

IMPACT

Public health news and information for the Marion County Community

Winter 2018

www.hhcorp.org

marionhealth.org

 @Marion_Health

MCPHD focuses on cardiovascular health at Too Sweet For Your Own Good

MCPHD joined forces with the Minority Health Coalition of Marion County, Indiana University and other community partners to hold its annual Too Sweet For Your Own Good conference on Nov. 11 at Fairbanks Hall on the IUPUI campus. MCPHD volunteers were out in force to provide information, help run the event and even offer tasty smoothie samples to attendees. Speakers touched upon issues critical to diabetic patients, including foot care, nutrition and cardiovascular health. For more information on managing diabetes, visit MCPHD online at marionhealth.org or call us at 317-221-2000. For scheduling information about upcoming ABCs of Diabetes classes, turn to page 4.



INSIDE THIS ISSUE

Ken Prevo joins EHSM as administrator

2

Geri Waggle travels to Texas to assist hurricane survivors

3

Virginia Caine honored by BioCrossroads

4

Important flu information

5

Mike Wallace honored for his work in HIV/AIDS services

7

EHSM welcomes new administrator Ken Prevo

Kenneth W. Prevo has joined Environmental Health Safety & Management as its new administrator after the recent retirement of former administrator Kip Mibey.

Ken comes to Marion County from Birmingham, Ala., where he retired from the Birmingham Police Department after 21 years. Ken spent much of his law enforcement career as a detective. He also served in the Air Guard Reserves for 20 years, attaining the rank of first sergeant by his retirement.

After his retirement from law enforcement, Ken devoted his time to learning more about public health and the reality of crime as a public health issue. With his lifelong dedication to public service and interest in helping build healthy communities, he decided to take his career in a new direction. When he found the EHSM administrator role at the Marion County Public Health Department, he knew he had found a place where he could continue working to make a difference.

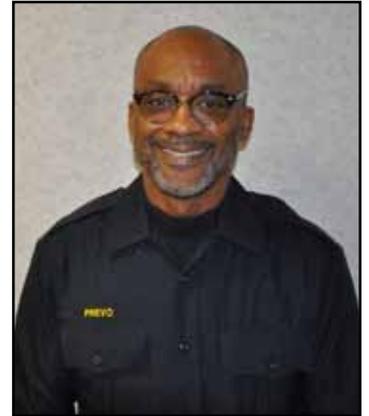
"It's an opportunity to bridge all my experiences and leadership training and make a difference in public health and continue to serve," he says. "It's all about service for me."

Ken welcomes the opportunity to work to enhance public safety and prevent crime by improving neighborhoods and the lives of citizens.

"In my role as a police officer, my job was to keep people safe. In this job, I can improve the quality of life."

As EHSM administrator, Ken looks forward to getting out in the community and educating the public about the important work that EHSM staff does to protect and promote health in Marion County.

In his free time, Ken likes to travel and go to the movies, reads avidly and closely follows politics and current events. Born in Louisiana, he attended high school in Houston and obtained a Bachelor of Science degree in criminal justice at Oakland City University. He has been married to his wife, Deborah, for 21 years and has four grown children.



January is Radon Action Month!



What is radon?

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

What are the health effects of radon?

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 in the lungs, where it undergoes radioactive decay. As it decays, radon releases burst of energy called alpha particles, 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, however radon can also be found in well water. Hot spots include basements, first-floor rooms and garages. Radon has been found to be elevated levels in homes in every state, and EPA estimates that as many as one in 15 homes across the U.S. have elevated radon levels. Testing in Marion County for 2011-2016 indicated that approximately 40 percent were above the EPA action level. No area in the county is free from risk.

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 4 pCi/L or greater, be fixed.

