

JUNE 2019

PULSE

A look at what keeps ISDH ticking

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FUN FACT

You may not want to swim in your spit, but if you saved it all up, you could. In a lifetime, the average person produces about 25,000 quarts of saliva -- enough to fill two swimming pools!



Indiana State
Department of Health

Mission:

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

WORKING TO ADDRESS DISPARITIES

Where you live, your income and your race or ethnic background can significantly impact your health just as much as whether you get your annual checkup or wash your hands to prevent the spread of disease.



**Kris Box,
MD, FACOG**

Reaching the populations that are disproportionately impacted by issues such as diabetes, heart disease, smoking or infant mortality is a challenge we've dealt with for years. We know that black infants in Indiana die at a rate twice as high as white babies in their first year of life and that Hispanic infants are also impacted at a higher rate. We see regularly that our smoking rates are higher in rural areas and that African-American Hoosiers are more likely to have diabetes, suffer

strokes or develop prostate cancer than their white peers. These are disturbing statistics, but I'm proud of the efforts we're taking to change them.

We've partnered with faith-based communities to promote awareness of safe sleep and other ways to reduce infant mortality. We continue to join forces with groups working with disparate populations to identify and implement strategies that will help Hoosiers improve their health. And each year, we host the Indiana Black and Minority Health Fair during Indiana Black Expo's Summer Celebration to provide thousands of dollars in free health screenings so people can get their glucose and blood pressure checked, be tested for HIV or receive a breast or prostate screening.

The health [fair](#), which runs from July 18-21 this year at the Indiana Convention Center, is in its 34th year. Since its inception, hundreds of thousands of Hoosiers have connected with resources to help better their health. Each year, we hear stories of someone whose life was impacted by the health fair.

Last year, we heard from a woman whose breast screening at the health fair was abnormal. We were able to connect her to resources so she could get a mammogram. I'd like to think that one free screening empowered her to take charge of her health.

The health fair is a visible annual reminder of the work we do daily to improve the health outcomes for all Hoosiers. But it's just one part of the picture. We must continue to strategize ways to break down the barriers that put some of our residents at a disadvantage.

Please be sure to visit the health fair this year. We can all be inspired to take Indiana's health to the next level and give every Hoosier a chance to thrive.

**Yours in health,
Kris**

WE DID IT! ONE STEP CLOSER!

ISDH has diligently worked the last few years toward becoming accredited by the Public Health Accreditation Board (PHAB). We are happy to announce that ISDH is now a big step closer to this goal. Thanks to your hard work, all 357 required documents have been uploaded into PHAB's electronic portal for accreditation submission! Come celebrate this milestone with the accreditation team, and be there as we submit the documents to PHAB!

Indiana State Department of Health Accreditation Celebration

Rice Auditorium Friday, June 28

2 - 2:45 p.m.: Games, Food, Fun

2:45 - 3 p.m.: Remarks, Thank You,

Last Document Submission



LOOK WHO I MET ON THE ELEVATOR!

Kari Horsley

NAME: Kari Horsley

TITLE: Data processor for Lead and Healthy Homes

Brief job description:

A few of the things I do is enter blood lead test results into our database and notify local health departments that have children with high lead levels in their counties. I also coordinate the ordering and distribution of laboratory supplies needed for blood lead testing to local health departments and clinics, as well as distribute resource materials as they are requested.

Time at ISDH: 17 years

What do you like most about working at ISDH: I feel I make a difference in children's health.

Other information: I enjoy crocheting, gardening and cooking for my large family.



REPEAT CHAMPS!

The ISDH softball team is the Spring State Softball League Champion for the second year in a row! The team finished the season Wednesday night, June 12, with an 11-2 record after defeating the Department of Revenue in the championship game. ISDH has won five championships in the past six years. A special thank you goes to Becky Haywood (TPC) for supporting the team all season, and others who cheered them on! Team members are (back row, from left) Clay Kimbrell, Steve Corya (LTC), Brett Czajkowski, Paul Krievins (LHHD), Eric Hawkins (ERC), Kyle Dunham, (front row, from left): Kelly White (TB/ERC), Lindsey Bouza (DNPA), Emily Dunham and Kelsey Barrick (DNPA). Team members Eldon Whetstone (E-Staff), Brian Busching (TPC) and Amanda Busching are not pictured.

