

# IMPACT

Public health news and information for the Marion County Community

Spring 2016

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## HHC/MCPHD goes **RED** for women!



American Heart Month takes place every February and each year, HHC/MCPHD staff give their all to raise awareness about heart disease among women and promote healthy habits. One in three deaths among American women can be attributed to cardiovascular disease. The American Heart Association reports that cardiovascular disease is the number one cause of death in Indiana. Among all 50 states, Indiana has the 13th highest death rate from cardiovascular disease. In 2012, 33 percent of Indiana adults reported having high blood pressure and nearly 40 percent reported high cholesterol, both risk factors for heart disease.

HHC/MCPHD is committed to helping Marion County's citizens work to maintain or improve their heart health by establishing or continuing healthy habits and getting regular check-ups. This year, Director of Public Health Dr. Virginia Caine chaired the Go Red for Women Executive Leadership Team.

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# MCPHD and Butler University team up for mumps outbreak response

Before the U.S. mumps vaccination program began in 1967, about 186,000 Americans came down with the mumps every year – a number dropped by an astonishing 99 percent by 2005. Vaccination against the mumps is safe and effective, which is why most children receive it. But in some individuals, immunity can wear off over time, leaving them vulnerable to infection if they come into contact with the virus.

For most, mumps infection is uncomfortable, but not dangerous. But in some rare cases, dangerous complications, such as meningitis, encephalitis or deafness, can occur. Mumps is very contagious and is spread through saliva or mucus or by touching contaminated objects or surfaces.

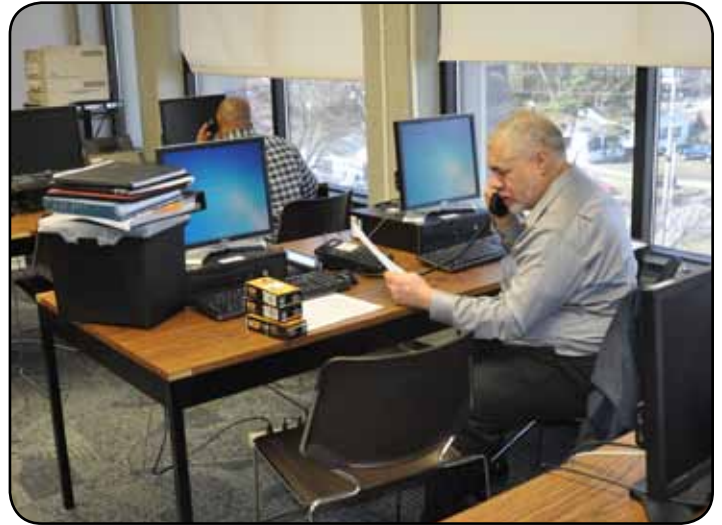
When a few individuals in the Butler University community – all fully vaccinated – were diagnosed with mumps, MCPHD sprang into action to contain and end the outbreak. MCPHD exercised its legal authority to protect the citizens of Marion County from infectious diseases and issued some additional vaccination guidelines for students, faculty and staff of Butler University.

- Individuals born prior to 1957 were exempt from additional vaccine requirements, having likely been exposed to the disease during childhood. MCPHD still strongly encouraged these individuals to get a booster dose of the Measles, Mumps and Rubella (MMR) vaccine.
- Individuals born after 1957 were required to provide official documentation of vaccination or medical evidence of past disease. People who could not provide documentation were required to receive an initial MMR dose before Feb. 26 and a second dose approximately four weeks later.
- Those who provided documentation of one MMR dose were required to receive a second dose before Feb. 26.

In order to assist the Butler community with its vaccination needs, MCPHD held a series of on-campus vaccination clinics. Over 3,000 people received MMR vaccines at no cost to

them. MCPHD also opened up a mumps information hotline in Hasbrouk, where members of the public could call and ask questions about vaccination guidelines and request other information.

MCPHD's Infectious Disease team continues to monitor the situation and provide support to Butler to keep its community and all citizens of Marion County safe and healthy. Thank you to all MCPHD staff who assisted and continue to assist in our response!





## HHC/MCPHD staff work to assist citizens of Flint during lead contamination crisis



Citizens of Flint, Mich. are currently facing a public health crisis after their toxic lead levels were found in their drinking water. The city, which previously purchased its potable water from Detroit, began collecting sourcing from the Flint River without taking all appropriate safety precautions. State officials say that they believe that the improperly treated water leached unsafe levels of lead from pipes, joints and fixtures. Citizens experienced a variety of complications as a result – most notably, the number of infants and children with elevated blood lead levels more than doubled. In response, federal and state authorities declared a public health emergency.

