

# WELLNESS WATCH

Across the Lifespan, Across Indiana



## APRIL

[Alcohol Awareness Month](#)

[Irritable Bowel Syndrome Awareness Month](#)

[National Autism Awareness Month](#)

[National Child Abuse Prevention Month](#)

[National Donate Life Month](#)

[National Minority Health Month](#)

[Occupational Therapy Month](#)

[Sexual Assault Awareness Month of Action](#)

[National Youth Violence Prevention Week](#)  
4/3 – 4/9

[National Public Health Week](#)  
4/4 – 4/10

[National Youth HIV and AIDS Awareness Day](#)  
4/10

[National Infant Immunization Week](#)  
4/12 – 4/23

[National Infertility Awareness Week](#)  
4/24 – 4/30

[Every Kid Healthy™ Week](#)  
4/25 – 4/29

## April spotlight - Sexual Assault Awareness Month

In the United States, April is Sexual Assault Awareness Month (SAAM). This month encourages people to raise awareness about sexual violence and how to prevent it.

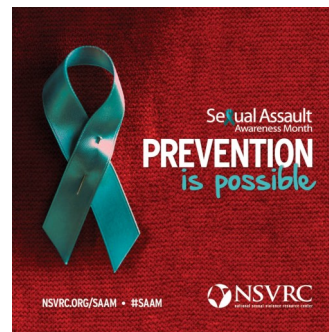
Research suggests that one in two women will experience rape at some point in their lives. Nationally, 12.3% of women were age 10 or younger at the time of their first rape/victimization, and 30% were between the ages of 11 and 17.<sup>1</sup> In Indiana, 14.5% of Hoosier girls in grades 9-12 report forced intercourse and 9.2% of Hoosier women over the age of 18 report being forced to have sexual intercourse.<sup>2</sup> Though these numbers are striking, because of the nature of sexual assault it is widely believed that they are significantly underreported.

Sexual violence occurs in both men and women regardless of race, ethnicity, sexual orientation, gender identity or socio-economic status. It includes rape, incest, child sexual assault, ritual abuse, non-stranger rape, statutory rape, marital or partner rape, sexual exploitation, sexual contact, sexual harassment, exposure and voyeurism.<sup>3</sup> The impact of sexual violence is widespread. It is felt individually by survivors, often with both short and long-term impacts on health and well-being. Loved ones of survivors may struggle to make sense of the violence as well, experiencing similar symptoms as the survivor such as fear, guilt, blame and anger. Communities also suffer when sexual violence occurs, as fear, anger and disbelief can impact community participation, and the community may see an increase in costs due to medical services, criminal justice expenses, crisis and mental health service fees and the lost contributions of individuals affected by the sexual violence.<sup>3</sup>

Nationally, the problem of sexual violence has been recognized as preventable. In 1994, Congress passed the Violence Against Women Act which established the Rape Prevention and Education (RPE) program at the Centers for Disease Control and Prevention (CDC). The goal of the RPE program is to strengthen sexual violence primary prevention efforts at the national, state and local level.

Primary prevention is the cornerstone of the RPE program. [Indiana RPE program](#) activities are guided by a set of prevention principles that include:

- Preventing first-time perpetration and victimization;
- Reducing modifiable risk factors while enhancing protective factors associated with sexual violence perpetration and victimization;
- Using the best available evidence when planning, implementing, and evaluating prevention programs;
- Incorporating behavior and social change theories into prevention programs;
- Using population-based surveillance to inform program decisions and monitor trends; and
- Evaluating prevention efforts and using the results to improve future program plans.<sup>4</sup>



Aside from Indiana's RPE program, there are many resources available to help end sexual violence or assist survivors. Indiana has a new sexual

assault coalition, the [Indiana Coalition to End Sexual Assault \(ICESA\)](#). ICESA's mission is to empower Indiana communities to prevent sexual assault and serve those impacted by it through comprehensive training, advocacy, increased public awareness and coordinated sexual assault services. Many of Indiana's communities have local assistance for prevention and support services for sexual violence. ICESA provides a [comprehensive listing of sexual violence resources in Indiana](#). OWH also provides a listing of [sexual violence primary prevention strategies and practice resources](#).

Nationally, there is also a great deal of support for community advocates and survivors. The Rape, Abuse & Incest National Network (RAINN) offers an [online hotline to support survivors](#) as well as a telephone hotline - **1-800-656-HOPE (4673)**. [No-talone.gov](#) also offers many national and local resources for those seeking resources and services.

## Tips for a healthy pregnancy

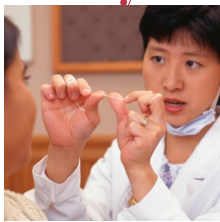
Pregnancy can be a very exciting time for many women. It is natural to turn to our family and friends for support and advice during a pregnancy, but it is also critical that women look at the most up-to-date information about how to stay healthy and safe during their pregnancies. Below you will find some great tips to keep yourself and your baby (or babies!) safe, happy and healthy throughout pregnancy.

