

**Iowa Department of Public Health
Women's Health-Related Programs Summary
January 2010**

The Iowa Department of Public Health (IDPH) Office of Women's Health has compiled an inventory of IDPH programs that address the unique health care needs of women. Twenty-four programs incorporate women's health services into their public health programming. The following summaries provide an overview of current programs.

ADDICTIVE BEHAVIORS

Gambling Treatment

- The Iowa Gambling Treatment Program funds outpatient counseling for gamblers, family members, and concerned persons affected by problem gambling behavior.
- Transitional Housing Services are available for Iowa residents who exhibit problem gambling behavior; maintain an admitted status in a gambling treatment program funded by the department; and have no housing alternatives, or whose housing alternatives are not conducive to problem gambling recovery.
- Iowans can call **1-800-BETS OFF (1-800-238-7633)**, a 24-hour telephone toll-free help line, to obtain problem gambling information, and connect with a gambling treatment provider in their area.
- *Services for women.* In fiscal year 2009, 46 percent of gamblers admitted to treatment were women, and 70 percent of admitted family and other concerned persons were women.
- In fiscal year 2009, 49 percent of the 6,686 calls to the toll-free help line were made by females.
- The Iowa Gambling Treatment Program Web site is <http://www.1800betsoff.org>.

Substance Abuse Prevention and Treatment

- IDPH licenses substance abuse treatment services statewide including programs that provide specialized services for women. Examples of specialized services are offering a women's health clinic, providing on-site daycare, gender specific therapeutic approaches and parenting classes.
- Eight programs statewide provide residential treatment services in facilities that admit women and their children. In addition, eleven programs provide primary residential services to women without admitting children. Seven programs provide outpatient services specialized to address women's needs.
- Women represented approximately 31 percent of admissions during Fiscal Year 2009. Of these admissions, alcohol was the primary drug for 45 percent, marijuana/hashish was the primary drug for 20 percent and methamphetamines were the primary drugs for 13 percent.
- Substance abuse resource information, including treatment programs, may be found at <http://www.drugfreeinfo.org> or by calling 1-800-247-0614.

Tobacco

- The IDPH tobacco prevention and control program focuses on four goals: (1) preventing the initiation of tobacco use by youth; (2) promoting cessation by adults and youth; (3) eliminating exposure to secondhand smoke; and, (4) maintaining a tobacco control community coalition. Each Community Partnership must include objectives and/or activities to reduce tobacco-related disparities in populations identified as disproportionately impacted by tobacco use.
- Quitline Iowa (1-800-QUIT-NOW or <http://www.quitlineiowa.org>) is a free smoking cessation helpline that provides information, materials, and multiple sessions of pro-active counseling. Trained counselors provide services seven days a week. Specialized counseling is available for pregnant women. Services are provided in a variety of languages. Iowa residents age 18 and older can receive a free two-week supply of either nicotine patches, gum or lozenges (after screening for contraindications).
- Quitline Iowa also provides counseling services for all Medicaid clients eligible for coverage of cessation pharmaceuticals (nicotine patch, nicotine gum, bupropion, and Chantix™.) The client must be fax-

referred to Quitline Iowa by their Medicaid provider and enrolled in counseling in order to receive this benefit. Medicaid does not require prior authorization or enrollment in Quitline Iowa counseling for Medicaid members to receive bupropion.

- All federally qualified community health centers in Iowa offer 12 weeks of cessation medication and counseling to any Iowan regardless of income. Clients must visit the clinic every two weeks for a brief counseling session and to refill their prescription. For more information, contact the Iowa/Nebraska Primary Care Association at **515-244-9610**.
- As of July 1, 2008, five Priority Population Networks were established to address health inequalities and disparities from tobacco use. The five networks focus on these populations: African American, Native American, Hispanic/Latino, Asian American, Gay/Lesbian/Bisexual/Transgender. Outreach to women in these communities is one of several central concerns of the networks.

