



Central Region

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

Hometown Health Improvement Newsletter • February 2014

Perryville Students Speak Out Against Texting and Driving

FBLA students at Perryville High School are campaigning to end texting and driving among students and parents. At the December 19th basketball game PHS took on East End on the court, and texting and driving in the lobby. A small group of students reached a large number of people to "Give your family the best gift this season - Sign The Pledge To Not Text & Drive". More than 500 pledges were signed in that single night! PHS continues the campaign on their campus with posters and guest speakers reinforcing the message.

More pictures and information can be found on page 4.



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Set the Rules, Control the Privileges Teen Driving in Lonoke County

Lonoke County is preparing to put safer teen drivers on the road this year as Cabot High School hosts teen driving classes. All four school districts in Lonoke were invited to attend. HHI Coordinator, Laura Taylor and Community Health Nurse, Becky Lamb lead the classes as more than 100 teens and parents joined in. Set the Rules, Control the Privileges is a course designed for parents and teens to explain the new laws of the Graduated Driving License (GDL) as well as encouraging families to create a driving contract. The contract is unique to each family and will reflect their personal rules, along with rewards and consequences. The group also discussed common distractions such as texting and driving and riding with passengers. Each teen received a certificate of attendance and a Don't Text and Drive thumb ring. Each family received a blank driving contract to be completed at home.



Laura Taylor speaks to teens about their responsibilities as a driver.

For more information on the GDL or teen driving, visit www.saferteendriving.org.

Becky Lamb presents national, state and county data on teen driving and the Graduated Driving License.



“Arkansas teens die in motor vehicle crashes at a rate almost twice as high as the national rate.” -- CDC



Wear Red. Speak Red.
National Wear Red Day®
Friday, Feb. 7



Visit GoRedForWomen.org/WearRedDay for free resources!



Heart disease is the **Number 1 killer of women** in the United States, claiming more lives than all forms of cancer combined. For more than 10 years, the American Heart Association has sponsored National Wear Red Day® to raise awareness in the fight against heart disease in women.

Find out more at GoRedForWomen.org.



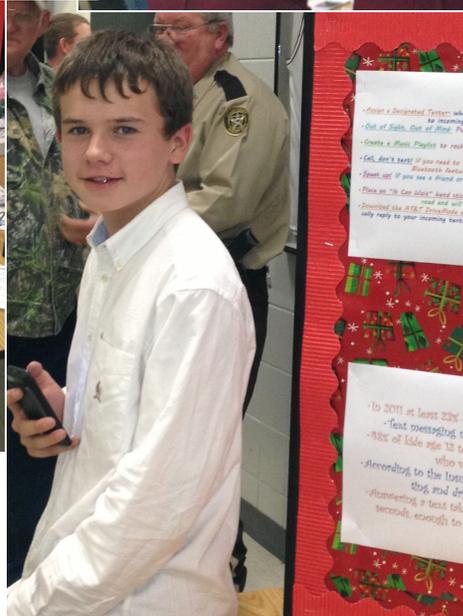
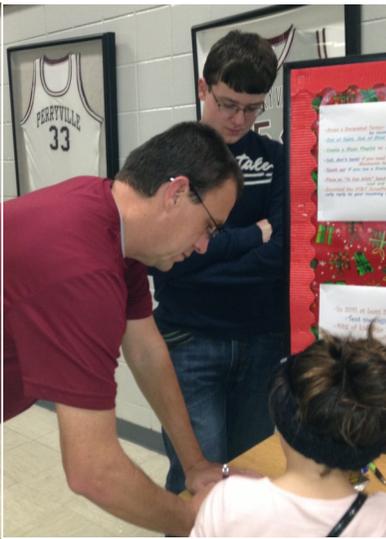
Perryville High School Don't Text and Drive Campaign More than 500 Pledges Signed in One Night

Hometown Health Improvement's Public Health Educators and Community Health Education Specialist can help your school launch a Don't Text and Drive Campaign! Contact your local HHI staff:

Faulkner, Perry and Lonoke Counties - Laura Taylor, laura.taylor@arkansas.gov & Becky Lamb, becky.lamb@arkansas.gov

Pulaski County - Dee Dee Wallace, dechantria.wallace@arkansas.gov & Anna Haver, anna.haver@arkansas.gov

Saline, Garland and Grant Counties - Janice Ray, janice.ray@arkansas.gov & Emily Lyons, emily.lyons@arkansas.gov



Students, faculty and parents that signed the pledge received a "Don't Txt & Drive" thumb ring and a "Texting & Driving... it can wait" bumper sticker for their car.

