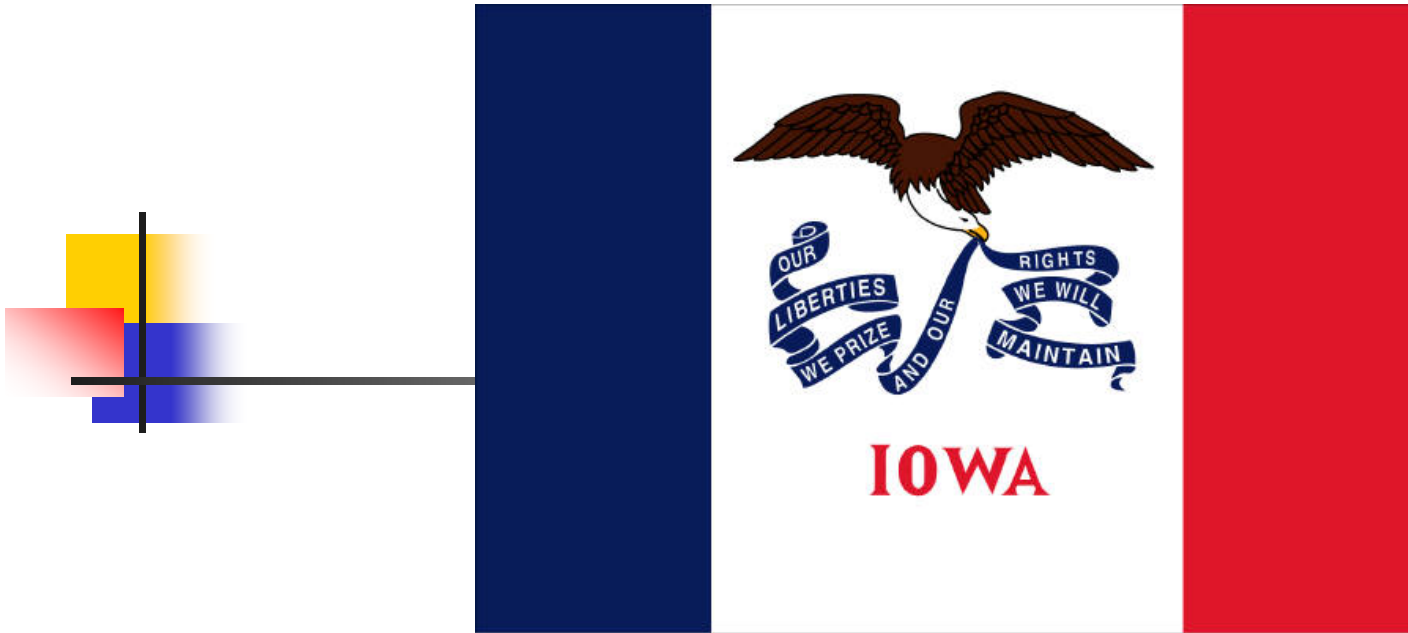


Top 10 Public Health Achievements

– An Iowa Retrospective

In Celebration of
Public Health's Achievements



Dedicated to the men and women across Iowa whose mission it is to promote and protect the health of all Iowans



Public Health Achievements in the U.S. from 1900 - 1999

- Vaccination
- Motor-vehicle safety
- Safer workplaces
- Control of infectious diseases
- Decline in deaths from coronary heart disease and stroke



Public Health Achievements in the U.S. from 1900 - 1999

- Safer and healthier foods
- Healthier mothers and babies
- Family planning
- Fluoridation of drinking water
- Recognition of tobacco use as a health hazard

Vaccination



Vaccination



- During the 1950s, polio infected 7,813 Iowans.
- Today, polio has been eradicated.
- Other diseases (small pox, tetanus, and diphtheria) have been virtually eliminated because of vaccination.

Vaccination



- c. 1978 – UI pediatrician, Dr. Martin Meyers, championed passage of mandatory immunization for school entry.
- Today, Iowa boasts one of the highest rates of childhood immunization in the nation – 83.2%.

