

FEBRUARY 2018

PULSE

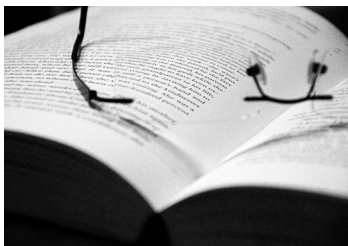
A look at what keeps ISDH ticking

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FUN FACT

Feeling stressed? Read. Getting lost in a book can lower levels of cortisol, or other unhealthy stress hormones, by 67 percent.

MAKE HEART-HEALTHY CHANGES

Happy February! As Valentine's Day arrives, I'd like to devote this month's column to matters of the heart that impact us long after the last greeting card is opened.

You probably know that coronary artery disease is caused by plaque buildup in artery walls that cuts off the blood supply to the heart.

That's an easy one.

But you may not know that according to the National Institutes of Health, about the same number of women and men die each year of heart disease in the United States.

Heart disease is the leading cause of death for women in Indiana, so it's a message worth repeating as we mark American Heart Month.

Death rates from heart disease have dropped in the last 30 years, but they haven't fallen as much for women as for men.

Those are some startling facts, especially when you consider that many risks for heart disease don't cause any symptoms. But there is good news.

Many of these same health

factors — specifically, high blood pressure, high cholesterol, smoking and obesity — are preventable and controllable for both men and women. Taking steps to lower these risks could reduce your chance of heart attack or stroke by more than 80 percent:

- Know your numbers for cholesterol, blood pressure and blood sugar. If any of these numbers are high, it raises your chance of heart disease.

- If you smoke, quit. The Indiana Tobacco Quitline is a fabulous free resource for Hoosiers, and I encourage everyone who's trying to quit tobacco to call 1-800-Quit-Now.

- Know your family history. Genes can be responsible for passing on many risk factors.

These simple, everyday habits can have a big long-term impact on preventing heart disease:

- Make healthy food choices. Cut down on sodium and saturated fat, and eat more fiber. Being overweight or obese raises your risk of heart disease.

- Stay physically active. For the maximum benefit, do 150 minutes of aerobic activity a week. Unfortunately, Indiana ranks near the bottom of states for the number of people who

get this recommended activity each week. We can — and must — do better!

- Limit alcohol to one drink a day.

- Lower your stress level and find healthy ways to cope with it. The most commonly reported trigger for a heart attack is an emotionally upsetting event, especially one involving anger. Stress can also cause you to smoke or overeat. Access the state's Employee Assistance Program at

<http://www.in.gov/spd/2466.htm> for help with stress reduction, or click [here](#) for some helpful tips to manage anxiety. Try these eating [tips](#) that also can reduce stress.

There is also emerging evidence that breastfeeding can help women avoid developing chronic health conditions, such as heart disease, later in life. When you think about the role breastfeeding plays in reducing infant mortality, then add long-term benefits for moms, this is a win for everyone.

While New Year's resolutions might be fading, there's still plenty of time to make a difference in your health this year. Take action for a lifetime of better health.

Yours in health,
Kris

A WALL TO LOVE

Keep an eye out for changes in the basement at 2 North.

An update is planned for the Wall of Fame on the east wall of the basement lobby. Soon the display will feature Indiana State Department of Health (ISDH) employees and their healthy habits.

Kelsey Barrick, physical activity education coordinator for the ISDH Division of Nutrition and

Physical Activity, said the display will include the employees' pictures and answers to why they chose their healthy lifestyle habits.

Employees were selected for routines such as walking during breaks, changing lifestyle habits after a health scare, lowering sodium and caffeine intake, increasing daily physical activity, and choosing healthy snacks and lunches.



Indiana State
Department of Health

Mission:

To promote and provide
essential public health services

UNDERSTANDING THROUGH ART

By Greta Sanderson

If it's true that a picture is worth a thousand words, then it makes sense to use pictures in science, where it can easily take lots of complicated words to explain a single concept.

