

# IMPACT

Public health news and information for the Marion County Community

Fall 2017

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## MCPHD informs and entertains during annual H.O.P.P. Conference

Nearly 600 area seniors, caregivers and friends gathered at Primo South Banquet Center on September 15 for the annual Healthy Older Peoples' Program, or H.O.P.P. This year, attendees could attend their choice of information sessions on preventative care, legal issues, ageism and consumer protection. This year's theme was Changes on the Horizon – a recognition and celebration of the changes that all people experience as they age. For more information about the Marion County Public Health Department's services for seniors or to learn more about the Healthy Older Peoples' Program, contact MCPHD at 317-221-2000.



### INSIDE THIS ISSUE

MCPHD participates in large-scale simulation

2

Long-Term Care works to improve emergency preparedness

3

Staff connect with local youth at JA JobSpark

4

MCPHD staff help new arrivals connect with the community

5

Exercising with Mayor Joe Hogsett

7

# MCPHD participates in large-scale emergency simulation

The dedicated professionals at the Marion County Public Health Department routinely participate in disaster simulations to keep their skills sharp in the event of a real emergency that threatens the health and safety of the citizens of Marion County and millions of annual visitors. But for a large-scale simulation on July 13, organizers decided to add a new wrinkle to the scenario: Children who have been



exposed to hazardous materials.

“Typically when we do our HAZMAT exercise, we’re working with building facilities and chemical companies, so we’re interacting with adults,” says Jeff Larmore of Water Quality and Hazardous Materials Management. “For this year’s

exercise, the hospitals came to us and wanted to have both adults and children.”

Larmore and the other community partners, which included the Indianapolis Fire Department, Indianapolis EMS, Indianapolis Metropolitan Police Department, the Indianapolis Bureau of Homeland Security, the Roudebush VA Medical Center, Riley Hospital for Children, Methodist Hospital, University Hospital, Eskenazi Health and the MESH Coalition, wanted to ensure that in the event of a mass casualty situation involving children, they were prepared to assist.

“We typically don’t deal with decontaminating children in our HAZMAT practices,” he says. “One of the things we’re looking to review is how well we’re set up to deal with a hazard-

ous materials incident in which the majority of victims are children.”

In this scenario, a private facility in Indianapolis is dealing



with an infestation problem and instead of using approved pesticides for indoor use, sprays the building with malathion. A potent organophosphate pesticide that is usually used outdoors for mosquitoes, malathion exposure can wreak havoc on the nervous system. It has a strong smell and can be absorbed through the skin on wet surfaces. An individual might feel generally unwell from mild exposure. Severe or prolonged exposure can lead to a loss of consciousness, faintness, headaches, sweating, nausea, vomiting and diarrhea. For this simulation, kids were scheduled to arrive at the contaminated facility at around nine in the morning for a youth camp. Around fifteen minutes later, authorities received their first 911 calls.

For more information about MCPHD’s Department of Water Quality and Hazardous Materials Management, call MCPHD at 317-221-2266.

## How does a pill become a public health emergency?

Painkiller prescriptions have quadrupled in the U.S. since 1999, and Indiana is one of the states with more painkiller prescriptions each year than there are people in the state. Some became addicted to their prescription opioids and began to crush pills to receive a quicker high. When crush-proof pills came on the market in 2010, those who wanted to use those pills had to boil them for injection. Many then turned to heroin because it both increased in availability and was cheaper than pills. In the state of Indiana, it is illegal to possess syringes without a prescription, so users often have to share syringes and that increases the spread of infections. With the introduction of fentanyl (a man-made opioid that is 100 times more potent than morphine) to heroin mixtures around 2013, overdoses and deaths began to increase.

