



Central Region

Faulkner • Garland • Grant
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Hometown Health Improvement Newsletter • April 2014

April is Arkansas ATV Safety Awareness Month

As a way of increasing awareness of the risks posed to children and teens, Arkansas Governor Mike Beebe has declared April as ATV Safety Awareness Month.

Go to page 4 to see what HHI is doing in the Central Region to educate parents and kids on the importance of ATV Safety.



**Arkansas Tobacco Free
Kids Day
2014**

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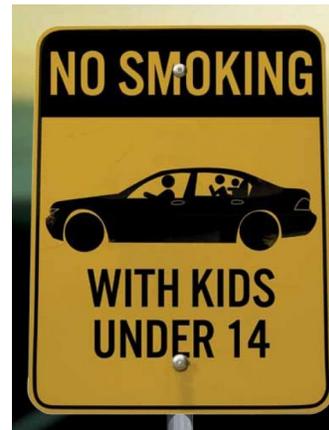
New County Health Data

Shows Faulkner to be Among the Healthiest in the State

The Faulkner County Health Initiative (formerly known as the Healthy Weight Coalition) hosted a lunch and learn on April 3rd at the Faulkner County Library to discuss the newest health data for all 75 counties in the state. Faulkner County consistently ranked among the healthiest in areas such as health behaviors, clinical care, social and economic factors, the physical environment and length and quality of life. Central Region Coordinator, Laura Taylor presented the data and reminded residents that although this was something to be proud of, there is still plenty of work to be done. Arkansas is among the unhealthiest states in the nation. Community Health Promotion Specialist, Christine McKnelly highlighted the projects and accomplishments of the coalition for the past 5 years. She invited attendees to become involved in the coalition as it is broadening its focus to encompass many areas of health and serve as a link for other groups to connect to resources, funds and other opportunities within Faulkner County.

For more information on the coalition, contact christine.mcknelly@arkansas.gov.
For the 2014 County Health Rankings, visit countyhealthrankings.org.

Central Region HHI Coordinator, Laura Taylor brought a new topic to the program, "Smart Choices, Better Chances". Upon meeting the Senior Law Education Instructor from the Attorney General's Office, Dwayne Yarbrough at a Safer Teen Driving Coalition meeting, the two agreed that ACT 811 - Smoke Free Cars for Arkansas Kids should be included in the training. The target audience for the training is primarily school resource officers, counselors and administrators. The program addresses school laws as well as topics relevant to the overall health and safety of the students. Adding ACT 811 information to the training will better equip school staff to educate parents that still smoke in the vehicle with a child under the age of 14. Parents will have the opportunity to learn not only about the law, but the dangers of secondhand smoke and resources to help them quit like the Arkansas Tobacco Quitline. This education could be as simple as talking to parents during drop-off and pick-up and posting signs in the car line. For more information on the Quitline or ACT 811, visit stampoutsmoking.com or call 1-800-QUIT-NOW.



Perry County students at Perryville Elementary (pictured) and Glenhaven Youth Ranch learn "The Truth About Tobacco" from Community Services TPCP Academic Grant Coordinator, Brittany Jackson and HHI staff, Laura Taylor and Christy Campbell.

Arkansas Tobacco Free Kids Day 2014



Perryville Elementary

Daisy Bates Elementary School, Little Rock



St. Joseph Elementary School, Conway

Kids in Arkansas stood up against tobacco on March 19 as they joined thousands of young people nationwide for the 19th Annual Kick Butts Day. More than 1,400 events were planned across the nation.

Organized by the Campaign for Tobacco-Free Kids, Kick Butts Day is an annual celebration of youth leadership and activism in the fight against tobacco. On Kick Butts Day, youth encourage their peers to stay tobacco-free and educate their communities about the tobacco industry's harmful marketing practices.

In Arkansas alone, tobacco use claims 5,100 lives and costs \$1.2 billion in health care bills each year. Currently, 18.2 percent of the state's high school students smoke.

On Kick Butts Day, kids turn the tables on Big Tobacco in creative ways, with events that range from small classroom activities about the harmful ingredients in cigarettes to large rallies at state capitols.

