

AUGUST 2019

PULSE

A look at what keeps ISDH ticking

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FUN FACT

Can seeing the glass half full help you live longer? Studies have found that there is a correlation between increasing levels of optimism and decreasing levels of death from cancer, disease, infection and stroke.



**Indiana State
Department of Health**

Mission:

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

TAKING ON TWO CRITICAL CONCERNS

When people ask me what health issues keep me up at night, issues that impact our youth immediately come to mind.

You're all aware of the important work we've been doing in recent years to reduce infant mortality in our state. But recently, we have taken critical steps to address two other critical concerns: lead poisoning and tobacco use.

ISDH has formed a lead advisory council, made up of internal and external stakeholders, to identify ways to better protect Indiana children from exposure to lead in their homes. As you may know, a majority of Indiana counties have older homes built before lead paint was banned, which can put children at higher risk of lead poisoning. We also know that many children who should be tested for lead aren't getting tested. By assembling this council, which met for the first time this week, we hope to address those issues and others so every Indiana child has a safe environment in which to thrive.

Also this week, we took a critical step forward as a state to protect our youth from vaping, which former state health commissioner and current U.S. Surgeon General Jerome Adams has declared a public health epidemic.

Today I joined Governor Holcomb at Fishers



**Kris Box,
MD, FACOG**

High School to announce a three-pronged approach to reducing youth vaping in Indiana. This announcement comes at a critical time for our state, when youth use of e-cigarettes is at its highest level ever and hundreds of people across the country have been hospitalized with severe lung illnesses that are related to vaping. At least two dozen cases are currently under investigation here in Indiana.

Our efforts on this front in the coming weeks and months will focus on training and educating teens, schools and parents about the dangers of vaping, enlisting a text-to-quit program targeting youth and launching a media campaign to build public awareness across the state. Many of these components will focus on peer-to-peer education, because teens are more likely to pay attention to the message if it's delivered by someone they can relate to.

Both our lead work and our efforts to address youth vaping represent a significant investment in the future of our state. Both are bringing together unique partners with a common goal: improving the health of Hoosiers.

I look forward to seeing what these efforts accomplish and feel confident that by directing our resources toward young Hoosiers, we will position the next generation to be the healthiest it can be.

**Yours in health,
Kris**

LEADERS TALK PLANS TO END HIV

By Kristin Schwartz

Indiana recently received a special visit from U.S. Health and Human Services Secretary Alex Azar and Centers for Disease Control and Prevention (CDC) Director Robert Redfield, M.D., to discuss plans to end the HIV epidemic in the United States by 2030.

The discussion was held at the Damien Center in Indianapolis, Indiana's largest HIV service organization.

State Health Commissioner Kris Box, MD, FACOG, welcomed the guests and other local, state and federal leaders. The conversation ranged from the challenges Indiana



ISDH's Dan Hillman, left, talks with Centers for Disease Control and Prevention Director Robert Redfield, MD.

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ACCREDITATION UPDATE: WHILE WE WAIT

Since June when ISDH submitted the last document for its Public Health Accreditation Board (PHAB) application, lots of questions have come up about what the agency should be doing while we wait for the accreditation site visit.

What happens now? PHAB is assigning two or three reviewers to examine all 357 documents and visit ISDH for an in-person interview. We should expect our site visit to be in the next three to six months. Reviewers send questions and ask for additional documentation during this entire timeframe. Please be patient during this process, as staff may still reach out for your help.

How can I track documents for future use? ISDH is rolling out a document management system known as MediaLabs that is already being used by the ISDH Laboratory and Food Protection Division. This system will give the agency an easy way to house policies and procedures and also can be used to store and organize documents for reaccreditation. Please stay tuned as MediaLabs expands and we explore all opportunities the system can offer.