The opioid epidemic has reached Marion County, affecting all races, genders and age groups across the county. Indianapolis Emergency Medical Services (IEMS) are being used at much higher rates. Since 2011, IEMS runs for overdose victims have tripled and opioid deaths have increased by 88 percent. Infectious diseases related to injection drug use are rising,

including a 400 percent rise in acute hepatitis C infections. Newly infected HIV patients who report injection drug use as a risk have doubled to nearly seven percent of the newly diagnosed. The biggest proportion of those overdosing, dying and contracting infections from needle-sharing are young adults (20-44), and that means families are being affected in ways that include a 64 percent increase in children placed in foster care (2013 to 2015).

Evidence-based methods to help stem this crisis include syringe exchange programs, increasing the capacity to treat mental health disorders and addiction, reducing opioid prescriptions to fewer days for first-time users and reducing the stigma of addiction so people will talk about it and seek treatment.

You can help by returning leftover painkillers (see <http://www.in.gov/idem/recycle/2343.htm> for continually updated locations) and consulting with Substance Use Outreach Services at 317-221-4618 if you or someone you care about is struggling with addiction.

# Long-Term Care improves emergency preparedness

The photo went viral just hours after its publication – a group of Texas nursing home residents sitting in chest-deep water as they awaited rescue from Hurricane Harvey’s lethal flooding. Before long, emergency responders had evacuated 18 people, including 15 seniors, from the La Vita Bella nursing home.

While trained professionals rescued La Vita Bella’s residents, untrained civilian responders worked to evacuate other facilities in the Houston area. The untrained rescues posed a unique set of risks and later spawned numerous lawsuits between the residents’ families and the facilities themselves.

Situations like the ones encountered by long-term care facilities in Texas posed a tough question for facilities around the country – how do facilities balance urgency with resident safety during an emergency?

Health and Hospital’s Long-Term Care Department is working hard to establish firm emergency plans to protect the safety and security of all staff and residents at its long-term care facilities around the state. Detailed emergency preparedness plans are now required by the Centers for Medicare and Medicaid Services and HHC is dedicated to meeting and exceeding federal guidelines.

While HHC’s facilities have never faced a disaster of Harvey’s magnitude, they must still contend with Indiana’s sometimes-unpredictable weather, such as the storm that ripped the roof off of Bethany Village on the south side of

Indianapolis in the summer of 2016. Weather isn’t the only thing some facilities have to contend with.

According to Vice President of Long-Term Care Shelia Guenin, needs for HHC facilities vary

widely around the state and are not always weather-related.

Directors and maintenance supervisors from HHC facilities in central Indiana met on Wednesday, Sept. 27 for policy discussions, a presentation from the MESH Coalition and an introduction for an upcoming tabletop simulation for long-term care facility management. Similar meetings took place in the northern and southern regions of the state.

Health & Hospital Corporation of Marion County and its private sector partner, American Senior Communities, operates 60 long-term care facilities throughout Indiana. Since opening its first long-term care facility in 1995, HHC has worked to improve the lives of elderly and chronically infirmed Hoosiers in Marion County and beyond. Thank you to our Long-Term Care staff for the incredible work you do to keep our long-term care residents safe and healthy during emergencies!



# Indianapolis Healthy Start hosts "Magnificent Seven" at regional conference

Indianapolis Healthy Start hosted Healthy Start program staff from Indiana, Colorado, Minnesota, Nevada, Oregon, South Dakota and Wisconsin in August for a two-day conference where they discussed critical issues such as maternal and infant mortality and maternal opioid use. Haywood Brown, M.D., longtime Indianapolis Healthy Start advisor, Professor of Obstetrics and Gynecology at the Duke University School of Medicine and current president of the American Congress of Obstetricians and Gynecologists, delivered a talk on the second day, outlining maternal mortality challenges, racial disparities and ways that outreach workers can make a critical difference in the lives of at-risk pregnant and postpartum women.

Participants also enjoyed a presentation and panel discussion about opioid use and misuse in Marion County and ongoing efforts to save lives with treatment outreach and increased availability of naloxone kits.

