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## Come to the Health Fair

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# COME TO THE HEALTH FAIR

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## Introduction

During the spring of 1975 the Milford High School Science Club planned to sponsor a Health Fair which would involve free medical services for the community. The fair was preceded by a health survey which attempted to administer a questionnaire to all residents of Milford, Iowa. The object of the survey was to determine the immunization status of the community in order to assess the need for conducting a Health Fair.

## Method

The population of Milford is approximately 1500. Members of the Science Club went from door to door in collecting responses to the questionnaire shown in Fig. 1.

### Immunization Survey Sheet<sup>1</sup>

The object of this survey is to determine whether children in Milford are getting the proper immunization shots at the correct age level. Names are not important, we are trying to accumulate statistics. The data that we receive will be used as a source of general information to the community and possibly the state immunization board.

If you are not certain about which shots you or your children have had when the science club members call on you then please fill out the survey sheet at your convenience and send it to:

Science Club  
Milford High School  
Milford, Iowa

1. Who is your family doctor?
2. How many children do you have? What are their ages?
3. What immunization inoculations have they had and when did they get them?
4. Has either parent had measles or German measles?
5. Are there any communicable diseases that you or your children have not had?

<sup>1</sup> Attached to this questionnaire was the Recommended Immunization Schedule for Iowa, published by the Iowa State Department of Health.

Figure 1.

## Results

For sake of brevity only the significant findings will be outlined here.

At the end of the study 641 adults and children (43%) of the community had responded to the questionnaire, Surprisingly 77 families refused to cooperate offering such excuses as "Being too old!", "No children at home!" or "None of your business!" Sixty-six families were not at home at the time of the survey.

Of the individuals surveyed, 33 had never contracted mumps and 17 had never contracted measles or chicken pox. Other significant data are outlined in Table 1 and 2.

**Table 1**

Partial Immunization Profile of Milford Children

	Pre-School	Elementary (K-8)	High School (9-12)
Number of Individuals Surveyed	55	96	68
Number Immunized for Rubella	32	81	51
Number Immunized for D.P.T.	38	87	47

The bulk of the data collected indicated that many families in the community were not adhering to the recommended immunization schedule outlined by the Iowa State Board of Health. The rubella records were of particular interest since at the time of the survey rubella outbreaks were being recorded in several western Iowa communities.

The elderly of Milford had a higher percentage of people that had recent physicals, however, it was also this age group which recorded the highest number of refusals to participate in the survey. Many people were interviewed that could not remember the date of their last physical.

From the data obtained it was evident that a Health Fair was appropriate for Milford. Representatives of the Iowa State Board of Health concurred.

**Table 2****Partial Health Profile of Milford Adults**

Adult age	16-30	31-45	46-65	65-over
Number of Individuals Surveyed	119	77	104	90
Number Having Physicals During the Year	58	43	69	58
Number Having Physicals Over a Year Ago	61	44	32	30
Number Immunized for Tetanus in Last Three Years	40	24	28	19

**Conclusion**

As a result of the survey, the Milford Science Club, in cooperation with the Dickinson County Memorial Hospital and the State Board of Health, conducted a Health Fair. In all, 358 inoculations were administered by nurses and public health officials who volunteered their services. The following immunizations were administered free of charge; D.P.T., polio (oral), rubella, mumps and measles. Parents and other adults were given release forms to sign before immunizations were administered. Each person was asked to check their immunization record before attending the fair.

In addition to the immunizations, the following services were also provided free of charge; blood pressure (27 out of 212 were high), diabetes testing (1 positive test in 89 samples), lung testing (1 positive test in 89 samples), and glaucoma screening. Counseling booths were also provided in physical therapy, cancer, alcohol and drugs, cardio-pulmonary resuscitation, planned parenthood and the Dickinson County Hospital Auxiliary.

In all, 700 individuals participated in the event. Other groups are urged to conduct such fairs because many state boards of health are phasing out mass immunization programs. For small communities with limited health and social services such programs are necessary to improve and maintain reasonable standards of health. It was our experience that state officials were happy to cooperate.

In this enlightened, scientific age there is little excuse for epidemics to occur and it would seem the responsibility of people educated in the sciences to insure that such catastrophies do not occur by educating the youth and administering to the adults. Such an event illustrates that science does have humanistic applications.

\* \* \*

## DRAGONFLY MIGRATION

Migration of birds in the spring and fall is a well known phenomenon. However, migration of insects is not as well known except for a few spectatular examples such as that of the Monarch butterfly. Actually, quite a number of insects migrate and one easily observed migrant is the large Green Darner dragonfly (*Anax junius*). This dragonfly is easy to recognize due to its large size (length over 3 inches and wingspan of 4 to 4½ inches) and its bright coloration (thorax green and abdomen of blue and black). It is the first dragonfly to appear in Iowa in the spring, usually in mid to late April. Under certain weather conditions it could appear much earlier, as exemplified by a recent paper in the *Canadian Entomologist* (T. Butler, *et al.*, 1975) where *Anax junius* was captured on April 4, 1974, in Ontario, Canada. There is a need for more information about the arrival of *Anax junius* in Iowa in the spring.

I would like to enlist the aid of teachers and students in the gathering data for a study of the migration of *Anax junius*. If you or one of your students should observe and be lucky enough to capture one or more specimens of this dragonfly this spring, I would appreciate its being sent to me.

After capturing, place the insect in alcohol to kill and preserve. Note as near as possible the location (town or direction and distance from nearest town and the county), date, collector's name, and weather data (temperature, wind direction, and any other observations). Transfer the insect to an appropriately sized envelope on which is written the collection data in pencil or permanent ink which will not run or fade in alcohol. Moisten the envelope and place between two layers of cotton dampened with alcohol (several envelopes may be placed together) and put in a plastic bag which can be sealed (zip-lock bags work well). Put the bag in a small cardboard box and mail to Steve Hummel, Department of Biology, University of Northern Iowa, Cedar Falls, Iowa 50613.

### Literature Cited

Butler, T., J. E. Peterson, and P. S. Corbet. 1975. An exceptionally early and informative arrival of adult *Anax junius* in Ontario (Odonata: Aeshnidae). *Can. Ent.* 107:1253-1254.