LINKEDIN LEARNING COURSE OF THE MONTH

Bonnie Biafore on Project Management Foundations

Project management is a start-to-finish approach to getting things done and making projects more successful. It's a profession, but it's also a set of techniques that anyone can apply to achieve goals and manage project work more effectively. Project management can be used to guide small, simple projects as well as complex enterprise-wide initiatives.

Bonnie Biafore has always been fascinated by how things work and how to make things work better. In this course, she explains the fundamentals of project management, from defining the problem, establishing project goals and objectives, building a project plan to managing team resources, meeting deadlines and closing the project. Along the way, she provides tips for reporting on project performance, keeping a project on track and gaining customer acceptance. LinkedIn Learning is a PMI Registered Education Provider. This course qualifies for professional development units (PDUs). To view the activity and PDU details for this course, click [here](#).



LinkedIn Learning top 10

1. Giving and Receiving Feedback
2. Microsoft Teams Essential Training
3. How to Use LinkedIn Learning
4. Performing Under Pressure
5. Working with Difficult People
6. Communicating with Confidence
7. Excel 2016 Essential Training
8. Time Management Fundamentals
9. Developing Your Emotional Intelligence
10. Improving Your Listening Skills

HELPING INDIANA BECOME MORE ACTIVE

By Pete Fritz

Indiana is not as physically active as it should be for the long-term health of our citizens. Local officials know they can do a better job creating healthy, active communities but struggle with where to start.

As the healthy communities planner for ISDH's Division of Nutrition and Physical Activity (DNPA), I offer communities a source of assistance. My job is to help communities initiate changes to policies, create new support systems and make environmental and physical changes supporting more active, healthy communities. My background in planning and landscape architecture enables me to bridge the disciplines of planning, design and public health.

Much of my work in the last eight years with ISDH has centered on using a community workshop approach and mini-grants to nudge leaders, advocates and citizens toward creating safer environments for walking and bicycling. I have facilitated more than 70 community workshops for ISDH, involving 3,000 community leaders.

These workshops have focused on helping communities become more bicycle friendly, create active living environments for their citizens and adopt policies that make it safer for all users of the street (drivers, walkers and bicyclists).

In the last five years, DNPA has completed 46 active living workshops across the state. DNPA partnered with Health by Design (a statewide active living coalition) and Purdue Extension to provide the workshops. One popular part of the workshops was the before and after sketches of physical changes communities can make to increase safety for bicyclists and pedestrians.

My design experience allowed me to show community leaders exactly what could be done to encourage higher levels of physical activity. As part of my work, I also created a story map that outlines the policies, plans, programs and projects that were implemented from the action plans created during the workshops. View the [story map here](#).

A final transferable product of the active living workshops is the newly published [Indiana Active Living Guidebook](#). The guidebook is a resource for community leaders and advocates in Indiana to help them create their own active living initiatives. It includes much of the content from



Pete Fritz facilitates a walk audit in Michigan City during an active living workshop.

the workshops, along with success stories from completed projects.

I also manage mini-grant programs for local communities. In the past the state provided matching funds for creating bicycle and pedestrian master plans, which are formally adopted by cities, towns and counties. DNPA helped fund 15 community-wide bicycle and pedestrian master plans in the last five years that proposed more than \$500 million in planned improvements.

I am now managing grants for "tactical urbanism" projects that result in temporary improvements along streets that make it safer for bicyclists and pedestrians. The intent of these demonstration projects is to create and test projects that will inspire communities to take the next step and make permanent improvements to those streets, resulting in safer walking and biking.



