



A PUBLICATION OF THE INDIANA STATE DEPARTMENT OF HEALTH

Welcome from the state health commissioner



State Health Commissioner
Jerome Adams, M.D., M.P.H.

as microcephaly. Here in Indiana, we've seen several cases of Zika virus in people who traveled internationally to areas with outbreaks, and we expect we'll see more.

Indiana's risk of local Zika transmission is low for a number of reasons, including that we only have the lesser of the two mosquitoes that can transmit it and our living conditions are different – we use air conditioning and screens – than those in parts of the world where the virus has taken hold. But we are working hard to ensure that Hoosiers are educated about the virus and know how to protect themselves from all mosquito-borne illnesses by sharing information from the CDC with partners across the state. If you're a pregnant woman, the CDC advises not traveling to an area affected by Zika. Learn more about Zika on page 5 and at www.in.gov/isdh/26910.htm.

Summer is also a time where people have increased exposure to harmful ultraviolet rays while at the pool, the beach or just working and playing at home. UV rays cause skin cancer, and

Summer is filled with fun, but it's also a time to make sure you're protecting yourself from some seasonal risks. A lot of attention in public health circles these days is on the Zika virus, which has proliferated in Central and South America, the Caribbean and the Pacific Islands and has prompted a number of travel advisories and health warnings from the Centers for Disease Control and Prevention (CDC) because of evidence that the virus can cause serious birth defects, such

as microcephaly. Here in Indiana, we've seen several cases of Zika virus in people who traveled internationally to areas with outbreaks, and we expect we'll see more. no one is immune, regardless of race or ethnicity. Learn more on page 7.

Lead and water quality are in the news these days because of the Flint, Michigan, lead crisis. Here in Indiana, the primary risk of lead poisoning is lead paint and dust in homes built before 1978. I encourage you to learn more on page 3.

Here at the Indiana State Department of Health, we remain committed to reducing infant mortality in Indiana. This year, we rebranded the Indiana Family Hotline as the MOMS Helpline with a focus on services that can help women have healthier pregnancies and healthier babies, with a goal of reducing Indiana's infant mortality rate. Find out more on page 2.

Finally, as you head into summer, it's a great time to check up on your health. Maybe you have a few lingering pounds from the winter or are overdue for a visit to the doctor to check your blood pressure or other conditions. Now's the perfect time to address those issues. Take advantage of the fact that it stays light longer and go for a walk after dinner, or find another fun outdoor activity that works for your family. You can also get free health screenings at the annual INShape Indiana Black and Minority Health Fair, which will be held July 14-17 at the Indiana Convention Center in downtown Indianapolis. We hope to see you there!

Yours in health,

Jerome Adams, M.D., M.P.H.,
State Health Commissioner

Helpline launches to help moms

The Indiana State Department of Health recently launched the Maternal and Child Health (MCH) MOMS Helpline. The hotline replaces the Indiana Family Helpline and emphasizes services that can help reduce infant death in Indiana.

“The MOMS Helpline is a free resource that assists pregnant women in getting access to early and regular prenatal care,” said State Health Commissioner Jerome Adams, M.D., M.P.H. “Visiting a doctor early and often can help give women the best chance of having a healthy baby.”

When a client connects with the helpline, the communication specialist identifies her needs by obtaining household and demographic information and verifying income and type of health coverage. Depending on the individual’s health coverage or income, specialists aim to provide at least three referrals for every need by matching the person with resources in the helpline’s extensive statewide information database. Additionally, for the majority of cases, specialists are able to locate transportation services to and from medical appointments if needed.

The helpline incorporates many of the services from the old Indiana Family Helpline. It can connect Hoosiers with services that include locating a health care provider, prenatal services, care for baby, including the Women, Infants and Children (WIC) program, immunizations, free testing sites for pregnancy, HIV and sexually transmitted diseases, housing assistance, nutrition assistance and more.



Certified navigators are available to assist Hoosiers who are applying for benefits such as Medicaid, Hoosier Healthwise, Children’s Health Insurance Plan, Healthy Indiana Plan 2.0 and the Supplemental Nutrition Assistance Program.

Call 1-844-MCH-MOMS (1-844-624-6667) to talk to a specialist. The MCH MOMS Helpline specialists and navigators are available Monday-Friday from 7:30 a.m. to 5 p.m.