The Marion County Public Health Department takes lead safety seriously and every day, our employees show their dedication to protecting the citizens of Marion County, especially children, from public health hazards. Lola King of Maternal and Child Health and Dora Day of Healthy Homes decided to take action and assist the citizens of Flint by collecting cases of water and monetary donations. They partnered with Indianapolis Flintstones, a group of Flint natives who reside in Indianapolis, and donated numerous cases of bottled water. Since the donation drive began, Indianapolis Flintstones were able to collect over 178,000 bottles of water from 17 drop-off sites.

## Indy Walkways lays groundwork for a more pedestrian-friendly Marion County



*Marion County citizens view informational displays at a February public meeting.*

Indy Walkways – a coalition made up of the Marion County Public Health Department, Health By Design, the City of Indianapolis and other organizations, held a series of public meetings at the end of February to present its findings about the state of Marion County's pedestrian infrastructure and to solicit feedback to help create a comprehensive plan to improve walkability in the area. With limited funds available to address massive infrastructure needs, Indy Walkways hopes to create a data-driven plan to help local officials efficiently allocate money to help as many citizens as possible.

"The downtown and oldest developed areas have much more

pedestrian infrastructure than places developed in the last fifty years," said Chronic Disease coordinator Sandy Cummings.

Data-driven methodology has a proven track record for helping create a strong pedestrian infrastructure – notably Seattle, which is well-known for its high walkability. After collecting public feedback and examining data collected in its survey of Marion County's walkability, Indy Walkways will create a plan for submission to the Metropolitan Development Commission sometime this spring.

For more information about Indy Walkways, visit [www.indywalkways.org](http://www.indywalkways.org).

## Enroll Indiana Week connects citizens with vital health services

The Affordable Care Act open enrollment period for 2016 ended on January 31. Covering Kids and Families was available for the full three-month window, helping clients choose health insurance plans and connecting them with important services to help them live their healthiest lives. They capped off their efforts with Enroll Indiana Week, a final push that enrolled an additional 14 people and connected about 35 people with health education and other information.

Events for the week included a seminar from VITA Tax Services, a Wellness Wednesday event with extended CKF hours and Fitness Friday, where attendees could get information about health insurance and enroll, receive free health screenings and participate in some fun free fitness opportunities. Finally, on Super Saturday, CKF opened up for some extra weekend hours, where they enrolled even more people and attendees had the opportunity to get information and referrals.

Special thanks to CKF's community partners – Anthem, MHS, MedWise, CareSource, Indiana University's National Center of Excellence for Women's Health and the School of Medicine and the YMCA of Greater Indianapolis.

# Join Legacy House and support victims of violence at its annual ROCC-a-Thon



As part of National Crime Victims' Rights Week, Legacy House invites the community to its annual ROCC-a-Thon event on Thursday, April 14 from 10 a.m.-2p.m. on Monument Circle.

ROCC-a-Thon – Reaching Out to Citizens Affected by Crime – features music, guest speakers, giveaways, and special recognition for local champions serving victims of violence. Representatives from local victim services and advocacy organizations will also be there to provide information to the public about their services. Plus, dozens of rocking chairs will be set up for anyone who wants to rock and raise awareness about local victim rights and services.

The theme for National Crime Victims' Rights Week, April 10-17, is Serving Victims, Building Trust, Restoring Hope.

"Our focus this year is working together within the community to provide services to people who need help, responding in a way that is respectful and thorough to build trust and a lasting relationship," said Michael Hurst, executive director of Legacy House. "We want to maintain a hopeful vision with them for their own healing, and for a community to see them and treat them with dignity."

Hurst said that Legacy House has partnered with five service providers and five universities to plan dozens of events during National Crime Victims' Rights Week, bringing service, trust and hope to the community.

Legacy House is a non-profit agency that provides free services to victims of violence, including crisis intervention, trauma counseling, support groups, advocacy, and social service referrals. Legacy House is located on the lower level of the Eskenazi Health Center North Arlington, 2505 N. Arlington Ave., on the east side of Indianapolis.

To learn more, visit [www.Legacy-House.org](http://www.Legacy-House.org) or call 317-554-5272. For additional information about National Crime Victims' Rights Week and how to help victims in your community, please contact Legacy House or visit the United States Department of Justice Office for Victims of Crime website at [www.ovc.gov](http://www.ovc.gov).