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

Radon test kits that meet EPA guidelines can be obtained from an Indiana certified radon testing company or laboratory. The Marion County Health Department offers free radon test for Marion County residents. To obtain a radon test, call the Marion County Health Department at 317-221-2266. Radon tests are also available at local hardware and home improvement stores. Testing your home for radon is as simple as opening a package, placing a radon detector in a designated area, and after the prescribed amount of days, sealing the detector back in the package and mailing it to a lab. For a list of Indiana certified radon laboratories, testers, and mitigators, contact the Marion County Public Health Department at 317-221-2266 or the Indiana State Department of Health at 317-233-7149. On the web, go to www.in.gov/isdh/regsvcs/radhealth/radon.htm.

How much does it cost to lower radon levels?

The cost of making repairs to reduce radon depends on how your home was built and other factors. Most homes can be fixed for about the same cost as other common home repairs. The average cost for a certified contractor to lower radon levels in a home is about \$1,200.

Gerri Waggle brings her skills to Texas to support Hurricane Harvey survivors

When Hurricane Harvey pounded southeastern Texas with record amounts of rain at the beginning of September, thousands of people were left homeless with their lives and futures in disarray. From more than a thousand miles away, Gerri Waggle of the Social Work Department saw the devastation and when a volunteer recruitment e-mail arrived from the Red Cross, she knew she wanted to help.

With a family vacation already planned for that week, she wrestled with what to do and how to accomplish it.

"I got the e-mail from the Red Cross and I thought, what do I want to do? Do I want to go to Texas and help these people or go to New England with my sisters?" Gerri said.

She canceled her family vacation and decided to do whatever she needed to do with her supervisors and Human Resources to get to Texas and stay as long as she could.

Gerri was thrilled to find out that her supervisor and MCPHD leadership supported her decision to help out in Texas. "They told me that they were going to pay my leave so that I could go and not use vacation time. I was like, 'They really believe in what I'm doing and they really support me,'" she said. "I felt so supported by MCPHD to do this."

Gerri was initially deployed to Beaumont, a Gulf Coast town about 90 minutes south of Houston near the Louisiana border. Rose City, where she was first assigned, was completely underwater after Harvey. When she arrived, the water had receded and residents were just returning to survey the damage.

"When I got there, they were just returning to see the devastation. These homes were still standing, but all the furniture, all the appliances, all the cars had been

underwater," she said. "It's just really such a sad thing."

She got to work right away, helping distribute Red Cross supplies to help people clean out their homes and providing services to displaced and at-risk individuals in shelters. Many of her clients already faced chronic disease, mental illness and poverty. Gerri put her skills to work to help hurricane victims with their trauma and get them connected with more resources and assistance.

"They were stressed, they don't know where they're going to go, they're in limbo, they have children, they have chronic illness – it was very much like having everyone we serve here in one place," she said.

During her stint in Texas, she worked in two shelters to assist hurricane victims. She stayed a total of eight days, her trip cut two days short after she contracted a virus and had to go back to Indiana to recover.

To Gerri, the most valuable part of the experience was the ability to let people in need know that the rest of the country cared and wanted to help.

"They were so shocked when I told them I was from Indianapolis," she said. "That made them feel like people cared. They suffered. They faced such devastation"

"I met so many wonderful volunteers," she continued. "When you see the outpouring of support and volunteerism, it just affirms your own desire to be that volunteer and to reach out to people in other places."

Gerri already plans to travel again someday to help people in devastated areas.

"It's an experience of a lifetime and people asked me if I would do it again and I absolutely would," she said.

Eric Kaufman assumes new corporate safety role

Eric Kaufman has joined Health & Hospital Corporation's corporate staff as Safety Coordinator. In his newly-created position, Eric will work to ensure that HHC/MCPHD provides a safe and healthy environment for employees, contractors, clients and visitors while maintaining compliance with local, state and federal safety regulations.

In the past year, HHC/MCPHD has put forth major effort to evaluate and improve safety and security in all its facilities. The new Safety Coordinator is just one of the changes created to address existing and newly identified safety and security needs. In his new position, Eric will work to review and update existing policies or create new policies where gaps exist while working as a team with Facilities and Security staff.

