



Indiana State
Department of Health
Office of Women's Health

Annual Report 2013-2014



In fulfillment of the requirements of I.C. 16-19-13-3(12)



Indiana State Department of Health

Office of Women's Health

Office of Women's Health Vision

The vision of the Office of Women's Health at the Indiana State Department of Health is for each woman in Indiana to be aware of her own health status, risks, and goals and achieve optimal health through access, education and advocacy.

Office of Women's Health Mission

The Office of Women's Health at the Indiana State Department of Health provides statewide leadership and coordination to ensure that the health of women in Indiana is acknowledged, valued and supported. The Office champions inter-professional and inter-departmental collaboration, data collection and sharing, community engagement and mobilization and programmatic inclusion of women's health issues as a means by which to focus prevention efforts on the specific needs of women in Indiana.

Office of Women's Health Objectives

- To identify, coordinate, and set statewide priorities for women's health programs, services, and resources;
- To educate and advocate for women's health, providing statewide leadership for better access to and financing for health services, preventive screening, treatment services, and health education efforts;
- To promote programs that are especially sensitive to the needs of underserved and disadvantaged women, and those with special needs;
- To serve as a clearinghouse for information, current research and data and to assist policy-makers;
- To provide leadership and mentoring opportunities for young women.
- To seek funding and partnerships from private or governmental entities for programs and initiatives;



Indiana State
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Office of Women's Health

Office of Women's Health Staff

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Indiana State Department of Health Leadership

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Office of Women's Health Social Media Information

Webpages:	www.womenshealth.isdh.in.gov www.isdh.in.gov
Twitter:	@inwomenshealth www.twitter.com



Indiana State Department of Health

Office of Women's Health

Advisory Board

The Office of Women's Health Advisory Board is a committee comprised of persons with an expertise in and a knowledge of women's health issues in Indiana, and functions to assist in advising the Office of Women's Health director. As of December 1, 2014, the Advisory Board held 24 members.

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Indiana State Department of Health

Office of Women's Health

Summary

The Office of Women's Health (OWH) accomplished a number of goals from June 2013 to December 2014. Laura A. Chavez became the Director of the Office of Women's Health in May 2014, closely followed by the hire of Terri L. Lee, the new Violence Prevention Program Director in August 2014. The Office of Women's Health Advisory Board met in July and October of 2014, and the Sexual Violence Primary Prevention Council reconvened in November 2014. The Office of Women's Health, in partnership with the Lupus Foundation and GlaxoSmithKline, hosted a "Put on Purple Day" to raise awareness of lupus in May 2014 and reached more than 400 individuals. The OWH participated in multiple educational events and presented women's health information to 566 community members and health professionals. The Office also released the OWH Wellness Watch newsletter in November and December 2014, providing women's health-related articles to over 1,090 subscribers. The Office of Women's Health continued efforts in social media, redesigning the content of the OWH webpage and Tweeting daily to nearly 700 Twitter followers.

Office of Women's Health Activities for 2013-2014

Office of Women's Health Strategic Plan 2014

The Office of Women's Health director developed a comprehensive, five-year strategic plan that encompasses the requirements of IC 16-19-13, as well as the vision of the Office from ISDH leadership and the OWH director. The plan focuses the OWH on identifying and broadly supporting appropriate forums, programs or initiatives that are designed to educate the public regarding women's health, with a focus on preventative health, healthy lifestyles, health disparities and postmenopausal women. OWH will be a clearinghouse for information regarding both women's health data and initiatives and internal and external programming. The director will foster community mobilization and coalition building, focusing program activities on educating the public and health professionals about women's health. The OWH director will foster inter-departmental collaboration at ISDH to "break down silos," resulting in a singular, collaborative effort to encourage a women's health focus across all departments, divisions and commissions.

