Chronic diseases are the leading causes of death and disability in Indiana and the United States.

Chronic diseases have a profound impact on all racial and ethnic groups, those with various education or income levels, and all ages. They are, however, often preventable and manageable through improved nutrition, increased physical activity, avoiding both tobacco use and exposure to secondhand smoke, early disease detection, and comprehensive clinical management.

Faced with the challenge to improve the lives and communities of all Hoosiers and reduce the burden of chronic disease, the Indiana State Department of Health (ISDH) Cancer Sections, Cardiovascular Health and Diabetes Section, Chronic Respiratory Disease Section, Office of Primary Care, State Office of Rural Health, Division of Nutrition and Physical Activity (DNPA), and Tobacco Prevention and Cessation (TPC) are combining efforts to implement evidence-based public health action and to provide clear information in support of prevention through improved nutrition and increased physical activity, tobacco cessation, early screening, and best practices in management.
Cancer Control Section
Mission: To reduce the burden of cancer through prevention, early detection, better treatment & enhanced survivorship.
- Cancer is the 2nd leading cause of death in Indiana (2010).
- An estimated 35,550 Hoosiers will be diagnosed with cancer in 2013.
- Lung, breast, prostate and colorectal cancers are the four highest burden cancers in the state.

Cancer Early Detection Section
The Cancer Early Detection Section directs the overall operation of the Indiana Breast and Cervical Cancer Program (IN-BCCP) and works with internal and external partners to promote primary and secondary evidence-based methods of prevention for breast, cervical, prostate, and colorectal cancer.
For more information: phone: (317) 233-7415
website: http://www.in.gov/isdh/24969.htm

Cancer Surveillance Section
The Indiana State Cancer Registry was established “for the purpose of recording all cases of malignant disease and other tumors and precancerous diseases required to be reported by federal law or federal regulation or the National Program of Cancer Registries that are diagnosed or treated in Indiana, and compiling necessary and appropriate information concerning those cases, as determined by the state department, in order to conduct epidemiologic surveys of cancer and to apply appropriate preventive and control measures.”
For more information: phone: 1 (855) HELP-1ST (1-855-435-7178)
website: http://www.in.gov/isdh/24967.htm

Cardiovascular Health & Diabetes Section
- Heart disease is the leading cause of death in Indiana (2010).
- Stroke is the 4th leading cause of death in Indiana (2010).
- Diabetes is the 7th leading cause of death in Indiana (2010).

The specific goals of the statewide plan to reduce the burden of cardiovascular disease and diabetes in Indiana is currently being revised to be implemented from 2013-2016. It will be available upon completion at http://www.diabetes.in.gov
To become more involved with statewide cardiovascular health and diabetes initiatives in Indiana, visit the Cardiovascular and Diabetes Coalition of Indiana website at: http://inccadi.org/

Chronic Respiratory Disease Section
Mission: To reduce the burden of asthma and other chronic respiratory conditions through prevention, environmental trigger reduction, and best-practices in treatment.
- One Hoosier dies every five days from asthma (2013).
- Over 30,000 emergency department visits were related to asthma in 2012.
- It was estimated in 2012, the cost of asthma hospitalizations in Indiana was $45.2 million.

The goals of the Chronic Respiratory Disease Section are to provide data and surveillance to reflect the burden of chronic respiratory diseases; develop broad partnerships with public and private stakeholders to expand awareness, prevention, environmental trigger reduction, and best practices in asthma management.
For more information: phone: (317) 233-7415
website: http://www.in.gov/isdh/24965.htm

Office of Primary Care
Mission: To increase access to healthcare in medically underserved areas.
- Indiana has 110 primary care, 52 mental health and 46 dental care professional shortage areas (HPSA) and 97 medically underserved areas/populations (MUA/P).
- Indiana has 20 federally qualified health centers (FQHC) and 3 FPHC-look-a-likes with a total of 128 sites.
- Indiana has 21 primary care, 38.2 mental health and 8.5 dental care full-time equivalent National Health Service Corp. providers who receive student loan reimbursement for working in HPSAs.