In his new role, Eric will report to Vice President of Facilities Brian Carney. Previously, he spent nearly seven years as a hazardous materials responder with Water Quality and Hazardous Materials Management. He has been with HHC/MCPHD for ten years.



Eric on the job in his previous role as a hazardous materials responder.

BioCrossroads honors Virginia Caine as Life Sciences Champion of the Year



BioCrossroads Board of Directors named Marion County Public Health Department Director Virginia A. Caine, M.D., the 2017 recipient of the August M. Watanabe Life Sciences Champion of the year Award, a prestigious honor named in tribute to BioCrossroads' late Chairman August Watanabe, at the Indiana Life Sciences Summit held on October 10, 2017.

BioCrossroads presents the Watanabe Award annually to an individual or organization that has made or enabled unique achievements in the development of Indiana's life sciences and healthcare research, clinical, educational or economic advancement.

Dr. Caine was chosen for this award because of her vision and energy focused on making Marion County one of the healthiest communities in the country, with significant attention to underserved populations.

Dr. Caine joins an impressive list of previous Watanabe Life Sciences Champion of the Year award winners. Dr. Caine is the first African-American and the first woman to receive this prestigious award.

CALENDAR OF EVENTS

FEBRUARY

1, 8, 15, 22

Free Blood Lead and Consumer Product Testing

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

5, 12, 19, 26

ABCs of Diabetes

Free four-part 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 marionhealth.org/diabetes. **New sessions begin at the start of every month. You must register before attending your first class.**

Pike Branch Library
6525 Zionsville Rd., 46268
1:30 - 3:30 p.m.

MARCH

1, 8, 15, 22

Free Blood Lead and Consumer Product Testing

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

5, 12, 19, 26

ABCs of Diabetes

Free four-part 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 marionhealth.org/diabetes. **New sessions begin at the start of every month. You must register before attending your first class.**

Beech Grove Branch Library
1102 Main St., 46107
1:30 - 3:30 p.m.

8, 15, 22, 29

ABCs of Diabetes

Free four-part 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 marionhealth.org/diabetes. **New sessions begin at the start of every month. You must register before attending your first class.**

Nora Branch Library
8625 Guilford Ave., 46240
5:30 - 7:30 p.m.

APRIL

5, 12, 19, 26

Free Blood Lead and Consumer Product Testing

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

4, 8, 11, 25

ABCs of Diabetes

Free four-part 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 marionhealth.org/diabetes. **New sessions begin at the start of every month. You must register before attending your first class.**

East 38th Street Branch Library
5420 E. 38th St., 46218
1:30 - 3:30 p.m.



Marion County residents asked to fill and return surveys

In order to better serve the needs of the community, the Marion County Public Health Department has launched a public health survey.

A randomly-selected group of 25,000 residents representing all parts of Marion County will receive a survey through traditional postal mail. The mailing includes an introductory letter and a copy of the survey.

The study is being conducted by the Indiana University Center for Survey Research in partnership with the Marion County Public Health Department. The goal is to learn about the health of people living in the county and the issues that affect it.

Results will be used to improve health-related services in Marion County and to improve the quality of life for residents and neighborhoods.

For those who receive the survey, Marion County Public

Health Department Director Virginia A. Caine, M.D., is asking for them to please take the time to complete the survey and return it using a postage-paid envelope that is included in the mailing.

Completing the survey should take about 15 minutes, and responses are confidential.

Participation from each person who receives the survey is critical to the success of this project. By taking a few minutes to complete the questionnaire, this information will greatly improve the health department's understanding of local health needs.

For more information about the survey, or to ask any questions, please contact Dr. Joe Gibson, director of Epidemiology at the Marion County Public Health Department, at 317-221-3355 or send an email to epidemiology@marion-health.org.

MCPHD and Eskenazi Health implement visitation restrictions to safeguard community

Effective Jan. 8, in response to increasing numbers of serious flu cases in the community, the Sidney & Lois Eskenazi Hospital will implement temporary visitation restrictions. These restrictions are being implemented in partnership with the Marion County Public Health Department and the Indianapolis Coalition for Patient Safety.

