



Indiana State
Department of Health
Office of Women's Health

Annual Report 2015



In fulfillment of the requirements of I.C. 16-19-13-3(12)



Indiana State Department of Health

Office of Women's Health

Office of Women's Health Vision

The vision of the Office of Women's Health at the Indiana State Department of Health is for each woman in Indiana to be aware of her own health status, risks, and goals and achieve optimal health through access, education and advocacy.

Office of Women's Health Mission

The Office of Women's Health at the Indiana State Department of Health provides statewide leadership and coordination to ensure that the health of women in Indiana is acknowledged, valued and supported. The Office champions inter-professional and inter-departmental collaboration, data collection and sharing, community engagement and mobilization and programmatic inclusion of women's health issues as a means by which to focus prevention efforts on the specific needs of women in Indiana.

Office of Women's Health Objectives

- To identify, coordinate, and set statewide priorities for women's health programs, services, and resources;
- To educate and advocate for women's health, providing statewide leadership for better access to and financing for health services, preventive screening, treatment services, and health education efforts;
- To promote programs that are especially sensitive to the needs of underserved and disadvantaged women, and those with special needs;
- To serve as a clearinghouse for information, current research and data and to assist policy-makers;
- To provide leadership and mentoring opportunities for young women;
- To seek funding and partnerships from private or governmental entities for programs and initiatives.



**Indiana State
Department of Health**
Office of Women's Health

Office of Women's Health Staff

<p>Laura A. Chavez, MPH, CLC Director Office of Women's Health Indiana State Department of Health 2 N. Meridian St., 3M Indianapolis, IN 46204 (317) 233-9156 (317) 233-8199 (fax)</p>	<p>Terri L. Lee, MPH Violence Prevention Program Director Office of Women's Health Indiana State Department of Health 2 N. Meridian St., 3M Indianapolis, IN 46204 (317) 233-7056 (317) 233-8199 (fax)</p>
--	--

Indiana State Department of Health Leadership

<p>Jerome M. Adams, MD, MPH State Health Commissioner Indiana State Department of Health 2 N. Meridian St., 3A Indianapolis, IN 46204 (317) 233-7400 (317) 233-7387</p>	<p>Jennifer Walthall, MD, MPH Deputy State Health Commissioner, Director for Health Outcomes 2 N. Meridian St., 3A Indianapolis, IN 46204 (317) 233-7400 (317) 233-7387</p>	<p>Eric Miller Chief of Staff Indiana State Department of Health 2 N. Meridian St., 3A Indianapolis, IN 46204 (317) 233-7400 (317) 233-7387</p>
---	---	---

Office of Women's Health Social Media Information

<p>Webpages:</p>	<p>www.womenshealth.isdh.in.gov www.isdh.in.gov</p>
<p>Twitter:</p>	<p>@inwomenshealth www.twitter.com</p>



Indiana State
Department of Health
Office of Women's Health

Advisory Board

The Office of Women's Health Advisory Board is a committee comprised of persons with an expertise in and a knowledge of women's health issues in Indiana, and functions to assist in advising the Office of Women's Health director. As of December 31, 2015, the Advisory Board held 24 members.

Senator Vaneta Becker (Co-Chair) Indiana State Senate Email: s50@in.gov ; Email: (assistant) brittany.held@iga.in.gov	Antoniette Holt ISDH – Office of Minority Health Email: aholt@isdh.in.gov
Representative Vanessa Summers (Co-Chair) State of Indiana Email: h99@in.gov	Janet Johnson CAPE Email: jjohnson@capeevansville.org
Esther Acree, RN, MSN, Sp.Cl.Nsg., FNP-BC Indiana State University Email: esther.acree@indstate.edu	Aimbriel Lasley, CLC Indiana WIC; IBBC; MILC Indianapolis, IN Aimbriel@outlook.com
Kristin A. Adams, Ph.D., CHES President & CEO Indiana Family Health Council, Inc. Email: Kristin.adams@ifhc.org	Tisha Reid National Center of Excellence in Women's Health tireid@iupui.edu
Nancy Branyas, MD The Care Group Email: nbranyas@thecaregroup.com	Calvin Roberson, MHA, MPH V.P. Planning & Program Development Email: c.roberson@imhc.org
Virginia A. Caine, MD Marion County Public Health Department Email: vcaine@hncorp.org Email: (assistant) dharris@hncorp.org	Kristin Svyantek Garvey Executive Director Indiana Commission for Women Email: kgarvey@icw.in.gov
Linda L. Chezem, JD Indiana University/Purdue University Email: lchezem@iupui.edu	Deborah Stiffler, PhD, RN, CNM IUPUI Email: dstiffle@iu.edu
Susan Crosby President Emeritus Women in Government Email: scrosby@tds.net	Jeanne Hawkins-VanTyle, Pharm.D Butler University Email: jvantyle@butler.edu
Donetta Gee-Weiler RN, BSN Vice President of Women's & Children's Services Community Health Network Email: dgee-weiler@ecomcommunity.com	Julia Vaughn Common Cause Indiana Email: jvaughngyure07@yahoo.com

