

PULSE

A look at what keeps ISDH ticking

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FUN FACT

When you sneeze your body is getting rid of infected cells, and an average sneeze will spread over 100,000 virus cells up to almost 30 feet. On average, adults catch two to three colds each year.



Indiana State
Department of Health

Mission:

To promote, protect, and improve the health and safety of all Hoosiers

HELP SPREAD THE WORD

Being prepared and able to respond quickly to emerging public health threats is a hallmark of our work here at ISDH. Those capabilities have been on full display recently as we navigate a rapidly evolving situation with the novel coronavirus, COVID-19, that has sickened thousands, most of them in China.

Any time a new virus or disease emerges, a tremendous amount of anxiety can occur as health officials and scientists scramble to learn everything they can about the situation while the public asks, "How can I keep myself and my family safe?" In rapidly evolving situations like



**Kris Box,
M.D., FACOG**

these, the questions often outnumber the answers available at the time, and that can create increased concern.

As ISDH employees, you can be ambassadors on this issue and help ensure that Hoosiers have accurate information. We have built a website that is updated regularly with the latest CDC guidance, and we are communicating daily with healthcare providers, local health departments, hospitals and our state and federal partners to ensure that Indiana is ready if and when a COVID-19 case is confirmed here.

If you're asked about COVID-19, please share the information posted [here](#). Emphasize that ISDH follows the most current CDC guidance and that currently, the CDC believes the risk of widespread transmission in the U.S. is low. Help remind Hoosiers

that the flu is a much greater concern in the U.S. right now, and encourage them to get a flu vaccination if they haven't already done so. Stay informed, and rest assured that we will keep our entire team posted as new information becomes available.

Everyone at ISDH has a role to play in this response, regardless of your daily duties. This is not our first experience with a novel disease, and it won't be our last. But by holding training exercises, keeping the dust off our emergency response plans, pulling the right people together at the right time and communicating with all affected stakeholders, we can keep Hoosiers safe and informed, no matter what comes our way.

**Yours in health,
Kris**

DR. WEAVER DIGS IN AS CMO

By Greta Sanderson

Lindsay Weaver, MD, FACEP, may have just joined ISDH this month as chief medical officer, but she's known since she was 5 years old that she wanted to be a doctor.

"I did surgery on my Cabbage Patch doll," Weaver remembered. She's not sure what sparked her interest in medicine, especially since her parents own a barbecue restaurant outside of Cincinnati, but theorized that maybe it was the

soap opera General Hospital or something else she'd seen on television. She never missed an episode of ER while she was in high school.

Since those days, Weaver became the first physician on either side of her family, graduating from the University of Kentucky with a bachelor's in biology and the



**Lindsay
Weaver,
M.D., FACEP**

University of Louisville School of Medicine.

She practices emergency medicine at Methodist Hospital in Indianapolis, choosing that location because she wanted to do the most good.

"I enjoy taking care of a diverse and often underserved population," Weaver said. "Working in an urban trauma center, it is more than just a simple pneumonia. We have to help figure out how the patient will get the antibiotics and how

► Continue to **WEAVER**, page 2

ISDH COMPLETES PHAB SITE VISIT

ISDH welcomed three Public Health Accreditation Board (PHAB) site visitors and one PHAB liaison on Feb. 5 and 6 to interview staff about the hundreds of documents submitted for accreditation. More than 50 staff members and 20 community partners shared the wonderful work our agency does every day over the two-day site visit.

This step is huge for ISDH and is a reward for all of our hard work and dedication. During the last five years, the accreditation team estimates that accreditation has directly involved 100 staff members via the different teams as well as document collection and the agency has submitted approximately 490 documents this past year. Wow!

Overall, PHAB said ISDH had a strong accreditation team. They praised ISDH for developing a culture of leadership with opportunities for professional growth, such as Leadership At All Levels, and said the staff is committed to excellence and is professional and responsive.

Here is some of the additional feedback ISDH received:

Strengths

- **ISDH is engaged with and has a strong relationship with the Governor's Office.** Between weekly meetings, quarterly follow-ups and other daily communication, PHAB was impressed with how solid our relationship is with the Governor's Office and how we ensure our priorities are aligned.

- **PHAB is impressed by the agency's epidemiology capacity.** The amount of data ISDH receives can be overwhelming, but having a staff that is capable of analyzing that data is a true asset.

