



Business Leadership Network

Network News and Notes

September 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

BLN Community Grants – 2019 Funding Opportunity

The UI College of Public Health Business Leadership Network is seeking proposals for 2019 community public health projects in Iowa. Nonprofit organizations or local government entities located within the state of Iowa are eligible to apply. Cash grant awards of up to \$3,000 each will be made to recipients.

For full details, download the [request for proposals](#).



Topics of previously funded grants have included:

- Keeping youth active and safe
- Providing food to combat food insecurity
- Educating elementary school children about oral health
- Improving nutrition for seniors and families living in poverty
- Providing art therapy sessions for people impacted by cancer
- Encouraging active lifestyles
- Bringing awareness to mental health issues
- Promoting workplace wellness programs in the private sector.

BLN Community Forum - Spirit Lake

Join the Business Leadership Network at our fall community forum in Spirit Lake, IA. Topics to be discussed include:



- **Behavioral Health** - regional mental health and substance use issues, available assistance programs, and how nature can improve mental health.
- **Community Wellness** - inexpensive ways businesses can make workplaces healthier, examples of health improvement initiatives from other communities, and Dickinson County long range trail planning.
- **Employment Opportunities** - programs to prepare employees for the workplace and

recruiting employees from non-traditional areas.

The forum is free to attend and continental breakfast and lunch will be provided.

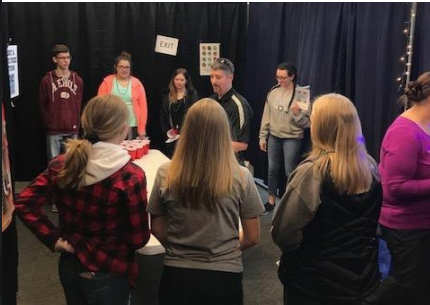
[View the agenda and register](#) to attend the forum.

BLN Community Grant 2018 Recipient Spotlight



Improving nutrition for seniors – Waterloo

Northeast Iowa Area Agency on Aging's project aims to increase nutritional value of meals for seniors in the cities of Bellevue, Marshalltown, Waterloo, and Waukon. Seniors are provided with a new slow cooker, education on food safety, and already prepared meal kits for storage in a freezer. Meal prep is done in a group setting to help reduce social isolation.



Helping teens make good choices – Fayette

Fayette County Substance Abuse Coalition's Teen Maze provided 9th grade students with the opportunity to role play situations and participate in decision making on topics such as substance use and mental health, healthy relationships, safety, and nutrition. Surveyed after the event, 95% of teens reported learning new information and 88% reported the event will help them make better choices.



Providing access to healthy foods – Fort Madison

Lee County Health Department's community garden project is targeting seniors in rural areas where access to healthy foods is limited. Garden produce is donated to produce boxes in seven areas in the county for seniors to take home, along with educational handouts on nutrition, storage, and recipe ideas for each item. A youth garden camp is among the volunteers assisting in maintaining the garden.

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

The UI College of Public Health in the News

RUPRI examines causes and effects of rural pharmacy closings

More than 16 percent of the independently owned rural pharmacies in the United States shut down over the last 16 years, according to a policy brief published last month by the RUPRI Center for Rural Health Policy Analysis at the UI College of Public Health.

Healthy LifeStars program challenges childhood obesity in Iowa

An innovative program that tackles childhood obesity -- the number one health problem for children -- will soon be making its debut in Iowa. Aimed at elementary-age kids, the LifeStar Challenge motivates and teaches children how to live active, healthy lives now and in the future.

CPH joins study to help reduce falls among elderly Iowans

The UI College of Public Health and the Mercy Accountable Care Organization (ACO) are part of the nationwide STRIDE study, a five-year research project that seeks to reduce fall-related injuries among older adults.

Study finds drug slows brain shrinkage in people with MS

The University of Iowa's Clinical Trials and Statistical Data Management Center, based at the College of Public Health, served as a data-coordinating center for a recent study that found the drug Ibudilast slows brain shrinkage in people suffering from multiple sclerosis by 48 percent.

Telling the Story Project helps protect farmers

Brian Egel, who farms near Nichols, Iowa, has suffered numerous injuries working on the farm. To help tell other farmers to pay attention to what they do, Egel shared his story with the Telling the Story Project, a farm safety initiative developed in part by the Great Plains Center for Agricultural Health located in the UI College of Public Health.

Questions or comments? Contact:

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