



2021 ANNUAL REPORT





I-CASH Mission

Leading statewide partnerships that promote agricultural safety and health.

I-CASH Vision

Safe and healthy farming for all Iowans.

Director's Message

The COVID-19 pandemic continues to disrupt our lives, in large part due to low vaccination rates combined with the new highly-transmissible Delta variant. However, the daily work of farming has not changed much and we at I-CASH have continued to provide resources and education, even while working from home and limiting our in-person event attendance.

Like everyone, we spent a lot of time on Zoom this past year. We adapted one of our most impactful events, the annual Midwest Rural Agricultural Safety and Health (MRASH) Conference, to an all-online format. Although it was disappointing not to be able to gather in person, people from around the globe were able to join us. We also worked with our partners to conduct online respirator fit test training and host an educational workshop for rural mental health care providers to help them understand agriculture and the occupational stresses that come with the job. Respirator fit testing requires hands-on training, but our trainer Carolyn Sheridan of the Ag Health & Safety Alliance was interested in piloting an online version. We now know that we can reach many more people across the state with the online programming, and that trainees are confident in their ability to fit test N95 respirators.

Other activities, like our ROPS Rebate program, continued largely unchanged during the pandemic. Another 14 farmers retrofitted older tractors during the past year; you can read more about who is using the program in this report. Our seasonal campaigns, after taking a break in the fall when many offices were still closed, resumed with the distribution of our annual safety calendar, a campaign on tick-borne disease prevention, and one focusing on bystander safety. As in all years, we rely on our partners for expertise and input. Both the fall and summer campaigns were collaborations with divisions of the Iowa Department of Public Health (IDPH), the Center for Acute Disease Epidemiology and the State Office of Rural Health, respectively.

Finally, after a quiet year in 2020, our youth grant program funded 12 projects led by youth groups across the state. These projects align closely with the I-CASH mission to lead statewide partnerships that promote agricultural safety and health. Each project engages with community groups, the local fair board, or area businesses to conduct safety trainings for elementary-aged audiences, provide safety materials to farmers, or develop presentations and communication materials.

Although we had hoped to be back to “normal” by now, the reality is that the pandemic will be with us for the foreseeable future. We will continue to work with our statewide network to deliver safety and health programming in person, or online, in the upcoming year. In some cases, we may find again that online options will allow us to engage more efficiently and effectively. But, we are also hoping to get back to spending time in person at farm shows and events to hear directly from the farm community about their most pressing issues, and to continue to highlight the importance of farm safety and health in Iowa.

BRANDI JANSSEN
I-CASH DIRECTOR

ENGAGING NEW AUDIENCES

Although the COVID-19 pandemic disrupted our usual in-person events, we were able to engage with and train new audiences online. This includes training county Extension staff to fit test respirators, building agricultural knowledge among rural mental health providers, and welcoming an international audience to our annual MRASH Conference.



Held virtually, MRASH brought together **132 people from 14 states and 5 countries on 4 continents**, including Australia, Canada, and Argentina.

- Live-streamed Keynote and Capstone presentations:
 - **Dr. Ali Khan** from the University of Nebraska Medical Center: "Emerging Zoonotic Diseases Impacting Agriculture: What Comes After Covid 19?"
 - **Dr. Rima Afifi** from the University of Iowa College of Public Health: "The Science of Communicating Effectively for Behavior Change."
- Additional topics: aging, youth safety, behavioral health, vulnerable populations, and livestock handling safety.
- Daily networking sessions and virtual coffee time for students to network with professional mentors.

HOW DID WE DO?

- **132** participants included students, healthcare workers, farmers, public health staff, and researchers.
- **28%** of participants earned Continuing Education Credits.
- **98%** rated the conference "excellent" or "good."

PARTICIPANT COMMENTS:

"In a communication presentation I heard 'How do I make the healthy choice the easy choice?' which will frame how I approach developing communication, interventions, and programming."

"I also liked the variety of speakers. It was especially great to hear farmers talk about their experiences."



