



## Welcome from the State Health Commissioner



State Health Commissioner  
Jerome Adams, M.D., M.P.H.

I hope you have been enjoying the beautiful weather we have been having. However, many people have a tough time during the fall season with allergies. It can also make asthma worse.

As a fellow asthma sufferer, I understand. While there is no cure for asthma, it can be controlled.

The article on page 3 discusses asthma's impact on Indiana and offers tips for getting through the season and beyond.

It's also time for your flu shot. Do you have questions about the vaccine? Check out the article on page 4 for frequently asked questions.

Earlier this year, the Indiana State Department of Health helped launch the Healthy Hoosiers Foundation, a new way to fund programs to help Indiana residents lead healthier lives. The foundation is a registered 501(c)(3) nonprofit that was established as a result of legislation passed by the Indiana General Assembly and signed into law by Governor Pence. It will provide funding for initiatives at the State Health Department, such as those designed to reduce infant mortality, increase childhood immunizations and reduce obesity and smoking rates. Check out page 2 for more information and how you can help.

Coming up soon is the Labor of Love Infant Mortality Summit. Have you registered yet? Registration is still open. Check out page 2 to visit the registration site.

As you may be aware, Indiana knows all too well about the toll that the national opioid epidemic is taking on communities and families. The State Health Department recently unveiled a new online registry that will connect those on the front lines of the battle against addiction with entities that can dispense a life-saving antidote for opioid overdoses.

The Overdose Prevention Therapy-Indiana, or optIN, registry allows nonprofits, pharmacies, local health departments, addiction treatment facilities, correctional facilities and other entities to register as providers of naloxone, a non-narcotic medication that reverses life-threatening respiratory failure that is usually the cause of overdose deaths. The optIN website makes it easy for Hoosiers to find a provider and get training so they are prepared to administer naloxone if someone close to them overdoses. Learn more about the registry on page 3.

Regards,

Jerome Adams, M.D., M.P.H.,  
State Health Commissioner

**Stay Connected with the State Health Department...**



## Healthy Hoosiers Foundation Launch

The State Health Department launched the Healthy Hoosiers Foundation in August as an innovative way to fund programs designed to help Indiana residents lead healthier lives. The foundation is a registered 501(c)(3) nonprofit that was established as a result of legislation passed by the Indiana General Assembly and signed into law by Governor Pence. It will provide funding for initiatives at the State Health Department, such as those designed to reduce infant mortality, increase childhood immunizations and reduce obesity and smoking rates.

Money raised by the foundation in 2015 will support the BABY & ME Tobacco Free™ program that helps pregnant women quit smoking. Smoking while pregnant is one of the main causes of low birth weight in newborns, which is a leading indicator of infant mortality. Indiana consistently ranks in the bottom states nationally for the number of children who die before their first birthdays. From 2003 through 2012, an average of 654 infants died each year in Indiana.

Pregnant women who enroll in the BABY & ME Tobacco Free™ program receive a \$25 voucher for diapers for each month that they are smoke-free after the baby is born. The State Health Department currently funds this program in 11 counties and hopes to expand with additional funding from the foundation.

Reducing the infant mortality rate in Indiana is a top priority of the State Health Department and the Healthy Hoosiers Foundation. The State Health Department's Labor of Love



*First Lady of Indiana Karen Pence joined the launch of the Healthy Hoosiers Foundation. L-R: Dr. Adams, Karen Pence and Foundation Director Scott Zarazee.*

public awareness campaign focuses on the importance of early and regular prenatal care, safe sleep practices, breastfeeding, avoiding tobacco, drugs and alcohol before, during and after pregnancy.

The Healthy Hoosiers Foundation accepts private funding, gifts, donations, bequests and other contributions. All donations are tax-deductible.

Visit [www.in.gov/isdh/HHE](http://www.in.gov/isdh/HHE) for more information about the foundation.



