



Welcome from the State Health Commissioner



State Health Commissioner
Gregory Larkin, M.D.

Indiana will soon be one of the first states in the nation to offer Hoosiers direct access to their family's immunization records from any computer. The Indiana State Department of Health will launch the new online tool, MyVaxIndiana, statewide on July 23.

All records are secure and can only be accessed by entering an individual identification number.

The database is designed to reduce burdens and costs of extra office visits to health care providers, give parents another tool to better manage their children's health care and increase childhood immunization rates. More information on MyVaxIndiana is on page 6.

The State Health Department has also been busy helping businesses and others get ready for the implementation of the Indiana Smoke Free Air Law, which took effect on July 1. Smoke free air policies are key public health intervention tools which help reduce exposure to secondhand smoke and lower tobacco use. While the new state law is a starting point, local communities

can take further action in protecting their citizens from exposure to secondhand smoke in other venues not included in the state law. Read page 5 for frequently asked questions about the new law.

Also important to note is that microbiologist Brent Barrett won a prestigious award (page 7) and our Food Protection Program was recognized for their hard work and diligence regarding food safety and trucks (page 4). Please join me in congratulating Brent and our Food Protection Program!

As you may be aware, the State Health Department is now utilizing social media to communicate with Hoosiers around the state. I encourage all of you to follow and like us on various social mediums. Spread the word and let others know as it is a great way to keep informed about health news, events and more.

Regards,

Gregory Larkin, MD, FAAFP, FACOEM
State Health Commissioner

Follow the State Health Department on Social Media

Hoosiers can now find Indiana health information more easily by logging into popular social media sites such as Facebook, Twitter and YouTube.

The State Health Department is now using these tools to reach Hoosiers not only with important health information, but information about services, resources and State Health Department events.

These new efforts will build on the success of State Health Department campaigns which already utilize social media. Quit Now Indiana, INShape Indiana and the Office of Women's Health already communicate with Hoosiers through Facebook and Twitter.

Check out the official State Health Department social media pages for the latest health information, updates, event information and photos.

Stay Connected . . .



Facebook

www.facebook.com/ISDH1



Twitter

www.twitter.com/#!/statehealthin



YouTube

www.youtube.com/INStateHealthDept



Health links

www.socialmedia.isdh.in.gov



Minority Health Fair Set For July 19-22

By Antoniette Holt, Director, Office of Minority Health

The 2012 INShape Indiana Black and Minority Health Fair will take place Thursday, July 19 to Sunday, July 22 during the annual Indiana Black Expo Summer Celebration.

Themed “Rethink, Reset, Restart your Health,” the health fair will mark its 27th year.

Attendees this year will have the opportunity to receive more than \$1,000 worth of exams and screenings for free. Screenings include blood pressure, glucose, cholesterol, syphilis, body mass index, addiction, prostate and dental. Addi-



tionally, staff will offer body health analysis, stroke assessment and lead testing for children (to age 6). Eye exams will be offered July 19 and 20.

The INShape Indiana Black and Minority Health Fair, which is one of the largest events of its kind, served 27,000 last year at the Indiana Convention Center. Sponsored by the

Office of Minority Health, the event is an effort to improve the health of underserved and racial and ethnic minority populations of the region.

Annual Cancer Report Finds Positives for Hoosiers

By Emily Erdmann, Director, Health Education and Communications Cancer Control Section

According to the latest cancer data, Hoosier cancer incidence and mortality rates decreased from 1999 to 2008. The Indiana State Department of Health, Indiana Cancer Consortium (ICC) and American Cancer Society released the information in April, which is National Cancer Control Awareness Month.

Research, published in Indiana Cancer Facts and Figures 2012, noted the state's age-adjusted incident rate decreased 0.5 percent while the age-adjusted cancer mortality rate dipped 10.6 percent.

