

WELLNESS WATCH

Across the Lifespan, Across Indiana



APRIL

[Sexual Assault Awareness and Prevention Month](#)

[National Minority Health Month](#)

[National Donate Life Month](#)

[Alcohol Awareness Month](#)

[National Child Abuse Prevention Month](#)

[National Autism Awareness Month](#)

[Irritable Bowel Syndrome Awareness Month](#)

[Women's Eye Health and Safety Month](#)-
April 6 – 12

[National Public Health Week](#)-
April 7

[Sexual Assault Awareness Day of Action](#)-
April 7

[World Health Day](#)-
April 9

[National Alcohol Screening Day](#)[®]
April 10

[National Youth HIV and AIDS Awareness Week](#) -
April 18 – 25

[National Infant Immunization Week](#)-
April 19 – 25

[National Infertility Awareness Week](#)-
April 20 - 24

[Every Kid Healthy™ Week](#)-
April 24 – 30

[World Meningitis Day](#)-
April 24

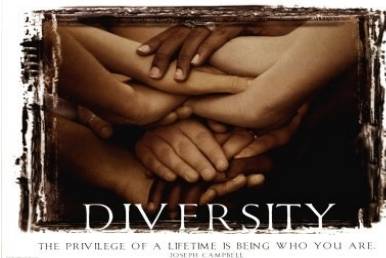
April Spotlight - Minority Health and Health Disparities Month

April springs into National Minority Health Month. During April, health care organizations, workers, advocates and other community leaders take time to raise awareness about health disparities.

The definition of health disparities is a population-based difference in health outcomes. The causes of these health disparities are broad and complex, ranging from different social determinants such as poverty, access, education, racism, environment and many additional factors. National, state and local health statistics continue to show disproportionate numbers of racial and ethnic minorities who experience poor health outcomes that negatively impact an individual's quality of life. Health inequity has a significant effect not only for the individual, but families, communities, Indiana and the nation as a whole. Health inequity is a health disparity based in inequitable, socially-determined circumstances.

However, because health inequities are socially-determined, change is possible. Great efforts are being made to address health disparities among racial and ethnic minorities. These efforts range from health promotional programs, outreach and legislation, to collaborations with health education and

cultural competency training. All of these inroads are working toward establishing health equity for all.



In Indiana, some great examples of encouraging programming include the Indiana State Department of Health's (ISDH) "Labor of Love Campaign" to address infant mortality, and the INShape Indiana Black & Minority Health Fair. This health fair provides over \$1,000 of free health screenings, resources, and tools to help improve the lives of those who attend.

The ISDH has been, and continues to be, a critical component in health promotion and prevention initiatives in the state. Ending health disparities in Indiana is a priority for the ISDH Office of Minority Health. The 107th Congress, in H. Con. Res. 388, established in 2002 a National Minority Health and Health Disparities Month. Many states and organizations are celebrating National Minority Health and Health Disparities Month in April. Indiana is also recognizing

this important observance with an opening ceremony for Minority Health Month taking place on April 1, 2015 at the Brother's United Community Center (3740 Lafayette Rd., Indianapolis, IN). This short program will kick off efforts going on throughout the state to address health issues and concerns that affect racial and ethnic minorities.

The ISDH-OMH has also produced the annual Minority Health Month calendar. This calendar has a listing of related events that will take place across Indiana during the entire month of April. The calendar is viewed statewide, regionally and nationally. To access the calendar, please visit the OMH webpage at: <http://www.in.gov/isdh/23551.htm> or you can email the office at inomh@isdh.in.gov and request a copy of the calendar.

The ISDH Office of Minority Health strongly encourages you take part in all the events and programs that will be offered during April, and make a lasting commitment to health equity in Indiana.

This article is brought to you by the [Office of Minority Health](#) at the Indiana State Department of Health.

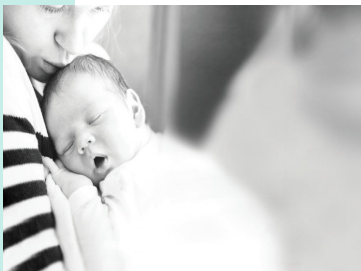
Saving Hoosier Babies: Indiana's Labor of Love

Pregnancy and parenting are a shared and joyful experience for many Hoosier families. Tragically each year, however, nearly 600 Indiana parents experience the devastating loss of their infant before the baby has reached his/her first birthday. There are three primary causes that account for the majority of infant deaths before one year in Indiana. These are:



