



Central Region

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

Hometown Health Improvement Newsletter • March 2013

March is National Nutrition Month®

National Nutrition Month® is a nutritional education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Central Region HHI is staffed with Community Health Promotion Specialists (CHPS) and Community Health Nurse Specialists (CHNS) that work directly with schools to promote physical activity and proper nutrition among students, faculty and staff. CHPS and CHNS work with school nurses and wellness committees to assist with completion of the School Health Index and compliance with ACT 1220. Contact your local health unit to find out who is the CHPS and CHNS at your school!



Inside This Issue	Community Gardens in Hot Springs	2
	Healthy Lungs At Play	2
	Love Your Heart	2
	The Million Hearts Initiative	3
	Tobacco Cessation in the Workplace	3
	Wearing Red in Our LHUs	3
	Get In Before the Deadline	4
	Pre-K Workshops Coming Up	4
	Teen Driving ROADeo	4
	Suicide Awareness	4

What's in your Pot of Gold?



Do you know of projects, people or groups that have made your community feel like a pot of gold? Let us highlight it in our next HHI newsletter!

Email Laura Taylor at laura.taylor@arkansas.gov

Community Gardens Sprout in Hot Springs!

In August 2013, a partnership was created to transform the vacant lot at 655 Park Ave. into a pocket park and community gardens. Partners include Haven United Methodist Church, Park Avenue Community Association, Hot Springs School District, Arkansas School for Math, Science and the Arts, Garland Towers, Garland County Health Dept.'s Growing Healthy Communities, Garland County Master Gardeners and Park Avenue Merchants Association. Construction is scheduled to begin in early spring of 2014, weather permitting.

Park Haven Community Gardens will integrate 45,000 square feet of fenced garden space for ADA accessibility, raised beds, spring water irrigation, composting, fruit and nut trees, berry bushes, medicinal and culinary herbs. The PHCG project is intended to build community, improve participant health, provide fresh organic produce, teach sustainability and environmental sensitivity, and beautify an otherwise unoccupied space along a main traffic corridor in Hot Springs oldest neighborhood. Surplus produce will be picked and donated to Haven's Food Bank for distribution to those in need. Plans also include space to hold festivals and other community social events.

Funding grants and donations to this point have come from Growing Healthy Communities (\$500), Arkansas Community Foundation (\$500), Tommy Humphreys (\$300 concreted blocks for shed foundation. PHCG applies for additional grants as they become available. All tax-deductible contributions are valued and will aid in getting the garden up and running sooner.

PHCG is in the process of raising \$6000 for a fence around the gardens. Fence will secure the property and serve as trellis on which to grow blackberries, blueberries and grapes.

Donations may be made to PACA, 138 Circle Drive Hot Springs AR 71901. Persons interested in helping with the garden can call Cindy at 501-760-8812 or Dave at 501-538-8283.



Young Lungs at Play Named Recreation Administration of the Year

Arkansas Recreation and Parks Association awarded Hot Springs "Young Lungs at Play" signage campaign as the Recreation Administration Program of the Year for the State of Arkansas. LaJean Burnett led this successful project and is pictured with the signs as they were presented to the City of Hot Springs Board.



Greenbrier Gets Fit! hosted a heart health lunch and learn for city employees and their spouses on Valentine's Day. The theme was Love Your Heart. HHI Coordinator, Laura Taylor provided information about BP, cholesterol, heart healthy foods, exercise, tobacco cessation and stress. Nick Butler with Community Services Inc. also provided information on tobacco cessation, as the use of tobacco is a major contributor to heart disease. The City Event Center provided information about the Mayor's 107 Mile Challenge, exercise classes offered at the Center and announced that city employees are now allowed to exercise 30 minutes per day while on the clock. www.greenbriergetsfit.com

The Million Hearts™ Initiative & Cardiovascular Disease Prevention

The Heart Health Learning and Action Network hosted a Breakfast 'n Learn in Little Rock on February 25th. Mary Gupton, chair of the Midtown Health Alliance HHI Coalition facilitated the meeting and guests were greeted by "Hearty" the healthy heart mascot. Presenters included Jo Nycum, RN with AR Foundation for Medical Care, Jennifer Shuler, APN with Arkansas Cardiology and Central Region Public Health Educator, Janice Ray, CHES. Guests were given an overview of cardiovascular disease prevention, the purpose of a Learning Action Network (LAN) and an example of a successful Million Hearts Initiative in Hot Springs, AR.



Tobacco Cessation in the Workplace

Kimberly Clark was visited by HHI and Tobacco Grantees to aid in tobacco cessation. Employees were informed of the many benefits of quitting the use of tobacco related to job performance, finances and overall health improvements. Those interested in quitting were given information about the Arkansas Tobacco Quitline. There were healthy snacks available with the message that sense of taste improves in as little as 48 hours after quitting smoking. Other benefits such as reduced risks for heart disease and cancer were listed as well. For more information on the Arkansas Tobacco Quitline, visit: www.healthyarkansas.gov or call **1-800-QUIT-NOW**.

Going Red In Our Local Health Units





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 visiting with an In Person Assister (IPA) at a local county health unit.

Pre-K Workshops Coming Up!

April 29, 2014 Preschool Health and Wellness Workshop (Course # 37076OTH)

April 30, 2014 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.



The Injury Prevention Center at Arkansas Children's Hospital will host a Teen Driving ROADEo event on Saturday, April 5th from 10:00-12:30 at War Memorial Stadium.

The purpose of the event is to educate teenagers and parents on motor vehicle safety. Educational workshops will be set up to discuss a variety of topics such as the Arkansas Graduated Driver Licensing law, car insurance, and impaired driving to name a few. Teenagers who visit all of the educational booths will receive an emergency car kit for their participation.

The event is FREE but space will be limited.

To register online go to www.archildren.org/Services/Injury-Prevention-Center/Teen-Driving-Roaddeo. For more information call 501-364-3400.

Suicide Awareness

Janice Ray, CHES presented on Suicide Awareness during the ROTC classes on 2/11/14 at the Bryant High School Campus in Saline County. Risk factors, protective factors, coping with stressful situations, environmental influences, resources were shared and prevention strategies were covered. Small Group work of poster creations and skit presentations around a hurtful situation transformed to a positive situation were used for a creative interactive display.



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