CHRONIC DISEASE/RISK REDUCTION

Breast and Cervical Cancer Early Detection Program

- Iowa's *Care for Yourself* Breast and Cervical Cancer Early Detection Program (BCCEDP) provides free mammograms and Pap tests to eligible women. The federally funded program is designed to reduce mortality and morbidity from breast and cervical cancer.
- Breast cancer is by far the most common cancer among Iowa women. Mortality from breast cancer can be reduced substantially if a tumor is discovered at an early stage. Cervical cancer is the second most common cancer in women worldwide, and the twelfth most common cancer among women in Iowa. With early detection through Pap test screening and appropriate treatment, cervical cancer survival rates can be almost 100 percent.
- Women age 50 to 64 years, with incomes at or below 250 percent of the federal poverty guideline, who are under-insured or uninsured, are eligible to participate. Women living in rural areas or members of racial or cultural minorities are targeted. Iowa's program also serves a limited number of women age 40 to 49, and some younger women with breast cancer symptoms.
- Women diagnosed with pre-cancerous or cancerous lesions and needing treatment are referred to other sources, including the Iowa Medicaid Optional Program. This program became available in 2001 through state legislation following passage of the federal Breast and Cervical Cancer Prevention and Treatment Act of 2000.
- In calendar year 2008 (January 1, 2008-December 31, 2008) the Iowa BCCEDP provided services to 7,107 women. Services included 5,603 breast exams; 4,408 mammograms; and 3,500 Pap tests. The program referred several hundred ineligible women to other sources for screening.
- For more information contact Iowa Healthy Families Line at **1-800-369-2229** or visit <http://www.idph.state.ia.us/careforyourself/default.asp>.

WISEWOMAN Program

- About 2,200 BCCEDP participants annually receive heart disease and stroke risk screening and intervention services through the Iowa *Care for Yourself* program. These services are funded by WISEWOMAN (Well-Integrated Screening and Evaluation for Women Across the Nation) through the Centers for Disease Control and Prevention (CDC). Participants are screened for blood pressure, blood cholesterol, blood glucose, and height and weight; and individualized nutrition and physical activity counseling and education.
- Iowa's WISEWOMAN project is one of 21 funded by CDC to reduce women's heart disease risk.
- For more information contact the program manager at 515-281-4909 or sryan@idph.state.ia.us.

Comprehensive Cancer Control Program

- The Iowa Comprehensive Cancer Control Program (ICCCP) brings together people and resources from across the state to reduce the burden of cancer in Iowa. The ICCCP is an active partner in- and funder of the Iowa Cancer Consortium, the statewide cancer partnership.

- The ICCCP is the recipient of a Centers for Disease Control and Prevention (CDC) comprehensive cancer control grant and two educational cancer site-specific grants: skin and colorectal.
- A new CDC grant will focus on direct colorectal cancer screening for populations at greatest need through policy and systems changes to increase screening rates, and public and health care provider education. More information will be posted at http://www.idph.state.ia.us/hpcdp/colorectal_cancer.asp.
- The State Cancer Plan addresses cancer prevention and risks, early detection, treatment, survivorship/quality of life and research, including cross-cutting issues related to advocacy, patient education, financial issues, surveillance, data and evaluation, population disparities and Web-based information resources. The plan, *Reducing the Burden of Cancer in Iowa: A Strategic Plan for 2006-2011*, is available at http://www.idph.state.ia.us/common/pdf/publications/ccc_2006.pdf
- An Iowa-specific Web site is available at <http://canceriowa.org> or by calling **1-800-237-1225**. The Web site provides information on cancer risk, treatment, support services, clinical trials and many other educational resources and links.
- A companion report to the State Cancer Plan, identifying cancer-specific disparities and strategies to address them, is at http://www.idph.state.ia.us/hpcdp/common/pdf/ia_cancer_health_disparities.pdf
- Allen Memorial Foundation in Waterloo and St. Luke's Health Care Foundation in Cedar Rapids have been awarded funds to provide evidence-based colorectal cancer awareness, outreach and screening services to the medically uninsured and under-insured Iowans age 50 and older who have not been screened according to national guidelines and are under 250 percent of the federal poverty level.
- For more information about the ICCCP, please contact the program coordinator at **515-281-0925** or visit http://www.idph.state.ia.us/hpcdp/comp_cancer_control.asp