Science textbooks and journals are filled with graphics and illustrations, and now the Indiana State Department of Health Laboratory (ISDHL) has its own artist in residence.

Microbiologist Elizabeth Wells used her artistic abilities to explain an ISDHL pilot project studying a family of germs that are difficult to treat because of their resistance to antibiotics.

For example, one of her drawings shows how genes that cause germs to resist antibiotics can be "tossed" like Frisbees from one bacterial cell to another.

"She's been very innovative," said Dr. Sara Blosser, director of clinical microbiology, who is running the pilot and asked Wells to sketch the concept.

"I do drawings and doodles in the lab, and people noticed that," Wells said about how she got started creating illustrations of scientific concepts.

The illustrations appeared in the lab's newsletter and were used to explain the concept at workshops. As part of her work in the reference department at the lab, Wells is also on the flip side of the project.



Elizabeth Wells

identifying samples collected.

Wells, who is originally from Henryville, earned a bachelor's degree in art with a minor in microbiology from the University of Indianapolis.

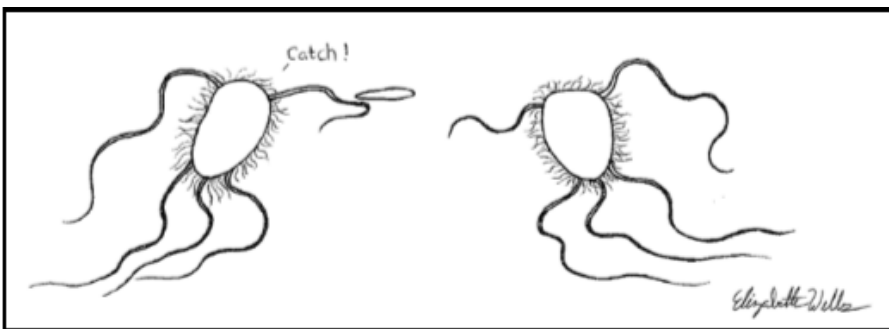
"I've always loved art and biology," Wells said. She hoped to have an opportunity to combine her two interests through ISDH.

She also does other types of art, including three-dimensional art and oil paintings, but digital art has captured her attention recently. Using a drawing tablet, Wells creates images and then plugs them into a computer using art software.

Visit <https://www.stargazerart.net/> to learn more about Wells and see other samples of her artwork. Wells' online gallery is named Stargazer Art because she was interested in drawing the night sky when she was younger and named early gallery collections after that. As she's gotten older, the name stuck.



"Night," a digital drawing by Elizabeth Wells. Wells majored in art and microbiology at the University of Indianapolis and combines both in her work at the ISDH lab.



This illustration by Elizabeth Wells shows how Carbapenemase genes are usually found on plasmids, which can be transferred from one bacterial cell to another, like a Frisbee.

GO365: QUALIFY TO UPGRADE YOUR HEALTH PLAN IN 2019

The State of Indiana is again offering a way to upgrade your health plan during Open Enrollment this fall. Similar to years past, the Wellness Consumer Driven Health Plan (CDHP) offers the lowest premiums compared to the other options.

If you are enrolled in state medical benefits, you can qualify for the 2019 Wellness CDHP by reaching an Earned Status of Silver in Go365 by Aug. 31. This means all points must be processed and posted to your Go365 account by the Aug. 31 deadline. Don't wait until the last minute to submit information, since it can take up to 45 days for activities to be reflected in your account.

Check the [Upgrade 2019/Go365 Help page](#) for assistance on getting to Silver Status.



STAFFING UPDATES

ISDH would like to welcome these employees who joined the staff in January:

Angela Shamblin, data analysis team director, Epidemiology Resource Center; Lauren Payonk, public health nurse surveyor, Long Term Care; Andrew Templon, public health investigator, HIV/STD/Viral Hepatitis; Ellen Chamar, public health investigator, Immunization; Seth Thomas, administrative assistant, HIV/STD/Viral Hepatitis; Sarah Parks-Reese, home visiting team lead, Maternal and Child Health.