Motor-Vehicle Safety



Motor Vehicle Safety



- In Iowa, motor vehicle accidents account for half of all unintentional injury deaths.

Motor Vehicle Safety



- Today, 84% of Iowans use seat belts.
- In 2004, Iowa further improved its child passenger restraint legislation.
- In 2003, the legal blood alcohol limit while operating a motor vehicle was decreased from .10 to .08.

Safer Workplaces



Safer Workplaces



- Iowa's occupational fatality rate is higher than the national average.
- However, since 2000, Iowa's overall occupational injury and illness rate has declined 20.4%.

Safer Workplaces



- Farming is the most hazardous occupation in Iowa.
- Over the past 15 years, much work has been done to improve risk awareness and safety on Iowa's farms.

Control of Infectious Diseases

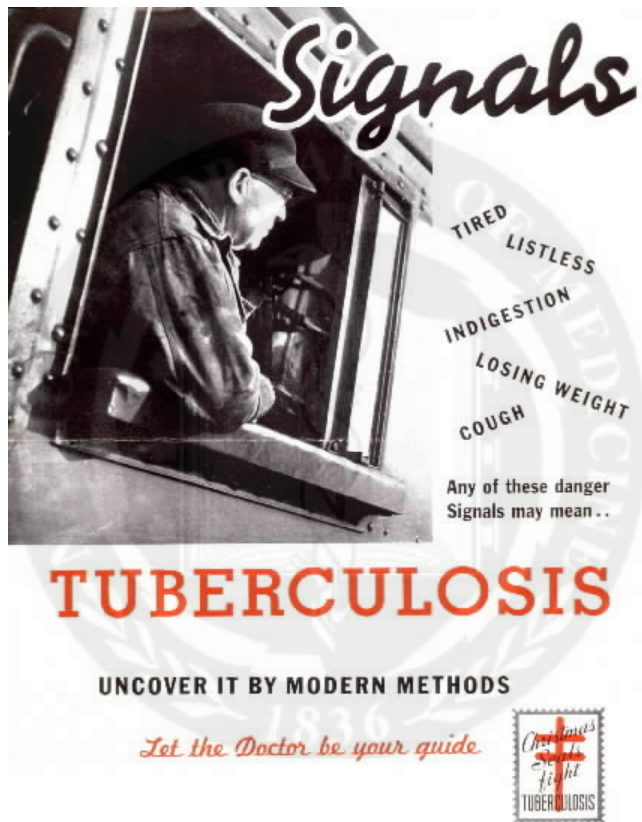


Control of Infectious Diseases



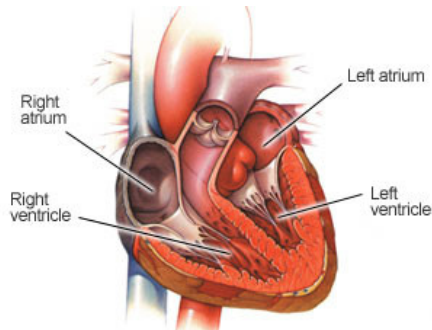
- Pneumonia and influenza were the leading causes of death in 1900.
- In 2003, Iowa had the 3rd highest pneumonia and flu immunization rates in the nation for ages 65 and older.

Control of Infectious Diseases



- Iowa's public health workforce continues to educate and protect Iowans regarding such infectious diseases as HIV, pertussis (whooping cough), and West Nile Virus.

Decline in Deaths from Heart Disease and Stroke



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- Coronary Heart Disease (CHD) has been the leading cause of death in the U.S. since 1921.
- Stroke has been the third leading cause of death in the U.S. since 1938.

Decline in Deaths from Heart Disease and Stroke



- Iowa's death rate from stroke is rising.
- Many programs such as *Lighten Up Iowa* exist to encourage healthy lifestyles to decrease the deadly toll of heart disease and stroke.



Safer and Healthier Foods



Safer and Healthier Foods



- During the early 20th century, contaminated food, milk, and water caused many food borne infections.
- Unprocessed milk, eggs and poultry were of special concern with poor access to refrigeration.