Despite the decreases, Indiana statistics are higher than national averages. From 2004-2008, Indiana's age-adjusted cancer mortality rate was 8 percent above national numbers while the cancer incidence rate was four deaths (475.6 per 100,000 people) above average.

The report also noted more than 30,000 Indiana residents are diagnosed with cancer. About 2.4 million Hoosiers, or two in five people now living in Indiana, will eventually develop cancer. Cancer is the second leading cause of death in Indiana behind heart disease. Approximately 12,000 Hoosiers succumb to cancer each year.

Excluding skin cancers, breast and prostate are the most prevalent cancers among females and males both in Indiana and

nationally. Lung and colon cancers are the next most common cancers in both sexes.

Indiana Cancer Facts and Figures is the state's most comprehensive analysis of the topic. It contains the most recent cancer information available and identifies current cancer trends and their potential impact on Hoosiers. This report also provides a comprehensive understanding of Indiana's progress towards meeting the goals and objectives outlined in the ICC state cancer control plan.

The report indicates that progress continues to be made in the detection and treatment of certain cancers, and that the incidence and mortality of some cancers is declining. However, a significant burden still exists among Hoosiers that requires continued and more targeted cancer prevention and control efforts.

The ICC is a statewide network of partnerships whose mission is to reduce the cancer burden in Indiana through the development, implementation and evaluation of a comprehensive plan that addresses cancer across the continuum from prevention through palliation.

To download the report and to find additional information about cancer prevention and control in Indiana, please visit the ICC website at www.indianacancer.org.



Former Commissioner Headlines Nurses' Conference

By Jessica Trimble, Director, Local Health Department Outreach Division

The State Health Department partnered with the Indiana Immunization Coalition for the annual Public Health Nurse Conference, "Partners in Public Health: Preventing, Promoting, Protecting," at the Hilton Indianapolis North, May 16-17. St. Vincent Hospital, Health Care Center and certified health education specialist continuing education credits were provided.

Nurses chose from more than 20 workshops and sessions that included topics like immunizations, using social media to promote public health, monitoring public health, conducting public health investigations and collecting public health data. Former State Health Commissioner Dr. Judith Monroe and Dr. John Christenson, director of the Ryan White Center for Pediatric Infectious Disease, spoke at the event emceed by State Health Commissioner Dr. Gregory Larkin.

Monroe, now deputy director for the Centers for Disease Control and Prevention (CDC) and director of the Office for State, Tribal, Local and Territorial Support, discussed current CDC public health initiatives. She highlighted CDC priorities, voluntary accreditation for health departments and tools available to improve efficiency and effectiveness of public health practice. Christenson, also a professor of clinical pediatrics at Indiana University School of Medicine, shared information regarding new trends in children with respiratory infections.

Dr. Neil Shulman, associate professor at Emory University School of Medicine, closed the conference reminding



ABOVE: State Health Department employees Jyl Madlem and Shelley Matheson look over the nurse education conference program in May.



LEFT: Conference speaker Dr. Judith Monroe addresses the gathering.

nurses of the vital role they play in public health and a reminder that nurses must also take care of themselves and not just their patients.

Risky Youth Behavior Still a Concern for Health Officials

Indiana youth are less likely to engage in risky alcohol-related activities than they were a decade ago. The 2011 National Youth Risk Behavior Survey, conducted by the Centers for Disease Control and Prevention (CDC), showed a decrease in binge drinking, social drinking and driving under the influence of alcohol.

According to the study, which compared data 2003-2011, 80 percent of Indiana high school students didn't report binge drinking in the month prior to the 2011 survey. This decreased eight percent from 2003.

Additionally, students reported fewer incidents of other alcohol consumption, with 33 percent saying they drank alcohol within the month prior to the survey. This was a 12 percent decrease from 2003. Instances of vehicle driving while drinking alcohol also dropped to five percent.

While these risky behaviors decreased, mental, nutritional and

Concern for Health Officials



physical health indicators remained concerns.