Indianapolis Healthy Start was one of the first Healthy Start grants awarded by the CDC in 1997. The program was established as one of the primary tools in the fight against maternal mortality in Marion County. In 1984, Marion County had the dubious distinction of the highest black infant mortality rate in the nation with infant mortality for all races and ethnicities higher than the national average. The Marion



County Public Health Department’s Maternal and Child Health programs have consistently been at the frontlines of the fight to save infant lives. Today, the black infant mortality rate is less than half of its 1984 high, but the work continues with Healthy Start in the trenches.

Indianapolis Healthy Start offers education, referral and support services to pregnant women and their families in an effort to eliminate the disparities in birth outcomes and improve infant survival rates in Marion County. For more information about Healthy Start services, including parenting classes and breastfeeding support, call 317-221-2317.



# HHC/MCPHD staff engage youth at JobSpark

Employees from throughout Health & Hospital participated in the JA JobSpark on Sept. 26-27 at the Indiana State Fairgrounds. JobSpark is part of a Junior Achievement career-readiness curriculum featuring hands-on learning experiences. Over 8,500 students participated from more than 45 schools in central Indiana and explored hundreds of career pathways by talking with industry professionals. Steven Johnson, Human Resources Coordinator, co-chaired the Health Care and Life Sciences career cluster and began recruiting departments back in January. The Dental Services Department joined right away and offered to bring the Smile Mobile. On board, students learned about good oral health and used the tooth polisher. Employees from Eskenazi Health and IEMS taught students how to help a choking victim and how to stop a wound from bleeding. The cluster included Eli Lilly & Co., St. Vincent & Franciscan Hospitals, and more. Simulations included using laparoscopic surgery equipment, mixing medication compounds, and using a bone grinder to stimulate new bone growth. Elsewhere, MCPHD employees taught students about good nutrition.



## CALENDAR OF EVENTS

### NOVEMBER

**2, 9, 16, 30**

#### **Free Blood Lead and Consumer Product Testing**

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

**7, 14, 21, 28**

#### **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](http://marionhealth.org/diabetes). **New sessions begin at the start of every month. You must register before attending your first class.**

Glendale Branch Library  
6101 N. Keystone Ave., 46220  
1:30 - 3:30 p.m.

**11**

#### **Too Sweet For Your Own Good**

Join MCPHD and its partners for this one-day educational event and health fair for people with diabetes and their friends and loved ones. Talk to vendors and providers and enjoy an informative and engaging presentation about relevant issues for diabetetic people. Lunch will be provided. Please RSVP at 317-926-1170.

Indiana University-Purdue University Indianapolis  
Fairbanks Hall  
340 W. 10th St., 46202  
Registration opens at 9:15 a.m.  
Event runs from 10 a.m. to 2:30 p.m.

### DECEMBER

**7, 14, 21, 28**

#### **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 the following dates to observe the holidays:**

**November 23 and 24, 2017**

**December 25 and 26, 2017**

**January 1, 2018**



# MCPHD staff volunteer to help new arrivals in Marion County

Maryori Duarte-Sheffield of Healthy Homes, Environmental Consumer Management and Senior Care is a well-known personality around Marion County. She works hard promoting safe and healthy homes for families, children and seniors. But her HHC/MCPHD coworkers and clients may not know about one of Duarte-Sheffield's other big roles - as a mentor, guide and friend to newly arrived immigrants at the Immigrant Welcome Center in Indianapolis.

Duarte-Sheffield volunteers with the Immigrant Welcome Center as part of the Natural Helper program, which helps new arrivals to the United States handle critical tasks to get them off to a good start in their new home - enrolling in health insurance and school, connecting them with public services or assistance and helping them learn to navigate their new city. Natural Helpers must complete 21 hours of training before the Immigrant Welcome Center connects them with new clients.

"We help them with everything they need to get started in their new lives," she says.

Duarte-Sheffield, who emigrated from Venezuela, is one of a handful of Marion County Public Health Department staff working with the Natural Helper program. Uda Sharif-Jeylani and Kip Mibey of Environmental Control, Fikru Hailu of Water Quality and Hazardous Materials Management, and Belkis Ramirez of Infectious Diseases also volunteer with the Natural Helper program.