Iowa Diabetes Prevention and Control Program

- The goal of the Iowa Diabetes Prevention and Control Program, funded by CDC, is to reduce the impact of diabetes on Iowans. The program has certified 90 community-based programs.
- Data from the 2008 Iowa Behavioral Risk Factor Surveillance System (BRFSS) survey indicate 7.0 percent of adult Iowans had been told by a doctor they have diabetes, nearly 160,000 Iowans. Women had a slightly lower prevalence rate (6.7 percent) than men (7.3 percent). Diabetes increases with age. In 2008, 11.3 percent of Iowans age 55 – 64 and 16.6 percent of Iowans age 65+ had been diagnosed with diabetes.
- On average, Hispanic/Latinos, Non-Hispanic Blacks and American Indians/Alaska Natives are more likely to have diabetes than non-Hispanic Whites of similar age.
- Diabetes was the seventh leading cause of death among Iowans in 2008, representing 3.0 percent of all deaths.
- Obesity, poor diet and sedentary lifestyle are diabetes risk factors.
- For more information contact the program coordinator at **515-242-6204** or visit <http://www.idph.state.ia.us/hpcdp/diabetes.asp>.

Disabilities

- “Disability” means a mental or physical impairment resulting in significant functional limitation in one or more areas of major life activity, and the need for specialized care, treatment, or training services of extended duration. Disability may refer to limited memory, sight, hearing, talking or walking, or other limitations. A disability may limit activities of daily living, including personal grooming, attending school or work, or household chores.
- According to the 2008 Iowa BRFSS, 19.2 percent of women reported activity limitations and/or required use of special equipment, such as a cane or wheelchair.
- The Office of Disability and Health provides physical accessibility surveys and technical assistance to public and private agencies to increase access to services. The office provides personal emergency preparedness planning trainings to Iowans with disability, family members, service providers, and other requesting agencies. In 2009, a new *Community Access Project* was initiated, which establishes pilot

projects in four communities to equip trained advocates to carry out local individual emergency preparedness planning and Americans with Disabilities Act site visits.

- The office supports the University of Iowa, Center for Disabilities and Development's Living Well with a Disability curriculum, offered through Independent Living Centers. The curriculum covers nutrition, exercise, depression, problem-solving, and advocacy. A Continuing to Live Well with a Disability curriculum has been developed. The curriculum covers nutrition, exercise, depression, problem-solving, and advocacy.
- For more information contact the disability program consultant at **515-242-6336** or visit http://www.idph.state.ia.us/bh/disability_health.asp.

Heart Disease and Stroke Prevention Program (HDSP)

- In 2007, of the 27,126 total deaths in Iowa, 9,200 (33.9 percent) were due to major cardiovascular disease. Of those, 6,843 deaths were attributed to heart disease and 1,680 from stroke, which accounts for 31.4 percent of the total deaths.
- The HDSP program conducts activities such as partnership development, definition of the burden, implementation of a state plan to reduce the burden of heart disease and stroke, and pilot interventions that focus on detection and treatment of risk factors; early identification and treatment of heart attacks and strokes; and prevention of recurrent cardiovascular events.
- The HDSP program works with partners to define the scope of the problem and implement a state plan to reduce the burden of heart disease and stroke. The overall program, including the partners, focuses on detection and treatment of risk factors; early identification and treatment of heart attacks and strokes; and prevention of recurrent cardiovascular events.
- This program directly and indirectly impacts several chapters in Healthy Iowans 2010, a statewide plan to improve the health of Iowans in specific areas. They include: Chapter 3 – Diabetes; Chapters 5 - Educational and Community-based Programs, Chapter 9 - Heart Disease and Stroke, Chapter 13 – Nutrition; and Chapter 16 - Physical Education/Fitness.
- For more information, contact the program manager at **515-281-5675** or visit http://www.idph.state.ia.us/hpcdp/cardiovascular_health.asp.

