



Arkansas Department of Health  
Keeping Your Hometown Healthy

# CHNS and CHPS Newsletter

CHNS and CHPS

Spring 2014

## Arkansas Ranks 7th in Protecting Kids from Tobacco

Fifteen years after the 1998 state tobacco settlement, Arkansas ranks 7th in the nation in funding programs preventing kids from smoking and helping smokers quit, according to a national report released by a coalition of public health organizations.

“Arkansans can be proud of the progress it is making to help children,” says Dr. Gary Wheeler, Medical Director for the Tobacco Prevention and Cessation Program at the Arkansas Department of Health. “The percentage of students who currently smoke has declined significantly.”

Key findings for Arkansas include:

- Smoking rates among Arkansas high school students have experienced a 58% reduction between 1997 and 2011. This translates to more than 34,000 fewer teens smoking in 2011.
- The tobacco industry spends \$107.4 million a year to market their products in Arkansas. This is six times what the state spends on tobacco prevention.

“Arkansans and their leaders including the legislature and our governor have made a wise financial commitment to help our youth. Tobacco prevention is a smart investment. It saves lives and saves money by reducing tobacco-related health care costs.” Wheeler continued, “Arkansans are fortunate that our elected officials recognize this.”

However, the toll of tobacco on Arkansas youth is still evident. More than 18% of Arkansas high school students still smoke. More than 20% of male high school students still use smokeless or spit tobacco. And, 2,500 Arkansas kids under 18, become new daily smokers each year according to The Campaign for Tobacco-Free Kids.

Tobacco use is the number one cause of preventable death in the U.S., killing more than 400,000 people and costing \$96 billion in health care bills each year. More information, including the full report and state-specific information, can be obtained at [www.tobaccofreekids.org/reports/settlements](http://www.tobaccofreekids.org/reports/settlements).

**F.A.S.T.** is an easy way to remember the sudden signs and symptoms of a stroke. **F.A.S.T.** is:

- **Face Drooping.** Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness.** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty.** Is speech slurred, are they unable to speak or are they hard to understand? Ask the person to repeat a simple sentence, like “the sky is blue.” Is the sentence repeated correctly?
- **Time to Call 911.** If the person shows any of these symptoms, even if the symptoms go away, call 911 and ensure they are transported to the hospital immediately by ambulance.

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## Southern Obesity Summit Held in Nashville Tennessee

Over 400 leaders from across the south, including almost 50 youth, came together in Nashville from November 17-19, 2013 to learn, share, and engage around strategies that will impact the obesity crisis we are facing. The theme for this year's Southern Obesity Summit was Collaboration – playing off Henry Ford's quote, "Coming together is a beginning. Keeping together is a process. Working together is a success." We have certainly followed and continue to follow that path.

Sixty different presenters in 20 breakout sessions shared their programs and processes for preventing obesity. Our very own Community Health Nurse Specialists (CHNS) and Community Health Promotion Specialists (CHPS) were among the featured presentations. Kim Hooks, CHNS and CHPS South Supervisor, delivered the presentation which highlighted the successes that can be duplicated on a regional scale throughout the other southern states. In particular, the success of this unique group of ADH employees as a statewide cadre of educators and implementers in obesity prevention efforts via strategies that address nutrition, physical activity, and high-quality nurse continuing education offerings. A total of 7,425.9 CNE Contact Hours were awarded to school nurses from January through September 2013. These CNE packets were created by our CHNS and State School Nurse Consultant.

This model could be replicated to focus on obesity prevention on a multistate level with adequate funding and thoughtful program development. Having local buy-in and champions for health is essential in policy development that truly has an impact. The CHNS and CHPS network is how Arkansas disseminates consistent opportunities and trainings across the state through local nurses who care about the counties they serve. Examples of successes include statewide implementation of components of Act 1220 and the unique collaboration that exists with various partners with the goal of improving the health of students and communities.

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## National Prescription Drug Take-Back Day is April 26th!

As part of the National Drug Control Strategy, the Office of National Drug Control Policy has called for an increase of prescription drug return and disposal programs as a means to curb prescription drug abuse.

In 2010, a coalition led by State Drug Director Fran Flener, Attorney General Dustin McDaniel and both Arkansas Districts of the U.S. Attorney's Office launched an ongoing educational program to encourage everyone to "Monitor, Secure and Dispose" of their prescription medications. Numerous partners have made the success of this program possible.