Congratulations to Eric Haw-

kins, who was named deputy state epidemiologist/director of the Epidemiology Resource Center, and Cynthia Battiatto, who was promoted to HIV Care Coordination program manager.

And one clarification: Andrew Derry was named regional program director of Indiana Tobacco Prevention in January.

His title was incorrect in last month's Pulse.



Eric Hawkins

KNOW THE FINAL TWO ACCREDITATION DOMAINS

The Office of Public Health Performance Management (OPHPM) and the Accreditation Team (A-Team) give a quick overview each month about how the Indiana State Department of Health (ISDH) is working toward public health accreditation.

This designation means that a voluntary body of public health professionals — the Public Health Accreditation Board (PHAB) — certifies that the work ISDH is doing meets their high quality standards.

These standards are organized into 12 domains, and ISDH must provide examples showing how it meets or exceeds PHAB requirements to achieve accreditation.

Two domains have been explained in each month's newsletter, and it's time for the last two. Domains 11 and 12 concentrate on management/administration and governance of the health department.

Domain 11: Domain 11 focuses on health department management and administration capacity.

This domain takes a closer look at operational infrastructure and programs in the agency, including our ethics committee, confidentiality procedures, how programs con-



sider health equity, hiring processes and our financial management system.

What you can provide:

- Have you participated in a cultural competency training, and if not, why?
- Share how you are providing services in a culturally competent matter.
- Demonstrate how we have considered, deliberated and resolved an ethical issue.

Domain 12: Domain 12 focuses on how

ISDH is supported by and engages with the governor's office. ISDH will also need to show how it communicates policy and law changes with programs and services.

Some examples of what will be covered in this section are:

- Outline of the authority of ISDH, such as mandates for vaccinations, oversight on environmental public health issues and various inspections
- Interaction between the agency and our governing body

Any documentation that contains confidential information, such as names and contact information, can be submitted if the restricted information is redacted. (Assistance can be provided, and names associated to ISDH or related staff do not need to be restricted.)

It is important to remember that our examples do not have to be "wins" to show how the agency has learned from past opportunities.

If you have questions or examples of documents, please email [Patricia Truelove](mailto:Patricia.Truelove@isdh.IN.gov), accreditation coordinator, at Ptruelove1@isdh.IN.gov.

WHAT IS A PERFORMANCE MANAGEMENT SYSTEM?

A performance management (PM) system requires the following linked elements:

1. Identifying relevant standards and indicators that are important to the health of the organization and the health of Hoosiers;
2. Measuring those indicators;
3. Monitoring the indicators over time communicating progress; and
4. Continuously improving on those indicators.

As ISDH updates the state health improvement plan and the agency's strategic plan, the identified indicators from each of these plans will be tracked using a comprehensive PM system.

These measures will have targets with a timeline that are monitored and published with regular frequency. Indicators not meeting goals will be reviewed for potential quality improvement activities.

What's measured matters. Establishing an organizational PM system is a proven way to enhance performance and help achieve desired results. Each employee has a role in creating an



ideal work environment and should actively engage in problem solving and improvement.

Improving individual and program performance will increase our capacity to positively impact the lives of Hoosiers.

HR POLICIES UPDATE

The Indiana State Personnel Department has standardized policies that all employees must follow. It is important that employees review these periodically to ensure they are following and complying with these policies.

These policies can be easily found on the Indiana State Personnel Department Website, under [Policies and Procedures](#). Within this same link, you can find the SOI Employee Handbook, Family & Medical Leave information, Performance Management information and more.

In addition to the SPD Standardized policies, ISDH has its own set of personnel policies. These policies can be found [here](#). Please read these policies, and if you have any questions, do not hesitate to reach out to your HR team.

MARION COUNTY LAUNCHES MOBILE WIC

The Marion County Women, Infants and Children (WIC) program has launched its new mobile unit, a commercial passenger vehicle customized to provide services to



The Marion County WIC mobile unit went into service last month.

clients in the county. Marion County WIC Coordinator Sarah DeFelice said funding for the unit was requested in 2017 to address client transportation issues and improve child retention in the program.