Is there a template I should be using? We

hear you! The Office of Public Health Performance Management (OPHPM) is working on a variety of templates. In the meantime, here are some suggestions:

- Meeting agendas/minutes/sign-in sheets/presentations that are facilitated by ISDH should include
 - Logo
 - Date
 - PowerPoints should be on the standard ISDH [template](#)
- Keep any meeting agendas, meeting minutes, sign-in sheets (if not noted on meeting minutes) and reports from any outside collaborative in which you participate.
- Policies/Procedures/SOPs should include:
 - Logos
 - Published date
 - Revision dates
 - Signatures (if appropriate)
 - Be reviewed every three to five years
- Division/Program plans (such as an area's strategic plan or improvement plan) should include:

- Assessment that includes both qualitative and quantitative data
- Input from partners and the community (for areas that this is appropriate)
- Identification of disparate populations
- SMART Goals
- Logo
- Time period the plan covers, as well as a published date
- Signatures (if appropriate)
- Annual reviews

How do I know I am meeting standards?

You can find an [overview](#) of our standards and measures and the full requirements within the [Standards and Measures](#) on PHAB's [website](#).

OPHPM will share the feedback received during each step of this process. ISDH is doing amazing work!

Our staff is passionate, and it is not unnoticed. Remember that accreditation is about learning how to be the best at getting better, as Dr. Box would say.

Please email Accreditation Coordinator [Patricia Truelove](#) if you have any accreditation questions.



INDIANS DAY

Indiana Women, Infants and Children Director Laura Chavez is interviewed by Indians radio broadcaster Andrew Kappes, Fox Sports 97.5 FM/AM 1260, on July 21, Indiana WIC Day with the Indianapolis Indians. This was the second year for the event, which included discount tickets and education about WIC's nutrition and breastfeeding support programs.

► HIV, continued from page 1

faces as it works to stop the HIV epidemic to the structure of Indiana's HIV services.

ISDH's HIV/STD/Viral Hepatitis Division Director Jeremy Turner highlighted several key characteristics of Indiana's program that sets us apart from other states.

Indiana has statewide continuum of care committees that help improve access to medical services and help affected people stay healthy. Indiana also supports the "undetectable equals untransmittable (U=U)" concept and has a robust system in place to address the social determinants of health that affect populations that are difficult to reach.

The event also included discussion about what steps are needed to end the HIV epidemic by 2030. The group agreed that it will be vital to bring community partners together to achieve that goal.

An important step will be to identify people who do not know they are infected with HIV and eliminate the barriers that traditionally prevent individuals from receiving successful HIV care.

The group also discussed a grant funding opportunity Indiana was selected to apply for through the CDC to convene partners, assess needs and develop an action plan to overcome the HIV epidemic in Marion County. Marion County was selected to apply for this grant because it is one of 48 counties identified across the country in which more than 50 percent of new HIV infections occur annually.

Secretary Azar stressed that ending the epidemic is a priority for the president and something he feels confident is achievable by 2030. He also called the Damien Center one of the nation's exceptional organizations and said he would follow up with Indiana to learn more about how the state provides care.

"This is an exciting time in our over three decades of work to address HIV in this state," Turner said. "We've never before had all the tools necessary to feel like it could be feasible to end the epidemic. I'm confident that we will end it within this generation. We accept the challenge."

WORKING TO ADDRESS ADOLESCENT HEALTH

By Deninne Smith

The Adolescent Health section is part of the Maternal and Child Health Division and focuses on data collection, prevention education and healthcare quality improvement for youth and young adults.

The Adolescent Health section consists of two full-time staff Adolescent Health Administrator Deninne Smith and School Health Coordinator Courtney Matlock.



Deninne Smith

The Youth Risk Behavior Survey (YRBS) and School Health Profiles (SHP) are data-collection efforts conducted by adolescent health that are both funded by the Centers for Disease Control and Prevention (CDC). The YRBS is a nationwide survey conducted every two years among a representative group of Indiana public school students in grades 9 through 12 selected by the CDC. In Indiana, approximately 50 schools are selected to participate in the survey each cycle. To obtain a statistically significant sample, only states with participation equal to or greater than 60 percent are weighted. Weighted data make results collected from a small sample of schools representative of the population from which it was drawn.