<p>Abby Hunt, MSW Executive Director Health Care Education & Training (HCET) Email: ahunt@hcet.org</p>	<p>Mary Weiss Davis Email: mary.b.weiss@aol.com</p>
<p>Sally Johnson-Hartman, RNC, MSN Indiana/Purdue, Ft. Wayne Email: hartmans@ipfw.edu</p>	<p>Yolanda Wide Health Systems Manager, Primary Care American Cancer Society Yolanda.wide@cancer.org</p>
<p>Nancy Hines Ovar'Coming Together F.C. Tucker & Company Email: nhines@MIBOR.net</p>	<p>Charlotte Zietlow, Ph.D. Community Activist Email: zietlowc@gmail.com</p>



Indiana State Department of Health

Office of Women's Health

Summary

The Office of Women's Health (OWH) accomplished a number of goals in 2015. The Office of Women's Health Advisory Board met quarterly in 2015 and the Sexual Violence Primary Prevention Council convened for six meetings to update the Indiana State Sexual Violence Primary Prevention Plan. The OWH also added a new board, the Postnatal Donation Advisory Board, to help promote and educate on the benefits of donating cord blood and postnatal tissue.

The OWH took the lead in the agency's efforts to promote and educate about breastfeeding. The OWH director became the agency breastfeeding coordinator, formed an Internal Breastfeeding Task Force and initiated the development of an Indiana State Breastfeeding Plan and work plan. The OWH continued to host the Centers for Disease Control and Prevention (CDC) Rape Prevention Education grant, providing sexual violence primary prevention education and training to 1,575 community professionals and 3,264 community members through November 2015.

The Office of Women's Health participated in multiple internal and external educational events and presented women's health information to 496 community members and health professionals. The OWH focused on building relationships internally and in the community this year, supporting multiple projects with the divisions of Health and Human Services and connecting with 16 new community partners to offer support, education and collaboration. The OWH also participated on six community-based boards/councils. The Office released the OWH Wellness Watch e-newsletter monthly, providing women's health-related articles to more than 1,400 subscribers. The Office of Women's Health continued efforts in social media, redesigning the content of the OWH webpage and tweeting daily to nearly 1,300 Twitter followers.

Office of Women's Health Activities for 2015

Advisory Boards and Councils

Office of Women's Health Advisory Board. The OWH director convened the Office of Women's Health Advisory Board in all four quarters of 2015. The Advisory Board comprises a diverse group of women with expertise in, and knowledge of, women's health issues in Indiana. The OWH director worked to secure the renewed commitment of the group to the OWH's initiatives by reaching out to each member individually to confirm their continued, active

participation. The Board had seven resignations but also added five new members that reinforced the OWH's commitment to having a Board widely representative of women in the state of Indiana. Board members were added from the Indiana Black Breastfeeding Coalition, American Cancer Society, Healthcare Education and Training, Community Hospital and the IU Center of Excellence in Women's Health.

Sexual Violence Primary Prevention Council (SVPPC). The OWH continued facilitation of the Sexual Violence Primary Prevention Council (SVPPC). The SVPPC is a statewide advisory council comprised of members representing diverse disciplines and organizations, united by a shared desire to prevent sexual violence and its public health and social implications. The OWH hosted six meetings during 2015. The SVPPC served as the driving force behind the modification of the state's existing sexual violence primary prevention plan, Indiana's Commitment to Primary Prevention: A State Free of Sexual Violence – 2010-2015. The new state plan outlines key recommendations and strategic priorities to guide sexual violence primary prevention in Indiana. The SVPPC convened to evaluate the progress of the existing state plan and undertook a comprehensive planning and feedback process to develop the new Indiana Sexual Violence Primary Prevention Plan 2016 - 2021. The new state sexual violence primary prevention plan will see an integration of the public health approach as well as an increased emphasis on evaluation.

