

MATTERS



A PUBLICATION OF THE INDIANA STATE DEPARTMENT OF HEALTH

Looking ahead to 2020

At the end of the year, people tend to take a step back and look at what they've accomplished. We have a lot to be proud of in 2019, including our work to reduce infant mortality, the work of our Epidemiology Resource Center during multiple outbreaks and our continued efforts to collect data on substance use disorder to better inform everyone working on solutions.



Dr. Kris Box

But as we prepare to turn the page on another year and begin a new decade, I'm looking ahead, and one thing is certain. Public health will continue to be a top priority for Indiana.

Gov. Eric J. Holcomb just announced his 2020 Next Level Agenda, and public health is featured prominently, including a proposal to raise the smoking and vaping age to 21 and increase enforcement of current laws for retailers. The governor also called for more mental health care in schools, more community paramedicine programs and more accommodations for pregnant workers.

These initiatives go to the core of what ISDH is all about, but we are much more than that. Here are other initiatives we'll be working on in 2020:

- **Accreditation:** Our Feb. 5-6 site visit is the final step in our five-year journey to accreditation from the Public Health Accreditation Board. It will be the culmination of years of effort, but more importantly, it will recognize the work we

all do to protect the health and safety of all Hoosiers.

- **Levels of Care:** We have already begun to survey birthing hospitals and issue certification levels. Next year, we'll add more hospitals as we work to make sure pregnant women deliver their babies at the facility best equipped to meet their needs.

- **OB Navigator:** This program, designed to connect pregnant women in areas at highest risk for infant mortality to the services they need, will officially launch in Allen County in January. I'm excited to see all of the advance planning and effort come to life as this program begins to serve its first moms and babies.

- **Youth vaping:** As Governor Holcomb proposes raising the age to purchase tobacco products to 21, ISDH will continue its three-pronged effort to reduce youth vaping. Our Behind the Haze media campaign is up and running, and we soon will be offering an Indiana-specific text feature to help youth ready to quit. We're also partnering with schools to roll out educational material for parents, teachers and students.

This list is far from all we'll tackle in 2020, which promises to be another busy year. I know we're up to any challenges thrown our way. But as 2019 winds down, I hope you all have a chance to take a breath, share time with loved ones and appreciate the blessings in your lives.

I wish you all a healthy, happy holiday season.

**Yours in health,
Kris Box, M.D., FACOG
State Health Commissioner**

State legislature has full agenda for short session

By Kristin Schwartz

The next legislative session of the Indiana General Assembly begins Jan. 6, and although it is a non-budget year (short session), there will still be many bills for the legislature to consider.

Gov. Eric J. Holcomb recently outlined his agenda for 2020, including his legislative priorities. The governor is making health one of the main focuses of his agenda, which means we expect to see multiple bills related to Hoosier health during the session.

One priority under the governor's public health pillar is Tobacco 21. This is a bill that would change the legal sale age for all tobacco products, including e-cigarettes, from 18 to 21. Approximately 90 percent of adult smokers started using tobacco before age 18, and we know that nicotine has a stronger impact on youth and young adults. In 2015, a National Academy of Sciences report concluded that raising the tobacco sale age could substantially reduce the number of youth who start using tobacco, the prevalence of smoking and the negative health consequences of smoking. Eighteen states, including Illinois and Ohio, have this law already.

ISDH is putting legislation forward this session to update the Indiana Code regarding various areas of public health.

The first change is adding protections for employees of home health agencies who speak with state surveyors during an

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LHDs MEET AT SYMPOSIUM

ISDH held the fall Local Public Health Leadership Symposium Oct. 23 at Fort Harrison State Park. The meeting included an update from Dr. Box (left), as well as presentations on CBD oil, youth tobacco and vaping, vital records, immunizations and more. Above, Klaudia Wojciechowska and Madeline Tatum staff the Division of Trauma and Injury Prevention's table at the event. They were sharing information about the division, as well as handing out medication disposal bags and hand-washing mirror clings.

BRIEFLY

Free Naloxone Trainings Offered

The Indiana State Department of Health offers free naloxone administration training anywhere in the state. Any kind of group is eligible for the 45-minute training session. Participants will receive a certificate of completion after the training and given information on where to find naloxone in their areas. What information does the training include?

