



Central Region

Hometown Health Improvement

Newsletter · September 2012

Faulkner Garland Grant Lonoke Perry Pulaski Saline

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ADH Prepares for Flu Season - You Can Too!

Influenza (the flu) is a serious disease that can lead to hospitalization and sometimes even death. Anyone can get sick from the flu.

The Arkansas Department of Health (ADH) and other partners and volunteers will be conducting mass flu and school clinics in counties statewide again this flu season. The school clinics begin on October 8th and should be completed before the Christmas holidays. The mass flu clinics will be held the week of October 22nd, with a few exceptions. This is a great opportunity for everyone to receive the seasonal flu vaccine at no charge to them. For persons with insurance, ADH will ask their insurance company to pay for the

cost of giving the vaccine. For persons without insurance or if their insurance doesn't pay, the vaccine will still be given at no charge to them. Persons choosing to be vaccinated at the clinics sponsored by ADH are asked to bring their health insurance, Medicare, Medicaid, or ARKids First cards if they have them so ADH can file with their insurance providers.

Seasonal (or common) flu is a respiratory illness that can be transmitted person to person. In addition to vaccination, you can protect yourself and your family by Practicing the three C's:

Clean – wash your hands often
Cover – cover your cough and sneeze
Contain – stay home if you are sick



For more information visit www.healthy.arkansas.gov

Merchant Training to Prevent Underage Tobacco Sales

Arkansas Tobacco Control is working diligently across the state to end underage tobacco sales. On October 24th they will host a Tobacco Merchant Training in Faulkner county. The training will target clerks and store managers that sell tobacco and educate them on important laws. They will also offer some helpful tips that can prevent clerks from selling tobacco products to minors. Tobacco Control

Coordinator, Mandy Miller will host the training at the McGee Center in Conway. Mandy has been working with Public Health Educators, Dee Dee Wallace and Laura Taylor to bring this invaluable training to the central region.

For more information about Arkansas Tobacco Control or to schedule a training, visit www.atc.ar.gov.

FILE OF LIFE	
	
Name:	Address:
Doctor:	Phone#:
EMERGENCY CONTACTS	
Name:	Phone#:
Address:	
Name:	Phone#:
Address:	

A shocking 58% of all Emergency Calls are for Senior Citizens. There's panic, confusion, fear and a terrible sense of urgency and helplessness. With the "File of Life" there is solid information on conditions and medications; it's written down and ready to be utilized immediately by the EMT's. Dr. Cynthia Wilborn has helped many seniors in Pulaski County complete the files for their homes.

The File of Life Foundation is a non-profit corporation promoting life-saving ideas. The products provided involve a medical information packet designed to provide emergency personnel with necessary medical data to begin immediate treatment. The File of Life symbol is placed on the front door so that the EMS will know to go to the refrigerator door for the File of Life packet. This very simple concept has saved thousands of lives and can be used in any community. Since 1995, a vast and increasing number of cities and towns have implemented the program. For more information visit www.folife.org.

Baby Safety Showers



- 9/7 Faulkner Co Health Unit
- 9/7 Grant Co Health Unit
- 9/20 Saline Co Health Unit
- 9/24 Cabot Health Unit
- 10/1 NLR Health Unit
- 10/3 Lonoke Health Unit
- 11/7 Perry Co Health Unit
- 12/10 Southwest LR Health Unit

Contact your local health unit for more information!

Virtual Dementia Tour

The Grant County HHI Coalition and partners in aging professions bring this unique presentation to the Central Region to help people understand the physical and mental challenges of those living with dementia.

The Virtual Dementia Tour will be October 19, 2012 at Crownpoint Assisted Living Facility in Sheridan. For more information, please call 870-879-1440.

The Real Forrest Gump Visits Arkansas

After walking and jogging 7 times across America (by the way, that's 4 more times than Forrest Gump ever did), Robert Sweetgall will be spending the better part of a week in Grant, Arkansas and Jefferson Counties to help inspire students, teachers, school administrators and citizens at large to take on a more active, healthy, walking lifestyle. Robert Sweetgall took on this health mission in life after a family history of heart disease took the

lives of many of his relatives. Robert left his 11 year Dupont chemical engineering career to take his health message across America - literally walking the talk - town to town, school to school. In 1982-83, Robert circled the perimeter of the United States (10,608 miles) on foot, averaging 39 miles a day - run-walk mode. When the running started to wear Robert down, he switched to pure walking. A year later, Robert expanded his

health lecture tour, walking 11,208 miles through all 50 states. In total, Robert has spoken to over 100,000 students on the importance of staying active and avoiding heart disease, diabetes and other chronic diseases.

Monday, Sept. 10th Sheridan High School

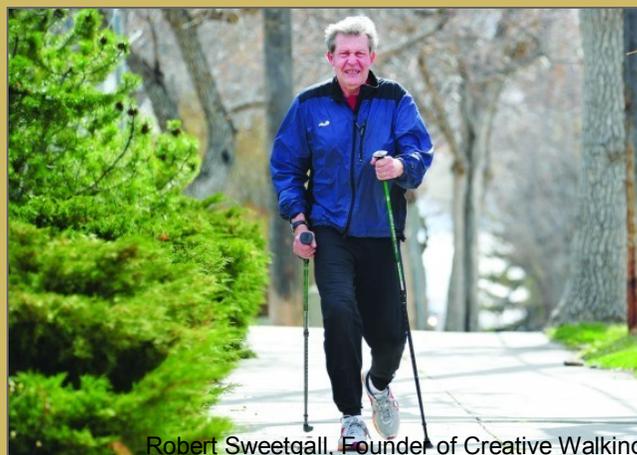
6:00 p.m. - 6:45 p.m.