More than 80 percent of high school students didn't meet the recommended fruit and vegetable consumption guidelines. Many students also failed to exercise regularly.

Suicide attempts increased from four to 11 percent, which placed Indiana youth above national statistics.

Also, more than one-third of sexually active high school students failed to use condoms during sexual encounters. Thirty-nine percent of males and 45 percent of females didn't use birth control during their most recent sexual intercourse.

Survey data is used to monitor progress toward U.S. Department of Health and Human Services' Healthy People 2020 objectives. The survey is available online at www.in.gov/yrbs.



Food Protection Program Wins Grosvenor Award

Hard work and diligence once again pays off for the State Health Department Food Protection Program as they were awarded the Elliot O. Grosvenor Food Safety Award from the Association of Food and Drug Officials (AFDO) at the 116th AFDO Annual Educational Conference on June 5, 2012.

The award recognizes outstanding achievement by a food safety program within a state department of Agriculture, Natural Resource agencies, Public Health or Environmental Health in the United States or Canada.

The award was created to recognize leaders who best showcase improvement, innovation or sustained high performance within a food safety program. A qualified program could include responsibilities for food safety, protection, defense or sanitation.

“It is great to be recognized for our hard work to protect public health in Indiana,” said Scott Gilliam, Director of Food Protection. “It’s a prestigious organization and the Food Protection Program is honored to be recognized. This could not have happened without the quality and drive of our staff and the initiative of the Indiana State Police.”

In 2005, Congress passed the Sanitary Food Transportation



(L-R) Food Protection Director Scott Gilliam, Assistant Commissioner Dr. Jim Howell, Indiana State Police Sgt. Ty Utterback and enteric epidemiologist Sarah Popovich with the Grosvenor Award.

Act. A year later, the Food Protection Program embarked on a project to determine the current state of food safety and defense of food in transit in interstate commerce. As a result, the program has continued to collaborate with the Indiana State Police and other food safety partners to monitor and conduct food transportation assessment projects across the state.

Annual Sunny Start Survey Data Available Online

Did you know that if your home was built before 1978, it may contain lead based paint, a key risk factor for lead poisoning? What can you do now to help ensure that your children aren't lead poisoned?

The answers are found in the latest report by the State Health Department Maternal and Child Health Division's Sunny Start: Healthy Bodies, Healthy Minds initiative.

Sunny Start: Healthy Bodies, Healthy Minds is a statewide effort to coordinate resources and supports for children through age 5 and their families in Indiana. With funding from the Maternal and Child Health Bureau's Early Childhood Comprehensive Systems grant, the project aims to ensure that Indiana's children arrive at school healthy and ready to learn.

In 2011, Sunny Start partnered with the Indiana Youth Institute to publish the State of the Young Hoosier Child Data Report (SYHC). The report includes key indicators on the physical health and well being of young children along with information on their social and emotional development, school



readiness, and the family environment and support. Key findings may be downloaded at www.sunnystart.in.gov/syhc. Data Profiles that focus on the indicators pertinent to young Hoosier children are available for each county on the website.

In recognition of the importance the environment plays over the life span, the Sunny Start initiative formed an environmental committee and partnered with Improving Kids' Environment (IKE), a children's environmental health advocacy group, to prepare the 2012 State of the Young

Hoosier Child Environmental Health Report.

This report provides an overview of the link between the environment and children's health. This informative new data report also includes a key findings summary section at the end of the report.

A highlight of the report is the "What Families Needs to Know" sections found throughout the document. These sections share tips on how people can ensure Hoosier children stay healthy. The full report will be available online after July 26 at www.sunnystart.in.gov/eh.



Ask **THE EXPERT**



with Miranda Spitznagle
Director, Tobacco Prevention and
Cessation

Indiana's smoke-free air law took effect July 1. The law prohibits smoking in most public places, including restaurants. Indiana is the 40th state to restrict workplace smoking.

Where isn't smoking allowed?

