



# Central Region

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

## Hometown Health Improvement Newsletter • May 2014

### May is National Water Safety Month



Arkansas has many lakes, rivers and streams perfect for swimming and boating. Whether at a pool, beach or lake, in a fishing boat, powerboat, sailboat or a personal watercraft like a jet ski, water recreation can be dangerous. Drowning is the second leading cause of unintentional injury death for children and youth ages 1-19 in Arkansas (2000-2007 CDC). The right safety steps need to be taken while on or near the water. Below is a list of drowning precautions from the Statewide Injury Prevention Center ([archildrens.org/injury\\_prevention](http://archildrens.org/injury_prevention)):

- \* Don't leave your child alone near water, even for a second
- \* Stay within an arm's reach of you child when he is in the water. With children under the age of 5, you should be able to touch them at all times
- \* Never swim alone
- \* Never mix swimming or operating a boat with drugs or alcohol
- \* Never dive into water that is less than 9 feet deep or of unknown depth
- \* Remove all toys from the water after use so children are not tempted by them
- \* Adults should learn CPR



HHI Coordinator, Laura Taylor shows lifejackets to pre-k students at Step-By-Step in Perryville

**WEAR IT!**

**ALWAYS** have a U.S. Coast Guard Approved Life Jacket for **EVERYONE** in your boat.

[www.safeboatingcampaign.com](http://www.safeboatingcampaign.com)

### Inside this issue:

ArCOP Growing Healthy Communities	2
Greenbrier Students	2
Farm to School in NLR	3
Baby Safety at Crisis Pregnancy Center	4
National Public Health Week	4
Fleet Feet Sports Easy Runner	5
Faulkner County Health Initiative	5
Parent Ploozza "Pass It On"	6
Drug Take Back Day	6

## 2014 Growing Healthy Communities Summit in Central Region

The Arkansas Coalition for Obesity Prevention (ArCOP) is excited to offer its 2014 Growing Healthy Communities Regional Summits again this year. Thanks to funding from the Blue & You Foundation for a Healthier Arkansas, individuals or groups can once again apply for grants to improve the health of their community.

Approximately 65 people attended the Central Region Summit at Bishop Park Community Center in Bryant. They received training from experts and learned how to implement Cooking Matters programs, how to build community gardens and farmers' markets and how to make schools, communities and worksites healthier.

Each community with representatives at a summit is eligible to apply for grant funds in support of projects putting this training to work! Communities may only apply for grant projects utilizing the training received at a regional summit.

For more information about the summits or ArCOP, visit [arkansasobesity.org](http://arkansasobesity.org).



Arkansas Coalition for Obesity Prevention

## Greenbrier Students Learn Harmful Effects of Drugs, Alcohol and Tobacco

7th grade students at Greenbrier Middle School have begun the unit on drugs, alcohol and tobacco in their health class. Teacher, Sandy White reached out to Hometown Health Improvement for resources to help with the curriculum. HHI staff Laura Taylor and Christy Campbell were guests on April 22nd and brought with them some powerful information.

Christy began with a peer pressure activity where students were paired up to agree on how many jelly beans were in a jar. Once they decided, the pairs joined with another group to once again agree on a number. This went on until there were 10-15 kids in a group - making it very difficult to agree. The discussion afterward pointed out the many ways peers try to persuade one another. The activity was related to being persuaded to experiment with drugs, alcohol or tobacco or even ride in a car with someone who was under the influence. They discussed different refusal skills and were encouraged to have a plan of what you are going to say before you are even asked.

Laura followed by explaining the many different health related consequences of using drugs, alcohol and tobacco such as chronic diseases, injury and even death. She brought a fetal alcohol baby and a prenatal drug exposed baby for a great visual.

Finally the students were encouraged to support their peers when they choose to refuse using any of these substances. They watched a short video "The First Follower" that explained the power of following someone who is doing something positive.



Left to Right: Laura Taylor shows prenatal drug exposed baby, Christy Campbell gives directions for peer pressure activity, students work to agree on peer pressure activity, students see fetal alcohol baby

# North Little Rock Community Farm



Community Health Promotion Specialist, Anna Haver

## EAST Students' Farm Project Growing Strong

The North Little Rock Community Farm is a unique combination of a school farm and community garden aimed at making North Little Rock a healthier and more connected community.

EAST Initiative students from North Little Rock High School began the project for students to grow and learn in the knowledge of community interactions. The farm has continued to expand, gaining support from multiple community organizations, businesses, and other schools.

The farm is driven by student leadership and community support. It provides a place for students to



School garden

not only grow and learn in the areas of math, science, and arts; but also, to develop community involvement, leadership, and business skills for the future. EAST students have written and received several grants, organized and hosted fundraisers, and developed a business plan to support the farm's needs.

Today, our generation's access to healthy foods is declining, and the North Little Rock High School EAST students are doing their part to stop it. Recently, they partnered with EAST students at Robinson Middle School who will be mapping food deserts in Pulaski County. This information will soon be used by the People Tree's mobile market to deliver fresh foods to those areas, with some of that produce coming from the farm. Fresh foods raised on the farm have also been used to supplement the school district's backpack program for needy children, providing them with some fresh and healthier options.

Through the project, EAST students have provided nutrition education and lessons on gardening to elementary and pre-school students in the district. Students throughout the district have also had opportunities to taste test various items grown at the farm. The community will not only benefit from the healthy and accessible foods from the farm, but it will benefit from the long lasting knowledge of healthy living that EAST students are providing to the residents of their city.

For more information, you may email [nlrcommunityfarm@gmail.com](mailto:nlrcommunityfarm@gmail.com).