## Labor of Love *Summit*

*Helping Indiana Reduce Infant Mortality*

November 6, 2015

[Register now](#)



# The Impact of Asthma in Indiana

by Judith Magaldi, Chronic Respiratory Disease Section Director



**A**sthma is a chronic respiratory disease in which the airways of the lungs become restricted. During an asthma attack, the airways in the lungs become inflamed and fill with mucus. The muscles surrounding the airways tighten, making it difficult to breathe. Common symptoms of asthma include wheezing, coughing early in the morning or at night, shortness of breath and chest tightening.

In Indiana, one person dies every five days from asthma. It is the leading cause of school absenteeism. Approximately 650,000 Hoosiers have asthma. While there is no cure for asthma, it can be controlled.

It is important to discuss asthma with a doctor and create a personalized asthma action plan to assist in management of symptoms. The plan should include important medical information for each degree of attack, such as current controller and rescue medications, emergency contact information, primary care provider contact information, as well as a list of personal triggers.

By identifying and limiting exposure to asthma triggers such as pollen, dust mites, cigarette and wood smoke, cockroaches, mold and pet dander, and following a personalized asthma action plan, people with asthma can control their disease and lead healthy and productive lives.

Learn more about asthma's impact in Indiana by visiting [www.asthma.in.gov](http://www.asthma.in.gov).

## OptIN Registry

**E**arlier this month, state health officials unveiled a new online registry that will connect those on the front lines of the battle against addiction with entities that can dispense a life-saving antidote for opioid overdoses.

The Overdose Prevention Therapy-Indiana, or optIN, registry allows nonprofits, pharmacies, local health departments, addiction treatment facilities, correctional facilities and other entities to register as providers of naloxone, a non-narcotic medication that reverses life-threatening respiratory failure that is usually the cause of overdose deaths. Entities must obtain a prescription, or standing order, from a physician allowing them to distribute naloxone, provide training in the use of naloxone, instruct those who administer it to call 911 and provide a list of options for substance abuse treatment. Registered entities will also report the number of doses distributed to the state annually.

The registry was created to support entities that register to dispense naloxone to families or friends of someone at risk of opioid overdose. Aaron's Law, which Governor Pence signed in April in honor of Aaron Sims of Indianapolis, allows

healthcare providers to provide a standing order for naloxone to registered entities so they can dispense it to Hoosiers without a prescription. Aaron died of a heroin overdose in 2013 at age 20.

"Aaron's Law is so important because it puts naloxone directly into the hands of families and caregivers and the individuals who are using opioids and heroin," said Aaron's mother, Justin Phillips, who now works to ensure that addicts and their families have access to the support and resources they need. "Aaron's Law would have saved Aaron, and I want to save others in his memory."



Naloxone is a Food and Drug Administration-approved medication and has been used for more than 40 years by emergency medical services personnel to reverse opioid overdose and revive people who might have died without treatment. It is not addictive, and although it is only effective at reversing overdoses of opioid drugs like heroin or prescription painkillers, it is not harmful if administered to someone who has not taken opioids.

Visit the registry at [www.optin.in.gov](http://www.optin.in.gov).



## Ask THE EXPERT



**with Joan Duwve, M.D.**  
Chief Medical Consultant  
Indiana State Department of Health

### What is the flu vaccine?

The flu vaccine helps protect you from the influenza virus. There are different types of flu vaccine including the traditional shot given in the arm and the nasal spray.

### How effective is the flu vaccine?

The effectiveness of the flu vaccine depends on the age and health status of the person getting the vaccine, the type of vaccine they are given and the similarity, or “match,” between the flu viruses in the vaccine and those in circulation. The flu vaccine provides good protection against serious influenza illness.

### Who should get the flu vaccine?

Everyone over 6 months of age should get a flu vaccine each flu season. The flu shot is approved for use in people older than 6 months, including people with chronic medical conditions. The nasal-spray flu vaccine is approved for use in people ages 2 through 49 who are not pregnant.

### Do I have to get the flu vaccine every year?

It is important to get vaccinated annually, as circulating flu viruses change and the flu vaccine begins to lose its effectiveness after 6 to 8 months.

### Can I get the flu from the flu vaccine?

You cannot get the flu from a flu shot. The risk of a flu vaccine causing serious harm or death is extremely small. However, a vaccine, like any medicine, may on rare occasions cause serious problems, such as severe allergic reactions. Almost all people who get the flu vaccine have no serious problems from it.