► WEAVER, continued from page 1

they will get transportation to their follow-up appointment. People know they can go to the emergency department when they have a crisis. People come to us not only when they are sick, but also when they become suddenly homeless, are depressed because a loved died or cannot figure out how to get their medicines."

"I feel like I've always done public health," Weaver said. "I strive to serve more than just the patient I see in front of me. That's how I got involved in quality for the health system."

She served as quality director for the de-

- **ISDH holds strong relationships with its partners.** The agency has an overwhelming amount of partners. We were asked to have up to 20 representatives come and speak to the site visitors about their work with ISDH. Knowing not everyone would be available, we invited 28 partners. We were excited that 23 partners accepted and attended. This shows how much our partners support us and appreciate the work we do.

Three Areas of Opportunity

- **Show the implementation of the State Health Improvement Plan (SHIP) and the agency's Strategic Plan.** ISDH was at a disadvantage, as our PHAB documentation was submitted only a year after the implementation of the SHIP and the agency's Strategic Plan. This means any reports of implementation after cannot be considered. This does not mean, however, we could not do better. OPHPM will be working with executive staff to consider our tracking and communication of these two plans.

- **Ensure that we use data to help drive our quality improvement culture.** ISDH has come far in our work on quality improvement (QI), but we also recognize that we do not want to wait for QI requests to come in. OPHPM's quality improvement and performance management (PM) coordinator, Nicole Morley, has already recruited PM and QI teams. The PM team will be looking at data from key performance indicators and discussing how to communicate our data to the agency. The team will provide that data to the QI team that will help drive additional quality improvement activities.

- **Engage the target audience.** ISDH has a

partment of emergency medicine and as the health system's physician lead for the statewide sepsis steering committee.

She has also done Lean Six Sigma training about organization efficiency, having earned a bronze-level certification.

"It's mostly operations, but not so different than public health problem-solving," Weaver said. "We have limited resources, so it's about what's the best you can do with what you have."

There are a lot of other parallels between the ED and her role at ISDH. One of the greatest is the range of issues she'll be tackling, from infant mortality and vaping to communication and reaching out to the ex-

strong relationship with its partners, but evidence became a little more difficult to show when it came to talking directly to the community. Meeting members of the community and talking with them will help ensure our activities have more of an impact and help build trust between the community and ISDH. Some ways we can do this are using focus groups, surveys and forums. What ways does your program engage the community?

What's Next

- **Report to the PHAB committee.** Site visitors will write reports to the PHAB committee, and a formal report to ISDH will be available in 8-10 weeks, about late April or early May. This report will have comments on excellence and areas of opportunities for each measure.

- **A decision on accreditation.** The PHAB committee reviews site visit reports once per quarter. ISDH is expected to be on the June docket and should receive notification of the formal decision later that same month.

- **Continue to monitor.** ISDH will take this opportunity to make more forward progress. OPHPM will work with executive staff to help determine the support needed to meet best practices. OPHPM also understands that we may need to continue to collect documents for a possible action plan and will be rebuilding the accreditation team for our accreditation and reaccreditation efforts.

Any questions on accreditation can be directed to Accreditation Coordinator Patricia Truelove at Ptrue1@isdh.in.gov.

perts. She plans to continue working one shift a week at Methodist to keep her clinical perspective.

"The collective knowledge of everyone in ISDH is inspiring," Weaver said. "I feel very fortunate to work with this group of people who truly care about improving the health of Indiana."

Her husband, Chris, is also an emergency physician at Methodist who now works on the administrative side. They have five daughters ranging in age from 2 to 14.

Weaver has already jumped in to help with ISDH's novel coronavirus (COVID-19) response and is eager to find immediate ways to contribute to the agency's success.



TIME TO TAKE THE SURVEY

Last month you heard about a maternal and child health needs assessment ISDH was planning. Now it's here, and we need you to respond to this short, 15-minute [survey](#) to make sure the needs of women, children, teens and families in your community are heard!

As a part of the Title V Maternal and Child Health (MCH) Block Grant, every five years the Maternal and Child Health and Children with Special Health Care Services Divisions at ISDH complete a comprehensive needs assessment to better understand the state of health and well-being of women, children and families in Indiana. As part of the needs assessment, we also look at the capacity of our state and local systems to meet those needs.

The Community Survey is being distributed to women, parents, community members and people who work with women and children across the state.

