



Welcome from the State Health Commissioner



State Health Commissioner
Gregory Larkin, M.D.

This fall, the Indiana State Department of Health will gather for a special reception to honor the longest serving state employee. Louis Douglas will retire in October after 65 years of service with the State Health Department. Read more about Louis in the article below.

As you may be aware, Indiana has experienced some cases of West Nile virus this year and even some deaths. Nationally, we are being hit harder than ever before, especially in some southern states like Texas. One of the most effective ways that Hoosiers can protect themselves is to eliminate areas where mosquitoes breed. Dump wading pools, bird baths, buckets and be sure to clean your gutters and discard any debris in your yard. For frequently asked questions about the virus, see page 5.

The State Health Department has begun preparing for accreditation and will submit the formal application later this year. Read page 2 for more information about what accreditation is and what the State Health Department has been doing.

If you or a loved one smokes, it is a great time to quit. The 2012 Quit Now Contest encourages Hoosiers to quit using tobacco products and have a chance to win cash prizes up to \$2,500. More details are on page 4.

Regards,

Gregory Larkin, MD, FAAFP, FACOEM
State Health Commissioner

Longest Serving State Employee to Retire after 65 years

By Chris Grimes, Quality Assurance Coordinator, State Health Department Laboratories

Everyone working at the State Health Department Laboratory Services has witnessed one institution that has outlasted all others. That institution is Louis Douglas. For the past 65 years, Louis has been coming to work at the labs almost every day. Once he started here, he never left state service.

Louis served the Army Air Forces in India during World War II, and returned to complete his degree at Purdue University. Upon graduation in June of 1947, he started work at the Indiana Board of Health lab, which was located in Fesler Hall at that time, on the Indiana University-Purdue University Indianapolis (IUPUI) campus. Louis started there as a Bacteriologist in the Serology Lab. He earned \$200 a month and his first paycheck, for one day's work, was less than \$3. Seeing

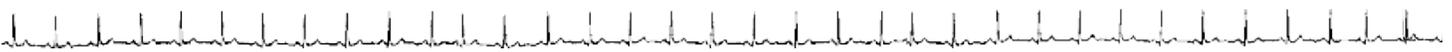
how his parents worked for over 45 years at their respective jobs provided him with a strong work ethic, and that is why he rarely missed a day of work.



Louis was honored at the Governor's Long Term Employee Reception. (L-R) Governor Daniels, Louis Douglas and Dr. Judith Lovchik, Assistant Commissioner, Laboratory Services, State Health Department.

Louis has worked in all four buildings that have ever housed the public health labs – the original Fesler Hall, 1330 West Michigan, VanNuys Medical Science building (all three were located on the IUPUI campus) and the current one at 550 West 16th Street.

In his time at the State Health Department, he has worked as a microbiologist in various labs, such as Serology, Rabies, Virology and Dairy. His motivation has always been to take his job seriously and to do good work, no matter what happened around him. Louis will retire in October and will be greatly missed.



State Health Department Prepares for Accreditation

By Kristin Adams, Director, Office of Public Health Performance Management

The State Health Department is preparing for a new opportunity of seeking public health accreditation. The Public Health Accreditation Board (PHAB), which is a non-profit agency, is the overseeing body for the public health accreditation process.

PHAB's accreditation program, which began accepting applications in September 2011, is designed to protect and improve Americans' health by advancing the quality and performance of the nation's public health departments. The accreditation process has been developed to improve service, value and accountability to stakeholders.

"Accreditation is a powerful way to publicly recognize that health departments are doing a good job, while at the same time driving them to continuously improve," said Dr. Judith A. Monroe, Deputy Director at the Centers for Disease Control and Prevention and Director of the agency's Office for State, Tribal, Local and Territorial Support. "The launch of this program is a major milestone for public health and we applaud the hundreds of national, state, tribal and local public health practitioners who played a role in its development."

To date, Indiana is one of 10 states that have stated their intent for public health accreditation. The goal is to demonstrate that the State Health Department has the capacity to deliver the three core functions of public health: assessment, policy development and assurance.

