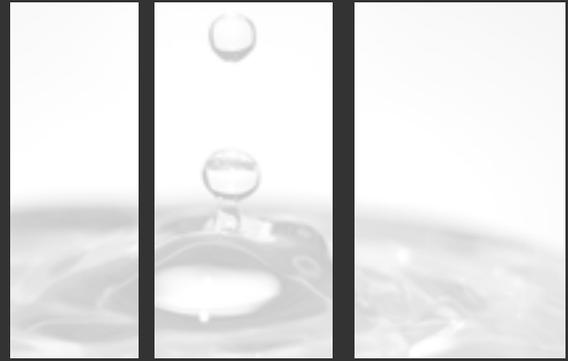


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William C. VanNess II, MD - State Health Commissioner

Art Logsdon, J.D. - Assistant Commissioner, Health & Human Services

Shaping the Future

Division of Chronic Disease, Primary Care & Rural Health
 Division of Nutrition & Physical Activity · Tobacco Prevention & Cessation Commission

Indiana Local Health Departments

Joining the Fight Against Chronic Disease

by JoBeth McCarthy-Jean, MPH; Emily Deitch, CHES; Kathryn Nicely, MA

Indiana is home to 93 health departments who serve both as a community prevention hub and safety net for our most vulnerable citizens, including children.

By statute, local health departments (LHDs) are required to provide disease control, vital records, food protection, pollution control, tuberculosis testing, treatment and case management, child lead poisoning testing and management, and inspection of railroad camp cars. In addition to these mandated services, local health departments provide immunizations; emergency preparedness and response; injury prevention; health education; maternal and child health well visits; pregnancy testing and referral; enrollment in insurance and other services; tobacco prevention and cessation services; human immunodeficiency virus testing, counseling, and referral; and sexually transmitted disease testing, treatment, and referral. In recent years, local health departments have identified and responded to other needs in their communities that are not directly

funded or required. These primary care services include:

- Mental Health First Aid
- Diabetes testing and disease management
- Nutrition counseling
- Prenatal and postnatal care
- Well child visits
- Physicals and asthma monitoring
- Cholesterol screening and monitoring
- Diabetes well checks
- Medication assistance
- Screening, referral, and follow up to social services in the community
- Acute and chronic care for adults
- Medication assistance
- Mammograms and pap smears

While co-location of state or federally funded primary care services exists among only a few LHDs, many health departments provide direct care at low or no cost. The clientele that many health departments serve are the working poor – persons who work one or two jobs, but do not have employer sponsored

health insurance or who do not qualify for insurance assistance.

Primary Care

The Union County Health Department has been offering primary care services at no cost to their residents for more than 20 years. As a result of physicians retiring and having fewer locate to Union County, the health department is in the process of receiving designation as a rural health center.

In Kosciusko County, the health department operates three separate free clinics offering physicals, hearing & vision screenings, hemoglobin A1C, blood pressure, urine testing, immunizations, referrals and education. Additionally, they offer prenatal care and home visits.

Mental Health

The Elkhart County Health Department provides adolescent and adult Mental Health First Aid, U.S. Substance Abuse and Mental

(cont. on page 6)

	Director	Phone Number	E-mail
Division of Chronic Disease Prevention & Control, Office of Primary Care & State Rural Health	Ann Alley	(317) 233-7451 ...	aalley@isdh.in.gov
Section			
Cancer Control Section	Keylee Wright	(317) 234-2495 ...	kwright@isdh.in.gov
Cancer Early Detection	Kathryn Tewanger	(317) 233-7901 ...	ktewanger1@isdh.in.gov
Cancer Surveillance	Laura Ruppert	(317) 233-7424 ...	lruppert@isdh.in.gov
Cardiovascular Health & Diabetes Section	Laura Heinrich	(317) 233-7449 ...	ltheinri@isdh.in.gov
Chronic Respiratory Disease Section	Vacant	(317) 233-7415 ...	vbarrett@isdh.in.gov
Division of Nutrition & Physical Activity	Eden Bezy	(317) 233-7092 ...	ebezy@isdh.in.gov
Office of Minority Health	Antoniette Holt	(317) 233-3006 ...	aholt@isdh.in.gov
Office of Women’s Health	Laura Chavez	(317) 233-9156 ...	lchavez@isdh.in.gov
Tobacco Prevention & Cessation Commission	Miranda Spitznagle	(317) 234-1780 ...	mspitznagle@isdh.in.gov

Available Online/New Resources

Online Fall Prevention Training for Home Health Aides and Community Health Workers

Provided by the Carolina Geriatric Education Center, this free online version was developed in partnership with NCOA and Healthcare Institute.

