



Central Region

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

Hometown Health Improvement Newsletter • September 2014



Congratulations to this year's winners!

Announcing the winners of the 2014 Stamp Out Smoking "My Journal: How Tobacco Affects Me" Essay Contest! Stamp Out Smoking received almost 1,000 essays from students in 44 counties in Arkansas. Several winners came from the Central Region! We hope students will continue to act as tobacco-free advocates, never begin using tobacco, and always encourage their friends and family to do the same!



Grades 2-3

3rd Place

Mackenzie Martin

Lisa Academy, Little Rock

Grades 4-6

3rd Place:

Evan G. Cates

Perryville Elem School

Grades 7-9

1st Place:

Tanner Tilley

Greenbrier Jr High School

2nd Place:

Calais Phillips

Greenbrier Jr High School

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Do you have something you would like to share in our newsletter? Email Laura Taylor at laura.taylor@arkansas.gov

Pulaski County School Wellness Workshop

On August 7th, Central Region hosted a School Health and Wellness Workshop in North Little Rock. Approximately 40 teachers, coaches, nurses, and administrators from Little Rock School District, Pulaski County Special School District, and North Little Rock School District participated. Sessions included information and resources for school wellness committees, tobacco prevention and cessation, nutrition education and promotion, physical activity in the classroom, and injury prevention programs for schools.

Students from the NLR School District EAST Initiative Community Farm provided a presentation on the work they have done with the farm project and offered tours of the farm. Chef Marti Smith with Taste of the States provided a healthy cooking demonstration and prepared lunches for participants.

Community Health Promotion Specialist, Anna Haver says that she hopes to make this an annual event for school personnel interested in learning more about implementing various health and wellness programs in their own schools.



Smoke-Free Cars for Kids in Central Region

Central Region HHI staff has been busy again working with Senior Law Education Instructor from the Attorney General's Office, Dwayne Yarbrough at his "Smart Choices, Better Chances" classes. The target audience for the training is primarily school resource officers, counselors and administrators. The program addresses juvenile laws as well as topics relevant to the overall health and safety of the students. Adding ACT 811 information to the training better equips school staff to educate parents that still smoke in the vehicle with a child under the age of 14. Parents will have the opportunity to learn not only about the law, but the dangers of secondhand smoke and resources to help them quit like the Arkansas Tobacco Quitline. This education could be as simple as talking to parents during drop-off and pick-up and posting signs in the car line. For more information on the Quitline or ACT 811, visit stampoutsmoking.com or call 1-800-QUIT-NOW.



**Center for Healing Hearts
and Spirits Hosts
Teen Conference
& Back to School Block Party**

The Center for Healing Hearts and Spirits hosted their annual 2014 Teen Conference and Back to School Block Party on Saturday, August 9th. Central Region HHI support staff Laura Taylor and Dee Dee Wallace participated in the event and presented information on current statistics regarding motor vehicle crashes among teen drivers, common distractions while driving, seatbelt safety, graduated driver's licensing law (GDL) and the importance of driving contracts for parents and teens. A series of Q&A engaged participants during the presentation and correct answers were rewarded with a thumb ring. The thumb ring serves as a reminder not to text while driving. Other topics included Tobacco, Drugs, HIV prevention and other breakout sessions for youth and parents. A total of 178 participants attended the conference.



Sling It Forward

A Baby Sling Loaner Project

Sling It Forward encourages baby wearing and helps fit breastfeeding into busy lifestyles. It positively impacts breastfeeding duration. "Sling It Forward Arkansas" was adapted from the California Shasta County WIC's Sling Program. It was initiated in Arkansas in Saline County's WIC program. Developed and coordinated by the WIC Breastfeeding Peer Counselor, Lena Strickland, it was promoted as a free loaner program for short term trial of a sling/wrap/carrier. The coordinator solicited free samples of slings/wraps/carriers from manufacturers. The program was implemented after obtaining 13 slings/wraps of various sizes and styles. A flyer was created to promote the program. Slings/wraps were loaned for 30 days. The mother selects sling/wrap of choice and signs a contract for use and loan. At contract end, the sling/wrap is returned and the mother is given resources to purchase her own sling/wrap. Baby wearing allows for discreet nursing in public places like parks, restaurants, shopping malls, libraries, or grocery stores. Carried babies may cry less, be calmer and more content, nurse more, gain weight and develop better. The "Sling It Forward" project is an effective way to encourage baby wearing. It is a good way to meet and connect with new and expectant moms and has been proven to be a vehicle to start or expand a support group.