- The chronic disease of addiction
- The Know the O Facts campaign
- Harm reduction strategies
- Causes and conditions of the opioid crisis
- Indiana legislation related to naloxone
- Signs and symptoms of opioid use
- Signs and symptoms of overdose
- The overdose reversal drug naloxone
- The administration of naloxone
- Where to obtain naloxone
- Medication-assisted treatment
- Where to find treatment resources

Email casjohnson@isdh.in.gov to set up a training.

Naloxone grants available for Rural First Responders

The Indiana State Department of Health (ISDH) is accepting grant applications at <https://redcap.isdh.in.gov/surveys/?s=7H94RW4D8T> to give first responders in rural counties intranasal naloxone rescue kits. Click [here](#) for a list of eligible counties. Only first responders who provide services in rural counties are eligible to receive the naloxone doses. The following types of agencies are considered first responders under this grant: law enforcement, fire, EMS agencies, corrections, parole officers, churches, and schools. Please email [Cassidy Johnson](mailto:Cassidy.Johnson@isdh.in.gov) if you aren't sure if your agency is considered a first responder.

The total funding amount available is \$183,000. Individual awardee naloxone rescue kit totals will be determined based on the geographic service area and need. This grant opportunity will run to September 2020.

Division's Free Resource Guide Application

The Indiana State Department of Health's Division of Trauma and Injury Prevention has a resource guide applica-

tion to give you all the information and tools you need for injury prevention. The app provides easily accessible and understandable data on the injuries, as well as simple and effective interventions for prevention strategies. Incorporating the app for into your injury prevention efforts will mitigate the time required for implementation in injury prevention strategies and policies by providing useful information at your fingertips. The resource guide app contains multiple injury topics including:

- Alcohol and Injury
- Child Maltreatment
- Distracted Driving
- Infant Safe Sleep
- Older Adult Falls
- Sexual Violence
- Suicide Prevention
- Trauma & Trauma System
- Traumatic Brain Injuries

In the future, the Division of Trauma and Injury Prevention hopes to extend its outreach by providing more useful topics to the injury prevention workforce. Staff are updating the resource guide weekly and are open to your suggestions.

Email your ideas to Morgan Sprecher at MSprecher@isdh.IN.gov or Andzelika Rzucidlo at ARzucidlo@isdh.IN.gov.

New TB test available at the state lab

By Jessica Gentry

The Indiana State Department of Health Tuberculosis (ISDH TB) Lab is pleased to announce the rollout of the new QuantiFERON-TB Gold Plus (QFT-Plus) testing service. Local health departments are eligible to enroll in the new testing program.

Previously, many local health departments have relied on traditional tuberculin skin testing (TST) to evaluate a patient for tuberculosis infection. TST has limitations for certain patient populations, such as false positives in those with previous Bacille Calmette-Guerin (BCG) vaccination or previous infection with a non-tuberculous mycobacteria. Additionally, TST requires two separate visits: one visit for the placement of the tuberculin and a second visit for the test to be read. For those patients unlikely to return for a second visit, such as the homeless population, the need for two visits poses a significant barrier.

Interferon-Gamma Release assays (IGRAs) such as QFT-Plus offer many advantages over TST, including a reduced rate of false positive results, as well as requiring only a single visit for a simple blood draw. A result of positive, negative or indeterminate is generated, which is often easier to interpret than TST results.

TRAINING OFFERED

ISDH Lab will host a phlebotomy refresher training in Indianapolis March 9. Click [here](#) to register. This training is designed for nurses and other healthcare personnel who have been previously trained on blood collection techniques.

Visit the Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/tb/publications/factsheets/testing/igra.htm> for more about the advantages of IGRA testing.

ISDH Lab will provide specimen collection tubes and packaging and shipping materials, and specimens may be shipped to the lab using UPS shipping labels. The test can be ordered in the existing Tuberculosis LimsNet form by selecting "QuantiFERON-TB" as the sample type. The expected turnaround time for the new assay is 3-5 business days from the time of specimen receipt.

Collection instructions, transit time requirements and results interpretation can be found on the ISDH [website](#).

Patient insurance information, including the ordering provider's individual NPI number, should be provided in LimsNet so that the lab can bill the patient's insurance directly. If this information is not provided, the lab will bill each site

monthly at \$20 per test.

