



Central Region HHI Newsletter

June 2012



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Each June, the National Safety Council encourages organizations to get involved and participate in National Safety Month. NSM is an annual observance to educate and influence behaviors around the leading causes of preventable injuries and deaths. Each week carries a theme that brings attention to critical safety issues.

2012 Weekly Themes

- Week 1: Employee wellness and PALA+ Challenge
- Week 2: Ergonomics
- Week 3: Preventing slips, trips and falls
- Week 4: Driving safety



Summer Safety

The goal of National Safety Month is to raise public awareness of safety. June also is an appropriate month to focus our efforts on public safety, as the summer season traditionally is a time of increased unintentional injuries and fatalities.

http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx

How Much Fat Is In That?



Cadets at the Arkansas National Guard's Youth Challenge Program recently participated in a demonstration on fat and sugar content in some of their favorite foods. Anna Haver and Laura Taylor provided a nutrition education workshop where participants learned about the current My Plate recommendations, avoiding portion distortion, and were provided tips for healthy food shopping. Youth Challenge is an intervention program for at risk youth in Arkansas. Approximately 90 cadets in the current class attended the workshop provided in early May.



Childcare Providers Trained in Medication Administration



On Friday, May 4th, approximately 15 childcare providers from Pulaski, Lonoke, Faulkner, Saline, and White counties participated in the American Academy of Pediatrics' (AAP) Medication Administration in Early Education and Child Care training.

Central Region HHI staff Anna Haver and Cynthia Wilborn hosted the training in North Little Rock to provide education for personnel in child care settings who give medication to children but are not licensed healthcare providers. Emphasis is placed on best practice recommendations for center policy regarding the storage and administration of medication, as well as proper documentation. Participants also learned how to recognize and respond to adverse reactions to medication.

Pulaski County Coalitions Host Teen Driving Presentation

The SWLR HHI Coalition and Midtown Health Alliance May meetings focused on a Safe Teen Driving presentation by Mary Porter and Maurice Long from Arkansas Children's Hospital Injury Prevention Center. The presenters opened the presentation with statistics regarding teen driving and also discussed laws such as the Graduated Driver's License (GDL) law which allows teens more time to become experienced drivers. Motor Vehicle crashes are the leading cause of death in the US and Arkansas for teens ages 14-18. They also highlighted the importance of seat belt use and the dangers of distracted driving. More information regarding the program can be found on their website at saferteendrivingar.org. The presentation is available to church, civic, neighborhood and other groups who may be interested in knowing the keys to keeping teens safe on the road.



Western Hills Elementary Hosts Health Fair

Western Hills Elementary hosted a Health and Recreation Fair on May 4th at 5pm. The event featured various physical activities – jump rope, hula hoop, playground games, parachute activities. Midtown Health Alliance provided a Zumba activity and the PTA provided healthy food choices during the event. Midtown Health Alliance also hosted a booth that day which included information about tobacco prevention and cessation, nutrition, and the physical activity wheel spin game for the kids. Kids were able to spin the wheel and answer a question related to physical activity and the body to win a prize.



Dee Dee Wallace, Health Educator assists students with the physical activity wheel game.

Conway Hosts Bike to School Day



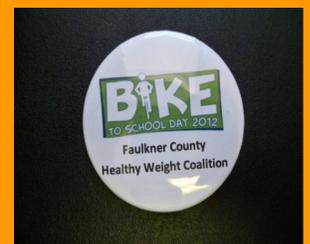
Nearly all of the 480 students at Marguerite Vann Elementary School in Conway participated in the first ever National Bike to School Day (see information at <http://www.walkbiketoschool.org/ready/about-the-events/bike-to-school-day>). Some arrived by bike trains led by PE teacher Sherri Pillow and CAB Board member Jeff Marotte. Other riders came alone or in small groups. Parents also delivered a few with the bikes in the back of vehicles. As many as 35-40 bikes quickly swamped the temporary bike rack loaned by The Ride. Stickers and pin-on buttons with the national "Bike to School" logo were given to all riders to wear throughout the day.

