

Public Health

MATTERS



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Welcome from the state health commissioner



*State Health Commissioner
Jerome Adams, M.D., M.P.H.*

It's hard to believe it's already October. The leaves are turning colors, the sweaters are coming out of storage and we're starting to think ahead to the holidays.

It's been a busy summer and start to the fall at the Indiana State Department of Health (ISDH). Zika continues to be a pressing public health issue. ISDH is receiving \$3.6 million over the next five years to ensure that we are doing everything possible to protect Hoosiers. So far, Florida is the only U.S. state with local transmission of Zika, but

thousands of people nationwide have been diagnosed with the disease after traveling to affected countries. Make sure you are protecting yourself and your family from mosquito bites at home and while traveling, especially if you are pregnant or planning to conceive. You can find the latest guidance at www.cdc.gov/zika.

Another critical public health issue has been the East Chicago lead situation. ISDH has offered its full resources to the East Chicago Health Department to help ensure that anyone living near the USS Lead Superfund site, where lead-contaminated soil has been found, has access to free blood lead testing. Testing is important, especially for young children and pregnant women, because lead can cause changes to the IQ, decrease ability to pay attention and reduce academic performance. At extremely high levels, lead exposure can even result in coma and death. The effects of lead are most pronounced in children under age 7 because the brain is still rapidly growing and developing. In Indiana, lead paint and lead dust in older housing stock are the primary sources of lead exposure.

However, lead can also be present in toys, water, solder and, as we've seen in East Chicago, soil due to industrial use. To date, a small percentage of those tested in East Chicago have confirmed elevated blood lead levels. We are working with the East Chicago Health Department to ensure that their cases are managed to result in the best health outcomes possible.

We also recently held our fourth annual Labor of Love Infant Mortality Summit at the JW Marriott in Downtown Indianapolis. Infant mortality continues to be the top priority of the ISDH. This year's summit focused on the importance of partnerships in reducing Indiana's infant mortality rate. By working together and promoting prenatal care, safe sleep, breastfeeding and tobacco cessation, we can give every Indiana infant their best chance at a long, healthy life.

As temperatures turn cooler, don't forget to schedule your flu shot. This year, the Centers for Disease Control and Prevention (CDC) is not recommending the nasal spray form of the vaccine because of concerns about its effectiveness. So roll up those sleeves and get your shot--and make sure your family members get one too. Flu causes millions of illnesses and thousands of deaths each year around the world. Getting a flu shot is your best protection.

Yours in health,

Jerome Adams, M.D., M.P.H.
Indiana State Health Commissioner

ISDH mobile hospital ensures medical assets are available in an emergency

By Matt Scotten, deputy director, ISDH Office of Public Affairs



A helicopter flies to deliver simulated casualties to one of six mobile hospital tents owned by the Indiana State Department of Health during an exercise in Fort Wayne in August. ISDH uses mobile hospital units to rapidly deploy public health and medical assets to emergency and disaster sites around the state.

In the case of a statewide medical emergency, the Indiana State Department of Health is ready to help, even if that means deploying medical assets to multiple locations throughout the state simultaneously at a moment's notice. ISDH is able to meet this need with its mobile hospital.

The mobile hospital is a module system that ISDH emergency personnel can set up to provide a variety of services, from full-scale hospital facilities to immunization clinics and more. ISDH has six different units divided between three trailers that can be deployed together or separately to multiple emergencies, if needed. Each unit can be set up within an hour of arriving on scene, providing rapid response capability to ISDH's emergency response division.

"When we put this particular asset together, we chose to go with a model that is exactly the same as what many federal agencies use," said Lee Christenson, director, ISDH Public Health Preparedness and Emergency Response Division. "Because of this, we are able to maintain a high level of interoperability should we be faced with a disaster that requires partnering with other organizations."

Besides working in disasters and emergencies throughout Indiana, ISDH also displays the mobile hospital at events across the state to raise community awareness.

"We set one unit up on display in Conner Prairie in Noblesville earlier this year and a lot of people thought we were the first aid tent," said Kerry Cook, logistics director, ISDH Public Health Preparedness and Emergency Response Division. "They were really blown away when they walked in and saw all the space within even one unit."

