Public Health and Mental Health Care Intersection

Melissa Collier, MD, MPH
Chief Medical Officer
Indiana State Department of Health
Civics 101

- US Constitution – judicial, executive, and legislative
- The 10th Amendment enunciates the plenary power retained by the states: “The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people.”
- Indiana constitution delegates authority to county health departments (home rule)
Federal Public Health - A History Lesson

• "An Act for the Relief of Sick and Disabled Seamen" in 1798
• Philadelphia yellow fever outbreak in 1793 - first quarantine station and hospital in America was built
• National Quarantine Act 1878
• National Communicable Disease Center
• Public Health Services Act 1944
  – Title X Family Planning Services - 1970
  – Health Insurance Portability and Accountability Act of 1996
  – Patient Protection and Affordable Care Act of 2010
Health Resources and Services Administration

- Title 330 funded clinics (‘Federally Qualified Health Centers or FQHC)
- 340B Drug Discount Program
- Ryan White
- Title V Maternal Child Health Block Grant (Social Security Act)
- Affordable Care Act (ACA) - Community Health Center Fund (CHCF)
- Scholarship and loan repayment programs
Substance Abuse and Mental Health Services Administration

- Increase access to behavioral health services
- Funding through Title V of the PHSA
- Title XIX Part B Community Mental Health Services block grant
Indiana State Department of Health

- Established by IC 16-19
- Executive Board
- State Health Commissioner
- Medicaid office under Family and Social Services Administration (FSSA)
- Funding for ISDH comes from various federal grants and state general funds
- ISDH proposes rule changes related to health to the state legislature
Local Health Departments

- Outreach to 93 local health departments
  - 90 counties
  - Two municipal (Gary, East Chicago)
  - One combined (Fountain-Warren)

- Powers and Duties of Local Health Departments
  - Indiana Code IC 16-20-1 and 16-20-2
  - Local Board of Health
  - Chairman of the Board
  - Local Health Officer
Flagship Priority 1: Reduce Infant Mortality

**GOAL 1:** Reduce infant mortality

**GOAL 2:** Improve maternal and infant health outcomes

**GOAL 3:** Increase safe sleep practices

**GOAL 4:** Improve access to prenatal care
Infant Mortality Defined

• The death of a baby before his/her first birthday
• The Infant Mortality Rate (IMR) is an estimate of the number of infant deaths for every 1,000 live births
• Large disparities in infant mortality in Indiana and the United States exist, especially among race and ethnicity

Infant Mortality is the #1 indicator of health status in the world
Factors Contributing to Infant Mortality in Indiana

• Obesity
  - If woman is obese = 25% chance of delivering premature infant
  - If woman is morbidly obese = 33% chance of delivering premature infant
  - Indiana is 12th most obese state in U.S.

• Smoking
  - 13.5% of mothers smoke during pregnancy (Nearly TWICE the U.S. average)
  - 23.6% of mothers on Medicaid smoke

• Limited Prenatal Care
  - Only 68.6% of mothers receive prenatal care during the 1st trimester

• Unsafe Sleep Practices
  - 16.6% of infant deaths in 2017 can be attributed to SUIDs
Flagship Priority 2:  
Addressing the opioid epidemic

GOAL 1: Prevent substance use disorder
GOAL 2: Minimize the harm as a result of substance use disorder
GOAL 3: Ensure access to treatment for opioid use disorder
Goal 3: Ensure Access to Treatment for Opioid Use Disorder

• Expand access to supportive environments for people in recovery to live while transitioning back into the community, such as recovery or sober living houses

• Decrease stigma of substance use disorder by spreading awareness with the Next Level Recovery Know the “O” Facts website and resources
Flagship Priority 3: Reduce chronic disease

**GOAL 1:** Reduce the burden of obesity living in Indiana

**GOAL 2:** Increase opportunities for active living in Indiana

**GOAL 3:** Increase opportunities for healthy eating in Indiana

**GOAL 4:** Decrease the burden of tobacco use in Indiana

**GOAL 5:** Decrease the burden of cardiovascular disease and diabetes in Indiana and encourage chronic disease self-management

**GOAL 6:** Reduce the burden of asthma on Indiana adults and children

**GOAL 7:** Ensure all Hoosiers are appropriately screened for cancer
Reducing Chronic Disease and Health Disparities

• Chronic diseases are illnesses and health conditions that have a prolonged impact on a person’s health
• Leading causes of death and disability in Indiana, with heart disease, cancer, and stroke representing the top three killers for Hoosiers
• Many chronic diseases can be prevented or managed through early detection, improved nutrition, increased physical activity
Reducing Chronic Disease and Health Disparities

Obesity

• Over two-thirds (67.2%) of Indiana adults are overweight (34.7%) or obese (32.5%).
• Obesity disproportionately affects low-income and rural communities, as well as the African American population.
• Obesity rates have increased from 13.0% of adult Hoosiers in 1990 to nearly a third (32.5%) in 2016.

Indiana is the 10th most obese state in the U.S.