"Indiana wants to be a leader in public health and a model health department for both the state and our local health departments," said State Health Commissioner Gregory Larkin,



Susan Newton, HIV/STD Division, talks with an attendee at a conference for nurses at Indiana University-Purdue University Indianapolis.

M.D. "Thus, the State Health Department has submitted its letter of intent and continues to prepare to submit the formal application later in 2012."

Tasks undertaken in recent months include: development and implementation of the agency strategic plan, the statewide health assessment and the Indiana State Health Improvement Plan. Also, staff are being trained in Lean Six Sigma, a quality improvement program focusing on improving efficiency and effectiveness in both operational efforts and public health outcomes.

The accreditation process will allow the State Health Department to strengthen its core services to promote and provide essential public health services to protect Indiana communities. For questions, contact Kristin Adams at kadams@isdh.in.gov.

Employee Feature: Get to Know Chris Mickens



Chris Mickens, Office of Technology and Compliance, was recently promoted to the role of Chief Information Officer from her previous position of Chief Technology and Compliance Officer. Chris has been with the State Health Department since 1995 where she has held many positions from Director of New System

Development, Director of External Information Services and HIPAA Compliance Officer before becoming Chief Technology and Compliance Officer for the agency.

In her previous position at Meridian Consulting Group, she assisted the State Health Department in obtaining approval from the Centers for Disease Control and Prevention for a grant of

\$3.6 million to support the development and implementation of the first Statewide Immunization Registry System.

In her role as Chief Information Officer, Chris is responsible for the oversight and direction of the agency's Information Technology (IT) infrastructure, IT Procurement, Network and HIPAA Security efforts. She has received recognition from the Department of Health and Human Services for her leadership role in providing education and statewide collaboration in the adoption of HIPAA compliance efforts in the state of Indiana.

Chris has served on a number of advisory boards including the Indiana Heart Hospital, Indiana University School of Informatics and National Public Health Informatics Committee. Chris has her Masters from Indiana Wesleyan University in Business and Healthcare Management and lives in Fishers with her family.



Tobacco Prevention and Cessation Assists in Ensuring Successful Smoke-Free Air Law Implementation

By Blake Vanderbosch, Policy Specialist, Tobacco Prevention and Cessation

Indiana is now breathing easier, thanks to the statewide smoke-free air law that went into effect July 1. The new law prohibits smoking in most workplaces and public places, as well as within eight feet of a public entrance to these facilities. Indiana joined 39 other states in passing some level of smoke-free air law.

Indiana State Department of Health Tobacco Prevention and Cessation (TPC) has worked to educate businesses and the general public on the provisions of the new law. Prior to the July 1 implementation date, TPC distributed postcards to businesses to inform them of the law and enable them to order free education kits to help them transition to a smoke-free environment. The toolkits were promoted in several ways and became in high-demand.

Approximately 7,500 business education kits have been distributed. Each kit includes a brochure on the new law, frequently asked questions, website information, required signage and much more. The materials are still available to order online at www.BreatheIndiana.com and can also be printed from the website.

In June, TPC partnered with the Alcohol and Tobacco Commission, the lead enforcement agency, to develop and host a series of three trainings for local health departments, community partners and other enforcement entities regarding the new law. Additionally, TPC local community partners held informational events in their specific communities.



TPC has also utilized various media resources to educate Indiana businesses and citizens about the new law, such as billboards, television commercials, press releases and articles in state newsletters. TPC has discussed the new law to visitors at the Indiana Black Expo Summer Celebration and at the Indiana State Fair.

The evaluation plan for the law includes collection of indoor air quality data in seven diverse communities and collection of observational data statewide to measure the extent of compliance with the law. An evaluation is necessary in order to assess if the law is achieving its intended benefits and may help answer questions that stakeholders may have about the impact of the law.

Approximately 300 complaints have been filed, a minimal number compared to the over 300,000 businesses in Indiana.