Perinatal Hepatitis B Screening Program

- The main goal of the Perinatal Hepatitis B Prevention Program is to eliminate perinatal transmission of hepatitis B (HBV) in the United States. The program provides case management of hepatitis B surface antigen (HBsAg) positive pregnant women as well as testing and vaccination of susceptible household contacts. Pregnant women should be tested for hepatitis B at an early prenatal visit for each pregnancy, even if they have been previously tested. Both the testing physician and the processing laboratory should report positive HBsAg tests to IDPH.
- As part of case management, the HBsAg positive pregnant woman will be followed through delivery to assure the child receives HBIG (hepatitis B immune globulin) and hepatitis B vaccine within 12 hours of birth. The infant should also receive subsequent HBV vaccinations at two and six months of age. Three to nine months following vaccination of the child, serologic testing should be performed to confirm protection from vaccine and rule out infection with HBV.
- Household contacts at risk should be tested for HBV status and begin HBV vaccine series. If the contact is HBsAg positive, referral for advance testing and follow-up is appropriate. If the contact is HBsAg negative, he or she should complete the HBV three dose vaccination series and receive appropriate post-vaccination serologic testing. IDPH will provide HBV vaccine for susceptible household contacts with no other means of payment.
- For more information contact the Perinatal Hepatitis B Coordinator at **1-800-831-6293, ext. 7** or go to http://www.idph.state.ia.us/adper/hepatitis_b_virus.asp

HEALTHY BEHAVIORS/HEALTH PROMOTION

Family Planning

- Iowa has many clinics that offer high-quality, voluntary and confidential family planning (FP) services. Physicians and nurse practitioners trained in reproductive health care provide medical services. Services are either free, charged on a sliding fee scale or full fee, based on client income.
- The clinics are primarily funded through the federal Title X program, via the U.S. Department of Health and Human Services Office of Population Affairs. The 2008 Iowa legislative session allocated funds to DHS for FP services for low income individuals.
- FP services include health history and physical exams including pap smears, birth control supplies, tests and treatment for sexually transmitted diseases, and pregnancy tests. Community education programs offered through family planning clinics respond to local community needs. Health education topics include reproductive health promotion, breast or testicular self-exams for cancer, all birth control methods, sexually transmitted diseases and HIV/AIDS risk assessment and prevention, and how to plan a healthy pregnancy.
- Adolescents under 18 are encouraged to talk with their parents or guardians about their decision to seek family planning services. Adolescents and older clients are counseled to resist coercive sexual activity.
- For more information contact the program manager at **515-281-4907** or go to http://www.idph.state.ia.us/hpcdp/family_planning.asp.

Center for Congenital and Inherited Disorders (CCID)

- The Center for Congenital and Inherited Disorders was established within the department in 1976 to initiate, conduct, and supervise genetic investigations and research to promote and protect the health of Iowans. Since its creation, the CCID, in partnership with the University of Iowa and state health care providers, have developed programs to provide Iowa with state-of-the-art genetics health care. CCID programs address all phases of the life cycle: prenatal, neonatal, pediatric and adult.
- The CCID administers seven programs: the Regional Genetic Consultation Service, the Iowa Neonatal Metabolic Screening Program, the Maternal Serum Alpha-Fetoprotein Screening Program, the Iowa Registry for Congenital and Inherited Disorders, the Neuromuscular and Related Genetic Disorders Program, the Stillbirth Surveillance Project and Prevention Programs, and the Family Health History Initiative.
- The Congenital and Inherited Disorders Advisory Committee advises the CCID programs. The committee is composed of representatives from each of the programs, various professional health care groups, consumers, two legislators and a representative from the Iowa Department of Public Health.
- For more information contact CCID staff at **1-800-383-3826**, or visit <http://www.idph.state.ia.us/genetics/default.asp>.

