

# SEPTEMBER 21, 2022 MIPA VIRTUAL SUMMIT

CHECK IN & NETWORKING: 8:30-9:00 AM CST  
SUMMIT: 9:00 AM-3:30 PM CST

## 2022 MIPA State Highlights: Indiana

This year during the 2022 Virtual MIPA Summit, we are providing a new opportunity to feature the important injury prevention work from each state. To keep the Summit agenda focused on keynote, panel, and workshop presentations, rather than devoting “stage time” to these updates from each state, we have created this highlight document to provide attendees with a summary of the work, resources, and contacts in each state. We have asked representatives from each state to respond to the following questions.

### 1. Please describe the primary private/public coalition in your state.

Indiana Injury Prevention Advisory Council (IPAC)

This council focusses on connecting injury prevention professionals in Indiana to discuss programming initiatives, funding opportunities, and explore trends in injury data.

### 2. Are there specific resources, reports, campaigns from your state that you'd like to highlight? Please include PDFs and/or links, when applicable.

- 988 Suicide & Crisis line being implemented in Indiana. <https://www.in.gov/fssa/dmha/update-on-988-in-indiana/>
- Expansion of Stepping On workshops for older adult falls prevention

### 3. Contact for further information:

- Emma Heltzel, Indiana rep, Injury Prevention epidemiologist, [eheltzel@isdh.in.gov](mailto:eheltzel@isdh.in.gov)
- Laurie Gerdt, Indiana rep, [lgerdt@ihaconnect.org](mailto:lgerdt@ihaconnect.org)
- Morgan Sprecher, MIPA president, Indiana Violent Death Reporting System (INVDRS) Epidemiologist

# Don't let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don't have to be one of them.

## Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**Stepping On has been researched and proven to reduce falls by 31%!**

**Fridays from September 9 – October 21, 2022**

**University of Indianapolis Health Pavilion**

**9:30 – 11:30 a.m.**

**FREE REGISTRATION \* FREE PARKING**

**To register, call (317) 791-5930 or email [feer@uindy.edu](mailto:feer@uindy.edu)**

**CAC**

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**Stepping  
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[wihealthyaging.org](http://wihealthyaging.org)