### Where can I get the flu vaccine?

Your local health care provider, local health department and many of your local pharmacies carry the flu vaccine.

For more information on the flu vaccine, visit [www.StateHealth.in.gov](http://www.StateHealth.in.gov).

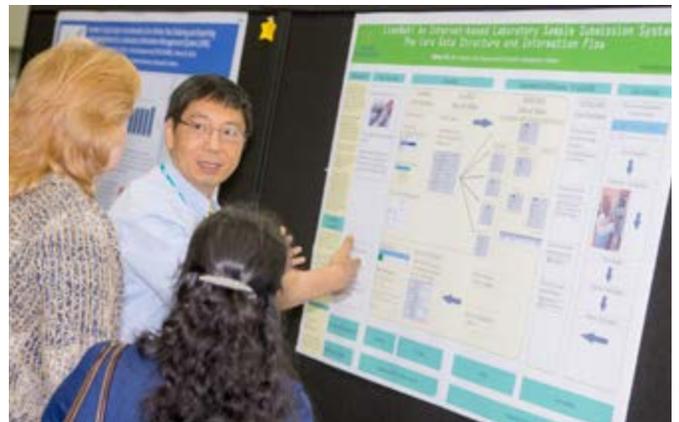
## Annual Meeting of Association of Public Health Laboratories

*by Judy Lovchik, Assistant Commissioner, Public Health Protection and Laboratory Services*

Indianapolis hosted the largest ever annual meeting of the Association of Public Health Laboratories (APHL) at the Convention Center in May. Five hundred eight-nine people from 47 states, Washington, D.C., Puerto Rico, Palau, Guam, Canada, South Africa, the United Kingdom and Belgium attended, as well as 59 exhibitors, including Indiana’s Roche Diagnostics and Orchard Software. Seventy-five posters were presented, nine of which were by State Health Department lab staff. Federal partner attendees included the Centers for Disease Control and Prevention, U.S. Environmental Protection Agency, National Institute of Environmental Health Sciences and the U.S. Department of State.

The conference included such topics as global biosecurity and ebola, the exposome, advanced molecular detection methods, quality improvement and accreditation, cloud computing and antibiotic resistance.

Presentations by State Health Department lab staff included electronic laboratory submissions and reporting, phlebotomy training, Middle East Respiratory Syndrome Coronavirus



*Henry Fu, State Health Department Lab Application System Analyst, presents a poster about LIMSnet.*

(MERS-CoV) response, testing environmental samples for methamphetamine, pharmaceuticals and personal care products and pooling strategy to detect early hepatitis C cases.

For more information about APHL and the conference, visit [www.aphl.org](http://www.aphl.org).





## Spotlight on...

## Statewide Trauma Tour

Over the summer, the State Health Department Division of Trauma and Injury Prevention held a statewide Trauma Tour. Division staff, along with local stakeholders, held meetings in all 10 Indiana public health preparedness districts for Hoosiers to learn more about trauma, how state and local agencies currently respond to trauma and how a trauma system could help the state.

Injury is the No. 1 killer of Hoosiers between the ages of 1 and 45 and is the fifth most common killer of Hoosiers of all ages. Traumatic injuries kill young people in the prime of their lives, impacting society as a whole in health costs, lost productivity and emotional distress.

Injury prevention campaigns have gone a long way to decrease trauma deaths, but there is more that can be done. Indiana is one of only nine states without an integrated statewide trauma system. Indiana has elements of a statewide trauma system, such as emergency medical services (EMS) providers, trauma centers and a trauma registry. The state health department is working with the public and its many stakeholders to advance Indiana toward a formal trauma system.

At each stop, there was a formal presentation from the State Health Department. Exhibitors and displays were staffed by



*The Division of Trauma and Injury Prevention staff get ready for a meeting on their trauma tour.*

state and local trauma experts. Hospital personnel were able to participate in a trauma registry refresher course prior to the main event.