For more information about the helpline, visit www.Moms-HelpLine.isdh.in.gov.

State health department administrative updates



Martha Allen became the Maternal and Child Health Division Director in January. She is a proven leader who has worked 26 years at IU Health Methodist Hospital, the last 10 as clinical director of operations for women’s services. Martha has also served as clinical director of operations for perioperative services and clinical manager of operations for labor

and delivery, and she worked clinically as an RN on labor and delivery. She holds a master of science in nursing administration and a bachelor of science in nursing from Indiana University. Martha is a Lean Six Sigma Green Belt, attended the Wharton Nursing Leadership Program and is a board-certified nurse executive.



Christine Moody became the director of the Center for Deaf and Hard of Hearing Education in January. She has a bachelor of science in biology from Duke University and a master’s of public health in health services management from University of California, Los Angeles. Christine, the parent of a Deaf son, has over 16 years of experience in early intervention, deaf

education and parent support. She began her career as a substitute teacher and interpreter in deaf education classrooms in schools in Las Vegas and coordinated Early Intervention Services for deaf and hard-of-hearing children in 15 counties for the Western Pennsylvania School for the Deaf in Pittsburgh. Christine worked with Indiana Hands and Voices from 2010 to 2012 and was the program coordinator for the Texas Hands and Voices Guide by Your Side program from 2012 to 2015.





Lead and Healthy Homes Program

by Kimberly Roe, Health Educator, Environmental Public Health

The State Health Department Lead and Healthy Homes Program is committed to eliminating childhood lead poisoning in Indiana through screening, treatment, case management and remediation.

Childhood lead poisoning is usually attributed to ingestion of lead paint chips or paint dust found in older housing. Houses built before 1978 may contain lead paint. As the paint deteriorates with age, or when it is disturbed in remodeling and repair projects, lead paint can generate paint fragments, chips and dust. These particles can potentially then be ingested or inhaled by children, which can result in irreversible damage to the bones, kidneys, reproductive system and brain. Lead poisoning can cause anemia, high blood pressure, depression, clumsiness, memory problems, headaches, forgetfulness and many other health problems. Severe acute exposure in children may include seizures, coma and death. Pregnant women exposed to high lead levels may experience miscarriage, stillbirth, premature birth and low birth weight.

The age of Indiana's housing stock is the primary threat for childhood lead poisoning. However, lead can enter drinking water when service pipes that contain lead corrode, especially where the water has high acidity or low mineral content that corrodes pipes and fixtures. The most common problem is with brass or chrome-plated brass faucets and fixtures with

lead solder, from which lead can leach into the water, especially hot water.

Water drawn from private water wells in Indiana, just as any water system, may contain lead if certain conditions exist. According to the Centers for Disease Control and Prevention (CDC), lead rarely occurs naturally in water. When excessive lead concentrations are found in water samples, the source of contamination is usually found in the water delivery system.

For water testing options in your area, contact your local health department. A list of local health department contacts can be found at www.in.gov/isdh/24822.htm.

Lead poisoning is a silent menace which often does not manifest itself until the damage is done. The Lead and Healthy Homes Program remains dedicated to the prevention of exposure to lead, the treatment of Hoosier children impacted by lead poisoning and surveillance to collect data for future research of lead and its impact on the citizens of Indiana.

If you are concerned that lead hazards may be present in your home: Get your home tested, get your child tested and get the facts. For more information, visit the Lead and Healthy Homes Program at www.in.gov/isdh/19155.htm or call (317) 233-1250.

Save the date for the health fair

The 2016 INShape Indiana Black and Minority Health Fair will take place from Thursday, July 14 to Sunday, July 17 during the annual Indiana Black Expo Summer Celebration. One of the largest events of its kind, the INShape Indiana Black and Minority Health Fair serves more than 20,000 people each year.

Now in its 31st year, this year's theme is "Good Health is Contagious, Catch it." Attendees will receive more than \$1,500 worth of free health screenings, health education and health resources. These include blood pressure, glucose, A1C, full lipid panel, creatinine (kidney function), HIV testing, body mass index, hearing screening, foot screening, vision screening, addiction, joint assessment and prostate and dental screening, just to name a few. There will be

special guest speakers, cooking demonstrations, entertainment, a healthy activities area and so much more. You don't want to miss this grand event!



