

### *Survival Kit for Healthy Iowans 2010 Facilitators*

<i>Toothpick</i>	To remind you not to be too picky when evaluating data. A few percentage points difference may not be significant enough for an elaborate explanation.
<i>Lollipop</i>	To help you lick your problems and resolve any disagreement.
<i>Pin</i>	To help you pinpoint the problems. To identify the prevalent problems or issues and target groups in Iowa.
<i>Caramel</i>	To help you "chew the fat." as your team presents the recommendations for chapter goals and action steps to Healthy Iowans 2010 to the review committee.
<i>Stick of gum</i>	To give you "stick-to-it-iveness." When initiating new or different strategies, there may be some ups and downs and hurdles to overcome.
<i>Paper clip</i>	To help you hold things together. The volume of information and data may seem overwhelming at times, but necessary to monitor the trends and evaluate specific targeted interventions.
<i>Rubber band</i>	To help you be more flexible so you won't be bent out of shape and be willing to try different approaches.
<i>Piece of string</i>	To help you tie up loose ends before and after the team meetings.
<i>Penny</i>	So you will have enough "cents" to realize how important you are in assessing Iowa's health problems (Where are we?), policy development (What are we going to do about it?), and assurance (Getting it fixed).

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