State health department administrative updates



Eric Hawkins joined ISDH as the Tuberculosis/Refugee Health Program Director in June after spending four years as program manager for the Arizona Tuberculosis Control Program. In that role, he developed and oversaw state and federal contracts with local health departments and

served as principal investigator on the Tuberculosis Elimination and Laboratory Cooperative Agreement. At ISDH, Eric directs the team that investigates TB outbreaks, coordinates case management and works to increase the public's awareness of the disease. His division also provides access and resources for initial health screenings to refugees upon their arrival in the United States.



Dennis Stover, a longtime leader in HIV work in Indiana, Michigan and Washington, D.C., joined ISDH as director of the agency's HIV/STD Division in September. This is a homecoming for Dennis, who has served as the executive director of

the Indiana Community AIDS Action Network and as director of acquired diseases for ISDH, where he also served as assistant commissioner overseeing administrative services from 1994-95. He also worked as a vice president of the National AIDS Fund and as executive director for the Michigan AIDS Fund in the 1990s and has worked in philanthropy and as an educator, most recently as a vice chancellor at the University of South Florida Sarasota Manatee.



Tricks for dealing with sugary Halloween treats

As Halloween approaches, are you concerned that too much candy and sugar will result in some frightful tooth decay for your kids? “Monster mouth” is a serious reality for little ones. So what can you do to fight cavities?

Getting cavities has a lot to do with how often we eat sugary foods.

The stickiness of foods is also a big factor. Each time we eat or drink something containing sugar, it helps to create an acid that causes cavities. That acid can remain in the mouth for up to 30 minutes. That means every piece of candy or sip of juice will start another 30 minutes of acid.

It may be unrealistic to tell our children they can never have their favorite treats, so follow these tips to help them enjoy responsibly:

- ▶ Set a meal time and a snack time. Keep the kitchen closed in between.
- ▶ Drink milk and juice only with meals. Drink water during the day.
- ▶ Have dessert right after a meal to avoid reproducing acid.
- ▶ Let kids pick a few pieces of candy to eat after trick-or-treating. Enjoy these during “treat time,” then be done.
- ▶ Avoid sticky treats that stay on teeth--it makes the acid stay longer.
- ▶ Brush teeth after eating sugar.
- ▶ For snack time, go with fresh fruits, veggies and cheese.

In Indiana, an estimated 51% of all third-graders have experienced some tooth decay. Nearly 48% of Indiana residents age 18 and older have had a permanent tooth extracted. Proper oral hygiene is important. If your mouth is healthy, chances are your overall health is good. Remember to brush and floss regularly and put a limit on sugary treats all year long.

Think Outside the Candy Wrapper

This Halloween, consider some alternatives to candy.

Glow sticks or finger lights
Crackers or mini pretzels
Miniature toys

Temporary tattoos
School supplies
Pocket games

The Great American Smokeout

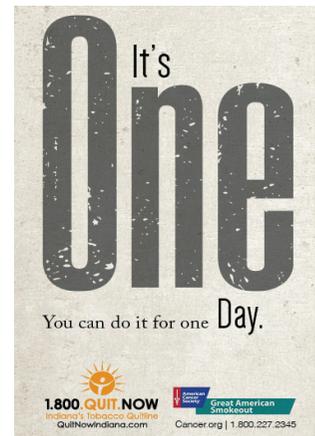
Every third Thursday in November, tobacco users across the nation take part in the American Cancer Society's Great American Smokeout. The event challenges smokers to stop tobacco use for one day and get help to quit for good.

In Indiana, almost 21% of adults still smoke. There are 333,000 Hoosiers that suffer from tobacco-related illness. Health-related costs from smoking in the state are \$3 billion each year.

Quitting isn't easy, but there are some helpful tools to help you on your quit journey:

- Tobacco cessation hotlines
- Tobacco cessation classes
- Online quit groups
- One-on-one counseling
- Nicotine replacement products
- Doctor-prescribed medicines
- Guide books

Get help seven days a week to quit smoking.
For support information call 1-800-QUIT-NOW.