9th Annual Statewide HIV Awareness Program



November 8,
10 a.m.
Indianapolis

with keynote speaker **Jamar Rogers**,
finalist on *The Voice*

Event is **FREE** and open to the public, for more information, email Lynn.Smith@fssa.in.gov



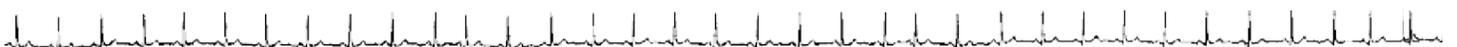
As of September 4, 2012,

1,762 individual records
have been accessed

and 8,956 PINs issued
by providers!



Learn how to access your vaccination records at www.MyVaxIndiana.in.gov



Start Training to Win, Sign Up for Quit Now Indiana Contest

Reducing tobacco use saves lives, but pairing those efforts with healthy diet and exercise choices can make quitting tobacco for good that much easier. The 2012 Quit Now Indiana Contest challenges Hoosier smokers to quit tobacco for the month of October. According to the Centers for Disease Control and Prevention (CDC), positive lifestyle changes increase the success rates of people trying to quit smoking. Good nutrition, increased consumption of water and exercise help with quitting tobacco.

“Quitting tobacco often takes planning and preparation,” said State Health Commissioner Gregory Larkin, M.D. “Make a ‘training’ plan for the first few months to help you form new habits during those times when you would be using tobacco. By incorporating more exercise into your day, making healthier eating choices and drinking plenty of water, you’ll stay occupied, while at the same time, creating a healthier overall lifestyle and mindset. We have plenty of Quit Coaches at the Indiana Tobacco Quitline, 1-800-QUIT-NOW, who can provide training tips that meet your needs.”



The statewide contest is designed to encourage Hoosiers using tobacco products to make an attempt to quit by offering them a chance to win cash prizes up to \$2,500 for remaining tobacco-free for 31 days. Last year’s contest received over 4,500 entries representing every county in Indiana. The deadline to sign up for the contest is September 30. Learn more about the contest and the resources available to quit smoking at www.QuitNowIndiana.com.



Spotlight on...

The Oral Health Program (OHP) began in 1945 with the creation of the Division of Dental Health within the State Health Department. Early in its history, the Division of Dental Health focused primarily on the prevention and treatment of dental decay, especially among children. During these early years, prior to the fluoridation of community water systems, dental decay was very common and presented a daunting public health challenge.

Shortly after the formation of the Division of Dental Health, Indiana initiated its water fluoridation program to help prevent dental decay among the children of the state. This public health initiative had a significant positive impact on the oral health of the residents of Indiana, and is still exerting its positive influence. The fluoridation of community water systems in Indiana has been accompanied by a substantial decrease in the incidence of dental decay. However, dental decay has not been eradicated, and still presents a public health challenge, especially among individuals and families that have limited access to dental care. The OHP and the Indiana Fluoridation Program still work closely together.

Oral Health Program

By Dr. James R. Miller, Oral Health Director

The OHP promotes and provides essential public health services to improve the oral health of Indiana communities. A major goal of the OHP is to decrease oral diseases in Indiana through enhancing knowledge about oral health and by emphasizing primary prevention of oral diseases. With respect to the primary prevention of oral diseases, the State Health Department supports several external programs whose activities include the placement of dental sealants on newly erupted permanent molars in children to help prevent dental decay in these teeth.



Dental professional Lavern Whitmore works on Karen Devore in Dr. Mishler's office in Greenwood. The Oral Health Program works with partners across the state.

The OHP is less involved in direct patient care than its predecessors, and relies on dentists throughout the state to address these challenges. Indiana provides funds to help support Indiana Donated Dental Services, which provides a structure for dentists and dental laboratories to donate dental care to the disabled, elderly or medically at-risk patients. For questions or

more information about the OHP, contact Brittany Gross at bgross@isdh.in.gov.



Ask **THE EXPERT**



with Bryan Price
Senior Medical Entomologist
Indiana State Department of Health

West Nile virus (WNV) was first discovered in Uganda in 1937 and was first documented in Indiana in 2002. Birds are the primary WNV carriers and about 86 species are capable of carrying it.

