



Welcome from the State Health Commissioner



State Health Commissioner
William C. VanNess II, M.D.

Happy holidays! It's that time of year when loved ones gather to celebrate. It can also be a time for stress. I encourage each of you to keep your health in mind this holiday season, whether it be making time for exercise and/or cooking healthy recipes.

While preparing for the festivities, it's important to remember food safety. Check out page 7 for an article from our Director

of Food Protection for tips on keeping your food safe.

Prior to the holidays, the Indiana State Department of Health Executive Staff engaged in a one-day retreat to discuss strategic planning and look forward to 2014. The State Health Department has undergone a reorganization as Jim Howell, D.V.M., Assistant Commissioner, Public Health and Preparedness Commission, has retired. Check out page 8 for a tribute to Dr. Howell.

Assistant Commissioner, Health and Human Services Commission, Art Logsdon, has taken over some of the divisions that Dr. Howell oversaw. In addition, Judy Lovchik, PhD, has become the Assistant Commissioner for the new Public Health Protection and Laboratory Services Commission, which encompasses the other divisions from the former Public Health and Preparedness Commission. These changes will enable us to

establish a firm foundation for public health over the coming years and emphasize the importance of public health to the economy and quality of life in Indiana. Other administrative updates are listed on page 3.

In November, the first ever Indiana Infant Mortality Summit was held in Indianapolis. More than 500 healthcare and public health professionals, stakeholders and others attended to engage in dialogue on how to reduce the number of babies who die in Indiana before their first birthday. Check out page 6 for more information about the summit.

Have you received your flu shot? It's not too late to get vaccinated! The State Health Department and Indianapolis Colts have partnered this season to engage in a flu prevention campaign. Key elements of the campaign include washing your hands and getting the flu shot. I even had the opportunity to give the Indianapolis Colts Mascot, Blue, his flu shot. Check out page 4 for more information about the campaign and to see the photo. Page 3 also has a flu locator so you can easily find the nearest place to get vaccinated.

I wish you all a happy and healthy holiday season!

Regards,

William C. VanNess II, M.D.
State Health Commissioner

Stay Connected with the State Health Department...



Improving Care in Community Health Centers

By Gail Wright, Health Education and Communications Director, Cardiovascular Health and Diabetes Division

Indiana's Community Health Centers (CHCs) offer affordable, accessible and appropriate primary health care to residents in their communities. These clinics are staffed by state licensed professionals and are committed to providing quality care to their patients. Many of these patients are uninsured or face economic challenges that might otherwise prevent their ability to access the much needed care. The State Health Department Office of Primary Care offers grant funding and other assistance to help many of the CHCs in their efforts to improve health.

Earlier this year, the Office of Primary Care implemented a quality improvement effort with five pilot sites. These five teams were provided the understanding and support needed to discover ways to better utilize electronic health records, treat chronic conditions, provide screenings and link patients to needed community resources. The success of these pilot teams prompted the Office of Primary Care to roll out the initiative state wide.

On November 14 and 15, the Indiana Primary Care Learning Collaborative took place. The Office of Primary Care set out to arm CHCs with the knowledge and resources needed to begin the quality improvement initiative and improve care and health outcomes in Indiana. Twenty-six state funded CHCs sent teams of healthcare professionals and allied health staff, as well as, operations and IT staff to the first of three educational sessions. After these sessions and a quality improvement project implementation opportunity, the CHCs will hold a final Outcomes Congress to present their successes and challenges and provide a forum to further learn and network with peers.

At this initial meeting of the Learning Collaborative, the CHC

Indiana Wins Award for Response in Salmonella Outbreak

The State Health Department and the Kentucky Department of Public Health have been awarded the John J. Guzewich Environmental Public Health Team Award for the combined response to the multi-state Salmonella Outbreak linked to cantaloupes from Chamberlain Farms in 2012.

"We are very proud to receive this prestigious honor," said Chief Medical Officer, Joan Duwve, M.D. "This award highlights the excellent teamwork among the State laboratories, epidemiology division and food protection program. Thanks to the immense amount of coordination internally, as well as with local, state and federal partners, we were able to prevent illness and potentially save lives."