Graphics, CDHP, 2014

Three actions to fight the flu

Flu is a serious contagious disease that can lead to hospitalization and even death. You have the power to protect yourself and your family this season. Here are three actions to fight the flu:

1. **Get a flu vaccine.** Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible. An annual flu vaccine is the first and most important step in protecting against the flu. (The nasal spray form of the vaccine is not recommended this year.)
2. **Take everyday actions to stop the spread of germs.** Wash your hands often with soap and water and cover your nose and mouth with a tissue when you cough and sneeze.
3. **Take flu antiviral drugs if your doctor provides them.** If you get the flu, medicine, called antiviral drugs, can be used to treat flu illness. Antiviral medications can make illness milder and shorten the time you're sick. They may also prevent serious flu complications.



Learn more about how you can fight the flu this season at www.cdc.gov/fightflu.



Score a touchdown for health



Tailgating food safety

Fall is in the air. Your favorite team is about to take the field. The crisp smell of barbecue smoke wafts through the air in the parking lot. It's tailgating time. Just because you're cooking outside doesn't mean you can forget your food safety basics.

Wash, rinse, repeat

Wash your hands often with soap and warm water for at least 20 seconds before preparing food. It's a good idea to have moist towelettes and hand sanitizers on hand, too.

Keep it separated

Always have separate plates and utensils to prevent cross-contamination of raw products and ready-to-eat foods.

Be cold, ice cold

Pack refrigerated or frozen foods just before leaving home in an insulated cooler. Add plenty of ice or ice packs to keep your food at 40 degrees Fahrenheit or below. Store drinks in a separate cooler.

Keep it clean

Bring portable cleaning supplies to wipe down surfaces and keep germs from spreading.

Remember: When in doubt, throw it out.

4 Steps to Food Safety

Clean

Wash hands and surfaces often.

Separate

Keep raw meats away from other foods.

Cook

Prepare food to the correct temperature.

Chill

Refrigerate foods promptly.



Photos from CDHP, 2014

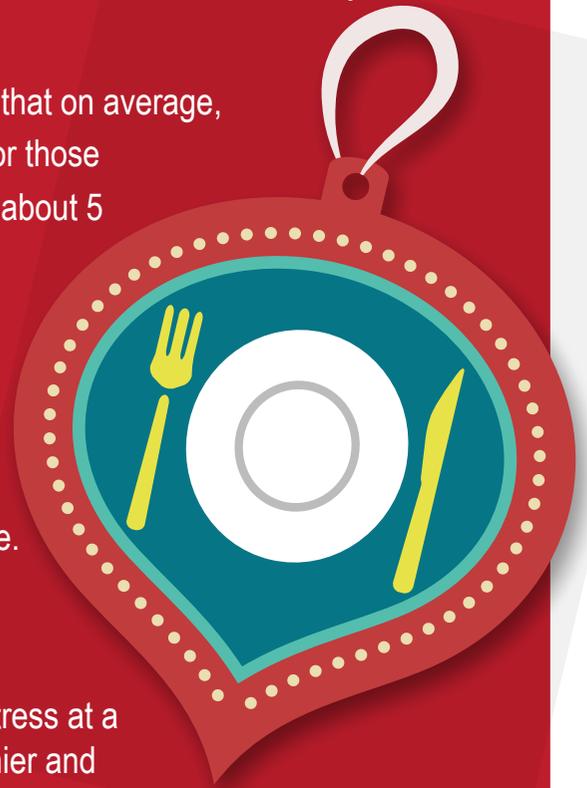
Healthy eating for the holidays

Research from the New England Journal of Medicine shows that on average, Americans gain about a pound during the holiday season. For those who are already overweight, the increase is slightly more, at about 5 pounds.

Although it may not seem significant, generally speaking, we don't lose that weight after the holidays. This seemingly innocuous few extra holiday pounds can lead to significant weight gain over a lifespan.

