



Central Region

Faulkner • Garland • Grant
Lonoke • Perry • Pulaski • Saline

Hometown Health Improvement Newsletter • June 2013

UAMS MammoVan Visits Lonoke County

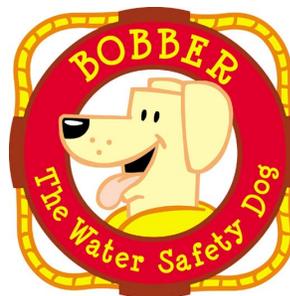
The city of Ward had an outstanding turn out for mammograms provided by UAMS on May 21st. Lonoke County HHI Coalition member and Local Health Unit Administrator, Milton Garris has worked diligently to schedule the UAMS Mammogram Van to provide breast exams throughout Lonoke County. There were 29 mammograms completed at the Ward City Hall alone. There was also a waiting list of 11 people that are currently being scheduled for a second screening in Ward coming up in July. According to the American Cancer Society, most doctors feel that early detection tests for breast cancer save thousands of lives each year (www.cancer.org). The UAMS MammoVan is a three-room mobile mammography unit that regularly travels to 26 Arkansas counties that lack FDA-approved certified mammography facilities. For more information on the UAMS MammoVan, call 501-526-5264 or visit www.cancer.uams.edu/mammovan.



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May is Water Safety Month (page 2)



Bobber.info

Bobber the Water Safety Dog is part of the US Army Corps of Engineers National Water Safety Program. Bobber teaches children how to be safe around water through FREE interactive games, videos and more!



May is National Water Safety Month

Arkansas has many lakes, rivers and streams perfect for swimming and boating. Whether at a pool, beach or lake, in a fishing boat, powerboat, sailboat or a personal watercraft like a jet ski, water recreation can be dangerous. Drowning is the second leading cause of unintentional injury death for children and youth ages 1-19 in Arkansas (2000-2007 CDC). The right safety steps need to be taken while on or near the water. Below is a list of drowning precautions from the Statewide Injury Prevention Center (archildrens.org/injury_prevention):

- * Don't leave your child alone near water, even for a second
- * Stay within an arm's reach of you child when he is in the water. With children under the age of 5, you should be able to touch them at all times
- * Swimming lessons do not make you "drown-proof"
- * Never swim alone. Never mix swimming and drugs or alcohol
- * Never dive into water that is less than 9 feet deep or of unknown depth
- * Adults should learn CPR
- * Remove all toys from the water after use so children are not tempted by them
- * Use four-sided fencing at least four feet high to enclose your pool or spa with gates that close and latch themselves. Gates should open away from the pool, and the fence should be climb-resistant



Arkansas Coalition for Obesity Prevention

2013 Growing Healthy Communities Regional Summits

Thanks to a grant from the Blue & You Foundation for a Healthier Arkansas, the Arkansas Coalition for Obesity Prevention is excited to offer its 2013 Growing Healthy Communities Regional Summits FREE for up to 975 attendees interested in receiving training from experts and learning:

- * How to Implement Cooking Matters Programs in Your Community
- * How to Build Community Gardens & Farmers' Markets
- * How to Make Your School & Community Healthier
- * How to Lead Walkability Audits
- * How to Make Your Worksite Healthier

Each community with representatives at a summit is eligible to apply for grant funds in support of projects

putting this training to work! Grants will be made for 6 month projects. Funds for grants are allocated by region. Each of the five regions will receive a minimum of \$10K in grants. Communities may only apply for grant projects utilizing the training received at a regional summit.

Summit Dates & Locations:

Northwest: Harrison, Durand Conference Center, May 21

Southeast: Stuttgart, Grand Prairie Center, May 29

Northeast: Batesville, Lyon College campus, June 14

Central: Bryant, Bishop Park Community Center, June 24

Southwest: Fordyce, Fordyce High School, June 28

For more information and/or to register for a summit near you, go to: arkansasobesity.org/2013/04/2013-ghc-regional-summits

Faulkner County Celebrates Healthy Babies

Faulkner County Breastfeeding Peer Counselors Sondra Rodocker & Ashley Moss have been very busy. This month they hosted a Breastfeeding/WIC/ADH information booth at the 1st Annual Arkansas Birth Fair. The Birth Fair was held on May 18th at Hendrix College in The Village. Hundreds of young families attended The Birth Fair to get information that is available in their community that pertains to pregnancy, birthing, and parenting. There was entertainment such as hula hooper's, belly dancers, and even a baby



Breastfeeding Peer Counselors Sondra Rodocker (Right) and Ashley Moss (Left)



wearing fashion show. Families walked away feeling well informed of the things available to them in Faulkner County while enjoying the fun atmosphere.

