

IMPACT

Public health news and information for the Marion County Community

Spring 2017

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Rev. Charles Williams Prostate Mobile Unit gets big boost from Indiana Black Expo

The Marion County Public Health Department received an incredible \$10,000 donation from Indiana Black Expo, Inc. to assist with operating costs for the Rev. Charles Williams Prostate Mobile Unit. Prostate cancer is the third leading cause of cancer death in American men. African-American men have the highest prostate cancer incidence rate of any racial or ethnic group in the world. MCPHD seeks to bring screening opportunities, education and referral to at-risk populations to help narrow and eliminate this disparity.

For more information about the Rev. Charles Williams Prostate Mobile Unit, contact Mobile Unit Coordinator Wade Harris at wharris@marionhealth.org.

Pictured: Wade Harris, Dr. Virginia Caine, Kathryn Jordan (sister of Rev. Charles Williams) and Thomas Griffin (President of Indiana Black Expo's Indianapolis chapter).



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Healthy Start's *Legacy for Children* babies turn one



Since October of 2015, Indianapolis Healthy Start has been working closely with the Centers for Disease Control and Prevention to connect 15 local at-risk moms with the *Legacy for Children* parental development curriculum. The program works with moms and babies to develop parenting skills, support moms through the ups and downs of caring for babies, support healthy relationships and help moms cultivate the tools they need to make a lifetime of healthy choices. All participating babies were born within 45 days

of each other.

On December 5, Healthy Start hosted a birthday party for all participating babies as they turned one and celebrated their first year as *Legacy* babies. Moms, babies and staff shared confetti, balloons, gifts and cupcakes and enjoyed the time to relax, play and celebrate.

Since joining the program, several participating moms have started working, learned new skills, made new friends and worked on their existing relationships with the support of their fellow *Legacy* moms.

What the moms are saying:

"Legacy has made me give my child's future more thought on how I want to raise him, whether it's what I know or what I can learn."

"Legacy has taught me that reading to my child is very important and that activities can improve my child's motor skills."

"Legacy has taught me that my decisions affect how my child's overall health will be. Also, having alternatives ways to encourage and punish my child."

"Legacy has helped me to have more patience. Also, learning my baby can be themselves and has its own personality!"

YFIN welcomes new executive director Valerie Parker



Valerie Parker, L.C.S.C., M.S.W. has joined the Young Families of Indiana Network, which administers the Future Promises program for pregnant and parenting teens, as its new Executive Director. Prior to joining YFIN, Valerie spent 16 years as a member of the Indiana Parole Board, worked as a victim advocate with the Marion County Prosecutor's Office, assisted with felony cases, drunk driving cases resulting in

death and child support. She also worked in counseling and social services for gang-oriented violent youth and sex offenders. After retiring as a state employee in 2014, Valerie decided to try something new and worked as a flight attendant for Republic Airlines.

Valerie always loved working with people and especially youth, so when she saw that YFIN was looking for a new Executive Director, she felt drawn to the position. When a close friend of her daughter unexpectedly got pregnant during her

sophomore year of college, Valerie saw firsthand how friends and family worked together to help the young woman raise her child while working and attending school.

The Future Promises program, which provides support for pregnant and parenting teens to help them complete high school and move on to become successful and productive adults, offers the same kind of support network for its participants.

"We want them to believe without a shadow of a doubt that they can have it all," Valerie said. "It's gonna take some work, but we have strong and committed case managers who are there on a moment's notice and if they need support, the staff is just phenomenal."

"Children don't come with manuals, no matter what age you have them at," she continued. "It really takes some navigating to work a job and raise a family and when you add going to school into the mix, there are some barriers. The program works with them individually and strengthens their skill sets and their ability to combine those things and be okay. I think the more successes our participants have, the stronger their belief in themselves becomes and that's half the battle. The staff is phenomenal – they get out there and they respond and they know who to call and where to go and what to do and I'm hoping that my presence here will help lend some additional guidance and keep them motivated and be a source of strength for them."