The goals of the Office of Primary Care are to attain federal primary care, mental health and dental care HPSA designations, MUA/P designations and Rural Health Clinic designations for qualifying areas and sites in Indiana; to leverage federal-based programs to support health professional recruitment and retention in HPSAs and MUA/Ps in Indiana, including NHSC student load repayment program, Conrad 30 J-1 Visa Waiver program (J-1) and National Interest Waivers (NIW).
For more information: phone: (317) 233-8829
website: http://www.in.gov/isdh/20544.htm

State Office of Rural Health
Mission: Support rural healthcare systems in Indiana.
- Indiana has 35 Critical Access Hospitals (CAH).
- Manage the HRSA and State Office of Rural Health (SORH) funds, Rural Health Flexibility Program (FLEX) and the Small Rural Hospital Improvement Grant Program (SHIP).

The goals of the State Office of Rural Health are to collect and disseminate information, provide technical assistance and help to coordinate rural health interests statewide; support efforts to improve recruitment and retention of health professionals; maintain all of Indiana’s CAHs participating in the Medicare Beneficiary Quality Improvement Program (MBQIP) that focuses on improving health care services processes and administration.
For more information: phone: (317) 233-2885
website: http://www.in.gov/isdh/24432.htm

To read more about the specific goals of the statewide plan to reduce the burden of asthma in Indiana: Indiana State Asthma Plan 2009-2014.
To become more involved with statewide asthma initiatives in Indiana, visit the Indiana Joint Asthma Coalition website at: http://www.iniac.org

To read more about the specific goals of the statewide plan to reduce the burden of cancer in Indiana and the Indiana Cancer Control Plan 2010-2014, visit the Indiana Cancer Consortium website at http://indianacancer.org/
**Division of Nutrition and Physical Activity**

*Mission: To improve the health of all Indiana residents by increasing healthy eating and physical activity.*

- In Indiana, 29% of adolescents and 65% of adults are overweight or obese (2010).
- In Indiana, only 41% of adolescents and 64% of adults meet recommended levels of physical activity (2010).
- In Indiana, only 16% of adolescents and 21% of adults consume the recommended servings of fruits and vegetables. (2010).

The goals of the Division of Nutrition and Physical Activity are to increase access and consumption of healthy foods and beverages; increase opportunities for engagement in regular physical activity; increase efforts aimed at enabling people to achieve and maintain a healthy weight; reduce environmental and policy-related disparities for breastfeeding, nutrition, physical activity, overweight, obesity, and chronic disease; increase the capacity of communities and settings within those communities to develop and sustain environmental and policy support systems that encourage healthy eating and active living; increase state and local strategic partnerships to more effectively coordinate efforts, share resources, and identify and reach priority populations.

For more information:  
**phone:** (317) 233-1325  
**website:** [http://www.in.gov/isdh/20060.htm](http://www.in.gov/isdh/20060.htm)

To read more about the specific goals of the statewide plan to improve the lives of Hoosiers through improved nutrition and physical activity in Indiana:

*Indiana's Comprehensive Nutrition & Physical Activity Plan 2010-2020*

To become more involved with statewide healthy weight initiatives in Indiana, visit the Indiana Healthy Weight website at: [http://www.inhealthyweight.org/](http://www.inhealthyweight.org/)

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**Tobacco Prevention and Cessation Commission**

*Mission: To improve the health of all Indiana residents by increasing healthy eating and physical activity.*

- In Indiana, over 1 million adults smoke (2009).
- Tobacco use is the single most preventable cause of death and disease. It claims 9,700 Hoosier lives each year.
- If Tobacco use costs Hoosiers $2 billion annually in health care bills, including $487 million in Medicaid payments.

The goals of the Tobacco Prevention Cessation Commission are to decrease Indiana youth smoking rates; increase proportion of Hoosiers not exposed to secondhand smoke; decrease Indiana adult smoking rates; and maintain state and local infrastructure necessary to lower tobacco use rates and thus make Indiana competitive on economic fronts.

