



# Central Region Hometown Health Newsletter

January 2013

# HAPPY NEW YEAR

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## Arlington Hotel and Baptist Medical Center Adopt Tobacco Free Worksite Policies

### Arlington Resort Hotel

On December 1, the Arlington Resort Hotel and Spa in Hot Springs implemented a facility-wide tobacco-free/smoke-free policy. This policy applies to all hotel guests, employees, visitors and vendors. All public spaces, as well as all guest rooms are now tobacco-free/smoke-free. The 137 year old Arlington Hotel has 560 guest rooms and more than 300 employees.

### Baptist Health Medical Center

Effective January 1, 2013 Baptist Health will implement the practice of hiring only tobacco and nicotine free employees. The policy was implemented to foster a healthier work environment and promote a healthy lifestyle to patients and the community. Baptist Health is the state's most comprehensive healthcare system. With more than 175 points of access including seven Arkansas hospitals, rehabilitation facilities, family clinics, therapy and wellness centers.

Every New Year, "Quit Smoking" is a top resolution for hundreds of thousands of tobacco users. Unfortunately, only 5% succeed on their own. If you want to break the habit this New Year the Arkansas Tobacco Quit-line can help. It's free, confidential, and it WORKS!!

**1.800.QUIT.NOW**  
(1.800.784.8669)



## Feed the Children Assists Arkansas Schools



North Little Rock School District Feed the Children distribution site.

The North Little Rock School District recently served as the distribution site for assisting 15 school districts in the state to obtain school supplies and educational resources for needy children. Bobbie Riggins, a social worker and the Homeless Liaison for the district coordinated the event in December. Students from the EAST Initiative and other district employees assisted with sorting supplies for each of the 15 participating school districts. Community Health Promotion Specialist, Anna Haver also assisted.

Feed the Children estimates that there are 1.5 million homeless children in the United States. According to the National Center on Family Homelessness, more than 18,800 children living in Arkansas experience homelessness each year. The organization is dedicated to helping these children get the food and supplies necessary for them to stay in school and succeed academically. Back packs with school supplies, snack foods, and personal care items are distributed to schools in need. For more information on Feed the Children, visit: [www.feedthechildren.org](http://www.feedthechildren.org)

## ATV Safety at Perryville Elementary

Laura Taylor spoke to 285 students at Perryville Elementary on December, 17<sup>th</sup> about ATV safety. The majority of students say they have ridden or even driven an ATV, and many say they have been involved in an ATV crash. Arkansas Children's Hospital sees at least one child or teen per week for ATV-related injuries. They have partnered with the Arkansas Game and Fish Commission to produce a short movie that illustrates the many dangers of operating an ATV without regards to proper safety. The students viewed "A Trip Unplanned" and discussed several safety precautions. They took home an ATV Safety fact sheet and were encouraged to share with their families.



## Grant County HHI Coalition

The Grant County Hometown Health Coalition hosted its annual coalition celebration in December 2012. Janice Ray, CHES, gave an informative presentation on tobacco prevention and on car seat safety to the group. Each partner of the coalition gave an update on accomplishments during 2012 and some goals for 2013. Everyone enjoyed a pot luck meal, a fruit and vegetable tray and celebration cake.



## Lonoke County HHI Poster



Nine students were recognized by the Cabot School Board for winning the Lonoke County Hometown Health Coalition's Healthy Poster Contest. Students from across Lonoke County were asked to create posters demonstrating healthy lifestyle choices. Students focused on exercise, healthy eating, recycling, and the dangers of tobacco use. The winning posters are featured in the 2013 Lonoke County Hometown Health Calendar. Milton Garris, administration for the Lonoke County Health Department organized the event.

**“Healthy Weight Week”**  
**January 20th-26th, 2013**

Celebrate healthy living habits that last a lifetime and prevent eating and weight problems.



For more information visit:  
[www.healthyweightnetwork.com](http://www.healthyweightnetwork.com)

## Central Region Community Spotlight

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Joyce Raynor is the Executive Director of the Center for Healing Hearts and Spirits. She and her staff have provided a wide-variety of professional services to survivors of violence and their families for over a dec-

ade. In December 2012, Ms. Raynor was presented with the 2012 FBI Director's Community Leadership Award for her selfless dedication to making Little Rock a stronger and safer community through her crime prevention initiatives, assistance to survivors of violent crimes, and her dedication to forming law enforcement and private sector partnerships. The Center has assisted over 500 families and has hosted such events as the Statewide Crime Summit, Teen Tobacco Prevention Campaign, and Neighborhood After-School Programs. The Center for Healing Hearts and Spirits is also a Central Region Tobacco grantee. Let's all congratulate Joyce for her much deserved recognition.