Photo: Ag Health & Safety Alliance

Expanding Respirator Fit Test Resources

In response to requests from farmers in central and western Iowa, I-CASH worked with ISU Extension and Outreach (ISUEO) Field Agronomists to improve access to respirator fit testing services. Because of the COVID-19 pandemic, it was not feasible to conduct respirator fit test trainings in person. However, Carolyn Sheridan, executive director of the Ag Health and Safety Alliance, was interested in pilot testing an online version of her respirator fit test training for agricultural populations. I-CASH provided fit test kits, Carolyn conducted the trainings, and ISUEO helped with promotion to both Extension and county public health staff. Two trainings were offered in the fall of 2020 that included county public health personnel and Extension staff. There are now an additional 33 individuals trained in 23 counties, significantly expanding availability for some of our most underserved areas. Sioux, Ida, Calhoun, Poweshiek, Tama and Keokuk counties are just a few of those where fit testing is newly available.

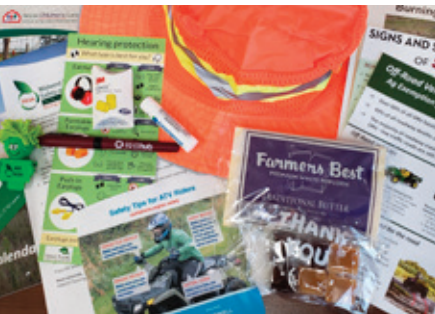
HOW DID WE DO?

Pre and post-test surveys showed:

- **87%** were able to correctly identify appropriate respirators for different tasks
- **93%** were confident that they could initiate a conversation with a farmer about personal protective equipment
- **100%** understood their role in the medical evaluation portion of respirator fit testing

THANK YOU TO OUR PARTNERS WHO HELPED US ENGAGE NEW AUDIENCES:

Ag Health and Safety Alliance
 AgriSafe Network
 Allamakee County Extension
 Amerigroup
 Central States Center for Agricultural Safety and Health
 Great Plains Center for Agricultural Health
 Ida County Farm Bureau
 Injury Free Coalition for Kids
 Iowa State University Extension and Outreach
 National Alliance on Mental Illness (NAMI) of Iowa
 National Farm Medicine Center
 North Carolina Agromedicine Institute
 Rural Health Information Hub
 Stead Family Children's Hospital Pediatric Division of Child and Community Health
 University of Illinois
 University of Iowa College of Public Health Information Technology Department
 University of Nebraska Medical Center
 Upper Midwest Center for Agricultural Safety and Health
 Wright County Farm Bureau



A conference box was mailed to all US addresses with handouts, swag from the sponsors, and Iowa-based snacks.

YOUTH GRANTS THAT Engaged New Audiences

Each year I-CASH provides funds for small grants to Iowa youth groups who help educate their community members and improve safety on farms in their area. Three of our 2021 Youth Grants awardees taught their younger peers about critical farm safety issues.

