services delivered through collaboration arrangements with other health service providers. The target population includes 22,197 persons below 200% of poverty level, with 16,481 reported uninsured individuals. In Addition, under insured individuals, lacking comprehensive medical benefits including dental services will be included. Payment for services will minimal with a sliding scale fee. No one will be refused care due to inability to pay for services. There is an unprecedented level of community support for the Tri State community Health Center. Planning has been comprehensive and enthusiastic by a highly collaborative group of experienced individuals. We have worked closely from the start of this project with the Iowa Nebraska Primary Care Association and the Iowa Department of Public Health.