



Quick Reads

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Environmental Public Health Tracking

I'm pleased to announce the launch of [Iowa Public Health Tracking](#) (IPHT). This state-of-the-art environmental and public health tracking program has been in development for many months. The web-based system tracks key environmental hazards and health problems with the goal of improving the understanding between possible links between environmental conditions and chronic disease. Iowa is one of 23 states to receive funding from the CDC to build this network and conduct pilot projects. This is a major step forward in web-based surveillance and I'm proud that Iowa is on the forefront of this important work.

Healthiest State Walk

It's time for once again to lace up your walking shoes for the Healthiest State Walk on October 9th. Last year, nearly 300,000 Iowans participated by walking 1-kilometer (0.62 miles) to demonstrate support for a healthier state. There are many ways to take part. Walk as an [individual](#), be part of an [existing group walk](#), or gather your friends and [organize your own group walk](#). I and my colleagues from IDPH will be on the streets near the Iowa State Capitol for the [IDPH Healthiest State Walk](#). I invite you to join my group! We'll gather near the WWII Memorial at noon.

Proclamations

2013 marks the 50th anniversary of [newborn screening](#) in Iowa and Governor Branstad will sign a proclamation recognizing the milestone on September 18.

September brings a number of public health-related proclamations in Iowa. September 19, Governor Branstad will sign a proclamation recognizing [Recovery Month](#), which focuses on the benefits of prevention, treatment and recovery for mental and substance use disorders.

September 23, the Governor will recognize [Falls Prevention Awareness Day](#). This day brings attention to resources and training to prevent falls, the leading cause of hospitalization and death for Iowa's older citizens.

Do you like us?

IDPH has expanded its social media presence with the launch of its departmental [Facebook](#) page. If you haven't already 'liked' us on Facebook, I encourage you to visit our page to see timely updates on public health issues, photos of public health-related events, and announcements of important public health information. Our Facebook page joins the IDPH [Twitter](#) feed as another resource to reach the public and our partners. Please take a moment to 'like' us and 'follow' us and invite your friends and co-workers to do the same!

Congrats and kudos

The [IDPH Bureau of Nutrition and Health Promotion](#) is a winner of the [2013 Alfred P. Sloan Awards for Excellence in Workplace Effectiveness and Flexibility](#) in the At-Large category. The selection process involved an evaluation of the bureau's programs and practices and a confidential employee survey. Winners rank in the top 20 percent of employers nationally in terms of programs, policies and culture for creating an effective and flexible workplace.

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To get *Quick Reads* directly in your inbox, please send a blank e-mail to join-quick_reads@lists.ia.gov. To contribute a news item or smart practice, please write to Polly Carver-Kimm at Polly.Carver-Kimm@idph.iowa.gov.

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

— *Dr. Miller-Meeks*