In Indiana, about two-thirds of adults are overweight or obese. This contributes to high rates of cardiovascular disease, diabetes and some cancers.

By making better food choices, staying active and keeping stress at a minimum, you can survive the holidays and start 2017 healthier and happier!



Don't let the holidays derail your healthy habits

Take a look at these tips to keep off the holiday weight:



Get moving.

Regular, sustained activity is a great way to lose or maintain weight. Anyone for a spirited game of Wii Sports?



Cheat a little - but only once a day.

Just have to have that piece of pie? Allow yourself one small serving. Compensate later by reducing your calorie intake or burning a few calories with exercise.



Eat your fruits & veggies.

Aim for seven or more servings of fruits and vegetables each day. They'll satisfy your hunger without adding empty calories.

ISDH employee spotlight:

Mary Beth Wren, Accounts Payable/ Travel Accountant

What do you get when you bring together quilters and poets? Poetry in Free Motion. What began as a collaboration between quilter and ISDH employee Mary Beth Wren and her husband has become an anticipated annual arts event.

In 2010, the couple were looking for a way to combine their artistic passions- poetry and quilting. From there, the project took shape.



In the first year, seven quilters were paired with seven poets. Each poet wrote a work inspired by a quilter's creation. While the roles are sometimes reversed, each year there are dozens of beautiful results.

Mary Beth created a quilt featuring her beloved black cat, Angus in 2014. This year, she created a quilt based on the poem "The Lessons of Winter" by Luke Austin Daugherty.

This year's Poetry in Free Motion poems and quilts will be on display at the Indianapolis Artsgarden in April 2017 as well as other venues.

Don't let Zika zap your holiday

Hitting the road this holiday season? Before you book your flight, make sure you plan ahead. If you're pregnant or trying to become pregnant, it is advisable to avoid travel destinations affected by Zika.

Check with the Centers for Disease Control and Prevention for the latest travel notices. You can find them at:

<http://wwwnc.cdc.gov/travel/page/zika-information>. This has the most up-to-date information on your destination and whether Zika could impact your travel plans. The site also offers advice for those planning to visit South Florida.

If you do travel to an area with Zika, take steps to avoid being bitten by mosquitoes and to keep mosquitoes outside. When you return home, continue to protect yourself from mosquito bites in accordance with the CDC's guidance. If you contract Zika on your trip, being bitten by mosquitoes when you return could spread the virus. If you begin to feel sick, play it safe and see a doctor.

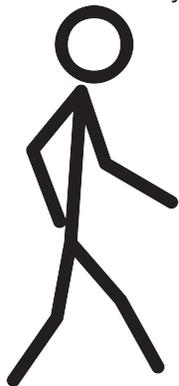
For more information on Zika symptoms and how to prevent its spread, go to www.cdc.gov/zika.



WALK THIS WAY for winter

Walking is a great way to stay active. It improves your circulation, mobility and balance, helps you lose weight and even works to prevent osteoporosis.

But once winter rolls around, you're more likely to hang up your walking shoes, reach for a hot chocolate and grab a seat on the couch. It's cozy, but it isn't healthy. Just because it's not sunny and warm doesn't mean you should hibernate. Here are a few tips to get moving safely outside when you're walking in winter:



Ease into it

Start slow. Give your muscles a chance to warm up.

Walk at a moderate or slow pace

Conditions can be icy. The bigger your stride, the greater your risk of falling.

Gear up for the weather

Aim to layer and always wear gloves and a hat.

Content from weightwatchers.com

Have newsletter content you'd like to share? Email kscott@isdh.in.gov



Smoke-free Hugs for Everyone

It may be awkward, but it's healthier and more fun.


1.800.QUIT.NOW
Indiana's Tobacco Quitline
QuitNowIndiana.com

 **Great American Smokeout**
Cancer.org | 1.800.227.2345

Get up!

Feeling down?

Physical activity can help reduce feelings of depression and stress while improving your mood and emotional well being.

Learn more at www.mayoclinic.org/diseases-conditions/depression.in-depth/depression-and-exercise/art-20046495

www.StateHealth.in.gov