Courtney Matlock

The survey monitors students' health risks and behaviors in the following six categories: weight and diet, physical activity, injury and violence, tobacco use, alcohol and other drug use, and sexual behaviors. Outreach to the schools selected for the 2019 YRBS administration is in progress. Participating schools are not identified in the survey, and data from individual students and schools are kept anonymous and confidential. The CDC analyzes the data and then provides the results to each participating state. Schools that choose to participate are able to receive a monetary incentive. Participation in the YRBS provides critical data about the risk factors that exist among adolescents.

While the YRBS gathers data from youth, School Health Profiles collects data from teachers, principals, school nurses and other school personnel regarding school health policies and practices. More than 300 schools across Indiana are randomly selected to participate in School Health Profiles. Adolescent Health recently began partnering with the Division of Nutrition and Physical Activity to conduct this survey.

The Sexual Risk Avoidance Education (SRAE) Grant funds health education programming for school-aged youth. Indiana funds six community-based, faith-based and private not-for-profit organizations throughout the state to implement evidence-based/promising practice health education programs.

Providers utilize Positive Youth Development strategies to help youth build protective factors that mitigate the impact of past and future negative experiences.



The Adolescent and Young Adult Behavioral Health Collaborative Improvement and Innovation Network (AYA BH CoIIN), kicked off in July 2019. The focus of this 18-month collaborative is to improve depression screening and follow-up for young people through systems-level behavioral health integration in primary care and improvement of screening rates for major depressive episodes in clinical settings. Throughout this project, the team will develop and enhance resources that will assist physicians, youth and families as they manage mental health wellness.

As we continue our efforts to connect with schools to obtain school participation for the 2019 YRBS administration, provide prevention education and impact health care quality improvement for youth and young adults across the state, we invite you to connect with us!

GOVERNOR DECLARES AUG. 1-7 BREASTFEEDING WEEK

Gov. Eric Holcomb declared Aug. 1-7 as Breastfeeding Week in Indiana. The proclamation was in recognition of the first week of August as World Breastfeeding Week, a global initiative to promote, protect and support breastfeeding worldwide. In Indiana, Governor Holcomb acknowledged this week to raise awareness of the benefits of breastfeeding and its important health benefits for both mom and baby. With infant mortality as a priority for Governor Holcomb and ISDH, breastfeeding as a primary prevention strategy is an important strategy in these efforts.

ISDH, the American Academy of Pediatrics, the Centers for Disease Control and Prevention and the World Health Organization support breastfeeding as the preferred method of optimal first infant feeding.

ISDH is also engaged in efforts to address racial disparities that are notable in breastfeeding initiation and duration among communities of color. In African-American communities, breastfeeding rates are typically lower, though many grassroots advocates are engaged in changing these numbers, and ISDH acknowledges and supports these great organizations in their efforts. Aug. 25 to Aug. 31 is Black Breastfeeding Week, which is a national initiative to promote, protect and empower breastfeeding in these communities.

View the governor's full proclamation [here](#).



OB NAVIGATOR LAUNCHES

The OB Navigator Community Engagement Events kicked off in Allen County and brought together medical providers, hospitals, nurses and community health workers to discuss the newly created program. Dr. Box had the opportunity to share the goal of being the best in the Midwest for infant mortality and how we need to work together to achieve it. Various community partners offered their insight into how we can best reach mothers who need assistance during pregnancy and the first 6-12 months of their babies' lives. The next event will be in Clark County in September.

VEST MAKES A RUN FOR IT

By Greta Sanderson

A goal she set in 2015 motivates Hailey Vest to get up at 5:30 a.m. most mornings. Once the enteric epidemiologist opens her eyes and puts on her shoes, her lab/beagle mix Nickel (his mother's name was Quarter) is ready to go. The dog gives her a little extra incentive to get up and take a morning run.

Vest has set a goal to run a marathon or mini-marathon in all 50 states. So far, she's completed 18 races in as many states, including Alaska.