The Guzewich Award is a new National Environmental Health Association award named for the former Food and Drug Administration (FDA) advisor and New York State Health De-



Facilitator Mike Hindmarsh, Hindsight Healthcare Strategies, discusses the Chronic Care Model.

teams were provided an understanding of the Chronic Care Model and of quality improvement. The Chronic Care Model is a well established framework for chronic care management and practice improvement. It links six areas of healthcare delivery - organizational support, clinical information systems, delivery system design, decision support, self-management support and community resources. These areas play a vital role in the health of communities.

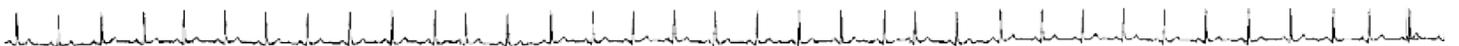
Each team developed an aim statement to detail their desired outcomes, as well as an action plan to work toward that outcome. All of the CHCs will work on these self-identified projects during the next few months before the second scheduled learning session. The State Health Department staff and collaborative teams will work closely with the CHCs on these projects to review data and gain a better understanding of patient care needs and enhance population-based care.

The Office of Primary Care is excited about the opportunity to further partner with Indiana CHCs in improving care for Hoosiers. For more information, visit www.in.gov/isdh/20544.htm.

partment investigator. It recognizes and supports the role of local and state health departments in protecting their communities as well as the national food safety system from food borne illness.

Both states were nominated by the Association of Food and Drug Officials and the FDA. According to the nomination, the outbreak was a model for intrastate and interstate collaboration among public health partners at the federal, state and local levels.

As a result of the outbreak, the State Health Department created a new Food Safety Initiative for Indiana Wholesale Produce Farms to assist agricultural operations that grow and distribute food. Two Food Safety Farm Consultants have been hired to provide education and outreach, technical assistance and environmental assessments to Indiana produce farmers.



State Health Department Administrative Updates



Rebecca Chauhan became the Director of Grants Management in March. She brings to this role more than 12 years of experience in grants, project management and finance as a professional employee in the public and nonprofit sector. Prior to joining the State Health Department, Rebecca served the Indiana

Department of Child Services as their Assistant Controller overseeing grants and budget and for the Consolidated City of Indianapolis/Marion County as the Grants Director in the Office of Finance and Management. She earned her Bachelor of Science at Butler University.



Gretchen Martin became the Child Fatality Review Program Coordinator in September. Prior to serving in her current position, Gretchen was with the Department of Child Services (DCS) for 19 years. She has experience in investigating allegations of child abuse and neglect and reviewing child fatality cases. Gretchen has

served as the liaison to the Statewide Child Fatality Review Committee for the last four years. She received her Bachelor of Science in Psychology from Purdue University and her Master of Social Work from Indiana University.



JoBeth McCarthy-Jean became the Director of the Local Health Department Outreach Division in October. Previously, she had served as the Communities Partnership Director, the Healthy Communities Coordinator and State Health Expert Advisor to the Centers for Disease Control and Prevention's Healthy Community

grantees during her tenure with the State Health Department. JoBeth has experience in community assessment, quality improvement, policy, system change and research. She received her Bachelor of Science in Secondary Education and Masters in Public Health from Indiana University.

Farewell to ...



James Howell, D.V.M., Assistant Commissioner, Public Health and Preparedness Commission as he retired in October. Dr. Howell had been with the State Health Department since 1996.



It's flu season!

Flu Shot Locator
provides a map that allows you to search for clinics that provide flu shots.

Find a flu shot clinic near you
Visit: <http://flushot.healthmap.org/>




MY VAX INDIANA
Keeping Hoosiers Connected & Protected

As of December 12, 2013,

8,536 individual records have been accessed

and 39,168 PINs issued by providers!



Learn how to access your vaccination records at www.MyVaxIndiana.in.gov





by Shawn Richards, Respiratory Epidemiologist

The State Health Department and the Indianapolis Colts have teamed up to promote influenza vaccination and prevention through a new campaign called “Join Blue, Prevent the Flu!”

