



Division of Chronic Disease, Primary Care & Rural Health Reference Guide



Chronic diseases are the leading causes of death and disability in Indiana and the United States.

Chronic diseases have a profound impact on all racial and ethnic groups, those with various education or income levels, and all ages. They are, however, often preventable and manageable through improved nutrition, increased physical activity, avoiding both tobacco use and exposure to secondhand smoke, early disease detection, and comprehensive clinical management.

Faced with the challenge to improve the lives and communities of all Hoosiers and reduce the burden of chronic disease, the Indiana State Department of Health (ISDH) Cancer Sections, Cardiovascular Health and Diabetes Section, Chronic Respiratory Disease Section, Office of Primary Care, State Office of Rural Health, Division of Nutrition and Physical Activity (DNPA), and Tobacco Prevention and Cessation (TPC) are combining efforts to implement evidence-based public health action and to provide clear information in support of prevention through improved nutrition and increased physical activity, tobacco cessation, early screening, and best practices in management.

2014 - 2015

Cancer Control Section

Mission: To reduce the burden of cancer through prevention, early detection, better treatment & enhanced survivorship.

- Cancer is the 2nd leading cause of death in Indiana (2010).
- An estimated 35,550 Hoosiers will be diagnosed with cancer in 2013.
- Lung, breast, prostate and colorectal cancers are the four highest burden cancers in the state.

Cancer Control Section

The Cancer Control Section collaborates with community partners to educate and communicate the need for cancer prevention, early detection, better treatment, and enhanced survivorship. In addition, the Section works to mobilize statewide support for cancer-related public health initiatives communicates data and research reflecting the cancer burden; and supports and implements evidence-based public health action to address cancer prevention and control.

For more information: phone: (317) 233-7415
website: <http://www.in.gov/isdh/24969.htm>

Cancer Early Detection Section

The Cancer Early Detection directs the overall operation of the Indiana Breast and Cervical Cancer Program (IN-BCCP) and works with internal and external partners to promote primary and secondary evidence-based methods of prevention for breast, cervical, prostate, and colorectal cancer.

For more information: phone: 1 (855) HELP-1ST (1-855-435-7178)
website: <http://www.in.gov/isdh/24967.htm>

Cancer Surveillance Section

The Indiana State Cancer Registry was established "for the purpose of recording all cases of malignant disease and other tumors and precancerous diseases required to be reported by federal law or federal regulation or the National Program of Cancer Registries that are diagnosed or treated in Indiana, and compiling necessary and appropriate information concerning those cases, as determined by the state department, in order to conduct epidemiologic surveys of cancer and to apply appropriate preventive and control measures.

For more information: phone: (317) 233-7158
website: <http://www.in.gov/isdh/24968.htm>

To read more about the specific goals of the statewide plan to reduce the burden of cancer in Indiana and the **Indiana Cancer Control Plan 2010-2014**, visit the Indiana Cancer Consortium website at <http://indianacancer.org/>

Cardiovascular Health & Diabetes Section

Mission: To reduce the burden of cardiovascular disease and diabetes through prevention, early screening, and best-practices in treatment.

- Heart disease is the leading cause of death in Indiana (2010).
 - Stroke is the 4th leading cause of death in Indiana (2010).
- Diabetes is the 7th leading cause of death in Indiana (2010).

The goals of the Cardiovascular Health and Diabetes Section are to provide data and surveillance to reflect the burden of cardiovascular disease and diabetes, develop statewide and local partnerships with public and private stakeholders to expand prevention, early screening, and best-practices in treatment; reduce health disparities in cardiovascular disease and diabetes.

For more information: phone: (317) 233-7415
website: <http://www.diabetes.in.gov>

The specific goals of the statewide plan to reduce the burden of cardiovascular disease and diabetes in Indiana is currently being revised to be implemented from 2013-2016. It will be available upon completion at

<http://www.diabetes.in.gov>

To become more involved with statewide cardiovascular health and diabetes initiatives in Indiana, visit the Cardiovascular and Diabetes Coalition of Indiana website at: <http://incadi.org/>

Chronic Respiratory Disease Section

Mission: To reduce the burden of asthma and other chronic respiratory conditions through prevention, environmental trigger reduction, and best-practices in treatment.

- One Hoosier dies every five days from asthma (2013).
- Over 30,000 emergency department visits were related to asthma in 2012.
- It was estimated in 2012, the cost of asthma hospitalizations in Indiana was \$45.2 million.

The goals of the Chronic Respiratory disease Section are to provide data and surveillance to reflect the burden of chronic respiratory diseases; develop broad partnerships with public and private stakeholders to expand awareness, prevention, environmental trigger reduction, and best practices in asthma management.