Women Count in Indiana Data Book 2014

This project, initiated in 2011, was published in 2013. The Data Book provides gender-specific data at the state level, with some limited county-level data. OWH owes much thanks to intern Amanda Stinnett in Fiscal Year 2013, for providing updated narrative to the publication, and to the ISDH Data Analysis Team for providing updated data and graphs. Topics in the data book include Demographics, Reproductive Health, Selected Health Conditions, Selected Health Behaviors and Behavioral Risks, Violence Against Women, and Use of the Health Care System.

Educational Opportunities and Conferences

In 2014, the Office of Women's Health director and the Violence Prevention Program director attended the Rape Prevention and Education (RPE) Leadership training and the National Sexual Assault Prevention conference in Pittsburgh, PA. OWH staff was able to connect with other RPE directors and staff from the Centers for Disease Control and Prevention (CDC) to get technical assistance and training and learn new strategies to increase program capacity in Indiana. The OWH director also attended the Indiana Governor's Conference for Women in October 2014 and networked with female business leaders and multi-disciplinary professionals, educating them about the role of the Office of Women's Health and sharing information about the OWH webpage, Twitter account and Wellness Watch newsletter. The Violence Prevention Program director attended the Latino Coalition against Domestic and Sexual Violence conference entitled "Boundless: From Victimization to Success, with Special Emphasis on Immigrant Women Victims of Violence" to support work with minority population with the RPE grant. In November, the OWH director attended a Indiana Perinatal Network conference entitled "The Breastfeeding Continuum of Care: From Hospital to Community" to support OWH's collaboration with the Maternal Child Health division on breastfeeding promotion and education. Both the OWH director and the Violence Prevention Program director attended the "Labor of Love" Infant Mortality Summit at the Indiana Convention Center, hosted by the ISDH. The Violence Prevention Program director also attended the Governor's Council Conference for People with Disabilities in December 2014 to connect with sexual and domestic violence preventionists working with individuals afflicted with disabilities.

"Put on Purple Day" Lupus Awareness Event

The Office of Women's Health, in partnership with the Lupus Foundation and GlaxoSmithKline, hosted a "Put on Purple Day" lupus awareness event at the Indiana State House on May 9, 2014. The event had several guest speakers, including First Lady Karen Pence, Secretary of State Connie Lawson, former State Health Commissioner William VanNess, MD, Marion County Health Department Director Virginia Caine, MD, lupus patient and author Sarah Gorman and former Lupus Foundation CEO Jan Ferris. First Lady Pence read a proclamation from Governor Pence declaring May as Lupus Awareness Month in Indiana.

The Lupus Tour Bus was provided for Hoosiers to enter and get interactive information on lupus. Visitors were encouraged to "help solve the cruel mystery of lupus." Ten food trucks were onsite

and donated 15 percent of the days' proceeds to the Lupus Foundation of America-Indiana Chapter, and a DJ provided music for entertainment. The estimated attendance was 450 participants, with 400 of those touring the Lupus Bus to learn about the condition.

Rape Prevention and Education Grant

The Sexual Violence Prevention Program continues to successfully manage the Rape Prevention and Education (RPE) funding from the Centers for Disease Control and Prevention (CDC) and to implement the State Sexual Violence Prevention Plan. This grant provides funds to promote sexual violence primary prevention across the state. In Indiana in 2012, an estimated 125,000 Hoosiers reported unwanted sexual advances or forced sexual activity (BRFSS, 2012). The trauma of sexual violence impacts all areas of an individual's and his/her family's lives, from mental health to chronic disease susceptibility.

In 2013, the Sexual Violence Prevention Program through the Office of Women's Health awarded RPE funding to three contractors to carry out the work of sexual violence primary prevention across the state. The Indiana Coalition Against Sexual Assault (INCASA), Multi-Cultural Efforts to End Sexual Assault (MESA) housed at Purdue University and the Indiana Campus Sexual Assault Primary Prevention Project (INCSAPPP), also housed at Purdue University. The program faced multiple challenges during the 2013-2014 time period and by August 2014 the Sexual Violence Prevention Program supported two contractors: the Indiana Coalition Against Domestic Violence (ICADV) and Multi-cultural Efforts to End Sexual Assault (MESA).