People may not smoke cigarettes, cigars, pipes or other devices in businesses, state-owned vehicles or school buses. All enclosed areas used by people under age 18 are non-smoking. Those who smoke must be at least eight feet from entrances to such buildings.

What are exceptions to the law?

Horse racing facilities, riverboats, facilities with gambling game



Spotlight on...

From June through September, the State Health Department Trauma and Injury Prevention Division is conducting a statewide trauma listening tour. Division staff and local stakeholders will hold "open house" style meetings in all 10 Indiana public health preparedness districts for Hoosiers to learn more about trauma, how state and local agencies respond, how a trauma system could help the state and gather personal stories of how trauma has affected those in Indiana.

Traumatic injury is the top killer of Hoosiers under the age of 45. The same is true across the country and worldwide. Injury is the fifth most common killer of Hoosiers of all ages. Traumatic injuries kill young people in the prime of their lives, impacting society as a whole in health costs, lost productivity and emotional distress.

Indiana is one of nine states without an integrated statewide

licenses, satellite gaming facilities, cigar bars, hookah bars, some fraternal clubs, retail tobacco stores, cigar manufacturing facilities, cigar specialty stores, bars or taverns that meet certain requirements, some businesses in private residences.

How does this affect businesses?

Businesses covered by the law must post signage notifying patrons of regulations. Designated smoking areas more than eight feet from entrances are allowed. Those exempt, such as home businesses, must post signs notifying patrons that smoking is allowed. Exempt businesses also may become smoke free if owners wish.

What about local policies?

County, city or town governments may pass more restrictive ordinances as the state law sets minimum requirements.

Who enforces regulations?

The Alcohol and Tobacco Commission (ATC) is the primary enforcement agency. Additionally, the State Health Department, local health departments, Division of Fire and Building Safety and all law enforcement officers have power to enforce the law.

How do I file a complaint?

Fill out a form available at www.in.gov/atc/2640.htm. You may file a complaint anonymously. For violations of local smoking ordinances, contact the appropriate local agency.

For more information, visit www.breathetheindiana.com.

Division of Trauma And Injury Prevention

By Art Logsdon, Director, Division of Trauma and Injury Prevention

trauma system. However, the state has elements of a statewide trauma system, such as emergency medical services (EMS) providers, trauma centers and a trauma registry. The Division of Trauma and Injury Prevention will work with the public and its many stakeholders to advance Indiana towards a formal trauma system.

When trauma patients are transported to trauma centers, the preventable death rates drop by 15-30 percent. Trauma systems correctly identify patients who need trauma care, anticipate needed resources for trauma treatment, route patients to the correct facility and improve care through a quality improvement process.

The Trauma Listening Tour is free and open to the public. For more information and tour dates, visit <http://www.in.gov/dhs/3764.htm>.



MyVaxIndiana Website to Debut in Late July

On July 23, Hoosiers will be able to directly access their family's immunization records from any computer through the use of a personal identification number (PIN).

The PINs can be used to log in to a secure website and check immunization history as it is recorded in the Indiana Children and Hoosiers Immunization Registry Program (CHIRP). PIN numbers can be provided by local health departments and health care providers upon the request of the patient.

Indiana is one of the first states in the nation to be able to offer this service to residents. Through MyVaxIndiana, Hoosiers will have the ability to download, fax or print official proof of



immunization, which can be used for school, travel or other purposes. Each record also features the Centers for Disease Control and Prevention's (CDC) ACIP Immunization Schedule so parents can plan for future immunizations.

MyVaxIndiana was created by the State Health Department through a technology grant from the Office of the National Controller. The goal is to reduce the burden and costs of physician office visits, offer a way for Hoosiers to further manage their health care, and increase Indiana childhood immunization rates.

For more information, visit www.MyVaxIndiana.in.gov.



