

IMPACT

Public health news and information for the Marion County Community

Fall 2015

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 @Marion_Health

Back-to-School Day celebrates 15 years of serving Marion County kids and families



Covering Kids and Families of Central Indiana held its 15th annual Back-to-School Family Day on August 1 at 3838 N. Rural St. Thousands of kids and families turned out for backpacks, school supplies, athletic physicals, immunizations, dental and vision screenings and information from the Marion County Public Health Department and all of its community partners. The Indianapolis Fire Department also joined in for its annual Fire Safety Festival, where kids could learn about fire safety, tour a fire truck, get fitted for a bike helmet and get a chance to try out a real fire hose.

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Eskenazi Health dedicates Harvey Middleton Way

Street named to honor trailblazing African-American physician

Eskenazi Health is honoring a prominent physician in Indianapolis history with a street recognized in his name on the main hospital campus in downtown Indianapolis. Dr. Harvey Middleton, who was the first African American physician to practice medicine at a major Indianapolis hospital, was recognized Friday, July 10.

"As a true pioneer, Dr. Harvey Middleton helped pave the way for future physicians in every field of medicine throughout Central Indiana and across the country," said Dr. Lisa Harris, CEO of Eskenazi Health. "It is particularly fitting that a street running through the heart of our new campus bears his name."

Born in Denmark, SC, Dr. Middleton witnessed inferior medical treatment being provided to African-Americans. This inspired him to become a doctor. He attended medical school at Boston University and earned a medical degree from Meharry Medical College in Nashville, TN.

After moving to Indiana in the late 1920s, Dr. Middleton came to Indianapolis seeking a position at City Hospital (now known as Eskenazi Health). At first, allowed only to serve as a volunteer in the outpatient clinic, he set up his own practice as a cardiologist, with a specialty in electrocardiograms and heart irregularities. Available records show that in 1942, City Hospital invited Dr. Middleton to serve as a full time staff member at the hospital.

"Dr. Harvey Middleton was a trailblazer for future African American physicians. He opened doors that previously had been closed and had a strong passion and commitment for medicine and innovation," said Dr. George H. Rawls, clinical professor emeritus of surgery at Indiana University School of Medicine and author of "The History of Black Physicians in Indianapolis 1870 to 1980."

Dr. Middleton was also an assistant professor at Indiana

University School of Medicine and completed postgraduate courses at Harvard University, The University of Michigan and the University of London. He was one of

the first physicians in Indiana to use EKG technology to detect heart problems. He published a number of articles in the field of cardiology and continued his practice until his death in 1978.

"It's through the work of Dr. Middleton, and his colleagues, that African Americans and other minorities have the opportunities we have today," said Dr. Millicent Moye, a family medicine physician and president of the Aesculapian Medical Society. "We are grateful for their hard work."

Dr. Middleton was also very active in the community. He was elected to the board of the Metropolitan YMCA in 1952 and served on various committees, including president of the Senate Avenue YMCA. He took a leading role in raising funds for the Fall Creek Parkway YMCA, which opened in 1959.

"Dr. Middleton was a man who served as an advocate for diversity and equality," said Dr. Virginia A. Caine, director of the Marion County Public Health Department. "He believed in providing the highest quality health care to everyone regardless of background or wealth."



Diabetes Education helps citizens lead their healthiest lives

In its 2014 National Diabetes Statistics Report, the Centers for Disease Control and Prevention (CDC) estimated that 29.1 million people, or a little over nine percent of Americans, have diagnosed or undiagnosed diabetes. In Marion County, the CDC estimates that more than 10 percent of the population has diabetes.

The Marion County Public Health Department's Diabetes Education program works with individuals who have diabetes to equip them with the knowledge and tools they need to control their disease and live their healthiest possible lives. Participants can access this educational programming at no cost to them and are encouraged to repeat the classes every few years to brush up on their knowledge and learn the latest information to help them successfully manage their diabetes.

MCPHD's diabetes education program recently earned its second accreditation through the American Association for Diabetes Educators' (AADE) Diabetes Education Accreditation Program. Accredited programs must meet or exceed ten standards for program structure, access, staffing, curriculum and services for participants and must be able to demonstrate its effectiveness.

The Diabetes Education program at MCPHD serves approximately 250 participants per year. Each participant who successfully completes the four-week program meets individually with a dietitian and a nurse, undergoes pre and post-program assessments and a two-month follow-up.

