



Sexually Transmitted Disease Prevention

Phone: 515-281-4936
<http://idph.iowa.gov/hivstdhep>

Protecting & Improving
the Health of Iowans



Sexually Transmitted Diseases (STDs) very often have no symptoms. Despite their asymptomatic nature, STDs can cause serious complications if they are not treated early in the course of infection. These complications include pelvic inflammatory disease (PID), chronic pelvic pain, tubal pregnancy, infertility, infant infection during childbirth, increased risk for HIV infection and even death. STDs are a significant health threat in Iowa, with nearly 16,000 infections reported in 2016. Chlamydia and gonorrhea, respectively, represent the first and second most commonly reported conditions in Iowa and the U.S. The STD Prevention program works to stop the spread of STDs in Iowa through reducing the number of Iowans who are unknowingly infected and providing treatment for those who are diagnosed with or suspected to have an STD.

One of the best ways to find undetected STD is to screen patients during annual exams and to find, test and treat the partners of people who test positive. The STD program maintains a screening collaborative with 58 clinics across Iowa, targeting those most at risk for adverse outcomes of undetected infection. In both the public and private sectors, the STD program offers technical assistance for sexual health program development, promotes clinician/patient dialogue about STD risk reduction, and ensures proper testing and treatment of diagnosed persons and their partners.

Did you know? About 65% of reported chlamydia cases and about 45% of reported gonorrhea cases are found in young Iowans ages 15 to 24.

Why is STD Prevention important to protecting and improving the health of Iowans?

- STD cases have increased steadily over the last 10 years. The increases have many causes, but much of it is due to cases that are not diagnosed until one partner has already infected others.
- In the majority of STDs, such as chlamydia, gonorrhea and certain stages of syphilis, there are no symptoms, yet there can be internal damage that is irreversible.
- Some STDs, such as syphilis, spread throughout the body more quickly than others. The most serious complications are among pregnant women, which results in congenital syphilis.
- Ensuring adherence to CDC-recommended treatments for STDs is very important, particularly for infections like gonorrhea that quickly develop antimicrobial drug resistance.
- National studies suggest that every dollar spent on STD education and prevention saves an estimated \$43 on complications that can lead to hospitalization, surgery, infertility and death.

Which Iowa Public Health Goals are we working to achieve?

- Prevent epidemics & the spread of disease
- Strengthen the health infrastructure
- Promote healthy living

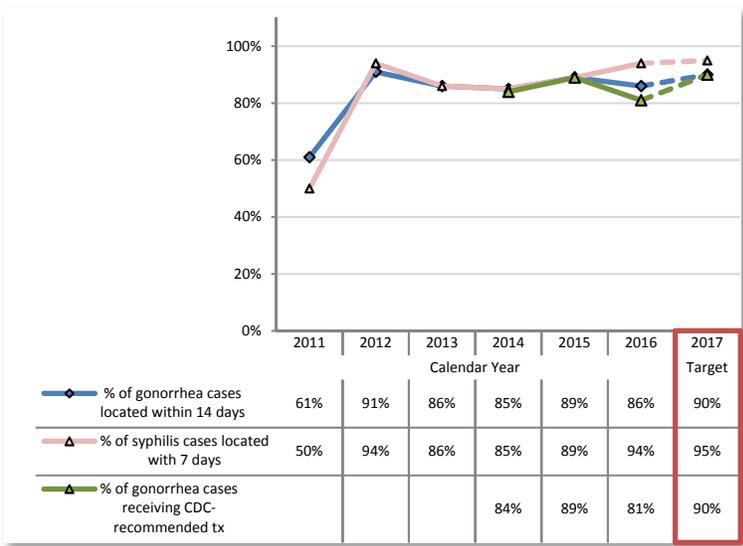
What do we do?

- Provide funding for testing supplies and patient and provider education at 58 STD testing sites across Iowa.
- Support a team of Disease Intervention Specialists (DIS), who offer confidential partner notification and counseling statewide to inform persons who might not otherwise know of their exposure to an STD.
- Provide STD treatment medications to stop the spread of disease via a network of testing sites.
- Monitor the number of reportable STD cases and types of risk behaviors to provide appropriate community outreach.
- Offer technical assistance to clinics, hospitals and laboratories to ensure correct identification, treatment and follow-up care of STD patients.
- Identify and contain STD outbreaks to prevent further spread of infection.
- Develop and enforce legislation, rules and policies to address emerging trends in STD transmission.

How do we measure our progress?

- ❶ Percent of all infectious syphilis cases initiated for investigation who are interviewed by state and local Disease Intervention Specialists (DIS) within seven working days.
- ❷ Percent of all gonorrhea cases initiated for investigation who are interviewed by state and local DIS within 14 working days.
- ❸ Percent of all reported gonorrhea cases treated with the CDC-recommended dual regimen of 250mg ceftriaxone plus 1gram azithromycin.

Data Source: STD surveillance program and Iowa Disease Surveillance System. Data are sent to state DIS and local health department clinic supervisors.



How are we doing? Better collaboration with medical providers and laboratories, combined with better use of technology to locate persons in need of services, will allow for further improvements in the number of persons with syphilis, gonorrhea or chlamydia connected with services within the specified timeframes. Large increases in the number of gonorrhea and infectious syphilis cases has prompted the STD program to prioritize follow up among persons diagnosed with these infections.

What can Iowans do to help?

1. Promote medically accurate, comprehensive sexual education for youth. Sharing correct and complete information with those at greater risk for infection has been shown to empower individuals to employ risk reduction strategies.
2. Iowans of all ages should be knowledgeable of and utilize safer sex practices, including limiting the number of sexual partners; mutual monogamy with an uninfected partner; and regularly and correctly using latex condoms during sexual contact.
3. Sexually active persons should be tested regularly, and, if necessary, treated for STDs. To find a testing location near you, go to <https://gettested.cdc.gov/>.
4. Health care providers can familiarize themselves with the most recent CDC STD treatment guidelines and testing recommendations. CDC STD Treatment Guidelines can be found at <https://www.cdc.gov/std/tg2015/default.htm>.
5. Health care providers, correctional systems and educational systems may contact the IDPH STD program at 515-281-4936 to get information about STD prevention.

Expenditures

General fund & federal funds; State funds are used for a 75% match for the Title V Block Grant: K15-1563; 0153-1564

	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Actual	State Fiscal Year 2018 Estimate
State funds	\$53,820	\$59,103	\$568,452
Federal funds	\$618,193	\$612,869	\$591,459
Total funds	\$672,013	\$671,972	\$1,159,911
FTEs	2.78	3.65	4.50

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.