

# IMPACT

Public health news and information for the Marion County Community

Winter 2015

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[www.mchd.com](http://www.mchd.com)

 @Marion\_Health

## Reclaiming the Village holds biennial Etiquette Luncheon

**Keep your elbows off the table, help ladies into their seats and never, ever slurp your soup.** Reclaiming the Village held its biennial Etiquette Luncheon on Saturday, November 22. Etiquette consultant John Scott led the large group of young men through a crash course in good table manners, chivalry and dressing to impress. This event is held every two years, giving many participants their first opportunity to enjoy fine dining while developing important skills to give them the confidence to navigate a variety of social situations with ease and learn to give great first, second and tenth impressions, whether it's with potential employers, girlfriends or grandparents.



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# MCPHD unveils Community Health Assessment

For more than a year, the Community Health Assessment Steering Committee, with critical leadership from Joe Gibson, Ph.D., and Millie Fleming-Moran, Ph.D., and the entire Epidemiology department, has been hard at work on an extensive survey of public health data in Marion County. Seven work groups utilized a variety of resources, including population-based data from birth and death certificates, hospitalization records, a countywide phone survey and literature sources. These data were compared with national vital statistics, national hospital discharge studies, Behavioral Risk Factor Surveillance surveys, the County Health Rankings website and the Healthy People 2020 objectives.

Using the data summarized in the Community Health Assessment, the Marion County Public Health Department (MCPHD) will create a Community Health Improvement Plan to set out specific policies, strategies and lead partners for reaching the goals needed to improve our community's health and the overall quality of life for

the citizens of Marion County.

In early 2014, the Community Health Assessment Steering Committee presented their initial findings to representatives from a number of local health care and social services agencies. With their valuable feedback, the Steering Committee sharpened its focus on the public health concerns that the group outlined as the most pressing issues facing the Marion County community.

After further research and extensive efforts to create a comprehensive, concise and accessible final report, MCPHD held a launch event on Dec. 11 at Old Indianapolis City Hall to present the data to the public. Health & Hospital Corporation President and CEO Matt Gutwein, Director of Public Health Virginia Caine, M.D., Millie Fleming-Moran, Ph.D., City-County Council President Maggie Lewis, City-County Councilwoman Virginia Alig Cain and Indiana State Department of Health Commissioner Jerome Adams, M.D., M.P.H., addressed attendees and presented the Steering Committee's findings.



*Top: Dr. Virginia Caine discusses the findings outlined in the Community Health Assessment with a member of the local news media.*

*Bottom left: HHC President and CEO Matt Gutwein addresses members of the public, MCPHD staff and local media at the Community Health Assessment public launch event.*



For more information about the Community Health Assessment, visit:

<http://health.mchd.com>

## Critical issues facing Marion County's citizens

**Ages 0-4:** Mothers on Medicaid often fail to get adequate prenatal care, prematurity rates continue to be too high for minority mothers and smoking rates continue to put babies at risk.

**Ages 5-11:** Asthma and overweight/obesity continue to cause problems for elementary-age children, but efforts to clean indoor air and implement new fitness and healthy-eating programs in schools are increasing.

**Ages 12-17:** Even though violent deaths continue to decline in Marion County, homicide and suicide remain the leading causes of death for this age group.

**Ages 18-34:** This group is among the poorest in the county, with a prevalence of depression and a high rate of violent death. Community perceptions of threatened security affect personal and economic choices in neighborhoods, which can affect health outcomes.

**Ages 35-64:** An estimated 90 percent of this age group acts as caregivers, but suffer high rates of violent death, physical disability and substance abuse.

**Ages 65 and up:** Seniors need assistance with chronic disease management and mental health issues. Additional services would help bolster independence and reduce isolation.

## Social Work Department welcomes new Clinical Services Coordinator

Danielle Rhodes, M.S.W., L.C.S.W., joined the Social Work Department in November as its new clinical social services coordinator, a position previously held by Taiyan Richmond before her retirement in 2014. In her new role, Danielle provides essential support for administrator Frankye Johnson-Shelby – helping staff sharpen and expand their clinical skills, supporting them in their work and bringing new perspective and curricula in to provide the best possible services for MCPHD's clients.

"I'm excited about being here and working with the Social Work Department in public health because I think that an integrated approach to health is the most beneficial," she says. "I try to look at health from a holistic angle."

Danielle grew up in Goshen and graduated from Indiana University with degrees in psychology and criminal justice. She received her Masters in Social Work from Indiana University-Purdue University-Indianapolis.