- **Perinatal complications:** Those that occur during pregnancy or child birth, such as pre-term birth, low birth weight, bacterial sepsis, respiratory conditions, etc.;
- **Congenital malformations:** Anomalies that are either structural or functional; and
- **Sudden Unexpected Infant Deaths (SUID):** Those deaths that occur suddenly and unexpectedly and may be related to Sudden Infant Death Syndrome (SIDS), accidental suffocation or other, unknown causes. Reducing the infant mortality rate has been declared the number one priority of the Indiana State Department of Health, and many steps have been taken to help reduce the infant mortality rate in the state:

- **Medicaid 'hard stop' policy:** As of July 1, 2014, Medicaid will no longer reimburse for elective deliveries prior to 39 weeks.
- **Indiana Perinatal Quality Improvement Collaborative:** This Collaborative will develop the Indiana Hospital Standards for Certification of OB and NICU's to ensure they are providing risk-appropriate care.
- **Maternal Child Health Division grant funding:** The ISDH's Maternal Child Health Division is funding 11 infant mortality grantees and 14 prenatal care coordination grantees. ISDH also provides direct funding to eight Baby and Me – Tobacco Free grantees. All funded programs do work across the state to reduce the infant mortality rate.
- **Breastfeeding State Strategic Plan:** Guided by the National Institute for Children's Health Quality (NICHQ), ISDH's Maternal Child Health, Women, Infants and Children (WIC), Division of Nutrition and Physical Activity, Chronic Disease/Primary Care/Rural Health, Women's Health and Minority Health divisions are working together to create a comprehensive, statewide strategic plan to increase breastfeeding rates.
- **Baby-Friendly Hospital Initiative:** The ISDH is working with Indiana Hospitals to meet the Ten Steps to Successful Breastfeeding, a series of evidence-based practices that have been shown to increase breastfeeding initiation and duration.



- **Home visiting:** The Maternal Child Health Division (MCH) at the ISDH provides annual funding through the Maternal, Infant and Early Childhood Home Visiting fund (MIECHV) for home visiting services provided by Goodwill Industries of Central Indiana Nurse Family Partnership (NFP) and Department of Child Services (DCS) Healthy Families.
- **Statewide public relations campaign:** The ISDH Labor of Love campaign will run through December 2015.
- **Safe Sleep Program:** ISDH coordinates with the DCS Permanency Program to address infant mortality through the Cribs for Kids program, which provides education on safe sleep in accordance with the ISDH infant mortality plan.

While the state is making significant strides in addressing infant mortality, you can too. Encourage the pregnant and new mothers and families in your life to adhere by the following recommendations:

- Get prenatal care during the first trimester and stay in care until at least six weeks postpartum.
- Breastfeed all new babies! Breast milk is the healthiest and most complete feeding option for infants.
- Put baby on his/her back to sleep. Do not put anything in the crib with the baby, including bumpers, blankets, stuffed animals or sleep positioners.
- Quit smoking. This is important before, during and after pregnancy for everyone involved with a new mom and baby.
- Get healthy before getting pregnant. Exercise, healthy eating and quitting smoking before getting pregnant leads to healthier pregnancies and babies.

For more information about ISDH's role in reducing infant mortality, visit the MCH webpage at <http://www.state.in.us/isdh/19571.htm>. For tips and information on how to get healthy, visit [INShape Indiana](#). To get help quitting smoking, reach out to the [Indiana Tobacco Quitline](#) at **1-800-QUIT-NOW (800-784-8669)**.

Spotlight on Women's Health: Comprehensive Cancer Control

The 2015 Indiana Cancer Control (ICC) Annual Meeting "Creating Action, Causing Change" will take place in downtown Indianapolis at the Ivy Tech Corporate College and Culinary School on Tuesday, April 28.

Comprehensive cancer control requires the collective attention of researchers, practitioners, policy-makers, and advocates working together to achieve progress. Thus, the theme of this year's meeting will reflect and discuss the many ways the ICC, along with our national and statewide partners, creates action and

causes change. The event sessions will focus on how the Indiana cancer community is answering the call to increase prevention awareness, improve screening rates, and better support cancer survivors during and after treatment.

This year's meeting is also special because we will be releasing the *Indiana Cancer Facts and Figures 2015* report — a collaborative cancer burden resource developed every three years by the ICC, the American Cancer Society, and the Indiana State Department of Health. As always, the ICC will also be

recognizing individuals and organizations across the state for excellence in cancer prevention and control.

This free event is open to anyone interested in reducing Indiana's cancer burden, although space is limited. Visit <http://www.eventbrite.com/e/indiana-cancer-consortium-2015-annual-meeting-registration-15602509526> for more information, or to register today!

This article brought to you by the Cancer Program in the Division of Chronic Disease, Primary Care and Rural Health at the Indiana State Department of Health.