"I was never athletic growing up, never did any sports," Vest said. "But then I got to college and started thinking about taking care of myself."

Running was an easy activity to start, since there was a fitness center on campus, and it required minimal equipment. She basically got a pair of shoes and was off and running. In her senior year, she started getting used to running outside when a friend asked her to join her for a full marathon at Disney World.

"I'm the kind of person who really thrives off of energy," she said. She's also a Disney fan, so the "happiest place in the world" was a perfect place to start. Although the training was difficult, at the end of the races, she got a medal and immediately wanted to do it again.

A few months later, she completed a race in Maine and started thinking, "What's next?"

She's well on her way to her initial goal to complete races in 20 states by 2020. In fact, she'll reach that milestone before the end of this year.

She does research before picking her next race. It takes planning, not only for training, but also time off and travel. Vest looks for races with fun swag and medals while also



Hailey Vest ran the New York City Half Marathon on St. Patrick's Day in her second-fastest time to date.

considering the location and cost. For example, the race she's selected in Kansas has a Wizard of Oz theme.

She has her medals hanging on her wall with a U.S. map above them with colors marking the states she's visited.

One of her most meaningful races was last March for Project Purple in New York City. Project Purple raises money for research and awareness of pancreatic cancer.

"My uncle died from pancreatic cancer a few months earlier, so as part of that I decided to run for charity and raised money for Project Purple," Vest said.

The views of the city along the way were spectacular, as the route started in Brooklyn and ended in Manhattan. It included a trek across the Manhattan Bridge, where she could see the Statue of Liberty, the Empire State Building and One World Trade Center.

Vest said running helps her maintain a healthy lifestyle, and as soon as she has that feeling of accomplishment from completing a race, she's ready to do it again.

BIOMETRIC SCREENINGS —DON'T MISS OUT!

We're wrapping up onsite screenings, with the last few taking place at the IGC. There are also two other ways to earn your \$100 e-gift card. Your primary care physician can complete the biometric provider form with results from any visit you've had this year. You can also complete a screening through Quest Diagnostics.

For detailed instructions, check out the Biometric Screening Guide

found on InvestInYourHealthIndiana.com.

Important Dates

- Now – Oct. 31: Complete a biometric screening or physical
- Nov. 1: Deadline to submit biometric provider forms
- Nov. 30: Biometric results must be loaded in ActiveHealth Portal
- Dec. 31: Deadline to redeem e-gift cards

STRATEGIC PLAN: IMPROVING DAY BY DAY

By Nicole Morley

After a year's worth of collecting and measuring the ISDH Strategic Plan, we are pleased to share our new [public-facing webpage](#). This webpage provides a high level illustration of the progress that we've made in our Strategic Plan. These measures are responsible for helping us improve the health, safety and well-being of Hoosiers across the state through the services we provide.

With our values of integrity, innovation, collaboration, excellence and dedication, the Office of Public Health Performance and Management (OPHPM) has worked with every reporting program area to make each measure reflects the program's work. The team placed special emphasis on how we can work toward achieving health equity and the role agency programs play in promoting optimal health among all populations.

The five goals for this [strategic plan](#) cycle include:

- Goal 1: Develop and strengthen strategic partnerships to improve public health
- Goal 2: Promote and provide transparent public health data
- Goal 3: Ensure the conditions for optimal health are available to all Hoosiers
- Goal 4: Mitigate and prepare for public health threats
- Goal 5: Improve organizational health and be an employer of choice

With ISDH's efforts to continuously adapt and analyze our processes, OPHPM is working with program areas to edit each measure to prepare to update the agency's strategic plan. Please take time to

Strategic Plan Spotlight

The Division of Trauma and Injury Prevention has been working tirelessly to achieve its goal of increasing the number of individuals who receive naloxone training from 298 in 2017 to 900 in 2020.

Naloxone is administered when there is a suspected opioid overdose and can potentially fully or partially reverse the overdose. Through the second quarter of 2019, the division has provided naloxone training to 888 individuals, 98.6 percent of goal!

