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, and 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, Communities Partnership, the 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 Sections

Mission: To reduce the burden of cancer through prevention, early detection, better treatment and enhanced survivorship.

- Cancer is the 2nd leading cause of death in Indiana (2009).
- It was estimated in 2003 by the Milken Institute the direct cost of cancer in Indiana was $1 billion annually.
- Skin cancer is the most common cancer; Breast cancer and prostate cancer are the most prevalent cancers in women and men, respectively; Colorectal cancer is the most common cancer in both genders; Lung and Bronchus Cancer are the leading cancer cause of death.

Cancer Surveillance Section

The goals of Cancer Surveillance are to record all cases of malignant disease & other tumors & precancerous diseases required to be reported by federal law, federal regulation, or the National Program of Cancer Registries that are diagnosed or treated in Indiana; provide technical assistance to those required to report; and provide state data reflecting cancer health in Indiana.

For more information:
phone: (317) 233-7415
website: http://www.in.gov/isdh/24968.htm

Cancer Early Detection Section

The goals of Cancer Early Detection are to provide access to breast and cervical cancer screenings, diagnostic testing, and treatment for underserved & underinsured women who qualify for service; and to advance awareness and initiatives supporting clinical guidelines for cancer early detection.

For more information:
phone: (317) 233-7415
website: http://www.in.gov/isdh/24967.htm

Cancer Control Section

The goals of Cancer Control are to collaborate with community partners of public and private stakeholders to educate and communicate the need for cancer prevention, early detection, better treatment, and enhanced survivorship; mobilize statewide support for cancer-related public health initiative; communicate data and research reflecting the cancer burden; and support and implement evidence-based public health action to address cancer prevention and control.

For more information:
phone: (317) 233-7415
website: http://www.in.gov/isdh/24969.htm

To read more about the specific goals of the statewide plan to reduce the burden of cancer in Indiana: Indiana Cancer Control Plan 2010-2014

Communities Partnership

Mission: To support community driven evidence-based strategies to improve health and advance equity through robust community health improvement assessment, planning, and evaluation.

- The Trust for America’s Health reports a cost savings to Indiana tax payers of $5.50 for every dollar invested in evidence-based community prevention initiatives.
- The greatest predictors of health include income and zip code.
- While Indiana boasts a top ranking school of medicine, the health of its citizens ranks 38th among all states.
- By integrating the social context of a community into clinical care, adherence and/or follow-through with provider recommendations and ultimately improved care can be attainable.

The goals of the Communities Partnership Program are to expand the integration of community health workers and home visiting programs into local health delivery systems, support collaboration among community-based organizations including business, faith and education with clinicians, streamline community, clinical and public health data systems, and reinforce community and clinical linkages such as physician-based wellness counseling coupled with self-management and referral to community-based preventative services such as the Indiana Tobacco Quitline or local Chronic Disease Self Management Programs.

For more information:
phone: (317) 233-7415
website: http://www.in.gov/isdh/25072.htm
Cardiovascular Health & Diabetes Section


- Heart disease is the leading cause of death in Indiana (2009).
- Stroke is the 4th leading cause of death in Indiana (2009).
- Diabetes is the 7th leading cause of death in Indiana (2009).

The goals of the Cardiovascular Health and Diabetes Section are to provide data and surveillance to reflect the burden of cardiovascular disease and diabetes, develop statewide and local partnerships with public and private stakeholders to expand prevention, early screening, and best-practices in treatment; reduce health disparities in cardiovascular disease and diabetes.

For more information: phone: (317) 233-7415
website: http://www.diabetes.in.gov

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 2013-2015. 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: http://www.in.gov/isdh/19709.htm

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.

- An estimated 457,000 adults and 136,000 children in Indiana have asthma (2010).
- Over 30,000 emergency department visits were related to asthma in 2010.
- It was estimated in 2010 the cost of asthma hospitalizations in Indiana was $40.4 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

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: http://www.injac.org/
**Division of Nutrition & 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 and 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:  
[http://www.inhealthyweight.org/](http://www.inhealthyweight.org/)

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**Tobacco Prevention and Cessation**

**Mission:** To prevent and reduce the use of all tobacco products in Indiana and to protect citizens from exposure to tobacco smoke.

- 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.
- 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/)
Two Critical Focus Areas of Public Health Action in Chronic Disease Prevention and Control

**Communication**
“Advancing public understanding and support for chronic disease prevention and control initiatives”

**Evaluation**
“Ongoing assessment of public health initiatives to ensure effectiveness and impact on the chronic disease burden”

The Four Domains of Public Health Action in Chronic Disease Prevention and Control

The Centers for Disease Control and Prevention (CDC) has cited four focus areas in an effort to transform our nation’s health by providing individuals the support needed to promote and protect their health.

**Domain 1:** Epidemiology and Surveillance: Gather, analyze, and disseminate data and information and conduct evaluation to inform, prioritize, deliver, and monitor programs and population health.

**Domain 2:** Environmental approaches that promote health and support and reinforce healthful behaviors (statewide in schools, worksites, and communities).

**Domain 3:** Health system interventions to improve the effective delivery and use of clinical and other preventive services in order to prevent disease, detect diseases early, and reduce or eliminate risk factors and mitigate or manage complications.

**Domain 4:** Strategies to improve community-clinical linkages ensuring that communities support and clinics refer patients to programs that improve management of chronic conditions. 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.