For more information: phone: (317) 233-7415
website: <http://www.in.gov/isdh/24965.htm>

To read more about the specific goals of the statewide plan to reduce the burden of asthma in Indiana: [Indiana State Asthma Plan 2009-2014.](#)

To become more involved with statewide asthma initiatives in Indiana, visit the Indiana Joint Asthma Coalition website at: <http://www.injac.org>

Office of Primary Care

Mission: To increase access to healthcare in medically underserved areas.

- Indiana has 110 primary care, 52 mental health and 46 dental care health professional shortage areas (HPSA) and 97 medically underserved areas/populations (MUA/P).
- Indiana has 20 federally qualified health centers (FQHCs) and 3 FPHC-look-a-likes with a total of 128 sites.
- Indiana has 21 primary care, 38.2 mental health and 8.5 dental care full-time equivalent National Health Service Corp. providers who receive student loan reimbursement for working in HPSAs.

The goals of the Office of Primary Care are to attain federal primary care, mental health and dental care HPSA designations, MUA/P designations and Rural Health Clinic designations for qualifying areas and sites in Indiana; to leverage federal-based programs to support health professional recruitment and retention in HPSAs and MUA/Ps in Indiana, including NHSC student loan repayment program, Conrad 30 J-1 Visa Waiver program (J-1) and National Interest Waivers (NIW).

For more information: phone: (317) 233-8829
website: <http://www.in.gov/isdh/20544.htm>

To read more about HPSAs, MUA/Ps and program benefits of both, visit <http://www.hrsa.gov/shortage/>

State Office of Rural Health

Mission: Support rural healthcare systems in Indiana.

- Indiana has 35 Critical Access Hospitals (CAH).
- Manage the HRSA and State Office of Rural health (SORH) funds, Rural Health Flexibility Program (FLEX) and the Small Rural Hospital Improvement Grant Program (SHIP).

The goals of the State Office of Rural Health are to collect and disseminate information, provide technical assistance and help to coordinate rural health interests statewide; support efforts to improve recruitment and retention of health professionals; maintain all of Indiana's CAHs participating in the Medicare Beneficiary Quality Improvement Program (MBQIP) that focuses on improving health care services processes and administration.

For more information: phone: (317) 233-2885
website: <http://www.in.gov/isdh/24432.htm>

To read more about Rural Health in Indiana, visit <http://www.raconline.org/states/indiana>

Division of Nutrition and Physical Activity

Mission: To improve the health of all Indiana residents by increasing healthy eating and physical activity.

- In Indiana, 29% of adolescents and 65% of adults are overweight or obese (2010).
- In Indiana, only 41% of adolescents and 64% of adults meet recommended levels of physical activity (2010).
- In Indiana, only 16% of adolescents and 21% of adults consume the recommended servings of fruits and vegetables. (2010).

The goals of the Division of Nutrition and Physical Activity are to increase access and consumption of healthy foods and beverages; increase opportunities for engagement in regular physical activity; increase efforts aimed at enabling people to achieve and maintain a healthy weight; reduce environmental and policy-related disparities for breastfeeding, nutrition, physical activity, overweight, obesity, and chronic disease; increase the capacity of communities and settings within those communities to develop and sustain environmental and policy support systems that encourage healthy eating and active living; increase state and local strategic partnerships to more effectively coordinate efforts, share resources, and identify and reach priority populations.

For more information: phone: (317) 233-1325
website: <http://www.in.gov/isdh/20060.htm>

To read more about the specific goals of the statewide plan to improve the lives of Hoosiers through improved nutrition and physical activity in Indiana:

[Indiana's Comprehensive Nutrition & Physical Activity Plan 2010-2020](#)

To become more involved with statewide healthy weight initiatives in Indiana, visit the Indiana Healthy Weight website at: <http://www.inhealthyweight.org/>

Tobacco Prevention and Cessation Commission

Mission: To improve the health of all Indiana residents by increasing healthy eating and physical activity.

- In Indiana, over 1 million adults smoke (2009).
- Tobacco use is the single most preventable cause of death and disease. It claims 9,700 Hoosier lives each year.
- Tobacco use costs Hoosiers \$2 billion annually in health care bills, including \$487 million in Medicaid payments.

The goals of the Tobacco Prevention Cessation Commission are to decrease Indiana youth smoking rates; increase proportion of Hoosiers not exposed to secondhand smoke; decrease Indiana adult smoking rates; and maintain state and local infrastructure necessary to lower tobacco use rates and thus make Indiana competitive on economic fronts.