The event is organized by the State Health Department Office of Minority Health and sponsored by Community Health Network, Eli Lilly, WISH-TV and many other valued and dedicated sponsors. The goal of the health fair is to improve the health of underserved and racial and ethnic minority populations of the region.

For more information, visit www.minorityhealth.isdh.in.gov.



A large, vibrant red awareness ribbon is positioned on the right side of the poster, looping around and extending towards the bottom right corner. The background is a light gray color with a repeating pattern of small, stylized human figures in white and light gray.

NATIONAL
**HIV TESTING
DAY**

JUNE 27

**Get tested.
Know your status.**

Find out more about HIV, including
where to get tested, at
gettested.cdc.gov



with Jennifer Brown, DVM
State Public Health Veterinarian
Indiana State Department of Health

Zika virus is a tropical infection that is spread to people primarily through the bite of infected mosquitoes.

How is Zika virus transmitted?

Zika virus is primarily transmitted through the bite of infected yellow fever mosquitoes (*Aedes aegypti*) or Asian tiger mosquitoes (*Aedes albopictus*). Mosquitoes become infected when they bite a person who is already infected with the virus. The infected mosquitoes can then spread the virus to other people through bites. The virus can also be transmitted from a pregnant mother to her baby during pregnancy or around the time of birth. Sexual transmission of the virus has been documented in a small number of cases.

Where is Zika virus found?

Since May 2015, an outbreak of Zika virus infection has been occurring in Mexico, the Caribbean, and Central and South America. Outbreaks have previously occurred in areas of Africa, Southeast Asia and the Pacific Islands. Zika virus is NOT currently being transmitted by mosquitoes in the continental United States, but cases have been reported in travelers returning from areas affected by the outbreak. A list of Zika virus travel notices can be found on CDC's website at www.cdc.gov/travel/page/zika-travel-information.

Who is at risk for Zika virus?

Anyone who lives in or travels to an area where Zika virus is found can get it from mosquito bites. There have been a small number of reported cases of sexual transmission; however, the majority of infections are transmitted by infected mosquitoes.

Could an outbreak of Zika virus infection occur in Indiana?

The risk of widespread local transmission of Zika virus occurring in Indiana is currently thought to be low. Indiana does not have year-round mosquito activity due to the temperate climate, and the most important mosquito vector for Zika virus (*Aedes aegypti*) is not present in Indiana. Although the other mosquito vector, *Aedes albopictus*, is present in some areas of Indiana, that mosquito does not transmit Zika virus nearly as well. Furthermore, the conditions of housing and sanitation in the United States are less favorable for spread of the virus than in some parts of the world where the outbreak is occurring. The State Health Department is carefully monitoring the spread of the virus, and we will immediately notify the public if we believe that the risk of an outbreak is increasing.



What is the risk for women during pregnancy?

Zika virus can be passed from a mother to her fetus during pregnancy. Unborn babies infected with Zika virus can develop microcephaly, a con-

dition that results in a small head size and undeveloped brain. More information about microcephaly can be found at www.cdc.gov/ncbddd/birthdefects/microcephaly.html.

What do I do if I am pregnant and have traveled to a country where Zika infection is occurring?

Pregnant women who have recently traveled to an area with Zika should talk to a healthcare provider about their travel, even if they don't feel sick. It is especially important to see a doctor if you are pregnant and develop a fever, rash, joint pain or red eyes during your trip or within two weeks after traveling to a country where Zika has been reported. Be sure to tell your doctor where you traveled. Your doctor can help you decide whether you should be tested for Zika virus or other travel-related infections.

For more information about zika, visit www.in.gov/isdh/26910.htm.



Your risk for Zika is low in Indiana but you are at risk for other mosquito-transmitted diseases like West Nile Virus.

Here's how to protect yourself:

The spread of West Nile virus can be stopped when you prevent mosquito bites.

Don't go outdoors during prime biting times, particularly dusk to dawn. If you have to be outdoors during these times, put on bug spray containing DEET, and wear shirts with long sleeves and pants.