Key Internal Partners

- **Office of Women’s Health**
  2 N. Meridian Street, Section 5M
  Indianapolis, IN 46204
  phone: 317-233-2170
  website: [http://www.in.gov/isdh/18061.htm](http://www.in.gov/isdh/18061.htm)

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

- **Office of Minority Health**
  2 North Meridian Street, Suite 3A
  Indianapolis, IN 46204
  phone: 317-233-8499
  website: [http://www.in.gov/isdh/23551.htm](http://www.in.gov/isdh/23551.htm)

- **Office of Primary Care & Rural Health**
  2 North Meridian Street, Suite 2J
  Indianapolis, IN 46204
  phone: 317-233-1236
  website: [http://www.in.gov/isdh/20544.htm](http://www.in.gov/isdh/20544.htm)
## Resources Available to Promote Evidence-based Public Health Action in Chronic Disease Prevention and Control

### Coordinating Community Health Assessment and Improvement Planning

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<th>Requirement Descriptions</th>
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<th>Data Sources</th>
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<tr>
<td>Community Health Information Resource Guide</td>
<td>Detailed guidance on what data sources are available at the local, state and national levels</td>
<td><a href="http://www.indianactsi.org/site/cehp/resourceguide.pdf">www.indianactsi.org/site/cehp/resourceguide.pdf</a></td>
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| Behavioral Risk Factor Surveillance System | State and national health and risk factor monitoring system | ISDH: [www.in.gov/isdh/23983.htm](http://www.in.gov/isdh/23983.htm)  
CDC: [www.cdc.gov/brfss/](http://www.cdc.gov/brfss/) |
| Indiana Vital Records data | Indiana-specific natality and mortality data | Natality: [www.in.gov/isdh/19095.htm](http://www.in.gov/isdh/19095.htm)  
Mortality: [www.in.gov/isdh/19096.htm](http://www.in.gov/isdh/19096.htm) |
| Indiana State Cancer Registry Data Generator | Indiana cancer incidence and mortality data | [www.in.gov/isdh/24360.htm](http://www.in.gov/isdh/24360.htm) |
| ISDH Chronic Disease Burden Reports | Comprehensive data and information about the chronic disease burden at state and local levels | [www.in.gov/isdh/25002.htm](http://www.in.gov/isdh/25002.htm) |
| CDC Wonder | Wide-ranging online data for epidemiologic research | [wonder.cdc.gov/](http://wonder.cdc.gov/) |
| WISQARS | CDC’s injury-related database | [www.cdc.gov/ncipc/wisqars](http://www.cdc.gov/ncipc/wisqars) |
| U.S. Census | Demographic information | [www.census.gov](http://www.census.gov) |
| Health Resources and Services Administration’s (HRSA) Area Resource File | Compare peer counties on population characteristics and health resources | [www.arf.hrsa.gov/index.htm](http://www.arf.hrsa.gov/index.htm) |
| Robert Wood Johnson and University of Wisconsin County Health Rankings & Roadmaps | Robust data snapshot of burden at the local, state and national level with evidence-based recommendations for community health improvement planning | [www.countyhealthrankings.org/#app/indiana/2012](http://www.countyhealthrankings.org/#app/indiana/2012) |
| Community Health Status Indicators | Provides an overview of key health indicators for local communities | [www.communityhealth.hhs.gov](http://www.communityhealth.hhs.gov) |

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<th>Tools</th>
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<tr>
<td>CDC’s Community Health Assessment and Group Evaluation (CHANGE)</td>
<td>Assess and evaluate policy, system and environmental change opportunities and assets</td>
<td><a href="http://www.cdc.gov/healthycommunitiesprogram/tools/change/pdf/changeactionguide.pdf">www.cdc.gov/healthycommunitiesprogram/tools/change/pdf/changeactionguide.pdf</a></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>
<td><a href="http://www.cdc.gov/healthyplaces/hia.htm">www.cdc.gov/healthyplaces/hia.htm</a></td>
</tr>
<tr>
<td>The Community Guide</td>
<td>Provides an overview of key health indicators for local communities</td>
<td><a href="http://www.thecommunityguide.org/index.html">www.thecommunityguide.org/index.html</a></td>
</tr>
<tr>
<td>Tobacco Use and Dependence Clinical Practice Guidelines</td>
<td>Effective clinical treatments for tobacco dependence</td>
<td><a href="http://www.ahrq.gov/path/tobacco.htm">http://www.ahrq.gov/path/tobacco.htm</a></td>
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<th>Process Guidance</th>
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<tr>
<td>Indiana Hospital Association</td>
<td>Offers resources and guidance on community health assessment and benefit</td>
<td><a href="http://www.ihaconnect.org/issues/financeandreimbursement/charitycareandcommunitybenefit/">www.ihaconnect.org/issues/financeandreimbursement/charitycareandcommunitybenefit/</a></td>
</tr>
<tr>
<td>Association for Community Health Improvement’s Community Health Assessment Toolkit</td>
<td>Step-by-step guide on how to approach community benefit</td>
<td><a href="http://www.assesstoolkit.org/">www.assesstoolkit.org/</a></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 and health improvement planning</td>
<td><a href="http://www.naccho.org/topics/infrastructure/CHAIP/index.cfm">www.naccho.org/topics/infrastructure/CHAIP/index.cfm</a></td>
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**Information Sources:**  
Indiana State Department of Health (ISDH)  
Centers for Disease Control and Prevention (CDC)  
Other

For additional information or resources on community assessment, health improvement planning or evaluation please contact **JoBeth McCarthy-Jean** at the ISDH (p: 317-233-7816; JMccarthy-Jean@isdh.in.gov)