As a native Spanish speaker, Duarte-Sheffield primarily works with other Spanish speakers. The Immigrant Welcome Center tries to match new arrivals with helpers from the same region or country, but Duarte-Sheffield has also assisted people from as far afield as south Asia. Volunteers in

the Natural Helpers program come from all over the globe, including the United States.

The best part about the job, she says, is when she is no longer needed.

"When I see somebody succeeding and they don't need me anymore - that's awesome," she says.

Duarte-Sheffield's work as a volunteer and public speaker has given her a significant role as a public cheerleader for the Natural Helpers program. After a presentation for the Immigrant Welcome Center's board of directors in January, The program director asked her to do another presentation in the spring and she said yes. She thought she was agreeing to another board presentation, but as she laughingly recalls, she misunderstood the program director, himself an immigrant from the Democratic Republic of Congo, through his thick accent. As she learned later, she had actually agreed to give a TEDx talk - a significantly higher-profile appearance than a board meeting.

After months of research, rehearsal and nerves, she delivered her talk at Butler University on April 25. Her talk included her own immigration story, complete with family photos and a retrospective of her work with the Immigrant Welcome Center and a summary of the good work that the Natural Helpers program does. She was thrilled with her performance and hopes to do more public speaking about the Natural Helpers program, her identity as an immigrant and her passion for service.

To watch Maryori Duarte-Sheffield's TEDx talk, visit <https://www.youtube.com/watch?v=7kiZenNq3kg>

To learn more about the Immigrant Welcome Center, visit [www.immigrantwelcomecenter.org](http://www.immigrantwelcomecenter.org).

## Get covered!

Confused about health coverage? Covering Kids & Families of Health and Hospital helps those in need of health insurance as they attempt to understand and sign up for state programs and the federal health care coverage programs. CKF wants everyone to know:

- Medicaid, Hoosier Healthwise, Healthy Indiana Plan (HIP) and Children's Health Insurance Plan (CHIP) have year-round enrollment.
- Starting this year and each year moving forward, the Healthy Indiana Plan (HIP) will offer consumers the opportunity to change their health plans between November 1 to December 15, regardless of when they enrolled or when they are up for renewal.
- Marketplace Open Enrollment is November 1 to December 15, 2017 with coverage starting January 1, 2018.
- If you do not have healthcare coverage or have questions about coverage, free unbiased help is available from CKF of Health and Hospital.

CKF of HHC can be reached at **(317) 221-2041** or visit our website at [www.ckfindiana.org](http://www.ckfindiana.org) and click on Central Indiana.



# MCPHD In The Community

## Legacy House holds annual Outpouring fundraising event



This year's Outpouring was held at Biltwell Event Center on the south side and featured a silent auction, wine pull, guest speakers and a special appearance from Hudson the therapy dog. WTHR's Emily Longnecker served as master of ceremonies.

## Learning Well honors MCPHD school-based health



Learning Well Inc. hosted a reception on June 28, 2017 honoring all of those responsible for making school-based health clinics in Marion County a huge success. Learning Well Inc., established over 15 years ago, partnered with hospitals, federal qualified health centers, medical groups, school districts, local funders and government entities to provide free medical care, dental screenings, mental health services and health education information to Marion County students.

During its tenure, over 39 million dollars was raised to support 95 school-based clinics in Marion County at traditional public schools, parochial schools and non-traditional public charter schools. Learning Well provided healthcare services to over 240,000 students during 2.5 million visits. The school-based health clinics will continue under the direction of the individual healthcare providers and school districts.

## INShape Indiana Black & Minority Health Fair



A study entitled Unequal Access: Tobacco Retail in the Indianapolis Metro Area was released on June 29, 2017 at a public forum at WFYI. The study divided Marion County census tracts into low, medium and high access areas for tobacco retail outlets. The Polis report found that tobacco access in the Indianapolis metro area is similar to what has been found in other parts of the country, with poor and minority areas having a higher density of tobacco outlets.

