

# IMPACT

Public health news and information for the Marion County Community

Summer 2016

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## MCPHD gets moving in new Smile Mobile

The Marion County Public Health Department's Dental Services program is hitting the road with its new Smile Mobile, providing dental services and education to area school children and others in the community. MCPHD joined community partners and special guests in officially dedicating a new Smile Mobile on May 23.



The original Smile Mobile began operating in 1998 and was retired in January 2016 after logging more than 300,000 miles on the road around Marion County during its 17 ½ years of service.

The new mobile unit is a 40-foot,

fully-equipped dental office, complete with a waiting and education area, a two-chair treatment area and a complete sterilization area for dental equipment. Some of the services provided in the Smile Mobile include dental examinations, teeth cleaning, fluoride treatments, X-rays, sealants (to prevent tooth decay), emergency treatments, simple extractions (pulled tooth), and oral cancer screenings.

When the Smile Mobile began rolling in 1998, the focus was on reaching students in Indianapolis Public Schools who were part of Head Start and the United Way's Bridges to Success program.

Today, in addition to Indianapolis Public Schools, the Smile Mobile also serves students in township school districts

and private schools in Marion County. Plus, it provides dental outreach at community centers, health fairs, day cares and apartment complexes.

The new Smile Mobile was made possible by funding from The Health Foundation of Greater Indianapolis, Richard Fairbanks Foundation, Indianapolis Foundation, and Walmart. Delta Dental is sponsoring the Treats for Teeth giveaway bags for the Smile Mobile that contain a motorized toothbrush, toothpaste, dental floss, and other dental goodies.



### INSIDE THIS ISSUE

Healthy Start empowers new moms with *Legacy for Children* curriculum

2

Emergency Prep hosts Ebola tabletop exercise

3

Back-to-School Family Day is coming soon!

4

Rep. Susan Brooks meets Future Promises participants and staff

5

Girls on the Run empowers girls through fitness

6

# Healthy Start empowers new moms with *Legacy for Children* curriculum

The Marion County Public Health Department's division of Maternal and Child Health and its Healthy Start Program are among only a handful of organizations in the country to offer the highly-regarded *Legacy for Children* intervention curriculum. *Legacy*, which is administered by the Centers for Disease Control and Prevention, was established to improve outcomes for children in poverty by promoting positive parenting practices. The program provides education and support for new mothers from birth until three years by providing a supportive environment for mothers to explore and discuss parenting practices and decide what is right for themselves and their children. Representatives from the CDC visited Healthy Start on April 11 to observe the *Legacy* curriculum in action and were impressed with what they saw.

"It's geared toward moms who could potentially be high risk, but it's mostly about helping the moms develop a sense of community as they work to leave a legacy for their children," said Felicia Hanney, project manager for Indianapolis Healthy Start. "The moms are very engaged – they really like being a part of the program and they look forward to coming."



*Legacy* is a group-based format that engages participants in mother-baby and mother-only sessions to achieve five distinct goals:

- Promote maternal responsibility, investment and devotion of time and energy



- Promote responsive, sensitive mother-child relationships
- Support mothers as guides to their children's behavioral and emotional regulation
- Promote mothers' sense of community
- Promote mothers' facilitation of children's verbal and cognitive development.

Hanney cites the supportive environment as one of the most important elements of the community. In addition to structured programming, *Legacy* moms work together for fun activities, called the Fun Club, to help foster supportive relationships with each other.

"It's definitely turned into a support group and a community environment for the moms to get to know each other and grow together as their children grow at the same time," she said. "All the moms in the program delivered within 45 to 60 days of each other."

For more information about *Legacy for Children*, please contact Indianapolis Healthy Start at 317-221-2317.

## Hypertension is a public health priority

High blood pressure (hypertension) affects approximately 50 million Americans, and is the most common primary diagnosis in the U.S. (35 million office visits per year as the primary diagnosis). Having high blood pressure means the pressure of the blood in your blood vessels is elevated, which increases the risk for deadly diseases including heart disease, stroke, and chronic kidney disease. In the U.S., hypertension causes an estimated 35 percent of heart attacks, 35 percent of strokes, 49 percent of heart failure episodes, and 24 percent of premature deaths.