Infertility Prevention Project (IPP)

- The IPP is a collaborative effort sponsored by CDC and DHHS Office of Population Affairs. The STD Prevention Program, Family Planning Program, and Public Health Laboratory work together on this program which collaborates at both state and regional levels. The program develops strategies to prevent and reduce infertility and other complications of *Chlamydia trachomatis* and *Neisseria gonorrhoeae*.
- Since chlamydia and gonorrhea infections are often asymptomatic until significant damage has been done to the reproductive tract; the best defense is to routinely screen for the infection in at-risk individuals.
- The IPP has established more than 68 chlamydia and gonorrhea screening sites statewide in locations such as family planning clinics, student health centers, tribal clinics, community health centers, prenatal clinics and STD clinics to identify infected individuals. Women are targeted for screening, since complications are more costly and often more invasive in women than in men. Partners of positive patients can also be tested and treated at the screening sites.

- The IPP offers free gonorrhea and chlamydia testing services and collaborates with the STD Prevention Program, which provides free treatment and follow-up for gonorrhea and chlamydia patients identified through IPP screening. The follow-up includes risk reduction counseling for the patient, and partner notification by Disease Prevention Specialists.
- Direct and indirect costs of chlamydia infections alone are estimated at \$2.4 billion annually in the US. CDC estimates that screening and treatment programs can be conducted at an annual cost of \$175 million. Every dollar spent on screening and treatment saves \$12 in complications resulting from undetected and untreated chlamydia.
- For more information contact the program manager at **515-281-4936** or go to http://www.idph.state.ia.us/adper/std_control.asp.

Iowa Nutrition Network

- The Iowa Nutrition Network is funded by USDA’s Supplemental Nutrition Assistance Program (SNAP) to provide community-based nutrition education to individuals and families for food stamps benefits. Women living in households with children and children themselves comprise the majority of persons receiving benefits; therefore, women are considered a priority audience for education services.
- The Network serves young families through Food Assistance Nutrition Education in Iowa communities through education programs offered in over 100 low income schools. Families receive educational and motivational materials from the Pick a Better Snack and ACT™ campaign.
- At-risk women living in poverty are also offered nutrition education services through programs such as HOPES and Nest in six communities. Services in this setting prioritize division of feeding responsibility, proper nutrition and modeling healthy behaviors. A USDA nutrition education resource, *Loving Your Family, Feeding Their Future*, is used with at-risk mothers.
- Older women who participate in the Congregate Meal Program can participate in Chef Charles, an older adult nutrition education program offered at meal sites in over 90 communities throughout Iowa.
- For more information contact the program manager at **515-281-7096**.
- Program education resources can be found at: <http://www.idph.state.ia.us/pickabetersnack> and http://www.idph.state.ia.us/nutritionnetwork/chef_charles.asp.

Iowans Fit For Life, Active and Eating Smart

- IDPH has been awarded CDC funding to build state capacity to address nutrition and physical activity to prevent obesity and other chronic diseases.
- Iowa’s project, *Iowans Fit for Life, Active and Eating Smart*, is a comprehensive state plan to address nutrition and physical activity for Iowans of all ages. The plan addresses current efforts, environmental conditions, barriers and resources. The plan includes strategies for educational settings, early childhood, older Iowans, agriculture and food systems, health care, worksite wellness, and the community.
- Project target areas impacting the health of women include: improving the nutritional environment, improving the physical activity environment, decreasing consumption of high energy dense foods, decreasing consumption of sugar sweetened beverages, decreasing television viewing time, and increasing the prevalence and duration of breastfeeding.
- For more information, contact the program managers at **515-281-7501**, or visit <http://www.idph.state.ia.us/iowansfitforlife/default.asp>.