ALLAMAKEE COUNTY EXTENSION

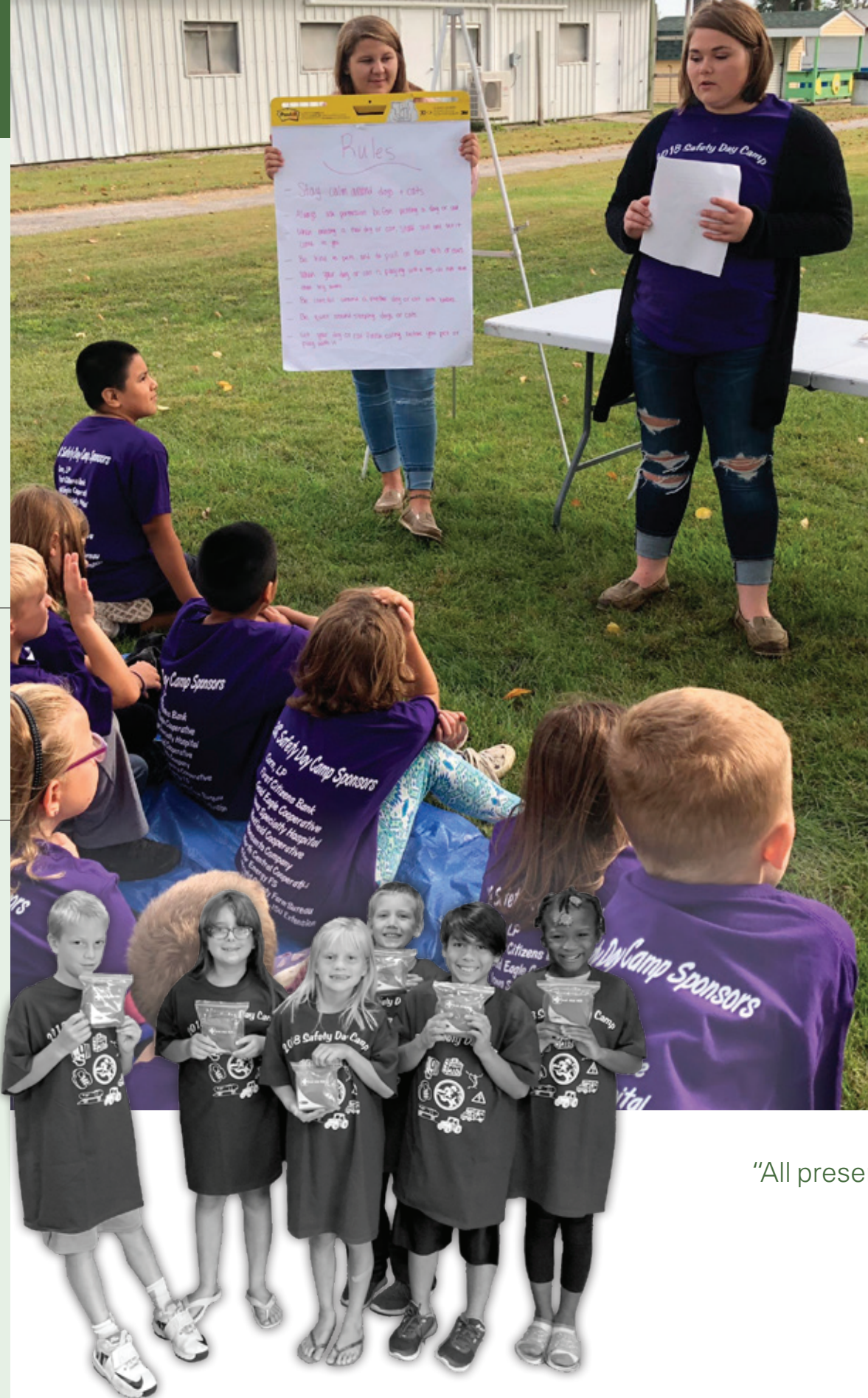
The Allamakee County Extension 4-H and FFA is hosting a safety day camp covering topics such as PTO, grain bin, first aid, electrical, and animal safety. For the PTO safety demonstration, youth will watch a straw 'person' come into contact with a PTO to reinforce safety concepts.

IDA COUNTY FARM BUREAU

The Ida County Farm Bureau and two FFA chapters are hosting an Agriculture Safety Day for fourth graders. This event includes stations where youth will learn about safe behaviors around machinery, animals, grain bins, electricity, chemicals, poison, weeds, and about dialing 911.

WRIGHT COUNTY FARM BUREAU

The Wright County Farm Bureau is hosting a day camp for third graders focusing on common safety measures that each student can take to prevent a potentially harmful situation. The program is presented in a fun, interactive way so that the students will remember what they have learned and share it with others. Sessions include practicing dialing 911, first aid kits, PTO safety, and chemical safety. Additionally, the Eagle Grove FFA students will plan and present a session on animal safety.