For Every 100 Adults: 32 Are Obese 35 Are Overweight
Healthy Foods and Beverages

Describe the food situation in your household...

- We could always afford to eat good nutritious meals: 63%
- We could always afford enough to eat but not always the kinds of food we should eat: 32%
- Sometimes or often we could not afford enough to eat: 5%

Adults consuming 1 or more servings per day:
- Veg.: 57%
- Fruit: 73%

High school students consuming 3 times per day:
- Veg.: 10%
- Fruit: 14%
Healthy Foods and Beverages

Food Deserts
• Lack of access to affordable, healthy food
• Absence of grocery stores within reasonable traveling distance
• Access to healthy foods associated with positive health outcomes
• Disproportionately affects minority populations
Physical Activity

- Helps individuals maintain healthy weight
- Reduces risk for cancers
- Reduces risk of progression of existing chronic conditions
- Improves quality of life
- The 2008 Physical Activity Guidelines recommend that adults should participate in 150 minutes of physical activity a week.
- Only 15.6% of adults in Indiana meet both the aerobic and muscle strengthening recommendations.
- According to the 2015 YRBS, just over a quarter (25.3%) of high school students achieved the national recommendation of 60 minutes or more of physical activity per day.
Burden of Tobacco Use in Indiana

- Single most preventable cause of death and disease
- 11,100 Hoosier lives lost due to tobacco use every year
- Nearly $3 billion spent annually in medical expenditures; $3.1 billion in lost productivity
- Everyone shares in the costs for smoking – over $900 per Hoosier household per year
- For every pack of cigarettes sold in Indiana, the state spends $15.90 in health care costs, lost productivity and premature death related to tobacco
Tobacco Cessation

• FDA-approved smoking cessation treatments
  o Five forms of nicotine replacement therapy (NRT): the patch, gum, inhaler, nasal spray, and lozenge
  o Bupropion SR
  o Varenicline

• Three types of counseling
  o Individual
  o Group
  o Telephone
Flagship Priority 4:

Improve the public health infrastructure

**GOAL 1:** Develop new and foster existing partnerships to improve the public’s health

**GOAL 2:** Increase the availability of timely and accurate data to communities across the state

**GOAL 3:** Build the capacity of local health departments, the public health workforce, and community partners to provide quality and equitable public health services
How Community Mental Health Centers Can Help

• Vaccination
• Screening for infectious diseases
• Case management and team work
• Partnering with community organizations
• Quality improvement in population health
HEPATITIS A: CASE STUDY
National Hepatitis A Outbreak

- First cases in 2016—Michigan and San Diego, CA
- Transmission: person-to-person through contact with fecally-contaminated environments
- Population: mostly homeless and/or persons who use injection or non-injection drugs
- HAV Genotype: 1B

Symptoms are more likely to occur in adults than in children. They usually last fewer than two months, but some people can be ill as long as six months.
National Hepatitis A Outbreak

State-Reported Hepatitis A Outbreak Cases as of July 19, 2019
Indiana Hepatitis A Outbreak

• Active surveillance in August 2017
• Outbreak-related cases beginning December 2017, many linked to Jefferson County, Kentucky
• Increase in cases statewide, some counties are post-outbreak
• Many Indiana cases meet the risk factors:
  - Homelessness
  - Illicit drug use
  - Jail visit
  - Contact with an ill individual
**Indiana Outbreak-Related Cases**

<table>
<thead>
<tr>
<th>Outbreak Cases</th>
<th>Outbreak Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,792</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hospitalizations</th>
<th>Of Outbreak Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>976</td>
<td>54%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>County</th>
<th>Number of Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adams</td>
<td>5</td>
</tr>
<tr>
<td>Allen</td>
<td>59</td>
</tr>
<tr>
<td>Bartholomew</td>
<td>52</td>
</tr>
<tr>
<td>Blackford</td>
<td>8</td>
</tr>
<tr>
<td>Clark</td>
<td>82</td>
</tr>
<tr>
<td>Clinton</td>
<td>8</td>
</tr>
<tr>
<td>Crawford</td>
<td>12</td>
</tr>
<tr>
<td>Dearborn</td>
<td>23</td>
</tr>
<tr>
<td>DeKalb</td>
<td>9</td>
</tr>
<tr>
<td>Delaware</td>
<td>103</td>
</tr>
<tr>
<td>Elkhart</td>
<td>17</td>
</tr>
<tr>
<td>Fayette</td>
<td>22</td>
</tr>
<tr>
<td>Floyd</td>
<td>49</td>
</tr>
<tr>
<td>Franklin</td>
<td>5</td>
</tr>
<tr>
<td>Grant</td>
<td>80</td>
</tr>
</tbody>
</table>

**Vaccines Administered: 173,589**
Includes public and private doses since Jan 1, 2018
Number of Hepatitis A Outbreak Cases by County

- **40 or more**
- **20 to 39**
- **10 to 19**
- **5 to 9**
- **0 or suppressed**
Thank You!

Melissa Collier
mcollier@isdh.in.gov
317-233-7164