## CALENDAR OF EVENTS

### APRIL

14, 21, 28

#### Free Blood Lead and Consumer Product Testing

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

23

#### Earth Day Indiana Festival

Military Park  
601 W. New York St.  
Celebrate our earth with a family-friendly festival that includes a variety of activities and exhibitors, including several of MCPHD's Environmental Health departments.

### MAY

4, 11, 18, 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 [mchd.com/diabetes](http://mchd.com/diabetes).  
**New sessions begin at the start of every month. You must register before attending your first class.**  
Franklin Road Branch Library  
5550 S. Franklin Rd., 46239  
5:30 - 7:30 p.m.

5, 12, 19, 26

#### ABCs of Diabetes

Central Library  
40 E. St. Clair St., 46204  
1:30 - 3:30 p.m.

5, 12, 19, 26

#### Free Blood Lead and Consumer Product Testing

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

14

#### Eskenazi Health Stride

Five mile competitive run and 5K run/walk to support community health and wellness.  
Sidney & Lois Eskenazi Hospital  
720 Eskenazi Ave., 46202

### JUNE

8, 15, 22, 29

#### ABCs of Diabetes

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

## NOTES FROM EPIDEMIOLOGY

### Poverty among Indiana children increasing

The report *The Status of Working Families in Indiana: 2015* shows that over 1 million Hoosiers are currently living in poverty. Since 2007, the poverty rate in Indiana has increased 29.3 percent, with the number of low income Hoosiers increasing by almost 21 percent. According to America's Health Rankings, Indiana children living in poverty has increased from 14.7 to 23.3 percent since last year.

Similar trends can also be seen in Indianapolis. Child poverty in Marion County has doubled since 2000. According to the Community Health Assessment, around one-third of the

66,000 children under the age of four in Marion County met federal poverty levels. Nationally, only 20% of children meet these guidelines. Around 17 percent of those children live in a household with two parents, while almost half of these children live in homes with just one parent. A disparity can be seen among differing race and ethnicities as well. Of the households in the county meeting poverty guidelines, 26.2 percent are African American, 35.7 percent are Hispanic and 14.3 percent are white.

### Naloxone now available at all Eskenazi Health Outpatient Pharmacy locations

Naloxone, a medication that can save the life of a person who is experiencing an opioid overdose, is now available at all Eskenazi Health Outpatient Pharmacy locations.

Opioid abuse and overdose has reached epidemic proportions in the United States, and Indiana is not exempt from drug overdose deaths. According to a 2012 Indiana report, the number of deaths associated with prescription opioid overdoses has increased five-fold and is significantly higher than rates of overdose deaths from heroin, cocaine and other narcotics. The report also found that opioids played a role in nearly 21 percent of Hoosier overdose deaths.

The Marion County Public Health Department identified substance abuse, particularly opioid abuse, as a priority item in the 2014 Community Health Assessment. The assessment noted that opioids are the largest category of drugs that are abused and rates of opioid abuse increased in Indiana between 2000 and 2009, particularly among young and middle-aged adults.

Last year, Indiana Gov. Mike Pence signed Aaron's Law, which legally allows a pharmacist to dispense naloxone to an individual without a prescription. Naloxone is an emergency medication that reverses the effects of opioid-related and heroin overdoses, which can save someone's life if given promptly. This new law

permits the public greater access to naloxone, especially for friends and family of someone at risk of an overdose. Eskenazi Health leaders and the Eskenazi Health Pharmacy team have been working diligently over the past few months to establish a system-wide process so patients can have access to this life-saving medication.

Naloxone may be dispensed or prescribed to individuals at risk of experiencing an opioid-related overdose or others who may be in a position to assist an individual believed to be experiencing an opioid-related overdose. The drug will be given as a kit. Each kit contains two naloxone syringes (2mg/2mL), two nasal atomizers, instructions for use and contact information for area treatment and recovery centers. One kit will provide two doses. Each kit costs \$56, but some prescription insurances may cover the cost. Opioid overdose education and naloxone administration counseling will be provided by a pharmacist when the medication is dispensed.

Please visit [www.in.gov/bitterpill](http://www.in.gov/bitterpill) or bit.ly/1ZRT4mx for more information about Aaron's Law. Please contact Eskenazi Health Outpatient Pharmacy Operations Specialist Kelly E. Williams, Pharm.D., BCPP at [kelly.williams@eskenazihealth.edu](mailto:kelly.williams@eskenazihealth.edu) or 880.4354 with any questions.



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# MCPHD In The Community



Indiana State Health Commissioner Dr. Jerome Adams, M.D., M.P.H., gave opening remarks at MCPHD's World TB Day event on March 24. Tuberculosis is the number one cause of infectious disease-related death in the world.



