



# Central Region

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

Hometown Health Improvement Newsletter • July 2014

## Beat the Heat and Stay Safe in Central Region

### Don't Wait to Hydrate.

Dehydration is common when exercising outside, and it can lead to more serious problems like heat exhaustion or heat stroke. It's important to stay well hydrated by drinking plenty of water before, during and after spending time in the heat.

### Protect Yourself from Injuries.

Take precaution when swimming and wear a lifejacket. Children and adults that do not swim well should wear them at all times when in or around water. Wearing a bicycle helmet can protect your head from traumatic brain injuries. Wearing protective clothing and sunscreen that is SPF 30 or greater and seeking shade during the hottest times of day can greatly reduce the risk of sunburns and the development of skin cancer.

### Don't Start a Fire.

Fireworks and careless smoking cause hundreds of fires every summer. Do not use fireworks when a Burn Ban is in place. Never throw a cigarette out of your car window! Better yet, stop smoking. For help quitting, call 1-800-QUIT-NOW.

**Stay cool with water games and have fun in the shade!**



Wearing Lifejackets at the Lake



Hula Hoop in the Shade in Sherwood



Water Balloon Toss at Faulkner County Boys and Girls Club



Bike Riding at NLRSD Fit 2 Be A Wildcat Camp

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## NLRSD Hosts Fit 2 Be A Wildcat Camp



The North Little Rock School District Wellness Committee hosted its second nutrition and physical activity camp in June. Ten female students in 6<sup>th</sup> – 9<sup>th</sup> grades attended the camp in June. This intervention camp was offered free of charge and designed to change lifestyle behaviors by building self-esteem and encouraging healthy, active living through a series of fun, energetic, and educational activities.

The ladies had an opportunity to learn about and participate in zumba, tennis, bicycling, and other types of physical activity. Educational sessions were provided on tobacco prevention, gardening, nutrition, and injury prevention. Participants also attended empowerment sessions designed to increase self-esteem and improve body image.

One of the favorite sessions among the students was the daily “Healthy Cooking” lesson. The students participated in a nutrition lesson and prepared their own healthy lunch each day. Pulaski County Cooperative Extension, along with Chef Marti Smith from Taste of the States (TOTS) provided recipes and assisted the girls in preparation.



At the end of the camp, parents attended a luncheon with food prepared by their daughters. Parents and students were engaged in a panel discussion with camp staff and volunteers to discuss how to implement the principles and ideas learned during the week.



Mr. Gross Mouth, Jar of Tar and Black Lung, Tobacco Jeopardy, Cooking Lesson

## Teen Driving 101 Reaches Pulaski County Schools and Community

Community Health Promotion Specialist Anna Haver and Public Health Educator Dee Dee Wallace teamed up to provide education to parents and teens about the Graduated Drivers Licensing (GDL) laws. Classes are typically held at a school, like Robinson High School in May, however St. Vincent North in Sherwood hosted the class pictured below.





## North Little Rock Parks and Rec Hosts Safety Day for Kids

In observance of National Safety Month, North Little Rock Parks and Recreation hosted a "Safety Day" event to teach youth the importance of staying safe and preventing injuries. The event was held on June 13<sup>th</sup> and provided youth with information on various safety topics. Central Region HHI staff provided education on topics which included: water and boating safety, sun safety, hydration and playground safety. A helmet, life jacket and sunscreen were also used to demonstrate ways to stay safe when participating in recreation activities and play outdoors. Willa Williams, Complete Streets Coordinator for the City of North Little Rock, partnered with HHI and provided a Bike and Pedestrian Safety activity for youth. Coloring sheets and stickers with safety messages were also given to participants at the event.



## Kids Cafes in Central Region

Kids Cafe programs provide free meals and snacks to low-income children through a variety of community locations where children already congregate during the afterschool hours - such as Boys and Girls Clubs, churches or public schools. Learn more at [www.feedingamerica.org](http://www.feedingamerica.org).