## WIC helps bring nutrition education and food assistance to incarcerated moms

Marion County's Women, Infants and Children program has teamed up with the Indiana Department of Correction's Wee Ones program, which allows women within 30 months of release for non-violent crimes to retain custody of infants and toddlers during their incarceration.

This partnership aims to connect qualifying moms at the Indiana Women's Prison with all of the services that WIC provides - breastfeeding support, nutrition education and vouchers to purchase nutritious foods, as well as screenings and referrals to other health, welfare and social services providers.

Program participants must qualify for WIC without any special considerations. The vouchers are distributed to the program coordinator, who works with participants to select foods and then makes purchases on their behalf.

"We want to set them up so when they're released, they can continue to take advantage of the program," said Nutrition Services Administrator Sarah DeFelice.

Marion County's WIC program is the only one in Indiana to participate in this type of outreach with the Department of Correction.



## MCPHD's Fetal Infant Mortality Review program leads the state in working to improve infant mortality

The Marion County Public Health Department's Indianapolis Healthy Babies Fetal Infant Mortality Review (FIMR) Program's case review team presented at the 2014 Labor of Love Summit, held on November 14 at the Indiana Convention Center in Indianapolis. The Indiana State Department of Health is encouraging counties across Indiana to adopt the FIMR model as part of an overall action plan to improve birth outcomes. Only a handful of Indiana counties currently utilize the FIMR model, which is proven to lower fetal and infant mortality.

*Left: Teri Conard addresses attendees at the 2014 Labor of Love Summit, where FIMR presented and participated in a panel discussion.*

## HHC board member Deborah J. Daniels elected Managing Partner at Krieg DeVault law firm

Health & Hospital Corporation board member and civic leader Deborah J. Daniels has been elected managing partner at Indianapolis-based law firm Krieg DeVault, replacing longtime Managing Partner Michael E. Williams. This tremendous achievement places Daniels at the helm of one of the biggest law firms in the state, with over 150 professionals and offices in Indiana, Illinois, Georgia, Minnesota and Florida.

Daniels previously served in the U.S. Department of Justice as United States Attorney for the Southern District of Indiana; as Director of the National Office for Weed and Seed and as an assistant attorney general for the Office of Justice Programs, where she managed multiple research and grant-making agencies and oversaw a \$4.2 billion budget. As United States Attorney, she served on the Attorney General's Advisory Committee of United States Attorneys, advising on management issues on a nationwide basis.

Daniels graduated with a B.A. with honors from DePauw University and attended the McKinney School of Law at Indiana University, where she graduated cum laude.

# FREE

## HELP WITH HEALTH CARE ENROLLMENT OPEN ENROLLMENT ENDS FEBRUARY 15!

Open enrollment for health care insurance ends soon! Covering Kids and Families of Central Indiana is offering special hours on selected days for people who need assistance applying for health care coverage.

### WHAT TO BRING:

- Photo I.D.
- Birth certificate
- Social Security or ITIN cards and birth dates
- Income information (2013 tax return, pay stubs or W-2 forms)
- Current health insurance policy numbers
- E-mail address and marketplace log-in (if applicable - if you do not have an e-mail address, you can sign up for one for free on-site)
- Employee Coverage Form (if you currently have the option to get health coverage through your employer or spouse's employer)

· To find the form online, visit:

[healthcare.gov/downloads/marketplaceapp\\_checklist\\_generic.pdf](http://healthcare.gov/downloads/marketplaceapp_checklist_generic.pdf)

### WELLNESS WEDNESDAYS

(Extended hours from 8 a.m. - 8 p.m.)

**January 28**

**February 4**

**February 11**

### SUPER SATURDAYS

(9 a.m. - 1 p.m.)

**February 7**

### LOCATION:

**2951 EAST 38TH STREET  
INDIANAPOLIS, IN 46218**

### FOR MORE INFORMATION:

317.221.3178 · [phumes@hhcorp.org](mailto:phumes@hhcorp.org) · [www.ckfindiana.org](http://www.ckfindiana.org)



## CALENDAR OF EVENTS

### JANUARY

22, 29

#### Free Blood Lead and Consumer Product Testing

The Marion County Public Health Department offers FREE walk-in testing for blood lead and lead in consumer products.

Marion County Public Health Department  
3901 Meadows Dr., 46205

12 - 5 p.m.

### FEBRUARY

4, 11, 18, 25

#### 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](http://mchd.com/diabetes).

Southport Branch Library  
2630 E. Stop 11 Rd., 46227

1:30 - 3:30 p.m.

5, 12, 19, 26

#### Free Blood Lead and Consumer Product Testing

The Marion County Public Health Department offers FREE walk-in testing for blood lead and lead in consumer products.