The training is designed help home health aides assess fall hazards and assist older adults in reducing their risk of falling.

[Click here to view the Home Health Aide training.](#)

[Click here to view the CHW training.](#)

New CMS Data Resources on Chronic Conditions Webinar

July 7, 2014 at 2 p.m.

This webinar will introduce publicly available data on chronic conditions among Medicare beneficiaries and feature new interactive Dashboards that display chronic conditions and multiple chronic conditions.

[Click here to register for the webinar.](#)

School Nurse Professional Development Workshops Online:

School nurses are challenged to keep up with school health initiatives, coordinate school health programs and maintain student health and safety.

These online workshops from the Indiana School Nurse Trainings can help provide up-to-date information on diabetes, asthma, sickle cell, immunizations, and bed bugs and lice.

[Click here to view the online trainings.](#)

Commonwealth Fund’s Scorecard on State Health System Performance 2014

by Champ Thomaskutty, MPH

Components of the 10 Essential Public Health Services include monitoring health status and evaluating effectiveness, accessibility and quality of personal and population-based health services. The Commonwealth Fund’s Scorecard on State Health System Performance, 2014, supports these strategies by assessing all 50 states and the District of Columbia on 42 indicators of health care access, quality, costs, and outcomes. The 2014 update reflects data collected over a period between 2007 and 2012.

In a few areas of national focus—childhood immunizations, hospital readmissions, safe prescribing, and cancer deaths—widespread gains were observed. However, in most other measures states often exhibited little or no improvement. Access to care deteriorated for adults, while costs increased. Persistent disparities in performance across and within states and evidence of poor care coordination highlight the importance of quality improvement in health care delivery quality.

As reflected in national trends, Indiana demonstrated

several positive changes when compared to its 2009 Scorecard. Key improvements were shown in rates for hospital admissions for pediatric asthma and rates for ambulatory-sensitive condition hospital admissions among seniors. Indiana experienced a reduction in deaths from breast and colorectal cancers. Additionally, an increased percentage of hospitalized patients indicated that they were given detailed instructions for care upon their discharge, supporting optimal recovery and prevention of readmission.

While the review of indicators demonstrates gains and losses, the report does reinforce that strategic coordination of efforts can lead to positive change. Improvements in immunizations, hospital quality, and hospital readmissions illustrate that health system performance reflects a convergence of national policies and state and local initiatives that collectively impact residents.

During the Scorecard’s time frame, a period that encompassed the recent recession, annual national health care spending rose \$491 billion, reaching an

estimated \$2.8 trillion. This is approximately \$8,915 per person and accounts for 17.2 percent of Gross Domestic Product. The Commonwealth Fund points out that while spending increased in all states on a per-capita basis and as a share of total state income, the return on this investment leaves room for improvement.

To review Indiana’s health system ranking and the Scorecard on State Health System Performance, visit [The Commonwealth Fund Health System Data Center.](#)

1. The Commonwealth Fund. (2014). Scorecard on State Health System Performance. Accessed at <http://datacenter.commonwealthfund.org/#ind=1/sc=1>.

2. The Commonwealth Fund. (2014). Aiming Higher: Results from a Scorecard on State Health System Performance, 2014. Accessed at <http://www.commonwealthfund.org/publications/fund-reports/2014/apr/2014-state-scorecard#/1>.

3. Centers for Medicare & Medicaid Services. (2014). National Health Expenditure Data.

Everyday, Hoosiers take action to change local policies, systems and environments to improve the health of their neighbors. Their success can assist us in our own challenges by providing proven programs and ways to implement these in our own communities.