Learn more about the State Health Department Division of Trauma and Injury Prevention at [www.in.gov/isdh/19537.htm](http://www.in.gov/isdh/19537.htm).

## State Health Department Administrative Updates



**Krista Click** became the Food Protection Director in the spring. She previously worked as the Manufactured Food Regulatory Program Standards Project Coordinator. Prior to this position, she was an Environmental Health Specialist and Foods Team Leader at the Hendricks County Health Department for 13 years. She earned her bachelor of science in public health at Indiana University-Purdue University at Indianapolis and is currently pursuing a master of science in management degree through Indiana Wesleyan University. Krista holds the Registered Environmental Health Specialist and Certified Professional-Food Safety certifications. She is an active member of the Indiana Environmental Health Association and enjoys spending time with family.



**Jennifer O'Malley** became the Public Affairs Director in July. She previously served as Indiana news editor for the Associated Press for 11 years.

Prior to this position, she served as an editor at The Indianapolis Star and the Providence Journal in Providence, Rhode Island. Jeni earned her bachelor of arts from Indiana University. She lives in Fishers with her husband and three daughters.



# Halloween Safety Tips

A few safety tips from the U.S. Consumer Product Safety Commission can protect children who plan to go trick-or-treating this Halloween.

**Treats:** Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.

**Flame Resistant Costumes:** When purchasing a costume, masks, beards, and wigs, look for the label Flame Resistant. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

**Costume Designs:** Purchase or make costumes that are light and bright enough to be clearly visible to motorists.

- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting goods stores.
- To easily see and be seen, children should also carry flashlights.
- Costumes should be short enough to prevent children from tripping and falling.
- Children should wear well-fitting, sturdy shoes . Mother' s high heels are not a good idea for safe walking.
- Hats and scarfs should be tied securely to prevent them from slipping over children's eyes.
- Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.
- Swords, knives, and similar costume accessories should be of soft and flexible material.



**Pedestrian Safety:** Young children should always be accompanied by an adult or an older, responsible child. All children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street. Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture, or clotheslines present dangers.

**Choosing Safe Houses:** Children should go only to homes where the residents are known and have outside lights on as a sign of welcome.

- Children should not enter homes or apartments unless they are accompanied by an adult.
- People expecting trick-or-treaters should remove anything that could be an obstacle from lawns, steps and porches. Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations, and other furnishings that could be ignited.

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# Public Health Happenings

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

## October

- 30 CRE Testing Laboratory Workshop  
[jmadlem@isdh.IN.gov](mailto:jmadlem@isdh.IN.gov)
- 30 Indiana State Trauma Care Committee  
[tbarrett@isdh.IN.gov](mailto:tbarrett@isdh.IN.gov)

## November

- 5-6 1st Responder Training, [jmadlem@isdh.IN.gov](mailto:jmadlem@isdh.IN.gov)
- 6 Labor of Love Infant Mortality Summit, [www.infantmortalitysummit-indiana.org](http://www.infantmortalitysummit-indiana.org)
- 7 1st Responder Training, [jmadlem@isdh.IN.gov](mailto:jmadlem@isdh.IN.gov)
- 10 Work at Health Training, [lbouza@isdh.IN.gov](mailto:lbouza@isdh.IN.gov)
- 10 State Health Department Executive Board Meeting, [tbarrett@isdh.IN.gov](mailto:tbarrett@isdh.IN.gov)
- 17 Laboratory Packaging and Shipping Training, [jmadlem@isdh.IN.gov](mailto:jmadlem@isdh.IN.gov)
- 17-18 District 4 Lab Blood Lead Laboratory Training, [jmadlem@isdh.IN.gov](mailto:jmadlem@isdh.IN.gov)
- 19 Great American Smokeout, [www.QuitNowIndiana.com](http://www.QuitNowIndiana.com)

## December

- 1-3 Public Health Nurse Orientation, [jmadlem@isdh.IN.gov](mailto:jmadlem@isdh.IN.gov)
- 3 New Albany Active Living Workshop, [lbouza@isdh.IN.gov](mailto:lbouza@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>

*The Indiana State Department of Health promotes and provides essential public health services.*



Indiana State  
Department of Health

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