In 2013, INCASA provided statewide training and technical assistance on primary prevention and evaluation to sexual violence prevention programs across the state. The organization oversaw funding to local rape crisis centers and community-based organizations to ensure that sexual violence primary prevention strategies were being implemented effectively. INCASA sub-granted RPE funds to eight, local organizations to support local prevention efforts in communities across the state. After INCASA's departure from the Sexual Violence Prevention Program, ICADV contracted with the ISDH to continue providing for the technical assistance and training needs of the eight local sub-grantees. In July 2014, Purdue University chose to end the INCSAPPP program, and it was consequently withdrawn from the RPE funds. To maintain prevention capacity in the state, MESA then expanded its scope of work to include engagement and prevention work with college campuses for the remainder of the grant period.

From February 2014 until November 2014, MESA, ICADV and the eight, local sub-grantees reported hosting 73 professional training sessions, with 1,612 professionals trained. The contractors also reported 498 public educational sessions, with 7,834 individuals receiving training. Topics trained on included program evaluation, Green Dot program implementation, Safe Dates curriculum, healthy relationships, Primary Prevention 101, bystander intervention, consent, cultural competency in sexual violence prevention, sexual violence and the LGBTQ+ community and sexual violence on college campuses.

At the state level, Terri L. Lee was hired as the Violence Prevention Program Director and administered and managed the grant funds full-time. The OWH Division Director and the

Violence Prevention Program Director attended the RPE Leadership Training and the National Sexual Violence Prevention Conference in Pittsburgh, PA in August 2014. There, both staff were able to connect with the Office's CDC Project Officer in person, as well as other RPE directors in the region and across the United States. The Office released a competitive Request for Proposals for the RPE program for the grant period 2/1/15 – 1/31/16 and selected three contractors to administer sexual violence primary prevention programming in the state: Indiana University, ICADV and MESA.

ISDH continued facilitation of the Sexual Violence Primary Prevention Council (SVPPC). The Program Director was able to convene the first 2014 meeting of the SVPPC in November. The meeting was successful, providing focus for the group to begin the process of developing the state's new sexual violence primary prevention plan for 2016-2021, as well as exploring the restructuring of sub-committees and Council bylaws.

The OWH was also able to add an additional question to the Youth Risk Behavior Surveillance System (YRBSS), assessing sexual violence victimization for youth in the past 12 months in order to establish a baseline in determining effectiveness of prevention activities across the state. Lastly, in recognition the 20th anniversary of the Violence Against Women Act, the OWH and the Office of Public Affairs collaborated to participate in the Centers for Disease Control and Prevention (CDC) and the Department of Justice Office on Violence Against Women initiative called 6 Words to #VetoViolence. The picture featured former Health Commissioner Dr. William VanNess and representatives from the Office of Women's Health, Office of Minority Health and Office of Public Affairs with the message "Preventing sexual violence is everyone's responsibility" and was featured on the CDC's VetoViolence webpage.

Postnatal Donation Initiative

In 2014, the Indiana legislature passed IC 16-21-11.2 which shifted the responsibility of the postnatal donation initiative to the ISDH from the Family and Social Services Administration (FSSA). This program will be housed in the Office of Women's Health. The statute indicates that the ISDH, with the assistance of the postnatal donation board, shall establish a postnatal donation initiative to promote awareness concerning a pregnant woman's option to make a postnatal donation upon the birth of a newborn infant. Awareness materials must include information concerning the option that is available to pregnant women to make a postnatal donation upon the birth of a newborn infant, an explanation of the benefits and risks of using postnatal fluid and tissue as well as the use of postnatal fluid and tissue for medical treatment, a list of diseases or conditions that have been treated through the use of postnatal donations and a list of the diseases or conditions for which scientific research indicates that treatment through the use of postnatal donations are promising. This information is to be distributed to licensed physicians, health care facilities, ambulatory surgical centers, health clinics, maternity homes, licensed nurse midwives and licensed birthing centers in the state of Indiana.

