



Hometown Health Improvement

FAULKNER
GARLAND
GRANT
LONOKE
PERRY
PULASKI
SALINE

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Keeping Your Hometown Healthy

Central Region HHI

NEWSLETTER

MAY 2013

North Little Rock Open House and Celebration of 100 Years of Public Health

The North Little Rock Health Department hosted an open house on April 4th to commemorate the 100-year anniversary of the Arkansas Department of Health and National Public Health Week. Over the last century, public health has been responsible for major advancements, including controlling diseases like tuberculosis, immunizing children and adults, and providing safe food and drinking water. Visitors enjoyed refreshments while listening to Dr. Joseph Bates speak about progress made in various aspects of public health including tuberculosis and safe drinking water. Visitors



were also able to



look through scrapbooks that dated back to the 1950's highlighting special public health events across the state and in North Little Rock. National Public Health Week (NPHW), the American Public Health Association's annual celebration of the role of public health in communities, began in 1995 to draw attention to the need to help protect and improve the



nation's health. This year's NPHW theme is "Public Health is ROI – Save Lives, Save Money" and encourages Arkansans to take preventive measures to help improve their health. In addition to increasing life expectancy, public health saves lives and money.



"Unless someone like you cares a whole awful lot, nothing is going to get better. Its not."

-Dr.Seuss

Top 10 Healthy & Cheap Meals

- 10) Brown Rice
- 9) Beans
- 8) Eggs
- 7) Sweet Potatoes
- 6) Canned Tuna
- 5) Bananas
- 4) Whole Wheat Pasta
- 3) Frozen Veggies
- 2) Canned Tomatoes
- 1) Flank Steak

Ronca, Debra. "Top 10 Healthy and Cheap Foods" 03 August 2009. HowStuffWorks.com. <<http://recipes.howstuffworks.com/menus/10-healthy-cheap-foods.htm>> 03 May 2013.

national women's health week
May 12-18, 2013

National Women's Health Week brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health and its importance. It also empowers women to make their health a priority and encourages them to take steps towards improving their physical and mental health and lower their risks of certain diseases.

Heroes for Health - Cabot Lions Club 1k Fun Run



The Cabot Lions Club is pleased to announce the first annual "Heroes For Health" 1K Fun Run/Walk event. This special event (aimed at raising diabetes awareness & increases in childhood obesity) was a non-timed, non-competitive fun-run for children ages 4-12, and took place in conjunction with Cabot Public Schools' Health & Fitness Expo. Both events were held at the Cabot High School "Panther Stadium" track on Friday, April 27th.

LEO the LION was available for hugs and photographs. Music played all evening long, including family-friendly tunes for adults & children. Healthy snack foods and beverages were also available.

Runners/Walkers were encouraged to dress in their favorite superhero costume!

Kids were also invited to visit and play with student athletes from the Cabot High School boys' and girls' basketball and soccer teams, the baseball and softball teams, and the volleyball team. Student athletes and coaches demonstrated drills and interacted with the kids. Summer camp forms were also available for pick-up.

"Heroes For Health" is an opportunity for your child to be a super amazing hero for a day! This will be a fun way to give back to the School District and promote healthy lifestyles for parents & students alike. All proceeds go to the "Health & Wellness" programs for Cabot Public Schools.

Get to Know Your Community Health Nurse Specialist

Cynthia Wilborn, DNPc, BSN, RN - Pulaski County

Becky Lamb, RN - Lonoke County

Juanita Buckmaster, RN - Grant County

Tommie Rodgers, RN - Saline and Garland Counties

Candace White, RN - Perry and Faulkner Counties



May 6th - May 12th



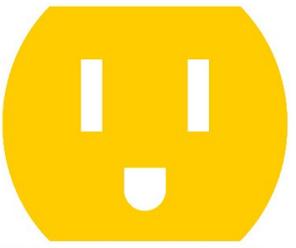
Open Arms Shelter Hosts Child Abuse Awareness and Prevention Banquet and Silent Auction

Beginning in 1986, Open Arms Shelter began providing emergency safe housing for Arkansas's children who have been abused and/or neglected. Located in Lonoke, it is one of the few emergency shelters in the state that will accept children under the age of eight, teenage mothers with their children and large sibling groups.

On April 4th, a banquet and silent auction raised funds for the non-profit group at Cabot Junior High North. A childhood testimony was given by KARK news anchor, Bob Clausen, followed by the keynote speaker, Governor Mike Beebe.

For more information about Open Arms Shelter, visit www.openarmsshelter.org or call (501) 676-6166.

screen-free week



APRIL 29 - MAY 5, 2013

People around the world turned OFF the TV, video and mobile games, and other screens they use for entertainment, and turned ON the world around them! The *Campaign for a Commercial-Free Childhood* encouraged kids to think, read, play, daydream, explore nature, enjoy family and friends

ccfc while spending 7 days unplugged!

Campaign for a Commercial-Free Childhood

Park Palooza

Hot Springs
National Park

Park Palooza, a family fun day was held on the Arlington lawn of the Hot Springs National Park Saturday April the 20th. It was a perfectly beautiful day to enjoy the many outdoor educational

activities offered to those who attended. There was rock climbing, bad mitten, a live birds of prey, tobacco and alcohol prevention booths and several exercise/corporation educational activities like group exercise

provided by the HOPE coalition using a parachute. The families worked together to keep a ball on the parachute and to throw the ball in the air. At one time the parachute was in continuous use for over an hour.



