



A PUBLICATION OF THE INDIANA STATE DEPARTMENT OF HEALTH

State tackles youth vaping with \$2 million campaign

The numbers are staggering.

Nearly one in five high school students and almost 1 in 12 middle schoolers say they use electronic cigarettes, or e-cigarettes, according to the 2018 Indiana Youth Tobacco Survey. Vaping among Indiana youth has increased more than 350 percent since 2012.

While the rates of tobacco use have declined, the surge of youth using e-cigarettes has gone up at such an alarming pace that the U.S. Surgeon General is calling it an epidemic that “demands action to protect the lives of young people.”

Many people think e-cigarettes are harmless, and they are available in a variety of flavors that appeal to youth. The fact is that most e-cigarettes contain highly addictive nicotine, which isn’t safe for young people’s developing brains. One e-cigarette can contain the same amount of nicotine as an entire pack of cigarettes. These devices may also include other harmful chemicals, and may make the young people who use them more likely to smoke cigarettes in the future.

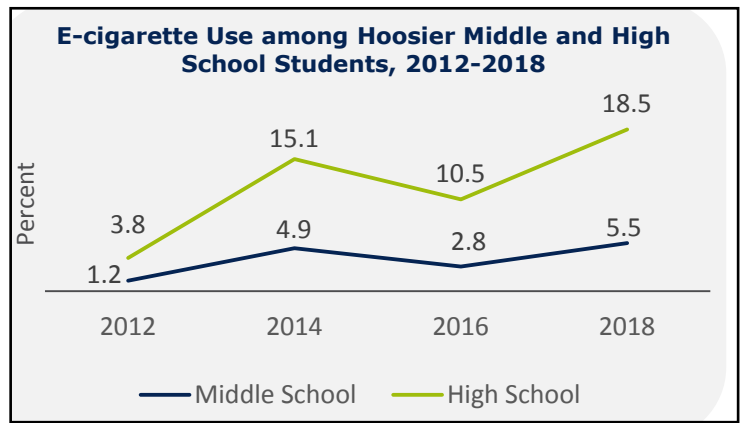
Those are some of the reasons that Gov. Eric Holcomb and the Indiana State Department of Health have launched a campaign to reduce vaping among Indiana’s youth. The plan was unveiled Aug. 29 at Fishers High School.

The campaign has three areas of focus:

- Increase awareness of the risks associated with e-ciga-



Dr. Kris Box



rettes. The plan includes an educational toolkit with data, resources and more for schools, parents and students.

- Help youth quit vaping with a youth-focused text-to-quit program
- Boost public awareness of vaping statewide through a campaign to focus both on prevention and cessation

As we prepare to roll out these efforts across the state, I urge you to visit vapefreeindiana.isdh.in.gov for more information on what you can do to protect youth from the dangers of vaping. You’ll find there a variety of resources, from the complete tobacco survey to local tobacco control coalitions, and from no-vaping signs to tips for talking to kids about e-cigarettes. I hope you’ll browse through the website and find things you can do in your community to reverse this dangerous trend.

Within a week of the announcement of this campaign came the tragic news that a lung injury linked to vaping has taken the life of one of our fellow Hoosiers. This respiratory condition has impacted nearly 50 others in our state, and nationwide, nearly 400 cases have been reported in 36 states.

This is a rapidly evolving situation, and we still have more questions than answers. While the investigation continues into the cause of this condition, the Centers for Disease Control and Prevention has advised that everyone who uses e-cigarettes consider not vaping until we know more.

The rise in vaping among our youth and the serious injury vaping may cause is not something we can ignore. Thank you for helping to raise awareness so that we can keep Hoosiers safe.

**Yours in health,
Kris**



State Health Commissioner Dr. Kris Box announces the state’s \$2 million campaign to curb youth vaping Aug. 29 at Fishers High School while Principal Jason Urban (left), Gov. Eric J. Holcomb and students listen.

IT'S OFFICIAL!

Congratulations to the Montgomery County Health Department for achieving accreditation from the Public Health Accreditation Board (PHAB) on July 9. The accreditation certifies the department's performance against a set of nationally recognized, practice-focused and evidenced-based standards. **RIGHT:** Dr. Scott Douglas, the Montgomery County Health Officer, and Health Administrator Amber Reed show off the State Health Commissioner's Award they received for becoming the second local health department in Indiana to receive PHAB accreditation. **BELOW:** Staff join to celebrate the accomplishment.