Students working in compost for garden



Anna Haver, Dr. Patricia Scott and Kim Hooks

## Crisis Pregnancy Center of Central Arkansas Receives Baby Safety Class

Central Region Health Educator Dee Dee Wallace partnered with the Crisis Pregnancy Center of Central Arkansas in North Little Rock to host a Baby Safety class. New and expecting moms and dads received education on health department services, home safety, burn prevention, safe sleep, child passenger safety, and crying baby. Participants were shown the Period of Purple crying DVD and each participant received a copy of the DVD to take home. Other educational information included information on breastfeeding, the dangers of tobacco use and secondhand smoke, the AR Tobacco Quitline and ACT 811. One car seat was given to a deserving mom and all participants received safety items to take home which included a smoke alarm, sleep sack and various educational literature.



Participants show their safety items from the Baby Safety class



Mom-to-be Tamika Hawkins is pictured with her new car seat she received as a door prize during the Baby Safety class. Child Passenger Safety Technician Brandy Lee has partnered with the program to provide installation services as all car seats must be properly installed by a Child Passenger Safety Technician before participants can take them home.

## National Public Health Week

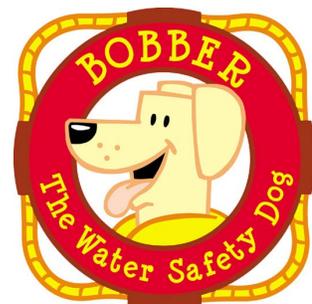
The North Little Rock Health Unit offered blood pressure checks provided by North Little Rock School District Med Pro students during National Public Health Week. The theme for the 2014 national observance was "Start Here" which encouraged individuals to make small steps toward becoming healthier.



Central Region Public Health Educator Dee Dee Wallace has her blood pressure checked during National Public Health Week

## Bobber the Water Safety Dog

Bobber is part of the US Army Corps of Engineers National Water Safety Program. It teaches children how to be safe around water through FREE interactive games, videos and more! Visit [bobber.info](http://bobber.info) to increase water safety among youth in your community this summer.



[Bobber.info](http://Bobber.info)

## Lose a Ton of Weight with Fleet Feet Sports Easy Runner



Who said fitness can't be a TON of FUN! This Spring Fleet Feet Sports Easy Runner is challenging Central Arkansas to lose a TON of weight. Literally! April 24<sup>th</sup> participants welcomed Central Region Health Educator Dee Dee Wallace to present on nutrition and hydration safety. Participants learned about the new MyPlate campaign, reading and understanding food labels, adding more fruits, veggies, and whole grains to your diet, healthy eating and shopping on a budget,

making healthy beverage choices, the importance of hydration when working out, Kendrick Fincher Hydration for Life Prehydrate, Hydrate, Rehydrate campaign and the signs and dangers of exertional heat illness. The cost to participate in the challenge is \$50.00 per person. However, participants earn monetary incentives for losing weight. The program will also celebrate everyone's accomplishments and crown the overall weight loss champion at an awards ceremony on Monday, June 30<sup>th</sup>.

## Faulkner County Health Initiative

Formerly know as the Healthy Weight Coalition, an active HHI group in Faulkner County has broadened their focus. The new Faulkner County Health Initiative hosted a lunch and learn for community members on April 3rd at the public library in Conway. Guests included representatives from UCA, Conway Regional Hospital, the city of Greenbrier, Community Services Inc, ADH and several community members.

Presenters Laura Taylor and Christine McKnelly showed county specific data from the 2014 County Health Rankings ([countyhealthrankings.org](http://countyhealthrankings.org)) and other sources such as the Center for Disease Control and the Arkansas Department of Health. Faulkner County residents were pleased to see that their home is ranked among the top healthiest counties in the state. However, considering Arkansas is one of the unhealthiest states in the nation, the FCHI aims to connect groups to services, educate and volunteer in the community and serve as a major resource for health improvement.

The Faulkner County Health Initiative meets on the first Wednesday of the month at the Conway Interfaith Clinic on Museum Rd. at 12:00 noon. Anyone interested in learning more about the coalition is welcome to attend, or contact Christine or Laura at [christinemcknelly@arkansas.gov](mailto:christinemcknelly@arkansas.gov) or [laura.taylor@arkansas.gov](mailto:laura.taylor@arkansas.gov).



## Perry County



### "Pass It On"

Parent Palooza began in the fall of 2013 as a way to encourage, educate and support parents in Perry County. This spring, 13 students and 7 parents were recognized for outstanding qualities that have made a positive impact in their community.

It is the hope of Perry County's Hometown Health Advocates Team (HHAT) that "Pass It On" will encourage other community members to imitate the efforts of those individuals who are being awarded and ultimately lead to improvements in health, sense of family, education, and quality of life in Perry County.

The nominees were selected by someone in the community as a valuable asset to Perry County. These nominees are being recognized as those who are strengthening the community through service, acts of kindness, and overall good will. These individuals have made an impact, big or small, on Perry County residents.



## County Judges Show Support for Drug Take Back Program

Saline County Judge Lanny Fite, Garland County Judge Rick Davis, and Grant County Judge Kemp Nall signed a Drug Take Back Project



Proclamation for their prospective counties. They acknowledge the dangers and



continued risk of the availability of prescription drugs in the homes of youth. Arkansas held its Biannual Drug Take Back Day on April 25th. Arkansas Take Back has over 100 collection sites around the state, chances are there is one close to you. For more information on how to dispose of medication properly or to locate a collection site, visit [www.artakeback.org](http://www.artakeback.org).



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