For the safety of our patients and staff, only immediate family members and significant others ages 18 and above will be able to visit patients at this time. People experiencing flu-like symptoms such as fever, cough, muscle aches or sore throat are also asked not to visit patients in the Sidney & Lois Eskenazi Hospital. Exceptions to these restrictions may be made on a case-by-case basis by contacting Eskenazi Health Office of Patient Experience at 317-880-8333.

You can help protect yourself and others by:

- Frequently washing your hands and encouraging others to do the same
- Covering your coughs and encouraging others to do the same
- Staying home if you are sick
- Wiping down touchable surfaces at work and at home with disinfectant.
- Explaining the temporary restrictions to patients and visitors you encounter

Similar visitation restrictions are being implemented in other hospitals throughout the city. The decision to restrict visitors was made after thoughtful consideration and in the interest of ensuring the safest environment possible.

A Seasonal Flu Shot Offers Protection

The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine for everyone six months of age and older. It is especially important for pregnant women, people age 65 and older, and anyone with certain medical conditions including asthma, diabetes and chronic lung disease.

Flu vaccine and other immunizations are also at the Marion County Public Health Department's district health offices. The cost for a flu shot is \$20 for adults and for children ages 2-18. Shots for children under two years old are free.

Influenza is a contagious respiratory illness caused by a virus. Symptoms include fever, sore throat, cough, headaches, fatigue, chills, and muscle aches.

"A flu vaccination can reduce illnesses, doctor visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations," said Virginia A. Caine, M.D., director of the

To learn more district health office locations and hours please call 317-221-2122 or visit MarionHealth.org.



MCPHD In The Community



Michael Wallace retired as the director of the Ryan White/HIV Services program after ten remarkable years. During his time with Ryan White, Mike directly and indirectly touched the lives of thousands of people in Marion County with his compassion and tireless efforts. In 2017, Mike received the Distinguished Service Award from the Indiana Public Health Foundation in recognition of his career in HIV/AIDS prevention, early identification, intervention, health care services delivery and advocacy. In addition to his work with MCPHD, Mike headed up HIV/AIDS prevention with the Indiana State Department of Health and worked with the Indiana AIDS Fund. Thank you, Mike, for your incredible service to Marion County and the entire state of Indiana!



Ball State University nursing students joined forces with Healthy Homes, Environmental Management & Senior Care for Indy Asthma Camp, a one-day event for parents and kids to learn more about managing asthma and maintaining healthy environments to minimize triggers and prevent attacks. Kids played games and participated in interactive projects - seen above making "mucus" out of Elmer's Glue and corn starch - while parents attended informational sessions. Parents and kids reunited in the afternoon for a joint session with nursing students and Healthy Homes staff.



WIC has partnered with The Milk Bank to open a Milk Depot at its drop-in breastfeeding support center at the Forest Manor Health Center. Milk Depot locations offer moms the opportunity to donate fresh breast milk to feed babies in need.



MCPHD In The Community



Michael Wallace honored for his work in HIV/AIDS prevention and care

Michael Wallace, Director of the Ryan White Services Program of the Marion County Public Health Department received the Distinguished Service Award from the Indiana Public Health Foundation at The 33rd Annual Indiana Public Health Celebration & Hulman Awards October 19, 2017 at the Indiana History Center.

Mike has spent much of his career working in the areas of HIV/AIDS prevention, early identification and intervention, health care services delivery and advocacy. As a longtime leader and pioneer in the fight against HIV/AIDS, "Mike has always been on the cutting edge of science and policy."

As a tireless advocate for persons living with HIV/AIDS, Mike has allowed his inner purpose to become his life's purpose, which has allowed countless people to benefit exponentially.



Mental Health of America honored Social Work Department administrator Frankye Johnson (center) with a Hero for Recovery Award in its Mental Health and Addiction Professional awards category. Congratulations and thank you for all the great work you do with MCPHD!