The division has attributed this success to consistent communication at conferences, health fairs, local councils, and via word of mouth from past attendees. This measure is not only impacting this program area's goal directly, but it is actively helping Hoosiers raise awareness about the opioid epidemic through trainings, educational materials and more.

Help them achieve their Strategic Plan goal by spreading the word about their [trainings](#)! Keep up the great work, Trauma!



review the current strategic plan (found on the Intranet) and reflect on how your own program plays a role in providing services to Indiana and how your program area could track its progress. More information on the measuring of our performance will be coming later.

Email questions about how your team can implement performance measures, the tracking of the strategic plan or the measures it contains to NMorley@isdh.in.gov.

STAFFING UPDATES

Please welcome the following new employees who recently joined ISDH:

Christopher Gast, metrologist, Weights and Measures; Lyland Murphy Ward, environmental scientist, Lead and Healthy Homes; Haley Hannant, infant mortality epidemiologist, Maternal and Child Health; Erin Swartz, health care-associated infections epidemiologist, Epidemiology Resource Center (ERC); Amanda Irizarry, youth program director, Tobacco Prevention; Kelly Allison, audiologist, Center for Deaf and Hard of Hearing Education; and Jerry Parsons, deputy director, HIV/STD/Viral Hepatitis.

Also, Jeanna Nobbe, public health nurse surveyor, Acute Care; Emily Lynch, breastfeeding consultant, Indiana Women,

Infants, and Children; Hailey Vest, enteric epidemiologist, ERC; Kimberli Davis, clerical assistant, Acute Care; Thomas Haney, administrative assistant, HIV/STD; Alexandra Bianco, zoonotic and vector-borne epidemiologist, ERC; Dyland Longs, warehouse foreman, administrative services; John Carr, inspector, Weights and Measures; Matthew Valli, chemist supervisor, Laboratory.

Congratulations to Jonathon Welling, attorney, Office of Legal Affairs, who transferred from Indiana Department of Child Services. Jeffrey Griner, IT senior project manager, transferred from IOT Central Office, OTC.

Congratulations also goes to Heather Crowe, who was promoted to accountant in Finance.



**LOOK WHO I MET
ON THE ELEVATOR!**

Ayriane Bailey



NAME: Ayriane Bailey

TITLE: HIV supportive services program manager

Brief job description: I play a role in ensuring the continuity of care that promotes self-sufficiency while enhancing the quality of life for individuals living with HIV. There are multiple programs/agencies across the state that best promote our clients' needs. I'm happy to provide access to our clients.

Time at ISDH: Five years

What do you like most about working at ISDH: I enjoy the health activities most. This includes the different wellness plans and activities. Most activities keep me actively participating.

Other information: My interests include spending time with my loved ones and community empowerment while learning new ways to stay healthy and active.



Click [here](#) for details.

IT'S ALL HAPPENING AT THE FAIR



Ten different ISDH programs staffed two booths in the Exposition Hall during the Indiana State Fair Aug. 2 to 18. Staff gave information on a variety of public health topics. The programs that participated were Epidemiology Resources Center, Food Protection, HIV/STD/Viral Hepatitis, Immunization, Maternal and Child Health (MCH), Nutrition and Physical Activity, Tobacco Prevention and Cessation, Trauma and Injury Prevention, Vital Records and Indiana Women, Infant and Children (WIC). LEFT: Katy Baughman of WIC hands a card to a young fairgoer. ABOVE: MCH staffers Maria Almanza Guerrero, left, and Gabriela Pena-Rodriguez talk with interested visitors.



ABOVE: Ondreya Witmer from the Immunization Division hands a medication safe disposal kit to a fairgoer. The kits were supplied by Rx Abuse Leadership Initiative Indiana.

RIGHT: Trauma and Injury Prevention Division Director Katie Hokanson shows one of the kits to Gov. Eric Holcomb. ISDH received 25,000 kits and handed out 8,400 at the state fair. The kits will also be available at future ISDH events.