**21.5 Million** children receive free or reduced lunches during the school year.

**3 Million** children receive free meals through the Summer Food Service Program.

## School Health and Wellness Workshop

Thursday, August 7, 2014

8:30 am - 3:00 pm

North Little Rock High School

Freshman Campus

2300 Lakeview Road

Educational Sessions Include:

School Wellness Toolkit, School Health Index (SHI), Improving Health Education, Nutrition Education, Physical Activity and Physical Education Resources and more!

Register online at:

[http://www.escweb.net/ar\\_esc](http://www.escweb.net/ar_esc)

Session ID: 213995

*\*Space is limited and pre-registration is required.*

## Grant County HHI Coalition Honors Mrs. Vivian Purifoy

Grant County Health Unit Administrator, Vivian Purifoy has been involved with the Hometown Health Improvement Coalition since it began. The coalition members honored Mrs. Vivian at their meeting in June with a surprise party along with a cake reading "It's a Vivian Thing". According to long-time member Ramona Jackson, this slogan has been used by the coalition for years because of her unique way of doing things. Vivian says she will still volunteer with the coalition periodically because it is so close to her heart. She will be greatly missed by the coalition and community members throughout Grant County.



Vivian Purifoy and Ramona Jackson

## ★ Upcoming HHI ★ Coalition Meetings

**Faulkner Co. Health Initiative**  
September 3rd, 12-1:00

**Garland Co. Project HOPE**  
July 10th and Aug. 7th 11:30-1:00

**Grant Co. HHI**  
July 16th and Aug. 20th 12-1:00

**Lonoke Co. HHI**  
July 15th (England) 1:30-3:00

**Midtown Health Alliance**  
July 22nd and Aug. 26th 9-10:00

**Perry Co. HHAT**  
Aug. 12th 10-12:00

**SE Pulaski Co. HHI**  
Aug. 4th 6-7:00 pm

**SWLR HHI Coalition**  
July 14th and Aug. 11th 11-12:00

Contact our HHI staff or your Local Health Unit Administrator to find out more about the coalition in your area.



## Southwest Little Rock Farmer's Market

Saturdays @ 8am

Lifeline Baptist Church Parking Lot  
7601 Baseline Rd. Little Rock, AR 72209

For more information please contact  
Joan Brush at 501-554-5049

\* Sponsored by Life Line Baptist Church and  
the SW Little Rock HHI Coalition

## ★ Fireworks Safety ★

According to the National Fire Protection Association ([www.nfpa.org](http://www.nfpa.org)) in 2012, U.S. hospital emergency rooms treated an estimated 8,700 people for fireworks related injuries.



The risk of fireworks injury was highest for young people ages 15-24, followed by children under 10.

On Independence Day in a typical year, far more U.S. fires are reported than on any other day, and fireworks account for two out of five of those fires, more than any other cause of fires.



The NFPA recommends you do not use consumer fireworks, but attend a show that is being presented by professionals.

However, if you do choose to purchase your own fireworks, the National Council on Fireworks Safety ([fireworkssafety.org](http://fireworkssafety.org)) has a few helpful tips for enjoying fireworks with your family this 4th of July:

- Parents should not allow young children to handle or use fireworks.
- Fireworks should only be used outdoors.
- Always have water ready if you are shooting fireworks.
- Know your fireworks. Read the caution label before igniting.
- Obey local laws. If fireworks are not legal where you live or if there is a burn ban, do not use them.
- Alcohol and fireworks do not mix.



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**Julie Harlan, MCHES**  
Central Region HHI Manager

**Laura Taylor, CHES**  
Central Region HHI Coordinator

**Christy Campbell, CPS**  
Central Region Grants Administrator

**Dee Dee Wallace, MS, CHES, CPS**  
Public Health Educator

**Toney Bailey**  
Health Program Specialist II

**Anna Haver, MCHES**  
Community Health Promotion Specialist

**Cynthia Wilborn, DNPc, BSN, RN**  
Community Health Nurse Specialist