In 2013, approximately 32 percent of Marion County adults had been diagnosed with hypertension, similar to the national rate of 31.4 percent. A 32 percent hypertension prevalence translates to almost 219,000 Marion County adults that have been diagnosed with

hypertension. The prevalence of high blood pressure in the county is higher among African-Americans (38.5 percent) than among Whites (31.2 percent) and Hispanics (16 percent).

Adoption of healthy lifestyles is critical for the primary prevention of hypertension and is an indispensable part of the management of those who have developed hypertension. A healthy lifestyle includes habits such as eating a healthy diet, maintaining a healthy weight, being physically active, refraining from smoking, and limiting alcohol consumption.



## MCPHD teams up with other counties to enhance surveillance

Since 2006, the Marion County Public Health Department has monitored patient symptom data from hospital emergency departments to detect abnormal trends which could indicate whether a disease outbreak is brewing or simply to estimate what the status of the outbreak is. Using this type of data is an example of what is known as “syndromic surveillance” and MCPHD is known nationwide as being an advanced practitioner in this field. For instance, MCPHD uses the information gleaned from its syndromic surveillance efforts to inform the decision to enforce hospital visitor restrictions during the peak of the influenza season, thereby slowing down the spread of the flu.

Armed with a million dollar grant from the CDC, MCPHD has partnered with Hendricks and Tippecanoe counties for the former to train the latter two in the use of syndromic surveillance. Early this year, MCPHD epidemiologists conducted in-person training sessions at the partner

counties and have begun monitoring trends that are of interest to the partner counties. In the 10 months since the grant period has started, the surveillance activities have already proved fruitful and are being acted upon at both counties: in Hendricks county, the information is being used to understand heatstroke trends during the summer, and in Tippecanoe county, it’s being used to understand drug overdose trends.

These efforts to build capacity are part of a nationwide effort to build a community of practice for syndromic surveillance practitioners (a top priority for the CDC). Having counties reach out to each other and share what they know and work together on related projects will help to move the whole field, and the whole syndromic surveillance community, forward. That could, in turn, could help prevent or halt the progression of other future outbreaks.

## Public Health Emergency Preparedness hosts Ebola tabletop exercise



An ambulance is called to assist a middle-aged man with severe vomiting, diarrhea and abdominal pain. He has recently arrived back home in Indianapolis after a visit to Guinea, where the West

African Ebola epidemic began. How do public health personnel respond to try to save the patient while protecting the community from a lethal virus?

The Public Health Emergency Preparedness department hosted a large tabletop exercise on May 10. Public health personnel, area health care providers, representatives from the Indianapolis Fire Department and Indianapolis Metropolitan Police Department, Indianapolis EMS, Health & Hospital Corporation and other organizations put their heads together to plan a community response for Ebola occurring locally. Participants discussed the appropriate series of events and how organizations would coordinate to provide the best possible public health response. The event also included a BioWatch 101 presentation from Michael

Walter, PhD, BioWatch Program Manager for the Department of Homeland Security. The BioWatch program, which operates in numerous metropolitan areas throughout the United States, works with federal, state and local officials to monitor the air for biological agents likely to be used in a bioterrorism attack. In the event of a detection, public health personnel use the information to coordinate a prompt and effective emergency response.

Special thanks to the Public Health Emergency Preparedness program and all HHC/MCPHD staff who participated to make the day a success!

*Top left: Nurse epidemiologist Amy Voris represents MCPHD during the tabletop exercise.*

*Below: Michael Walter, PhD (center), discussed DHS' BioWatch program with attendees.*



## HHC/MCPHD welcomes new Vice President of Compliance



Health & Hospital Corporation is pleased to welcome Gina Thompson as its new Vice President of Compliance and Chief Compliance Officer. Gina is the first to fill this newly created position and will oversee compliance across all HHC divisions in her

new role. Previously, compliance officers worked in the Corporation as outside contractors. Gina joins HHC as a full member of the team.