I am active outside of ISDH and volunteer for many organizations, including the Indiana Chapter of the American Planning Association, the statewide organization that represents community planners in Indiana.

I recently authored a new chapter for the Indiana Citizen Planner Guide titled "Planning for Public Health." The guide is a training manual for citizen planners across the state, including plan commission members, board of zoning appeals members, local elected officials, neighborhood organizations and citizen committees.

The new chapter discusses the role of planning in supporting public health, along with how to create partnerships between public health and planning agencies. View the new chapter [here](#).

I practice active living and ride my bike to work most days, averaging around 2,500 miles a year.

I volunteer on the Indianapolis Mayor's Bike Council and help organize the annual Indianapolis Bike to Work Day, and I rode in with Indy Mayor Joe Hogsett this year. My wife and I enjoy riding our tandem bike wherever we travel, from Midwestern Rail-Trails to New York City, where our daughters live.

Email me at pefritz@isdh.in.gov.



A proposed trail rest stop in Huntington, Indiana. By Pete Fritz, AICP, PLA.

ACCREDITATION NEARS HOME STRETCH

ISDH is wrapping up the last few of its more than 350 documents to be submitted to the Public Health Accreditation Board (PHAB). The accreditation team anticipates that they will be ready for submission on June 28, more than two months ahead of the official deadline set by PHAB. But the journey is not over. There are still a few more steps ISDH will have prior to an accreditation decision. Here's what comes next:

When	Event	What will happen:
July	Training	Our accreditation coordinator will present to supervisors and managers on prepping for our site visit.
July-August	Initial review of submitted docs	PHAB will do a high-level overview of all documents and begin the process to arrange a site visit
Aug. 13-14	Mock site visit	Volunteers from local health departments will visit ISDH in August to participate in a mock site visit. Be on the look out for additional information on how you can help prepare!
Late August - September	Review of mock site visit	ISDH will take the feedback from the mock site visit and start preparing for the PHAB site visit.
Estimated 3-6 months after submission	PHAB site visit	PHAB will send 2-3 volunteers to conduct in-person interviews with ISDH staff.
Estimated 2 months after site visit	Reviewer's Report	Site reviewers will submit a report of their findings to PHAB.
Estimated 3 months after report has been sent	Accreditation decision	PHAB will provide a decision of accredited or not accredited and provide a list of opportunities for improvement. If not initially accredited, ISDH and PHAB will work together to create an action plan of items that will need to be completed prior to accreditation.



STAFFING UPDATES

Welcome these staff members who recently joined ISDH:

Takia King, public health nurse surveyor, Long Term Care (LTC); Taya Horstman, data quality program coordinator, Vital Records; Danielle Hopkins, chemist, Laboratory; Sylvia Huq, STD epidemiologist, HIV/STD/Viral Hepatitis; Samantha Plumb, HIV services enrollment specialist, HIV/STD; Courtney Wolfe, payroll clerk, Finance; Meagan Barr, nurse consultant, Children's Special Health Care Services; Jeremy Musko, STD prevention program specialist, HIV/STD; Karen Greuter, chief nurse consultant, Maternal & Child Health; and Emma Stein, antimicrobial resistance epidemiologist, Epidemiology Resource Center.

Congratulations to two staffers who took on new roles within ISDH. Jalen West, accountant, transferred within Finance, and Edita Doraci, microbiologist, transferred within the Laboratory.

IF YOU DON'T WANT A \$100 GIFT CARD, DON'T READ THIS ARTICLE

Now that we have your attention, here is a reminder about a simple and painless (well, almost) way to get a free \$100 e-gift card from popular retailers like Amazon, Wal-Mart, Nike, Target and others. All you have to do is complete a biometric screening through ActiveHealth or submit a form if done through your healthcare provider.

It only takes a few minutes, and with data collected from a simple blood test, blood pressure check, and height, weight and waist measurements, you will get valuable insight into your health.

