



Central Region Hometown Health Newsletter

February 2013

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Heart Health Month



February 1, 2013 marks the 10th Year of the American Heart Association's **Go Red for Women** movement — 10 years of fighting to save women's lives from heart disease. While the progress has been significant, there's a long way to go. Here's why:

- Heart disease is still the No. 1 killer of women, causing 1 in 3 deaths each year.
- Heart disease kills more women than men, at an average rate of one death per minute.
- Heart disease kills more women than all kinds of cancer combined.



"Million Hearts Overview"

Million Hearts™ was launched in September 2011 to prevent 1 million heart attacks and strokes

over the next five years. The Centers for Disease Control and Prevention and the Centers for Medicare and Medicaid Services are the co-leaders of Million Hearts™ within the U.S. Department of Health and Human Services. Other participating federal agencies include the National Institutes of Health, the Agency for Healthcare Research and Quality, and the Food and Drug Administration. Key private-sector partners include the American Heart Association and YMCA, among others.

Heart disease and stroke are the first and fourth leading causes of death in the United States, making heart disease responsible for 1 of every 3 deaths in the country.

It's easy to be part of the **Go Red Campaign**.
Log on to www.heart.org/daytongoesred for more info.

Together, we can end heart disease.



Women Go Red.



Old State House, original site of the Arkansas Department of Health

February marks 100 Years of Public Health for Arkansas. There are several celebrations going on around the state to celebrate this wonderful milestone. Two celebrations are currently scheduled in the Central Region. On February 26, the Faulkner County Healthy Weight Coalition will be hosting a Health Summit at the Faulkner County Library from 6:00 to 7:30pm. The summit will include a viewing from a portion of "Weight of the Nation" as well as, a panel discussion that will include panelists from several areas of public health in order to promote healthier lifestyles and behavior changes in Faulkner County. Dr. Bates will be present to share information on 100 Years of Public Health in Arkansas, as well as a panelist. Interns from the University of Central Arkansas will be preparing healthy versions of "party food" to show attendees at the summit that you can make party food healthy and enjoyable.

Saline County is collaborating with the City of Bryant during their annual Family Wellness Expo on March 9th from 8am – 2pm at Bishop Park. The day will begin with a 5K Run/Walk at 8am, health screenings and vendor booths will be available from 10:00am – 2:00pm. Door prizes and entertainment will also be provided. Dr. Bates will be speaking on "100 Years of Public Health" and Teresa Belew will be presenting on "The Dangers of Distracted Driving."

**You are cordially invited to a community forum at the
Faulkner County Library, 1900 Tyler St. Conway, AR
Tuesday, February 26, 2013
6:00 – 7:30 pm**

Change the World, Cinch the Waistline

A Community Forum with expert panelists including Dr. Joe Bates,
Deputy State Officer at the Arkansas Department of Health
and showing of HBO's Weight of the Nation

As Arkansas celebrates 100 years of public health, we'll look forward to what may be our next great public health challenge: making communities, schools and workplaces healthier in order to curb the obesity epidemic

* Healthy option food samples provided by UCA Dietetic Department *
**No R.S.V.P Necessary! For more information please contact Christine McKnelly
at christine.mcknelly@arkansas.gov or 501- 354-2269 ext 1082**

Seniors Trade Old Heaters for Fire Safety

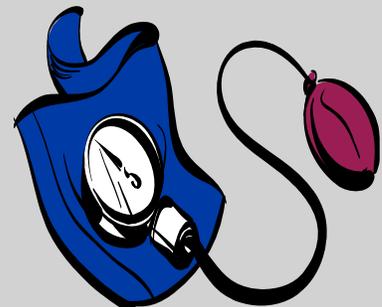
Central Region Public Health Educator Laura Taylor spoke to seniors in Perry, Lonoke and Faulkner Counties about fire safety. The presentation addressed common hazards like old, hot-to-the-touch space heaters, careless smoking, candles, electrical, cooking and burning materials outdoors. Smoke alarms were given to those who did not have one, or had one more than 10-15 years old. New electric heaters that do not get hot and have an automatic shut-off were also given to those in need. Individuals that owned the old style space heaters were required to bring in an old heater to trade for the new one. Seniors were also educated about the importance of creating an escape plan, checking smoke alarm batteries twice per year and not smoking inside - or stop using tobacco altogether. In addition, participants also received education about the AR Tobacco Quit Line.



National Park Employee Health Fair



The Garland County Health Unit participated in the National Park employee health fair. Nurses provided blood pressure checks, smoking cessation as well as consultations. Nutritionists provided body fat analyses and nutrition education. Participants with hypertension were encouraged to see a physician and tobacco users were encouraged to call the AR Tobacco Quitline for help with cessation. Individuals with hypertension were also informed of their risk of stroke and heart attack.



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First Baptist Church of North Little Rock held its "I Get Fit Kickoff" event on Thursday, January 17th, 2013. The event jump started an 8 week long health and wellness initiative that in-

cludes **FREE** fitness classes that are open to the public ages 5 and up. Classes are held each Tuesday and Thursday evening from 5:30-6:45pm at the First Baptist Church Family Life Center Gym located at 2015 Main Street in North Little Rock. If you have any questions, concerns, or would like a chance to volunteer, please contact Chastity Jones at [501.612.8124](tel:501.612.8124) or E-mail fbclifeskillsforyouth@hotmail.com. ***Please note that participants **MUST** complete a signed *Waiver of Liability Release Form - Informed Consent* to have on file for entry into any activity area (Gym and Youth Fitness Zone).



School Nurses Get **SETT** for Emergencies

Forty-one Little Rock School District Nurses and eight Community Health Nurse Specialists received training in January to equip them with the knowledge, skills, and resources to perform as leaders of First-Aid teams in response to mass casualty events occurring in schools. The School Emergency Triage Training (SETT) was conducted by Kathy Haney and organized by Dr. Cynthia Wilborn.

Effective management of school emergencies where there are mass casualties requires careful training, preparation, and planning to maximize effectiveness under less than optimal conditions. The school nurse coordinates the collection of information from a variety of sources to develop emergency plans. Emergency response plans require coordination with school administrators, staff, and other community first responders. This program equips the school nurse with knowledge to develop and lead school First-Aid teams.