Gina has 30 years of experience in the health care industry in several capacities – as a student nurse, psychiatric technician, registered nurse, unit assistant and for the last 14 years, as a health care attorney.

“I want to build upon the structure that already exists with the good people we have here,” she said. “I hope to be a good resource and objective third party to help us continue to strive for excellence and engrain reliable processes in the organization.”

## COVERING KIDS & FAMILIES PRESENTS

# BACK-TO-SCHOOL FAMILY DAY

FEATURING IFD FIRE SAFETY FESTIVAL

**SATURDAY, JULY 30**

8:30 a.m. - 12:30 p.m. • 3838 N. Rural St. (Parking lot)

### ACTIVITIES INCLUDE:

- Entertainment
- Health screenings
- School supplies (child must be present)
- Health information
- Sports physicals
- Immunizations (bring insurance or Medicaid card)
- Birth certificates (fee and ID required)

On-site enrollment for Hoosier Healthwise, Health Advantage, Healthy Indiana Plan 2.0 and Affordable Care Act. Please bring income stubs for three months, your Social Security number and proof of address in Marion County.

**CALL 221-2464 FOR MORE INFORMATION**

[www.ckfindiana.org](http://www.ckfindiana.org)

## CALENDAR OF EVENTS

### JULY

**7, 14, 21, 28**

#### Free Blood Lead and Consumer Product Testing

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

**6, 13, 20, 27**

#### 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.**

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

### AUGUST

**4, 11, 18, 25**

#### Free Blood Lead and Consumer Product Testing

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

**9, 16, 23, 30**

#### ABCs of Diabetes

Haughville Branch Library  
2121 W. Michigan St., 46222  
1:30 - 3:30 p.m.

### SEPTEMBER

**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.

**7, 14, 21, 28**

#### ABCs of Diabetes

Marion County Public Health Department  
3838 N. Rural St., 46225  
5:30 - 7:30 p.m.

**All HHC/MCPHD offices will be closed on Monday, July 4 and Monday, September 5 for holiday observances.**

# Rep. Susan Brooks meets with Future Promises staff and participants

Rep. Susan Brooks of Indiana's fifth congressional district paid a visit to North Central High School on April 7 to meet staff and participants from the Future Promises program, which supports pregnant and parenting teens. Since its founding in 1997, Future Promises has served over 500 participants, including young fathers. Rep. Brooks met with student participants to learn about their experiences as parents and how Future Promises helped them deal with the challenges of teen parenthood.

North Central student Zaira Araiza participated in the discussion and shared how her weekly meetings with case manager Ja'Nette Johnson has helped her.

"The program has really helped me grow as a parent," said Zaira. "It helps to have other people your age who are experiencing the same things. The program has also given me an emotional support system during the process of becoming a mother."

Zaira also shared how the program has helped her further her education. She participated in the Future Promises' spring college tour program and in the fall, will become the first person in her family to attend college. She counts this, along with



graduating from high school, as her greatest accomplishments and is proud to set a good example for her daughter.

Daniel Ruiz and Armando Garcia, two young Future Promises fathers, also shared their successes and challenges and how Future Promises helped them. Both fathers worked closely with Montoan Butler, who provided one-on-one support through the Dads Affirming Dads (D.A.D.) component of the program.

Congratulations to all of the Future Promises staff and participants for their phenomenal achievements. For more information about Future Promises, contact Wanda Spann Roddy at [wroddy@hhcorp.org](mailto:wroddy@hhcorp.org).

## Safe Sitter training available this summer!

Today's babysitters need to know more than just the basics to keep themselves and the children in their care safe. That's why Safe Sitter®, an up-to-date and well-rounded youth development program with a medical basis, teaches young teens life and safety skills to keep them safe now and in the future. It also equips them with the tools needed to stay home alone safely and with confidence.



The program includes child care techniques, first aid basics, choking infant and child rescue techniques, how to prevent problem behavior, babysitting as a business, and how to get help if needed.

The Social Work Department of the Marion County Public Health Department is offering the Safe Sitter® course for students 11 to 14 years of age. The cost is \$20. The one-day course is 8:30am to 4:00pm. Registration for the course is required. Please call 221-5729 to register or for additional information.