Right: Indianapolis Healthy Start held an infant mortality consortium on Nov. 14 at the Interchurch Center. The group welcomed a number of speakers, including Indiana State Health Commissioner Kristina Box, M.D. and Haywood Brown, M.D. of Duke University and president of the American Congress of Obstetricians and Gynecologists. Virginia Caine, M.D. also addressed the session, which focused on health disparities and heard from mothers affected by preterm birth and infant loss.



Spouses of the Kiwanis International Board of Directors came in to help sort and pack diapers for MCPHD's B.A.B.E. program, which helps families purchase children's clothing, toys and supplies through an incentive program. The volunteers also made a generous donation!





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

**MARION COUNTY PUBLIC HEALTH
 DEPARTMENT SERVICES**

ACTION Health Center Clinic	317-221-3400	Indoor Air Quality	317-221-2147
ACTION Health Center Education and Social Services	317-221-8950	Indianapolis Birthing Project/SisterFriend	317-221-7419
Animal Bite Surveillance	317-221-2222	Injury Prevention	317-221-3145
Asthma Screening and Education	317-221-2094	Mortgage Loan Inspections.....	317-221-2147
B.A.B.E. (Beds and Britches, Etc.)	317-221-3050	Laboratory (Public Health)	317-221-4670
Birth and Death Registry	317-221-2400	Maternal and Child Health	317-221-2312
Birth and Death Registry TTY for Hearing Impaired	317-221-2410	Mosquito Control.....	317-221-7440
Certificates of Birth Correction Info	317-221-2397	Newborn Screening.....	317-221-2331
Chronic Disease Prevention	317-221-2101	Older Adult Health	317-221-2087
Cardiovascular Health	317-221-2097	Rodent Control	317-221-7588
Child Abuse/Neglect Detection and Prevention	317-221-2366	School-Based Health Centers	
Children's Special Health Care Services Program	317-221-2103	Crispus Attucks Medical Magnet High School	317-226-2791
Chronic Disease	317-221-2094	School Health Services.....	317-221-2366
Communicable Disease Control	317-221-2117	Sewage Regulation (Septic Systems)	317-221-2147
Community-Based Care (CBC)	317-221-2366	Sexually Transmitted Disease Control	317-221-8300
Community Nutrition Services	317-221-7403	Sickle Cell Anemia.....	317-221-2105
Dental Health	317-221-2329	Smoke Free Indiana.....	317-221-2084
Diabetes Education	317-221-2104	Social Work	317-221-2364
Environmental Control	317-221-7588	Streams, Groundwater and Solid Waste	317-221-2147
Food Safety	317-221-2222	Substance Use Outreach Services	317-221-4618
Foreign Born Health	317-221-2114	Swimming Facilities Regulation (Public)	317-221-2147
Hazardous Materials	317-221-2147	Tobacco Free Youth Initiative	317-221-3100
Health Education, Promotion and Training.....	317-221-2092	Tuberculosis Control	317-221-2106
Healthy Babies Consortium	317-221-2313	Violence Prevention	317-221-2085
Healthy Homes, Environmental Consumer Management and Senior Care	317-221-2155	Wellfield Protection	317-221-2266
HIV/AIDS Prevention Information	317-221-3101	Wells and Drinking Water Safety	317-221-2147
Bell Flower Clinic	317-221-8300	WIC (Special Supplemental Nutrition Program for Women, Infants and Children).....	317-221-7401
Housing and Neighborhood Health	317-221-2150		
Immunization Program	317-221-2122		

Public Health Impact is published four times a year by the Health and Hospital Corporation of Marion County, (0405) ©2017 Health and Hospital Corporation of Marion County, 3838 N. Rural Street, Public Relations 6th Floor, Indianapolis, Ind. 46205. All rights reserved. Reproduction without permission is strictly prohibited. No material in this issue may be reproduced without permission from the Health and Hospital Corporation of Marion County. All articles in Public Health Impact are written and edited by professionals in health care and reviewed for accuracy by an editorial board.