Indiana ranks 13th worst in the nation for influenza vaccinations, with only 40 percent of Hoosiers being vaccinated, according to the Centers for Disease Control and Prevention. Flu vaccination rates vary by age group. Among 18 to 64 year olds, the vaccination rate drops to 32.3 percent and 13 to 17 year olds have the lowest rate at 27.9 percent. The campaign encourages people to get their flu vaccine as it is safe, effective and offers the best protection from becoming infected with the flu virus.

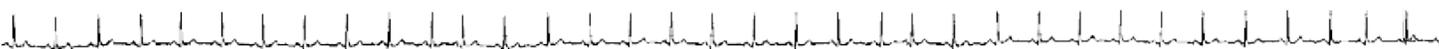
Many people don’t realize how serious flu can be. There were 72 deaths last flu season in Indiana. In addition, the campaign not only encourages vaccination but general flu prevention.



The campaign encourages people to stop the spread of the flu by using the “three C’s”: Clean-wash your hands frequently with warm, soapy water. Cover-cover your cough or sneeze into your arm or a disposable tissue. Contain-stay home from school/work when you are sick to keep your germs from spreading.

In an effort to promote handwashing this flu season, Colts fans were encouraged to tweet photos of themselves washing their hands to #ColtsClean on Twitter. Winning pictures were selected at random and were featured in a Colts game day program.

Check out the Join Blue, Prevent the Flu video that’s playing at Lucas Oil Stadium at <http://bit.ly/I1dVkC>. To learn more about the Join Blue, Prevent the Flu campaign, visit <http://bit.ly/I1ZSd8y>.





Spotlight on...

Local Health Department Outreach Division

By JoBeth McCarthy-Jean, Director, Local Health Department Outreach Division

While the size of the State Health Department Local Health Department Outreach Division is small, its role in partnering with Indiana's 93 local health departments is critical to supporting a robust, responsive and results-driven public health system in Indiana.

In partnership with local health departments, the division helps to carry out a unified mission, to promote and provide essential public health services so that all Hoosiers can enjoy a safe and healthy Indiana. The division serves as the agency liaison to local health departments, provides consultation, training and technical assistance on public health policy; ensures adherence to Indiana's Administrative Code which guides public health activities, and supports quality public health services through the administration of Indiana's Local Health Maintenance Fund and the Local Health Department Trust Account. In 2013, these funds helped to support the following activities among 93 health departments: maternal and child health services, environmental health services, food protection inspections and education, immunizations, vector control, emergency preparedness and response, vital statistics such as birth and death record processing, community health assessment, planning and evaluation, health education and tobacco prevention and cessation.

Additionally, a number of local health departments provide primary care services for the under or uninsured, enrollment assistance for the Healthy Indiana Plan, and referral or admin-



Anita Gaillard, Tobacco Prevention and Cessation, discusses Indiana Tobacco Quitline materials at the local health officer meeting in October.

istration of Women, Infant and Children or Maternal Child Health services. Local health departments are part of Indiana's safety net.

The Local Health Department Outreach Division puts on several events a year including the bi-annual local health officer meeting and monthly webcasts. The next local health officer meeting is March 19. Also upcoming is the annual public health nurse conference. Save the date from May 1 to 2 for the conference in Indianapolis. More information will be provided in the next newsletter about this event.

To learn more about Indiana's public health system or to connect with a health department in your community, visit www.in.gov/isdh/24822.htm.

Hard-hitting Ads Are Effective In Preventing Tobacco Use



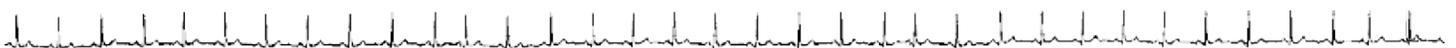
Last year, the Centers for Disease Control and Prevention launched the first ever national tobacco education ad campaign "Tips from Former Smokers," that depicts the harsh reality of illness and damage people suffer as a result of smoking and exposure to secondhand smoke. In these ads, former smokers bravely expose their smoking-related disabilities. These are powerful, hard hitting,

emotional ads that make a difference. Sadly, Terrie Hall, the North Carolina woman featured prominently in the ads, lost the battle with her smoking-related cancer recently. Nathan Moose, Native American and member of the Oglala Sioux tribe, who never smoked and was also featured in the ads, also recently died of illness caused by secondhand smoke.