Central Region Schools Recognized at Big Pitch Film Festival

Stamp Out Smoking's 2013 Big Pitch Film Festival concluded on April 26th with an awards show and screening event at Heifer Village in Little Rock. The Big Pitch Film Festival gives middle, junior high and high school students the opportunity to explore their creativity and win great prizes as they produce, direct and star in their own commercials to expose the truth about tobacco. Schools compete to win money to purchase film equipment, and students are eligible to win gift cards.

Approximately 300 people attended the awards show and screening event. Students from all over the state watched the film submissions and cheered for the winning teams. Awards were given for first, second, and third in each category division of beginner, intermediate, and advanced. Best Actor, Best Actress, Best Editing,

Best Representation of Topic, Best Behind the Scenes Use of Social Media, and Rookie of the Year, and People's Choice awards were also given.

Three Central Region schools received awards at the event. Mabelvale Middle School in Little Rock received the People's Choice award, receiving the most votes for their video among all the submissions. Central High School in Little Rock received the Best Editing

award. Among the division awards, Benton High School received 2nd in the Beginner Division. All participating students received Wal-mart gift cards and each of the schools received cash prizes for the purchase of new film equipment.

Central Region HHI Staff will be promoting the 2014 Big Pitch Film Festival next year, so don't miss out on your opportunity to participate!



Leading By Example

Youth baseball and softball programs are urging their coaches and parents to lead by example when it comes to tobacco use this season. According to anti-tobacco spokesperson, Rick Bender, baseball was where he first began to use smokeless or spit

tobacco. Rick visited two schools in Cabot back in February to share his story. Now health educators have worked with local youth sports organizations to educate coaches and parents about the importance of being a tobacco-free role model.



Medication Administration Curriculum Training

May 31, 2013

Freeway Medical Towers
Room 902

5800 West 10th Street
Little Rock, Arkansas

Contact Anna Haver at
anna.haver@arkansas.gov
or 501-791-8551



Baby Safety in Garland County



The HOPE coalition of Garland County provided a Safety Baby Shower for maternity patients . The Showers are based on best practice educational training developed by Arkansas Children’s Hospital.

Janet McAdams and Janice Ray provided the information plus DVD video screening for the class. Funding for the educational classes are provided with a Blue and You Grant and monitored by the United Way of Garland County. Janice covered many topics including home safety, sleep safety, and burn prevention. Janet covered car safety, tobacco prevention and cessation services with the added benefits for maternity patients through the Tobacco Quitline.

Each participant received home safety items. They also learned how to install and check a smoke alarm, practice a fire escape plan, complete a home safety checklist, make a crying plan to prevent shaken baby syndrome and many other safety lessons.



The city of Greenbrier is on a mission to “Get Fit”. The director of the City Event Center, Shellie O’Quinn and Mayor Melton Cotton have worked together to begin a wellness program with Greenbrier city employees. They have worked with ADH Worksite Wellness Section Chief, Katrina Betancourt to offer screenings and a tracking system to create a fun competition.

Central Region HHI hosted their Kick Off on Friday, April 12th at the City Event Center. Lunch was provided

while employees gained information about the new program, as well as information about the Tobacco Quitline.

The city has plans of expanding the wellness program, “Greenbrier Gets Fit” to the entire community in the near future.



Central Region HHI Support Staff

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Public Health Educator

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Public Health Educator

Anna Haver, MCHES
Community Health Promotion Specialist

Cynthia Wilborn, DNPC, BSN, RN
Community Health Nurse Specialist



Central Region
Hometown Health Improvement

Union Pacific Employees Talk Tobacco

Union Pacific Employees received a “Brown Bag” Tobacco Presentation from Public Health Educator Dee Dee Wallace on April 16th. Participants learned about the dangers of tobacco use and secondhand smoke including current statistics regarding morbidity and mortality, smokeless tobacco use, ACT 811, and clean indoor air. The presentation also discussed information about the AR Tobacco Quitline and the fax back referral program. Participants were encouraged to contact the Quitline for “free” assistance with quitting. A total of 66 employees participated in the event.



CR HHI Hosts Math and Science Night at Wooster Elementary in Greenbrier

Wooster Elementary School recently held an “All-Star Math & Science Night!” that was sponsored by the Central Region Tobacco Prevention. The event focused on educating students and parents about the effects of tobacco on the body, the measurement of heart rate at rest and during exercise, caloric intake, and how exercise is essential for good health. We provided nutritious snacks, as well as list of web sites and apps that gave informa-

tion about fun family activities and the dangers of tobacco use.

The 4th grade classes had a station set up with an experiment to show what breathing with emphysema feels like. For the experiment students had to jog in place for 1 minute and then breathe only through a 3 inch straw. Sponges and dark karo-syrup was used to represent how much tar was in a pack of cigarettes.

10TH ANNUAL



CONFERENCE



Coming May 16th at the Pine Bluff Convention Center is the 10th Annual Clearing the Air in Communities of Color Conference! Register now for this spectacular event celebrating 10 years of tobacco prevention and education in minority communities.

Thursday, May 16, 2013

Pine Bluff Convention Center,
9:00-2:00

For More Information: 870-575-8923