Sondra Rodocker has been hosting a Breastfeeding Support group (M.I.L.K or Mothers Infants Love Knowledge) in Faulkner County each month. This past month was the largest attendance for the group. There were 24 people in attendance, this included, mothers, children, fathers, and local health department staff. The support group is growing each month and is being held at the Faulkner County Library.

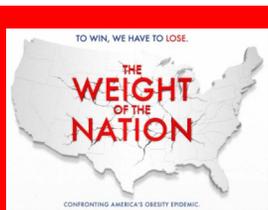
The Art of Breastfeeding is a project that is being sponsored by

the Arkansas Breastfeeding Coalition to help raise money for the local Breastfeeding Support Group in Conway. Thanks to Moo Moo's yogurt bar in Conway, they are donating 10% of the purchase of yogurt when you present The Hoffman Project Card that supports The Art of Breastfeeding. If you would like to know how to get a card so you can help support the project or for more information on breastfeeding support, please contact:

Sondra Rodocker
501-450-4941 or
sondra.rodocker@arkansas.gov.



Members of Faulkner County Breastfeeding Support Group M.I.L.K. (Mothers Infants Love Knowledge)



The Conway Area Chamber of Commerce hosted a viewing and discussion of HBO's *Weight of the Nation* on May 29th. The event was hosted in partnership with Nabholz Construction, Inc. and the Arkansas Department of Health. Panelists included Nabholz Wellness Director, Jayme Mayo, Assistant to the Mayor, Jack Bell and community member, Deanna Smith. Public Health Educator Laura Taylor facilitated the discussion and shared resources for worksite wellness such as the Arkansas Tobacco Quitline and the ADH Worksite Wellness section. The *Weight of the Nation* is a four part documentary series, featuring case studies and interviews with leading experts and testimonies from individuals and families struggling with obesity. The series spotlights the facts and myths of this urgent public health issue with showing how obesity affects the health of the nation and cripples the health care system, as well as what individuals and communities can do. For this particular event, the group viewed the 4th and final film of the series, *Challenges*. This film featured the worksite wellness program at Nabholz Construction, Inc.



If the Shoe Fits!



The Center for Healing Hearts and Spirits hosted a Pampered Ladies Luncheon and Wellness Expo on Saturday May 11th. More than one hundred women gathered to celebrate cancer survivorship, receive health screenings and participate in pampering services which included massage, personal training and manicures. The event themed "If the shoe fits wear it like your health

depends on it!" collected 22 pairs of shoes donated by various vendors to give away as door prizes while others adorned the table tops of the event as center pieces. The guest speaker for the event was Ms. Sandra Cook of the Arkansas Insurance Department who spoke to the group about upcoming changes resulting from the Affordable Care Act to implement the Healthcare Exchange program and

enroll individuals in health insurance. Public Health Educator Dee Dee Wallace provided an educational booth and provided information on the dangers and effects of smoking during pregnancy and the dangers of secondhand smoke to individuals who don't smoke specifically children. Participants also received information about ACT 811 (smoke free cars for kids under 14) and the ATQ.

Injury Prevention for Seniors in Sheridan

Janice Ray, CHES spoke to the Sr. Adult Center in Sheridan, AR May 7th on prevention of potential hazards.

Falls for the elderly is a serious concern. Walk zones were discussed to keep them clear of tripping hazards and wide enough for easy access. Hand rails may need to be installed for stairs and long hallways.

House fires are not a seasonal event; they happen all throughout the year and can be prevented. Two main causes for house fires are while cooking or from a forgotten cigarette.

Elderly drivers do have slower reaction times and difficulty seeing, so adjusting driving speeds to accommodate will be a help as well as not driving after dark.

Medication overdoses are usually from forgetting that the medicine has already been taken. Medication dispensers and assistance with



the weekly preparation of the dispensers is a safe and easy way to slow down the potential errors.



Sun exposure needs protective action. Wide brim hats, long sleeve cotton shirts, and sun-screen of at least 30 SPF are needed even for a 15 minute walk.

Water is needed year round but most especially in the hotter months to prevent dehydration. Drinking at least 64 ounces of water every day is the minimum. It is advised to increase that limit for activities throughout the day.