Supporting the Mental Health of Farmers

In November 2020, I-CASH co-sponsored a continuing education event for Peer Support Specialists and other mental health providers. Participants learned about the occupational stresses that farmers experience, their impact on farmers' mental health, and how to effectively support farmers as part of their practice.

PRESENTATIONS:

Brandi Janssen, I-CASH, "Stress, What Stress? Occupational Challenges in Midwest Agriculture"

David Brown, ISU Extension and Outreach, "Stress on the Farm: Strategies that Help"

Larry Tranel, ISU Extension and Outreach, "Top Tips for Offering Mental Health Support to Farmers"

PANELS:

What Peer Support Specialists Do

A Day in the Life: Farmer Panel

Connecting Farmers to Providers

HOW DID WE DO?

- **59** participants; **24** Peer Support Specialists earned **6** Continuing Education Credits
- **93%** agreed/strongly agreed that the content was useful
- **92%** felt confident that they can apply what they've learned

PARTICIPANTS SAID:

"Being able to hear from the panel of farmers was incredibly useful."

"Thank you for addressing this population and their unique needs."

"All presenters had good information! It was awesome to hear directly from farmers and spouses."

PARTICIPANT, SUPPORTING THE MENTAL HEALTH OF FARMERS SESSION

EQUIPPING FARMERS WITH SAFETY RESOURCES

Every Iowa farm is unique, so it can be challenging to identify safety strategies that are appropriate for every situation. We work to get proven safety strategies directly into farmers hands by providing funding for safety upgrades, engaging youth as advocates, and working with our partners statewide.



ROPS Rebate Program

I-CASH partners with the National ROPS Rebate Program to offer rebates on Rollover Protective Structures (ROPS) for Iowa farmers. When used correctly with a seatbelt, ROPS are 99% effective in preventing death in the case of a rollover. This year, I-CASH has provided funding for 14 ROPS, investing \$16,000 into this lifesaving strategy. Below is some information about the farmers who have retrofitted a tractor using the ROPS rebate program:

WHO IS RETROFITTINGTRACTORS?

Since the beginning of the I-CASH rebate program in April 2020, farmers in **27 counties** have benefited from the ROPS Rebate program, including crop, livestock, and produce growers.

- **65%** of the farmers report being part-time
- Farm sizes range from **20 to 1600 acres**, and livestock numbers from **2 to 200 head**
- Newly retrofitted tractors will be used, on average, **14 hours** per week
- **15 farms** already have at least one tractor with a ROPS and 6 farmers have previously retrofitted a tractor
- **5 farmers** report having experienced a serious incident
- **76%** report that they will always use the seatbelt when operating the retrofitted tractor

YOUTH GRANTS THAT Equipped Farmers with Safety Resources

Four youth grant projects helped distribute safety resources directly to farmers.

CHEROKEE COUNTY FARM BUREAU

The Cherokee County Farm Bureau hopes to inform farmers about ways to keep them safe and protected while working in the sun by handing out lip balm and sunscreen. Additionally, this project provides information about preventing noise-induced hearing loss and handing out earplugs.

CLARK COUNTY EXTENSION

The Clark County 4-H clubs are distributing safety resources and products to farmers throughout the county during harvest season. The 4-H clubs will distribute the resources while also learning about the importance of farm safety and supporting farmers in the community.

DES MOINES COUNTY EXTENSION

The Des Moines County Extension is conducting the “Stay Safe, Take a Break” project that utilizes research-based educational materials to support the health and well-being of their agricultural producers. The 4-H Teen Council will deliver 5-gallon buckets to farmers with items including a first aid kit, dust mask, educational brochures, and food. This encounter gives the farmer time to stop, stretch, visit with the youth, have a snack, and regroup before climbing back into their combine or tractor.

WASHINGTON COUNTY EXTENSION

The Washington County 4-H County Council is preparing the “Stay Safe, Take a Break” outreach project that focuses on farmers/farm families during the harvest season. County 4-H members will drop off bags with PPE and snacks for the farmers, giving them a few minutes to stop, stretch, have a snack, and talk with the young people.



