



Central Region

Faulkner • Garland • Grant

Lonoke • Perry • Pulaski • Saline

Hometown Health Improvement Newsletter • October 2014

Inspiration Run in Cabot Schools

Cabot Public Schools and a local running group, the Cabot Cruisers have been working together to inspire students to be healthy since 2007. The annual Inspiration Run is a 26.2 mile route that stops at 14 schools, including elementary, middle and junior high. Kids are waiting outside to cheer and support the runners as the runners give high-fives and words of encouragement to the students. At each stop, Cabot Cruisers talk to the students about the importance of exercising, eating healthy and taking good care of their body. The event takes place during school hours so every kid has the chance to participate in the cheering section and be inspired. Central Region HHI Coordinator, Laura Taylor was able to tag along and experience the “inspiration” and snap some great pictures. See page 4 for more inspiration!



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SWLR HHI Annual Celebration

The Southwest Little Rock Hometown Health Coalition hosted its Annual Celebration Meeting on September 8, 2014. Coalition members enjoyed a potluck lunch and CR Public Health Educator Dee Dee Wallace presented information on past activities and accomplishments for the year. The coalition recently partnered with Lifeline Baptist Church to launch the Southwest Little Rock Farmer's Market in June 2014. Local farmers who participate in the market were invited as special guests to the annual celebration. The coalition meets on the 2nd Monday of each month at 11:00am at the Southwest Little Rock Community Center. New members are always welcome to attend.



Central Region CHNS & CHPS Train Nurses Statewide

Central Region's CHNS and CHPS, Cynthia Wilborn and Anna Haver have provided educational sessions at statewide trainings and conferences during September. At the New School Nurse Conference held in Little Rock, Anna provided a presentation on the role of CHPS and CHNS. Cynthia provided a workshop for the nurses on individual healthcare plans for students.

They also participated in a panel on school health programs and services at the McKinney-Vento Grant statewide training held in North Little Rock recently. The McKinney-Vento program is designed to address the problems that homeless children and youth face in enrolling, attending, and succeeding in school. Many school districts in the state receive funds from the grant.

In cooperation with the Arkansas Department of Education, Anna and Cynthia provided a school health and wellness training for open-enrollment charter school staff. The workshop included topics on school health screening guidelines, role of wellness committees, using the School Health Index to improve school health and wellness programs, comprehensive school tobacco policy, and resources available to schools through the Tobacco Prevention and Cessation Program.



Grant County Welcomes New LHU Administrator

Jessica Wells is the new Grant County Health Unit Administrator. She has been a long-time resident of Sheridan and has two children in the school. Jessica is passionate about youth health and safety and has expressed interest in tobacco and injury prevention programs. She has been working closely with the Grant County Hometown Health Improvement Coalition as well as the HHI staff to plan activities and outreach for the communities throughout Grant County.



Youth Challenge Nutrition Presentation

Cadets at Youth Challenge in North Little Rock received a nutrition presentation from Central Region Health Educator Dee Dee Wallace on September 24th. Cadets learned the difference between the old food pyramid and the new MyPlate campaign, understanding how to read food labels, shopping hand and hand with MyPlate, the importance of physical activity and avoiding portion distortion.



The City of Hot Springs Continues to Make Community Improvements and is Now Looking at Complete Streets

Hot Springs officials and residents met with representatives from Smart Growth America on September 17 and 18, 2014 as part of a free, grant-funded technical assistance program. Hot Springs' Plan 2030, lays out a vision of vital neighborhoods; diversified transportation options; and quality growth and development that supports residents health, safety, and welfare. Also recently named a Growing Healthy Community by the Arkansas Coalition for Obesity Prevention, Hot Springs is working to improve residents' opportunities for physical activity. This workshop provided the community with tools and strategies to develop a Complete Streets policy that advances all of these goals. A Complete Streets policy will help Hot Springs plan and design its streets to be safe, comfortable, and convenient for people of all ages and abilities, whether they are walking, bicycling, driving, or using public transportation.

Hot Springs residents attended a workshop the evening prior to the training for an introductory presentation and interactive discussion about Complete Streets and their benefits. The event was held September 17, 2014 at 5:30 p.m. in the Transportation Depot.

Artist designs of what our city could like in several key areas were displayed with pictures of the current state next to each design. Several other communities were used as examples of these same types of concepts and what they were able to do to enhance the drainage, walkability, transportation in the area.



Inspiration Run in Cabot



**26.2 Miles Ran, 14 Schools Visited,
Thousands of Kids Inspired**



Upcoming ADH Mass Flu Clinics

Faulkner Co: Oct 17 -
McGee Center, Conway

Jacksonville: Oct 23 -
Community Center

Garland Co: Oct 24 - HS Convention Center

Saline Co: Oct 24 - Holland Chapel Family Life Center

Pulaski Co: Oct 28 - AR State Fair Grounds, LR

Perry Co: Oct 28 - Fair Grounds, Perryville

Lonoke Co: Nov 7 - Cabot Community Center

North Little Rock: Nov 7 - NLR Freshman Campus

Grant Co: Nov 7 - Sheridan Rec Center

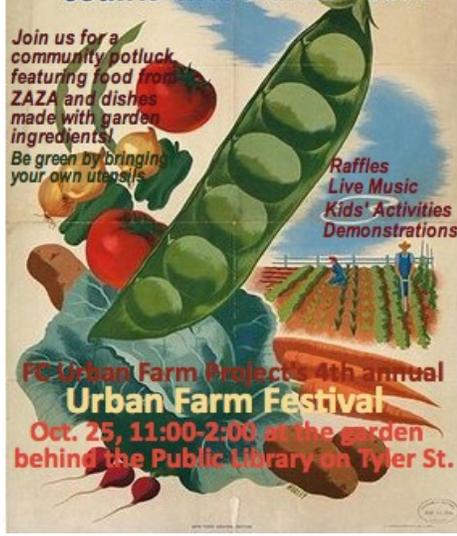


OUR COMMUNITY GARDEN *counts more than ever!*

Join us for a
community potluck
featuring food from
ZAZA and dishes
made with garden
ingredients!
Be green by bringing
your own utensils.

Raffles
Live Music
Kids' Activities
Demonstrations

FC Urban Farm Project's 4th annual
Urban Farm Festival
Oct. 25, 11:00-2:00 at the garden
behind the Public Library on Tyler St.



Great Pumpkin Run in Lonoke to Benefit Open Arms Shelter

Lonoke community members showed their support to Open Arms Shelter on Saturday, September 26th by participating in the 4th annual Great Pumpkin Run.

The event consisted of a 5K, 1 Mile Family Trot, and Pumpkin Patch. All proceeds and donations were given to Open Arms Shelter.

The shelter provides both temporary and long-term housing to children who are victims of abuse and neglect from birth up to 18 years of age. For more information visit openarmsshelter.org or call 501-676-6166.

HHI Coordinator, Laura Taylor's children - Clark and Collin after the 1 Mile Family Trot



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