For more information on injury prevention, visit the Satewide Injury Prevention Program at www.archildrens.org/injury_prevention.



In Cooperation With:

Statewide Injury Prevention Program

Best Mother's and Father's Day Gift - Quit Smoking!

In Arkansas, nearly 14 percent of pregnant women smoke during pregnancy. This Mother's Day, the Arkansas Tobacco Quitline offered pregnant women who smoke expanded services to help them quit for themselves and for their child. Pregnant women receive 10 free one-on-one phone sessions with a personal QuitCoach, which is a more intensive program than for non-pregnant callers.

"We know the services offered by the Quitline greatly increase a mother's chances of success and we hope expectant mothers will take advantage of the chance to give their children a healthier life."

To increase the chances of having a healthy baby, it is important for mothers to stay smoke-free after the baby is born. Health officials advise mothers and fathers not to smoke at home and to ask visitors to do the same. A smoke-free home decreases the chance of Sudden Infant Death Syndrome, coughs and colds, and ear infections, and reduces the risk of children having asthma or wheezing or other lung problems, according to the Centers for Disease Control and Prevention.



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

The Arkansas Tobacco Quitline provides personalized, motivational and supportive coaching to help tobacco users quit. A QuitCoach works with users to set their own quit date, and the program provides 10 counseling sessions by phone calls during pregnancy and after the baby is born. A pregnant woman can also receive medications such as gums, lozenges and patches with a doctor's prescription. Services for pregnant women are available 24 hours a day by calling 1-800-QUIT-NOW (1-800-784-8669).

Wear It!

National Safe Boating Week May 18-24

With summer fast approaching, families and friends are anxious to enjoy time in the sun and on the water – boating, fishing, riding a Sea-Doo watercraft, paddling and more. During all recreational water activities it's important to remember safety precautions.



Wearing a Personal Floatation Device (PFD) is one of the most effective and simple life-saving strategies for safe recreational boating. Sea-Doo is reminding people that wearing a PFD is required when riding on a Sea-Doo personal watercraft.

But, with approximately 500 people drowning each year from recreational boating accidents, it is imperative to spread the message of responsible boating and a simple life-saving strategy: "Wear It!" – wear a Personal Floatation Device (PFD) at all times on the water.

To read more, visit www.sea-doo.com.



Employee Screenings

The city of Greenbrier continued its launch of their new wellness program on Friday, May 3rd with free screenings for all city employees. Greenbrier Gets Fit! was kicked off in April with help from ADH Hometown Health Improvement and the ADH Worksite Wellness section.

City employees took advantage of screening that included cholesterol, blood sugar, height, weight, BMI, blood pressure and flexibility. They also signed up to track their progress with an online program that will determine monthly prize winners as well as a grand prize winner at the end of the year.

Greenbrier Gets Fit! Will have exciting news in the upcoming Central Region HHI Newsletter. Check out the July edition and see what popular television network is interested in Greenbrier Gets Fit!

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AR Kidney Commission Tobacco Lunch and Learn

Employees of the AR Kidney Commission received a presentation from Public Health Educator Dee Dee Wallace titled "Let's Talk Tobacco" that highlighted the dangers and health effects of tobacco use, secondhand smoke and provided participants with information about the "free" services of the Arkansas Tobacco Quitline 1-800-QUIT-NOW. The workshop also included current statistics regarding morbidity and mortality, smokeless tobacco use, ACT 811, and clean indoor air. A total of 30 employees attended the workshop.



Bicycles, Books and BBQ at Anne Watson Elementary

Anne Watson Elementary in Bigelow hosted a family night on May 2nd titled "Bicycles, Books, and BBQ!" All AWE students and their family members were invited to this event. The goal was to bring families together to celebrate reading as well as to learn about bicycle education and injury prevention. A free barbecue dinner was also provided to every person who came that night. A "Bicycle Safety Course" was set-up in which students and their families visited stations to receive safety tips. Bigelow High School students volunteered time to serve as the station speakers. In addition to the safety events and dinner, numerous door prizes were given to students including 50 bicycle helmets and 10 bicycles! Every student also received a free book from Scholastic. Teachers and staff from Anne Watson would like to thank all families who participated in our family night. Family night coordinator, Julianna Yeatman, wants to send a big THANK YOU to every organization and individual who helped to make this night a success. Pictured are AWE students with their new bicycle or helmet: (left to right) Cody Burns, Candice White, Hayden Wiles, and Presley Ponder.

