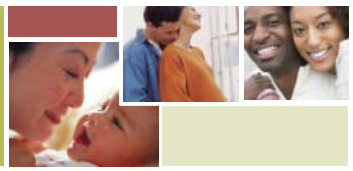
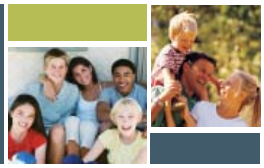
THE UPdate

April 30, 2012





The Update is a bi-weekly web newsletter published by the Iowa Department of Public Health's Bureau of Family Health. It is posted the second and fourth week of every month, and provides useful job resource information for departmental health care professionals, information on training opportunities, intradepartmental reports and meetings, and additional information pertinent to health care professionals.

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national women's health week

May 13-19, 2012

# National Women's Health Week

National Women's Health Week is a week-long health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health. The theme for 2012 is "It's Your Time." National Women's Health Week empowers women to make their health a top priority. It also encourages women to take the following steps to improve their physical and mental health and lower their risks of certain diseases:

- Visit a health care professional to receive regular checkups and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking and not wearing a seatbelt or bicycle helmet.

**To learn more about National Women's Health Week, go to www.womenshealth.gov/whw. You can also visit the Iowa Women's Health Information Center at www.womenshealthiowa.info, which provides FREE objective, medically accurate health information for women in Iowa.**

# PREP RFA Announcement

The Personal Responsibility Education Program Implementation Request for Application 58812006-02 for Federal Fiscal Year 2013 has been posted to the Iowa Department of Public Health website at www.idph.state.ia.us/IdphGBP/IdphGBP.aspx.

Please note that you will find five items listed under the Personal Responsibility Education Program Implementation RFA 58812006-02, which include:

1. RFA 58812006-02 PREP Document
2. RFP 58812006-02 PREP Appendix I
3. RFA 58812006-02 PREP Appendix I continued
4. RFA 58812006-02 PREP Appendices II through IV
5. RFA 58812006-02 PREP Attachments

**Applications are due on June 14, 2012 by 4:00 PM CST**
**Contract Period: October 1, 2012- September 30, 2013**
**Project Period: November 1, 2011- September 30, 2015**

# JAMA Produces Public Resource on SIDS

The JAMA Patient Page, titled Sudden Infant Death Syndrome, provides a definition of SIDS as well as other information, such as information on how to decrease the risk of SIDS. The document was published as a public service in the April 25, 2012, issue of JAMA, The Journal of the American Medical Association. The information and recommendations on the page are appropriate for most audiences. Health professionals are encouraged to print copies for clients. Bulk reprints are also available. E-copies are available at http://jama.ama-assn.org/content/307/16/1766.full.pdf.

JAMA PATIENT PAGE

Sudden Infant Death Syndrome

SIDS BASICS

HOW TO DECREASE THE RISK OF SIDS

FOR MORE INFORMATION

INFORM YOURSELF

**You can also download a copy on page 8 of The UPdate.**

## Performance Management!

The Performance Management (Section 500) of the Administrative Manual has been revamped! It now includes a definition and components of performance management that ensure program goals are consistently being met in an effective and efficient manner. Within this section, an agency can find information on how each can better focus on 1) the functioning of an organization, a program, or an individual, or 2) the processes used to develop programs.

To begin learning more about the benefits of performance management and its components, please see Section 500, page 501.1.

Agencies will also find information about CAReS and WHIS Reviews in section 500. Recently at the April 19, 2012, grantee meeting, the CAReS and WHIS reviews process was overviewed. Major discussion points include:

- CAReS and WHIS reports will be completed monthly.
- Reports are due to the Bureau of Family Health 30 days from the date of receipt of the agency's random sample.
- The Program Coordinator holds the responsibility for reviews. Selected activities may be delegated to other staff as long as the Program Coordinator retains the overall responsibility.
- CAReS records to be reviewed will be generated randomly by IDPH using statistical software and will be sent electronically to each agency in an Excel spreadsheet.
- WHIS records will be automatically generated by each individual agency using WHIS protocols developed by SoftForce.
- Random samples of March CAReS data will be sent to agencies May 30, 2012.
- IDPH will provide comments by June 30, 2012 to agencies.

**You may send questions or comments to the Quality Assurance team regarding the CAReS and WHIS review process. This is a new learning experience for all of us and we hope the process leads to greater communication and service provision. Please direct your questions to either Juli Montgomery at Juliann.montgomery@idph.iowa.gov or Shelley Horak at Shelley.horak@idph.iowa.gov.**

# Calendar

## May 17, 2012

**Breastfeeding Conference**

8:30 a.m. - 4:30 p.m.,1800-50th Street, Des Moines

Registration brochure is available at www.iowahealth.org.

## June 21, 2012

***Bureau of Family Health Grantee Committee Meeting**

9 - 11:30 a.m., GoToWebinar

* Required meeting

### MAY
### Contract Required Due Dates

14 - FP Client Visit Records

15 - Electronic Expenditure Workbooks

28 Export WHIS Records to IDPH

# THE UPdate

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***Healthy Families Line: 1-800-369-2229***
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# Sudden Infant Death Syndrome

**Sudden infant death syndrome** (SIDS) is the sudden unexplained death of a baby younger than 1 year. Most SIDS deaths occur in babies who are between 2 and 4 months old. In the United States, approximately 4500 infants die each year of SIDS. This Patient Page is based on one published in the December 4, 2002, issue of *JAMA*.

## SIDS BASICS

Although more research is needed, it is currently believed that SIDS results when a baby's body has difficulty regulating blood pressure, breathing, or temperature (or a combination of these things) because of an underlying vulnerability or developmental problem. When stressed by outside factors, including being put to sleep on their stomach, these babies can die of SIDS.

One thing parents can do to help prevent SIDS is to put babies to sleep on their back, not stomach. This helps babies breathe more easily and may prevent them from breathing their own exhaled air, which can collect under the baby's nose, especially if the baby is snuggling with a blanket, pillow, or stuffed animal. Babies should sleep in a room that is adequately warm (but not too hot).

## HOW TO DECREASE THE RISK OF SIDS

- Always place babies "back to sleep" (sleeping on back rather than stomach)
- Place babies on firm (not soft) bedding
- Keep pillows, blankets, and stuffed animals out of the crib
- Use pacifiers
- Prevent babies from getting too hot
- Do not expose pregnant women or babies to cigarette smoke
- Do not allow babies to sleep with parents in parents' beds or on couches

Babies should never be put to sleep on adult furniture, such as sofas or beds, because they can become trapped in crevices or corners or under bedsheets and suffocate. Parents often worry that babies' heads will become flat in the back, but this can be prevented by giving babies "tummy time" while they are awake and being watched by a caregiver.

*Sources: Centers for Disease Control and Prevention, American Academy of Pediatrics*

## FOR MORE INFORMATION

- American Academy of Pediatrics HealthyChildren www.healthychildren.org
- Centers for Disease Control and Prevention www.cdc.gov/parents

## INFORM YOURSELF

To find this and previous JAMA Patient Pages, go to the Patient Page Index on *JAMA*'s website at www.jama.com. Many are available in English and Spanish.

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