You can also protect your family by removing any amount of standing water in or near your home.

- Throw away old tires, tin cans, plastic bowls, ceramic pots, or other unused items that can hold water;
- Repair failed septic systems;
- Drill holes in the bottom of recycling tubs left outdoors;
- Keep grass cut short and shrubs trimmed;
- Clean clogged roof gutters;
- Flush fountains and birdbaths once a week; and
- Aerate ornamental pools, or stock them with fish.



Hoosiers can protect themselves from summer sun

by Dawn Swindle, Health Education and Communications Director, Cancer Control

While enjoying the nice weather this summer, it's important to protect your skin from the sun to help reduce your risk of getting skin cancer.

Skin cancer is an uncontrolled growth and spread of cells or lesions in the skin, and it is highly preventable. Yet, skin cancer affects more people than lung, breast, colon and prostate cancers combined. The two most common forms of skin cancer are basal cell and squamous cell carcinoma. A third type of skin cancer, melanoma, accounts for less than 2 percent of skin cancer cases, but causes the most skin cancer deaths.

People of all ages, races and ethnicities are subject to developing skin cancer. Excessive exposure to ultraviolet (UV) radiation from the sun or other sources, such as tanning beds, is the greatest risk factor for developing skin cancer.

To help protect their skin, Indiana residents can:

- Limit or avoid sun exposure during peak hours (10 a.m. to 4 p.m.).

- Wear sunscreen with a Sun Protection Factor (SPF) of 30 or higher that protects from all UV rays. These are called "broad spectrum" sunscreens.
- Wear clothing that has built-in SPF in the fabric or wear protective clothing such as long sleeves and long pants (tightly woven dark fabrics protect your skin better than lightly colored, loosely woven fabrics).
- Wear a hat that protects the scalp and shades the face, neck and ears.
- Avoid use of tanning beds and sun lamps.
- Wear sunglasses to protect your eyes from ocular melanoma (melanoma of the eye).
- Always protect the skin, even on cloudy days and during the winter months. Use extra caution around water, snow and sand, as they reflect the sun's rays.

For more information on skin cancer and melanoma, visit the Indiana Cancer Consortium website at www.IndianaCancer.org.

Employees participate in Mini-Marathon

by Ken Severson, Media Relations Coordinator, Office of Public Affairs (OPA)

Nearly two-dozen State Health Department employees tied up their running shoes and took part in the annual OneAmerica 500 Mini Marathon on Saturday, May 7. Keeping in shape seems to be the best motivation for State Health Department employees to participate in the event. Participants can either run or walk the course and a 5K run is also offered.

"This will be the eighth Mini Marathon I've run," said Victoria Buchanan, Director of Genomics and Newborn Screening, Maternal and Child Health (MCH) Division. "Although I'm not very fast or an expert runner by any means, I like signing up for the Mini every year because it keeps me motivated to workout consistently and not get too lazy."

Christina Moyo, who works at the ISDH Labs on 16th Street, agrees.

"Participating in events such as this motivate me to exercise and stay in shape," Moyo said. "By training for just two events in a year, I can stay motivated to exercise most of the year. This also helps me strengthen my endurance, as I can set goals to work harder."

The Mini is also a good event for Moyo to participate in with friends and a good way to support local non-profit organizations. And like other mini or full marathons, it's the one time



(L-R): Victoria Buchanan, MCH; Donna Chan, Labs; Erika Chapman, HIV/STD; Mohan Ambaty, Office of Technology and Compliance; Michael Connor, HIV/STD; Christina Moyo, Labs; Brenda Mason, HIV/STD; Ruwanthi Silva, MCH; Mark Wolfe, WIC; Janae Meyers, Preparedness; Martha Allen, MCH; Kelsey Gurganus, MCH; Ken Severson, OPA and Tess Gordon, Surveillance and Investigation.

that regular, everyday runners can run on the same course with the pros, or Olympic-caliber runners.

Other employees who took part in the Mini but are not pictured include Anita Gaillard, Tobacco Cessation; Phil Zillinger, Labs; Tracy Chiles, Immunization; Jennifer Meyers, HIV/STD; Debra Doctor, Immunization; Chris Gilbert, Preparedness, and Janelyn Kulik, Long-Term Care.