



## Business Leadership Network

### Network News and Notes

December 2018



*At the University of Iowa College of Public Health, we understand that our work is very place based; it happens out in the "real world" where people live and work. We also recognize the mutual benefits that might come about through collaborative relationships with communities and businesses around the state. We invite you to keep in touch with us through these quarterly messages and through our initiatives around the state.*

- Edith Parker, Dean

## 2019 Community Grant Recipients

The UI College of Public Health's Business Leadership Network will award seven grants for 2019 through the Community Grants Project. The following organizations will receive cash grant awards of up to \$3,000:



Business Leadership Network

### 2019 Community Grant Awards

- Cerro Gordo County Department of Public Health – Mason City
- Fort Dodge Community Foundation & United Way – Fort Dodge
- Lee County Health Department – Fort Madison
- Living Proof Exhibit – Davenport and Muscatine
- Muscatine Center for Social Action – Muscatine
- North Fayette Valley Community Coalition – Elgin
- Siouxland District Health Department – Sioux City

Read more about the 2019 grant recipients and the [BLN Community Grant Project](#).

## BLN Community Forum - Spirit Lake



This fall, the Business Leadership Network held a community forum in Spirit Lake, IA. The forum focused on building and retaining a healthy and productive workforce.

A [summary report](#) of this event as well as previous community forums can be found on the BLN website.

## BLN Community Grant 2018 Recipient Spotlight



### Getting communities active in Cass County

Cass County Memorial Hospital's project has worked to expand and encourage walking as a way to connect families and friends while gaining health benefits. Through their Healthy Cass County division, they created and distributed walking maps with routes of varying lengths in each of the county's eight cities and held community walks to help residents become more active.



### **Supplementing food for families living in poverty in Muscatine**

The Muscatine Center for Social Action's project introduces or reinforces and supports healthy nutritional behaviors and enables better food choices for families living in poverty. Participating families receive a healthy food delivery on the last week of their SNAP (Supplemental Nutrition Assistance Program) calendar month, a week they typically experience a food shortage.

Learn more about the [BLN Community Grant Project](#).

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## **The UI College of Public Health in the News**

### **Research shows quality of life is just as important as jobs in developing rural areas**

Today, only about a third of lowans are rural residents, and a frequent discussion among policy makers is how to revive the areas where they live and create sustainable communities. Researchers affiliated with the Rural Policy Research Institute (RUPRI) say that while jobs are important, the effort to increase wealth in rural communities has to go beyond big employers and new jobs.

### **Whole-body vibration contributes to ag workers' back pain**

Pushing, pulling, and lifting are the oft-cited culprits of back pain from agricultural work, but beyond these usual suspects may be the chief instigator: vibration. A new study from the University of Iowa examines levels of whole-body vibration absorbed during operation of agriculture vehicles, and indicates how to minimize risk.

### **Janz comments on new physical activity guidelines**

The federal government has just updated recommendations for physical activity for the first time in 10 years. Based on a review of several years of new research, the key takeaway is: Get moving, America! "Everything adds up and contributes to reduced risk for diseases and day-to-day feeling better," says UI professor Kathleen Janz, who served on the committee reviewing the science of physical activity.

### **Mueller discusses rural health care and the economy**

Keith Mueller, director of the RUPRI Center for Rural Health Policy Analysis, recently participated in a conversation centered on the rural economy and its dependency on health care workers, how critical health care delivery is to the rural economy, some of the headwinds faced by changing payment systems, and more.

### **UI research improves school lunches for Iowa K-12 students**

A USDA program works with school districts to encourage students to eat more nutritious lunches more often. The program in Iowa is evaluated by the UI College of Public Health, which focuses on rural school districts that have unique challenges due to their often remote locations. UI assistant professor Natoshia Askelson says, "Research has shown that if you get kids eating spinach and broccoli and other nutritious foods when they're young, they're more likely to eat them for life."

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