Seasonal Campaigns

Photo: Ag Health & Safety Alliance



FALL 2020 RESPIRATOR FIT TESTING

Agricultural respiratory hazards can occur with livestock and poultry confinements, industrial livestock production facilities, pesticides, grain handling, anhydrous ammonia, welding, fumigation, silo entry, paint spraying, and woodworking. In addition, the COVID-19 pandemic increased demand for N95 respirators in nursing homes, schools, and many other settings. In place of a traditional fall campaign, I-CASH worked with the Ag Safety and Health Alliance, ISU Extension and Outreach, and several public health offices, to provide online training in respirator fit testing to 33 people located in central and western Iowa.



WINTER 2020-21 SAFETY CALENDAR

To facilitate annual farm safety planning, I-CASH creates an annual calendar that includes evidence-based tips for safety and health on the farm. We provide copies to all ISUEO and FSA offices to distribute through their networks and share them with all of our partners and partner institutions. The calendars also showcase Iowa's stunning farm landscapes with contributions from DeAnn Scott-Harp and Patti Zwick.



SPRING 2021 TICK PREVENTION

Each year, about 150 Iowans are infected with Lyme Disease following a tick bite. Prevention strategies include wearing long sleeves and pants, using insect repellent that contains DEET, or treating your clothes and shoes with products that contain .5% permethrin to reduce the risk of a bite. As part of the spring campaign, I-CASH distributed the Iowa Department of Public Health's Tick-Borne Diseases brochure to all ISUEO and FSA offices, and also shared a radio PSA across the region, reaching almost 250,000 listeners.



Beware of Blind Spots When You're the Operator

Bystanders on farms are at high risk of being injured or killed if struck by equipment. Agricultural vehicles, including tractors, combines, sprayers, skid steers, or trucks, commonly have poor sight lines and areas with reduced visibility, known as blind spots. Both operators and bystanders are responsible for preventing injuries from agricultural equipment.

Reduce the risk of backover incidents by establishing drive-through areas and adequate space to execute a 3-point turn.



Blind spots are typically located directly behind or in front of the vehicle and in front of the rear wheels.

Operator Safety Checklist

- Identify blind spots on all equipment.
- Apply reminder decal to windows and doors.
- Keep mirrors clean and properly adjusted to minimize blind spots.
- Maintain awareness of obstacles and bystanders.
- Stop operating immediately if a bystander leaves your view.
- Do not use phone or other distractions while operating equipment.

- Communicate with bystanders before starting equipment.
- Make regular eye contact with bystanders.
- Use agreed upon hand signals with bystanders.

Visit www.i-cash.org for additional resources

SUMMER 2021 BYSTANDER SAFETY

The operator of agricultural equipment and potential bystanders both play crucial roles when it comes to bystander safety. It is important to note that blind spots for agricultural vehicles differ from one vehicle to another, including tractors, combines, sprayers, and skid steers. The summer campaign was supported by the Iowa Department of Public Health's State Office of Rural Health and provided bystander and operator safety checklists for identifying blind spots, maintaining awareness of the equipment, and communicating before starting the equipment. This campaign also included a radio PSA that reached nearly 250,000 listeners.

THANK YOU TO OUR PARTNERS WHO HELPED US EQUIP FARMERS WITH SAFETY RESOURCES:

Cherokee County Farm Bureau
Clark County Extension
Des Moines County Extension
Farm Service Agency
Iowa Department of Public Health
Iowa State University Extension and Outreach
Learfield IMG College
National ROPS Rebate Program
State Office of Rural Health
Washington County Extension

EFFECTIVELY COMMUNICATING HEALTH AND SAFETY SOLUTIONS

Communication is key, on the farm and in the community. I-CASH shares evidence-based best practices, information about emerging issues, and resources for farm families through a variety of channels.

