



Central Region

Faulkner • Garland • Grant

Lonoke • Perry • Pulaski • Saline

Hometown Health Improvement Newsletter • November 2013

NOVEMBER IS AMERICAN DIABETES MONTH

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.

Source: American Diabetes Association

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Rick Bender Visits Pulaski County Schools

Rick Bender, “The Man Without a Face” visited Northwood and Jacksonville Middle Schools recently to provide tobacco prevention education to students in observation of Red Ribbon Week. Rick Bender, a promising baseball player, began using spit tobacco at the age of 12. At the age of 26, his baseball career ended when he was diagnosed with cancer. Cancer that was caused from his use of tobacco. Rick told students about the surgeries he underwent where he lost a third of his tongue, half of his jaw, and the use of his right arm – his pitching arm. He told the students that even today, he is still dealing with the health consequences of his tobacco use.



Mr. Bender travels the country to educate students about the dangers of both spit tobacco and smoking. He stresses to the students that spit tobacco is not a safe alternative to smoking. In addition, he discusses the need for students to develop skills to resist peer pressure and tobacco marketing aimed at youth and young adults. At the end of his presentations, Rick asked students to share his story with family and friends who use tobacco saying, “Give them something else to chew on.” Central Region’s CHPS and CHNS worked with the schools to coordinate the presentations. Funding was provided through Central Region Hometown Health Improvement.



Baby Safety in Lonoke County

Health Educator, Laura Taylor and Breastfeeding Peer Counselor, Kim Helmbeck hosted a Baby Safety Shower for seven expecting mothers at A Woman's Place* in Cabot. The women were encouraged to bring their significant other or anyone that will also be involved in the baby's life. Topics included home safety, safe sleep, shaken baby, child passenger safety, poisoning, burns and house fires, and drowning. The expecting mothers were also given information about Local Health Unit services such as WIC, Family Planning, Breastfeeding and Immunizations. They left with various safety items to reduce the risk of injury and infant mortality, including smoke alarms, bath thermometers, safety latch kits, sleep sacks and the Period of Purple Crying DVD. Two car seats were given in a drawing and the Lonoke County Fire Department was contacted to properly install the seats. Smoking cessation and the Tobacco Quit Line were discussed in detail, along with the dangers of second hand smoke. This learning experience, hosted as a baby shower, provided education to mothers and caretakers that will result in safer environments for their new babies.



Cooking Matters for Families

Cooking at home with your family actually *matters*. That's why the Faulkner County Healthy Weight Coalition and UCA's Dietetic Internship Program teamed up to bring Share Our Strength's "Cooking Matters for Families" to their community. With six lessons focused on the impact of cooking and eating together as a family, Cooking Matters addresses topics like planning ahead, trying new foods and cooking side by side. The class consists of a nutrition component from dietetic students and a cooking demonstration from a local chef. This week's recipe was veggie wraps that could be made ahead of time and grabbed for a quick snack for families on the go. As a bonus, HHI Coordinator Laura Taylor shared valuable injury prevention information pertaining to cooking fires. Each participating family received a smoke alarm and an aerosol

spray fire extinguisher to prevent a minor cooking fire from becoming a major house fire. They also discussed a fire escape plan for the family and some helpful tips on cooking safety such as scald prevention, eliminating clutter around the cooking area and never leaving food that is cooking unattended. The Faulkner County Healthy Weight Coalition and UCA's Dietetic Internship Program will host another six week session in the spring of 2014. For more information, contact Laura Taylor at laura.taylor@arkansas.gov or Christine McKnelly at christine.mcknelly@arkansas.gov.





IPA Guide Angela Buchanan speaks to consumers about the Health Insurance Marketplace at the Jacksonville Flu.

IPA's Promote Health Insurance Enrollment at Mass Flu Clinics

Central Region In-Person Assistants (IPA) staffed informational booths at mass flu clinics across the region to help educate individuals about how to "Get Enrolled" in the new Health Insurance Marketplace. The Health Insurance Marketplace opened for enrollment on October 1, 2013 and will remain open until March 31, 2013. IPA's will be available to

answer questions, distribute information and schedule appointments with individuals who needed assistance with the enrollment process. IPA's are located at local health units across the region and are available to assist individuals by appointment or walk-in. To make an appointment with one of our IPA's please contact the local health unit in your county or area at the number below:

- Faulkner County Health Unit: (501) 850-3997
- Garland County Health Unit: (501) 850-3994
- Lonoke, Cabot and Jacksonville Health Units: (501) 850-3996
- North Little Rock Health Department: (501) 850-3991
- Pulaski Central Health Unit or Pulaski Southwest Health Unit: (501) 850-3995
- Saline County Health Unit: (501) 850-3710
- Grant County: 870-344-0328

Winners Selected for Lonoke County Poster Contest

The Lonoke County Hometown Health Coalition selected winning art work at its October 15th meeting from entries submitted from the Cabot, Carlisle and Lonoke School Districts. To participate students had to be in grades K-5 and submit an 8x11 inch drawing of a healthy community.

This is the coalitions 9th year working with the Lonoke County School District in promoting healthy choices and helping foster creative artistic skills. Students were recognized during an in school news cast and the winning art work will be displayed in Lonoke HHI Coalition calendar. Art supplies/incentive items were also awarded to the winners.



Hunting Safely: Ten Commandments of Firearm Safety

Anyone born on or after Jan. 1, 1969, must complete a hunter education course and carry a valid hunter education card to hunt in Arkansas. Youth under 16 may hunt without hunter education as long as they are under the direct supervision of an adult who is 21 years old. There is no specific age requirement to enroll in hunter education. However, the educational material is based on a sixth-grade reading level. Arkansas recognizes hunter education cards from other states. Arkansas's hunter education program is recognized in all states as well as in Canada and Mexico. Hunting can be a dangerous sport and safety is a key element when use firearms. It is extremely important to remember the Ten Commandments of Firearm Safety:

1. Treat every gun as if it were loaded.
2. Always be aware of where the gun's muzzle is pointed.
3. Unload guns when not in use.
4. Be sure the barrel is clear of obstructions.
5. Be sure of your target before you pull the trigger.
6. Never point a gun at anything you do not want to shoot.
7. Never climb a tree or fence or jump a ditch with a loaded firearm.
8. Never shoot a bullet at a flat, hard surface or water.
9. Store guns and ammunition separately.
10. Avoid alcoholic beverages before and during shooting.



Keeping the Natural State natural.

Source: Arkansas Game and Fish Commission



Perry County Parent Palooza

The Perry County HHAT's Coalition is hosting its 1st Annual Parent Palooza on November 19, 2013 at the Perryville United Methodist Church Connection Center. The event will be held from 11:00am-1:00pm. Experts will be on hand to help parents answer tough questions about car seat safety, pre-natal care, early childhood programs, WIC, and other topics. There will also be food, door prizes, professional speakers, and other fun. No registration necessary just stop by anytime between 11:00am and 1:00pm! Hope to see you there!

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