- Plan and prepare. Healthy pregnancies really start long before you actually become pregnant. Ensure that you are a healthy weight, have a diet full of fruits, vegetables, whole grains and lean protein, getting the recommended amount of exercise and taking a vitamin with folic acid. This will prepare your body for all the changes that will occur once you become pregnant.
- Start prenatal care as soon as possible. Your doctor will evaluate your health and address any problems early to ensure the best outcomes for you and baby. Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who got prenatal care.<sup>5</sup>
- Ask your doctor about any medications you are taking, or before you start any new medications. This includes herbal products and supplements, as some may cause side effects or other problems.<sup>6</sup>
- Avoid food-borne illnesses such as toxoplasmosis and listeria. This means thoroughly washing all fruits and vegetables, not eating uncooked or undercooked meats or fish and avoiding unpasteurized milk and products made from it. Remember to clean kitchen surface areas and wash your hands frequently while cooking.
- Eat healthy, well-balanced meals. The old adage “eating for two” no longer applies. You need about 300 more calories per day during the last six months of pregnancy than you do pre-pregnancy. Make sure that you do not diet or try to lose weight during pregnancy unless directed by your physician.
- Gain the correct amount of weight. If you are a healthy weight before pregnancy, you should gain between 25 and 35 pounds. Your doctor may direct you to gain more or less. Where does all that weight come from?
  - Baby – 6 to 8 pounds
  - Placenta – 1½ pounds
  - Amniotic fluid – 2 pounds
  - Uterus growth – 2 pounds
  - Breast growth – 2 pounds
  - Your blood and body fluids – 8 pounds
  - Your body's protein and fat – 7 pounds<sup>6</sup>
- **Get your vaccinations.** Ensure that you are up-to-date on your immunizations, including a flu shot and a tdap vaccine during your pregnancy. These vaccinations protect both you and baby.
- Visit the dentist. During pregnancy, it is not uncommon for your gums to become inflamed or infected because of hormones and increased blood flow. Maintaining proper oral hygiene is an important part of your health. Let your dentist know if you are pregnant to ensure proper and safe treatment.

For more information on staying healthy during your pregnancy, visit the [Office on Women's Health](#), the [Centers for Disease Control and Prevention \(CDC\)](#) or the [National Institutes of Health](#).



## Have you been flossing?



We hear it every time we go to the dentist: have you been flossing? Most people do their best to floss once a day, but sometimes even the best put it off. The truth is, flossing is a critical part of taking care of gums and teeth. The American Dental Association recommends flossing at least once a day to reach the areas between your teeth that your toothbrush misses. It can help prevent gum disease and cavities and gets rid of plaque that can harden into tartar. Follow these recommendations to floss properly and maintain your pearly whites!

- Just do it. It does not matter if you floss before or after brushing as long as you are flossing. Be thorough and pick a time of day when you can dedicate a few extra minutes to get the job done.
- It doesn't have to hurt to be clean. Flossing should not be painful. Try to avoid flossing too hard or you could damage the tissue between your teeth. It may feel a little uncomfortable at first if you are not used to flossing, but that should ease within a week or two with regular brushing and flossing.
- Use the tool that works for you. You can use dental floss, or another

tool such as a dental pick, pre-threaded flosser, a water flosser or a wooden plaque remover. Use whatever tool is most comfortable and helps you keep flossing a daily habit.

- Learn the right way to floss. If you choose to use dental floss, know how to use this tool properly. Review the [American Dental Association How to Floss Tip Sheet](#) for pictures and descriptions of proper flossing, or check out this [helpful video](#).<sup>7</sup>

For more information, visit the [American Dental Association](#).

## National Cancer Control Month

As part of National Cancer Control Month, the Indiana Cancer Consortium (ICC) annual meeting will be held on Tuesday, April 26, at the Ivy Tech Corporate College and Culinary Center in Indianapolis (2820 N. Meridian St. Indpls. IN 46208). This free educational event brings together cancer partners throughout the state to discuss Indiana's cancer burden.

During 2009-2013, approximately 6,160 U.S. women died each year as a result of cancer-related illness. Estimates show that 2.4 million Hoosiers, or approximately two

out of every five people now living in Indiana, will eventually develop cancer. According to the American Cancer Society (ACS), 31.6 percent of cancer deaths in 2016 will be related to tobacco use. The World Cancer Research Fund estimates that another 20 percent of all cancers diagnosed in the US are related to being overweight/obese, physical inactivity, excess alcohol use and/or poor nutrition, and thus could also be prevented. The ACS also reports that many cancers are related to infection with certain viruses. Many of

these cancers could be avoided by preventing these infections through behavioral changes, vaccination or by treating the infection. In addition, most skin cancer cases could be prevented by protecting skin from excessive sun exposure and not using indoor tanning devices.

For more information on the ICC annual meeting, including registration, visit the ICC website at [www.IndianaCancer.org](http://www.IndianaCancer.org).

