



Chronic Disease Reference Guide

C*hronic 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.



Indiana State
Department of Health

2012-2013

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

Mission: *To reduce the burden of cardiovascular disease and diabetes through prevention, early screening, and best-practices in treatment.*

- 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/>

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>
- **INShape Indiana**
email: INShapeHelp@isdh.in.gov
website: <http://www.inshapeindiana.org/>
twitter: <https://twitter.com/INShapeIndiana>
facebook: <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>
- **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>

Resources Available to Promote Evidence-based Public Health Action in Chronic Disease Prevention and Control

COORDINATING COMMUNITY HEALTH ASSESSMENT AND IMPROVEMENT PLANNING

Requirement Descriptions	Overview	Web address
Internal Revenue Service (IRS) 501(c)(3) Guidelines	New IRS reporting requirements for 501(c)(3) hospitals	www.irs.gov/charities/charitable/article/0,,id=236275,00.html
Indiana Code IC 16-21-9	Provision of charitable care by nonprofit hospitals	www.in.gov/legislative/ic/code/title16/ar21/ch9.html

Data Sources	Overview	Web address
Community Health Information Resource Guide	Detailed guidance on what data sources are available at the local, state and national levels	www.indianactsi.org/site/chep/resourceguide.pdf
Behavioral Risk Factor Surveillance System	State and national health and risk factor monitoring system	ISDH: www.in.gov/isdh/23983.htm CDC: www.cdc.gov/brfss/
Indiana Vital Records data	Indiana-specific natality and mortality data	Natality: www.in.gov/isdh/19095.htm Mortality: www.in.gov/isdh/19096.htm
Indiana State Cancer Registry Data Generator	Indiana cancer incidence and mortality data	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
CDC Wonder	Wide-ranging online data for epidemiologic research	wonder.cdc.gov/
WISQARS	CDC's injury-related database	www.cdc.gov/ncipc/wisqars
U.S. Census	Demographic information	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
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
Community Health Status Indicators	Provides an overview of key health indicators for local communities	www.communityhealth.hhs.gov
Quick Health Data Online	Interactive system provides reliable and easily accessible health data	http://www.healthstatus2020.com/owh/index.html

Tools	Overview	Web address
CDC's Community Health Assessment and Group Evaluation (CHANGE)	Assess and evaluate policy, system and environmental change opportunities and assets	www.cdc.gov/healthycommunitiesprogram/tools/change/pdf/changeactionguide.pdf
CDC's Health Impact Assessment (HIA)	Evaluate the potential impact of a project or policy prior to implementation	www.cdc.gov/healthyplaces/hia.htm
The Community Guide	Provides an overview of key health indicators for local communities	www.thecommunityguide.org/index.html
Tobacco Use and Dependence Clinical Practice Guidelines	Effective clinical treatments for tobacco dependence	http://www.ahrq.gov/path/tobacco.htm

Process Guidance	Overview	Web address
Indiana Hospital Association	Offers resources and guidance on community health assessment and benefit	www.ihconnect.org/issues/financeandreimbursement/charitycareandcommunitybenefit/
American Hospital Association's Managing Population Health: The Role of the Hospital	Summary of mutual processes and opportunities for collaborative community health initiatives	www.hpoe.org/resources-and-tools/resources/Population_Health.pdf
Association for Community Health Improvement's <i>Community Health Assessment Toolkit</i>	Step-by-step guide on how to approach community benefit	www.assesstoolkit.org/
Public Health Accreditation Board's Standards & Measures	Public health accreditation guidance, which includes collaborative community assessment, planning and evaluation	www.phaboard.org/wp-content/uploads/PHAB-Standards-and-Measures-Version-1.0.pdf
National Association of County & City Health Officials' Community Health Assessment and Improvement Planning	Public health's leading authority on community health assessment and health improvement planning	www.naccho.org/topics/infrastructure/CHAIP/index.cfm

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)