Postnatal Donation Advisory Board. In Indiana, the Postnatal Donation Initiative established that the Indiana State Department of Health would take the lead in promoting awareness concerning a pregnant woman's option to donate postnatal fluid, including umbilical cord blood, as well as postnatal tissue, including the placenta and tissue extracted from the umbilical cord. The OWH was tasked with bringing together a Board of experts and developing a plan for increasing education and awareness about postnatal donation options across Indiana. Chaired by Deputy Health Commissioner Jennifer Walthall, MD, MPH, the Board was convened five times during 2015 and was able to connect with relevant community organizations to research the needs and barriers for postnatal donation in the state. The Board developed and disseminated educational materials and determined the most appropriate methods of marketing the information in the state.

Breastfeeding

In March 2015, the OWH director took on a new role as Agency Breastfeeding Coordinator. This role involved coordinating the agency's breastfeeding efforts and coalescing them behind a comprehensive Indiana State Breastfeeding Plan to ensure the most effective and efficient movement forward for breastfeeding efforts in the state.

Internal Breastfeeding Task Force. The OWH formed an Internal Breastfeeding Task Force with representation from multiple ISDH Health and Human Services divisions, including Women, Infants and Children (WIC), Maternal Child Health (MCH), Division of Nutrition and Physical Activity (DNPA), Chronic Disease, Primary Care and Rural Health and the Office of Minority Health (OMH). The group met six times in 2015, discussing the Indiana State Breastfeeding Plan, a statewide breastfeeding conference, agency breastfeeding priorities and community partnerships.

Indiana State Breastfeeding Plan. In January of 2015, the Maternal Child Health Division, in partnership with the National Institute for Children’s Health Quality (NICHQ), released a roadmap document for ISDH to follow to build capacity for breastfeeding support and education in the state. The OWH director, with support of the Internal Breastfeeding Task Force, reviewed this document in detail and began creating the first Indiana State Breastfeeding Plan, as well as a corresponding year one work plan. The Plan is being written to encompass the most important aspects of ISDH’s breastfeeding plan, and make the information useful and consumable by the public.

Breastfeeding infographics. The OWH worked with the agency graphic designer to create educational tools about breastfeeding for expecting or new mothers in the community. These tools are visual and simple to read, and offer common concerns and solutions as well as a listing of community resources to support mothers and families. These tools were introduced at the 2015 ISDH Annual Infant Mortality Summit.

Statewide breastfeeding conference. The OWH spent much of 2015 planning a statewide breastfeeding conference to be held in February 2016. The conference, Innovations in Breastfeeding Research and Practice, was designed to highlight both innovative research as well as breastfeeding support programs that are evidence-based, have shown promise or have been transformative in their communities. Those in attendance can utilize this information to improve and enhance their breastfeeding practice with Hoosier mothers and babies. This conference was designed for breastfeeding advocates and health professionals who are aware of the significant and positive health impact breastfeeding has for mothers and babies, but would benefit from exposure to cutting-edge research and unique practice techniques to improve their own practices and support of breastfeeding mothers.

Rape Prevention and Education

The OWH successfully managed the [Rape Prevention and Education \(RPE\)](#) grant from the CDC and continued to implement the Indiana State Sexual Violence Primary Prevention Plan. This grant provided funds to promote sexual violence primary prevention across the state. In Indiana in 2012, an estimated 125,000 Hoosiers reported unwanted sexual advances or forced sexual activity (BRFSS, 2012). The trauma of sexual violence impacts all areas of an individual’s and his/her family’s lives, from mental health to chronic disease susceptibility.

During the grant period 2/1/15 – 1/31/16 OWH contracted with organizations/projects that adopted evidence-informed approaches, were community-centered and those in which the program design reflected and utilized the required program strategies. By pursuing programs that were evidence-based and that work across the social ecology, OWH increased program capacity across the state by encouraging program collaboration, reducing health disparities among priority populations and creating a diverse sexual violence primary prevention service base with multi-disciplinary professionals.