Community Outreach and Social Media Efforts

Office of Women's Health advisory board. The OWH director reconvened the Office of Women's Health Advisory Board in July 2014. The Board met a second time in October

2014. The Advisory Board comprises a diverse group of women with expertise in, and knowledge of, women's health issues in Indiana. This year the OWH director worked with the Health Commissioner to add representatives from the American Heart Association and the Indiana Family Health Council to the Advisory Board to continue to ensure a broad representation of organizations that serve women.

Presentations and community events. The OWH has been involved in community engagement and education, empowering Indiana women to lead discussions on their own health and set appropriate and realistic goals for themselves and their families. The OWH provided presentations on various women's health topics to 566 community members and health professionals in 2014. The Office also supported six community agencies to center programming on women's health. In July 2014, the OWH participated in the Black and Minority Health fair, assisting with engaging participants at the ISDH booth in a Dance, Dance Revolution game and talking to them about adopting healthy, active behaviors. And, on October 9, 2014 the Violence Prevention Program Director hosted a booth at an Indianapolis Bandana Project event hosted by Multicultural Efforts to End Sexual Violence (MESA), the Indiana Migrant/Seasonal Farm Worker Coalition and the Immigrant Welcome Center. OWH was able to distribute information about women's mental health and the Rape Prevention Education program to 35 program participants.

OWH was also asked to speak at various events throughout the year. On August 13, 2013, former OWH director Katie Jones was featured as a guest on the "No Limits" show on WFYI to discuss the WISEWOMAN grant, as well as women's health issues. The WISEWOMAN program is now fully administered by the Division of Chronic Disease, Primary Care and Rural Health. In September 2013, Ms. Jones also presented a session on Teen Dating Violence for an IU Health Advanced Forensic Course entitled "Redefining Health Care Response to Interpersonal Violence." In August 2014, the new OWH Director Laura Chavez provided a presentation on Breastfeeding Promotion in the African American Community to the 92 local health departments via the monthly local health department webinar at ISDH. In September 2014, the OWH director presented information on Women's Health and Healthy Living at the Minority Health Conference at the University of Indianapolis. The Violence Prevention Program Director spoke with 26 undergraduate students about her journey through public health and experiences working at the state health department in a presentation at ISDH. Both the OWH director and the Violence Prevention Program Director were also able to speak with Master's in Public Health students at the University of Indianapolis on October 4, 2014 about working in public health and the important role that public health professionals play in both the private and governmental sectors.

Office of Women's Health Wellness Watch Newsletter. The Office also began publishing the Women's Wellness Watch e-newsletter again in 2014. The newsletter, previously published quarterly, is now being provided monthly and was released in November and December 2014 to more than 1,090 community members and health professionals. It included topics such as: diabetes prevention, breastfeeding support, the Women, Infants and Children program (WIC), women's health resources, menopause, pre-diabetes, depression, the Indiana Tobacco Quitline, prenatal care and HIV/AIDS awareness. The newsletter also provided links to monthly health observances and health events across the state.

Office of Women’s Health webpage. In October 2014, the OWH director reviewed in its entirety the Office of Women’s Health webpage and made notable updates and changes. The new content reflects the Office’s desire to grow internal and community involvement and engagement with OWH initiatives and in women’s health. The webpage now features a “News to Use” section that highlights a program at the ISDH. It also has “Spotlight on Women’s Health” and “Movers and Shakers” sections that allow community members and organizations to submit organizations and individuals to be highlighted for their good work in women’s health in the state. Other changes include more comprehensive information on the Rape Prevention and Education program, sexual violence prevention resources and a more detailed and up-to-date listing of women’s health resources.