MEMS delivered the Conway SRTS rodeo trailer on Sunday night after its use at Toad Suck Daze. Throughout the school day classes of each grade (K-4) were fitted with helmets. A number of helmets purchased by CAB were given to students thanks to funds from a Growing Healthy Communities grant. MEMS also supplied helmets for the event. Students proceeded through the five stations of the rodeo and were given instruction and experience in how to start and stop, scan for traffic, avoid a road hazard (in the ever popular "rock dodge" exercise), stop and look before entering a roadway, and how to scan, signal, and negotiate an intersection.

There were various volunteers at the event including Jim Bruce from the CAB board and Erik Leamon, from The Ride and Chair of the Conway Bicycle and Pedestrian Advisory Board. Kim Sanders, Safe Routes to School State Coordinator with the Arkansas Highway and Transportation Department also came to observe after seeing on the national web site that Marguerite Vann was one of only four schools in the state listed as participating in Bike to School Day. Major credit for the success of the day's event goes to Sherri Pillow, PE instructor at the school. Although all K-8 public schools in Conway were invited to participate, only Sherri stepped up to host the bike rodeo. We hope to include more schools next year.



Bike with "Bike to School" logo!



Bike to School buttons made by Public Health Educator, Laura Taylor!



**CENTRAL REGION
HOMETOWN HEALTH
IMPROVEMENT
SUPPORT STAFF**

Julie Harlan, MCHES
Central Region HHI Manager

Christy Campbell, CPS
Central Region Grants Administrator

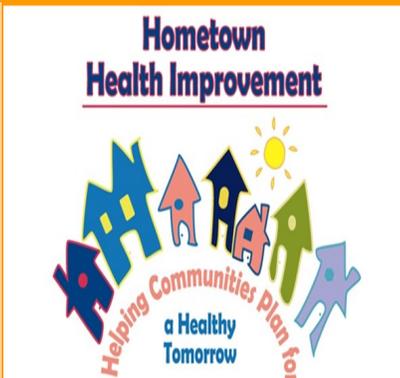
Janice Ray, CHES
Public Health Educator

Laura Taylor, BS
Public Health Educator

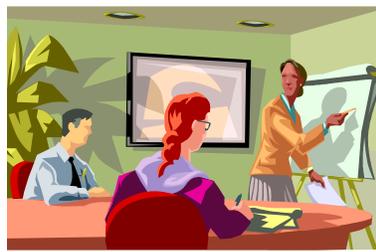
Dee Dee Wallace, CHES, CPS
Public Health Educator

Anna Haver, MCHES
Community Health Promotion
Specialist

Cynthia Wilborn, BSN, RN
Community Health Nurse Specialist



Conway Hosts County Health Summit



Conway Regional Health System hosted a County Health Summit on June 7, 2012 at the University of Central Arkansas to address major health concerns facing Faulkner County residents. The summit was part four of a five part plan to improve the county's overall health. Findings presented at the summit indicate that

Faulkner County ranks above national and state averages for binge drinking and obesity. The county also ranks above national averages for individuals with diabetes, smokers and a population with insufficient diet and exercise habits. The overall goal of the summit and study, is to bring together community leaders who are willing to work together to address priority health needs of the community.



**SYSTEMS TRAINING
& OUTREACH PROGRAM**



The Arkansas Department of Health Tobacco Prevention and Cessation Program (ADH TPCP) created the Systems Training and Outreach Program (STOP) to provide health care providers and health care delivery systems in Arkansas with consultation, training and technical assistance support to help them with the identification and treatment of health risk behaviors and chronic diseases. The purpose of the STOP program is to educate and train providers who work in a health care delivery system to intervene with patients to prevent and address risk behaviors and chronic diseases.



For more information visit:

www.arstop.org

