

STATE PLAN PUBLIC HEALTH FACT SHEET

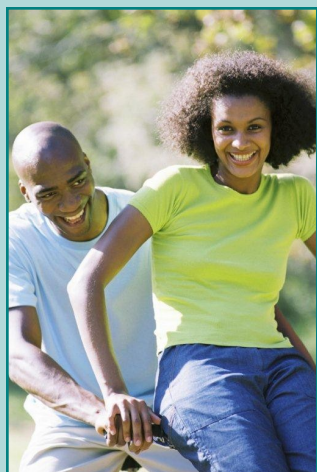


OUR MISSION: To engage the people of Indiana in the primary prevention of sexual violence using state and community-based strategies for societal change.

OUR VISION: A state free of sexual violence achieved through respect between and equity among all people.

THE PLANNING PROCESS

In October 2010, the Indiana State Department of Health and the Sexual Violence Primary Prevention Council released *Indiana's Commitment to Primary Prevention: A State Free of Sexual Violence~2010-2015*. The State Plan was the result of a two-year planning process, involving stakeholders from various parts of the state, including the general public.



SEXUAL VIOLENCE IN INDIANA

Sexual violence is a public health problem. In Indiana, 20.4% of women experience rape and 43.9% experience sexual violence other than rape, while 25.8% of men experience sexual violence other than rape at some point in their lives¹. In addition, 17.3% of Indiana's high school females reported being physically forced to have sexual intercourse². These numbers represent only a portion of the problem, since many people don't report. Sexual violence impacts health outcomes significantly, causing increased chronic pain, headaches, stomach problems, sexually transmitted diseases and pregnancies. It also has negative emotional impact on victims, including depression, eating disorders and suicidal ideation. Sexual violence is strongly correlated to risky health behaviors, such as smoking, alcohol abuse and risky sexual activity. Sexual violence affects many men and women directly, but it also affects their families, friends and communities.

STATE PLAN GOALS

- Goal 1:** To facilitate stakeholder awareness of and participation in the implementation of the Indiana Sexual Violence Primary Prevention Plan.
- Goal 2:** To build and strengthen capacity to prevent sexual violence in Indiana.
- Goal 3:** To support communities in using evidence-informed strategies and programs for sexual violence primary prevention through technical assistance.
- Goal 4:** To enhance social norms that promote sexual violence primary prevention.
- Goal 5:** To ensure the inclusion of priority populations in state and local sexual violence primary prevention efforts.
- Goal 6:** To enhance sexual violence data collection, analysis and sharing.



1. National Intimate Partner and Sexual Violence Survey. (2011). Centers for Disease Control and Prevention. Atlanta, GA.
2. Youth Risk Behavioral Survey. (2011). Indiana State Department of Health. Indianapolis, IN.

SEXUAL VIOLENCE AND PUBLIC HEALTH

WHAT DO SEXUAL VIOLENCE AND THE STATE PLAN HAVE TO DO WITH PUBLIC HEALTH?

Public Health is focused on improving and promoting the health of communities through education, research, policy and services. It works at the community level to prevent disease and violence from happening in the first place. Looking at sexual violence from a public health perspective is necessary, because it moves away from individual intervention and responsibility and moves to community-driven solutions and social norms change.

The State Plan process followed the Centers for Disease Control and Prevention's *Public Health Approach to Violence Prevention*. It was based on two-years worth of data and input from Indiana residents. The data collected helped define the problem of sexual violence in Indiana, defined the risk and protective factors present, and set the stage for the implementation of primary prevention across the state. The State Plan goals and objectives do not focus on individual actions, but on community-oriented strategies, such as policy development, capacity building, evaluation and assessment, social norms change, cultural competency and data collection.

TAKE ACTION

There are plenty of things YOU can do TODAY to prevent sexual violence!

- First and foremost, BELIEVE SURVIVORS.
- Be an active bystander.
- Conduct research and learn more about the issue.
- Educate others on the issue.
- Support and model equality and gender respect.
- Do not take part in humor that involves rape or is demeaning to women.
- Break the silence and TALK about it.
- Volunteer at your local rape crisis center.
- Donate to state or local organizations.



This publication was supported by Cooperative Agreement 5VF1CE001115-05 REVISED from The Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.