



Welcome from the State Health Commissioner



State Health Commissioner
William C. VanNess II, M.D.

As State Health Commissioner, I have the privilege and honor of meeting people around the State. I also have the honor of working with people who are passionate about public health and making a difference in people's lives. Whether it's making changes at a policy level, partnering with organizations to help others or encouraging a friend to quit smoking, we all have the power to help our fellow Hoosiers on the path to wellness.

I want to hear about your successes and challenges. How are you helping others? Share with the Indiana State Department of Health on our Facebook and Twitter pages. Looking for a place to start? National Public Health Week is the second week of April and each day has a theme. There are lots of ways to get involved, both big and small. Check out the article on page 2 for more information.

Congratulations to Joan Duwve, M.D., former Chief Medical Officer, as she has been appointed Associate Dean for Public Health Practice at the Indiana University Richard M. Fairbanks School of Public Health. Dr. Duwve will continue to serve the

State Health Department on a part-time basis as Chief Medical Consultant. Her new role illustrates the partnership between the school and the State Health Department. Read page 3 for more administrative updates.

March is National Nutrition Month. How are you celebrating this annual observance? Not only does it highlight the importance of healthy eating, it also highlights the nutrition experts-Registered Dietitians. We have several at the State Health Department and a few are featured on page 5.

Did you know that the leading cause of school absenteeism is asthma? Learn more about the impact of asthma in Indiana on page 7 and tips on how to cope with this chronic disease.

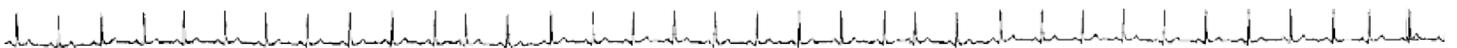
There is nothing greater that you can do for your health than to quit smoking. Public health hero, Terrie, is featured on page 8 and reminds us about the dangers of smoking. Call 1-800-QUIT-NOW for free help. Make 2014 your year to quit for good.

Go out and make a difference!

William C. VanNess II, MD

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State Health Commissioner

Stay Connected with the State Health Department...



Prevent Colorectal Cancer

When it comes to colorectal cancer, making healthy lifestyle choices, like avoiding tobacco and getting regular screenings, affect a person's chance of getting and finding the cancer—and Hoosiers should listen up. According to the Indiana State Cancer Registry, colorectal cancer is the third most common cancer in both men and women in Indiana.

The American Cancer Society estimates that approximately 3,000 Hoosiers will be diagnosed with colorectal cancer, and almost 1,100 will die as a result of the disease during 2014 alone; however, an estimated 60 percent of these deaths could be prevented through screening and early detection, according to the Centers for Disease Control and Prevention (CDC).

Colorectal cancer screening is recommended for men and women aged 50 to 75. According to the Indiana Cancer Facts and Figures 2012 report, 90 percent of colon cancer diagnoses occurred in people ages 50 and older. Men over the age of 50 have the highest risk of developing colon cancer. During 2007 to 2011, colorectal cancer incidence rates were 29 percent higher among Indiana men than women.

Other risk factors for colorectal cancer include: race, personal or family history, diabetes and modifiable risk factors such as obesity, physical inactivity, eating a diet high in processed or red meats and alcohol consumption. Smoking was recently



Colorectal Cancer
Screening Saves Lives

identified as a known cause of colorectal cancer in the recent Surgeon General's report, [The Health Consequences of Smoking—50 Years of Progress](#).

To learn more about screening options in your community, call 1-800-4-CANCER (1-800-422-6237).

March is National Colorectal Cancer Awareness Month. Resources to help with colorectal cancer education and outreach are available on the CDC website at www.cdc.gov/cancer/dpc/resources/features/ColorectalAwareness/.

Celebrate National Public Health Week in April

The second week of April is National Public Health week and aims to increase awareness about public health in the community. This year's theme, "Public Health: Start Here," focuses on the changing public health system as technologies advance and public attitudes towards health shift. Public health professionals are the guides of this system, helping communities navigate the many choices along the way.

So, what exactly is public health? Many people don't know what public health is and how it impacts them. Public health is monitoring outbreaks such as West Nile virus and implementing prevention strategies; ensuring new moms have the resources and knowledge they need to have healthy babies; enforcing food safety rules and investigating food-borne illness; responding to and preparing communities for natural disasters and emergencies; providing access to vaccines; testing the drinking water; ensuring safe long term care facilities and so much more.