QFT-Plus is an in vitro diagnostic test that uses four unique blood collection tubes (Nil, TB1 Ag, TB2 Ag, Mitogen). A patient's lymphocytes (white blood cells) are exposed to the TB proteins coated on the inner surface of the QFT-Plus tubes. Exposure to these TB proteins causes lymphocytes (specifically CD4 and CD8 T cells) to produce a quantifiable small molecule called Interferon- γ (IFN- γ). Interferon-gamma production in response to the TB proteins can be correlated to the presence or absence of TB infection to aid in the diagnosis of TB infection.

If the patient has previously been exposed to TB, such as in latent TB (LTBI) or TB disease, the white blood cells will produce interferon- γ (IFN- γ). IFN- γ is detected and measured in the laboratory by enzyme-linked immunosorbent assay.

The new assay offers the flexibility of specimen collection in either a single tube (lithium heparin) or directly into the set of four QFT tubes.

If you have questions or are interested in enrolling in the new testing service, please contact TB Lab Supervisor Jessica Gentry at 317-921-5858 or jgentry@isdh.in.gov.

ISDH is excited to provide this new testing and looks forward to continuing to provide you quality testing services.

Census is coming

By Greta Sanderson

Every 10 years the federal government conducts a census to count every resident in the United States.

Why does it matter? In fiscal year 2016, the U.S. government provided more than \$17.9 billion in funding to Indiana based on census data. That's \$2,710 per person.

Census data are also used to inform decisions in your community, such as drawing federal, state and local legislative districts, funding, public safety strategies, forecasting transportation needs and especially public health.

The first census in Indiana was conducted in 1820, when the state's population was 147,178. It's estimated that number will climb to 7 million in 2020. It's important to encourage participation in your communities, and all responses are protected by law and are confidential.

Mark your calendars because the 2020 U.S. Census goes into high gear early next year. The first online invitations for online surveys will be sent in March, followed by reminder letters and

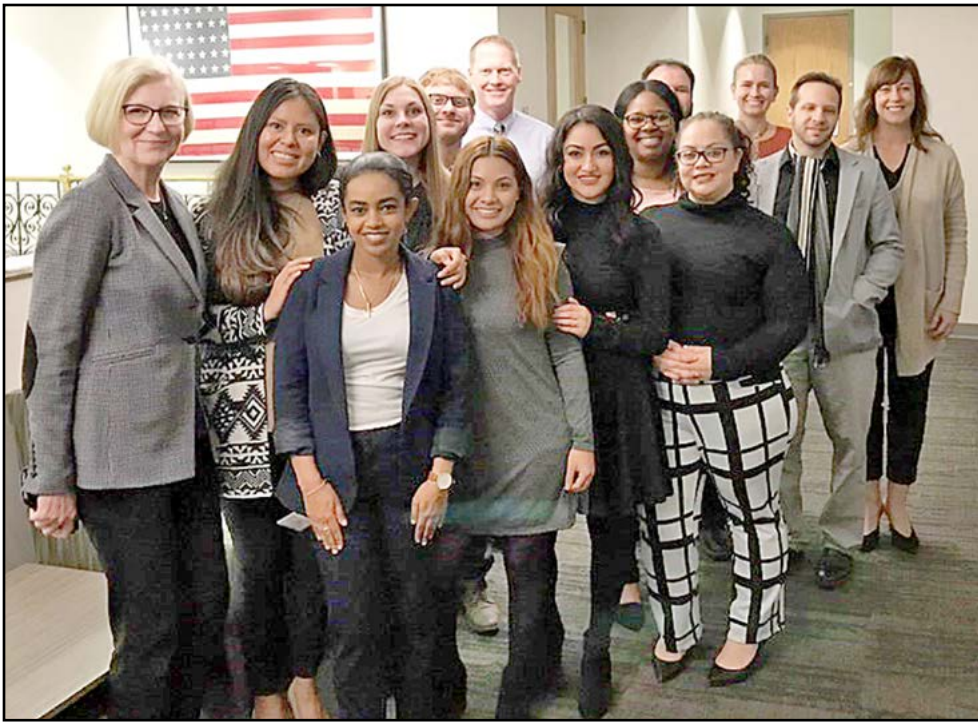


You can help encourage U.S. Census participation. Visit www.census.indiana.edu for more information on why the census matters and a promotional tool kit. Please be sure to use #HoosiersCountIN2020 in related social media posts.

postcards later in the month.