Employees from the Immunization program were among the guests attending the Legacy Luncheon for three-time Olympic God Medalist & WNBA All-Star, Tamika Catchings, of the Indiana Fever who has announced her retirement. Tamika has been a longtime supporter of the Immunization program. She is an inspiration, both on and off the court, and serves a role model for boys and girls through her foundation, Catch the Stars.



Indianapolis Healthy Start welcomed therapist and speaker Dan Griffin and Heywood Brown, M.D., chair of Obstetrics and Gynecology at the Duke University School of Medicine, to speak at their Engaging Fathers More Effectively program at Primo South in March.

## Visit us online!

**The Marion County Public Health Department invites you to visit our shiny new website at [www.marionhealth.org](http://www.marionhealth.org), where you can quickly and conveniently access tons of great information about our services.**

## Participate in the 2016 Eskenazi Health Stride!



Get active this spring! Registration is open for the 2016 Eskenazi Health Stride presented by American Senior Communities. The event will take place on Saturday, May 14 and feature both a 5K and a 5-mile course that will begin and end on the Eskenazi Health campus.

The Eskenazi Health Stride supports self-care and community health, emphasizing the value of exercise, wellness and healthy lifestyles. For more information and to register, visit [www.EskenaziHealthStride.com](http://www.EskenaziHealthStride.com).

# MCPHD In The Community



Diabetes educator Stacie Hurrele works to keep the neighborhood a little cleaner at the IndyGo bus stop at the corner of 38th and Rural St. MCPHD adopted the stop as part of IndyGo's Adopt-A-Stop program.

## Violence Prevention holds annual Anti-Bullying poster contest

Below: Volunteer judges look at entries for Violence Prevention's annual Anti-Bullying Poster Contest. The contest chooses winners from sixth, seventh and eighth grade at area schools.



## Ryan White HIV/AIDS Services Program and community partners educate and support on National Black HIV/AIDS Awareness Day

The National Black HIV/AIDS Awareness Day is a national HIV testing and treatment community mobilization initiative that was founded as a response to the HIV/AIDS epidemic in African-American communities. The Ryan White Program and its partners work together to educate the community about HIV/AIDS, promote testing and connect people with treatment and support.



**Health & Hospital Corporation and Marion County Public Health Department offices will be closed on Tuesday, May 3 for primary elections and Monday, May 30 for Memorial Day.**

# MARION COUNTY PUBLIC HEALTH DEPARTMENT SERVICES

ACTION Health Center Clinic .....	221-3400	Mortgage Loan Inspections .....	221-2147
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	Older Adult Health .....	221-2087
Chronic Disease Prevention .....	221-2101	Rodent Control.....	221-7588
Cardiovascular Health .....	221-2097	School-Based Health Centers	
Child Abuse/Neglect Detection and Prevention .....	221-2366	Crispus Attucks Medical Magnet High School.....	226-2791
Childhood Lead Poisoning Prevention Program .....	221-2155	School Health Services .....	221-2366
Children's Special Health Care Services Program .....	221-2103	Sewage Regulation (Septic Systems) .....	221-2147
Chronic Disease .....	221-2094	Sexually Transmitted Disease Control .....	221-8300
Communicable Disease Control .....	221-2117	Sickle Cell Anemia .....	221-2105
Community-Based Care (CBC) .....	221-2366	Smoke Free Indiana.....	221-2084
Community Nutrition Services .....	221-7403	Social Work .....	221-2364
Dental Health .....	221-2329	Streams, Groundwater and Solid Waste .....	221-2147
Diabetes Education .....	221-2104	Swimming Facilities Regulation (Public) .....	221-2147
Environmental Control .....	221-7588	Tobacco Free Youth Initiative.....	221-3100
Food Safety .....	221-2222	Tuberculosis Control .....	221-2106
Foreign Born Health .....	221-2114	Violence Prevention .....	221-2085
Hazardous Materials .....	221-2147	Wellfield Protection .....	221-2266
Health Education, Promotion and Training.....	221-2092	Wells and Drinking Water Safety .....	221-2147
Healthy Babies Consortium .....	221-2313	WIC (Special Supplemental Nutrition Program for Women, Infants and Children).....	221-7401
HIV/AIDS Prevention Information .....	221-3101		
HIV/AIDS Outreach Project .....	221-4618		
Bell Flower Clinic .....	221-8300		
Housing and Neighborhood Health .....	221-2150		
Immunization Program .....	221-2122		
Indoor Air Quality .....	221-2147		
Indianapolis Birthing Project/SisterFriend .....	221-7419		
Injury Prevention .....	221-3145		



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