The survey is short on purpose: our goal is to make sure we hear about all the needs of women, children and families in Indiana. Once we have heard from you, we will compile a list of needs of this population. The final step is to identify additional activities to help narrow down the list to a set of



IN IT TOGETHER

Indiana Title V Needs Assessment

statewide priorities. Post the community survey link on your website or social media, email it to your program staff, send it out to partners and participants via email distribution lists and, of course, respond to the survey yourself!

We also encourage you to send the link to family, friends and any other social groups you are a part of; we want to hear from anyone who might have thoughts about what women and children in Indiana need to thrive and reach their fullest potential.

We expect to close the survey in July and hope to have information to share with you in late summer/early fall. Thank you for your engagement and your time!

GET LINKEDIN TO LEARNING

Take a look at the [Get LinkedIn to Learning at ISDH](#) presentation [here](#). Participants interactively learn how to take full advantage of their free access to a multitude of resources found within LinkedIn Learning and walk through how to set up their account. Fun Fact:

You don't have to have a LinkedIn account to access LinkedIn Learning! Participants also learn how to access

LinkedIn Learning is now available!

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Visit www.in.gov/spd/2331 for details.

Indiana State Personnel Department

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LYTLE NAMED DEP DIRECTOR

Megan Lytle was recently named director of the ISDH Division of Emergency Preparedness (DEP).

Lytle joined ISDH in 2013 and has served as interim DEP director for the last few months. In her interim role and as Director of District & Local Readiness, she has proven to be a capable leader who has helped lead ISDH through some of its most challenging emergency responses.



Lytle

"Megan has been deeply engaged in preparedness work ever since I've known her," said Assistant Commissioner, Public Health Preparedness and State Lab Director Judy Lovchik, PhD. "She has a passion for it that should serve us well as she takes on the role of division director. Her relationship with local health departments will be critical to Indiana's preparedness."

She served as incident commander for the HIV outbreak response in Scott County in 2015, coordinating with federal, state and local partners. As director of district and local readiness, she increased local health department participation to the highest it has been since she started with the division.

In addition, the 10 healthcare coalitions have more members than ever before, providing for greater healthcare preparedness throughout the state. Megan is an experienced grants manager and a champion of partnerships, working diligently to ensure that Indiana's local health departments and 10 healthcare coalitions leverage every dollar possible. Lytle lives in Noblesville with her husband, Jesse, and their three daughters.

File Your Taxes for Free

Was your adjusted gross income \$69,000 or less in 2019? If so, you may be eligible to file your state and federal taxes for free with Indiana freefile (INfreefile) from the Indiana Department of Revenue (DOR). File today at freefile.dor.in.gov. If you have questions, call DOR's Customer Service Center at 317-232-2240.



RUPP'S VEGFEST EXPANDS

Katelin Rupp, ISDH's director of program evaluation for the Tobacco Prevention and Cessation Commission, and her husband Joe started Indy VegFest in 2016. The event has grown so large in just a few years that it will expand to Bankers Life Fieldhouse for its fourth annual event on March 29.

"We feel very fortunate to be in Bankers Life Fieldhouse. With the move to a much larger venue with plenty of parking and access to public transportation, we hope to draw 10,000 attendees to our free festival."

Rupp said Indy VegFest isn't targeted to vegans — someone who doesn't eat or use anything containing animal products — but that its purpose is to educate and inspire omnivores about ways to reduce the amount of animal products they consume.

"We provide tools that will help you move toward a plant-based diet," Rupp said. "Even if you don't eat meat for one day a week, it's better for the environment



Rupp

and your health."

The event is free and full of activities about the benefits of a vegan lifestyle. It features vendors, speakers and cooking demonstrations. Yoga, TED Talks and children's activities will be offered.

"We try to offer something for everyone," Rupp said.

The first VegFest was April 2017 at the PanAm Pavilion, and about 4,500 people attended. For the following two years, the event moved to the Biltwell, a converted millwork warehouse that offered separate rooms and made it easier to have breakout sessions.

The 2018 and 2019 events attracted about 5,000 attendees, and Rupp said exit surveys from past festivals show that about 50 percent of attendees are omnivores. She said that many people give up meat for the Lenten season, so it was good timing to host the event right before Easter.

For the first time in 2019, Indy VegFest co-hosted a Lifestyle Medicine Symposium for healthcare providers in partnership with Eskenazi Health. Lifestyle Medicine is a

Special offer

The second annual Lifestyle Medicine Symposium is Saturday, March 28, the day before the 2020 Indy VegFest.