April 1, 2020, is Census Day. By this date, every home will receive an invitation to participate in the 2020 Census. People can respond online, by phone or by mail. When you respond to the census, you tell the Census Bureau where you live as of April 1, 2020.

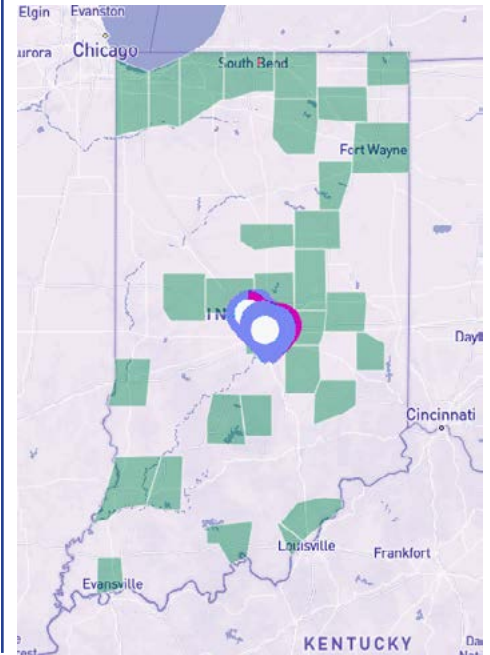
From May through August, census workers will visit households to collect more data. Final census data will be delivered to the president by Dec. 31, 2020.



New interactive map locates Indiana recovery residences

An interactive map is available on the INARR [website](#) where you can view all the recovery residences by county. You simply open the map, click on the county in which you would like to find a recovery residence, and it will enlarge that county and place a dot on all the available recovery residences. The green counties are the ones that have a recovery residence.

You can also view a list of the recovery residences [here](#).



OB NAVIGATOR MAKES PROGRESS

OB Navigator is a newly-created program that works with local communities to reduce the state's infant mortality rate. Focusing on the 20 counties with the highest infant mortality, MOMS Helpline will work to connect pregnant women with services in their communities to help ensure they have a safe and healthy pregnancy and receive the help they need with their newborns.

MOMS Helpline celebrated reaching out earlier this month to four women in Allen County and connecting them to services. There have already been seven road shows unveiling the program, and the community meetings will continue into the new year with rollouts in January 2020.



INFECTIOUS DISEASE SUMMIT RETURNS

More than 300 health professionals from across the state attended the 2019 Infectious Disease Summit "United in Prevention, Response and Service" Nov. 20-21 at the Marriott East in Indianapolis. Left, keynote speaker Dr. Jay Butler, deputy director for infectious diseases at the Centers for Disease Control and Prevention, discusses the agency's infectious disease priorities. Above, Erika Pitcher with the Allen County Health Department, shares her county's response to the hepatitis A outbreak.



Gov. HOLCOMB KICKS OFF LABOR OF LOVE SUMMIT

Gov. Eric J. Holcomb gave opening remarks Dec. 11 at the seventh annual Labor of Love Infant Mortality Summit at the JW Marriott. The theme of this year's summit was Connecting Communities, and Gov. Holcomb highlighted how medical professionals and active community members will continue to work toward the goal of helping more infants live to see their first birthdays. State Health Commissioner Dr. Kris Box also spoke about the OB Navigator program expected to launch next month. The OB Navigator program is a collaboration between ISDH, the Indiana Family and Social Services Administration (FSSA) and the Indiana Department of Child Services (DCS). This initiative will build a network of services and support to wrap our arms around moms and babies to create healthier outcomes for both. This was another record year of attendance, with more than 1,500 participants.



State Health Commissioner Kris Box, M.D., FACOG, leads a Q&A with presenters Nzinga Harrison and Dipesh Navsaria.

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investigation. ISDH proposes protecting both the employees and the investigation process in much the same way that protections are already in place for long-term care facilities by prohibiting employer retaliation for employee interviews.

Second, Indiana Code and rules reference a “certified food handler” as the position responsible for adherence to food safety regulations in a retail food establishment. This outdated term will be replaced with the current industry term “certified food protection manager.”

ISDH will also update statute to more clearly define which retail food establishments are required to have this position and which are exempt.

Finally, ISDH will seek to improve Hoosiers’ access to their health information, particularly newborn screening results and blood lead tests, to help individuals better manage their care. The Indiana Children and Hoosiers Immunization Registry Program (CHIRP) provides Hoosiers and healthcare providers easy access to immunization records.