Nationally, 1.6 million smokers attempted to quit smoking, thanks to the campaign, and 200,000 Americans had quit smoking immediately following it. Almost 80 percent of smokers and almost 75 percent of nonsmokers recalled seeing at least one of the ads during the three-month campaign.

In Indiana, calls to the Indiana Tobacco Quitline, 1-800-QUIT-NOW, doubled when the ads were on air the first time. The ads are currently on television and radio in the State again and encourage Hoosiers to quit smoking.

Nearly 9,700 Hoosiers die from smoking-related diseases every year, leaving behind families, friends and loved ones. At the same time, each year 6,300 Hoosiers under the age of 18 become daily smokers. To view the ads, visit www.cdc.gov/tobacco/campaign/tips/.



Child Fatality Review Coordinated at State Health Department

By Gretchen Martin, State Child Fatality Review Program Coordinator

On July 1, a new Indiana law (IC 16-49) went into effect, requiring child fatality review (CFR) teams in each county, with coordination and support for these teams to be provided by the State Health Department. Prior to July 1, CFR was coordinated at the Indiana Department of Child Services (DCS) and was required in each of the 18 DCS regions.

CFR is a collaborative process that can help us better understand why child fatalities occur within the community, and help us identify how we can prevent future deaths. CFR teams are multidisciplinary, professional teams which will conduct a comprehensive, in-depth review of a child's death and the circumstances and risk factors involved, and then seek to understand how and why the child died so that future injury and death can be prevented.

Each local CFR team will be made up of a coroner/deputy coroner, a pathologist, pediatrician or family practice physician and local representatives from law enforcement, the local health department, DCS, emergency medical services, a school district within the region, fire responders, the prosecuting attorney's office and the mental-health community.

The teams are required to review all deaths of children under the age of 18 that are sudden, unexpected or unexplained, all deaths that are assessed by DCS and all deaths that are determined to be the result of homicide, suicide, accident or are undetermined. Essentially, the teams will review all child deaths that are not medically expected. To determine which cases meet the criteria for review, the local teams will examine death certificates provided to the team by the local health officer in each county.

The local teams will provide the aggregate data collected from their reviews to the Statewide Child Fatality Review Committee. The Statewide Committee will then endeavor to classify the details of these deaths, identify trends and inform efforts to implement effective statewide strategies designed to prevent injuries, disability and death for our children. By working together to understand the circumstances involved in a child's death, we can make Indiana a healthier and safer place for our children.

Infant Mortality Summit Held in November

The first ever Indiana Infant Mortality Summit was held in Indianapolis on November 1. More than 500 health-care providers, policy makers, public health professionals, faith-based and community leaders and others attended.

The death of a baby before his or her first birthday is called infant mortality. The infant mortality rate is the number of infant deaths for every 1,000 live births. This rate is often used as an indicator of the health and well-being of a nation, because factors affecting the health of entire populations can also impact the mortality rate of infants.

In 2010, Indiana ranked 45th among states for infant mortality, with a rate of 7.5 infant deaths per 1,000 live births. The national rate was 6.1 in the same year. In 2011, Indiana's rate was 7.7 infant deaths, while the preliminary U.S. rate was 6.05.

The top five causes of infant mortality in the United States are: serious birth defects, baby born too small and too early (pre-term, low birthweight), sudden infant death syndrome (SIDS), baby affected by maternal complications and baby is the victim of injuries (e.g., suffocation deaths).

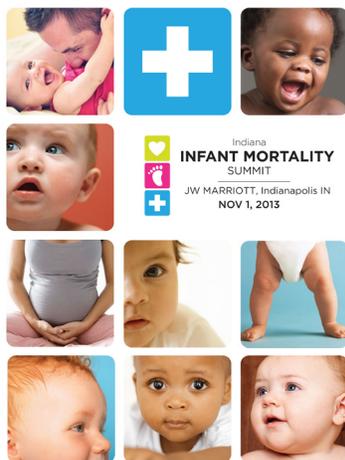
Limited access to health care, lack of prenatal care, tobacco

use, limited physical activity and poor diet and nutrition are factors that can contribute to negative pregnancy and birth outcomes, which can lead to increased infant mortality.

