

WELLNESS WATCH

Across the Lifespan, Across Indiana



FEBRUARY

[AMD/Low Vision Awareness Month](#)

[American Heart Month](#)

[International Prenatal Infection Prevention Month](#)

[National Children's Dental Health Month](#)

[Teen Dating Violence Awareness Month](#)

[Congenital Heart Defect Awareness Week](#)
2/7 – 2/14

[National Donor Day](#)
2/14

February spotlight - Blood pressure: Control is the Goal

Did you know? Of the 67 million American adults who have high blood pressure, 16 million know they have the condition and are receiving treatment, but their blood pressure still remains too high. In Indiana, almost one-third of all deaths are caused by heart disease and stroke. According to the Centers for Disease Control and Prevention (CDC), in Indiana during 2013 and 2014, 32.2% of women reported that their doctor told them they had high blood pressure which can lead to various cardiovascular diseases, stroke, or kidney disease. It's up to you to successfully manage and control your blood pressure. But it doesn't have to be a daunting task. You can take small, manageable steps to make blood pressure control your goal.



Engage your health care team

Blood pressure control is a team effort. Pharmacists, nurses and other health care specialists can help you control your high blood pressure. Next time you go in for a visit, make a list of questions you want to ask your health care professional. For example:

- What is my blood pressure goal? Track your blood pressure not just at the doctor's office, but at home or at a pharmacy, and write down the results in a log or diary to monitor your progress.
- What are the best ways to reach my goal? Mention what you're already doing to work toward control, including exercising, changing your diet, or taking medications as prescribed.
- Be honest and realistic with yourself and your health care team about what lifestyle changes you're ready to make and the ones you're not quite ready for.
- Pick one goal to start working toward. As you achieve success and build confidence,

choose another goal to tackle.

Here are some tips to help you stick with your medication plan:

- Talk to your doctor about any side effects you experience with your medications. If necessary, discuss other treatment options. Never stop treatment on your own.
- Make a schedule and set up a system to remind you to take your medications regularly—use a pillbox for every pill, every day, or use smartphone “app” reminders.
- If your insurance provides mail order delivery, set it up and request a 90-day supply of medications.

Make healthy choices

- Exercise can be a great way to help control your blood pressure. Find a safe place to walk or be more active. Increase the time and intensity of your physical activity as you progress.
- Shop for more fresh fruit, vegetables and whole grains and fewer prepared foods with high sodium, cholesterol, saturated fat and trans fat.
- Learn to read labels and choose foods lower in sodium. Lowering your sodium will lower your blood pressure.
- Quit smoking. There are many tools available to help you. Call 1-800-QUIT-NOW or visit Smokefree.gov for help.

The CDC and Centers for Medicare and Medicaid Services in partnership with the American Heart Association/American Stroke Association has developed Million Hearts® online which brings together communities, health systems, nonprofit organizations, federal agencies and private sector partners from across the country to fight heart disease and stroke. Check out the [Million Hearts](#) website, as well as [Heart 360®](#) and [My Life Check®](#) for more information.

MCH MOMS Helpline: Offering health, one call at a time

The Indiana State Department of Health (ISDH) Maternal and Child Health (MCH) Division is excited to announce the official launch of the MCH MOMS Helpline on March 1, 2016!

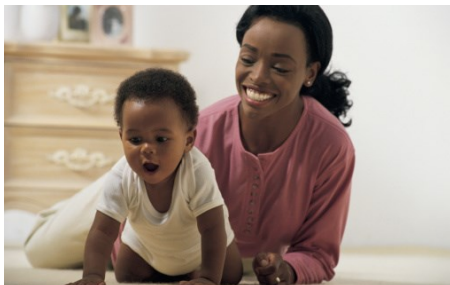
In 2013, Indiana ranked 45th nationally in infant mortality. As a result, the ISDH has identified reducing infant mortality as a top priority. In an effort to address this critical issue, the MOMS Helpline is committed to improving pregnant moms access to early and regular prenatal care; as well as connecting them with a network of prenatal and child health care services within their local communities, state agencies and other organizations around the state of Indiana.

The MOMS Helpline offers information and resources necessary in finding local primary care physicians (PCP), obstetricians and gynecologists (OB/GYN), pediatricians and dentists. The MOMS Helpline assists moms with baby resources such as cribs, beds and car seats (depending on their geographic area). Additional resources for moms include low-cost prenatal care services, information about Women, Infants and Children (WIC) program, infant health programs (Safe Sleep and Baby & Me Tobacco Free), educational resources and behavioral health providers, such as substance abuse and postpartum depression support groups. Certified navigators are available to assist moms who are applying for benefits such as Medicaid, Hoosier Healthwise (HHW), Children's Health Insurance Plan (CHIP), Healthy Indiana Plan (HIP) 2.0 and Supplemental Nutrition Assistance Program (SNAP).

When a mom connects with the MOMS Helpline, the communication specialist identifies her needs by obtaining household and demographic information, verifying income and type of health coverage. Depending on the mom's type of health coverage or income, specialists aim to provide at least three referrals for every need by matching the mom's needs to the resources listed in the MOMS Helpline's extensive statewide information database. Once they receive the information and referrals, they are encouraged by our specialists to call the providers in their network to make an appointment. If necessary, specialists are usually able to find low-cost providers who serve the uninsured and sometimes provide free services. Additionally, for the majority of cases, specialists are able to locate transportation services to and from their medical appointments.