Healthier Mothers and Babies



Healthier Mothers and Babies



- In the early 1900s, 6-9 mothers/1,000 live births died of pregnancy related complications.
- About 10% of all infants died in their first year, and 20% died before the age of five.

Healthier Mothers and Babies



- In 1972, the U.S. Congress legislated the Women, Infants and Children (WIC) program.
- WIC linked health care and food assistance for pregnant women, nursing mothers, infants, and children considered at health risk because of malnutrition and low income.
- WIC reduced rates of fetal death, infant mortality, and low birth weight.

Healthier Mothers and Babies



- In 1974, the first WIC clinic officially began in Davenport serving approximately 1,050 at-risk women, infants, and children up to the age of five years.
- Today, WIC provides food to more than 65,000 Iowa women, infants, and children every month.
- Over 700 grocery stores and pharmacies participate in the Iowa WIC Program and accept WIC checks for the supplemental foods.



Family Planning



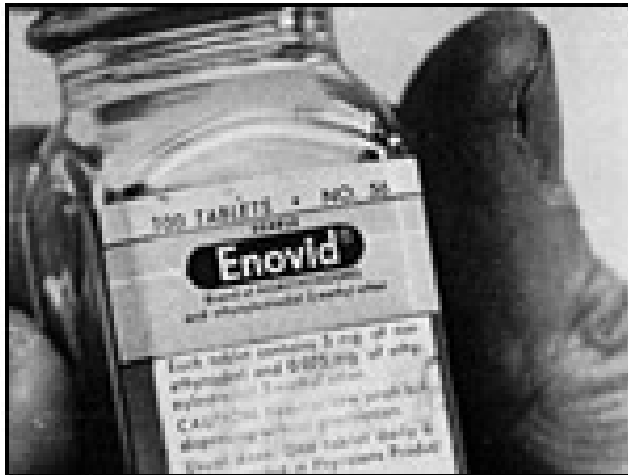
Family Planning



Margaret Sanger

- In the late 19th and early 20th centuries, it was a federal offense to distribute birth control through the mail or across state lines.
- Activist Margaret Sanger challenged these laws and in 1921 founded the American Birth Control League, later named the Planned Parenthood Federation.

Family Planning



LIBRARY OF CONGRESS

- In 1960 FDA approved *Enovid*, the first oral contraceptive providing the option of cheap, safe, effective and female-controlled contraception.
- In 1961, the Planned Parenthood Center in Des Moines began dispensing the pill.
- In a 1965 Supreme Court case, the court ruled that the private use of contraceptives was a constitutional right.