A discount code for \$20 off registration is available to ISDH employees with the discount code "ISDHemployee." Register here:

<https://www.eventbrite.com/e/91096529171>

practice that encourages behavior modifications, including a plant-based diet, for treatment and reversal of chronic disease. The second annual Lifestyle Medicine Symposium will take place on Saturday, March 28, the day before the 2020 Indy VegFest.

The organization incorporated as a not-for-profit in fall 2016, and about 140 volunteers work to host the event. The Indy VegFest website also includes a list of about 200 restaurants in Indianapolis that have at least one vegan item on the menu.

Visit indyvegfest.com for more information.

UPDATES AND RECOGNITION

Clark listed on CDC's EVALI report

Charlie Clark was acknowledged on the Centers for Disease Control and Prevention's Jan. 24 Morbidity and Mortality Weekly Report on e-cigarette-associated lung injury (EVALI).

The number of EVALI cases reported to CDC peaked during the week of Sept. 15, 2019; the weekly number of hospitalized patients has since steadily declined.

As of Jan. 14, a total of 2,668 hospitalized EVALI cases had been reported to CDC in all 50 states. As of Feb. 20, Indiana has confirmed 60 EVALI cases.

Bailey, Lee named Best and Brightest

Ayriane Bailey, HIV support services program manager, and Terri Lee, director of the Office of Women's Health, have both been named finalists in Junior Achievement's Indy's Best and Brightest.

Ten nominees are selected in 10 categories. Bailey was nominated in the govern-

ment category, and Lee was selected under Health & Life Sciences. It's Lee's second nomination.

"It is an honor to be included in this slate of Indy's Best and Brightest nominees as this nomination is not only reflective of professional achievements, but also of nominees' civic contributions," Lee said. "This nomination is the ultimate reflection of the work being done in the communities. This only encourages me to do more and be more — not only for Indianapolis, but for all Hoosiers."

The nominees and winners will be recognized March 11 at the Hilbert Circle Theatre.

Indy's Best and Brightest honors 100 of central Indiana's young professionals age



Bailey



Lee

40 and younger.

Finalists were selected based on their professional accomplishments, civic contributions, character and leadership qualities.

IARA posts trainings, policies

The Indiana Archives and Records Administration (IARA) has posted new trainings and policies.

Information about IARA training can be found by clicking [here](#). The new policies can be accessed by clicking [here](#).

MediaLab needs you!

ISDH uses MediaLab to manage important agency documents.

See hyperlinks posted on the Nerve Center to ISDH's 2020 Policies & Procedures.

These documents and others were created and approved using MediaLab. Get on board by contacting Barb Killian for login and training info at bkillian@isdh.in.gov or 317-234-9572.

HIV PASSES REVIEW WITH FLYING COLORS

The last time the Health Resources and Services Administration (HRSA) performed a comprehensive monitoring site visit for the Ryan White (RW) program at ISDH was more than five years ago. The division looked different in 2014, and Mark Schwering, the RW Services Program Director, had good reason to feel anxious as he prepared for our federal partners' visit Jan. 14 to 16. Since the passage of the Ryan White Care Act in the early 1990s, ISDH had traditionally funded only two eligible services: the AIDS Drug Assistance Program (ADAP) and Health Insurance Assistance Program (HIAP). When the Scott County outbreak shook the country in 2015, it was obvious more needed to be done to meet the needs of Hoosiers living with HIV.



Federal funds received from the Ryan White Care Act are different from some other grants from the Department of Health and Human Services (HHS). The Ryan White program is legislatively funded, which means the legislation requires states receive the funds according to their prevalence of people living with HIV (PLWH). While having legislatively mandated funding for a program is advantageous as it relates to Ryan White funds, it is a double-edged sword. There are 27 eligible service categories included in the act, and each service has requirements that are meticulously described in the law. Essentially, Ryan White is one of the most complex programs funded by HHS.

Knowing the complexities of pursuing additional funds and ex-

panding services, a team had to be assembled to oversee a remarkable expansion in a short time. Staff from across the entire division now oversee dozens of agencies that are providing over 20 eligible services. This expansion required an incredible amount of effort to build the compliance requirements into the programs while concurrently providing the services statewide. It was inevitable that a site visit would occur at some point in the future, so program directors and their respective teams did their best to prepare, but the system had never been tested by a site visit team. The tension definitely became palpable during the days leading up to monitoring.