Maternal Health

- IDPH supports and sponsors 24 programs that offer pregnancy health services. The programs follow standards set by the American College of Obstetrics and Gynecology.
- Doctors, nurses, dental hygienists, and social workers provide the following health care services at local agencies: prenatal risk assessment, care coordination, and health education for pregnant women and additional services for women at high risk; outreach efforts to find low income pregnant women who need help with access to prenatal care; ongoing prenatal and post-delivery care; preparation for labor, delivery, and infant care; breastfeeding education and support; help arranging for delivery;

transportation; post-delivery home visit, dental health assessment and counseling; dental referral; nutrition assessment and counseling; social assessment and referral; referral for family planning, child health services, WIC; and application for Medicaid, as appropriate.

- For more information contact the program manager at **515-281-4731** or go to http://www.idph.state.ia.us/hpcdp/maternal_health_services.asp.

Office of Multicultural Health

- The mission of the IDPH Office of Multicultural Health is to reduce health disparities experienced by Iowa minorities, migrants, immigrants, and refugees and their families. It also strives to assure an appropriate and effective infrastructure exists to address health care needs and build public, professional, and policymaker support for all multicultural health programs.
- To achieve these goals, the multicultural health program collaborates with all the IDPH programs featured in this document.
- Education and outreach related to the disparate health needs of women, partnered with community-based networking, have been effective in developing new connections within the female minority, immigrant and refugee populations.
- For more information contact the program manager at **515-281-4904** or visit http://www.idph.state.ia.us/hpcdp/multicultural_health.asp.

Iowa Mammography Program Certification

- By Iowa Code, the Department of Public Health has responsibility regarding mammography quality as a medical tool for the early detection of breast cancer. Federal legislation from 1992 requires that all facilities providing mammography services in the United States must be accredited and certified prior to providing such services. Iowa is one of two states in the nation that is a certifier and accrediting body for state mammography facilities. Over 90 percent of Iowa facilities are accredited by IDPH.
- Science has shown that the best means of managing breast cancer is to detect it early so it can be treated, thus extending a person's life. Mammography is the best noninvasive tool for the early detection of breast cancer.
- For more information call **515-281-0405** or go to <http://www.idph.state.ia.us/eh/mammography.asp>

Occupational Safety and Health Surveillance Program

- The Occupational Safety and Health Surveillance Program (IDPH OSHSP) is part of the IDPH Environmental Health Division (www.idph.state.ia.us/eh/default.asp).
- OSHSP collects data about work-related accidents, illnesses, injuries, and fatalities across the state to report the facts, provide information, and help develop solutions that will work in Iowa.
- Thirteen occupational indicators of safety and health are tracked each year. Key surveillance areas include work-related fatalities in partnership with the Iowa Fatality Assessment and Control Evaluation program, (IA FACE, www.public-health.uiowa.edu/face/); work-related pesticide exposures in partnership with the Iowa Statewide Poison Control Center (ISPCC) and Iowa Department of Agriculture and Land Stewardship (IDALS); and adult blood lead exposure surveillance (ABLES).
- Additionally, the program works with the IDPH Center for Acute Disease Epidemiology (CADE) and the IDPH Environmental Health Services Bureau to address disease outbreaks or events that are work related.
- For more information call **515-281-4930** or **800-972-2026** or go to www.idph.state.ia.us/strategic_plan/common/pdf/programs_profiles/Occupational_Health.pdf

Oral Health

- The IDPH Oral Health Bureau promotes health behaviors to reduce the risk of oral diseases and assure optimal oral health for all Iowans.

- Oral Health Programs target pregnant women, children, and youth for prevention, early identification, referral, and treatment of oral disease. These programs have been implemented in schools, maternal and child health agencies, public dental health clinics, and other community settings.
- For more information call **1-(866)-528-4020** or visit http://www.idph.state.ia.us/hpcdp/oral_health.asp.

