



Indiana State
Department of Health
Office of Women's Health

2016 Annual Report



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



Indiana State Department of Health

Office of Women's Health

History

In 1994, the Women's Health Committee at the Indiana State Department of Health (ISDH) was appointed by the State Health Commissioner. This committee was comprised of women throughout Indiana representing a variety of women's health concerns. The Women's Health Committee conducted town hall meetings and produced two reports: a summary of the town meetings and a fact book on Indiana women's health.

The efforts of the Women's Health Committee brought attention to the importance of emphasizing the issue of women's health and on Mother's Day 1998, the Office of Women's Health at the Indiana State Department of Health (ISDH) was established by IC 16-19-3-2. An Advisory Board of 38 members was formed, bringing diverse representation of women's health issues throughout the state to the office.

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.

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.

Objectives

- To identify, coordinate, and set statewide priorities for women's health programs, services, and resources;
- To educate about 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.

Office of Women's Health Activities for 2016

The OWH convenes and leads a number of advisory boards and councils to further the goals and objectives of the Office. The following list highlights each board or council that met in 2016 and how they fit into the Office's goals and objectives:

- **Office of Women's Health Advisory Board:** The OWH director convened the Office of Women's Health Advisory Board quarterly. The Advisory Board is comprised of 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.
- **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 quarterly meetings during 2016. The SVPPC served as the driving force behind the modification and implementation of the state's new sexual violence primary prevention plan released in June 2016, *Indiana Sexual Violence Primary Prevention Plan 2016 - 2021*. The new state plan outlines key recommendations, integrates the use of the public health approach, has an increased emphasis on evaluation and identifies strategic priorities to guide sexual violence primary prevention in Indiana.
- **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 three times during 2016 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.

2016 OWH Areas of Focus

Breastfeeding

- **Internal Breastfeeding Task Force:** The OWH formed an Internal Breastfeeding Task Force (IBTF) with representation from multiple ISDH 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 four times in 2016, to discuss the Indiana State Breastfeeding Plan, the statewide breastfeeding conference, agency breastfeeding priorities and community partnerships.
- **Indiana State Breastfeeding Plan;** In 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 IBTF, reviewed this document in detail and created the first Indiana State Breastfeeding Plan in 2016, as well as a corresponding first year work plan. The work plan was written to encompass the most important aspects of ISDH’s breastfeeding plan, and make the information useful and consumable by the public.
- **Statewide Breastfeeding Conference:** 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. Approximately 100 breastfeeding advocates from across the state attended the conference. The attendees were presented with 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

- **Rape Prevention and Education (RPE) Grant:** The OWH has successfully managed funding received from the CDC for the Rape Prevention and Education (RPE) grant since 2008. The OWH is currently in year three of a five year cooperative agreement for the grant which runs through the year 2019. Over the next year OWH will continue to implement the Indiana State Sexual Violence Primary Prevention Plan with funds from this grant.

During the grant period 2/1/16 – 1/31/17, OWH contracted with organizations and 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 four 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 2016 through November 2016, ICADV, MESA, IU and their affiliated sub-grantees reported hosting 59 professional training sessions, with 1,348 professionals trained. The contractors also reported 316 public educational sessions, where 3,067 individuals received 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 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 RPE 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.

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 2015 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 a baseline measure 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 Injury Prevention Resource Guide and app.

The VPPD researched, composed and disseminated 14 sexual violence primary prevention “news blasts” to 155 community stakeholders in 2016. 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.

Community Outreach and Communications

The OWH has worked diligently to expand its partners and audience regarding its efforts throughout the State of Indiana. This year, the Office updated its webpage to make it more user-friendly and communicated key information through its newsletter. Finally, the OWH also made it a priority to emphasize the Office getting out in the community for presentations and community events.

- **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 staff spoke at various events throughout the year. The OWH provided presentations on various women's health topics to 510 community members and health professionals in 2016. The Office also supported 20 community agencies to center programming on women's health.
- **Office of Women's Health Wellness Watch Newsletter:** The Office continued to publish the OWH Wellness Watch e-newsletter in 2016. The newsletter is provided monthly. The newsletter is targeted toward community members and health professionals. It included areas of focus such as: cervical health, healthy eating, care giving, 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 2016, 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 OWH also compiled useful data and resources on breastfeeding and housed that information on the OWH webpage. The OWH director added 15 topics to the OWH webpage resources page¹, and added both local and national resources on every topic listed on that page.

Partnership and Relationship Building

- **New and Existing Relationship:** The OWH has strived to work with both internal and external partners to encourage a focus on prevention activities, healthcare information, and programmatic initiatives. The Office recognizes that 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

¹ <http://www.in.gov/isdh/18064.htm>

partners. The OWH worked hard to establish and maintain these partnerships and relationships with the following non-profit organizations, health care-related companies, governmental agencies and internal divisions:

- Community groups
- IU Center for Excellence in Women's Health, Women of Influence (WOI)
- Indiana Protection for Abused and Trafficked Humans (IPATH)
- Domestic Violence Fatality Review Board
- Emergency Nurses Association Forensic Committee Working Group
- Community partners
- Internal groups/projects

Office of Women's Health Plans for 2017

OWH looks to improve upon a successful year in 2016 by continuing to expand the reach of the Office. The Office will focus on the following areas in the coming year to continue improving health outcomes for Hoosier women:

- **Infant mortality:** In the upcoming year, the OWH will continue to support the Department's focus on reducing infant mortality in Indiana by continuing to support and promote breastfeeding across the state. The OWH will assist the Maternal & Child Health division in planning the next 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 continue to work with the internal breastfeeding task force to implement the tenets of the Indiana State Breastfeeding Plan. The OWH will continue its participation on the Labor of Love Annual Infant Mortality Summit planning committee to provide support for the mission.
- **Long-term 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.
- **Rape Prevention and Education Cooperative Agreement:** For the upcoming grant period (2/1/17 – 1/31/18), the OWH aims to be re-approved for \$650,888 in funding and to narrow Indiana's RPE program focus in order to build capacity across the state. Narrowing the focus will be achieved by restructuring the current (and historical) funding structure by keeping more RPE funds at ISDH for surveillance and shifting the focus to community-level work. The OWH aimed to align the state's programmatic goals with those of the Centers for Disease Control and Prevention (CDC) by encouraging the use of evidence-based and evidence-informed programming, placing an emphasis on program evaluation, promoting partnerships and collaboration, and identifying risk and protective factors for sexual violence perpetration and victimization. RPE-funded programs will

continue to focus on the targeted populations identified in the previous grant period that are based on state and national sexual violence data. 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 the new Indiana 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.