Bezy named to lead Maternal and Child Health Division

Eden Bezy has been named director of the Indiana State Department of Health's Maternal and Child Health (MCH) Division.

This is a homecoming of sorts for Bezy, who started her ISDH career in 2012 by working on prenatal substance use projects in MCH. She subsequently served as the director of the Division of Nutrition and Physical Activity from 2014 to 2017.



Eden Bezy

Most recently, Bezy was director of the Office of Public Health Performance Management. In this position, she helped lead the agency toward becoming accredited, facilitated the agency's strategic planning processes, authored the state health assessment and improvement plan; helped renew agency-wide efforts for formalized quality improvement and performance management; and helped reinvigorate work on leadership and employee engagement.

Bezy is a 2008 graduate of Indiana University Bloomington with a degree in dietetics. She obtained her Master's in Public Health from IUPUI Fairbanks School of Public Health in 2012, focusing on health administration.

Infant mortality is a priority for ISDH as we work toward the goal of becoming the best in the Midwest by 2024. Bezy is a proven leader at ISDH, and we are fortunate to have her take on this new challenge.



ISDH prepares for PHAB accreditation site visit

ISDH celebrated in June that it has submitted all 357 documents needed for accreditation! The A-Team has been working hard to get this far, but the work is not over.

Accreditation Coordinator Patricia Truelove will be working closely with the Public Health Accreditation Board (PHAB), the A-Team and executive staff to schedule the site visit.

A walk through the ISDH facilities will be part of the visit. Any staff member may become part of this visit by being asked a question during a tour!

To prepare for the PHAB site visit, ISDH held a mock site visit Aug. 13 and 14 with external volunteers who are familiar with the accreditation process.



ISDH had the Indiana State Fair covered



Ten different ISDH programs staffed two booths in the Exposition Hall during the Indiana State Fair Aug. 2 to 18. Staff gave information on a variety of public health topics. The programs that participated were Epidemiology Resource Center, Food Protection, HIV/STD/Viral Hepatitis, Immunization, Maternal and Child Health, Nutrition and Physical Activity, Tobacco Prevention and Cessation, Trauma and Injury Prevention, Vital Records and Indiana Women, Infants and Children (WIC).

FAR LEFT: Trauma and Injury Prevention Division Director Katie Hokanson shows a home medication disposal kit to Gov. Eric Holcomb. ISDH has received 25,000 kits from Rx



Abuse Leadership Initiative of Indiana and handed out 8,400 at the state fair. The kits will also be available at the upcoming Public Health Leadership Symposium.

LEFT: Fairgoers could show their support of public health by posting a picture with this Instagram frame.

Sepsis toolkit is available

September is National Sepsis Month, and ISDH encourages you to mark the occasion by taking some steps to spread awareness of this life-threatening infection today and throughout September.

Sepsis can impact anyone and is the leading cause of hospital deaths nationwide. It is more common than heart attacks and claims more lives than prostate cancer, breast cancer and AIDS combined. In Indiana, more than 3,500 Hoosiers died from sepsis in 2018. The Indiana Hospital Association has created a sepsis toolkit. The toolkit includes podcasts, social media messages and more that you can use to help spread the word about sepsis, so we can “see it, stop it and survive it.” Click [here](#) for a toolkit and more information.

When it comes to sepsis, remember **IT'S ABOUT TIME™**. Watch for:

T	I	M	E
TEMPERATURE higher or lower than normal	INFECTION may have signs and symptoms of an infection	MENTAL DECLINE confused, sleepy, difficult to rouse	EXTREMELY ILL "I feel like I might die," severe pain or discomfort

Watch for a combination of these symptoms. If you suspect sepsis, see a doctor urgently, CALL 911 or go to a hospital and say, "I AM CONCERNED ABOUT SEPSIS."

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GREAT DAY FOR BASEBALL

Indiana Women, Infants and Children staff Amy Bixler, left, and Hayley Fry share program information on July 21 at Indiana WIC Day with the Indianapolis Indians. This was the second year for the event, which included discount tickets and education about WIC's nutrition and breastfeeding support programs. Indiana WIC supports \$105 million in food sales at more than 600 Indiana WIC-approved grocery stores and pharmacies.

Get ready for Safe Sleep Month

By Kacie Chase

Sudden unexpected infant death (SUID) is the umbrella term for all medically unexpected deaths in infants younger than one year. Tragically, many times these deaths include accidental sleep-related deaths that in most cases are preventable.