Each day from April 7 to 13 will highlight a daily theme and focus on a specific prevention activity. Join the movement by:



April 7-13, 2014
www.nphw.org

- Monday, April 7: Be healthy from the start. From infant health and nutrition, public health starts at home.
- Tuesday, April 8: Don't panic. Disaster preparedness starts with community-wide commitment and action.
- Wednesday, April 9: Get out ahead. Prevention is a priority.
- Thursday, April 10: Eat well. The system that keeps our nation's food safe and healthy is complex.
- Friday, April 11: Be the healthiest nation in one generation. Learn best practices for community health.

For more information and ways to get involved with National Public Health week, visit www.nphw.org.



State Health Department Administrative Updates



Shirley Payne became the Director for the Children's Special Health Care Services Division in October. She previously served as the division program manager for two years. Shirley has been dedicated to serving the special needs population for more than five years. Prior to working with the State, she worked as a Team Leader with St. Vincent New Hope in Indianapolis. Shirley received her Bachelor of Science and Bachelor of Arts from Indiana University. She earned her Master of Public Health from Indiana University, with dual concentrations in Epidemiology and Behavioral Health Science.



Themen Danielson, M.D., became the Medical Director in the Health and Human Services Commission in late 2013. Dr. Danielson has previously worked for the State Health Department, including acting as State Health Commissioner, Assistant Commissioner for Health Maintenance and the Director of the Maternal and Child Health Division. He also has extensive experience serving as a Family Physician and as a Child, Adolescent and Adult Psychiatrist. Dr. Danielson earned his medical degree from the University of Wisconsin School of Medicine and his Master of Public Health at Harvard School of Public Health.



David Baize became the Director of Administrative Services in January. He previously worked as the State Registrar, Financial Operations Manager, Laboratory Operations Director and Operations Manager for Vital Records. Before joining the State Health Department in 2010, David worked for the Bureau of Motor Vehicles where he was the Director of Licensing Operations and Director of Document Management. He received his Bachelor of Science, with a major in Operations and Decision Technology from Indiana University's Kelley School of Business.



Andrea Perez became the Director for the HIV, Sexually Transmitted Diseases and Viral Hepatitis Division in 2013. She previously served as the HIV Prevention Program Manager. Andrea joined the State Health Department in 2005 as the Communities of Color/Capacity Building Coordinator for the division. Prior to this position, she worked as a Licensed Practical Nurse at the Medical Group of Kansas City. Andrea graduated from Sanford Brown College with a Diploma of Practical Nursing and the University of Missouri-Kansas City with a Bachelor of Science in Psychology.



Joan Duwve, M.D., former Chief Medical Officer, joined the Indiana University Richard M. Fairbanks School of Public Health as a Clinical Associate Professor in the Department of Health Policy and Management in February. In addition to her faculty duties, she has been appointed as Associate Dean for Public Health Practice, which includes representing the voice of public health practice and serving as a member of the school's leadership team. Dr. Duwve will continue to serve the State Health Department on a part-time basis as Chief Medical Consultant. Her new role illustrates the partnership between the school and the State Health Department.





Minority Health Partners

By Antoniette Holt, Director, Office of Minority Health

Despite considerable progress and advancement in modern medicine and health care, there are still health disparities that exist among underserved populations. Racial and ethnic minorities in Indiana and the United States are more likely to lack health insurance, to receive lower-quality care and to suffer from worse health outcomes.

The Office of Minority Health has established a collaborative called the Minority Health Partners to convene key stakeholders to promote wellness and pull resources together to reduce health disparities in Indiana. The Office of Minority Health has over 40 partners that are local, state, regional and national. These partners include but are not limited to the Indiana Minority Health Coalition, American Indian Center, Health Care Excel and Purdue University Center for Cancer Research. This

collaborative focuses its efforts on increasing awareness, partnerships and development and promotion of effective health policies and programs that help to reduce minority health disparities.

Examples of these efforts include the Minority Health Initiative and the INShape Indiana Black and Minority Health Fair that takes place during Indiana Black Expo Summer Celebration. The collaborative engages in health promotional programs, education, outreach, legislation and cultural competency training. All of these inroads are working toward establishing health equity for all.

Minority Health Month, which takes place in April, is an opportunity to call attention to the health status of racial and ethnic minority populations in Indiana and champion our efforts to eliminate health disparities. The opening ceremony will take place on April 1 at the State Health Department. The program kicks off the month and will include the reading of a Governor's Proclamation declaring April as Minority Health Month in Indiana.

Check out the calendar at www.minorityhealth.isdh.in.gov for activities scheduled during April. Plan on attending a program and/or event and make a lasting commitment to health equity.