THANK YOU TO OUR PARTNERS WHO HELPED US COMMUNICATE HEALTH AND SAFETY SOLUTIONS:

- Carroll Champs 4-H
- Delaware County Fair
- Great Plains Center for Agricultural Health
- Iowa Department of Agriculture and Land Stewardship
- Iowa Farmer Today
- Iowa Valley Resource Conservation & Development
- O'Brien County Extension
- Tama County 4-H and Extension
- Wright County Extension



I-CASH Updates from the Field

Since 2003, I-CASH has maintained a free monthly listserv providing abstracts from recent research publications on rural and agricultural health and safety issues. The updates have become an efficient way for health and safety professionals to receive timely information, and subscribers can be sent the full-text articles upon request. This year the following topics were included in the updates: mobile apps for agricultural safety and health, children and farm safety, all-terrain vehicles (ATVs), hand injuries, influenza vaccinations, winter weather, well water testing, tick-borne disease prevention, PTO shields, and livestock handling systems.

Safety Watch

Safety Watch is a monthly column published by Iowa Farmer Today which features agricultural safety and health prevention information, success stories, and producer profiles. I-CASH and the Great Plains Center for Agricultural Health each contribute six columns per year. These are distributed through all Lee Agri-media channels, including Iowa Farmer Today, Illinois Farmer Today, Missouri Farmer Today, and AgUpdate.

I-CASH SAFETY WATCH COLUMNS

August 2020	Resources available for COVID-19 stress management
October 2020	Agencies work together to add respirator test options
December 2020	Stocked, visible first aid kit vital to farm safety
February 2021	Develop plans to save livestock and livelihood
April 2021	Flowers are blooming, ticks are crawling
June 2021	Be aware of equipment blind spots to keep bystanders safe

YOUTH GRANTS THAT Communicated Health and Safety Solutions

Five youth grant projects communicated important safety information in their communities.

CARROLL CHAMPS 4-H

The Carroll Champs 4-H chapter plans on keeping their 4-H members and fair attendees safe during the county fair cattle show by raising awareness of the dangers involved when approaching show cattle. The youth will demonstrate safe practices, implement changes, and present this information to all ages. The highlight of the project will be kids reaching out to other 4-H members and all other fair attendees through posters and video presentations.

DELAWARE COUNTY FAIR

The Delaware County Fair and the Maquoketa Valley FFA chapter are teaching youth about the dangers of male animals (e.g., bulls) when they are kept on the farm and used for breeding purposes. Educational signage will be displayed at the fair and a local veterinarian will present an ultrasound demonstration.

O'BRIEN COUNTY EXTENSION

O'Brien County youth are constructing a grain tug-of-war unit to be used during their county fair. They hope to raise awareness for grain safety to youth and adults with a hands-on demonstration. The FFA and 4-H youth presentations are for second graders during a scheduled field trip, as well as for youth at the county fair.

TAMA COUNTY 4-H AND EXTENSION

Tama County 4-H and Extension is hosting a "Day Care Day at the Fair" where daycares in the county are invited for educational and interactive sessions during the Tama County Fair. The children receive a tour of the animal barns and to learn about safety around animals as well as tractor, PTO, and ATV safety.

WRIGHT COUNTY EXTENSION

The Wright County Extension Office, with 4-H clubs and FFA chapters, has an interactive display at the county fair to educate farm families and community members on farm equipment safety. In addition, 4-H members will distribute slow-moving vehicle signs to farmers.



Alive & Well Newsletter

I-CASH connects directly with over 2,000 constituents each quarter through the Alive and Well Newsletter. A partnership with the Great Plains Center for Agricultural Health, the newsletter highlights new research and outreach activities and provides a platform for our partners to promote their events.