RPE contractors. Three programs were selected to administer sexual violence primary prevention programming in the state: Indiana University (IU), the Indiana Coalition against Domestic Violence (ICADV) and Purdue University's Multicultural Efforts to End Sexual Assault (MESA). ICADV provided technical assistance and training needs to six, community-based sub-grantees. MESA mobilized communities across Indiana by conducting culturally-relevant sexual violence primary prevention programming. IU engaged faculty, staff and students on its eight regional campuses in sexual violence primary prevention. From February 2015 through November 2015, ICADV, MESA, IU and their affiliated sub-grantees reported hosting 68 professional training sessions, with 1,575 professionals trained. The contractors also reported 342 public educational sessions, with 3,264 individuals receiving training. Training topics included program evaluation, Green Dot program implementation, Safe Dates curriculum, Coaching Boys into Men curriculum, healthy relationships, Primary Prevention 101, bystander intervention, consent, cultural competency in sexual violence prevention, sexual violence and the LGBTQ+ community, sexual violence on college campuses and social inclusion as a protective factor for those with intellectual and/or developmental disabilities (I/DD).

Grant administration and state-level prevention work. The Violence Prevention Program Director (VPPD) was tasked with administering and managing the grant funds full-time, providing technical assistance to all parties involved in the primary prevention of sexual violence in Indiana, including RPE contractors and sub-contractors, state project partners, local prevention programs, colleges and universities other state level organizations and the SVPPC. In addition, the Violence Prevention Program Director was responsible for the state Evaluation and Performance Management plan, the evaluation capacity assessment required by the CDC. In late 2014, the OWH released a competitive Request for Proposals for the RPE program for the grant period 2/1/15 – 1/31/16 and through an objective scoring platform, selected three contractors to administer sexual violence primary prevention programming in the state.

The OWH also developed a plan to build epidemiological support for the evaluation and data collection process. The OWH continued to include time-sensitive questions on unwanted sexual experiences in the Youth Risk Behavior Surveillance System (YRBSS) survey. The OWH was also able to add five questions on unwanted sexual experiences on the Behavioral Risk Factor Surveillance System (BRFSS) in Indiana, assessing sexual violence victimization in adults in the past 12 months. After establishing a baseline measure with the 2016 BRFSS data, the data gathered in future years will be used to measure the effectiveness of sexual violence primary prevention efforts in the adult population. This information will serve as baseline measures to indicate the level of progress being made through the state sexual violence primary prevention plan. The VPPD also worked with the Division of Trauma and Injury Prevention to contribute sexual violence data and information into the division's new Injury Prevention Resource Guide and app.

The VPPD researched, composed and disseminated 14 sexual violence primary prevention "news blasts" to 150 community stakeholders in 2015. This comprehensive resource provides local advocates with information regarding recent report publications, web-based resources, calls for abstracts, research, funding opportunities and local and national conferences, trainings and events.

Violence Prevention Groups. In 2015, the Violence Prevention Program Director collaborated with the Indiana Coalition against Domestic Violence (ICADV) and the DELTA FOCUS project by having the Violence Prevention Program Director serve as a member of the Leadership Team. The VPPD also participated in the Domestic Violence Network's Higher Education Work Group. The purpose of the group was to identify issues pertaining to sexual and domestic violence issues at the state's college and university campuses. The Violence Prevention Program Director also joined the RPE Special Topics Ad Hoc Committee. This committee, comprised of RPE directors across the nation, is convened to discuss the "hot topics" identified by national RPE Directors at the 2015 RPE Leadership Meeting. The VPPD joined the 2016 National Sexual Violence Conference Proposal Review Committee. This committee has been tasked with reviewing proposals for the 2016 National Sexual Assault Conference in Washington, D.C. Additionally, the Violence Prevention Program Director participated in the ICADV Sexual Violence Roundtable Work Group. Participation in this group yielded the creation of the first Sexual Assault Advocacy Services training held by ICADV throughout the year.

Community Outreach and Social Media Efforts

Presentations and community events. The OWH has been involved in community engagement and education, empowering Indiana women to lead discussions on their own health and set appropriate and realistic goals for themselves and their families. The OWH provided presentations on various women's health topics to 496 community members and health professionals in 2015. The Office also supported 16 community agencies to center programming on women's health.