October is Sudden Infant Death Syndrome (SIDS) Awareness Month.

People are often surprised to learn that the weight of an adult arm on a baby's chest is enough to cause suffocation or that babies do not have the motor control to remove themselves from dangerous positions, such as under a blanket where they could re-breathe their exhaled air.

The American Academy of Pediatrics (AAP) recommends families create a safe sleep environment that:

- Includes placing the baby on his or her back on a firm surface with a tight-fitting sheet for every sleep.
- Avoids any soft bedding, blankets or toys in the crib.
- Keeps babies in the room, but not in the same bed, with the parent.
- Avoids exposure to smoke, alcohol or illicit drugs, for both the infant and the

caregivers.

While these educational facts are vital for families to know, creating cultural change is more than just knowledge. Many families face social barriers that prevent them from practicing [safe sleep](#).

The Indiana State Department of Health (ISDH) is dedicated to listening to these families and helping them overcome barriers, which is why ISDH is creating community action teams (CATs) throughout the state. CATs are a unique way to address social issues that also invariably affect any community's infant mortality rate. When done effectively, CATs address a community's issues with solutions that are driven by needs and resources.

The ISDH Fatality Review and Prevention Team is placing dedicated community coordinators in all areas of the state to help develop locally-led CATs. The teams will address safe sleep education, perinatal depression, crib distribution and more. CATs will ideally include people who have been affected by SUID, local healthcare providers, faith-based agencies,



local health and human service providers, and other neighborhood leaders who can advocate for change at the community level.

CATs rely on data that communities gathered by their Child Fatality Review teams, as well as Fetal Infant

Mortality Review teams throughout the state. That data allows the CATs to focus on prevention and education in real time, on the ground in each community. The combination of these review teams and CATs has the potential to create a powerful impact on SUID and infant mortality rates in Indiana.

As ISDH begins the process across the state of implementing CATs led by community members by listening to the community and focusing on its assets, ISDH will be better equipped to solve problems and create sustainable solutions. The community coordinator will help bring a broad coalition of people together to support the community in tackling the infant mortality and SUID rates by offering support, resources and best practices in safe sleep.

Flu reports begin Oct. 11

Although summer isn't quite over yet, the temperatures will soon fall and the leaves have started to turn color, signaling that a new flu season is around the corner.

Influenza is a contagious respiratory illness caused by influenza viruses that may infect the nose, throat and lungs. The best way to prevent flu is by getting a flu vaccine each year. Everyone 6 months and older should receive a vaccine.

The 2019-2020 influenza order form was sent July 31, and ISDH has already begun shipping vaccine. Be sure to contact the Immunization Division with any vaccine needs and enter all administered doses in CHIRP.

ISDH will provide its weekly update on flu activity in Indiana every Friday starting Oct. 11 (week ending Oct. 4).

Everyone wants to know how severe the flu season will be, but that's difficult to predict. Every flu season is different, and influenza can be unpredictable.

Flu is different from a cold, as it usually comes on suddenly. The Centers for Disease Control and Prevention (CDC) estimated that last flu season there were about 37.4 million to 42.9 million flu illnesses across the United States

While the best prevention is vaccination, we also encourage the three Cs: clean, by washing your hands with soap and water; cover your mouth when you cough or sneeze; and contain (stay home when you're sick).

More flu information is available [here](#).



HEALTH FAIR GOES NEXT LEVEL

A big thank-you goes to all ISDH staff members and sponsors who helped with the 2019 Indiana Black and Minority Health Fair at Indiana Black Expo's Summer Celebration July 18-21. Above, MOMS Helpline Community Outreach Liaison Intern Amanda Warnock shares some helpful information with visitors at the health fair. This year's theme was Take your Health to the Next Level. The event at the Indiana Convention Center provided more than \$2,000 in free health screenings, along with health education, guest speakers, cooking demonstrations, entertainment and other healthy activities.

Helping Indiana become more active

By Pete Fritz

Indiana is not as physically active as it should be for the long-term health of our citizens. Local officials know they can do a better job creating healthy, active communities but struggle with where to start.

As the healthy communities planner for ISDH's Division of Nutrition and Physical Activity (DNPA), I offer communities a source of assistance. My job is to help communities initiate changes to policies, create new support systems and make environmental and physical changes supporting more active, healthy communities. My background in planning and landscape architecture enables me to bridge the disciplines of planning, design and public health.

