



Welcome to MCCA



Sandy Bubke, Zoning and Environmental Health Administrator

Radon Grant Results

Monona County Environmental Health received a Radon Mini Grant this year and gave away 137 free Radon test kits. Out of the 137 kits, 84 kits have been sent in for testing. The kits have been used for initial testing and follow up testing due to elevated results.

Homeowners received follow up letters with the results along with mitigation information if necessary. The EPA has set a

recommended radon action level of 4 picocuries per liter (pCi/L). So far in 2014, the average result for Monona County is 8.5 pCi/L.

City	#of Kits Issued	#of Kits Used	Average Result
Blencoe	7	4	13.3
Castana	4	3	7.7
Danbury	3	1	3.6
Hornick	6	2	12.8
Mapleton	50	29	8.8
Onawa	28	20	7.9
Rodney	1	1	10.7
Sloan	4	2	14.9
Turin	1	1	2.6
Ute	26	19	7.5
Whiting	7	2	5.7

For more information on radon contact the Monona County Environmental Health office at 712/433-3400 or visit www.mononacounty.org. You can now follow Monona County Environmental Health on Facebook and Twitter.

What is MCCA? It's a group of people working together to improve the health and safety of our local communities.

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MISSION: Monona County Community Alliance will improve the health of all residents through a comprehensive, community support system

Upcoming Events

- **April, 2014** - ERASE Members will be present at WM and MVAO for students to sign a no drinking pledge the week prior to prom.
- **April and May, 2014** - Public Informational Meetings for the Monona County Healthy Homes Program – Unincorporated/ Incorporated building codes and rental codes.
- **April 21 – May 30, 2014** - Live Healthy Iowa Strut Your Pup Challenge. Visit <http://www.livehealthyiowa.org/asp/Public/Page.aspx?pid=13659> for more details.
- **June 7, 2014** - The Big Blue Run.Walk at Lewis and Clark State Park in Onawa. 5K and 10K Run.Walk, 1.5M Fun Walk, 1.5M Kids Fun Run. Contact Michelle Kirdendall for more information: 712-423-9234

Being Prepared During a Thunderstorm

The weather in Iowa will be changing as we enter into Spring & Summer. The mature stage of a storm may be noted by a sudden reverse in wind direction, a noticeable rise in wind speed, and a sharp drop in temperature. Heavy rain, hail and lightning occur in the mature stage of a thunderstorm. Here are a few tips to being safe during a thunderstorm:

- ✓ Stay out of dry creek beds; do not use radios or telephones.
- ✓ Put down all tools, sit or crouch if in open country.
- ✓ Avoid grouping together; do not handle flammable materials in open containers.
- ✓ Stay in your vehicle – take shelter in vehicles if possible.
- ✓ Turn off machinery, electric motors; take shelter in a building if possible.
- ✓ When there is no shelter, avoid high objects such as lone trees. If only isolated trees are nearby, the best protection is to crouch in the open, keeping a distance of twice the height of the tree away. Keep away from wire fences, telephone lines, and conductive elevated objects.
- ✓ Avoid ridge tops, hilltops, wide-open spaces, ledges, rock outcropping, exposed shelters.
- ✓ Advise working crews that is if they feel an electrical change – if their hair stands on end or their skin tingles – lightning may be about to strike them. They must drop to the ground immediately.
- ✓ Sit on some insulating materials if possible, such as coiled rope, a wooden pack board, a folded sleeping bag, a wool shirt, etc.

Being prepared starts with you! Important steps to take include making a family emergency plan, having an emergency supply kit available and stay informed. For more information on how to be prepared, visit www.mononacountypublichealth.org/emergencyplanning. You can also follow the Monona County Environmental Health office on Twitter and Facebook.

