

# AA—Farm Families ALIVE & WELL

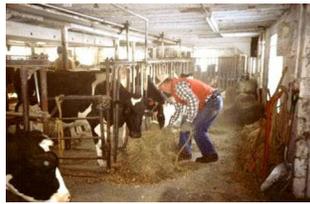
News from Iowa's Center for Agricultural Safety and Health (I-CASH) & the Great Plains Center for Agricultural Health

Vol. 10, Issue 2 - 2004

## Research Projects Focus on Dairy Farmers, Hispanic Workers in Iowa

*Two of the pilot projects funded by the Great Plains Center for Agricultural Health (GPCAH) are making progress.*

Job-related musculoskeletal problems are commonly found among manufacturing workers, from low back pain to rotator cuff syndrome to carpal tunnel syndrome. Very little research, however, has focused on these types of disorders in agricultural workers. Of all agricultural groups, dairy farmers have the 2nd highest prevalence of injuries generally. So Dan Anton, PhD, PT, ATC, and graduate student Matt Nonnenmann suspected that those farmers might have problems related to musculoskeletal disorders (MSD's).



A faculty member in the University of Iowa Department of Occupational and Environmental Health, Anton has studied MSD's in construction, manufacturing, and medical workers. This research project, begun last spring, involves 853 dairy farmers in

5 counties of northeast Iowa. Dr. Anton and his colleagues mailed the farmers an initial questionnaire asking about musculoskeletal pain, farming practices, and disability due to the pain. Farmers who return questionnaires with positive responses will be asked to give more specific information, specifically about their backs, knees, shoulders, elbows, and wrists/hands.

Anton believes research such as his will contribute to the long-term goal of developing ways to prevent these symptoms and MSD's among agricultural workers. He recognizes that some of the ways manufacturing workers have to alleviate work-related symptoms, like rotating to a different job, may not be possible in the dairy industry; at the same time, he believes that "because the tasks are performed so consistently, dairy farming is quite amenable to interventions that involve changing equipment or methods of milking."

The Hispanic population in Nebraska and Western Iowa has experienced unprecedented growth in recent years. Many Hispanics come to the Midwest for

*(continued on page 2)*

Our sign may not say "Over 100 Billion Burgers Sold," but we do keep track of our "products" at the Great Plains Center for Agricultural Health (GPCAH). In 2003, besides conducting our ongoing research, we made over 90 presentations at professional conferences, published 14 articles in scientific journals, trained 7 master's-level and 3 PhD students, were instrumental in 220+ training or outreach activities, and co-sponsored 2 conferences.

Now we're asking ourselves, how can we increase those numbers and the impact of our Center? One way would be by increasing collaborations with colleagues not directly affiliated with the University of Iowa or GPCAH. External partners are already making tremendous contributions. For example, the National

Education Center for Agricultural Safety (NECAS) is adapting the Certified Safe Farm Program to dairy farms.

Individuals and groups have also made good use of the funding we've provided for feasibility projects (see the article above). And there are other examples:

Dr. Mike Rosmann from [AgriWellness](#) spearheading an agricultural behavioral health conference or Dr. Robert "Chip" Petrea at the University of Illinois being able to finish publication of "[Using History and Accomplishments to Plan for the Future: A Summary of 15 Years in Agricultural Safety and Health, and Action Steps for Future Directions.](#)"



Wayne Sanderson  
PhD, CIH

*(continued on page 3)*

**Iowa State University** has been awarded a \$766,500 grant over 3 years from the National Institute for Occupational Safety and Health to study farm-related injuries to children and to create safety-training materials. The grant is the result of a collaborative effort between Iowa State's College of Education and the College of Agriculture. Details at [www.iastate.edu/~nscentral/releases/2003/dec/farmsafety.shtml](http://www.iastate.edu/~nscentral/releases/2003/dec/farmsafety.shtml)

EPA has issued two new guides, one for concentrated animal feeding operations and another for small drinking water systems, designed to help make complicated regulations more accessible. **The Producers' Compliance Guide for CAFOs** is being offered to assist CAFO owners and operators in complying with the revised Clean Water Act regulations for concentrated animal feeding operations. EPA will be printing the guide and making it available through its regional offices, state agricultural agencies and other sources. The guide can also be downloaded at [cfpub.epa.gov/npdes/afo/cafofinalrule.cfm](http://cfpub.epa.gov/npdes/afo/cafofinalrule.cfm).

The **2003 I-CASH Annual Report** is now available on the I-CASH web site at [www.public-health.uiowa.edu/icash/PUBS.HTM](http://www.public-health.uiowa.edu/icash/PUBS.HTM), or contact I-CASH at 319/335-4438.