For more information:  
**phone:** (317) 234-1784  
**website:** [http://www.in.gov/isdh/tpc/index.htm](http://www.in.gov/isdh/tpc/index.htm)

To read more about the specific goals of the statewide plan to reduce the use and exposure of tobacco in Indiana:

*Indiana Tobacco Control 2015 Strategic Plan*

To become a partner of QuitNow Indiana: [http://www.in.gov/quitline/](http://www.in.gov/quitline/)

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**Indiana State Department of Health Key Internal Partners**

- **INShape Indiana**  
  **email:** INShapeHelp@isdh.in.gov  
  **website:** [http://www.inshapeindiana.org/](http://www.inshapeindiana.org/)  
  **twitter:** [https://twitter.com/INShapeIndiana](https://twitter.com/INShapeIndiana)  
  **facebook:** [http://www.facebook.com/INShapeIN](http://www.facebook.com/INShapeIN)  
  **website:** [http://www.in.gov/isdh/24824.htm](http://www.in.gov/isdh/24824.htm)

- **Local Health Dept. Outreach Division**  
  **2 N. Meridian Street, 3N**  
  **Indianapolis, IN 46204**  
  **phone:** (317) 234-6623  
  **email:** Lhdinfo@isdh.in.gov  
  **website:** [http://www.in.gov/isdh/24824.htm](http://www.in.gov/isdh/24824.htm)

- **Office of Minority Health**  
  **2 N. Meridian Street, Suite 3A**  
  **Indianapolis, IN 46204**  
  **phone:** 317-233-8499  
  **website:** [http://www.in.gov/isdh/23552.htm](http://www.in.gov/isdh/23552.htm)

- **Office of Women’s Health**  
  **2 N. Meridian Street, Suite 3A**  
  **Indianapolis, IN 46204**  
  **phone:** 317-233-9156  
  **website:** [http://www.in.gov/isdh/18061.htm](http://www.in.gov/isdh/18061.htm)

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**Four Focus Areas of Public Health in Action**

The Centers for Control and Prevention (CDC) has noted four areas of focus for those in the area of Chronic Disease Prevention and Control (CDPC) to concentrate their efforts in order to transform our nation’s health by providing individuals the support needed to protect their wellbeing.

- **Domain 1: Epidemiology and Surveillance**  
  A primary function of the CDPC is to gather, analyze and disseminate data and information and conduct evaluation to inform, prioritize, deliver and monitor programs and population health.

- **Domain 2: Environmental**  
  CDPC is actively working to promote health and support and reinforce healthful behaviors of individuals within their environment. These approaches touch people where they work and live and may include statewide or local initiatives in schools, worksites, communities and others.

- **Domain 3: Community-Clinical Linkages**  
  Improving community-clinical linkages is a key strategy in the work of the CDPC. To ensure that communities support and clinics refer patients to programs that improve management of chronic conditions is vital to overall health. Such interventions ensure those with or at high risk for chronic diseases have access to quality community resources to best manage their conditions or disease risk.

- **Domain 4: Health Systems Interventions**  
  Efforts to improve the effective delivery and use of clinical and other preventive services in health systems is another important portion of the CDPC work. These efforts include initiative to prevent disease, detect diseases early, and reduce or eliminate risk factors and mitigate or manage complications.
# Resources Available to Promote Public Health Action