Marion County Public Health Department  
3901 Meadows Dr., 46205

12 - 5 p.m.

### MARCH

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](http://mchd.com/diabetes).

Speeday Public Library  
5633 W. 25th. St., 46224

1:30 - 3:30 p.m.

10, 17, 24, 31

#### 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](http://mchd.com/diabetes).

Glendale Branch Library  
6101 N. Keystone Ave., 46220

1:30 - 3:30 p.m.

5, 12, 19, 26

#### Free Blood Lead and Consumer Product Testing

The Marion County Public Health Department offers FREE walk-in testing for blood lead and lead in consumer products.

Marion County Public Health Department  
3901 Meadows Dr., 46205

12 - 5 p.m.

# MCPHD protects public and uses education to combat ebola fears



*Congresswoman Susan Brooks, Indiana State Department of Health Commissioner Dr. Jerome Adams, Dr. Virginia Caine and Greg Hall of Emergency Preparedness, show a version of the protective suits issued to medical personnel who may come into contact with a person who has been infected with or exposed to the Ebola virus.*

Mayor Greg Ballard joined Indianapolis public safety and public health officials in November to provide an update on preparations in the unlikely event a person contracts the Ebola virus, or show signs of Ebola, in Indianapolis. Mayor Ballard says the City along with County, State and Federal officials

have been reviewing plans and preparing since the first person with Ebola arrived in the U.S. during the fall.

City officials stressed that no information exists that anyone in Indy has the disease or may have the disease, but now is the time for officials to prepare.

"We believe Indy is ready," said Mayor Greg Ballard. "Our teams are putting a plan into place to make sure we protect the general public and our first responders in the unlikely event that someone in Indy contracts the Ebola virus."

The Department of Public Safety and the Marion County Public Health Department are making sure police, fire, EMS and

hospitals have the equipment and information necessary to safely respond to a potential Ebola patient.

"Right now the fear of Ebola is greater than the threat it poses in Indianapolis," said Public Safety Director Troy Riggs. "We are getting information to our first responders and equipment ready. In the meantime, we encourage everyone to go about living their daily lives and take the same kind of precautions you would use to prevent catching any type of illness."

The City and County have taken the following steps:

- Every hospital has implemented consistent screening and isolation measures
- Protective equipment has been issued to personnel and facilities that might be needed to treat an Ebola patient
- IEMS has dedicated an ambulance for transport of suspected patients in Indy and surrounding areas
- IEMS, IMPD and IFD personnel have received information and instructions for handling potential patients

The Marion County Public Health Department has issued instructions to all healthcare personnel about the safe use and handling of protective equipment and lab specimens.

"We have the training and expertise to deal with infectious diseases and are prepared to take the steps necessary to safeguard our patients, healthcare workers and our community," said Dr. Virginia Caine, Marion County Public Health Director. "Our proactive approach to training and information will help protect our healthcare workers and prevent the spread of any potential virus in our community."

## January is Radon Action Month!



Radon is a naturally occurring, invisible, odorless and tasteless gas that comes from the decay of uranium deposits found in the soil and rock.

### Why is radon dangerous?

Exposure to radon is the second leading cause of lung cancer in the U.S.

The Environmental Protection Agency (EPA) estimates that radon causes 15,000 to 22,000 lung cancer deaths in the country each year. Radon can be inhaled into the lungs, where it undergoes radioactive decay, which can harm sensitive lung tissue by damaging DNA. This damaged DNA can lead to lung cancer.

### Where is radon found?

The primary source of high levels of radon in homes is the surrounding soil, but radon can also be found in well water. Hot spots include basements and first-floor rooms and garages. Elevated radon levels have been found in homes in every state. Testing in Marion County for 2011-2013 indicated that approximately 40 percent were above the EPA action level.

### How does radon get into my house?

Radon gas enters the same way air and other soil gases enter

the home: through cracks in the foundation, floor or walls; hollow-block walls; and openings around floor drains, pipes and sump pumps.

### How is radon measured?

Radon is measured in picocuries per liter of air (pCi/L), a measurement of radioactivity. The EPA and the Centers for Disease Control and Prevention recommend that homes with radon levels of 4 pCi/L or greater, be fixed.

### How do I find out if my house has elevated radon levels?

The Marion County Public Health Department offers free radon tests for Marion County residents. To obtain a radon test, call the Marion County Public Health Department at 221-2266. Radon tests are also available at local hardware and home improvement stores.