The **Iowa Legal Aid Web site (ILAW)** located at [www.iowalegalaid.org](http://www.iowalegalaid.org) provides civil legal information on a wide range of topics including family law, housing and consumer law and the legal rights of children, senior citizens and disabled persons. The information is written so that lay persons can understand their legal rights and responsibilities and is regularly updated with new content. The site also provides the addresses and phone numbers for Iowa's Legal Aid offices, along with the counties served by each office.

While continuing to support many issues of farm safety and health, **Farm Safety 4 Just Kids (FS4JK)** has chosen to focus on the following 5 key areas for 2004: Retention and Development of Farm Safety 4 Just Kids Chapters, ATV Safety, Tractor Safety, Generations of Safe and Healthy Farmers, and Rural Health Issues. Throughout 2004, FS4JK will be looking to collaborators, sponsors, ag media, and volunteers to make a concentrated effort to promote those 5 areas. For more information, contact your local chapter or call 800/423-5437.

employment as farm workers or laborers in meatpacking and food processing plants, and their rates of work-related injuries tend to be higher than other occupations.

A project at Clarkson College in Omaha, Nebraska, is obtaining information from "focus groups" of Hispanic workers involved in production agriculture. Focus group leaders are inquiring into the health care needs of these workers and the barriers that keep them from meeting those needs.

Project Director Heather Goertz, OTD, reports that 5 focus groups have met in Nebraska, and several more are planned for western Iowa. She says some enlightening results are emerging. "Most of these workers rely on health fairs or emergency rooms to be their primary care provider," she notes, adding "and most of them report having no insurance coverage."

Focus group leaders have also asked participants about their interest in pursuing health care careers, and so far an overwhelming majority (20 of 21) has expressed interest. Goertz says the response demonstrates the need for this project's next phase: the tailoring of Clarkson College's nurse education and allied health education programs to meet the needs of Hispanic students.

The modified training programs will help Hispanic students take the first steps (for example, a certified nurse assistant (CNA) certificate) toward employment in health settings that can support their further education. The modifications will also improve the cultural competence of nurses and allied health professionals who work with this minority population.

*For more information on these projects, contact either Dr. Dan Anton at 319/335-4425 ([dan-anton@uiowa.edu](mailto:dan-anton@uiowa.edu)) or Dr. Heather Goertz at 402/552-6148 ([Goertz@clarksoncollege.edu](mailto:Goertz@clarksoncollege.edu)).*



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## Congratulations to I-CASH Grant Recipients

Iowa's Center for Agricultural Safety and Health (I-CASH) received the most applications ever for its [Injury Prevention in Agricultural Youth Grants](#) and is pleased to announce the following recipients and projects:

- **Age Appropriate Use and Safety of Mowers and ATVs**, Grundy County AgriSafe Rural Neighbors - educational presentations and a display for mower/ATV safety during the Grundy County Fair
- **ATV Educational Session at Iowa FFA Conference**, Farm Safety 4 Just Kids - to increase ATV safety education activities among chapters
- **After-School Farm Safety Program**, Washington County Extension - a 6-week safety training program for youth in grades K-2
- **Animal and Grain Safety on the Farm**, AgriSafe Rural Neighbors, Butler County Public Health - training for high school Vocational Agriculture students, who will then teach 150-200 preschool and kindergarten students during National Farm Safety and Health Week
- **Water Safety – It's more than Lifeguards and Life Preservers**, Keokuk County Extension - a 2-day summer session for youth age 7-13
- **Safety Day Display Board**, Sheldon FFA - to construct an interactive board for the school's Safety Day and for loan to other FFA Chapters
- **Johnson County Farm Safety Youth Clinic**, Johnson County 4-H - to train FFA members to lead a farm safety clinic and create a farm safety newsletter for youth
- **Safety Education for Children 4-7 by Young Farm Students**, Agri-Safe Rural Neighbors-Franklin County - to train local Vocational Agriculture students to teach children about farm safety during National Farm Safety and Health Week
- **Montgomery County Ag Safety**, Montgomery County Extension - agricultural safety education for elementary school students
- **Grain Safety Program**, Sioux County Extension, Farm Bureau, Dordt College, Sioux Center Community Hospital and Health Center - a display for use at local fairs and safety events.
- **Chickasaw County Farm Safety Camp**, Chickasaw County Extension 4-H/Youth Program - a school-based farm safety day, including disability awareness, for approximately 170 youth
- **Fall Harvest Safety and Health Workshop**, National Education Center for Agricultural Safety - a Best Management Practices workshop for 100 4-H high school youth from 3 counties

*Director's Message, continued from page 1*

We are making contacts across our region and the Midwest and learning more about how best to collaborate on important agricultural safety and health projects. Please feel free, at any time, to give me your suggestions and ideas for collaborative opportunities; in turn we can offer you our expertise in research design, grant seeking, and other activities that contribute to successful collaborative efforts.