There are three free options available to complete your biometric screening: onsite screenings, a physical with your physician or a visit with Quest Diagnostics. Visit InvestInYourHealthIndiana.com for specific directions on how to complete each option. Don't forget, covered spouses can also earn the \$100 for completing a biometric screening!





Lauren Milroy, left, and Justin Holderman, above, present at CSTE.

ISDH WELL-REPRESENTED AT CSTE CONFERENCE

Good public health work deserves recognition, and ISDH received well-deserved accolades when a number of staff were invited to make presentations at the Council of State and Territorial Epidemiologists Annual Conference, held June 2-6 in Raleigh, N.C. The conference brings together more than 1,700 public health epidemiologists from across the country for workshops, plenary sessions with leaders in the field of public health, oral breakout sessions, roundtable discussions and poster presentations. Deputy Health Commissioner and State Epidemiologist Pam Pontones was a plenary speaker, updating the attendees on progress in Scott County since the 2015 HIV outbreak. Her presentation included video clips from key stakeholders working in the community, who told the story of hope and resilience in their own words. Other presenters included Mandy Billman, Kayley Dotson, Kathryn Gaub, Raven Helmick, Tina Feaster, Justin Holderman, Lauren Milroy, Morgan Sprecher, Taryn Stevens, Nicole Stone, Madhura Sundararajan and Laura Taylor.

MATTHEWS RETIRES

A reception was held June 5 in Rice Auditorium for building night supervisor Rochelle Matthews, who retired June 7 after 38 years of service. Landlord John Goodman hosted the reception, which was attended by building staff and ISDH personnel. Above, Tami Barrett and Lisa Stoner congratulate Rochelle. We thank Rochelle for all her hard work and wish her well! Jon Morrison Jr., who previously worked in administrative services for ISDH, has taken over her duties.



HALLECK PUBLISHED IN JOURNAL

Brandon Halleck, linkage to care manager in the HIV/STD/Viral Hepatitis Division, has been working with the Epidemiology Resource Center's hepatitis A outbreak operations team to reach cases who can't be found for investigation and to use disease intervention specialists to help bring the at-risk population to strike team hepatitis A vaccination clinics.

His [article](#), "The Role of DIS in Reaching the Population Most Affected by Indiana's Hepatitis A Outbreak," can be found in the May 2019 Success Stories from National Hepatitis Month by the National Alliance of State and Territorial AIDS Directors. It's a great example of how ISDH can accomplish more by being creative and working together!



Brandon Halleck

BREWER NAMED DIRECTOR

James "Billy" Brewer has been named director of the Division of Emergency Preparedness. Brewer brings a wealth of training and experience to this new position.

Brewer has worked in multiple roles within Emergency Preparedness since 2013, most recently as acting director.

He was previously the division's director of operations, where he managed the emergency planning section, state medical countermeasures program, Medical Reserve Corps and SERV-IN programs, and he has been closely involved in the develop-



Billy Brewer

ment of each year's preparedness grant.

As for his approach to preparedness, Brewer quotes Abraham Lincoln: "If I had six hours to chop down a tree, I'd spend the first four hours sharpening the axe."

"I heard this first in a rescue diver course many years ago," Brewer said. "I think it reflects on the work of preparedness as it relates to overall disaster response. We spend most of our time in preparedness working on plans, training and doing exercises — all so that when we do need to respond, we are more effective and efficient."

Brewer has experience in multiple ISDH responses, including the 2014 Ebola Preparedness, the 2015 HIV outbreak in Scott

County, the 2016 High Pathogenic Avian Influenza, and several floods, tornadoes and winter storms with the State Emergency Operations Center.

Brewer is a 2008 graduate of IUPUI and a graduate of the IU School of Public and Environmental Affairs in Indianapolis with a Master of Science in criminal justice and public safety/Master of Public Affairs. In 2016, Brewer completed a graduate certificate in public health from Fairbanks School of Public Health.

He also has more than 15 years of experience as a firefighter and emergency medical technician and was recently certified as an advanced emergency medical technician.