Active Living By Design

Research consistently demonstrates that as little as 10 percent of an individual's health is influenced by direct health care delivery, while up to 70 percent is influenced by environmental factors as well as social and economic conditions of a community. In an effort to frame new and innovative approaches to community health a unique partnership consisting of the Monona County Community Alliance, Monona County Public Health, SIMPCO and Iowa State University have submitted a funding proposal to Wellmark Foundation of Iowa for the amount of \$25,000 for the purpose of Promoting Active Living and Built Environment, and which includes, but is not limited to the following types of approaches:



10-Week WELLNESS CHALLENGE

January 27 – April 4, 2014

The Monona County Community Alliance in partnership with many county businesses and residents are pleased to announce the resounding success of the 10-Week Live Healthy Iowa Wellness Challenge for 2014! A total of 52 adult teams consisting of 346 adults participated this year to try to lose weight and increase their activity. In addition, 559 students from Maple Valley/Anthon Oto Community School and West Monona Community School also joined in the fun and committed to eating healthier and exercising more. Special thanks to the physical education teachers, Kortney Hoover at Maple Valley/Anthon Oto and Bud Pash at West Monona for promoting the Live Healthy Iowa Kids challenge of increasing activity and making healthier food and beverage choices. MVAO had a total of 334 Kindergarten through High School kids participating. West Monona had 211 sixth through eleventh graders participating and the Mapleton Starspinners 4-H Club with team leader, Tira Jessen, had 14 team members who joined the fun!

We would like to congratulate all 905 county residents for pledging to improve their overall health! In 2013, only 26 Monona County citizens did the 10-week challenge so this year we increased participation by 3,480%. How impressive is that?

As of week 10, Lyle Schwart's team lost the most weight at 113 lbs. and Sean Gosch's team had the most activity time at 517.60 hours, but many other individual teams have far surpassed their weight loss and activity goals! The 10-week challenge ended on April 4, 2014; but we hope everyone will continue to make healthy eating choices and keep exercising until the next 10-week challenge in 2015! CONGRATULATIONS MONONA COUNTY! We are very proud of all of those who completed the 10-week challenge and had such a good time becoming healthier!

ENTITY	# of Teams	# of Team Members	Total Hrs. of Activity	Total Lbs. Lost
Burgess Health Center	13	86	2,723.19	205
Family Medicine Clinic	2	15	158.38	50
Live Healthy Monona County	26	167	2,304.10	412
West Monona CSD	11	78	1,850.54	270
TOTAL	52	346	7036.21	937

...Active Living By Design

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» **Promoting safe, accessible venues for physical activity in a community.** Support community planning and implementation efforts to encourage development of safe, accessible venues for physical activity. This could also include joint-use agreements between schools and community groups to leverage investments and encourage shared spaces for physical activity.

» **Advancing active transportation concepts.** This refers to approaches that encourage individuals to actively travel between their destinations throughout the day, such as biking or walking.

» **Promoting “Complete Streets” and trail development.** This could include interim acquisition of pocket parks and trail corridors, regional trail planning efforts, promoting pedestrian/bicycle/trail master plans, actual trail construction and development, incorporating Complete Streets policies and projects or restriping streets to add bicycle lanes or sidewalk connections.

» **Developing outreach and educational tools to explain principles and best practices of active living.** This could include social marketing campaigns, public service announcements, trail maps, signage to improve access/usage of trails, community active living guides and other materials to actually facilitate the adoption of active-living approaches to encourage physical activity and improved health.

Health is everyone's responsibility. Working together, we can make Monona County a healthier place to live, learn, work, and play. For more information please contact Laura Oliver, Monona County Public Health, at (712) 433-1773.

MCCA ERASE Town Hall meeting

Knowledge is the first step in reducing drug abuse. MCCA members had the hope that parents and youth would use the Town Hall meeting information to have open conversations about drug abuse. Open communication between parents and children is an important component of reducing both drug and alcohol abuse.

Over 100 community members were in attendance for the second Town Hall meeting on Tuesday, Feb. 18, 2014 at the West Monona Community School. Adults learned how to recognize abuse, long-term effects, and most commonly used drugs.

The youth were able to hear a speaker discuss his struggle with drug abuse and how it affected his life.

Results from the post presentation surveys show more than 90% of students felt the information will help them in the future. The parent survey responses show 90% felt information will be useful in their home life now or in the future.

ABC 9 News, Sioux City used this presentation as their lead story for their 10 pm newscast on February 18.

MCCA would like to thank the Monona County Community Partners Foundation for this grant. Members believe an impact towards our goal to reduce alcohol, tobacco and drug abuse in Monona County was definitely made.

Find previous MCCA newsletters and much more on the web: www.mononacountypublichealth.org.

Contact us at Monona County Public Health:

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Special thank you to Monona County Public Health for hosting our information on the web.