Much of my work in the last eight years with ISDH has centered on using a community workshop approach and mini-grants to nudge leaders, advocates and citizens toward creating safer environments for walking and bicycling. I have facilitated more than 70 community workshops for ISDH, involving 3,000 community leaders.

These workshops have focused on helping communities become more bicycle friendly, create active living environments for their citizens and adopt policies that make it safer for all users of the street (drivers, walkers and bicyclists).

In the last five years, DNPA has completed 46 active living workshops across the state. DNPA partnered with Health by Design (a statewide active living coalition) and Purdue Extension to provide the workshops. One popular part of the workshops was the before and after sketches of physical changes communities can make to increase safety for bicyclists and pedestrians.

My design experience allowed me to show community leaders exactly what could be done to encourage higher levels of physical activity. As part of my work, I also created a story map that outlines the policies, plans, programs and projects that were implemented from the action plans created during the workshops. View the story map [here](#).

A final transferable product of the active living workshops is the newly published [Indiana Active Living Guidebook](#).

The guidebook is a resource for community leaders and advocates in Indiana to help them create their own active living initiatives. It includes much of the content from the workshops, along with success stories from completed projects.

I also manage mini-grant programs for local communities. In the past, the state provided matching funds for creating bicycle and pedestrian master plans, which are formally adopted by cities, towns and counties. DNPA helped fund 15 community-wide bicycle and pedestrian master plans in the last five years that proposed more than \$500 million in planned improvements.

I am now managing grants for "tactical urbanism" projects that result in temporary improvements along streets that make it safer for bicyclists and pedestrians. The intent of these demonstration projects is to create and test projects that will inspire communities to take the next step and make permanent improvements to those streets, resulting in safer walking and biking.

I am active outside of ISDH and volunteer for many organizations, including the Indiana Chapter of the American Planning Association, the statewide organization that represents community planners in Indiana.

I recently authored a new chapter for the Indiana Citizen Planner Guide titled "Planning for Public Health." The guide is a training manual for citizen planners across the state, including plan commission members, board of zoning appeals members, local elected officials, neighborhood organizations and citizen commit-

tees.

The new chapter discusses the role of planning in supporting public health, along with how to create partnerships between public health and planning agencies. View the new chapter [here](#).

I practice active living and ride my bike to work most days, averaging around 2,500 miles a year.

I volunteer on the Indianapolis Mayor's Bike Council and help organize the annual Indianapolis Bike to Work Day, and I rode in with Indy Mayor Joe Hogsett this year. My wife and I enjoy riding our tandem bike wherever we travel, from Midwestern Rail-Trails to New York City, where our daughters live.

Email me at pefritz@isdh.in.gov.



Pete Fritz facilitates a walk audit in Michigan City during an active living workshop.



A proposed trail rest stop in Huntington, Indiana. By Pete Fritz, AICP, PLA.

CALENDAR

Rowdie's Pumpkin Patch

Noon to 4 p.m., Oct. 6, Victory Field

Ring in autumn with Rowdie's Pumpkin Patch. Meet the Indians mascot dressed as a scarecrow and enjoy your favorite fall snacks and beverages. Kids 14 and younger can pick a pumpkin in the out-field and Knot Hole Kids Club members can take a hayride around the warning track

Local Health Department webcasts

9:30 a.m., Oct. 11, Nov. 8 and Dec. 13

Get an update on ISDH programs, initiatives, grant opportunities and more at these monthly webcasts.

Click [here](#) to watch live or to view archived webcasts.

Fall Leadership Symposium

9 a.m. to 3:45 p.m. Oct. 23, Fort Harrison State Park Garrison Conference Center, 5830 N. Post Road, Indianapolis

The Fall 2019 Local Public Health Leadership Symposium is open to local health departments.

The event is a great opportunity to hear the latest on public health in Indiana.

Infectious Disease Summit

Nov. 20-21, Marriott East, Indianapolis

Be sure to save the date for this year's conference, and watch for registration information.

Public Health Nurse/Environmental Health Specialist Orientation

Dec. 3-5, 2 N. Meridian St., Indianapolis

This event will take place at the Indiana State Department of Health's Adams Auditorium. Email LHDinfo@isdh.in.gov for more information.