To help reduce Indiana's infant mortality rate, the MOMS Helpline and its dedicated specialists are here to provide valuable information and referrals, educate and advocate on behalf of moms and pregnant women. The MOMS Helpline is an important resource for ensuring that every Indiana mom and baby is healthy and happy.

The MCH MOMS Helpline specialists and navigators are available Monday-Friday from 7:30 AM to 5 PM. To order brochures, or to learn more about the MOMS Helpline and for a full list of resources, please visit us at: <http://www.MomsHelpLine.isdh.in.gov> or contact Diana Feliciano, Helpline Manager at DFeliciano@isdh.in.gov.



The key to a healthy baby and a happy mom

Confidence: Building it and keeping it



For many women, self-esteem and self-confidence can be a struggle. There are many reasons for this, ranging from frustrating relationships to losing a job, or even a difficult or abusive childhood.¹ Low confidence and self-esteem can impact how you view yourself and how others treat you, often reinforcing your negative thoughts or behaviors. But, there are some simple things you can do to begin to improve how you feel about yourself.

- Remember your strengths. Make a list of everything you admire about yourself and all the great things you have achieved. Keep it with you and read it when you feel down.
- Take care of your personal hygiene and dress in clothes that make you feel good about yourself.
- Improve how you eat, move more and set a bedtime routine to keep your physical body healthy.
- Set a realistic goal. Pick a new activity to learn and then give it a try! Paint, try a yoga video, bake a cake or write a poem. The options are endless.
- Do something nice for others. When we take the time to help those around us, it reminds us of how valuable we are and how much we offer to the world.

For more information on how to build your self-esteem, reference this [Building Self-Esteem Self-Help Guide](#).

Tips and Tricks: Eating on a budget

- Plan meals around [“in season” produce](#), which are usually less expensive.
- [Make a grocery list](#) for each visit to the store, and include healthy snacks to avoid in-store temptations.
- Buy brown rice and/or whole wheat pasta, which are healthier options and less expensive.
- Rethink your protein – beans, peas and lentils are affordable and nutritious protein options.
- Pay attention to the [unit price vs. the retail price](#) to determine the best deals.
- Take advantage of coupons in the newspaper, magazines and that you get in-store. Plan meals around items on which you already know you can save.

Myths and Facts: Getting fit

- ⇒ **Myth:** No pain, no gain.
- ⇒ **Fact:** While exercise is not always comfortable, you should be concerned if you are experiencing pain. See a doctor before you start exercising, and definitely make a visit if you are hurting while exercising.
- ⇒ **Myth:** You should not exercise every day. Your muscles need to rest.
- ⇒ **Fact:** While there is something to be said about not overdoing it, rest should be included within your workouts, but should not replace them. Exercising regularly gets you stronger, faster.

In your backyard: Teen dating violence

February is National Teen Dating Violence Awareness Month. Learning how to spot the signs of an abusive relationship can make a major impact on the lives of teens suffering from dating violence – and could also save lives.

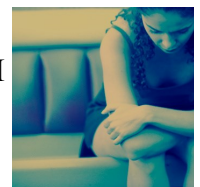
According to the Centers for Disease Control and Prevention (CDC), one in 10 teens reported being hit or physically hurt on purpose by a boyfriend or girlfriend at least once. One in 10 teens also reported being kissed, touched or forced into a sexual encounter at least once by someone they were dating.² Unhealthy relationships affect the de-

velopment of teens by diminishing self-esteem. In many cases, teens in abusive relationships experience severe conflict which can lead to changes in their behavior. Teens who experience and perpetuate dating violence will often carry these behaviors into their adult relationships.

We can prevent teen dating violence by intervening early. Local leaders must stress the importance of mutual respect for one another. Adults should demonstrate positive behaviors for youth to show

them violence is not the norm. ISDH funds community organizations across the state to promoting respectful, nonviolent dating relationships for Hoosier teens.

For additional resources and educational materials, visit the [ISDH Sexual Violence Primary Prevention Program](#) and the [loveisrespect](#) program.





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: lhavez@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: <http://www.in.gov/isdh/18061.htm>.
- Follow OWH on [Twitter](#) at @inwomenshealth.
- Follow this link to manage your subscription or to subscribe to the [OWH Wellness Watch Newsletter](#).

Upcoming Events

Lupus Foundation of Indiana
[Living with Lupus seminar](#)
2/10 (Greenfield, IN)

Indiana Council of Community Mental Health Centers, Inc.
[2016 Winter Quarterly Conference](#)
2/10 – 2/12

Indiana Health Care Association
[Advanced Education Dementia Training](#)
2/15, 2/16 & 2/26 – Columbus/Edinburgh
2/29 - Indianapolis

Indiana Rural Health Association / Indiana Perinatal Network
[EPIC Breastfeeding Training](#)
2/16

American Heart Association
[Go Red for Women Luncheon](#)
2/19

Indiana Prevention Resource Center
[Grant Writing and Proposal Development Retreat](#)
2/23 – 2/24

References

¹Psychology Today. (2012). Building confidence and self-esteem: 17 simple suggestions for building confidence and self-esteem. Retrieved from <https://www.psychologytoday.com/blog/hide-and-peek/201205/building-confidence-and-self-esteem>.

²Centers for Disease Control and Prevention. (2015). *Teen Dating Violence*. Retrieved from <http://www.cdc.gov/Features/DatingViolence/>.