

# PUBLIC HEALTH CONNECTION



## Iowa Students for Tobacco Education and Prevention (ISTEP)

### ISTEP

ISTEP is a statewide network of youth in Iowa, which includes an Executive Council of youth members. The membership is open to all Iowa youth in grades 7-12. ISTEP was started by high school students who were tired of tobacco hurting them and their families.

ISTEP students creatively formulate ideas and follow through with the implementation of their planning. The messages and content of an ISTEP chapter come from the students and are supported by adults.

Community awareness and education is all about staying informed on tobacco issues that are affecting your community. A great resource for youth who participate in ISTEP activities at the local level is a community partnership. The state of Iowa consists of 99 counties, and each of these counties are offered state funding to work with local service areas on tobacco control efforts, including youth tobacco prevention. You can contact the local community partnership in Scott County and learn how to get involved with tobacco awareness and education, through the TFQC (Tobacco Free Quad City Coalition.) Call the Scott County Health Department at 563.326.8618 or email [health@scottcountyiowa.com](mailto:health@scottcountyiowa.com).

### Kick Butts Day

Kick Butts Day is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. March 17, 2017 is this year's Kick Butts Day. On Kick Butts Day, teachers, youth leaders and health advocates organize events to raise awareness of the problem of tobacco use in their state or community. The day encourages youth to reject the tobacco industry's deceptive marketing and stay tobacco-free and urges elected officials to take action to protect kids from tobacco. The first Kick Butts Day was held in 1996 and has been an annual event 21 years.

While Kick Butts Day is officially held on one day a year, the hope is that it will keep young people from starting tobacco use and encourage tobacco users to quit. Kick Butts Day is organized by the Campaign for Tobacco-Free Kids. Learn more at [www.tobaccofreekids.org](http://www.tobaccofreekids.org).



### OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

### OUR VISION:

Scott County—  
A safe and healthy  
community.



## SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, March 15, 2017.*

## Links

- <https://www.iowastep.org/>
- <http://www.tobaccofreeqc.org/>
- <https://www.facebook.com/IowaSTEP/>
- <https://www.facebook.com/kickbuttsday/>
- <https://www.facebook.com/tobaccofreeqc/>
- <https://www.cdc.gov/ticks/>
- <http://idph.iowa.gov/cade/disease-information/lyme-disease>



Blacklegged (Deer) Tick, known to spread Lyme disease

## “Tick”ing Closer to Spring

### Be Aware of Ticks

With warmer weather comes an increase in tick activity. Ticks feed on blood and can spread many diseases, most commonly Lyme disease. The earliest symptoms include a small red bump near the bite that spreads and expands until it looks like a target. Not everyone with Lyme disease gets sick the same way. As Lyme disease spreads, it can cause rash, headaches, mild eye infection, facial paralysis, fatigue, muscle pain, and joint pain. In 2015, there were 319 cases of Lyme Disease in the state of Iowa ([according to IDPH](#)).

### Prevent Lyme Disease

The best way to prevent tick bites is to keep them off of you. Avoid wooded and grassy areas where ticks are often found. Stay on the trails when you are out enjoying nature. When that is not possible, cover exposed skin by wearing long pants and long shirts, and use an insect repellent containing DEET. You can reduce ticks in the yard by keeping lawns short and bushes pruned. If you find a tick, remove it promptly. Ticks need to stay attached for 24-48 hours to pass the disease. If you think you have Lyme Disease, check with your doctor. Treatment is available.

## Scott County Health Department

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