How is West Nile virus contracted?

Humans can contract West Nile disease from the bite of an infected mosquito which had previously bitten an infected bird. You cannot get WNV from another person, only from a mosquito bite or by handling WNV-infected fluids or tissues.

What are the symptoms?

About 80 percent of those who contract WNV have few symptoms, and the disease is self-resolving. Approximately 20 percent may develop fever, headache, tiredness, body aches and rash. Less than one percent may develop a neuroinvasive form of the disease which causes encephalitis, meningitis and possibly death. Individuals over the age of 50 are at a higher risk for developing neuroinvasive disease.

What precautions should people take to avoid contracting West Nile virus?

People should avoid areas where mosquitoes are biting, especially around dusk and dawn. Repellents containing DEET, picaridin or oil of lemon eucalyptus should be used on clothing and exposed skin as well. If feasible, long sleeves and pants may also be helpful. Care should be taken to make sure window screens are in good condition to prevent mosquitoes from entering the home.

Residents can also reduce the number of mosquitoes by making sure there are no containers holding water on their property. These include old cans, buckets, flower pots, tires and rain gutters. For more information about WNV, visit www.in.gov/isdh/23592.htm

Chief of Staff to Play in National Championship

The cornerstone of good health is diet and exercise, but finding time and motivation can be challenging. Despite his busy schedule, State Health Department Chief of Staff, Sean Keefer, makes exercise a priority in his life. He says that playing tennis, his exercise of choice, is critical to his physical and mental well-being. "Tennis is my outlet, where I can forget about the stress of the day." Sean started playing tennis at 11 years old, but took a break after college. He started playing again last year and is getting ready to play in the biggest match of his life, the 2012 United States Tennis Association Men's National Championship in October.

To get there, the team first beat out 35 other teams to win the Central Indiana Division Championship. They then played against the best teams from Northern and Southern Indiana to win the State Championship. Next was the hard-won 2012 Adult Midwest Section Championship, which consisted of state champions from Michigan, Illinois, Ohio, Wisconsin and Indiana.

Sean's team consists of thirteen members; ten of which will be making the trip to the championship in Arizona. They will be up against 17 other sectional championships from across the country. "This is an opportunity of a lifetime to play at this competitive level," said Sean. He is also quick to point out that people don't need to play competitive sports in order to get the



2012 Adult Midwest Section Men's Tennis Champions (front row, fifth from the left, Sean Keefer)

benefits of exercise. His entire family makes getting exercise a priority, as they often take family walks and play outside. Sean's two children also play tennis and soccer. For people who don't currently get enough exercise, Sean suggests starting small and finding something that they like to do.

"It doesn't matter if it's running, playing sports or just going for a walk," said Sean. "What you do is not important; it is just going out there and doing something. You will soon see the rewards both mentally and physically." For more tips on how to incorporate exercise into your busy schedule, visit INShape Indiana at www.inshapeindiana.org/.



Raw Milk

By Sarah Popovich, Enteric Epidemiologist

Milk naturally contains a variety of vitamins and minerals required for good health, but it can become contaminated on the farm when animals, such as cows, goats and sheep shed bacteria into the milk. Many of these bacteria do not cause harm to the animals, but can cause human illness for people who consume raw milk or products made from raw milk. More than a century ago, Louis Pasteur invented the heat treatment process, known as pasteurization, which stops or slows the growth of bacteria in beverages such as milk.

Raw milk advocates argue that unpasteurized milk is more nutritious and tastes better. They also claim heat pasteurization destroys nutrients, enzymes and beneficial bacteria, and they believe pasteurized milk is associated with allergies, arthritis and other diseases. None of these claims have been supported by scientists in academia and food safety experts from the United States Food and Drug Administration and the Centers for Disease Control and Prevention. To the



contrary, these food safety professionals agree that raw milk contains a wide variety of disease-causing bacteria such as *Salmonella spp.*, *Escherichia coli O157:H7*, *Listeria monocytogenes*, *Campylobacter spp.* and *Brucella spp.*, all of which can cause serious illness or death. Using standard hygiene practices during milking (such as washing hands, keeping equipment clean and keeping the milking area separated from other areas) reduces, but will not eliminate the risk for milk contamination. It is well-documented that raw milk may contain disease-causing bacteria that are known to cause enteric infections and is a particular risk for pregnant women, children, the elderly and people with weakened immune symptoms.

