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 1/2 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.
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.
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 healthcare 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

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.
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.

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.

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.
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.
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.