



FSSA UPDATE

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Health is more than you realize

What are social determinants of health and how do they impact our work at FSSA?



Dr. Sullivan recently introduced our “Healthy Opportunities” campaign. This is a campaign you’ll be seeing quite a bit of over the next year or so as we discuss the challenges our clients face, how they affect overall health and well-being, and how we may be able to help. Below is a video of Jen’s announcement of the campaign from her all-staff

presentation, and be sure to check out the NEW employee microsite, HealthyOpportunitiesIN.com, to learn more.

FSSA all-staff presentation now available on The Hub

On Aug. 19, 2020, Dr. Sullivan recorded an all-staff presentation where she overviewed several recent accomplishments, current projects and agency goals, as well as walked through the results of our 2020 staff survey. The presentation was recorded and is [available on The Hub with the PowerPoint](#).

HEALTHY OPPORTUNITIES ANNOUNCEMENT VIDEO

FSSA ALL-STAFF PRESENTATION



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It Starts WithIN: SECC to highlight Hoosier heroes



The 2020–2021 State Employees' Community Campaign is underway and will end on November 20. This is an exciting time for FSSA as we get to showcase

our commitment to local and global communities by raising funds for our favorite non-profits, which need our help more than ever this year due to the COVID-19 pandemic. For this year's campaign, our goal is \$160,000, an amount we are sure to hit due to your generosity and commitment.

FSSA was also selected as one of ten agencies, whose employees have been on the frontlines of our state's response to the COVID-19 pandemic, to be a SECC sponsor. Each agency will be highlighted during their designated week of the campaign, along with their chosen charity.

FSSA's week will be Sept. 28 to Oct. 2. Our charity(s) of choice are the members of the Indiana Charitable Food Distribution Network, which consists of 12 food banks and about 1,750 pantries and community kitchens. This network is currently experiencing a 50% increase in visits from Hoosiers

needing access to food—about 70,000 households per week. The food banks are also experiencing a 30% increase in food pricing from wholesalers, as well as delayed deliveries and other increased operational expenses. Below are the food banks broken down by region with their SECC book code if you would like to donate to one in your area.

Northern Indiana

- » Community Harvest Food Bank of Northeast Indiana, Inc.: 520700
- » Food Bank of Northern Indiana: 570500
- » Food Bank of Northwest Indiana, Inc. : 686900

Central Indiana

- » Food Finders Food Bank: 407909
- » Gleaners Food Bank of Indiana: 200200
- » Midwest Food Bank: 663200
- » Second Harvest Food Bank of East Central Indiana, Inc.: 404809
- » Second Helpings, Inc.: 545600

Southern Indiana

- » Dare To Care Food Bank: 800100
- » The Freestore Foodbank: 800200
- » Hoosier Hills Food Bank: 614700

- » Terre Haute Catholic Charities Foodbank: 800300
- » Tri-State Food Bank: 569900

These organizations also face a significant need for volunteers to staff food banks, which is another option for charitable giving (of your time) that we're encouraging for FSSA staff as part of the SECC this year. To find a place to volunteer, simply go to OperationFood.in.gov and click the volunteer link. After filling out the form you'll be matched with the nearest food bank or community kitchen.

The SECC section of The Hub has been updated and is available by [clicking here](#) or on the [homepage](#) under Quick Links. The section has information on ways to donate, how to find and select charities to receive your donation, and many other great resources. You may also make pledges online by visiting [the SECC website](#).

Over the course of the campaign additional information will be shared through email and on The Hub, and FSSA SECC committee members will be scheduling a variety of fun events to raise funds for charities.

Please email SECC@fssa.in.gov with any questions.



Time is running out to qualify for your 2021 premium discount!

The deadline to complete your chosen qualifying ActiveHealth activity in order to earn your discount is Sept. 30. If you've started, that's great news! Keep going because you're almost there!

If you haven't started yet, now is the time! Head to your [ActiveHealth portal](#) and select the Online Health Education option. Reach Level 5 by Sept. 30 and you'll be qualified for the 2021 premium discount!

To get to Level 5, you'll need to earn a total of 9,000 hearts. The maximum number of hearts you can earn each week is 1,640. Track your progress in the ActiveHealth Rewards Center to make sure you're staying on track.

If you've gotten behind on an activity you started such as health coaching calls or meeting the physical activity goal, you can switch to the online health education option and finish out strong!

No matter the activity you've chosen, don't forget your

spouse! If your spouse is covered by your health insurance plan, they will also need to complete an activity in order for you to qualify for the 2021 premium discount.

Turn to [InvestInYourHealthIndiana.com](https://www.investinyourhealthindiana.com) for more helpful tips to stay healthy and well all year long.



DATA AND ANALYTICS TEAM HOSTS FIRST FSSA DATA CHALLENGE

To accelerate the development of data skills and strengthen FSSA's innovative culture, the Data and Analytics Team recently hosted its first data visualization competition called the FSSA Data Challenge.

Open to agency staff of all data skill levels, the FSSA Data Challenge gave participants an opportunity to explore newly available mental health data sets, increase knowledge of the data visualization software Tableau, and make connections with staff from across the agency with a similar passion for using data to improve health outcomes for Hoosiers.