Lupus Foundation, Anthem Blue Cross-Blue Shield

By Rachel King, Community Outreach Intern

The Office of Women's Health partnered in May with the Lupus Foundation of America, Indiana Chapter, to host an awareness event, "Make Lupus Matter: An Educational Forum." The event was attended by state and community leaders representing stakeholders from key organizations servicing Latina and African American populations, to shine a light on the disease.

The May 10 event marked World Lupus Day and helped launch Women's Health Week in Indiana activities.

The Governor's residence provided the backdrop for the forum, which included presentations from honorary co-chairs and guest speakers Connie Lawson (Secretary of State) and Maggie Lewis (Indianapolis-Marion County City-Council President). Two speakers affiliated with Indiana University Health, Dr. Christopher Wu, a rheumatologist, and Dr. Susan Kiray, an internal medicine specialist and lupus patient herself, presented from the clinician/physician perspective and the patient perspective.

They gave information on signs and symptoms of lupus



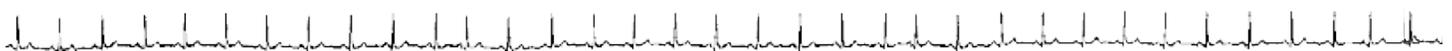
and the need for more awareness and research efforts. The purpose of the event was to better inform stakeholders in the Latina and African American communities about the importance of early diagnosis and to promote future partnerships.

The Office of Women's Health also partnered with Anthem Blue Cross/Blue Shield (Wellpoint) to provide health screenings to over fifty women on National Women's Checkup Day. The event was 10 a.m. to 2 p.m. Monday, May 14 at the Indianapolis Artsgarden and Circle Centre Mall.

The event encouraged women to take time out for their health by learning their health numbers and receiving education on risk factors for chronic disease. More than 15 health organizations provided a range of free health screenings, including body mass index, blood pressure, blood glucose, cholesterol, thyroid disease and mental health screenings.



As an added feature, Community Health Network's health promotions theater group, "Picture This," entertained with an interactive show addressing two important women's health topics: how improved communication can help eliminate stress and tips on being your own health advocate and a health advocate for others.





Awards

Brent Barrett, a microbiologist at the Indiana State Department of Health, is the 2012 **Scherago-Rubin Award** laureate. This award, presented for more than 20 years, recognizes an outstanding bench-level clinical microbiologist. Barrett received the award at the American Society of Microbiology’s (ASM) General Meeting in San Francisco in June.

Barrett received his B.S. in microbiology from Purdue University in 1976 and his American Society for Clinical Pathology (ASCP) certification in 1980. His full-time position is a microbiologist at the State Health Department and he also works part-time at Mid America Clinical Laboratories.



July

11-27 Indoor Air Quality (IAQ) rule training for school administrators. Half-day sessions will be: Lafayette (July 11), Greencastle (July 12), Indianapolis (July 17), Charlestown (July 18), Connersville (July 19), Mishawaka (July 25) and Jasper (July 27)

19-22 INShape Indiana Black and Minority Health Fair, www.in.gov/isdh/23551.htm

August

2-3 IAQ training: Aug. 2 at Chesterton, Aug. 3 at Decatur

17 Sexual Violence Primary Prevention Council meeting (open to the public), kajones@isdh.in.gov

Save the Date: October 5 — “Healthy Women, Healthy Hoosiers” conference

5 “Healthy Women, Healthy Hoosiers” conference, mmcgill@isdh.in.gov

For more information on these and other state events, visit the State of Indiana events calendar at <http://www.in.gov/core/calendar.html>



(For more information about a specific event, please use the specific email address listed.)



Indiana State
Department of Health

The Indiana State Department of Health promotes and provides essential public health services to protect Indiana communities.

Public Health Matters is a free publication that is published electronically every quarter by the State Health Department Office of Public Affairs. For questions, to submit an article or topic, contact Amanda Turney at aturney@isdh.in.gov.

To subscribe or unsubscribe to the newsletter, visit <http://bit.ly/publichealthmatters>. For more information about the State Health Department, visit www.statehealth.in.gov.