Pulaski County Community Health Specialist, Anna Haver Reports on Healthy FUN-draising



Many schools rely on fundraisers to pay for extra equipment, supplies, or materials that the regular school budget doesn't allow. Unfortunately, many of those fundraisers also involve selling unhealthy food items such as candy and cookies.

With so much focus on the prevention of obesity and chronic disease, many schools are looking for alternatives to selling those unhealthy foods. Several schools in the Pulaski County area have experimented with non-food fundraisers, and the results they've seen may surprise you!

Several schools in the area have hosted Boosterthon Fun Runs. These events promote physical activity and are designed to be a fun activity for students. The Boosterthon organization provides a team to participating schools to assist with marketing, organization, and set up. The organization also provides character education lessons to students leading up to the fun run event. An additional benefit to the program is that all students are able to participate, even those who may not be able to collect pledges or donations. Parents, school staff, and volunteers are able to participate and encourage the students throughout the event without having to take orders for products, keep up with sales records, or deliver items after the fundraiser.

Lakewood Elementary in North Little Rock is one school that has hosted a Boosterthon Fun Run. Heather Newburn, CSH Coordinator for North Little Rock School District, reported that in 2013, the school doubled their proceeds from past fundraisers.

Pine Forest Elementary School in Maumelle hosted a Fun Run in January. The school partnered with the city's community center to provide an indoor walking facility for students due to the cold weather. The school's P.E. Teacher, Tonya Raborn says, "Our profit from this one fundraiser is greater than the combined profits from 3 fundraisers in previous years. We have the opportunity to include every student in the school and promote physical activity."

It's possible a Boosterthon Fun Run isn't the right thing for your school. There are lots of other great healthy, non-food fundraising ideas out there. If you have questions about ideas or opportunities, talk to other schools or contact your local Community Health Promotion Specialist.



Pine Forest Elementary in Maumelle



Lakewood Elementary in North Little Rock

Pregnancy Resource Center in Lonoke County Receives Grant for Education

Options Pregnancy Resource Center of Cabot and Lonoke was recently awarded a \$352,000 grant to provide education in Lonoke County Schools as well as schools and boys and girls clubs in Beebe and Jacksonville.

EMPOWERED is a Pregnancy/STD Prevention Program that focuses on sexual risk avoidance and will be taught in

many science classes, as it is in line with both the state and national educational frameworks. EMPOWERED uses two different curriculums, depending on grade level. "Choosing the Best Path" and "Choosing the Best Life" both discuss healthy relationships and 100% avoidance of teen pregnancy and sexually transmitted diseases through abstinence.

For more information on EMPOWERED or Options Pregnancy Resource Center, visit www.awpcabot.org or call 501-941-5533.



Central Region HHI Health Connector, Donna Miller urges Arkansans that are currently living without health insurance to "Get In" before the deadline of March 31st. Individuals and families can compare rates and determine if they are eligible for assistance by visiting the website at arhealthconnector.org or by calling or seeing an In Person Assister (IPA) at their local county health unit. Applicants will need to make an appointment with an IPA and bring proof of income (W-2, current check stubs), Social Security numbers of all family members in the household, ID (Drivers license or ID card) and a valid email address. Call an IPA, stop by a health unit or visit the website today!

arhealthconnector.org



Baby Safety 101

Baby Safety classes cover safe sleep, home safety, child passenger safety for motor vehicles, crying plans and more! The classes are FREE to pregnant moms or mothers of babies

that are 6 months or younger, along with their significant other or someone that will be helping them care for the baby. The goals of the classes are to strengthen parenting skills and provide the latest safety information to ultimately reduce infant mortality and injury.

Upcoming Baby Safety 101 Classes Near You:

Options Pregnancy Resource Cnt, Lonoke - Feb 24th from 4-6:00
Contact Laura Taylor, laura.taylor@arkansas.gov

Perry County Health Unit, Perryville - Feb 25th from 10-12:00
Contact Laura Taylor, laura.taylor@arkansas.gov

Conway Regional Hospital, Conway - March 1st from 2:00-4:00
Contact Laura Taylor, laura.taylor@arkansas.gov

Little Rock Air Force Base, Jacksonville - March 6th from 10-12:00
Contact Dee Dee Wallace, dechantria.wallace@arkansas.gov

Garland County, Hot Springs - March, Date and Time TBA
Contact Janice Ray, janice.ray@arkansas.gov



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