Indiana to Serve as Host Site for Infant Immunization Week

By Dana Greenwood, Chief Nurse Consultant, Immunization Division

Indiana has been selected by the Centers for Disease Control and Prevention to be the host site for the 2014 National Infant Immunization Week (NIIW), an annual observance that will take place from April 26 to May 3. NIIW will highlight the importance of protecting infants from vaccine-preventable diseases and celebrate the achievements of immunization programs and their partners in promoting healthy communities. Through immunization, we can now protect infants and children from 14 vaccine-preventable diseases before age 2.

This year marks the 20th anniversary of NIIW and the Vaccines for Children program. The State Health Department Immunization Division, local health departments and other community partners will be hosting events all across Indiana to celebrate the week. Dr. Anne Schuchat, Assistant Surgeon General, United States Public Health Services and Director of the National Center for Immunization and Respiratory Diseases, will be speaking at many of the events, attended by both health professionals and Indiana citizens.

The main goals for this year's NIIW are:

- Highlighting the importance of timely and complete immunizations for children.
- Encouraging Hoosiers to access the free MyVaxIndiana system for their immunizations records.
- Educating providers and the public about the recent recommendation to administer Tdap (vaccine for tetanus, diphtheria and pertussis) during each pregnancy.
- Promoting use of the Children and Hoosier Immunization Registry Program by health care providers.

Although Indiana's adolescents have among the highest immunization rates for school-required vaccines, their rates of initiation and completion of the Human Papilloma Virus (HPV) vaccination series are lower than the national average.

Indiana also lags behind the nation in completion of the routine childhood immunization series. It's easy to think of many of the diseases prevented by these vaccines as diseases of the past, but they still exist. Children in Indiana can—and do—get some of these diseases every year.

MY VAX INDIANA
Keeping Hoosiers Connected & Protected

As of March 17, 2014,
9,584 individual records
have been accessed
and 41,277 PINs issued
by providers!

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





Spotlight on...

Registered Dietitians

March is National Nutrition Month and highlights healthy eating and its importance to one's health. The observance also highlights Registered Dietitians (RDs) and how they can help people make healthier choices. A RD is a health professional who is an expert in nutrition and health. They must meet stringent academic and professional requirements, including earning at least a bachelor's degree, completing a supervised practice program and passing a registration examination.

Many RDs work in the treatment and prevention of disease in hospitals, public health clinics, nursing homes or other health care facilities. Additionally, they work throughout the community in schools, fitness centers, food management, food industry, universities, research and private practice. The State Health Department is fortunate to have many RDs among its staff. The Women, Infants and Children (WIC) Division alone employs six RDs. Although we are only able to spotlight just a few of our RDs, we extend heartfelt thanks to all of our RDs for the work they do to help Hoosiers become healthier!



Laura Heinrich is the Section Director for the Cardiovascular Health and Diabetes Program. She has been with the State Health Department for over 29 years. Laura is responsible for program and fiscal management which includes coordination, planning, implementation and evaluation. She also has experience working as

a clinical dietitian in a small rural hospital. Laura earned her Bachelor's Degree in Dietetics from Purdue University.

Nutrition Tip: Look for vegetables and fruit that are in season. Not only are they often cheaper, they taste better too!



Sharon Farrell is a Food Scientist for the Food Protection Program. She has been with the State Health Department for 31 years. Sharon works on a variety of policies and educational projects including the National School Lunch Program Inspections and revision of the Retail Food Sanitation Requirements Rule.

She received her Bachelor of Science in Medical Dietetics and her Master of Science in Allied Health from The Ohio State University.

Nutrition Tip: Learn to appreciate healthful food, lovingly prepared and shared with others. Visit www.fightbac.org for nutrition and food safety information.



Laura Hormuth is the Nutrition Coordinator for the Division of Nutrition and Physical Activity. She has been with the State Health Department for five years. Laura leads the strategic direction of the division in regard to public health nutrition and serves as the subject matter expert in nutrition science and public health.

She assists communities in creating environments that support healthy eating and active lifestyle choices. She received her graduate degree in Dietetics from Ball State University.

Nutrition Tip: Banish food boredom by trying new food and flavors. Once a week, select a fruit, vegetable or whole grain that's new to you and/or your family. Visit www.eatright.org for tips on preparation.



Monica DuHack is a Nutrition Consultant for the WIC Division. She has been with the State Health Department for almost a year. She provides nutrition education information, consultation and training to local WIC agencies as well as participants and community entities throughout Indiana. Monica graduated

from Ball State University with a degree in Dietetics and received her Master's Degree in Health Studies from the University of Alabama.