For more information: phone: (317) 234-1784
website: <http://www.in.gov/isdh/tpc/index.htm>

To read more about the specific goals of the statewide plan to reduce the use and exposure of tobacco in Indiana: [Indiana Tobacco Control 2015 Strategic Plan](#)

To become a partner of QuitNow Indiana: <http://www.in.gov/quitline/>

Indiana State Department of Health Key Internal Partners

• INShape Indiana

email: INShapeHelp@isdh.in.gov

website: <http://www.inshapeindiana.org/>

twitter: <https://twitter.com/INShapelndiana>

facebook: <http://www.facebook.com/INShapelN>

• Local Health Dept. Outreach Division

2 N. Meridian Street, 3N

Indianapolis, IN 46204

phone: 317-234-6623

email: lhinfo@isdh.in.gov

website: <http://www.in.gov/isdh/24824.htm>

• Office of Minority Health

2 N. Meridian Street, Suite 3A

Indianapolis, IN 46204

phone: 317-233-8499

website: <http://www.in.gov/isdh/23552.htm>

• Office of Women's Health

2 N. Meridian Street, Suite 3A

Indianapolis, IN 46204

phone: 317-233-9156

website: <http://www.in.gov/isdh/18061.htm>

Four Focus Areas of Public Health in Action

The Centers for Control and Prevention (CDC) has noted four areas of focus for those in the area of Chronic Disease Prevention and Control (CDPC) to concentrate their efforts in order to transform our nation's health by providing individuals the support needed to protect their wellbeing.

Domain 1

Epidemiology and Surveillance

A primary function of the CDPC is to gather, analyze and disseminate data and information and conduct evaluation to inform, prioritize, deliver and monitor programs and population health.

Domain 2

Environmental

CDPC is actively working to promote health and support and reinforce healthful behaviors of individuals within their environment. These approaches touch people where they work and live and may include statewide or local initiatives in schools, worksites, communities and others.

Domain 3

Health Systems Interventions

Efforts to improve the effective delivery and use of clinical and other preventive services in health systems is another important portion of the CDPC work. These efforts include initiative to prevent disease, detect diseases early, and reduce or eliminate risk factors and mitigate or manage complications.

Domain 4

Community-Clinical Linkages

Improving community-clinical linkages is a key strategy in the work of the CDPC. To ensure that communities support and clinics refer patients to programs that improve management of chronic conditions is vital to overall health. Such interventions ensure those with or at high risk for chronic diseases have access to quality community resources to best manage their conditions or disease risk.

Resources Available to Promote Public Health Action

Source	Overview
Data Sources	Overview
Behavioral Risk Factor Surveillance System (Indiana, CDC)	State and national health and risk factor monitoring system
CDC Wonder	Wide-ranging online data for epidemiologic research
Community Health Information Resource Guide	Guidance on data sources available at the local, state & national levels
Health Resources and Services Administration's (HRSA) Area Resource File	Compare peer counties on population characteristics & health resources
Indiana Indicators	State health-related indicators, progress measures, news & promising practices
ISDH Chronic Disease Fact Sheets & Reports	Comprehensive data & information about the chronic disease burden at state & local levels
Indiana State Cancer Registry Data Generator	Indiana cancer incidence & mortality data
Indiana Vital Records data (Natality , Mortality)	Indiana-specific natality & mortality data
Quick Health Data Online	Interactive system provides reliable & easily accessible health data
Robert Wood Johnson and University of Wisconsin County Health Rankings & Roadmaps	Data snapshot of burden at the local, state & national level with evidence-based recommendations for community health improvement planning
U.S. Census	Demographic information
Tools	Overview
CDC's Community Health Assessment and Group Evaluation (CHANGE)	Assess & evaluate policy, system & environment change opportunities & assets
CDC's Health Impact Assessment (HIA)	Evaluate the potential impact of a project or policy prior to implementation
National Association of County & City Health Officials' Community Health Assessment and Improvement Planning	Public health's leading authority on community health assessment & health improvement planning
The Community Guide	Provides an overview of key health indicators for local communities
Chronic Condition	Overview
Asthma	
American Lung Association	Working to save lives by improving lung health & preventing lung disease through education, advocacy and research
Asthma and Allergy Foundation of America	National network of education, advocacy, research & support
Environmental Protection Agency - Asthma	Promotes scientific understanding of environmental triggers & ways to manage asthma in communities through research, education & outreach
Cancer	
American Cancer Society	Working to save lives & create a world with less cancer by helping people stay well, get well, find cures and fight back against cancer
Cancer Control Planet	Links to comprehensive cancer control resources to plan, link, act & network with evidence-based tools
National Cancer Institute	Part of the National Institute of Health (NIH) that coordinates the National Cancer Program
Cardiovascular Health	
American Heart & Stroke Association	Building healthier lives free of cardiovascular disease & stroke
Million Hearts Initiative	A national initiative to prevent 1 million heart attacks & strokes by 2017
World Heart Federation	Leads the global fight against heart disease & stroke.
Diabetes	
American Diabetes Association	Leads the fight against the deadly consequences of diabetes & fight for those affected by diabetes
National Diabetes Education Program (NDEP)	Partnership of NIH, CDC, & more than 200 public & private organizations
National Diabetes Information Clearinghouse (NIDDK)	Conduct & support medical research, research training & disseminate science-based information to improve people's health and quality of life