Indy HeartBeat Seeks to Reduce Youth Violence, Homicides

DOJ grant helps MCPHD work to reduce violence in Marion County

The Marion County Public Health Department and Eskenazi Health are joining community partners in a strategic effort to reduce youth violence and homicide.

Indy HeartBeat launched in January 2017, shortly after the proposed project was awarded a \$1 million Safe and Thriving Communities grant from the Department of Justice's Office of Violence Prevention.

Over the course of the two-year funding period for this grant, Indy HeartBeat plans to create intervention strategies in Marion County that address violent crime among teenagers.

Violent crime, especially among youth, is a growing public health issue in Marion County. Homicides in the county are more than 3-times the national average and homicide is the leading cause of death for residents age 10-24 years old.

From 2010-2014, approximately 350 homicide victims in Marion County were age 15-24. Of those victims, more than 75 percent were male and the homicide rate was 14 times higher among non-Hispanic blacks compared to non-Hispanic whites.

Due to these concerning numbers, Indianapolis Mayor Joe Hogsett announced a return to community-based beat policing to reduce crime, reduce the fear of crime, and enhance the quality of life. Mayor Hogsett put the plan into motion on his first day in office in January 2016 as part of his first 100-day safety plan.

Community policing allows neighborhoods to become familiar

with the Indianapolis Metropolitan Police Department (IMPD) officers who patrol their area. And, it raises the level of community engagement and communication.

Indy HeartBeat will build on and further advance the Mayor's plan and the IMPD beats. Project partners will develop and launch a strategic plan that establishes a referral system for services, works together with community resources, shares data, and uses evidence-based practices and interventions to lower youth violence in targeted areas in IMPD's North District 25.

Indy HeartBeat will focus on a two-pronged approach that provides direct services to those who are victims or have been exposed to violent crimes while also addressing the area where they live.

This partnership of resources will promote healing and increase safety, as well as educate residents, families, and the community about youth violence intervention strategies.

Eskenazi Health's Prescription for Hope program will lead the effort, in partnership with The Marion County Public Health Department's Violence Prevention Program and other program areas of these organizations. Local groups who have offered support to Indy HeartBeat include IMPD, Office of Indianapolis Mayor Joe Hogsett, Indianapolis Housing Authority, Indianapolis Public Schools, EmployIndy, the Indy Chamber, and Marion County Department of Child Services.

Nutrition Services brings good taste and good nutrition to local food pantries

According to the National Council on Aging, more than 10.2 million older Americans in 2014 faced the threat of hunger – 15.8 percent of adults over 60 in the United States. A growing number of American seniors face food insecurity - unreliable or limited access to affordable, nutritious food.

The Commodity Supplemental Food Program (CSFP) works to supplement the diets of low-income Americans over 60 by providing regular access to nutritious USDA foods. The Emergency Food Assistance Program (TEFAP) provides similar assistance to Americans of all ages. With CSFP and TEFAP grants funds provided through the Indiana State Department of Health (ISDH), registered dietitians and skilled nutritionists from the Marion County Public Health Department's (MCPHD) Nutrition Services program are able to provide on-site nutrition education to TEFAP and CSFP participants at numerous distribution sites throughout Marion County.

MCPHD began working with CSFP and TEFAP distribution sites on October of 2015 and after seeing great results, renewed the contract for a second year.

"We have a recipe of the month, so we look at what they're receiving in their food box and we create low-cost, tasty recipes using those items and we have that on hand," said Denise Ferguson, program administrator for Nutrition Services. "They come by and do taste-testing during pickup and get recipes. We also have additional educational materials dealing with chronic diseases like diabetes or high blood pressure."

Ferguson notes that the food items provided, which are mainly non-perishable, are not appetizing to all program participants. Nutrition Services staff work together and flex their creative muscles to transform the ingredients into tasty and nutritious meals.

"One of the main reasons why we got the contract the second

year was that the state people were thrilled that we were able to come up with tasty recipes for canned beef and canned pork, which might not always taste great to everyone," she said.