The OWH also hosted and spoke at various events throughout the year. In 2015, the OWH hosted two "Lunch and Learn" events at the ISDH. The first was delivered by CICOA and focused on caregiving, providing ISDH staff an opportunity to learn about community resources available to them if they are caring for a loved one. The second event was offered by the Arthritis Foundation of Indiana and provided arthritis data, resources and support for interested ISDH staff. The Violence Prevention Program Director presented in March to students at Butler University regarding the Rape Prevention and Education Program and sexual violence primary prevention. In April, the OWH director met with pharmacy students at Butler to discuss pregnancy, childbirth and postpartum issues for women. And in May, the OWH director worked with the Director of the Office of Minority Health and the Lupus Foundation, Indiana Chapter, to develop a [Lupus Roadmap educational tool](#) and unveiled it at a Know Lupus Awareness event at the Indianapolis City Market. Also in May, the OWH director and Violence Prevention Program Direction provided a presentation on sexual and domestic violence prevention to WIC clinics and local health departments via webinar.

In June, the OWH partnered with the Indiana Protection for Abused and Trafficked Humans (IPATH) group through the Indiana Attorney General to host a webinar on human trafficking targeted toward healthcare professionals in the state. In August, the OWH director presented at the monthly local health department webinar about breastfeeding and its intersection with infant mortality. Also in August, the OWH director partnered with Michelle Hoersch, Regional HHS OWH Coordinator for Region Five, to speak at four events about trauma and trauma-informed care. She provided tailored presentations to the Emergency Medical Services Medical Director Conference, the Emergency Response Conference, the Indiana State Trauma

Care Committee and also to IPATH. In September, the OWH worked with Ms. Hoersch once again to be a satellite site for the webcast “Building a Trauma-Informed Nation” which was targeted toward community partners in sexual violence and injury prevention.

National Women’s Health Week. In 2015, the OWH recognized National Women’s Health Week (3/10 – 3/16) by hosting a “Walk a Mile for Women” health walk in which 20 participants walked a path around downtown Indianapolis to highlight women’s health issues. The OWH also partnered with the IU Center of Excellence in Women’s Health to provide biometric screenings for ISDH staff and the public via the Wellness on Wheels (WOW) bus, screening 24 staff and community members.

Office of Women’s Health Wellness Watch Newsletter. The Office continued to publish the OWH Wellness Watch e-newsletter in 2015. The newsletter is provided monthly, and grew from 1,090 subscribers in December 2014 to 1,433 subscribers in December 2015. The newsletter is targeted toward community members and health professionals. It included areas of focus such as: cervical health, healthy eating, caregiving, tobacco cessation, minority health, healthy pregnancy, breastfeeding, asthma, obesity, safety, falls prevention, human trafficking, rural health, breast cancer, depression and many more women’s health-related topics.

Office of Women’s Health webpage. Throughout 2015, the OWH director updated the Office of Women’s Health webpage frequently and made notable updates and changes. The new content reflects the Office’s desire to grow internal and community involvement and engagement with OWH initiatives and in women’s health. The webpage has two additional tabs, one focused on postnatal donation and one on breastfeeding. The Postnatal Donation Advisory Board was tasked with providing statewide resources on postnatal donation. These were developed by the Board for community members and physicians and are housed on the OWH webpage for easy access by the public. The OWH also found it prudent to compile useful data and resources on breastfeeding and house that information on the OWH webpage as well. The OWH director added 15 topics to the [OWH webpage resources page](#), and added both local and national resources on every topic listed on that page. The OWH also posted all of its OWH Wellness Watch Newsletters under the Publications tab and offered up-to-date listings of local, health-related events.

Twitter (@inwomenshealth). The OWH is maintaining and growing its Twitter account, having nearly doubled its followers from 693 in December to 1,290 in December 2015. OWH tweets daily and focuses the content on women’s health issues. During 2015, the OWH Twitter profile was visited 2,137 times and OWH was mentioned in tweets by other users 55 times. The OWH Wellness Watch newsletter was connected to the OWH Twitter account in 2015, allowing the newsletter to be automatically tweeted when published to reach a broader audience.

Partnership and Relationship Building

The Office of Women’s Health has strived to work with both internal and external partners to encourage a gender focus on prevention activities, healthcare information and programmatic initiatives. The Office recognizes that, as a smaller division, one of the best ways to promote

women's health and provide education is through strong relationships and partnerships with multi-disciplinary professionals and a multitude of internal divisions and community partners. The OWH worked hard to establish and maintain these partnerships and relationships with various non-profit organizations, health care-related companies, governmental agencies and internal divisions in 2015.