*Dr. Wayne Sanderson directs the Great Plains Center for Agricultural Health, which is housed in the Department of Occupational and Environmental Health of the College of Public Health. He can be reached at 319/335-4207 ([wayne-sanderson@uiowa.edu](mailto:wayne-sanderson@uiowa.edu)).*

## calendar

March 15 -16

**Improving Agricultural Health and Safety Programs Through Evaluation: Rigorous and Practical Strategies**  
Columbus, Ohio  
[www.ag.ohio-state.edu/~agsafety/glc/glc\\_conference.htm](http://www.ag.ohio-state.edu/~agsafety/glc/glc_conference.htm)

April 1

**I-CASH Spring Meeting**  
Des Moines, Iowa  
319/335-4438  
[www.public-health.uiowa.edu/icash](http://www.public-health.uiowa.edu/icash)

May 19-21

**I-CASH Agricultural Occupational Health Training Program- Session I**  
Iowa City, Iowa  
319/335-4219  
[www.public-health.uiowa.edu/icash](http://www.public-health.uiowa.edu/icash)

June 9-11

**I-CASH Agricultural Occupational Health Training Program- Session II**  
Iowa City, Iowa  
319/335-4219  
[www.public-health.uiowa.edu/icash](http://www.public-health.uiowa.edu/icash)

June 20-24

**“Creating Partnerships Across Multiple Disciplines”** 2004 National Symposium in Agricultural Health and Safety  
Keystone Resort, Colorado  
[www.ag.ohio-state.edu/~agsafety/NIFS/meetings2004.htm](http://www.ag.ohio-state.edu/~agsafety/NIFS/meetings2004.htm)

### I-CASH Spring Meeting

April 1, 2004

Des Moines Botanical Center  
Des Moines, Iowa



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# I-CASH Agricultural Occupational Health Training Program

Iowa's Center for Agricultural Safety and Health will host its annual training program for health care professionals who treat and help prevent occupational illnesses and injuries on the farm. The **Agricultural Occupational Health Training Program** will be offered during 2 sessions, running from **May 19-21** and from **June 9-11, 2004**.



Nurses, nurse practitioners, physicians, physician assistants, physical therapists and other health care providers are invited to participate. Both sessions are approved for continuing education credits for physicians and nurses. Additionally, the course may be taken for 3 graduate credit hours from the University of Iowa College of Public Health.

For more information about these training sessions or to register, contact Kay Mohling at 319/335-4219, or visit the web site at [www.public-health.uiowa.edu/icash](http://www.public-health.uiowa.edu/icash).

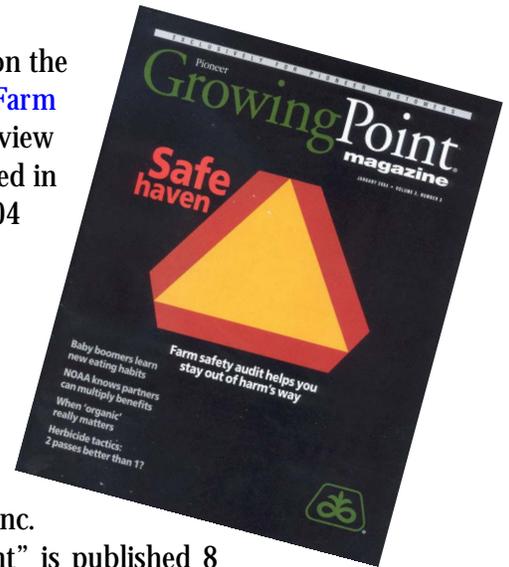
## Pioneer Publication Features Certified Safe Farm

A cover story on the **Certified Safe Farm (CSF)** safety review tool was featured in the January 2004 issue of

"Growing Point," the customer magazine of Pioneer Hi-Bred

International, Inc.

"Growing Point" is published 8 times per year, and reaches an audience of approximately 160,000 readers. The article highlighted a CSF on-farm safety review performed by Dan Neenan, NECAS manager, on the farm of Don and Norma Wilgenbusch, of Durango, Iowa.



## ++++++It All Adds Up++++++

A Year in Numbers

*The Great Plains Center for Agricultural Health (GPCAH) gathers data on farm and agricultural injuries and fatalities in Region VII through the press clips from Burrelle'sLUCE and NewzGroup.*

*Most clippings cover incidents related to self-propelled equipment (55% of clips), livestock, (8%), bins/silos (7%), implements (4%).*

*Here are some of the findings from calendar year 2003:*

### Fatalities - 99

Iowa - 23

Missouri - 33

Kansas - 20

Nebraska - 23

*Within the self-propelled equipment category, the most common event was*

### overturns (44%)

■62% reported fatality

■involving tractors (almost 60%) with the remainder mainly ATV's

■93% of tractor overturns (27 of 29) resulted in fatality

*The second most common event involving self-propelled equipment was*

### motor vehicle collisions with equipment on roads

■fatality reported in only 13% of those events.

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