Healthy Pregnancies need Healthy Moms: Exercise and You



Now that the weather is getting warmer and the days are getting longer, many Hoosier women are

getting outside and getting active! If you are pregnant, physical activity is very important to help support a strong, comfortable pregnancy and a healthy newborn baby. Almost all pregnant women can and should engage in physical activity during pregnancy. Talk to your doctor to find out if exercise is right for your pregnancy. Moderate physical activity can provide many benefits to both mom and baby, including:

- Proper weight gain for you and baby;
- Reduced discomforts of pregnancy such as leg cramps, backaches and swelling;
- A lower risk for a condition called Gestational Diabetes (this is when diabetes is discovered for the first time when a woman is pregnant);
- Better mood and higher energy;
- Improved sleep; and
- A potentially shorter, easier labor and faster postpartum recovery.¹

There are many appropriate activities that pregnant women can enjoy. Swimming, walking, prenatal yoga, pregnancy exercise videos and stretching are all great ways to stay active.

There are some activities that pregnant women should avoid, however. These include outside activity during very hot weather, contact sports such as football or boxing and sports like tennis, basketball, horseback riding, skating and skiing which can involve jumping or changing directions quickly as well as potential for falls.^{1,2}

To learn more about staying healthy and active during your pregnancy, visit the U.S. Health and Human Services Office on Women's Health webpage at <http://womenshealth.gov/pregnancy/index.html>. To learn about ways to get more active and local resources for events and activities, visit [INShape Indiana](http://INShapeIndiana.org).

Indiana's Local Health Departments: A Critical Community Resource

Local health departments (LHDs) play an integral role in the health and well-being of women, while serving all the citizens of the county in which they operate. There are 93 LHDs in the State of Indiana. While no two LHDs are exactly alike, each provides essential health services to the population it serves. Those services may include, but are not limited to:

- Adult and child immunizations;
- Retail food protection programs;
- Emergency preparedness programs; and,
- Environmental health services

such as septic system inspections.

Women who are thinking about becoming pregnant, who are already pregnant or recently gave birth will likely find their LHD to be a wonderful resource. A LHD may provide expectant mothers with prenatal care information, help the uninsured with insurance options and educate on safe sleep techniques and other ways to reduce infant mortality. In addition to providing recommended immunizations, an LHD may have education programs, such as breastfeeding support, to help ensure that both mother and child are receiving proper nutrition.

LHDs are also able to direct new and expectant mothers to the Women,

Infant and Children (WIC) nutrition program and other needs-based programs to ensure that mother and child are provided essential services. To learn more about the LHD that serves you, visit <http://in.gov/isdh/24822.htm> for an interactive map that links to each local health department.





Indiana State Department of Health

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Thank you for subscribing to the Office of Women's Health (OWH) Wellness Watch Newsletter. The Office of Women's Health wants to ensure that each woman in Indiana is aware of her own health status, risks and goals, and can achieve optimal health through access, education and advocacy.

- For more information about OWH's programs and initiatives, please visit: <http://www.in.gov/isdh/18061.htm>.
- Follow OWH on Twitter at [@inwomenshealth](https://twitter.com/inwomenshealth).
- [Follow this link to manage your subscription or to subscribe to the OWH Wellness Watch Newsletter.](#)

Upcoming Events

Indiana Commission on the Social Status of Black Males
[5th Annual Indiana Black Barbershop Health Initiative](#) - April 11

Indiana Chamber
[7th Annual Greater Ft. Wayne Workplace Wellness Symposium](#)-
April 14

Indiana Department of Insurance
[Indiana State Health Insurance Assistance Program event \(Richmond, IN\)](#) - April 15

Indiana University South Bend
[IUSB Access to Care Day](#) – April 18

Indiana Health Care Association (IHCA)
[2015 Regional Spring Conference](#) - April 21 - 22

Indiana Perinatal Network
[Indiana Perinatal Educators Conference](#) - April 23

Indiana Dental Association Foundation for Dental Health, Inc.
[IndianaMOM free dental care event](#) - April 24 – 25

WTHR
[2015 WTHR Health & Fitness Expo](#) - April 25 - 26

Indiana State Department of Health
[Public Health Nurse Conference](#) - April 28 - 29

500 Festival, Inc.
[Festival Mini Marathon Expo](#) - April 30 – May 1

References

¹National Institutes of Health. (2008). Should I exercise during my pregnancy? NIH Medline Plus, *Volume 3, Number 1*. Retrieved from <http://www.nlm.nih.gov/medlineplus/magazine/issues/winter08/articles/winter08pg26.html>.

²March of Dimes. (2012). *Exercise during pregnancy*. Retrieved from <http://www.marchofdimes.org/pregnancy/exercise-during-pregnancy.aspx#>.