St. Joseph County Health Department



SOUTH BEND, Ind. -- The Health Education Division of the St. Joseph County Health Department has been making every effort to prevent chronic disease in their community.

The small staff of two Health Educators, a Latino Outreach Coordinator, Community Health Worker and Director has been able to reach out to their residents in many innovative ways to educate and inform them about the risk of chronic disease and steps an individual can take to prevent a chronic disease.

In 2013, the Health Educators did 627 community presentations and 38 events in both English and Spanish touching over 16,000 residents. This one-on-one interaction and provide them with chronic disease, prevention and other valuable information.

One of St. Joseph County Health Department's greatest strengths has been in their ability to develop partnerships in the community to enable even greater goals to be accomplished. The development of a local coalition focused on obesity prevention holds a large event that those in the community

look forward to each year. Last year, over 500 people took part in the event to raise awareness and educate.

Their efforts have also led to the creation of three special chronic disease prevention programs that touch the lives of local youth and their families, as well. **Prescription to Play, Recyclers: Earn a Bike, and ROC UR BODY** are highlights on the community.

Prescription to Play pulled in a wide variety of partners including healthcare providers, medical clinics, the YMCA and other fitness centers. This intervention started with the medical provider giving overweight and obese children ages 7-12 a prescription to be more active. The prescription could be redeemed at a location where the family would be educated on nutrition and would participate in 60 minutes of physical activity. Over 200 prescriptions have been distributed since the program began in 2014.

Recyclers: Earn a Bike is an effort to get more children on bikes. A joint effort with the City of South Bend, local firefighters and biking groups, the health department holds a bike round-up to receive gently used donated bikes each year. Children enrolled in the program are paired with an off-duty South Bend Firefighter to learn bike safety and

maintenance. The child receives a bike, helmet and lock at the end of the training. a bike, helmet and lock at the end of the training.

ROC UR BODY is held the 2nd Friday in September to raise awareness for childhood obesity month. The Reducing Obesity Coalition, University of Notre Dame student athletes and many others volunteer to provide cooking demonstrations, Zumba and Yoga classes, obstacle courses and more. Families all receive activity kits to take home and help them become more active.

Robin Vida, Director of Health Education, noted that the St. Joseph Health Department has had "tons of successes" and it would be hard to pick just one thing to highlight. She noted that all of their efforts have lead to more awareness and has paved the ground work for them to declare South Bend a "Let's Move City" on Jan. 15, 2014. She was excited to note that South Bend is on track to become the second city in the Nation and the only one in our region to be an all Gold City for Let's Move.

[Click here to learn more about the St. Joseph County Health Department.](#)

[View the Reducing Obesity Coalition website.](#)

[Find out more about the Let's Move initiative.](#)

Vanderburgh County Health Department



EVANSVILLE, Ind. - The Vanderburgh County Health Department (VCHD) strives to fully care for their residents by providing education, screenings and other lifestyle change programs to improve the overall health of their community.

Mary Jo Borowiecki, Courtney Lee Horning, Susie Mueller, RN and Dana Carpenter, RN of the VCHD Health Promotion Division knew that many of those in the community lived with a chronic disease and others were faced with one or more risk factors for chronic disease, such as being obese or

overweight, physically inactive and/or using tobacco. In response to the need of their community, the VCHD began the Chronic Disease program.

Their Chronic Disease program assists over 17,000 residents in areas such as hypertension, diabetes, weight reduction and smoking cessation with screenings and follow-up, monitoring medication and lifestyle change self management goals and education each year.

The VCHD realizes the first line of defense against cardiovascular disease is to help those in their community control their high blood pressure. A schedule of free blood pressure screening dates, times and locations is available on their website. They provide nearly 2,000 screenings each year to include follow-up for elevated blood pressures after screenings and blood pressure monitoring during modifications to people's blood pressure medications. Lifestyle change education is also provided to assist in reducing weight, eating a low sodium and low fat diet, being more physically active,

smoking cessation and blood pressure self monitoring.