ISDH would like to update the CHIRP statute to allow newborn screening and lead data to also be collected in CHIRP, making it more easily accessible to both patients and health care providers who need access to that information.



IN TRAINING

Public Health Nurse/Environmental Health Specialist Orientation was held Dec. 3-5, at ISDH, 2 N. Meridian St., Indianapolis. This orientation is held near the end of each year. The purpose of the meeting is to provide ongoing training for nurses and environmentalists. About 50 professionals attended the event that also provides opportunities to meet and network with colleagues and peers. To receive further information, email LHDinfo@isdh.in.gov.

ONLINE SAFE SLEEP TRAINING AVAILABLE

Unsafe sleep-related infant death continues to be a concern in Indiana. To spread the word on recommendations we know can help prevent these deaths, ISDH partnered with FSSA to introduce training modules to provide consistent education.

- Module 1 is a standard education tool that is appropriate for all individuals. Please consider taking this training and sharing it with your partners. A certificate will be provided upon completion.
- Module 2 is specific for child-care providers. Feel free to take this training as well.

Click [here](#) to access the training.

CALENDAR

Indiana State Breastfeeding Conference

Feb. 26, 2020, Indianapolis Marriott East, 7202 E. 21st St., Indianapolis.

This event focuses on building equitable access to breast milk and feeding services for all Hoosier families is essential to reducing infant mortality.

Click [here](#) to register.

Local Health Department webcast

Jan. 10, Feb. 14, March 13

Get an update on ISDH programs, initiatives, grant opportunities and more at these monthly webcasts.

Click [here](#) to watch live or to view archived webcasts.

Call for abstracts

The sixth annual ISDH Epidemiology Open House is set for 11 a.m. to 1 p.m. May 13, at Adam Auditorium, 2 N. Meridian St., Indianapolis.

The purpose of the Open House is to increase awareness of how epidemiology provides a foundation for data driven decisions affecting public health program planning, surveillance, investigation, and policy development.

Click [here](#) to register.

If you would like to submit an abstract or poster, visit for details. The deadline is Feb. 14, 2020. Email EpiOpenHouse@isdh.in.gov for submission guidelines.



ACCREDITATION EARNED

Deputy State Health Commissioner and State Epidemiologist Pam Pontones congratulates Vanderburgh Health Officer Kenneth Spear, M.D. at the Oct. 24 celebration of the county's recognition from the Public Health Accreditation Board (PHAB). Vanderburgh is the third local health department to earn accreditation, following Rush and Montgomery counties. Accreditation means the health department shows high performance and continuous quality improvement throughout the organization as identified through a number of performance standards and measures. The Indiana State Department of Health is also seeking accreditation, and its PHAB site visit is set for Feb. 5 and 6.

ISDH IN THE NEWS

Click on any of the links below to see recent ISDH press releases:

[LABOR OF LOVE SUMMIT FOCUSES ON CONNECTING COMMUNITIES](#)

[INDIANA IS BUILDING A PATH TO HEALTHIER MOMS AND BABIES THROUGH COLLABORATION, INNOVATION](#)

[HEALTH DEPARTMENT LAUNCHES TEEN ANTI-VAPING MEDIA CAMPAIGN](#)

[USDA PRESENTS LOCAL WIC AGENCIES WITH AWARD FOR THEIR EFFORTS IN PROMOTING BREASTFEEDING](#)

[INDIANA REPORTS FIRST FLU-RELATED DEATH OF SEASON](#)

[INDIANA HEALTH OFFICIALS REPORT 1st HUMAN CASE OF EEE VIRUS IN 2019](#)

[ISDH PROVIDES GRANT TO IMPROVE ACCESS TO MENTAL HEALTH, ADDICTION & PRIMARY CARE IN RURAL INDIANA](#)

[INDIANA HEALTH OFFICIALS REPORT TWO NEW VAPING-RELATED DEATHS](#)

[HEALTH OFFICIALS ENCOURAGE VACCINES AS FLU ACTIVITY BEGINS](#)

[STATE HEALTH DEPARTMENT AWARDED 5-YEAR GRANT TO HELP IMPROVE ASTHMA CONTROL](#)

[HEALTH OFFICIALS URGE HOMEOWNERS TO MAINTAIN SEPTIC SYSTEMS](#)

Read more news on our [website](#).



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