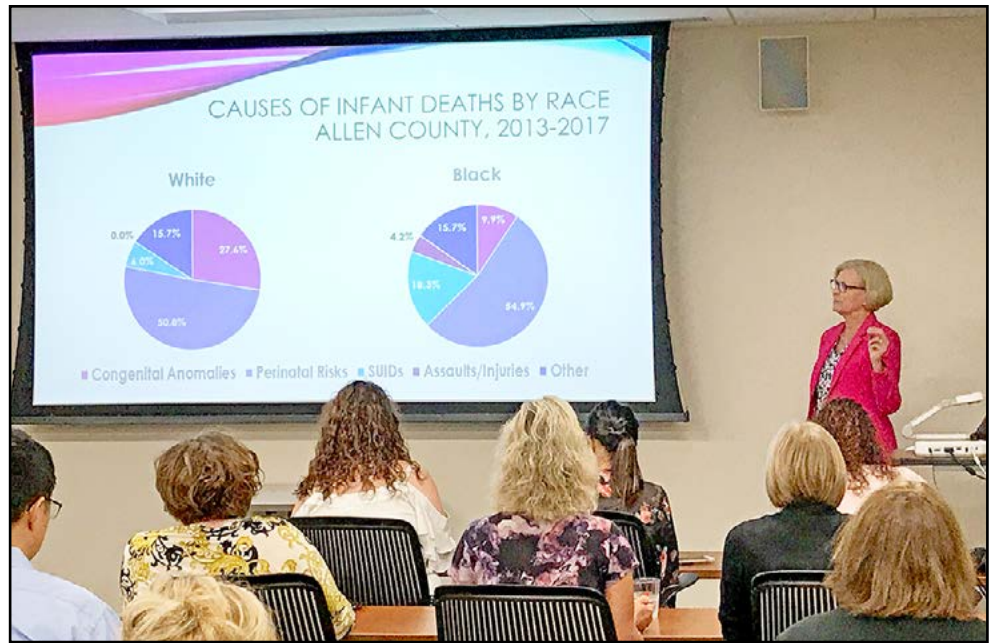
Labor of Love Infant Mortality Summit

Wednesday, Dec. 11, JW Marriott, Indianapolis

This year's [summit](#) is about Connecting Communities to tackle infant and maternal mortality.

The focus will be addressing disparities and socioeconomic factors that prevent a woman from accessing prenatal care early and continuing that care for both herself and her baby, providing education about safe sleep practices and improving the overall health of Indiana mothers by linking pregnant women to services.

Register [here](#) for this well-attended summit.



OB Navigator on the road

The OB Navigator Community Engagement Events kicked off in Allen County and brought together medical providers, hospitals, nurses and community health workers to discuss the newly created program. State Health Commissioner Kris Box, MD, FACOG, shared the state's goal to be the best in the Midwest for infant mortality and how we need to work together to achieve it. Various community partners offered their insight into how we can best reach mothers who need assistance during pregnancy and the first 6-12 months of their babies' lives. The next event will be 10 a.m., Sept. 19, Clark Memorial Hospital Conference Center, 1220 Missouri Ave., Jeffersonville. Visit the [web-site](#) for more information.

ISDH IN THE NEWS

Click on any of the links below to see recent ISDH press releases:

[HEALTH OFFICIALS URGE PRECAUTIONS AGAINST MOSQUITOES AS RARE VIRUS IS DETECTED IN NORTHERN INDIANA](#)

[INDIANA HEALTH OFFICIALS REPORT FIRST VAPING-RELATED DEATH](#)

[STATE HEALTH DEPARTMENT AWARDED GRANT TO HELP LOWER MATERNAL MORTALITY RATE](#)

[\\$21 MILLION GRANT BOOSTS INDIANA'S EFFORTS TO PREVENT OVERDOSES](#)

[INDIANA LAUNCHES EFFORT TO CURB YOUTH VAPING AMID HOSPITALIZATIONS, INCREASE IN E-CIGARETTE USE](#)

[DON'T FORGET IMMUNIZATIONS ON YOUR BACK-TO-SCHOOL LIST](#)

[STATE HEALTH DEPARTMENT KICKS OFF OB NAVIGATOR WITH ROAD SHOWS](#)

[HEALTH DEPARTMENT TO PROVIDE EDUCATION AT INDIANA STATE FAIR](#)

[GOV. HOLCOMB DIRECTS ACTIONS AIMED AT REDUCING INDIANA'S SMOKING RATE](#)

[HEALTH OFFICIALS RELEASE GUIDEBOOKS TO HELP HOOSIERS BE MORE ACTIVE](#)

Read more news on our [website](#).