Program staff members are watching their work pay dividends, as CSFP and TEFAP participants get excited to cook and reap the full benefits of the programs.

"Our numbers are really going up," she said. "It's not a requirement that they see us if they're there. When we started this program initially, we'd be lucky if we saw maybe 150 people a month. Now we're seeing about a thousand people a month come to our table. They're thrilled to be getting the recipes and they're excited to learn how to use these products. As a benefit, they aren't wasting or throwing away the products, either, which was an issue."

Nutrition Services also received two smaller grants from Wal-Mart to purchase electric skillets, crock pots and other kitchen small wares such as large cooking spoons to provide as giveaways to pantry participants who visit the table for education and taste-testing.

Photo: A food pantry participant who won a drawing for a slow cooker at a CSFP/TEFAP distribution site. Some participants do not have reliable access to a stove or oven and slow cookers or electric skillets allow them to prepare hot meals for themselves and their families.



WIC opens new clinic at 3908 Meadows Drive



WIC has moved from Forest Manor Health Center to a new facility at 3908 Meadows Drive, which also houses HealthNet and the Avondale Meadows YMCA. The clinic formally opened on January 30.

"It's a new and modern WIC clinic to better serve our clients," said Nutrition Services Administrator Sarah DeFelice.

The space formerly occupied by WIC at Forest Manor is in the process of being converted to a WIC breastfeeding center. Breastfeeding support services are also available at the Avondale Meadows WIC Clinic.

Is your neighborhood planning a cleanup event? MCPHD can help!

The Department of Environmental Health Safety & Management's (EHSM) Community Outreach Program (CUP) partners with volunteer groups and other agencies that are interested in promoting a cleaner and safer environment through a collaborative team effort. Neighborhood associations and other agencies conducting cleanup events can request to team up with EHSM for assistance with heavy equipment or skilled personnel who are trained to conduct safe and efficient environmental cleanup. EHSM can also help with disposal of collected trash. Court orders and other referrals take priority, so availability for these services varies.



EHSM also administrates MCPHD's Tool Loan Program to assist local cleanup events. Tools are loaned free of charge based on availability. For more information about the CUP and Tool Loan Program, contact Environmental Health & Safety Management at 317-221-7588.

CALENDAR OF EVENTS

APRIL
13, 20, 27

Free Blood Lead and Consumer Product Testing

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

22
Earth Day Indiana Festival

Military Park
801 W. Washington St., 46204
11 a.m. - 4 p.m.

MAY
4, 11, 18, 25

Free Blood Lead and Consumer Product Testing

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

3, 10, 17, 24
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
5:30 - 7:30 p.m.

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 marionhealth.org/diabetes. **New sessions begin at the start of every month. You must register before attending your first class.**
South District Health Office
503 National Ave., 46227
1:30 - 3:30 p.m.

JUNE
1, 8, 15, 22, 29

Free Blood Lead and Consumer Product Testing

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

3, 10, 17, 24
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.**
Lawrence Branch Library
7898 Hague Rd., 46256
1:30 - 3:30 p.m.

Health & Hospital Corporation and the Marion County Public Health Department will be closed on Monday, May 29 in observance of Memorial Day.

Healthy Families introduces baby boxes to encourage safe sleep practices

Healthy Families Site IV, administrated by the Marion County Public Health Department, is on the front lines to promote safe sleep practices in the home to reduce infant mortality. Staff members conduct in-home visits and educate parents on keeping babies safe and happy for a good night's sleep. One of the most important components for safe sleep is an appropriate sleeping environment. In order to help even more families utilize safe sleep practices, Healthy Families has started offering baby boxes – a sturdy cardboard box containing an infant-safe mattress that functions as a safe sleeping surface during a baby's critical first few months. The boxes also include an infant sleep sack, a copy of *Sleep Baby Safe and Snug* and several informational items about safe sleep.

Participating families who needed a safe place for babies to



sleep could already take advantage of the Pack 'n Play program, where they received a free Pack 'n Play and educational programming for safe use. But for families in immediate need of a safe sleep solution, baby boxes can be distributed right away with minimal instruction and setup.