**Part 1: Nordic Walking 101
Burning Fat, Building Muscle with the Ultimate Total-Body Walking Workout**

6:45 p.m. - 7:30 p.m.

**Part 2: Motivation to Move
Five Great Activities for Reducing Weight, Stress, Diabetes & Heart Disease Risk and Your Rate of Aging**

For more information contact Juanita Buckmaster at 870-534-6129 or juanita.buckmaster@arkansas.gov



Robert Sweetgall, Founder of Creative Walking

70 Teachers Receive Back to School Training

Physical Education and Health teachers and coaches in the Pulaski County Special School District recently participated in a full day of professional development provided by the Central Region CHPS and CHNS, Anna Haver and Cynthia Wilborn. Approximately 70 teachers and coaches from the district attended the training at Robinson High School. Information was provided for teachers on topics such as traumatic brain injury/ concussion awareness and prevention, heat and hydration in sports, suicide prevention, safe driving for teens, joint use agreement (JUA) grant opportunities, and other topics. Lunch was provided while participants viewed the *Weight of the Nation's Children In Crisis* segment.



Pulaski County Special School District

Breastfeeding Awareness in Faulkner Co.



by encouraging group support. M.I.L.K will meet again on Monday, September 17th at 1:30 in the Faulkner County Library.

The Faulkner County Health Unit also participated in a Spirit Week to promote breastfeeding. The staff dressed in attire that would be conducive to nursing a baby and prizes were awarded for the most creative outfit.

On Monday August 20, 2012 The Arkansas Department of Health WIC Breastfeeding Peer Counselors hosted their first Breastfeeding Support Group. Six mothers attended M.I.L.K. (Mothers Infants Love Knowledge). They will now meet every third Monday at the Faulkner County Library from 1:30-3:00pm. PattiCakes Bakery donated refreshments, and door prizes were provided by HipSway Boutique and Alta Mae Jones, Licensed Massage Therapist at Appearances Salon. Breastfeeding Peer Counselors Sondra Rodocker & Millie Goins answered questions and offered support and encouragement. The goal is to lovingly share support throughout the breastfeeding journey,



Medication Administration

Central Region will provide the American Academy of Pediatrics' Medication Administration in Early Childhood Settings training on December 7, 2012. This training is intended to provide education on best practice recommendations for child care center policy regarding the storage and administration of medications. Participants will also learn how to recognize and respond to adverse reactions

to medication. Childcare providers who attend the training will receive 5 hours of continuing education credit through the TAPP Program.

To register visit: www.professionalregistry.arkate.edu and enter course number 23278.

Questions can be directed to Anna Haver at anna.haver@arkansas.gov or by calling (501) 791-8551.

Garland County Youth Learn Valuable Nutrition Facts

The Debra D Dunston Adolescent Center received a visit from Nutritionist, Valerie Brassell on August 24th.

The focus was fast food and their sugar contents. Valerie provided fast food nutrition guides for students to look up calories, fats and sugars in foods they claim to eat on a regular basis. The group learned how to read labels and determine the foods' nutritional content.

They were also supplied with pamphlets about how to order healthier fast foods and discussed several of the options.

**Hometown
Health Improvement**



HHI

Support Staff

**Julie Harlan, MCHES
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**Janice Ray, CHES
Public Health Educator**

**Dee Dee Wallace, CHES
Public Health Educator**

**Laura Taylor, BS
Public Health Educator**

**Christy Campbell, CPS
Central Region
Grants Administrator**

The Hot Springs Housing Authority

held their 2nd annual Health Fair for residents. Participants were able to receive health screenings from an area Nurse Practitioner, dental checks and Denver Developmental screenings. ADH staff spoke with attendees about injury prevention, ACT 811 and tobacco cessation services offered through the Tobacco Quit Line. Approximately 50 people attended the health fair.

10th Annual Striking Out Tobacco Conference

Thursday, September 13th
Wyndham Hotel, NLR

www.arfreshair.com



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
1-800-QUIT-NOW

Lonoke County HHI Coalition celebrates it's 10 Year Anniversary in September



Students and Teachers Learn About AIDS/STDs

Gisele Hudson from AIDS/STD and LeRoy Randolph, Family Planning Coordinator, presented to 94 students and 11 teachers at Ouachita Job Corp. Center in Garland County on August 14th. Gisele showed a DVD titled "STD Facts" and spoke on AIDS/STDs to include transmission, infection, prevention and treatment. LeRoy spoke on Reproductive Health and Male Responsibility. Both entertained questions and advised the students and teachers of services available at the Local Health Units.

Focusing on Teen Driving

With students headed back to school, those working in injury prevention are focusing on teen driving, including the importance of wearing seatbelts and

avoiding distractions. At a Back to School training for nurses held at Arch Ford on August 10th, Public Health Educator, Laura Taylor supplied school nurses with posters that give a powerful message about seatbelts.



The Safer Teen Driving Coalition met on August 23rd to discuss the Arkansas Drive SMART Challenge and the Arkansas Graduated Drivers License (GDL). Dr. Mary Aitken, director of the Injury Prevention Center, updated the coalition on the latest evaluation of the Arkansas GDL that indicated a number of improvements across the state for teen automobile crashes.

For more information visit
www.saferteendrivingar.org.