



Central Region

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

Hometown Health Improvement Newsletter • January 2014

ATV Safety Reaches the Corners of Central Region

Elementary and Middle School students across Central Region have viewed “A Trip Unplanned” to learn about ATV safety. The mini movie was created by Arkansas Children’s Hospital and the Arkansas Game and Fish Commission to show the potential dangers of youth operating ATVs in an irresponsible manner. HHI Public Health Educators discuss the dangers along with the safety recommendations for ATV use. Students in grades 3rd-6th significantly increased their knowledge of helmet use, riding off road and single rider use of ATVs. They were strongly encouraged to share what they learned with their families. Each school received posters reinforcing ATV safety to display on their campuses. More information on ATV safety can be found at the Injury Prevention Center at archildrens.org or healthyarkansas.gov.



The Injury Prevention Center encourages ATV operators to “**Always Plan Your T.R.I.P.S.S.**”

- Training** - Take and ATV safe rider course
- Ride Off Road** - On trails without cars and trucks
- Impairment** - No alcohol or drugs before or while riding an ATV - Kids should not ride with impaired adults.
- Plan Ahead** - Scout the area before your ride
- Safety Gear** - Cover up, head to toe
- Single Rider** - Driver only — No passengers!

Inside this issue:

New Year Resolution - Tobacco Free	2
Greenbrier Gets Fit! 107 Mile Challenge	2
Al E. Gator Visits Pre-K in Perry	2
Get In! Health Insurance Marketplace	3
Project HOPE and Grant Co. Coalition	3
Coming Up in Central Region	4
Utility Assistance in Faulkner County	4

Don't Text and Drive, PHS

FBLA students at Perryville Junior High School is campaigning to end texting and driving among students and parents. Look in the upcoming February issue for pictures and more info!



New Years Resolution: Be Tobacco Free

Many people will make New Years Resolutions for 2014. It is likely that there is no better goal for one's health than quitting the use of tobacco. Hometown Health Improvement is dedicated to helping folks break the habit. Public health educators work with civic groups, businesses and individuals across Central Region to provide education about the many harmful effects as well as ways to successfully quit. Parents are learning to not smoke around their children and businesses are setting their own policies for tobacco-free facilities and campuses. Education along with the use of the Arkansas Tobacco Quitline has helped many around the state kick the habit. For more information on the Quitline call 1-800-QUIT-NOW or visit www.stampoutsmoking.com OR contact your local HHI Public Health Educator.



Al E. Gator Visits Perry Headstart



Preschool students in Perry had a special guest on Dec 12th. Al E. Gator and HHI Coordinator, Laura Taylor visited the Pre-K class to teach the

importance of taking care of your teeth. The students took turns helping Al brush his teeth as they sang a song that helps them remember all of the areas that need brushed - even the tongue! They also discussed the different things that can harm the teeth and gums like high sugar foods and drinks and tobacco products. The students were all given a toothbrush to take home as well as a coloring book on oral health and a "Take Out Tobacco In Any Form" brochure for their parents and grandparents. They were encouraged to brush their teeth twice a day, morning and night and to never begin using tobacco products.



Greenbrier Gets Fit! is hosting a free event to encourage the community to walk or jog 107 miles from January 1st to April 19th. The inspiration for the 107 Mile Challenge came from Mayor Melton Cotton's own walking regimen. The Greenbrier mayor walks nearly every day and has a true appreciation of the benefits of regular exercise. City Events Center Director, Shellie O'Quinn is spearheading the event and hopes that the nearly four month challenge will instill exercise habits for members of the community, much like the mayor's. Originally, the idea for the

challenge was 100 miles, but when local radio station Y107 became interested in supporting the event - 107 miles seemed much more fitting! The challenge will end with a bang as the "Final Mile" will be celebrated on April 19th where participants can walk with Mayor Cotton and enjoy games for kids, awards and much more. For more information visit www.greenbriergetsfit.com or call Shellie O'Quinn at 501-679-6362 or email greenbriergetsfit@gmail.com.