The Polis Center event was sponsored by the IU Richard M. Fairbanks School of Public Health and the Fairbanks Foundation in partnership with IUPUI, the IUPUI School of Liberal Arts and WFYI. The study was produced by The Polis Center for the SAVI Community Information System as a supplement to the IU Richard M. Fairbanks School of Public Health's September 2016 Report on the Tobacco Epidemic in Marion County and Indiana.



# MCPHD In The Community



Immunizations partnered with the Indiana Fever again to promote prevention and healthy choices to Marion County citizens! Jennifer Case-Tardiff, R.N., served as the Honorary Team Captain on MCPHD's sponsorship night at Bankers Life Fieldhouse. She is pictured with Jeanette Pohlen-Mavunga (Indiana Fever #32).



Stacie Hurrell of Chronic Disease, Dr. Millicent Moye of Adolescent Health and Michelle Shippy of Chronic Disease participated in Move With Mayor Joe in September at the John Boner Center. Move With Mayor Joe is part of Mayor Joe Hogsett's Move with the Mayor initiative, developed in partnership with the National Forum for Heart Disease and Stroke Prevention. Marion County citizens were encouraged to join in 30 minute walks each Saturday in September. Walking for as little as 30 minutes a day can significantly reduce your risk of cardiovascular disease!

## Covering Kids & Families holds annual Back-to-School Family Day



Covering Kids & Families of Central Indiana held its annual Back-to-School Family Day on July 29 in conjunction with the Indianapolis Fire Department's Fire Safety Festival. Attendees received free school supplies and health screenings and enjoyed fun, family-friendly and health-focused activities. Contact Covering Kids & Families at 317-221-2041 for more information about their services.



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	Mother Baby Healthline TTY For Hearing Impaired .....	317-221-2354
Chronic Disease Prevention .....	317-221-2101	Newborn Screening.....	317-221-2331
Cardiovascular Health .....	317-221-2097	Older Adult Health .....	317-221-2087
Child Abuse/Neglect Detection and Prevention .....	317-221-2366	Rodent Control.....	317-221-7588
Children's Special Health Care Services Program .....	317-221-2103	School-Based Health Centers	
Chronic Disease .....	317-221-2094	Crispus Attucks Medical Magnet High School.....	317-226-2791
Communicable Disease Control .....	317-221-2117	School Health Services.....	317-221-2366
Community-Based Care (CBC) .....	317-221-2366	Sewage Regulation (Septic Systems) .....	317-221-2147
Community Nutrition Services .....	317-221-7403	Sexually Transmitted Disease Control .....	317-221-8300
Dental Health .....	317-221-2329	Sickle Cell Anemia .....	317-221-2105
Diabetes Education .....	317-221-2104	Smoke Free Indiana.....	317-221-2084
Environmental Control .....	317-221-7588	Social Work .....	317-221-2364
Food Safety .....	317-221-2222	Streams, Groundwater and Solid Waste .....	317-221-2147
Foreign Born Health .....	317-221-2114	Substance Use Outreach Services .....	317-221-4618
Hazardous Materials .....	317-221-2147	Swimming Facilities Regulation (Public) .....	317-221-2147
Health Education, Promotion and Training.....	317-221-2092	Tobacco Free Youth Initiative .....	317-221-3100
Healthy Babies Consortium .....	317-221-2313	Tuberculosis Control .....	317-221-2106
Healthy Homes, Environmental Consumer Management and Senior Care .....	317-221-2155	Violence Prevention .....	317-221-2085
HIV/AIDS Prevention Information .....	317-221-3101	Wellfield Protection .....	317-221-2266
Bell Flower Clinic .....	317-221-8300	Wells and Drinking Water Safety .....	317-221-2147
Housing and Neighborhood Health .....	317-221-2150	WIC (Special Supplemental Nutrition Program for Women, Infants and Children).....	317-221-7401
Immunization Program .....	317-221-2122		