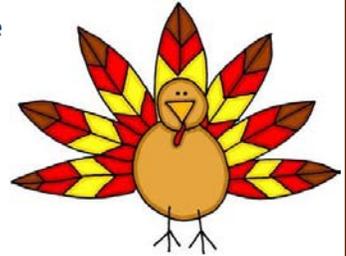


# Central Region

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## Hometown Health Improvement Newsletter November 2014

### National Diabetes Month

This November, the National Diabetes Education Program (NDEP) and its partners are proud to support National Diabetes Month 2014. Throughout National Diabetes Month, the NDEP and its partners will promote “**Be Smart About Your Heart: Control the ABCs of Diabetes**” to help people with diabetes learn they are at greater risk for heart disease, and also how they can lower that risk by managing the diabetes ABCs: the A1C test, Blood Pressure, Cholesterol and Stop Smoking.

Learn more about managing diabetes at [www.ndep.nih.gov](http://www.ndep.nih.gov)



Smoking raises blood sugar levels and makes it harder to control diabetes. Get help to quit from the Arkansas Tobacco Quitline at **1-800-QUIT-NOW**.



STAMP OUT SMOKING  
ARKANSAS DEPARTMENT OF HEALTH  
1-800-QUIT-NOW

# A

### A1C Test

The A1C test is a blood test that measures your average blood sugar level over the past three months.

# B

### Blood Pressure

Blood Pressure is the force of your blood against the wall of your blood vessels.

# C

### Cholesterol

There are two kinds of cholesterol in your blood: LDL or “bad” cholesterol can build up and clog your blood vessels. It can cause a heart attack or stroke.

# S

### Stop Smoking

Stop smoking. Ask for help or call **1-800-QUIT-NOW**.

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## Hot Springs Growing Healthy Communities Nutrition Committee

The First Annual Food Day at the Market Bash in Hot Springs was held on October 25th. The event brought a variety of activities for adults, children and the young at heart. Community members brought their unused cookbooks for a cookbook swap and then filled up their basket with farm fresh goodies and local artisan's creations. Ouachita Mountain Natural Resources has an exciting array of all natural goat's milk and emu oil products to nourish the skin. Donna Milam and Nell Sloan make all of their products using the best ingredients and essential oils. You can also find practical and attractive handmade soap dishes, specially designed to drain and preserve your handcrafted soaps. Also enjoy bell peppers, farm eggs, fig trees, muscadines, jellies and cowboy pickles,

which are spicy sweet pickled jalapenos with a little kick. Be sure to say hello to Clay, her enterprising son who sells a variety of fresh lemonades.

There is a Farm to Table meal where lunch is served from 11:00 until noon and feature locally grown pork, beef, vegetables and cornbread for only \$10 per plate. Monies raised will go toward completing some of the planned Market improvements, including new pop-up tents for the Youth Market vendors, shading for vendors and musicians, sound equipment, and a people/pet water fountain.

The Market is accepting SNAP on Saturdays through the main season. It's a great opportunity to meet your grower, purchase a variety of fresh foods, and enjoy a fun fall day mixing and mingling with your neighbors.

Register for the last Youth Market of the 2014 main season. Booth space is free for young people ages eight to fifteen who have something homemade, handmade or home grown that they would like to sell. Each youth market is better than the one before, so we can't wait to see what the season finale' brings. Youth Market rules, regulations and registration forms can be found at [www.hotspringsfarmersmarket.com/youth-market](http://www.hotspringsfarmersmarket.com/youth-market).

The Market is located at 121 Orange Street in Hot Springs. It opens at 7:00 a.m. and closes at 12:00 noon.



## Aim For Safety This Year with Arkansas's Hunter Safety Education Program



Formal hunter education efforts began in the late 1940s and later expanded nationwide until it is now required almost everywhere, including Arkansas. Since the implementation of education, there has been a tremendous decline in hunting-related incidents across the country.

By completing and passing this Arkansas-approved online hunting license course, you will have satisfied the classroom educational requirement for Arkansas. [www.hunter-ed.com](http://www.hunter-ed.com)

## Parent Palooza Holiday Planning Class

The Perry County Hometown Health Advocates Team is offering a free class for parents that need help planning good, affordable meals and safe travels during the holidays. The class will include a cooking demo and taste testing from the County Extension Office as well as car seat safety education and great giveaways. Register by Nov. 14th by calling the Perry County Health Unit at 501-889-5156. Space will be limited so sign up today!

**Tuesday, November 18th**  
**11:00 am - 12:00 pm**  
**Perry County Health Unit**



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

## FCHI and UCA Once Again Bring Cooking Matters to Conway Area

The Faulkner County Health Initiative has partnered again this year with the Dietetic Internship Program at UCA to provide *Cooking Matters for Families*. The classes focus on preparing healthy, affordable meals for an entire family. The class incorporates tasks that children can help with and encourages working together and eating together as a family. During the second class HHI Coordinator, Laura Taylor included kitchen fire safety as well. The group discussed safety tips and fire escape plans and smoke alarms were given out as door prizes.



UCA Dietetic Interns work with two children during the Cooking Matters for Families class on October 16th.