### How can I address elevated radon levels in my house?

Sealing cracks and other openings in the foundation is a basic part of most approaches to radon reduction, but the EPA has found that these methods alone do not generally reduce radon levels. In most cases, EPA recommends installing pipes and fans to reduce radon. Certified radon reduction contractors may use other methods that may also work in your home, depending on its design and other factors.

# MCPHD In The Community



Dr. Virginia Caine shows her lesser-known talents onstage at the 30th annual Indiana Public Health Celebration and Hulman Health Achievements Awards.



Monica Heltz of TB Control meets with members of local agencies that serve homeless people to discuss tuberculosis and prevention strategies among Marion County's homeless population.



## MCPHD conducts POD training exercise

MCPHD staff teamed up in October for the regular POD training exercise, sharpening skills and refining procedures in order to remain organized and effective in case of a public health emergency. Special thanks to staff who volunteered their time to assist with this huge effort!

# MCPHD In The Community



Young Families of Indiana Network's Future Promises program held its annual holiday celebration at the Indiana State Fairgrounds, giving kids a place to cut loose and play, engage in fun activities with their families and get some face time with Santa Claus and Mrs. Claus.

## Updated Nurse-of-the-Day schedule

Office	Monday	Tuesday	Wednesday	Thursday	Friday
Northwest District Health Office 221-7500	3 - 6 p.m. Appointments	8 a.m. - 4 p.m.		Noon - 4 p.m. Walk-ins No TB skin tests	Noon - 4 p.m. Appointments
Northeast District Health Office 221-7300	8 a.m. - 4 p.m. Appointments	Noon - 4 p.m. Walk-ins	3 - 6 p.m. Appointments No TB skin tests	8 a.m. - 4 p.m. Walk-ins No TB skin tests	8 a.m. - Noon Appointments
South District Health Office 221-5700	8 a.m. - 4 p.m. Walk-ins	3 - 6 p.m. Appointments	Noon - 4 p.m. Appointments	8 a.m. - Noon Walk-ins No TB skin tests	8 a.m. - 4 p.m. Appointments
Meadows Clinic 221-2379		8 a.m. - Noon Walk-ins			Noon - 4 p.m. Appointments
Eagledale Plaza 221-3441	8 a.m. - Noon Appointments	Noon - 4 p.m. Appointments	8 a.m. - 4 p.m. Walk-ins		8 a.m. - Noon Walk-ins
Stop 11 Clinic 883-3165		8 a.m. - Noon Appointments		8 a.m. - Noon Appointments No TB skin tests	
		<b>2nd, 4th and 5th Tuesdays of each month: Noon - 4 p.m. Appointments</b>			

## ACTION Health Center Saturday clinics

The ACTION Health Center will be offering clinics on the following Saturdays during 2015. New clients are currently being accepted, with or without insurance, ages birth to 25 years. Services will vary by date.

February 14	May 9	August 8	November 14
March 14	June 13	September 12	December 12
April 11	July 11	October 10	

# 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	Arlington High School .....	226-2992
Children's Special Health Care Services Program .....	221-2103	Crispus Attucks Medical Magnet High School.....	226-2791
Chronic Disease .....	221-2094	John Marshall Community School.....	226-4622
Communicable Disease Control .....	221-2117	Manual High School.....	226-2000
Community-Based Care (CBC) .....	221-2366	School Health Promotion .....	221-2052
Community Nutrition Services .....	221-7403	School Health Services .....	221-2366
Dental Health .....	221-2329	Sewage Regulation (Septic Systems) .....	221-2147
Diabetes Education .....	221-2104	Sexually Transmitted Disease Control .....	221-8300
Environmental Control .....	221-7588	Sickle Cell Anemia .....	221-2105
Food Safety .....	221-2222	Smoke Free Indiana.....	221-2084
Foreign Born Health .....	221-2114	Social Work .....	221-2364
Hazardous Materials .....	221-2266	Streams, Groundwater and Solid Waste .....	221-2266
Health Education, Promotion and Training.....	221-2092	Swimming Facilities Regulation (Public) .....	221-2270
Healthy Babies Consortium .....	221-2313	Tobacco Free Youth Initiative.....	221-3100
HIV/AIDS Prevention Information .....	221-3101	Tuberculosis Control .....	221-2106
HIV/AIDS Outreach Project .....	221-4618	Violence Prevention .....	221-2085
Bell Flower Clinic .....	221-8300	Wellfield Protection .....	221-2266
Housing and Neighborhood Health .....	221-2150	Wells and Drinking Water Safety .....	221-2145
Immunization Program .....	221-2122	WIC (Special Supplemental Nutrition Program for Women, Infants and Children) .....	221-7401
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