**Monday, July 18**  
**Eskenazi Health West 38th St.**  
**5515 W. 38th St.**

## Is it time to crush your smoking habit?

**1.800.QUIT.NOW**  
**Indiana's Tobacco Quitline**  
**[QuitNowIndiana.com](http://QuitNowIndiana.com)**



# MCPHD In The Community

## Girls on the Run empowers girls with fitness



Girls on the Run is a life-changing nonprofit program for girls in third through fifth grade which inspires girls to be joyful, healthy and confident using an evidence-based curriculum that integrates running. Over 24 sessions, Girls on the Run combines training for a five-kilometer (3.1 mile) running event with lessons to inspire them to become independent thinkers, problem-solvers and good decision makers. All of this is accomplished through collaboration with the girls, their parents, schools, volunteers, staff and the community. Girls on the Run of Marion County is sponsored by the Marion County Public Health Department. Congratulations to all the young athletes who participated in Girls on the Run this year and capped off their season at the Eskenazi Health Stride. Special thanks to coaches Kellie Knight, Nicole Stone, Alexa Wilcox and all parents who helped out!

## Housing's Scott Amrhien helps local woman return home safely

Housing and Neighborhood Health Environmental Health Specialist Scott Amrhien referred an elderly client with mobility issues for assistance with sanitary maintenance and resources. The client did not trust that we were there to help her and refused all assistance. Due to the unsanitary conditions and client's inability to properly clean her home, the case was referred for legal action and the client was moved from the property for her health and safety. While at court, the client had a change of heart and asked for assistance. The Environmental Court assigned Indianapolis Legal Aid to assist. The client

was also referred to NeighborLink, a service agency, for help with cleaning her home. After several weeks, NeighborLink was able to remove all the trash from the client's home and MCPHD was able to provide the client with some additional cleaning supplies. MCPHD also helped coordinate with another agency to help sanitize the home. Once the house was clean and sanitized, the court removed the vacate order and the client was able to return to her home, where she receives regular assistance to help her with maintenance and cleanliness.

# MCPHD In The Community

## Legacy House ROCCs on Monument Circle

Legacy House held its annual R.O.C.C.-A-Thon on April 14 on Monument Circle. The annual event serves to raise awareness about violent crime, its effect on victims and communities and the resources available to help. Thank you, Legacy House!



Environmental Health staff meet and educate the public about environmental issues and MCPHD's role in the community at Earth Day Indiana Festival at Military Park in April.

## HHC/MCPHD's 2016 Corporate Clean-Up

HHC/MCPHD employees got together on a chilly day in April to help make the Meadows neighborhood a nicer place to live and work. Staff volunteered for two shifts to pick up trash and debris and MCPHD's Environmental Health Safety & Management crew brought out their heavy equipment to clear larger items.



# 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
Children's Special Health Care Services Program .....	221-2103	School Health Services .....	221-2366
Chronic Disease .....	221-2094	Sewage Regulation (Septic Systems) .....	221-2147
Communicable Disease Control .....	221-2117	Sexually Transmitted Disease Control .....	221-8300
Community-Based Care (CBC) .....	221-2366	Sickle Cell Anemia .....	221-2105
Community Nutrition Services .....	221-7403	Smoke Free Indiana.....	221-2084
Dental Health .....	221-2329	Social Work .....	221-2364
Diabetes Education .....	221-2104	Streams, Groundwater and Solid Waste .....	221-2147
Environmental Control .....	221-7588	Swimming Facilities Regulation (Public) .....	221-2147
Food Safety .....	221-2222	Tobacco Free Youth Initiative.....	221-3100
Foreign Born Health .....	221-2114	Tuberculosis Control .....	221-2106
Hazardous Materials .....	221-2147	Violence Prevention .....	221-2085
Health Education, Promotion and Training.....	221-2092	Wellfield Protection .....	221-2266
Healthy Babies Consortium .....	221-2313	Wells and Drinking Water Safety .....	221-2147
Healthy Homes, Environmental Consumer Management and Senior Care .....	221-2155	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