Community groups. The Office of Women's Health was invited to participate on multiple community-based boards and groups in 2015.

IU Center for Excellence in Women's Health, Women of INfluence (WOI). The OWH director participated on a planning committee for the IU Center of Excellence in Women's Health Women of INfluence Annual Symposium. The OWH director worked with this planning group to make arrangements for speakers, develop marketing materials and to assist in the event planning for WOI's September 9 Annual Symposium on women's health entitled "Unspoken: Real Women, Real Issues." This Symposium addressed broad women's health topics such as menopause, dementia, depression, chronic stress, bladder incontinence and insurance navigation. The OWH also worked with the WOI to arrange for the Women's Wellness on Wheels (WOW) bus to come to the ISDH to provide biometric screenings in recognition of National Women's Health Week 2015.

Indiana Protection for Abused and Trafficked Humans (IPATH). The OWH director connected with the Attorney General's office to become involved with the IPATH healthcare working group in Indiana. The Indiana Protection for Abused Trafficked Humans (IPATH) task force (IPATH) is one of 42 task forces nationwide funded by the Department of Justice's Office of Victims of Crime and the Bureau of Justice Assistance to address the issue of human trafficking. The Goals of IPATH are to:

- Enhance law enforcement's ability to identify and rescue victims.
- Provide resources and training to identify and rescue victims.
- Ensure comprehensive services are available for victims of trafficking.

Indiana Coalition to End Sexual Assault (ICESA). In 2015, ICESA was established as the new CDC-designated sexual assault coalition in Indiana. ICESA empowers Indiana communities to prevent sexual assault and serve those impacted by it, with the goal being to eliminate sexual assault in the state completely. The OWH worked closely with the Indiana State Health Commissioner to provide support and to collaborate with this new organization.

Domestic Violence Fatality Review Board. The OWH director participated on the Domestic Violence Fatality Review Board, hosted by the Indiana Coalition against Domestic Violence (ICADV). The Domestic Violence Fatality Review Advisory Council was convened in the spring of 2011 and charged with the responsibility of evaluating the circumstances surrounding domestic violence deaths in order to make preventive recommendations. The work of the team was guided by the belief that the professionals involved were best equipped to address the problem, with a clear understanding of its scope and dynamics. Advisory Council members were invited from a range of professions including law enforcement, the judiciary,

advocacy, healthcare, education, public health, and the faith community in order to identify opportunities for prevention across service systems and across the lifespan.

ENA Forensic Committee Working Group. The OWH director and Violence Prevention Program Director participated in the work of the Emergency Nurses Association Forensic Committee Working Group. The purpose of the group is to identify issues pertaining to forensic sexual assault examinations for consideration by the statewide Sexual Assault Response Team. The group has addressed issues pertaining to 12 Sexual Assault Nurse Examiners (SANE) and Sexual Assault Response Teams (SART), sexual and domestic violence legislative updates, forensic education and updates on the revision of the Indiana State Evidence Collection Kit.

Community connections. The Office of Women's Health engaged with multiple community partners in 2015 to learn about their programs and explore opportunities for partnership, collaboration and support. The OWH connected with representatives of the Indiana Commission for Women, CICOA, Muncie OUTreach, Eskenazi Multicultural Affairs, Indiana Black Breastfeeding Coalition, Indiana Criminal Justice Institute, Arthritis Foundation, Community Health Network, the Indiana Breastfeeding Coalition, Indiana Perinatal Network, Women's Foundation of Southern Indiana, Indiana Family Health Council, Indiana Coalition to End Sexual Assault, CureForward, Hands in Autism, Little Red door and the Indiana Afterschool Network. The OWH also provided resources and information to many more community agencies throughout the year via email and telephone. The OWH also maintained contact with the National Office on Women's Health in order to stay up-to-date with women's health research, events and national women's health initiatives and priorities.

Internal groups. OWH participated on several internal committees. OWH staff participated on the Injury Prevention Advisory Council (IPAC), the Indiana Violent Death Reporting System Advisory Board (INVDRS), the Minority Health Partners board and the Sexual Violence Primary Prevention Council (SVPPC). In addition, the OWH director participated the Indiana Perinatal Quality Improvement Collaborative (IPQIC) Disparities Committee.