It's a New Year and it's time to GET IN!

Now you can apply for health insurance coverage through the Health Insurance Marketplace. You can enroll by phone, online, in person or by mail.

The Marketplace website walks you step-by-step through the online health coverage application. It keeps track of where you are and guides you through to the end. If you have to stop your application and come back later, the Marketplace lets you re-start where you left off.

The Arkansas Department of Health has provided IPA Guides (In-Person Assisters) throughout Central Region, located inside each local Health Unit. The IPA Guides are licensed to help you understand your health coverage options and enroll in a plan. To get help contact your local Health Unit for an appointment. Trained and licensed IPA guides are in your area waiting to answer your questions and even help you enroll! **Hurry, open enrollment ends March 31, 2014.**

Project H.O.P.E. is working to improve the quality of life in Garland County. Garland County priorities for community attention in 2014 are:

Growing Healthy Communities:

- Walkability focus
- Community Garden focus
- Nutrition Education focus
- Worksite Wellness focus



Human Trafficking

Suicide Awareness

Access to Medical Care

Resource Guide



January Health Observances

- Month-long observances:
- Birth Defects Prevention Awareness
- Blood Donor Month
- Cervical Cancer Screening
- Cervical Health Awareness
- Glaucoma Awareness
- Jan 19-25 Healthy Weight Week
- Jan 23 Women's Healthy Weight Day
- Jan 25 IV Nurse Day

Grant County Celebrates

Grant County HHI Coalition celebrated their 2013 achievements around a potluck table on December 18th. Combined with all the fellowship and great food they settled down to a 2014 discussion around the health issues in Grant County. January will bring research of each of the topics discussed and priority voting for action plans to be drafted.



Coming Up in Central Region

Teen Driving 101 - Cabot Jr. High - January 16th, 6:00-8:00pm

Contact: Kelly Spence at kelly.spencer@cps.k12.ar.us
Becky Lamb at becky.lamb@arkansas.gov or 501-501-454-2869
Laura Taylor at laura.taylor@arkansas.gov or 501-249-0274

Cooking Matters - Bethlehem House, Conway - Jan. 21st-Feb. 25th, 7:00-8:30pm

Contact: Christine McKnelly at christine.mcknelly@arkansas.gov or 501-354-2269
Laura Taylor at laura.taylor@arkansas.gov or 501-249-0274

Baby Safety 101 - Saline County Health Unit - January 30th, 2:00-4:00pm

Contact : Janice Ray at Janice.ray@arkansas.gov or 501-772-0752

Baby Safety 101 - A Woman's Place, Lonoke - February 4th, 10:00-12:00pm

Contact: Marsha Bailey at marsha_bailey70@yahoo.com or 501-676-6556
Laura Taylor at laura.taylor@arkansas.gov or 501-249-0274

Teen Driving 101 - North Little Rock Sophomore Campus - February 6th, 6:00-8:00pm

Contact: Anna Haver at anna.haver@arkansas.gov or 501-791-8551
Dee Dee Wallace at Dechantria.wallace@arkansas.gov or 501-791-8551

Pre-K Health and Wellness Training - Little Rock - April 29th, 8:30-3:00pm

Medication Administration Training - Little Rock - April 30th, 9:00-2:30pm

Register at professionalregistry.ystate.edu
For Questions: Anna Haver at anna.haver@arkansas.gov or 501-791-8551
Cynthia Wilborn at Cynthia.wilborn@arkansas.gov or 501-280-4997

Special Announcement: Utility Assistance in Faulkner County

The Community Action Program for Central Arkansas will begin a Winter Utility Assistance Program beginning Monday, January 6, 2014. For more information in Faulkner County, please contact, the Administrative office at (501) 329-3891 or at 707 Robins St. Suite 700 Conway, AR 72034.

CAPCA



Central Region

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

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

Janice Ray, CHES
Public Health Educator

Anna Haver, MCHES
Community Health Promotion Specialist

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

Toney Bailey
Central Region IPA Coordinator

Donna Miller
Central Region Health Connector