Congratulations to our Diabetes Education program for its successful re-accreditation and thank you for your excellent work to address this pressing public health issue!

Need health data for a specific area? Create a custom community profile online!

MCPHD frequently receives requests about community profiles. Various programs use these profiles for strategic planning, grant applications and more. Many are used to identify areas with a high concentration of vulnerable residents such as those who live in poverty. While it is our goal to fulfill these requests as quickly as possible, we sometimes experience backlogs of requests leading to wait times of several days. Wouldn't it be nice if you could eliminate the wait time by going online to create your own community profile? Well, you can do just that!

A collaboration of non-profit organizations has developed an online tool in response to IRS requirements outlined in the Affordable Care Act. This tool allows users to easily create detailed community profiles ranging from state to census tract level. School and voting districts are even provided for many data types. To get started, visit www.communitycommons.org/maps-data/ and check out the 'Channel' menu. Two of our favorite options are located under the section titled 'Build a Report'.

For a quick example of what you can do with Community Commons, follow these instructions:

1. Visit www.communitycommons.org/maps-data/
2. Select Community Health Needs Assessment

3. Select Run an Indicator Report


4. Select Indiana, then Marion County, from the drop-down menus

5. Select View Report

After viewing the basic report, scroll down to the lower-right corner of the page where you can download the report as-is, or you can choose to customize the report with indicators grouped under these categories:

- Demographics
- Social & economic factors
- Physical environment
- Health behaviors
- Clinical care
- Health outcomes

Be sure to check out the 'Identify Vulnerable Populations' tool as well. The tool opens with poverty and education indicators; however, you can add others from a large menu of options. Move the sliders to adjust the indicator thresholds in use. You can also overlay community health clinics, hospitals, geographical boundaries, and more with the check of a box.



Is it time to crush your smoking habit?

1.800.QUIT.NOW
Indiana's Tobacco Quitline
QuitNowIndiana.com

Epidemiology receives large CDC grant to expand surveillance

The Centers for Disease Control and Prevention (CDC) has awarded a grant of \$992,844 (\$248,211 over each of four years) to MCPHD and public health departments in Hendricks and Tippecanoe counties to fund public health surveillance efforts in central Indiana. While the CDC has previously awarded grants to MCPHD for surveillance efforts, this grant is significantly larger and will allow Epidemiology to expand its detection efforts in Marion County and beyond. Hendricks and Tippecanoe counties will collect their own data and departments will be able to share information.

Grant funds will be used to hire a second full-time epidemiologist to focus on Hendricks and Tippecanoe counties and provide valuable backup assistance to Harold Gil, who manages Marion County.

Department supervisor Shandy Dearth says that more comprehensive public health surveillance will allow for better detection of outbreaks or emerging health patterns.

HHC/MCPHD holds second annual Community Clean-Up in the Meadows



HHC/MCPHD staff from all over the organization volunteered their time and sweat this summer to make the Meadows neighborhood, where the corporate headquarters at 3838 N. Rural St. is located, a little bit nicer for the people who live and work in the area. Volunteers picked up trash by hand while MCPHD trucks and environmental cleaning crews cleared downed branches, large pieces of rubbish and hazardous materials like broken glass. All of our staff are proud to pitch in and look forward to next year's Community Clean-Up!

CALENDAR OF EVENTS

NOVEMBER

NOVEMBER 1 - JANUARY 31, 2016 **Affordable Care Act Marketplace Open Enrollment**

Covering Kids and Families of Central Indiana will be available to guide families through the health insurance application process. Please call 317-221-2041 for assistance.

9, 16, 23, 30

ABCs of Diabetes

Free diabetes management education for diabetes patients and friends or family of patients who wish to become more informed. Register by phone at 221-2094 or online at mchd.com/diabetes.

East 38th Street Branch Library
5420 E. 38th St.
1:30 - 3:30 p.m.

5, 12, 19

Free Blood Lead and Consumer Product Testing

Marion County Public Health Department
3901 Meadows Dr., 46205
12 - 5 p.m.

16

Too Sweet For Your Own Good

This annual program focuses on helping individuals develop the tools and building blocks they need to better manage their diabetes. Contact the National Kidney Foundation of Indiana at 1-800-382-9971 for more information.

Fairbanks Hall
340 W. 10th St.

