



Central Region Hometown Health Newsletter

March 2013

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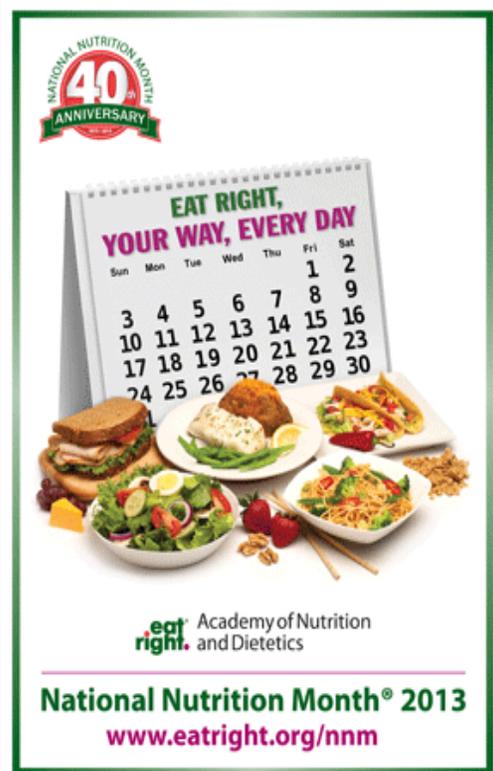
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Need tips on how to eat healthier?



Visit:

www.choosemyplate.gov/



National Nutrition Month® is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month also promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.

The year marks the 40th anniversary of National Nutrition Month. The National Nutrition Month theme, “Eat Right, Your Way, Everyday,” encourages personal-

ized eating styles and recognizes that food preferences, lifestyle, cultural and ethnic traditions and health concerns all impact individual food choices. Registered dietitians play a critical role in helping people eat right, their way, every day.



Source: <http://www.eatright.org/nnm/>

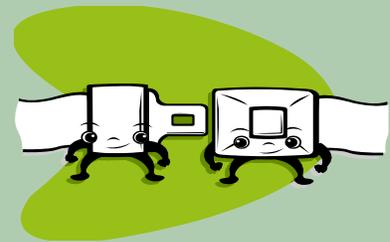
Set the Rules. Keep the Privilege.



Learning to drive is a big step towards becoming an adult. Teens need good driving role models, extra driving rules, and supervised driving practice to keep them safe behind the wheel. Teen Driving 101, a program provided by Arkansas Children’s Hospital Injury Prevention Center and UAMS, is designed to teach parents and their teen drivers about being safe behind the wheel as well as setting and following rules for teen driving.

According to the Centers for Disease Control, 632 Arkansas teens were killed as a result of motor vehicle crashes from 1995-2005. This accounts for 78% of Arkansas’ unintentional teen fatalities during those same years.

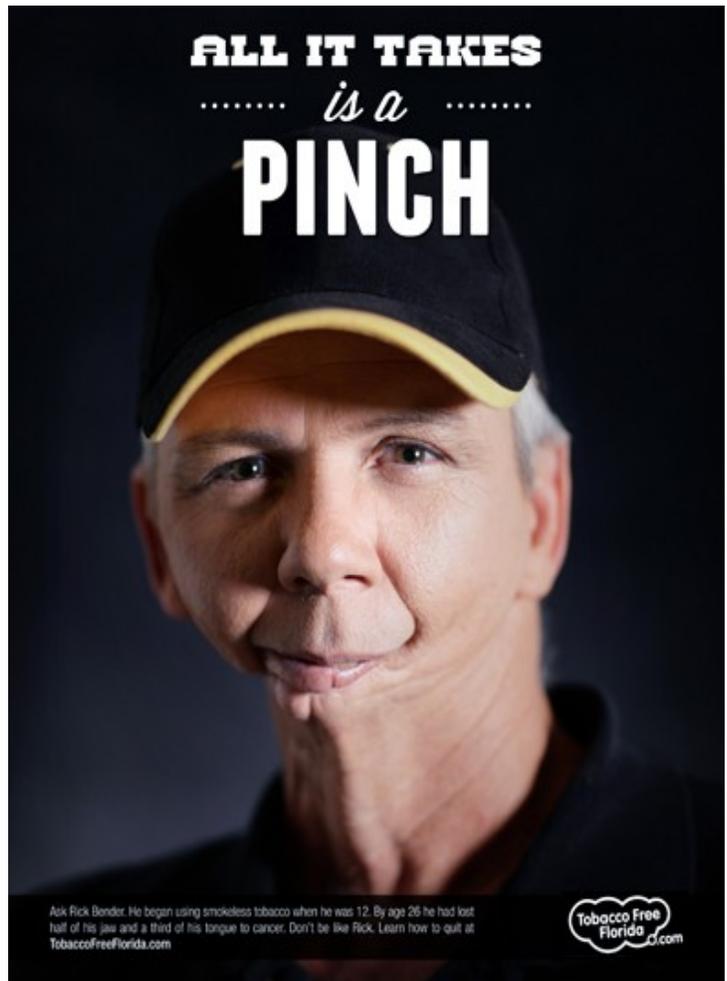
Dee Dee Wallace and Anna Haver recently partnered with Arkansas Children’s Hospital Injury Prevention Center and UAMS to provide the training to approximately 76 10th grade students and their parents at North Little Rock School District Sophomore Campus and Parkview High School. Together, they discussed the risks that teens, and even adults, face when driving. The Graduated Driver’s Licensing Law was explained to parents and they were encouraged to develop a “Teen Driving Contract” with their students to set rules for driving privileges.