The coalition plans Arkansas's participation in the U.S. Drug Enforcement Administration's National Prescription Take Back Initiative with collection events each spring and fall. Through a partnership with the Rotary Clubs of Arkansas, some collection sites are available year-round.

Due to the commitment of the Arkansas law enforcement community, our partners, the multi-agency coalition, and participation by Arkansans across the state, the Take-Back effort in Arkansas has been successful above and beyond expectations.

To find a drop box in your area, go to the Arkansas Take-Back website: <http://www.artakeback.org>



## “Enjoy the Taste of Eating Right” during National Nutrition Month

While taste drives most food choices, eating nutrient-rich foods that provide the most nutrition per calorie is one of the best ways to “Enjoy the Taste of Eating Right,” according to the Academy of Nutrition and Dietetics. As part of the 2014 National Nutrition Month® theme, the Academy encourages everyone to choose the most nutritionally-packed foods you can from each of the five MyPlate food groups every day.

Nutrient-rich foods and beverages provide vitamins, minerals, protein, carbohydrates and other essential nutrients that offer health benefits with relatively few calories.

“When your daily eating plans include foods like vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, fat-free or low-fat dairy, beans, nuts and seeds in the appropriate amounts, you are able to get many of the nutrients your body needs, all with relatively low amounts of calories,” says Registered Dietitian Nutritionist and Academy Spokesperson Debbi Beauvais.

Beauvais offers practical ways to add nutrient-rich foods and beverages to your daily diet:

- Make oatmeal creamier by using fat-free milk instead of water. Mix in some raisins, dried cranberries, cherries, or blueberries, too.
- Make sandwiches on whole-grain bread, such as whole wheat or whole rye. Add slices of avocado, tomato or cucumber to lean roast beef, ham, turkey or chicken.
- When eating out, look for nutrient-rich choices, such as entrée salads with grilled seafood and low-calorie dressing, baked potatoes topped with salsa, grilled vegetables and reduced-fat cheese and yogurt parfaits made with strawberries and blueberries.
- Drink nutrient-rich, low-sugar beverages such as low-fat or fat-free milk or 100-percent fruit juice.
- Top foods with chopped nuts or reduced-fat sharp cheddar to get crunch, flavor and nutrients from the first bite.
- Spend a few minutes to cut and bag vegetables so they are in easy reach of every family member: some ready-to-eat favorites include red, green or yellow peppers, broccoli or cauliflower flowerets, carrots, celery sticks, cucumbers, snap peas or radishes.
- Serve meals that pack multiple nutrient-rich foods into one dish, such as hearty, broth-based soups that are full of colorful vegetables, beans and lean meat. Make chili with a dollop of low-fat yogurt. Serve these with whole-grain breads or rolls.
- For dessert, enjoy a tropical treat by blending mango, plain low-fat milk, ice and a splash of pineapple juice, or stir chocolate syrup into a cup of coffee-flavored yogurt, freeze and enjoy.

“You should enjoy the foods you eat. In choosing nutrient-rich foods, you’ll find they are familiar, easy to find and represent the five MyPlate food groups,” Beauvais says. “Achieving balance and building a healthier diet can be simple and stress-free. Selecting nutrient-rich foods and beverages first is a way to make better choices within your daily eating plan.”

Beauvais also recommends limiting added sugars and reducing the major sources of solid fats. “Drink fewer regular sodas, fruit drinks and sports drinks, and cut back on cakes, cookies, ice cream, cheese and fatty meats like sausages, hot dogs and bacon,” she says.

“You don’t have to give up these foods entirely, but find ways to enjoy small amounts occasionally,” Beauvais says.

Visit the Academy’s website, <http://www.eatright.org> to view a library of recipes designed to help you “Enjoy the Taste of Eating Right.”

As part of this public education campaign, the Academy’s National Nutrition Month website includes a variety of helpful tips, games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition based on the “Enjoy the Taste of Eating Right” theme.

**COMMUNITY HEALTH NURSE SPECIALISTS AND COMMUNITY HEALTH PROMOTION SPECIALISTS**

**WE ARE HERE FOR YOU!!**

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