DECEMBER

3, 10, 17

Free Blood Lead and Consumer Product Testing

Marion County Public Health Department
3901 Meadows Dr., 46205

12 - 5 p.m.

Health & Hospital Corporation and the Marion County Public Health Department will be closed on Tuesday, Nov. 3 for Election Day, Thursday, Nov. 26 and Friday, Nov. 27 for holiday observance.

MCPHD and local agencies work to assist citizens after Double 8 closures

In late July, the last four remaining Double 8 food stores closed, citing financial difficulties. City and county authorities and agencies, including the Marion County Public Health Department, were concerned that in areas where grocery stores were already scarce, some citizens might face even greater difficulty obtaining fresh, healthy foods. Municipal agencies and nonprofit organizations, in cooperation with MESH, mobilized to make sure residents in these areas have adequate food access and are familiar with available options as they adjust to this change.

"This is concerning to us because neighborhood residents with better access to grocery stores are more able to eat healthier diets and have reduced risk for chronic diseases like obesity, diabetes, and heart disease," said Chronic Disease Coordinator Sandy Cummings.

"Nutritious, affordable, and high quality food needs to be within reach of all Indianapolis neighborhoods to assure opportunity to prevent chronic diseases such as obesity, diabetes, and heart disease," she continued. "Reducing rates of obesity and diabetes will be most possible if nutritious, affordable, and high quality food is within reach of all Indianapolis neighborhoods."

Former Double 8 location: 3902 N. Illinois St.

- Closest grocery – Safeway – 5602 N. Illinois St., Indianapolis, IN 46208
- IndyGo bus route – 28 (TWENTY-EIGHT)
- Nearest food pantry - Martin Luther King Community Center - 40 W. 40th St., Indianapolis, IN 46208

555 Fairfield Avenue

- Closest grocery – Kroger – 524 E. 16th St., Indianapolis, IN 46202
- IndyGo bus route – 2 (TWO)
- Nearest food pantry - Mid-North Food Pantry - 3333 N. Meridian St., Indianapolis, IN 46208

2947 North Sherman Drive

- Closest grocery – Safeway - 2435 N. Sherman Dr., Indianapolis, IN 46218
- IndyGo bus route – 5 (FIVE)
- Nearest food pantry – St. Vincent De Paul-Indianapolis Society – 3001 E. 30th St., Indianapolis, IN 46218

2907 North Dr. Martin Luther King, Jr. Street

- Closest grocery – Safeway – 3008 W. Kessler Blvd. North Drive, Indianapolis, IN, 46222
- IndyGo bus route – 34 (THIRTY-FOUR)
- Nearest food pantry - Promise Land Christian Community Church - 802 Edgemont Ave., Indianapolis, IN 46208

Other grocery resources:

CARE Mobile Food Pantry (Gleaners/DPS)

- Mondays 4 to 6 p.m. – Nazarene Missionary Baptist Church – 3505 E. 38th St.
- Tuesdays 4 to 6 p.m. – Kroger parking lot – 2630 W. Michigan St.
- Wednesdays 4 to 6 p.m. – Barnes United Methodist Church – 900 W. 30th St.
- Fridays 2 to 4 p.m. – IPS School 58 – 321 N. Linwood Ave.
- Saturdays 10 a.m. to noon – North United Methodist Church – 3808 N. Meridian St.
- Fervent Prayer Church – 10512 E. 38th St.

Citizens that have an additional need beyond the locations and services listed above may contact 2-1-1 to find out what additional resources may be available to them.

For more information about MCPHD's efforts to bring access to nutritious, affordable and high-quality food to every citizen of Marion County, contact the Chronic Disease department at 221-2000.

Protect yourself and your loved ones... GET THE FLU SHOT EVERY YEAR!

- The flu causes up to 49,000 deaths each year.
- The flu can cause serious complications such as pneumonia, bronchitis, sinus or ear infections.
- The most serious complications from flu often happen to our most vulnerable loved ones: babies and the elderly.

For more information about the flu or to find out how to get a flu shot, call the Flu Clinic Hotline at 317-221-2121.

MCPHD In The Community

Another great year at INShape Indiana Black & Minority Health Fair!



HHC/MCPHD always brings a strong presence to the annual INShape Indiana Black & Minority Health Fair and this year was no exception. Event attendees got health information, referrals and dental screenings and kids had ample opportunity to play games and explore the fun of a healthy, active lifestyle.