The thorough site visit team consisted of a group that would review four different aspects of the program. Specialists in administration, fiscal, clinical quality management and ADAP would use a tool that reviews 1,404 different programmatic criteria, including a visit with one of the subrecipients in the community that would entail further reviews and an interview with a group of PLWH who had received services. At the exit conference, the team learned there were just eight items identified as needing correction. You don't have to be an epidemiologist to know that is an amazing score!

Ultimately, Hoosiers living with HIV are the big winners. Since the program expanded, there has been a dramatic increase in viral suppression across the state. Most care sites have converted into one-stop-shop medical homes to remove the barriers PLWH have traditionally faced while trying to stay in care. Ensuring that these programs are compliant plays a vital role in the ability to continue the provision of services that will be vital in ending the epidemic. We can all be proud that our HIV/STD/Viral Hepatitis programs have done their due diligence in creating effective programs that can stand up to the vigorous scrutiny and expectations of our federal partners. Congratulations to the whole team on a job well done!



The Rewards Center in your [ActiveHealth](#) portal is your best way to check your progress on all your ActiveHealth rewards. Check out the Rewards Center to see all available rewards, track your progress toward earning them and redeem e-gift cards you have earned.

To earn the 2021 Premium Discount, employees and spouses enrolled in coverage must each complete one of the following three options by Sept. 30, 2020:

1. Complete four individual health coaching sessions (in-person or by phone) through ActiveHealth; or
2. Reach Level 5, which is 9,000 hearts, in ActiveHealth's online portal by completing health education modules and health goals; or
3. Record 200 days of physical activity tracking through a device synced to the ActiveHealth portal. Any day with 10,000 steps or 30 minutes of physical activity counts toward the 200-day goal.



ISDH Internships!

It may be 30 degrees outside, but OPHPM is gearing up for summer interns. Students are eager to get summer placements on the books and have been contacting our office about opportunities starting in May and June. More than 450 students submitted applications for our internships in 2019.

Here's where you can get information about how to create an internship and how OPHPM helps get applicants for you:

<https://ingov.sharepoint.com/sites/ISDH/OPHPM/SitePages/Internships%20-%20ISDH.aspx>

Please email OPHPM@isdh.in.gov if you have any questions or call Eric Beers at 317-233-7802.



REALLY COOKIN'

ABOVE: The Health and Wellness Council's Seventh Annual Chili Cook-off on Jan. 31 raised \$150 and collected more than 50 canned goods for [Gleaners Food Bank](#).

RIGHT: Congratulations to the winners of the chili cook-off: Best Comfort Chili, made by Calvin Knight-Nellis from HIV/STD/Viral Hepatitis, and Best Healthy Chili, made by Amy Rupp from the Division of Nutrition and Physical Activity!

STAFFING UPDATES

Welcome to the following staff members who joined ISDH in February:

Marris Dobosz, acute care public health nurse surveyor, Acute Care (AC); Holly Carson, regional vaccine ordering and accountability specialist, Immunization; Shelly Royster, breastfeeding consultant, Indiana Women, Infants, and Children; Crystal Rowley, survey processing clerical assistant, Long Term Care (LTC); Shaleea Mason, home health and hospice nurse surveyor, AC; James Murdock, acute care public health nurse surveyor, AC; Pamela Nodley, nurse surveyor, LTC; Seth Thomas, viral hepatitis service coordinator, HIV/STD; Maleni Aveja, reevaluation coordinator, Children's Special Health Care; Casey Cummins, chief nurse consultant, Immunization; and Bolaji Gbadegesin, data and research support specialist, Immunization.



LOOK WHO I MET ON THE ELEVATOR!

Kate Schedel



NAME: Kate Schedel

TITLE: Maternal and Child Health Programs Director

Brief job description: My role oversees programming spanning the life course, which includes infants, kids, teens, moms, dads and families. I also help manage our Title V block grant, which includes our current statewide needs assessment. If you haven't done so yet, please take our survey and share it with your family, friends and network!

Time at ISDH: A year and a half

What do you like most about working at ISDH: I've worked in global health for the past 12 years, so I have really enjoyed learning about domestic health care systems, ISDH programming and outreach and our impact in Indiana.

Other information: I love to travel (I've lived and/or worked in eight countries and been to many others), and I love to read (I'm on my 23rd book this year – all recommendations welcome!).



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