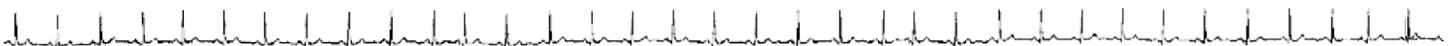
Nutrition Tip: Start your morning off right by making time for breakfast. Try to include foods such as lean protein, whole grains, fruits, vegetables and low fat dairy.



Stephanie Thomas is a Nutrition Consultant for the WIC Division. She has been with the division for almost 11 years. Stephanie conducts compliance monitoring of statewide WIC clinics and trainings for new clinic employees. She also develops and implements policies, procedures and nutrition education. Stephanie

earned her Bachelor's Degree in Dietetics from Purdue University and completed Dietetics Practicum and graduate coursework at Purdue University Calumet. She is a Certified Lactation Specialist.

Nutrition Tip: Good nutrition is a marathon, not a sprint. Our bodies will give back to us what we give to them regularly.



Public Health Legislative Update

By Scott Zarazee, Director, Legislative Affairs

The 2014 legislative session was a busy session as 882 bills were introduced prior to the introduction deadline. Of those bills, 572 failed to make it out of their house of origin while 311 made the leap to the opposite chamber. Of the 311 crossing over, 77 failed to pass in the opposite chamber while 234 successfully navigated back to their house of origin.

The State Health Department agency bill, House Enrolled Act 1358, has many elements to it, some initiated by the State Health Department and some that came from other sources. The bill consists of the following:

- Requires the State Health Department to write rules concerning Traumatic Brain Injury and report back to the summer study committee.
- Requires the State Health Department make recommendations for new statutes concerning food handling.
- Eliminates the Health Advisory Council.
- Changes autism reporting age from 5 to 8.
- Changes the filing deadline for Delayed Birth Certificate from four years to 12 months.
- Adds the conditions visual impairment and blindness, to the Indiana Family and Social Services Administration (FSSA) blind registry and requires the FSSA share this data with the State Health Department.
- Allows the Trauma and Injury Prevention Division to use up to half the Trauma and Brain Injury funding to establish a statewide trauma system.
- Adds “court appointed guardian” to the list of people with authority to make health care decisions for Physicians Order of Treatment (POST).



The State Health Department will gather a workgroup of stakeholders to discuss issues concerning Neonatal Abstinence Syndrome (Senate Bill 408) and to discuss possible legislative requests for changes to the reporting requirements. The State Health Department will also be working with the FSSA on a study examining how state agencies use electronic medical records (Senate Bill 44) and examine various methods of

treating posttraumatic stress disorder (PTSD) (Senate Bill 180). Senate Bill 179 makes several changes to poultry and egg handling by small producers. It takes away county taxes on small egg producers (but leaves the board fees) on eggs that are sold at farmer’s markets, allows chickens to be sold fresh for up to 36 hours after being processed as long as they are refrigerated.

Minors under 16 are now banned from using commercial tanning beds (Senate Bill 50). Minors between the ages of 16 and 18 must have a parent’s written permission. The State Health Department will help write guidelines with the Indiana Department of Higher Education concerning the use of epinephrine pens in higher education settings (House Bill 1323). The State Health Department will take over the Umbilical Cord Blood Bank from the FSSA (House Bill 1253) and part of the radiology program will go to the Indiana Department of Homeland Security (Senate Bill 387).

To view all of the bills Governor Pence has signed into law or vetoed, visit www.in.gov/gov/billwatch.htm. The full digest of bills are available at <http://iga.in.gov/documents/5882a622>. Unless specified in the bill, all bills go into effect on July 1.

Statewide Conference Held for Trauma Medical Directors

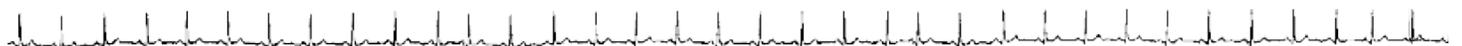
By Katie Gatz, Interim Director, Trauma and Injury Prevention Division

The State Health Department Trauma and Injury Prevention Division hosted the first statewide Emergency Medical Services (EMS) Medical Directors’ Conference on January 31. The goal of the conference was to bring together EMS medical directors from around the state to discuss important emergency medicine topics such as expectations of medical directors, legal aspects and pediatric evidence-based guidelines. More than 130 medical directors and others, representing 81 services, attended the event.

The event started with a panel discussion from Dr. Jan Kornilow, EMS Medical Director, Indiana University Health, Dr. Michael Kaufmann, EMS Medical Director, St. Vincent Health Indianapolis and Dr. Charles Miramonti, Indianapolis EMS Medical Director, highlighting the basics of EMS medi-

cal direction. Mike Garvey, Indiana Department of Homeland Security EMS Director, Lee Turpen, EMS Commission Chairman and John Clark, St. Vincent Health Indianapolis, followed with a panel discussion on the certification and legal aspects of EMS.