## When anger becomes a problem

One of the most basic and important human emotions is anger. When we get mad, our bodies release the hormone adrenaline which can increase our blood pressure and heart rate and tighten our muscles. Our cognitive response is how we think about the anger we are feeling. The behavioral component to anger is when we react to our anger and display behavior that signals how we are feeling. Most anger is triggered by an event, and our cognitive and behavioral responses often depend on how we were feeling before we got angry (i.e. happy vs. depressed) and our personality traits (i.e. competitive vs. easy-going). If you have trouble managing the signs of anger you experience and it is disrupting your life, there are techniques that can help:<sup>8</sup>

- Pay attention to your thoughts when you

are angry. Try to replace irrational thoughts (i.e. "Everything is ruined!") with more rational thoughts (i.e. "I know I did my best.").

- Problem solve. Often our anger and frustrations come from very real problems in our lives. Sometimes it is a healthy reaction, especially when problems do not have a clear solution. Try to make a plan for these circumstances and focus on how you handle the problem instead of just how to find a solution.
- Communicate. When we are angry, we often jump to conclusions. Slow down and think carefully about what you want to say, and to what is being said. Consider what is underlying the other person's words – are

they scared, neglected or feeling depressed?

- Consider timing. Do you always run into the same conversation that makes you mad right before bed? Schedule times to talk about stressful or frustrating topics to avoid arguments.
- Avoid it. If you get mad every time you see an unmade bed, shut the bedroom door. Do not make yourself constantly face what makes you angry. Be proactive and create a plan to address the problem so it is not there to begin with.<sup>9</sup>
- Get help. You can call **1-800-799-SAFE (7233)** to talk about your feelings and get help before your anger gets out of control.





# Indiana State Department of Health

Indiana State Department of Health

Office of Women's Health

2 N. Meridian St., 3M

Indianapolis, IN 46204

Phone: 317-233-9156

Fax: 317-233-8199

E-mail: [lchavez@isdh.in.gov](mailto:lchavez@isdh.in.gov)

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: [www.womenshealth.isdh.in.gov](http://www.womenshealth.isdh.in.gov).
- Follow OWH on [Twitter](#) at [@inwomenshealth](#).
- Follow this link to manage your subscription or to subscribe to the [OWH Wellness Watch Newsletter](#).

## Upcoming Events

National Association of Local Boards of Health

[2016 Indiana Public Health Conference](#)

4/7

Indiana Coalition to End Sexual Assault (ICESA)

[Illuminate the Canal: Casting Light on Survivors](#)

4/12

Indiana Environmental Health Association

[Spring Conference](#)

4/14

Indiana Rural Health Association

[Pre-Symposium Cardiac Assessment Workshop & Neonatal Symposium](#)

4/14 – 4/15

Indiana School of Medicine, Department of Obstetrics and Gynecology

[GYN for the Primary Care Provider](#)

4/15

Lupus Foundation, Indiana Chapter

[Living with Lupus Seminar](#) (Evansville, IN)

4/20

Martin Center

[2016 Indiana Sickle Cell Conference](#)

4/22

WTHR Channel 13

[2016 Health & Fitness Expo](#)

4/23 – 4/24

Indiana State Department of Health

[Public Health Nurse Conference](#)

4/26 – 4/27

HANDS in Autism ITRC

[Hidden Talents: Celebrating Abilities through Exposition Art Expo 2016](#)

4/28

## References

<sup>1</sup>Black, M. C., Basile, K. C., Breiding, M. J., Smith, S. G., Walters, M. L., Merrick, M. T., ... Stevens, M. R. (2011). The National Intimate Partner and Sexual Violence Survey: 2010 summary report. Retrieved from the Centers for Disease Control and Prevention, National Center for Injury Prevention and Control: [http://www.cdc.gov/ViolencePrevention/pdf/NISVS\\_Report2010-a.pdf](http://www.cdc.gov/ViolencePrevention/pdf/NISVS_Report2010-a.pdf).

<sup>2</sup>Centers for Disease Control and Prevention (CDC). (2011). *Youth Risk Behavior Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.

<sup>3</sup>NSVRC. (2016). *What is sexual violence?* Retrieved from [http://www.nsvrc.org/sites/default/files/saam\\_2016\\_what-is-sexual-violence\\_0.pdf](http://www.nsvrc.org/sites/default/files/saam_2016_what-is-sexual-violence_0.pdf).

<sup>4</sup>Centers for Disease Control and Prevention. (2013). *Rape Prevention and Education (RPE) Program*. Retrieved from <http://www.cdc.gov/violenceprevention/rpe/>.

<sup>5</sup>Office on Women's Health. (2012). *Prenatal care fact sheet*. Retrieved from <http://womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.html>.

<sup>6</sup>Office on Women's Health. (2010). *Pregnancy: Staying healthy and safe*. Retrieved from <http://womenshealth.gov/pregnancy/you-are-pregnant/staying-healthy-safe.html>.

<sup>7</sup>American Dental Association, Mouth Healthy. (2016). *Flossing*. Retrieved from <http://www.mouthhealthy.org/en/az-topics/f/flossing>.

<sup>8</sup>Mental Health Foundation. (2015). *Anger*. Retrieved from <https://www.mentalhealth.org.uk/a-to-z/a/anger>

<sup>9</sup>American Psychological Association. (2016). *Controlling anger before it controls you*. Retrieved from <http://www.apa.org/topics/anger/control.aspx>