"This unit is used to travel throughout Marion County to serve clients outside of a clinic, such as libraries, health fairs, apartment complexes, vendor parking lots (if contractually allowable) and Head Start and low-income child care centers," she said. The mobile unit will focus on areas where public transportation is lacking and there are no WIC clinics nearby.

Marion County WIC is working to bring the mobile clinic to the Craine House (a work-release program for moms with infants who are coming from correction facilities and

finishing their sentences) with a peer counselor to provide breastfeeding support.

The Mobile Unit is already scheduled at four different Head Start clinics a week, and organizers are partnering with IUPUI to set up a schedule for the unit to be on campus in conjunction with the university's Paw Pantry, a food bank that provides food assistance to all IUPUI students, faculty and staff. Plans are also in the works to bring the unit to a library and to a large Burmese population at an Indianapolis apartment complex.

The van has been equipped with everything needed to complete certifications, including a laptop, anthropometric and hemoglobin measuring equipment, required paperwork, a wireless printer and a TV. The van began providing services Jan. 2.

CAMPAIGN FOCUSES ON PREVENTION

By Greta Sanderson

The Indiana Department of Health (ISDH) is renewing an advertising campaign aimed at keeping more Hoosiers from developing diabetes.

The media campaign — including billboards, radio spots, bus signs and digital ads — focuses on prediabetes, the condition individuals develop that can lead to type 2 diabetes. The Centers for Disease Control and Prevention (CDC) estimates that 84 million people in the United States have prediabetes, and research shows that 15 percent to 30 percent of these people will develop type 2 diabetes within 5 years.

People with prediabetes have blood sugar levels between 100 and 125, levels that have already been shown to cause long-term damage, including a higher risk for heart disease and stroke.

The CDC says people who are obese, older than 45 and physically inactive are also at risk for prediabetes.

According to the 2014 Behavioral Risk Factor Surveillance System (BRFSS), at least 7.7 percent, or 335,000, of Indiana adults were told by a doctor or health professional that they have prediabetes.

But the CDC estimates that as many as 90 percent of those with prediabetes don't know it, so the campaign is designed to reach those people and get them to take action. It's estimated that one in three Hoosiers have the chronic health condition.

"We want to increase awareness of people who are at risk and get them to do something," said Laura Heinrich, ISDH Cardiovascular Health and Diabetes Section Director.

The campaign will run from March through May and is funded by a five-year CDC grant. The campaign is similar to a promotion that ran from



This is a digital ad that will be used in the ISDH prediabetes campaign.

April to June of 2017, Heinrich said.

"This year we're going to seek out some new locations and communities to do the campaign," she said. Indianapolis and South Bend will continue for another year, and New Albany, Terre Haute and Richmond will be added this year.

The media campaign will also include messages on health videos shown in doctor's offices through a partnership with the CDC and CBS Healthwatch. Heinrich said 39 primary care physicians in Indiana will play the spots twice an hour for 13 weeks.

The five-year grant is about to end, but Heinrich said even before this latest campaign starts, diabetes prevention programs in the state have already risen from four sites to 96 locations, including hospitals and community organizations.

"We want them to know that there's a diabetes prevention program that can help them get a better lifestyle," Heinrich said.

The ads will direct people to preventdiabetes.isdh.in.gov, where they can view the list of prevention programs in Indiana.

ANTHEM SENT NEW ID CARDS FOR 2018

All State of Indiana health plan participants received should have received new ID cards in the mail for the 2018 plan year. Each family member received their own unique card prior to Jan. 1.

As in the past, the cards are used for medical, prescription dental and vision.

Key changes to the card include:

- Updated prescription vendor information to CVS Caremark
 - Replaced Identification Number to Member ID, highlighted in blue for emphasis
 - Cost share information and the customer service number highlighted in blue for greater readability
- Be sure to present your new ID card to your provider or pharmacy. If you use your old ID card, your claim may be denied.