Katherine Donald, Executive Director of the Coalition for a Tobacco Free Arkansas (CTFA) and Kelly Spencer, Cabot District Health & Wellness Coordinator worked together to bring Rick Bender to both Cabot Middle Schools (North and South campuses).

More than 800 students listened closely as Rick told his story: "At the age of 12 I started using Spit Tobacco, commonly known as Chewing Tobacco. There were several things that influenced me in its use, probably the biggest was the game of baseball. At the age of 26 (March of 1989) I was diagnosed with cancer because of my use of Spit Tobacco. In April of 1989 I underwent my first of 4 major surgeries to remove the cancer. I lost 1/3 of my tongue, 1/2 of my jaw, 25% use of my right arm, and almost lost my life. I am still fighting the affect of my tobacco use today."

Rick has worked with the Office of the Surgeon general of the United States, Major League Baseball and many other organizations across the country. His efforts have included testifying at a Congressional Subcommittee hearing about tobacco, as well as his own prevention/cessation lectures to people of all ages across America.



Worksite Wellness in Conway



Left to Right: Katrina Betancourt, Jayme Mayo, & Deborah Wilson

The Arkansas Department of Health and the Conway Chamber of Commerce hosted a Lunch and Learn for businesses to demonstrate the impact a Worksite Wellness Program can have on an organization and how it can benefit the company's bottom line. Research shows that companies with Worksite Wellness Programs have reduced health care costs as well as fewer employee absences and onsite injuries and accidents. Companies with Worksite Wellness Programs may also experience an increase in productivity and employee morale.

Public Health Educator, Laura

Taylor coordinated the event and shared information about Hometown Health Improvement. ADH Worksite Wellness Section Chief, Katrina Betancourt presented the many benefits of wellness programs and ways to get started. Nabholz's Wellness Director, Jayme Mayo shared their Worksite Wellness programs, visions and success stories. Tokusen's Human Resource Manager, Debora Wilson shared how they implemented a comprehensive tobacco-free worksite policy.

Parkview Hosts 2-Day Student Health Fair

Parkview High School hosted a two day student health fair on February 6th and 7th. Students received screenings for blood pressure and glucose and received educational literature on various health issues. Fresh apples and yogurt were provided as snacks during the event. Todd Price with CareLink led a ZUMBA demonstration to show students the



importance of being physically active. During the event 837 students were screened and 97 showed signs of elevated blood pressure or glucose levels. These students will be rescreened at a later date to recheck for elevated levels and referred for treatment as needed.



Healthy Hot Springs Kick-Off

February 15, 2013 marked the Kickoff for the Healthy Hot Springs Campaign. Hot Springs in Garland County is focused on awareness of Heart Health during the entire year of 2013 in conjunction with the National Million Hearts Campaign. Hot Springs is the first city in the nation to implement a citywide challenge to “Prevent One Million Heart Attacks and Strokes by 2017”. Many partners have come together to use their combined efforts to emphasize the foundation of a healthy heart and the benefits that one organ has on our health status. Public events will be held each month for continued encouragement toward making better choices and include topics such as: drinking more water, eating more fruits and vegetables, getting the recommended amounts of sleep and most of all the importance of knowing your numbers ie: Blood Pressure, Cholesterol, Body Mass Index, and Abdominal Girth. Lt. Governor, Mark Darr and Dr. Halverson spoke at the Kickoff event to congratulate the city of Hot Springs to be the first in the Nation to see and respond to the Health Issue.

For more information on Healthy Hot Springs and The Million Hearts Campaign visit: <http://healthyhotsprings.org/> or <http://millionhearts.hhs.gov/index.html> .



Al E. Gator Goes to School

Kindergarten students at some Pulaski County Special School District schools had the opportunity to meet Al E. Gator and learn about good oral health practices in observation of Children’s Dental Health Month. The students learned how to properly brush and floss their teeth as well as learning about the dangers of tobacco use related to oral health. Community Health Promotion Specialist, Anna Haver spoke to the kindergartners and provided toothbrushes, activity books, and oral health information to all participating students.

Good oral health practices have an impact not only on oral health, but also on overall long-term health and education. Among school aged children, tooth decay is one of the most common chronic conditions. According to the US Department of Health and

Human Services, approximately 51 million hours of school were missed in 2011 because of dental related illness. It is also estimated that 25% of children in poverty have never seen a dentist when they enter kindergarten.

Central Region Spotlight

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Change the World, Cinch the Waistline Community Forum



The Faulkner County Healthy Weight Coalition and the Faulkner County Health Unit hosted the event 'Change the World, Cinch the Waistline' at the Faulkner County Library in conjunction with the statewide observance of 100 years of public health in Arkansas. The event in-

cluded a panel discussion with public health leaders including Dr. Joe Bates, and healthy snacks were provided by UCA Dietetic Interns.

Additional panelists included Bernadette Rhodes, North Little Rock Fit 2 Live Coordinator, Katrina Betancourt representing Worksite Wellness, and Audra Walters representing the Coordinated School Health approach. Community Health Promotion Specialist and Registered Dietitian Christine McKnelly served as moderator for the panel discussion.

The audience posed questions to the panelists ranging from feasibility of changing policies in order to promote physical activity and nutrition; ways to implement worksite wellness competitions; insurance incentives for healthy lifestyles and best practices for obesity prevention in schools.

The event also included a viewing of a portion of HBO's "Weight of the Nation" which examined a critical public health challenge: making communities, schools and workplaces healthier in order to curb the obesity epidemic.