Many Central Region schools played kickball to represent "kicking butts". Stamp Out Smoking kickballs were provided by Hometown Health Improvement as HHI staff and tobacco grantees helped coordinate kickball games.

Students Learn ATV Safety in Central Region

Ask any group of kids in rural Arkansas how many of them have ever ridden on a ATV and chances are - every hand in the room will shoot up. All across the state, kids are riding and driving 4-wheelers, Gators, Rhinos...the list goes on.

Health Educators and Community Health Nurses and Health Promotion Specialists across the region are teaming up to educate parents and kids about the dangers involved with operating an ATV. The curriculum provided by the Injury Prevention Center was put together by UAMS, AR Children's Hospital and AR Game and Fish Commission. It encourages kids to always plan their T.R.I.P.S.S.

The education addresses the many dangers and potentially preventable injuries that children often sustain while riding an ATV. The students can view "A Trip Unplanned - An ATV Safety Story" on the big screen in their school auditorium. The short film illustrates irresponsible use of ATVs and the consequences that may occur as a result. Students can take home printed materials to share what they have learned with their parents.

Arkansas Children's Hospital sees at least 1 child per week for injuries related to ATV use. For more information about ATV Safety, visit the Injury Prevention Center at archildrens.org/injury_prevention or call toll free 866-611-3445.



Always Plan Your T.R.I.P.S.S.

T

Training

Take an ATV Safety Institute ATV *RiderCourse*. Contact your local University of Arkansas Cooperative Extension Service 4-H Coordinator at www.uaex.edu.

R

Ride Off--Road

Always ride on unpaved trails. The tires on ATVs are not made for paved or loose gravel roads. If you drive on these roads, you could lose control of the ATV and tip over or crash.

I

Impairment Danger

Driving an ATV takes all of your focus. Alcohol and other drugs can lower your judgement, blur your vision, and slow your reaction time.

P

Plan Ahead

Plan your trip before you ride by looking at the area for wire fencing, tree stumps, and other dangers. Let someone know where you are going and when you'll be back.

S

Single Rider

Most ATVs are made for one rider only. Drive without passengers.

S

Safety Equipment

Ride your ATV only when wearing a helmet, boots, long pants, long sleeve shirt, and gloves.

Safety Steps for Seniors

Janice Ray, CHES and Chief Matt Powell partnered in the Leola Community for a discussion on safety concerns in the senior community. Fire Safety and Fall Prevention was the main topic for the discussion. The top two fire causes are cooking and tobacco use. Prevention practices were given in hopes to decrease the risk factor of fires starting in the kitchen. Tobacco cessation was discussed and the Arkansas Tobacco Quitline was given to decrease the fire hazards around the home and to decrease the risk factors for chronic diseases. Use of space heaters was discussed and to use those with newer standards and fire prevention as in those that turn off if tipped over and no open coils. Questions of carbon monoxide led into a discussion of carbon monoxide leaks and dangers with results to repair the known malfunctions and check for further problems. Chief Powell will work with the homeowner.

Fall hazards and prevention tactics were discussed. Banisters and their use was encouraged for all steps, rugs being taped for secure floor placement and clearing of all walkways was explained. The bathroom was determined to be the most dangerous room in the home for falls as in bathtub or shower use for either getting in or out. Being wet and trying to maneuver with wet feet was identified as a major hazard. They discussed the use of medications that can affect the ability to stand or walk sturdy. Seniors were encouraged to make an effort to create fall prevention areas within and around the home to decrease the risk factors for falling.



**Arkansas Coalition for Obesity Prevention
Regional Summit for Central Arkansas will be April 16th
at the Bishop Park Community Center in Bryant.**

**It is open to ALL who want a healthier community!
Become eligible for funding to put the
training you receive into action!**

Learn more at arkansasobesity.org.

Pre-K Workshops Coming Up!

April 29th Preschool Health and Wellness
Workshop (Course # 37076OTH)

April 30th Medication Administration Training
(Course # 37077OTH)

Register at:
professionalregistry.astate.edu

Both classes will be held in Little Rock.
Pre-registration is required.

For questions contact Anna Haver at
501-791-8551 or anna.haver@arkansas.gov.



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