Twelve teams and over 40 participants pitched their findings in the form of a Tableau dashboard to a panel of FSSA executives. The following three teams were selected by those judges as Champions for the 2020 FSSA Data Challenge:

- DMHA's Wendy Harrold: [Schizophrenia and Related Disorders](#)
- DMHA's Tanner Little and Evan Gray: [Factors of Mental Health Availability](#)

- DDRS' Brittany Downing, Virginia Bates, Shelby Jennett, Theresa Koleszar, and Kyle Ingram: [Vocational Rehabilitation's Mission to Improve Lives](#)

"I was truly impressed by everyone's enthusiasm and dedication to learning a new skill, and the thoughtfulness of the research questions that resulted in interesting and useful visualizations," said Amy Gilbert, FSSA chief science officer, and one of the competition's judges. Another judge, Rachel Lane, FSSA chief transformation officer, said "I believe the applicability of this work can and will likely lead us down paths that will ultimately help FSSA develop services that are more aligned to our members."

To see and engage with the Data Challenge dashboards directly, please visit <https://viz.fssa.in.gov/> and if you'd like to learn more and get plugged into upcoming data trainings, please contact the Data & Analytics Team by emailing data.analytics@fssa.in.gov.

» WATCH VIDEOS!



Article features Hoosier Health and Well-Being Atlas

On Sept. 9, 2020, the Greenfield Daily Reporter's Jessica Karins offered a detailed look at how FSSA's new [Hoosier Health and Well-Being Atlas](#) can help communities pinpoint and address the specific needs facing their residents. [Click here to read this article!](#)

OECOSL asks FSSA employees to help spread the word about On My Way Pre-K

Spaces are still available for the 2020/2021 school year

Although the 2020–2021 school year is now underway in most parts of Indiana, the Office of Early Childhood and Out-of-School Learning still has spaces available in all of Indiana's counties in the statewide On My Way Pre-K program. The Office is asking FSSA employees to help spread the word around the state that there are still openings and that providers are working hard to keep their locations clean and safe, so families can feel confident in sending their children to this valuable learning program.

"We know that On My Way Pre-K has been very helpful to low-income families around the state in preparing their 4-year-old children for success in kindergarten and the rest of their school years," said On My Way Pre-K program manager Beth Barrett. "We would hate to see any of these valuable slots go unused and are asking our FSSA colleagues to help us spread the word so we can fill all those seats."

High-quality pre-K providers from all over Indiana are following guidelines from the U.S. Centers for Disease Control and Prevention to help low-income 4-year-olds be ready to start kindergarten next year, while making child health and safety the top priority. Here is a link to a [colorful, animated video and other tools](#) to help reassure families of the steps being taking to protect their children while they are beginning their educational journey.

So what can FSSA employees do to help?

- If you have a 4-year-old child, check [OnMyWayPreK.org](#) to see if your family might qualify for On My Way Pre-K.
- Follow [On My Way Pre-K on Facebook](#) and share posts on your personal Facebook page.



- Share information and links to [OnMyWayPreK.org](#) on other social media channels—including any neighborhood Facebook pages or Next Door pages.
- Pass along information from [OnMyWayPreK.org](#) and [our toolkit](#) to families with small children.
- Talk about the program to friends and family members.

Any specific questions about On My Way Pre-K can be directed to [Beth Barrett](#) in OECOSL or 800-299-1627.

Seeking volunteers for charitable food network locations across Indiana

FSSA recently teamed up with Feeding Indiana's Hungry to encourage Hoosiers to volunteer at one of Indiana's food banks and other charitable food distribution sites. Volunteers will be urgently needed as members of the Indiana National Guard will end their temporary, six-month deployment to aid Indiana's food banks on Sept. 30, 2020. Since being deployed in early April, guardsmen served more than 36 million meals to more than four million Hoosiers.

The charitable food distribution network operates 13 regional locations across the state, which provide food for distribution to community-based pantries. These locations continue to face an increased demand for food by Hoosiers affected by the COVID-19 pandemic. Since the early days of the pandemic, food banks have seen dramatic drops in volunteers as Hoosiers stayed home, which was especially true among Hoosiers over age 60, who make up the bulk of food bank volunteers. Some volunteers have returned to help on a limited basis, but food banks and pantries are now prepared to again use volunteers regularly to safely distribute food.

We ask you to help us by informing your networks of the need for volunteers. Hoosiers can volunteer by filling out a brief form at OperationFood.IN.gov. Potential volunteers may also reach out directly to a food bank in their area [here](#).

More information is available in the [news release posted here](#).



FEEDING
INDIANA'S
HUNGRY

Follow Us: [f](#) [t](#) [v](#) [in](#) (317) 396-9355 | info@feedingindianashungry.org

Volunteer at your local food bank

Let's End Hunger In Indiana

Feeding Indiana's Hungry brings together private and public sectors to effectively utilize Indiana's resources to feed hungry Hoosiers.

[Help Fight Hunger](#)

The banner features a photograph of two young children, a boy and a girl, looking towards the camera. The boy is in the foreground, and the girl is behind him, resting her head on his shoulder. The text is overlaid on the image. The logo is in the top left corner, and contact information is in the top right. The main headline is in the center, and a call-to-action button is at the bottom.