The 4012 Community Room hosted a community pet day for Marion County citizens on Saturday, September 26. Local families brought their cats, dogs, puppies and kittens to get free collars, harnesses, microchips and flea meds and referrals for free vaccines and spay-neuter services.



Maternal and Child Health displayed 116 decorated onesies - one for each baby who did not make it to his or her first birthday in Marion County in 2014 - at the Central Library during September to commemorate Infant Mortality Awareness Month.

MCPHD In The Community



Legacy House holds annual Outpouring fundraiser

Legacy House held its annual Outpouring on August 28 at the Central Library in downtown Indianapolis. This event raises funds for Legacy House's important work serving those affected by violence and gives them an opportunity to honor volunteers, survivors, staff and other members of the community who share their mission of assisting Marion County citizens who are affected by violence. Attendees enjoyed a silent auction, a live band, a wine pull and a live auction. Survivors shared their stories and Legacy House honored its volunteers and community partners.

Accreditation team kicks off Community Health Improvement Plan

Public Health Administration held a meeting on September 28 to announce its Community Health Improvement Plan co-chairs and facilitate a discussion about the next steps in the process. The Community Health Improvement Plan will be executed to address the primary goals laid out in the Community Health Assessment, released in 2014 by the Marion County Public Health Department.



HOPP Conference promotes personal enrichment through service for people of all ages

The Healthy Older Peoples' Program held its annual conference on September 18 at Primo South. This year's event focused on the life-affirming potential for service - promoting healthy aging by connecting seniors with the community and working together to make Marion County a better place for people of all ages.



MARION COUNTY PUBLIC HEALTH DEPARTMENT SERVICES

ACTION Health Center Clinic	221-3400	Mortgage Loan Inspections	221-2145
ACTION Health Center Education and Social Services	221-8950	Laboratory (Public Health)	221-4670
Animal Bite Surveillance	221-2222	Maternal and Child Health	221-2312
Asthma Screening and Education	221-2094	Mosquito Control.....	221-7440
B.A.B.E. (Beds and Britches, Etc.)	221-3050	Mother Baby Healthline	221-BABY (2229)
Birth and Death Registry	221-2400	Mother Baby Healthline TTY For Hearing Impaired	221-2354
Birth and Death Registry TTY for Hearing Impaired	221-2410	Newborn Screening.....	221-2331
Certificates of Birth Correction Info	221-2397	Occupational Health.....	221-2266
Chronic Disease Prevention	221-2101	Older Adult Health	221-2087
Cardiovascular Health	221-2097	Rodent Control.....	221-7588
Child Abuse/Neglect Detection and Prevention	221-2366	School-Based Health Centers	
Childhood Lead Poisoning Prevention Program	221-2155	Crispus Attucks Medical Magnet High School.....	226-2791
Children's Special Health Care Services Program	221-2103	School Health Services	221-2366
Chronic Disease	221-2094	Sewage Regulation (Septic Systems)	221-2147
Communicable Disease Control	221-2117	Sexually Transmitted Disease Control	221-8300
Community-Based Care (CBC)	221-2366	Sickle Cell Anemia.....	221-2105
Community Nutrition Services	221-7403	Smoke Free Indiana.....	221-2084
Dental Health	221-2329	Social Work	221-2364
Diabetes Education	221-2104	Streams, Groundwater and Solid Waste	221-2266
Environmental Control	221-7588	Swimming Facilities Regulation (Public)	221-2270
Food Safety	221-2222	Tobacco Free Youth Initiative.....	221-3100
Foreign Born Health	221-2114	Tuberculosis Control	221-2106
Hazardous Materials	221-2266	Violence Prevention	221-2085
Health Education, Promotion and Training.....	221-2092	Wellfield Protection	221-2266
Healthy Babies Consortium	221-2313	Wells and Drinking Water Safety	221-2145
HIV/AIDS Prevention Information	221-3101	WIC (Special Supplemental Nutrition Program for Women, Infants and Children)	221-7401
HIV/AIDS Outreach Project	221-4618		
Bell Flower Clinic	221-8300		
Housing and Neighborhood Health	221-2150		
Immunization Program	221-2122		
Indoor Air Quality	221-2266		
Indianapolis Birthing Project/SisterFriend	221-7419		
Injury Prevention	221-3145		
Institutional Inspection.....	221-2266		



3838 North Rural Street
Indianapolis, Indiana 46205
317-221-2000