Twitter. The OWH is maintaining and growing its Twitter account, with 693 followers as of December 17, 2014. OWH tweets once a day at minimum and tweeted 204 times in FY2014. OWH’s tweets are focused on women’s health issues and were re-tweeted 38 times and marked as “favorites” by other Twitter users 29 times in 2014.

Partnership and Relationship Building

The Office of Women’s Health has strived to work with both internal and external partners to encourage a gender focus on prevention activities, healthcare information and programmatic initiatives. The Office recognizes that, as a smaller division, one of the best ways to promote women’s health and provide education is through strong relationships and partnerships with multi-disciplinary professionals and a multitude of internal divisions and community partners. The OWH worked hard to establish and build these partnerships and relationships with various non-profit organizations, health care-related companies, governmental agencies and internal divisions in 2014.

Community groups. The Office of Women’s Health was invited to participate on multiple community-based boards and groups in 2014.

Domestic Violence Fatality Review Board. In June 2014, the OWH director was invited to participate on the Domestic Violence Fatality Review Board, hosted by the Indiana Coalition against Domestic Violence (ICADV). The Domestic Violence Fatality Review Advisory Council was convened in the spring of 2011 and charged with the responsibility of evaluating the circumstances surrounding domestic violence deaths in order to make preventive recommendations. The work of the team was guided by the belief that the professionals involved were best equipped to address the problem, with a clear understanding of its scope and dynamics. Advisory Council members were invited from a range of professions including law enforcement, the judiciary, advocacy, healthcare, education, public health, and the faith community in order to identify opportunities for prevention across service systems and across the lifespan.

ENA Forensic Committee Working Group. In June 2014, the OWH director connected with the Emergency Nurses Association Forensic Committee Working Group. The purpose of the group is to identify issues pertaining to forensic sexual assault examinations for consideration by the statewide Sexual Assault Response Team. The group has addressed issues pertaining to

Sexual Assault Nurse Examiners (SANE) and Sexual Assault Response Teams (SART), sexual and domestic violence legislative updates, forensic education and updates on the revision of the Indiana State Evidence Collection Kit.

IU Center for Excellence in Women's Health, Women of Influence (WOI). In June 2014, the OWH director was invited to participate on a planning committee for the IU Center of Excellence in Women's Health Women of Influence annual symposium. The OWH director worked with this planning group to make arrangements for speakers and to assist in the event planning for WOI's September 10, 2014 Annual Symposium on women's health entitled "Wellness Across the Lifespan" which addressed broad women's health topics such as STD's, heart health, sexuality, menopause, healthy eating and self-care.

Community connections. The Office of Women's Health engaged with multiple community partners in 2014 to learn about their programs and explore opportunities for partnership, collaboration and support. The OWH connected with representatives of the Indiana Attorney General's office, the Indiana Commission for Women, the American Cancer Society, the Lupus Foundation, the Juvenile Justice Center, Healthcare Education and Training (HCET), the American Heart Association, HealthNet, Inc., the Indiana Black Breastfeeding Coalition, Ovar'Coming Together, Butler University's pharmacy program, the Alzheimer's Association, the Indiana Minority Health Coalition and University of Indianapolis' Masters in Public Health program. The OWH also established contact with the National Office of Women's Health in order to stay up-to-date with women's health research, events and national women's health initiatives and priorities.

Internal groups. OWH participated on several internal committees. OWH participated on the Injury Prevention Advisory Council (IPAC), the Indiana Violent Death Reporting System Advisory Board (INVDRS), the Minority Health Partners board, the Sexual Violence Primary Prevention Council (SVPPC) and with the ISDH Chronic Disease Collaborative. In addition, the OWH director participated on a National Institute for Children's Health Quality (NICHQ) planning committee and funded Texas breastfeeding expert Julie Stagg to attend the NICHQ expert meeting in November. The OWH also attended this meeting and provided feedback to NICHQ staff on the development of the statewide breastfeeding plan.