In Indiana, it is currently illegal to sell raw milk for human consumption. The Indiana State Board of Animal Health held a Raw Milk Virtual Public Hearing to gain input on the subject of the sale of raw milk. For more information on the hearing, visit www.in.gov/boah.



Wellness Council of Indiana, Indiana Chamber of Commerce

By Ashley Peeples, Worksite Coordinator,
Division of Nutrition and Physical Activity

The Division of Nutrition and Physical Activity (DNPA) has worked with many partners since the inception of the Indiana Healthy Weight initiative (IHWI) in 2008. Two partners, the Wellness Council of Indiana and the Indiana Chamber of Commerce, have not only served on the Indiana Healthy Weight initiative task force, but the program director, Chuck Gillespie, has stepped up to co-chair the initiative – opening the door for the DNPA and IHWI to reach over 15,000 Indiana businesses.



Dating back to 1988, the Wellness Council of Indiana has continued to bring organizations together to discuss successful methodologies that have proven results for Indiana businesses. On January 1, 2011, the Wellness Council of Indiana became a wholly owned subsidiary of the Indiana Chamber of Commerce. As a result, growth in

services has increased substantially, resulting in a much larger reach for the wellness council, chamber and their partners – including the State Health Department.

The partnership between the State Health Department, the Wellness Council of Indiana and the Indiana Chamber of Commerce

did not start with the DNPA and the IHWI, however. Dating back even before the DNPA received its current name (it was once the Community Nutrition Obesity Prevention Program), they partnered with INShape Indiana to take on the planning and implementation of the annual Employee Health and Wellness Summit, which started in 2007. Attendance at the annual summit climbed to 500 individuals last year, up from about 300 in previous years.

Since the partnership with INShape Indiana, and before, the wellness council and the chamber have had a vested interest in helping decrease the rate of obesity and the chronic diseases it can lead to in Hoosiers. From assisting in the creation of the state obesity plan (*Indiana's Comprehensive Nutrition and Physical Activity Plan, 2010-2020*), to co-chairing the Indiana Workplace Wellness Partnership and the IHWI Task Force, and making the connections necessary for the DNPA to share its valuable resources, such as the Indiana Healthy Worksites Toolkit for Small Businesses and the Indiana Healthy Schools Toolkit, their partnership has been instrumental in making connections between the DNPA and potential new partners.



September

26-27 2012 Indiana Employee Health and Wellness Summit
mmemmer@isdh.IN.gov

Public Health *Happenings*

*(For more information about a specific event,
 please use the specific email address listed).*

October

6 State Health Department Laboratory Booth at Celebrate Science Indiana
www.celebratescienceindiana.org

18 Hospital-Based Asthma Management: Promising Practices Symposium, ebloom2@isdh.in.gov

24 Local Health Officer meeting, cmoore1@isdh.IN.gov

November

8 9th Annual Statewide HIV Awareness Program, Lynn.Smith@fssa.in.gov

16 Sexual Violence Primary Prevention Council meeting, kajones@isdh.in.gov

December

4-6 Public Health Nurse/Environmental Health Specialist Orientation, cmoore1@isdh.IN.gov

7 “Healthy Women, Healthy Hoosiers” conference, kajones@isdh.in.gov

For more information on these and other state events, visit the State of Indiana events calendar at <http://www.in.gov/core/calendar.html>

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**Indiana State
 Department of Health**

The Indiana State Department of Health promotes and provides essential public health services to protect Indiana communities.

Public Health Matters is a free publication that is published electronically every quarter by the State Health Department Office of Public Affairs. For questions, to submit an article or topic, contact Amanda Turney at aturney@isdh.in.gov.

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