The Summit included special guest speaker Governor Pence, who stressed the importance of protecting Indiana's children and expressed his appreciation for Indiana's experts coming together to work on this critical initiative.

Keynote speaker, David Lakey, M.D., Commissioner of the Texas Department of State Health Services, discussed what Texas has done to reduce infant mortality and lessons learned. Texas experienced a significant decline in infant mortality deaths from 2005 to 2010, according to the National Center for Health Statistics at the Centers for Disease Control and Prevention.

The Summit was made possible by the support of the following sponsors: March of Dimes, the Indiana Tobacco Quitline, St. Vincent Women's Hospital, Indiana Youth Institute, Anthem Blue Cross/Blue Shield, The Women's Hospital (part of Deaconess Health System), Covering Kids & Families, the Marion County Public Health Department and the Texas Department of State Health Services.



Ask THE EXPERT



with Scott Gilliam

Director, Food Protection Program
Indiana State Department of Health

While enjoying the holidays, it's important to practice food safety to prevent food borne illnesses from ruining the festivities.

What is food borne illness and what causes it?

It is an illness that results from eating contaminated food and can be caused by harmful bacteria, viruses or parasites.

How common is food borne illness?

Each year, one in six Americans gets sick by consuming contaminated foods or beverages.

Why is this important?

Food borne illness can be serious. Sometimes, it can lead to long-term health conditions and 3,000 Americans a year die

from food borne illness.

How do I keep my family safe?

Practice food safety by following the three steps:

1. Clean: wash hands and surfaces often. Wash hands with warm water and soap for 20 seconds before and after handling any food.
2. Separate: separate raw meats from other foods. Consider using one cutting board only for foods that will be cooked (such as raw meat, poultry and seafood) and another one for those that will not (such as raw fruits and vegetables).
3. Cook: cook to the right temperature. Use a food thermometer to make sure meat, poultry and fish are cooked to a safe internal temperature.

If I'm not feeling well, can I still cook dinner for my family?

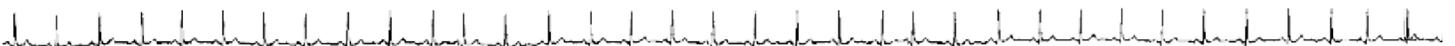
No, anyone experiencing illness such as diarrhea, vomiting, cramps and/or sore throat with fever should not prepare or serve food to others.

What should I do if I experience symptoms of food borne illness?

Common symptoms of food borne illness are diarrhea and/or vomiting. Other symptoms can include abdominal cramps, nausea, fever, joint/back aches and fatigue. Visit your health-care provider if you have symptoms.

For more information, visit www.foodsafety.gov/keep/events/holidays/.

THE INDIANA STATE DEPARTMENT OF HEALTH
WISHES YOU AND YOUR LOVED ONES





Farewell Dr. Howell...
Thank you for your service!





Awards

Healthy Communities of Clinton County Coalition received the State Health Commissioner's award in October for their outstanding contributions in making Clinton County a healthier place to live.

Also in October, **Ray Nicholson**, M.D., Vanderburgh County Health Officer, received the State Health Commissioner's award for more than 21 years of public health service. Dr. Nicholson will retire at the end of December.

The State Health Department recognized **Donna Smith**, for her work as Surveyor and Trainer in the Long Term Care Division as the October H.E.R.O. (Helping Everyone Recognize One another) award recipient.

The **State Health Department** received the Virginia Apgar Award for prematurity reduction from the March of Dimes in November.

Also in November, the **State Health Department** received the John J. Guzewich Environmental Public Health Team Award for the response to the multi-state Salmonella Outbreak linked to cantaloupes from Chamberlain Farms in 2012.

January

- 8 State Health Department Executive Board meeting
tbarrett@isdh.in.gov
- 21 Indiana Rural Health Association Policy Forum
telliott@indianarha.org
- 31 Emergency Medical Services Medical Directors' Conference
bcarnes@isdh.in.gov

Public Health
Happenings

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

February

- 27 International Classification of Diseases (ICD) training, bcarnes@isdh.in.gov
- 28 ICD training, bcarnes@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>



Indiana State
Department of Health

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

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.