The highlight of the event was guest speaker Dennis Wichern, U.S. Drug Enforcement Administration, who presented information on current drug shortage issues affecting emergency medical providers. Additional topics covered in the conference included quality assurance, cardiopulmonary resuscitation (CPR), airway management and pediatric evidence-based guidelines. For more information about the Trauma and Injury Prevention Division, visit www.in.gov/isdh/19537.htm.



Ask THE EXPERT



with Mandy Billman
SERV-IN and Medical Reserve Corps
State Coordinator
Indiana State Department of Health

What is SERV-IN?

SERV-IN is the State Emergency Registry of Volunteers for Indiana. It is an electronic database for volunteers who want to assist public health and healthcare systems during an emergency. Volunteers can choose to volunteer at the local, regional, state-wide or national level.

How do I join SERV-IN?

Visit www.SERV-IN.org and follow the prompts. There is no charge to register. You will be contacted by your local health department.

Why is SERV-IN necessary?

It serves to improve volunteer coordination during an emergency. Recent experience with large scale disasters has consistently shown that an effective response requires that volunteers be pre-credentialed and deployed through a coordinated effort. Well meaning but unaffiliated volunteers who spontaneously present to disaster sites are often unable to be assigned.

I don't have a medical background. Can I still volunteer?

Absolutely. Anyone wishing to volunteer to respond to emergencies can register on this database. SERV-IN is for all types of volunteers. You do not have to have medical training and all training will be provided.

Once I have registered, what is expected?

Your local health department will contact you regarding training opportunities. If and when activation is necessary, you will be contacted about your availability. All volunteers can accept or refuse a request for help. No matter what the extent of the need is, this is voluntary and you are not required to participate.

For more information, visit www.SERV-IN.org.



The Impact of Asthma in Indiana

By Judi Magaldi, Program Coordinator/Evaluator, Chronic Respiratory Disease Program Division

Asthma 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 and 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 per-

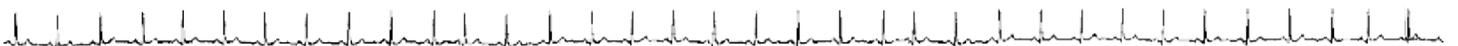
sonal triggers. By identifying and limiting exposure to asthma triggers such as pollen, dust mites, cigarette and wood smoke, cockroaches, mold and pet dander, and following a personalized asthma action plan, people with asthma can control their disease and lead healthy and productive lives.



The State Health Department asthma program has numerous resources for patients and providers to assist in asthma management. School nurse training will be offered in April in nine locations around the State. Trainings will include information on asthma triggers found in

schools, indoor air quality, environmental health and general asthma management plans in schools. There will also be trainings held in partnership with the Indoor Air Quality Program in the summer.

Learn more about asthma's impact in Indiana by [viewing the asthma infographic](#). For more information about the trainings, e-mail jmagaldi@isdh.in.gov or visit www.asthma.in.gov.



A TIP FROM A
**FORMER
SMOKER**

**RECORD YOUR
VOICE FOR LOVED
ONES WHILE
YOU STILL CAN.**

Terrie
Died, September 16, 2013

www.cdc.gov/tips
#CDCTips



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Smoking causes immediate damage to your body.
For Terrie, it gave her throat cancer. You can quit.

For free help, call **1-800-QUIT-NOW.**



Awards

Tina Feaster, Invasive Disease Epidemiologist, and Chief Medical Consultant **Joan Duwve, M.D.**, were among the authors who received the Centers for Disease Control and

Prevention's Charles C. Shepard Science Award in the Assessment category for the paper, "[Fungal Infections Associated with Contaminated Methylprednisolone Injections](#)," published in the New England Journal of Medicine.

Dr. Deb McMahan, Local Health Officer for Allen County, received a Torchbearer Award from the Indiana Commission on Women for her work on prescription drug abuse prevention.

April

- 1 Minority Health Month Opening Ceremony
inomh@isdh.in.gov
- 7-13 National Public Health Week, www.nphw.org

May

- 1-2 Public Health Nurse Conference
jmccarthy-jean@isdh.in.gov
- 14 State Health Department Executive Board meeting, tbarrett@isdh.in.gov
- 14 Food Safety and Defense Task Force, sgilliam@isdh.in.gov

Public Health Happenings

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

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



Indiana State
Department of Health

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

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.

To subscribe or unsubscribe to the newsletter, visit <http://bit.ly/publichealthmatters>. For more information about the State Health Department, visit www.statehealth.in.gov.