Healthy Families adopted the baby box program as part of their continuous quality improvement plan. In researching interventions that had proven effective in other areas, they learned more about Finland's well-known maternity package program, which includes a baby box. In the 80 years since the Finnish government introduced the program, infant mortality rates have dropped dramatically. Finland now enjoys one of the lowest infant mortality rates in the world.

Healthy Families has distributed 26 boxes so far and is currently the only publicly funded distribution channel in Marion County. "The response has been really favorable," said Saucerman. "We would love for this program to expand. We'd like to get the word out about this program in Marion County."



For more information about the baby box program, contact Healthy Families Site IV at 317-221-4652.

Infant mortality remains a top priority for the Marion County Public Health Department. Although infant mortality - defined as children who do not live until their first birthdays - has dropped since its height in the 1980s, Indiana continues to lag behind other states. The Marion County Public Health Department and its dedicated public health workers are constantly exploring new ways to help Marion County families raise safe and healthy children. Thank you to Healthy Families and all HHC/MCPHD staff who work to reduce infant mortality!



"We really feel like the baby box program complimented the Pack 'n Play program," said supervisor Mendy Saucerman. "It provides an immediate safe space with no need to wait to take a class."

Baby boxes are offered to participating families with babies under 2 months. Families are referred to the Pack n' Play program so they can provide a safe sleep surface after their babies outgrow the box.



MCPHD In The Community

Matt Gutwein honored by Junior Achievement and College Mentors for Kids



Health & Hospital Corporation President and CEO Matt Gutwein was inducted into Junior Achievement of Central Indiana's Business Hall of Fame on February 23.

Gutwein was also honored in February as an outstanding youth mentor by College Mentors for Kids. His mentee said, "I truly believe he is personally responsible for persuading many talented people to make our Central Indiana community home."

Cultural and Linguistic Competency sessions connect HHC/MCPHD staff with new information and ideas



HHC/MCPHD's Cultural and Linguistic Competency Council offers enrichment sessions for staff to provide opportunities to learn more about diverse populations and help them provide services with a greater degree of cultural sensitivity. Enrichment sessions cover issues such as stereotypes, linguistic competency principles, generational differences and religious diversity. Staff met with members of Marion County's Hindu, Jewish, Buddhist, Sikh, Muslim and Christian communities in late December for a panel discussion.



Community-Based Care hears from Ten Point Coalition

Rev. Charles Harrison of the Ten Point Coalition delivered a presentation to Community-Based Care about the goals and objectives of the coalition and their work in reducing homicides among 14 to 24-year-olds in three different Indianapolis neighborhoods.

The Ten Point Coalition is a faith-based nonprofit organization that seeks to mobilize neighborhoods, create community collaborations, engage directly with youth, addresses root causes of violence and provide job and educational opportunities.

For more information about the Ten Point Coalition, visit www.indytenpoint.com.

Meet Hudson!



Legacy House's most recent hire, Hudson, is a mild-mannered mutt who is embarking on a promising new career as a therapy dog at Legacy House, where he'll work to help clients feel safe, secure and loved as they recover from trauma. Outside of work, his interests include treats, running around and hugs.

For more information about Legacy House and its services for people affected by violence, call 317-554-5272.

MCPHD In The Community



Chronic Disease staff receive community recognition

Two members of MCPHD's outstanding Chronic Disease staff were honored for their outstanding work. Congratulations to Sandra Edmond, who was honored by the Minority Health Coalition of Marion County for her work planning the annual Too Sweet For Your Own Good Conference. *Pictured on left with Stacie Hurrle, Kellie Knight, Janet Shipp and Sandy Cummings.*

Applause are also in order for Stephanie Thornberry, who received an award for Outstanding Partnership by the Purdue Extension of Marion County for her contributions to community wellness. *Bottom left photo, from left: Emma Crayner, Amber Broughton, Stephanie Thornberry and Linda Adams.*



Director of Public Health Virginia Caine, M.D. appears in February with Indianapolis Mayor Joe Hogsett and Indianapolis Metropolitan Police Chief Bryan Roach to discuss the opioid crisis and MCPHD's lifesaving efforts to distribute naloxone kits.