Internal projects. The OWH director pursued multiple projects with internal Health and Human Services Commission divisions. These projects were designed to complement existing work being in the divisions, or create something new to ensure a gender focus in programmatic work.

Child Fatality Review. The OWH partnered with the Child Fatality Review division to help support an expert speaker to provide training and information to first responders and Child Fatality Review teams. This trainer provided information and education on the importance of maternal interviews and how to provide appropriate grief/bereavement support across cultures.

Oral Health. The OWH worked with the Oral Health division to prepare a CE course on pain medications in dentistry. Dmitri M. Arbuck, MD from the Indiana Polyclinic prepared the course, which is widely available to dentists across the state on the IN-TRAIN training system. This topic was chosen because pain is prevalent among women and its appropriate treatment can mean the difference between an acute episode and chronic pain. Also, the abuse of pain

medication can contribute to public health issues, such as drug abuse and its attendant risks (such as IV drug abuse and HIV/AIDS transmission).

Maternal Child Health. The OWH participated on the planning committee for the Annual Labor of Love Infant Mortality Summit. This responsibility included assisting with preparing the agenda, conference logistics, selecting and interviewing speakers, reviewing presentation and poster proposals and providing assistance and support at the Summit itself.

Division of Nutrition and Physical Activity / Chronic Disease, Primary Care and Rural Health. The OWH partnered with these two divisions to create a project to encourage women at-risk for obesity or cardiovascular disease to prepare more meals at home and engage in healthier eating habits. OWH purchased cookbooks entitled “Good and Cheap: Eat Well on \$4/Day,” which were designed to provide simple, healthy recipes specifically for individuals living on SNAP benefits for their food budget. The books will be provided to participants of the WISEWOMAN program. WISEWOMAN provides cardiovascular screening to women ages 40-64 who are participants in the Indiana Breast and Cervical Cancer Program (IN-BCCP), and addresses the burden of cardiovascular disease by identifying and reducing the patient’s risk of having a heart attack, stroke and chronic disease through education and early detection screenings. The program provides blood pressure, cholesterol and glucose screenings, as well as evidence-based lifestyle programs. Additionally, participants have the opportunity to participate in health coaching. The program coaches will provide pre- and post-testing of participant knowledge about healthy eating and cooking and the project will track how the provision of the cookbook resource impacts those factors. The project will start in March or April 2016.

Division of Trauma and Injury Prevention. The OWH collaborated with the Trauma and Injury Prevention Division to fund the purchase of the CDC’s STEADI toolkits for falls prevention, with a focus on preventing falls for older women. The toolkit will be initially implemented in two pilot areas. The first is with Indiana University Health Arnett to extend STEADI to the “Aging” group. This is a group of primary care health providers and neurologists that will complete falls assessments among their patient population in Lafayette. These health professionals will take the toolkit into patient homes to do complete falls screening assessment. The second pilot area is with the community paramedics in Crawfordsville. The community paramedics will be trained on STEADI and will be tasked with starting the conversation about falls prevention with patients. Since they often have repeat clientele, the paramedics will be completing weekly balance screenings and will assess improvement. The goal is to see a decrease in recidivism, as well as falls, to which Emergency Medical Technicians often respond. STEADI is being built into the paramedics’ electronic medical record (EMR) system so that the information provided and direct results can be tracked and evaluated. This project will provide ongoing data and impact, well past the time of the initial investment.

Educational Opportunities and Conferences

In 2015, the Office of Women’s Health staff engaged in multiple trainings and conferences to better develop their professional skills, enhance their knowledge and education and connect with relevant community organizations and contacts to share the work of the OWH.

OWH Director. In February, the OWH director attended the University of Minnesota School of Public Health training on Engaging Communities in Public Health Research, Practice and Policy. This training provided innovative techniques to engage community partners in public health. In April, the OWH director attended the Gold Lactation Online Conference, a two-week long online educational opportunity that allows participants to learn about innovative breastfeeding research and practice from national and international experts. The OWH director was able to obtain 9.25 L-CERP's to maintain her Certified Lactation Counselor certification. The OWH director also attended a two-day Certification Cram Course sponsored by Lactation Education Consultants, courtesy of the WIC program. This course allowed the OWH director to earn educational credits toward maintaining her Lactation Counselor Certification and provided updated breastfeeding research and practice materials. In November 2015, the OWH director attended an Indiana Perinatal Network breastfeeding conference entitled "Overcoming the Barriers of Disparity." Also in November, the OWH participated in ISDH's Annual Infant Mortality Summit. The Summit's focus in 2015 was on disparities, and the OWH director assisted with the planning and execution of the conference.