The VCHD Health Promotion Division has also focused efforts to assist those people in their community with diabetes or at risk for diabetes. Fasting glucose screenings are provided in their office by appointment with referrals to physicians when needed. VCHD also educates the community by providing the diabetes risk test at events and counseling on nutrition and increasing physical activity to assist people in managing or preventing diabetes.

The Health Promotion Division's insight to enable and empower those in their community has made it possible for them to assist many to control their high blood pressure and/or diabetes. They have also been able to help countless others stop smoking, reduce their weight and become more physically active. All of these lifestyle changes will make for a healthier and happier community.

[Learn more about the VCHD Chronic Disease work.](#)

Resources from the CDC

Integrating Primary Care & Public Health Resource:

The Practical Playbook

This guide looks to transform health by looking at where primary care and public health groups might collaborate to achieve population health improvement and reduced health care costs. It provides resources, success stories, lessons-learned from existing partnerships and further guidance from industry experts.

[Click here to view The Practical Playbook.](#)

New Tips from Former Smokers Campaign

CDC's Office on Smoking and Health (OSH) is expanding its campaign efforts. The Tips 2015 campaign will continue to raise awareness of the negative health effects caused by smoking, encourage smokers to quit, and encourage nonsmokers to protect themselves and their families from exposure to secondhand smoke.

[On July 7, 2014, view the new campaign and resources.](#)

National Diabetes Statistics Report, 2014

This document is intended to provide up-to-date scientific data and statistics on diabetes and its burden in the United States. Formerly referred to as the National Diabetes Fact Sheet, this consensus document is written for a scientific audience.

[View the new report.](#)

[View the diabetes infographic.](#)

[View the prediabetes infographic.](#)

Local Health Depts. (cont. from page 1)

Health Services Administration endorsed training for lay persons to accurately identify and appropriately respond to mental health needs in their community. Since implementation of these of these skills, their health department has noticed increased compliance in their patient population with prevention recommendations such as tobacco cessation, improved nutrition and regular physical activity.

Community Health

In Dubois County, the health department provides leadership and input on issues affecting the most vulnerable residents. Not only are they strong partners with the local hospital, but are engaged with other community leaders on assessing the needs and identifying best practice as it relates to prescription drug abuse, child and adolescent health and elder care.

Chronic disease is addressed by local health departments due to primary care shortages. With or without direct funding, they respond to the needs of their community.

Local health departments welcome engagement and meaningful partnerships with their local rural health center, critical access hospital, federally qualified health center and community health center to advance prevention efforts. For more information, visit the [Local Health Department Outreach Division's website](#).

State Coalition Updates

Indiana Joint Asthma Coalition

The Indiana Joint Asthma Coalition (InJAC) is pleased to announce that the Asthma Management Plan (AMP) is moving full steam ahead and has been getting great feedback from Asthma Care Professionals, the Department of Education and school districts across the state! The plan is currently available for download in English, Spanish, Chin and Karen at www.injac.org. Also, InJAC representatives have been giving educational presentations across the state that have been met with very positive response. The plan is currently in use in various districts, and we hope to have it in use statewide for the 2014-2015 school year.

Any questions about the AMP, or any other InJAC initiatives, can be directed to Kelli McCrary, Coalition Coordinator, at 317-520-9343, or at indianaasthma@gmail.com.

Indiana Healthy Weight Initiative

To learn more visit www.inhealthyweight.org or email ahammerand@inpha.org

Cardiovascular and Diabetes Coalition of Indiana

For more information on CADI or to become a member, visit incadi.org or contact coordinator Caitlin V. Neal at caitlin@incadi.org.

Indiana Cancer Consortium

For more information on the ICC or to become a member, contact Caleb Levell at caleb@indianacancer.org or 317-520-9344

Upcoming Events



**Come & Join Us for the
29th Annual
INShape Indiana
Black & Minority
Health Fair**

July 17-July 20, 2014
Indiana Convention Center, Hall D
Indianapolis, Indiana

[View the schedule.](#)

**For more information, call: 317-233-7685 or email
INOMH@isdh.in.gov**