Sexually Transmitted Disease (STD) Prevention Program

- STDs are among the most common infectious diseases in the United States. The program has established more than 68 Infertility Prevention Program sites that offer chlamydia and gonorrhea screening and treatment in family planning clinics, adolescent health centers, community health centers, school-based health centers, juvenile detention facilities and jails. The program also collaborates with numerous county health departments to offer STD clinic services.
- Women bear the greatest burden of STDs, suffering more frequent and more serious complications than men. Complications can include hospitalization, surgery, infertility, tubal pregnancy, birth defects and even death. By Iowa law, syphilis, gonorrhea, chlamydia, and HIV are reportable to IDPH.
- Along with Iowa Infertility Prevention Program services, the STD Prevention Program offers syphilis testing, treatment, and follow-up care. Follow-up for gonorrhea, chlamydia, and syphilis includes risk reduction counseling and partner identification and notification by Disease Prevention Specialists. In cases of syphilis in women; testing, treatment, and follow-up care directly correlate to prevention of congenital syphilis (the passing of syphilis to an unborn child which can be life threatening to the baby).
- Physicians who order the testing and laboratories that process the specimens are both mandated to report positive cases and other demographics to the STD Prevention Program. This information is protected by law and can be released only to county and state staff members working to intervene in the spread of the infection.
- In all 50 states, a minor can be tested and treated for an STD without parental consent.
- For more information contact the program manager at **515-281-4936** or visit http://www.idph.state.ia.us/adper/std_control.asp.

Violence Against Women Prevention

- Violence against women has direct and indirect consequences on women's health, affecting pregnancy outcomes, risk of serious injury or death, and rates of depression. The violence prevention program at IDPH develops policy and protocols for health care providers, conducts professional training, develops public campaigns, and offers technical assistance to communities to prevent intimate partner violence.
- State and federal sexual violence prevention funds are distributed to community programs that offer prevention programming to youth in K-12 and college settings targeting prevention of sexual violence.
- Program staff provides administrative support for the Iowa Domestic Abuse Death Review Team, which reviews and makes recommendations for preventing domestic abuse deaths in Iowa.
- For more information contact the program manager at **515-281-5032** or go to http://www.idph.state.ia.us/bh/domestic_violence.asp

WIC Program (Special Supplemental Nutrition Program for Women, Infants and Children)

- The IDPH WIC Program recognizes the implications of proper maternal and early childhood nutrition. Nutrition education, nutritious foods, and health care referral provide not just immediate food benefits, but education to influence eating habits for a lifetime.
- WIC actively promotes and supports breastfeeding, through the local agencies and community-based coalitions. Breastfeeding initiation rates for all Iowa WIC mothers have steadily increased since 1990, as have breastfeeding initiation rates for all Iowa mothers.
- For more information call **800-532-1579** or visit <http://www.idph.state.ia.us/wic/default.asp>

Women's Health Information Center Web Site

- A diverse resource for women's health information is at <http://www.womenshealthiowa.info>. This site provides a wide range of topics including healthy living over age 50, reproductive health, depression, child and adolescent health, A to Z topics, and live help.
- The information provided is not intended for self-diagnosing or treating a health problem or as a substitute for consulting a licensed health care professional. The Iowa Department of Public Health urges you to consult a licensed health care professional to discuss your health.

Funding

With the exceptions of the gambling treatment fund and the tobacco settlement allocation, most of the funding for IDPH women's health programs comes from federal sources, primarily the Department of Health and Human Services via the Maternal Child Health Bureau and Office of Population Affairs, the Centers for Disease Control and Prevention, and United States Department of Agriculture.

Questions

Questions about IDPH women's health programs may be directed to Janet L. Peterson, RN, MHA, by phone at (515) 242-6388 or e-mail at jpeterso@idph.state.ia.us. The Web address for this document is www.idph.state.ia.us/common/pdf/publications/womens_health_related_programs.pdf.