## Data Sources

<table>
<thead>
<tr>
<th>Source</th>
<th>Overview</th>
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</thead>
<tbody>
<tr>
<td>Behavioral Risk Factor Surveillance System (Indiana, CDC)</td>
<td>State and national health and risk factor monitoring system</td>
</tr>
<tr>
<td>CDC Wonder</td>
<td>Wide-ranging online data for epidemiologic research</td>
</tr>
<tr>
<td>Community Health Information Resource Guide</td>
<td>Guidance on data sources available at the local, state &amp; national levels</td>
</tr>
<tr>
<td>Health Resources and Services Administration’s (HRSA) Area Resource File</td>
<td>Compare peer counties on population characteristics &amp; health resources</td>
</tr>
<tr>
<td>Indiana Indicators</td>
<td>State health-related indicators, progress measures, news &amp; promising practices</td>
</tr>
<tr>
<td>ISDH Chronic Disease Fact Sheets &amp; Reports</td>
<td>Comprehensive data &amp; information about the chronic disease burden at state &amp; local levels</td>
</tr>
<tr>
<td>Indiana State Cancer Registry Data Generator</td>
<td>Indiana cancer incidence &amp; mortality data</td>
</tr>
<tr>
<td>Indiana Vital Records data (Nativity, Mortality)</td>
<td>Indiana-specific natality &amp; mortality data</td>
</tr>
<tr>
<td>Quick Health Data Online</td>
<td>Interactive system provides reliable &amp; easily accessible health data</td>
</tr>
<tr>
<td>Robert Wood Johnson and University of Wisconsin County Health Rankings &amp; Roadmaps</td>
<td>Data snapshot of burden at the local, state &amp; national level with evidence-based recommendations for community health improvement planning</td>
</tr>
<tr>
<td>U.S. Census</td>
<td>Demographic information</td>
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## Tools

<table>
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<tr>
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<tbody>
<tr>
<td>CDC’s Community Health Assessment and Group Evaluation (CHANGE)</td>
<td>Assess &amp; evaluate policy, system &amp; environment change opportunities &amp; assets</td>
</tr>
<tr>
<td>CDC’s Health Impact Assessment (HIA)</td>
<td>Evaluate the potential impact of a project or policy prior to implementation</td>
</tr>
<tr>
<td>National Association of County &amp; City Health Officials’ Community Health Assessment and Improvement Planning</td>
<td>Public health’s leading authority on community health assessment &amp; health improvement planning</td>
</tr>
<tr>
<td>The Community Guide</td>
<td>Provides an overview of key health indicators for local communities</td>
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## Chronic Condition

### Asthma

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<tbody>
<tr>
<td>American Lung Association</td>
<td>Working to save lives by improving lung health &amp; preventing lung disease through education, advocacy and research</td>
</tr>
<tr>
<td>Asthma and Allergy Foundation of America</td>
<td>National network of education, advocacy, research &amp; support</td>
</tr>
<tr>
<td>Environmental Protection Agency - Asthma</td>
<td>Promotes scientific understanding of environmental triggers &amp; ways to manage asthma in communities through research, education &amp; outreach</td>
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### Cancer

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<tr>
<td>American Cancer Society</td>
<td>Working to save lives &amp; create a world with less cancer by helping people stay well, get well, find cures and fight back against cancer</td>
</tr>
<tr>
<td>Cancer Control Planet</td>
<td>Links to comprehensive cancer control resources to plan, link, act &amp; network with evidence-based tools</td>
</tr>
<tr>
<td>National Cancer Institute</td>
<td>Part of the National Institute of Health (NIH) that coordinates the National Cancer Program</td>
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### Cardiovascular Health

<table>
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<tr>
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<tbody>
<tr>
<td>American Heart &amp; Stroke Association</td>
<td>Building healthier lives free of cardiovascular disease &amp; stroke</td>
</tr>
<tr>
<td>Million Hearts Initiative</td>
<td>A national initiative to prevent 1 million heart attacks &amp; strokes by 2017</td>
</tr>
<tr>
<td>World Heart Federation</td>
<td>Leads the global fight against heart disease &amp; stroke.</td>
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### Diabetes

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<tbody>
<tr>
<td>American Diabetes Association</td>
<td>Leads the fight against the deadly consequences of diabetes &amp; fight for those affected by diabetes</td>
</tr>
<tr>
<td>National Diabetes Education Program (NDEP)</td>
<td>Partnership of NIH, CDC, &amp; more than 200 public &amp; private organizations</td>
</tr>
<tr>
<td>National Diabetes Information Clearinghouse (NIDDK)</td>
<td>Conduct &amp; support medical research, research training &amp; disseminate science-based information to improve people’s health and quality of life</td>
</tr>
</tbody>
</table>