Lisa Covarrubias, R.N., was honored as a Health Care Hero by the Indianapolis Business Journal for her work as a public health nurse with the Marion County Public Health Department. During her 28 years with MCPHD, she has worked with a variety of populations to provide a vast array of services. She currently works as a case manager with the tuberculosis control program.



Left: Rodent Control Administrator Jack Clarke recently earned local fame in the *Indianapolis Star* as Marion County's most dogged amateur ancient tree hunter. Clarke is shown here with a 200-year-old black oak tree that sits across Eskenazi Ave. from the Sidney and Lois Eskenazi Hospital. During the tree's long life, the medical community of Indianapolis has grown around it - from the first modest hospital in the mid-19th century to the world-class facilities surrounding it today. To hospital visitors, Clarke says, "The next time you visit Eskenazi, cross the street, hug that old tree and give it a pat on the bark. If it could talk, it could tell you a lot."

MARION COUNTY PUBLIC HEALTH DEPARTMENT SERVICES

ACTION Health Center Clinic	317-221-3400	Laboratory (Public Health)	317-221-4670
ACTION Health Center Education and Social Services	317-221-8950	Maternal and Child Health	317-221-2312
Animal Bite Surveillance	317-221-2222	Mosquito Control.....	317-221-7440
Asthma Screening and Education	317-221-2094	Mother Baby Healthline TTY For Hearing Impaired	317-221-2354
B.A.B.E. (Beds and Britches, Etc.)	317-221-3050	Newborn Screening.....	317-221-2331
Birth and Death Registry	317-221-2400	Older Adult Health	317-221-2087
Birth and Death Registry TTY for Hearing Impaired	317-221-2410	Rodent Control.....	317-221-7588
Certificates of Birth Correction Info	317-221-2397	School-Based Health Centers	
Chronic Disease Prevention	317-221-2101	Crispus Attucks Medical Magnet High School.....	317-226-2791
Cardiovascular Health	317-221-2097	School Health Services.....	317-221-2366
Child Abuse/Neglect Detection and Prevention	317-221-2366	Sewage Regulation (Septic Systems)	317-221-2147
Children's Special Health Care Services Program	317-221-2103	Sexually Transmitted Disease Control	317-221-8300
Chronic Disease	317-221-2094	Sickle Cell Anemia	317-221-2105
Communicable Disease Control	317-221-2117	Smoke Free Indiana.....	317-221-2084
Community-Based Care (CBC)	317-221-2366	Social Work	317-221-2364
Community Nutrition Services	317-221-7403	Streams, Groundwater and Solid Waste	317-221-2147
Dental Health	317-221-2329	Substance Use Outreach Services	317-221-4618
Diabetes Education	317-221-2104	Swimming Facilities Regulation (Public)	317-221-2147
Environmental Control	317-221-7588	Tobacco Free Youth Initiative.....	317-221-3100
Food Safety	317-221-2222	Tuberculosis Control	317-221-2106
Foreign Born Health	317-221-2114	Violence Prevention	317-221-2085
Hazardous Materials	317-221-2147	Wellfield Protection	317-221-2266
Health Education, Promotion and Training.....	317-221-2092	Wells and Drinking Water Safety	317-221-2147
Healthy Babies Consortium	317-221-2313	WIC (Special Supplemental Nutrition Program for Women, Infants and Children).....	317-221-7401
Healthy Homes, Environmental Consumer Management and Senior Care	317-221-2155		
HIV/AIDS Prevention Information	317-221-3101		
Bell Flower Clinic	317-221-8300		
Housing and Neighborhood Health	317-221-2150		
Immunization Program	317-221-2122		
Indoor Air Quality	317-221-2147		
Indianapolis Birthing Project/SisterFriend	317-221-7419		
Injury Prevention	317-221-3145		
Mortgage Loan Inspections.....	317-221-2147		



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