Fluoridation of Water

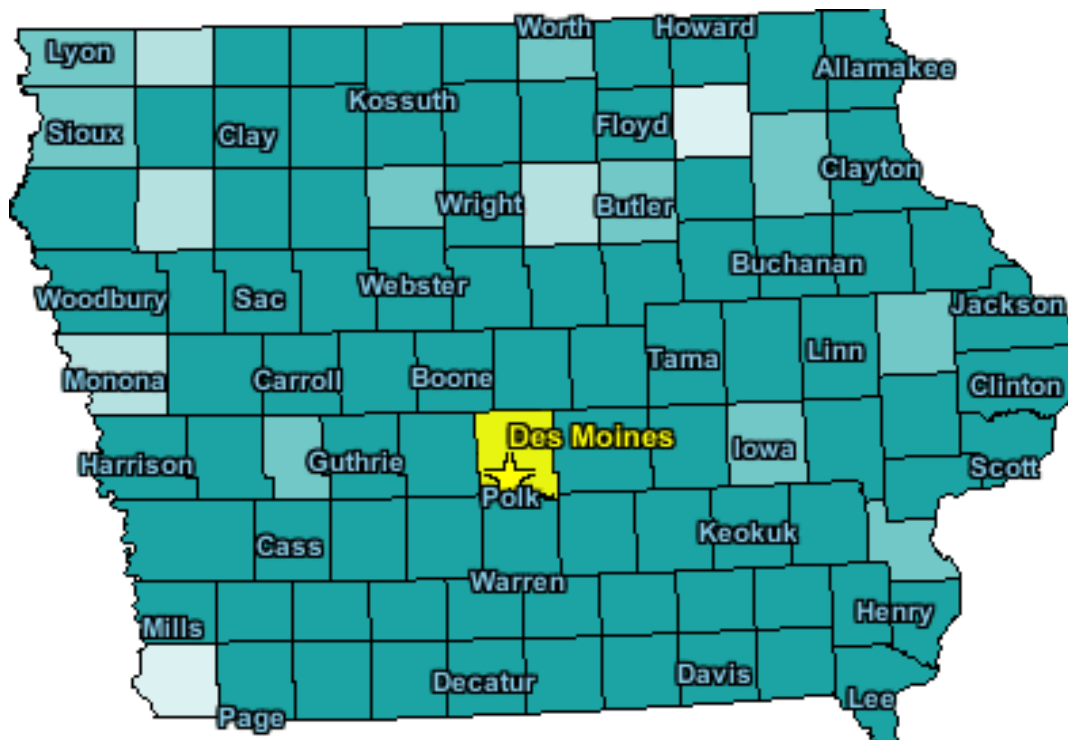


Fluoridation of Water

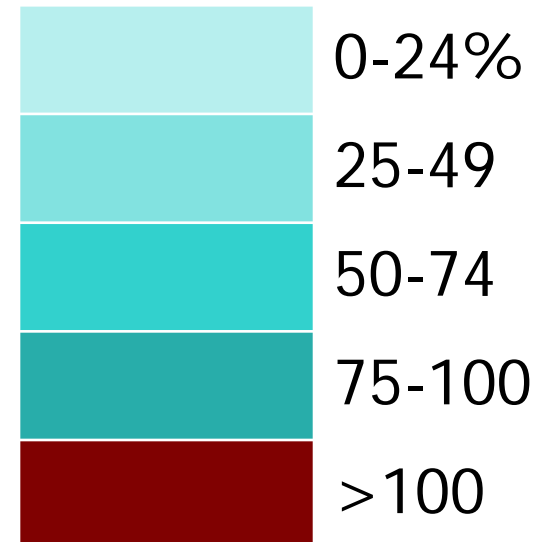


- In the early 20th century, dental caries were common in the U.S. and frequently resulted in tooth extraction.
- The effectiveness of community water fluoridation in preventing dental caries prompted rapid adoption in cities throughout the U.S. during the 1950s and 1960s.

Fluoridation of Water



Percentage of Iowa counties receiving fluoridated water in public water supply



Fluoridation of Water



- Reduces the direct health care expenditures through primary prevention of dental caries.
- The average per capita cost is \$40.50 over a lifetime, less than cost of **one** dental filling.
- Tooth loss is no longer considered inevitable.
- U.S. adults are retaining most of their teeth for a lifetime.

Recognition of Tobacco Use as a Health Hazard



Recognition of Tobacco Use a Health Hazard



- In 1912, first strong link made between lung cancer and smoking.
- In 1954, Eva Cooper filed first tobacco lawsuit due to her husband's death from lung cancer.
- In 1966, health warnings appear on cigarette packaging.
- In 1998, Iowa approved the U.S. Attorney Generals' tobacco settlement agreement.

Recognition of Tobacco Use as a Health Hazard



- In 2001, the Iowa Dept. of Public Health, Division of Tobacco Use Prevention and Control was established.
 - JEL – an award-winning, youth-led tobacco prevention program
 - Quitline Iowa – a free, statewide cessation counseling service
 - Community Partnership grants to support local programs in 95 of 99 Iowa counties
 - Grants to reduce exposure to secondhand smoke and serve priority populations

Recognition of Tobacco Use as a Health Hazard



- Only 11% of middle school students are now using tobacco, a drop of 31% since 2000. Smoking among high school students has dropped by 13%.
- Adult smoking dropped to 20% in 2004, down from 24% in 2001.
- More than 5,200 smokers have called Quitline Iowa in the past three years.

The Future of Iowa's Public Health



- Iowa consistently ranks among the healthiest states.
- The future holds challenges and opportunities to address:
 - Obesity
 - Tobacco Use
 - Environmental Health
 - Access to Health Care
 - Food Safety