Internal connections. In 2014, the OWH director met with all of the Health and Human Services division directors, and the director of the Tobacco Prevention and Cessation commission, to explore how the Office of Women's Health can help support the programming and initiatives in each area with a focus on women's health.

Office of Women's Health Plans for 2015

Focus on Postmenopausal Women

In the upcoming year, the OWH will refocus on its statutory obligation to keep a focus on postmenopausal women and the health issues that impact them disparately. The OWH plans to

create a research-based, up-to-date menopause toolkit for both women and providers to help provide education, guidance and support through the menopause journey. The OWH will also be developing culturally competent, disease-specific fact sheets for dissemination to postmenopausal women in the community to facilitate patient/physician discussion on the health of postmenopausal women. The OWH director also plans to work more closely with internal divisions and community agencies that work around issues that impact women after the childbearing years.

Focus on Women's Mental Health

The OWH plans to work with the National Office of Women's Health to learn more about the impact of trauma and mental illness on women's health. The OWH plans to research health disparities related to mental illness and provide professional and community education on the promotion of mental health and the impacts that mental illness has on the health and wellness of individual women, as well as their families, communities and Indiana as a whole.

Community Engagement and Mobilization

One of the OWH's largest planned projects for 2015 includes creating a comprehensive listing and interactive state map that connects women to groups in each county that have female membership, serve women or have programming that benefits women's health. The OWH will be gathering information about these groups and reaching out to each of them to determine demographic, programmatic and contact information, and then creating an interactive map to help connect women with needed community, health and recreational services in each county across the state. In addition, OWH and the Maternal Child Health division have begun planning a community outreach project that will engage and empower grandmothers to help change social norms and behaviors that contribute to infant mortality. This proposed coalition of grandmothers will also be filtered age-appropriate health information through the OWH to encourage cross-generational support for healthy behaviors and practices.

National Women's Health Month and Week

In 2015, the OWH plans to work with the IU Center for Excellence in Women's Health to hold a kickoff press conference/event to raise awareness of National Women's Health Month and the importance of keeping a statewide focus on women's health needs and issues. Due to staffing deficits in 2014, the OWH was unable to provide appropriate activities for National Women's Health Week. For 2015, the Office intends to work with community partners to highlight programming in local Indianapolis neighborhood clinics that supports and promotes women's health in unique or creative ways. The OWH also plans to engage ISDH staff in healthy activities with an event hosted at the State Department of Health or on Monument Circle during National Women's Health Week.

Rape Prevention and Education Grant

In 2015, the RPE program will enter year two of the five year Cooperative Agreement with the CDC. FY 2015 will start on February 1, 2015 and continue through January 31, 2016. The

OWH will be focusing strongly on program evaluation, as the CDC has highlighted a increased focus on this topic. The CDC will implement a new data evaluation system proposed for March 2015 in which the OWH will be responsible for entering programmatic and evaluation data. The Violence Prevention Program director will provide ongoing technical assistance and training to RPE grantees to ensure that data collection is accurate, timely and utilized to improve local programming.

Due to the large shifts in the grantee structure in 2014, the OWH will also focus on rebuilding capacity for sexual violence primary prevention programming at the state and local levels. This focus will involve supporting three contractors to carry out the work of primary prevention in the state. In 2015, the RPE grant will fund Indiana University, the Indiana Coalition against Domestic Violence and Multi-cultural Efforts to End Sexual Assault. ISDH will also continue to maintain the Sexual Violence Primary Prevention Council and facilitating the development of a new state plan to prevent sexual violence. The OWH will increase state capacity for sexual violence prevention through engaging programs outside of the RPE program to ensure that those organizations are given proper technical assistance and training to support the state plan to prevent sexual violence.