I-CASH COUNTS

THIS YEAR I-CASH:

- Trained **33 Extension and Public Health staff** how to fit N95 respirators.
- Trained **59 mental health providers** on common stressors in agriculture and how to engage with the farm community.
- Provided prevention materials throughout the year to ISU Extension and Farm Service Agency offices in **all 99 counties**.
- Distributed more than **30,000 prevention resources** statewide.
- Awarded **12 safety grants** to Iowa youth groups.
- Hosted **132 people** from **14 states** and **5 countries** at the 2020 MRASH Virtual Conference.
- Authored **6 Safety Watch columns** in Iowa Farmer Today, reaching nearly 150,000 households in print.
- Distributed the Alive and Well Newsletter to over **2,000 households** each quarter.
- Reached nearly **500,000 listeners** in the upper Midwest through radio Public Service Announcements.
- Retrofitted **14 tractors** with Rollover Protective Structures.

ADVISORY BOARD

The I-CASH Advisory Board, a diverse group of agricultural stakeholders and health and safety professionals, provides the organization with deep expertise and statewide engagement. Advisory Board members bring experience with agriculture, youth safety, migrant farm worker issues, academic research, rural health, health care, and outreach. In addition to their expertise, Advisory Board members help develop and implement all of I-CASH’s initiatives.

Iowa Department of Agriculture & Land Stewardship Keely Coppess Communications Director Matt Gronewald Chief of Staff Jenifer Lara Pesticide Bureau	Iowa Department of Public Health Samra Hiros State Office of Rural Health Kathy Leinenkugel Occupational Health and Safety Surveillance Program	Iowa State University Tammy Jacobs Iowa Concern Hotline Gretchen Mosher Department of Agricultural and Biosystems Engineering Kristine Schaefer Department of Entomology	University of Iowa Charles Jennissen University of Iowa Hospitals & Clinics Diane Rohlman Department of Occupational and Environmental Health Rachel Young Department of Journalism and Mass Communication
Producers Bill Furlong Muscatine County Chris Petersen Cerro Gordo County Roger Stutsman Johnson County	Non-Governmental and Safety Organizations Kelley Donham Rural Health and Safety of Eastern Iowa Charlotte Halverson AgriSafe Network Dan Neenan National Education Center for Agricultural Safety Carolyn Sheridan Ag Health and Safety Alliance Patrick Taggart Proteus, Inc. Cheryl Tevis Iowa Women in Agriculture	Policy Leaders Norlin Mommsen State Representative, District 97 Sonia Reyes Iowa Department of Human Rights	STAFF Brandi Janssen, PHD I-CASH Director Ralph Altmaier, MS Administrative Services Coordinator Stephanie McMillan Program Assistant Kay Mohling, MA Program Coordinator Gayle Olson, MS, CHES Assistant to the Director Kelsey Strandberg Program Assistant
Agricultural Business Shay Foulk Ag View Solutions Rich Gassman Engineering Services and Products Company Wayne Humphreys Iowa Corn Growers Association Rawlin Kinney Syngenta			



**I-CASH | Iowa's Center for
Agricultural Safety and Health**

The University of Iowa ■ Iowa State University
Iowa Department of Agriculture and Land Stewardship
Iowa Department of Public Health ■ Non-profits for Farm Health

Design: Benson & Hepker Design

Editor: Kay Mohling

Photos: Mary Swalla Holmes, Gayle Olson, and Patti Zwick

The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, creed, color, religion, national origin, age, sex, pregnancy, disability, genetic information, status as a U.S. veteran, service in the U.S. military, sexual orientation, gender identity, associational preferences, or any other classification that deprives the person of consideration as an individual. The university also affirms its commitment to providing equal opportunities and equal access to university facilities. For additional information on nondiscrimination policies, contact the Director, Office of Equal Opportunity and Diversity, the University of Iowa, 202 Jessup Hall, Iowa City, IA 52242-1316, 319-335-0705 (voice), 319-335-0697 (TDD), diversity@uiowa.edu.

Iowa's Center for Agricultural Safety and Health
Department of Occupational and Environmental Health
College of Public Health
UI Research Park, #124 IREH
The University of Iowa
Iowa City, IA 52242
Phone 319-335-4190

www.i-cash.org