



Central Region

Faulkner • Garland • Grant
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Hometown Health Improvement Newsletter • January 2015

Teen Driving Family Education in Central Region

Parents and teens across Central Region are enrolling in Teen Driving Family Education classes offered by HHI Health Educators and CHPS and CHNS. This class was designed to teach parents the fairly new Graduated Driver Licensing laws (GDL) that went into effect in 2009. It also encourages families to create a driving contract between the parents and teens to agree to specific driving terms. Teens need extra driving rules and supervised practice to protect themselves and others on the road with them. The class shows a number of videos and data that reinforces the GDL's purpose. It covers age requirements, number of passengers allowed, seat belt use, nighttime driving, underage drinking and cell phone use.

The 2 hour course is typically offered in the evening so that both parents and teens can attend. HHI will conduct the class and offer a certificate of completion that can be submitted to an insurance agency. Many (but not all) agencies have offered discounted rates for those who have completed the safety course. The most recent classes have been held at Cabot and Greenbrier High Schools. For more information on Teen Driving Family Education, contact your local public health



Inside the January Issue:

Smoking Cessation	2	Heal a Heart	3	Upcoming Trainings	4
Trojan Trot	2	House Fires	3	Human Trafficking	4
CPR in Schools	2	Grant Co. HHI	3	HHI Support Staff	4



New Years Resolution: Be Tobacco Free

Many people will make New Years Resolutions for 2014. It is likely that there is no better goal for one's health than quitting the use of tobacco. Hometown Health Improvement is dedicated to helping individuals break the habit. Public health educators work with civic groups, businesses and individuals across Central Region to provide education about the many harmful effects as well as ways to successfully quit. Education along with the use of the Arkansas Tobacco Quitline has helped many around the state kick the habit.

Recently, HHI Coordinator Laura Taylor was invited to speak at the Human Development Center's statewide superintendent's meeting. The Human Development Center is among some of the largest employers throughout the state. The administrators learned about the many benefits of helping their employees quit as well as the many resources available to help.

For more information on the Quitline call 1-800-QUIT-NOW or visit www.stampoutsmoking.com OR contact your local HHI Public Health Educator for materials and presentations.



Hot Springs High School Annual Trojan Trot

Trojan Trot is an annual event sponsored by the Hot Springs School District Wellness Committee. Proceeds from the event are used to fund district health initiatives for students and staff. Registration forms can be obtained online at: <http://www.hssd.net/front-page-news/March%2014%2C%202015%20Trojan%20Trot%20Registration%20Form.pdf> Prizes will be awarded and pre-registered participants will receive a t-shirt.



Location: Hot Springs High School
\$10.00 - HSSD Students \$20.00 - Adults
Contact:
Dr. Stephanie Nehus 501-624-3372

Students Learn CPR as New Graduation Requirement

As a graduation requirement, high school seniors must now receive CPR training, in accordance with Arkansas Act 1036. Anna Haver, Central Region CHPS, recently assisted the Little Rock School District nursing staff in providing the training at Parkview High School. All sophomore, junior, and senior students at the school were trained in hands only CPR and the use of AED machines over two days. The district worked with Dr. Steve Schexnayder, the ER Director at Arkansas Children's Hospital to develop the training that is being provided to students.





13TH ANNUAL CELEBRATION OF AN “EVENING TO HEAL A HEART” SYMPOSIUM

“Rebuilding Communities— One Healthy Heart at a Time”

Holiday Inn Presidential . 600 Interstate 30 . Little Rock, AR
Thursday, Feb. 12, 2015] 8:00 a.m. - 11:45 a.m.

This event is free, but you must register by Friday, February 6, 2015 at (501) 372-3800 or e-mail nhscenter@sbceglobal.net. Seating is limited to 200! Health Screenings will also be available and informational booths.

SPECIAL THANKS TO OUR HEALTHY HEART SPONSORS AND PARTNERS



Cold Weather Brings House Fire Prevention and Education

It's that time of year again... People are using several means to heat their homes as winter weather blows in. Health Educators in Central Region are visiting local senior centers to encourage folks to use extreme caution when heating their homes. The House Fire Prevention presentation includes the proper use of space heaters and electric blankets and discourages heating homes with ovens. Properly installed, working smoke alarms are a must for every home. Participants are encouraged to check their batteries two times per year, have a fire escape plan and keep important items next to the bed such as glasses, a flashlight and walking devices. Handouts on fire safety are provided, along with several new smoke alarms as door prizes.

Grant County HHI

The Grant County HHI Coalition is gearing up for the New Year with a meeting at the Sheridan School District. Grant County Health Unit Administrator, Jessica Wells has a vision for the community with a heavy focus on youth. The meeting will be held on Wednesday, January 21st and will include the coalition members that have been involved the past as well as those who have a new interest. For more information about the Grant County HHI Coalition, contact Jessica Wells at jessica.wells@arkansas.gov.



Upcoming Trainings for School and Child Care Employees

Pre-School Health and Wellness Workshop

Wednesday, March 11, 2015
8:30 a.m. - 3:00 p.m.
Freeway Medical Towers
5800 West 10th Street
Little Rock, AR

Educational Sessions Include: Play-ground Safety, Physical Activity Recommendations in Childcare Settings, Reporting Child Abuse and Neglect, Summer Feeding Programs, and more!

Register online at: <http://professionalregistry.astate.edu>

Course # 46334



Medication Administration in Early Education and Child Care Settings

Wednesday, April 1, 2015
9:00 am - 2:30 pm
Freeway Medical Tower, Room 902
Little Rock, AR

5 contact hours available
Highlights Include: Improve medication storage, preparation, and administration techniques to prevent errors and Recognize and respond to adverse reactions to medication

Register online at: <http://professionalregistry.astate.edu>

Course # 46335

Registration is required. Lunch will be provided for all participants.
Sponsored by the Arkansas Department of Health

Contact person for both trainings: Anna Haver (501) 791-8551 or anna.haver@arkansas.gov

Human Trafficking Awareness

The Human Trafficking Task Force of Garland County will be hosting a screening of the documentary "In Plain Sight" which focuses on 6 Shelters for Human Trafficking victims from 6 cities in the USA, including Little Rock, Arkansas. A survivor who is shown in the film and was trafficked in Arkansas will also attend and share her story.

This event is in joining with the National Month for Human Trafficking Awareness and will be held at the Garland County Library in the Gordonelle Williams Hall on **January 20th, this coming Tuesday, starting at 5:30pm until 7:15pm.**

If you have any questions please email. Please RSVP by emailing seedsofhopeart@gmail.com.

You can also find us on Facebook at <https://www.facebook.com/htf4gc>.

The trailer for the film can be viewed at <http://youtu.be/vDFGm3Grw1s>

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