Resources:

http://www.naturalchild.org/guest/laura_simeon.html

<http://www.rcpcfairbanks.org/slingit.php>

<http://www.internationalbabywearingconference.com/>

<http://schamelot.blogspot.com/2012/05/no-sew-baby-ktan-wrap-stylecarrier.html>

Babywearing: The Benefits and Beauty of the Ancient Tradition,
by Maria Blois, MD

Ten Reasons to Wear your Baby, by Laura Simeon, MA, MLIS

Stay Tuned to Garland County

Several Garland County community leaders participated in a research study conducted by researchers from the Yale School of Public Health this week. The study funded by Robert Wood Johnson Foundation focus is trying to understand how county level factors, including the promotion of resources and community engagement, influence adult obesity rates in the county. As part of the study the three researchers conducted interviews with key people familiar with the state of adult obesity, obesity prevention, and the role of county-level organizations in promoting a healthy lifestyle for Garland County residents. The Yale School of Public Health visitors plan to share the result of the study when it is complete.

The timing of the study could not have been better. Hot Springs has an enthusiastic Growing Health Communities (GHC) Network with four active committees who met June 24th to highlight the past year of work. The GHC committee members and our visitors from Yale University heard updates, successes, challenges and 2014 next steps for: Walkability, Community Gardens, Nutrition Education and Worksite Wellness.

Another round of Growing Health Communities funding was announced for three cooking matters classes and funds for both Park Avenue and the Palm/Beach garden sites. In addition a technical assistant's grant from the EPA has been awarded to help the walkability committee with design and implementation plans. This award only went to 14 communities in the U.S.



GHCHS is a member of the ArCOP Growing Healthy Communities Initiative. It is a group of organizations, agencies, and individuals who are committed to accomplishing the ArCOP goals in the Hot Springs Community. Look for highlights in the next HHI Central Region Newsletter!

Upcoming HHI Coalition Meetings

Faulkner Co. Health Initiative
September 3rd 12:00-1:00

Garland Co. Project HOPE
September 4th 11:30-1:00

Grant Co. HHI
September 17th 12:00-1:00

Lonoke Co. HHI
September 16th (Cabot) 1:30-3:00

Midtown Health Alliance
September 23rd 9:00-11:00

Perry Co. HHAT
October 14th 10:00-12:00

SE Pulaski Co. HHI
September 8th 6:00-7:00 pm

SWLR HHI Coalition
September 8th 11:00-12:00

Contact our HHI staff or your Local Health Unit Administrator to find out more about the coalition in your area.



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

Toney Bailey, MS
Health Program Specialist II

Anna Haver, MCHES
Community Health Promotion Specialist

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

SW Little Rock Farmer's Market Saturdays @ 8am

Lifeline Baptist Church Parking Lot
7601 Baseline Rd. Little Rock, AR 72209

For more information please contact
Joan Brush at 501-554-5049

* Sponsored by Life Line Baptist Church and
the SW Little Rock HHI Coalition

Draw A Healthy Community

Annual Poster Contest



The Lonoke County Hometown Health Improvement Coalition is once again reaching out to elementary students across the county for the annual "Draw A Healthy Community" Stamp Out Smoking Poster Contest. Students in K-5th grade in any Lonoke County school district can enter by submitting a drawing of a Healthy Tobacco Free Community to their homeroom teacher. All entries must be submitted no later than September 30, 2014 to participating School Superintendent's Office. The first place winner and runner up from each school will receive a gym bag filled with prizes. All participants will receive community recognition! For more information contact the Lonoke County Health Unit Administrator, Milton Garris, Administrator at the Cabot Health Unit: 501-843-7561 or the Lonoke Health Unit: 501-676-2268.

School Wellness Committee Role in School Health Index

This workshop will discuss the role of school wellness committees, how wellness teams should be involved in completing the School Health Index, and using the index to guide school district wellness efforts.

November 6, 2014
9:00 – 3:30

AR School for the Deaf, Tornado Shelter
Register at: http://www.escweb.net/ar_esc

Session ID: 228873

Space is limited to 30 participants