Violence Prevention Program Director. The Violence Prevention Program Director attended the National Association of Student Affairs Administrators in Higher Education (NASPA) Violence Prevention Conference in January 2015 in preparation for the work two RPE grantees housed on college campuses. This conference focused on giving student affairs practitioners the tools to effectively address violence on campus through a variety of integrative approaches. The VPPD also attended the Rape Prevention and Education (RPE) Leadership training and the National Sexual Assault Conference in August 2015 in Los Angeles, CA. There, she was able to connect with other RPE Directors and staff from the Centers for Disease Control and Prevention to get technical assistance and training and learn new strategies to increase program capacity in Indiana. In October 2015, the Violence Prevention Program Director attended the "It's On Us" Student Leaders Conference on Sexual Assault, hosted by Indiana University. This conference provided Indiana University students from the eight regional campuses with an opportunity to learn about different sexual violence prevention efforts throughout the state, connect with college students across the state of Indiana, and to work collectively to help end campus sexual assault. The VPPD attended the Latino Coalition against Domestic and Sexual Violence conference, entitled "Healthy Generation: Toward Communities without Violence," to support work with minority populations with the RPE program in October 2015. The Violence Prevention Program Director also attended the ISDH Labor of Love Infant Mortality Summit at the Indiana Convention Center in November 2015.

Office of Women's Health Plans for 2016

Focus on infant mortality. In the upcoming year, the OWH will continue to support the agency's focus on reducing infant mortality in the state by continuing to support and promote breastfeeding across the state. The OWH will host the first statewide breastfeeding conference, and will continue to connect with pre-, peri- and postnatal health advocates across the state to work to improve support and education for breastfeeding mothers and families. The OWH will complete and release the Indiana State Breastfeeding Plan and continue to work with the Internal

Breastfeeding Task Force to implement its tenets. The OWH will continue its participation on the Labor of Love Annual Infant Mortality Summit planning committee to provide support for the mission.

Long-impact projects. The OWH will continue to seek opportunities within the ISDH to partner, support and create projects that will have a long-term impact on women's health in the state. The OWH plans to continue to support many established projects, as well as incorporate new initiatives with additional ISDH divisions. The OWH also plans to focus community efforts on projects that are longer-term or will have a more lasting impact on the health of women, rather than on single or one-time events.

Presentations and social media. The OWH plans to continue efforts to educate the public on a variety of health topics related to women, ensuring that it continues to be the prominent clearinghouse of information on women's health in the state. Educational efforts will include in-person presentations, webinars, conferences and a strong social media presence via Twitter and through the continued growth of the OWH Wellness Watch newsletter.

National Women's Health Week. In 2016, the OWH plans to work with the IU Center for Excellence in Women's Health to hold three events, one in Indianapolis and two in counties north and south of the city. The out-of-county events will be hosted by local agencies and OWH plans to support them with earned media and the provision of the IU Center of Excellence Wellness on Wheels (WOW) bus to provide biometric screenings. The OWH plans to engage ISDH staff in healthy activities at the third event by providing WOW bus screenings, as well as daily women's health-focused email messages and tips.

Rape Prevention and Education Grant. For the upcoming grant period (2/1/16 – 1/31/17), the OWH aims to narrow Indiana's RPE program focus in order to build capacity across the state. This will be achieved by restructuring our current (and historical) funding structure by keeping more RPE funds at ISDH and shifting the focus to community-level work. The OWH has identified six target populations, based on state and national sexual violence data: men/boys, college students, aged/disabled, LGBTQ+, veterans, and 14-18 year-old girls. RPE-funded programs will continue to utilize the program strategies identified in the previous grant period. The OWH will continue to build capacity that will support the sustained funding level that the CDC previously determined by fostering collaboration between RPE project partners and community partners, implementing a new state sexual violence primary prevention plan and demonstrating a renewed focus on program evaluation.

The Violence Prevention Program Director will complete all CDC-required program activities and trainings and participate in the eLearning Forums, as well as research evaluation techniques and prepare project partners for future project requirements. The VPPD will seek out speaking opportunities and participate as a trainer in order to expand program capacity across the state.