



# Central Region

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

## Hometown Health Improvement Newsletter • April 2015

### Announcing the 2015 County Health Rankings

The annual *County Health Rankings* measure vital health factors, including high school graduation rates, obesity, smoking, unemployment, access to healthy foods, the quality of air and water, income, and teen births in nearly every county in America. The annual *Rankings* provide a revealing snapshot of how health is influenced by where we live, learn, work and play. They provide a starting point for change in communities. Central Region HHI support staff will be working with community groups and coalitions to review their county's health ranking and plan activities accordingly. For more information on the 2015 *County Health Rankings*, visit [countyhealthrankings.org](http://countyhealthrankings.org). To learn more information about a community group or coalition in your area, contact the HHI team.



County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program



[countyhealthrankings.org](http://countyhealthrankings.org)

#HealthRankings

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# Worksite Wellness Summit

Central Region HHI is excited to offer Worksite Wellness Summits to provide local worksites with the information needed to improve the overall health of their employees, as well as productivity.

The Summits are FREE and include lunch. Only two Summits remain so sign up today!

**April 29th at the Transportation Depot in Hot Springs**

**May 7th at the Willie Hinton Neighborhood Resource Center in Little Rock**



For questions call or email Christy Campbell at 501-416-9527 or [christy.campbell@arkansas.gov](mailto:christy.campbell@arkansas.gov)

You must register to attend at:

<https://www.surveymonkey.com/s/QK72YGB>

# PreSchool Health & Wellness Workshop

In March, Central Region HHI sponsored a Preschool Health and Wellness Workshop for childcare facilities in the region. Providers from both private and public school pre-K programs in Pulaski, Saline, and Garland counties participated in the workshop. Sessions were provided on playground safety, shaken baby prevention and recognition, child maltreatment reporting, nutrition and physical activity for preschool children, and tobacco prevention & cessation. The region partnered with the Department of Human Services and Arkansas Children's Hospital to provide expert presenters on the various topics. This was the second year for HHI to offer this workshop. Childcare providers who have attended have offered excellent feedback and reviews on the opportunity to receive health related training.



## Playground Injury Risk

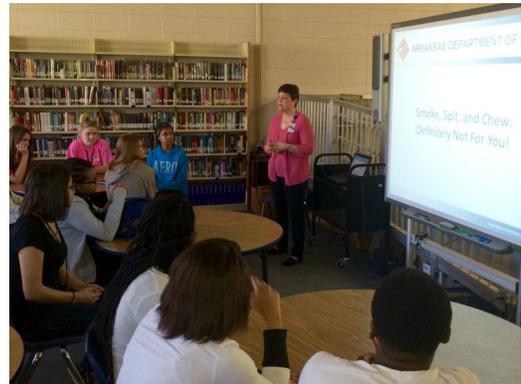
- 70% playground injuries occur on public playgrounds
- More than 85% involve:
  - Slides
  - Swings
  - Climbing equipment
- Falls are most common injury
  - Proper surfacing & equipment height

Arkansas Prevention Center | Pediatrics | UAMS

Arkansas Prevention Center | Pediatrics | UAMS

## NLR High School Provides Tobacco Prevention Education

During the past few months, Anna Haver has partnered with the freshman health education teachers at North Little Rock High School to provide tobacco prevention education to all students enrolled in the required high school health course. Approximately 400 students have received education on the dangers of cigarettes, smokeless tobacco and e-cigarettes. They have learned about the deceptive marketing practices used by Big Tobacco and how to resist the pressure to begin using tobacco products. As a follow up to the education, Coach Matthews had her classes create a banner on Kick Butts Day stating who they are and why they are "Not A Replacement" for big tobacco.



County Health Rankings & Roadmaps  
Building a Culture of Health, County by County

Where you live matters to your health.

New data at [countyhealthrankings.org](http://countyhealthrankings.org) show what's shaping health in your county.

#HealthRankings

New 2015 Rankings

INCOME  
EDUCATION  
TRANSPORTATION  
HOUSING

### School Health & Wellness Workshops

The Central Region CHPS and CHNS will offer School Health and Wellness Workshops again in 2015. Pre-registration is required.

Register at: [www.escweb.net/ar\\_esc](http://www.escweb.net/ar_esc)

April 29, 2015 at Wilbur Mills Educational Cooperative, Beebe Session ID: 242875

### ArCOP's Mayors Mentoring Mayors in Central Region

Help us reach your mayor! ArCOP has cordially invited all Arkansas mayors to join us at one of our upcoming (free) Mayors Mentoring Mayors lunch & learn events. Please contact your mayor's office to encourage him/her to register. **The Central Arkansas 3M Lunch and Learn will be hosted by Jill Dabbs of Bryant, Joe Smith of North Little Rock and Mark Stodola of Little Rock.**

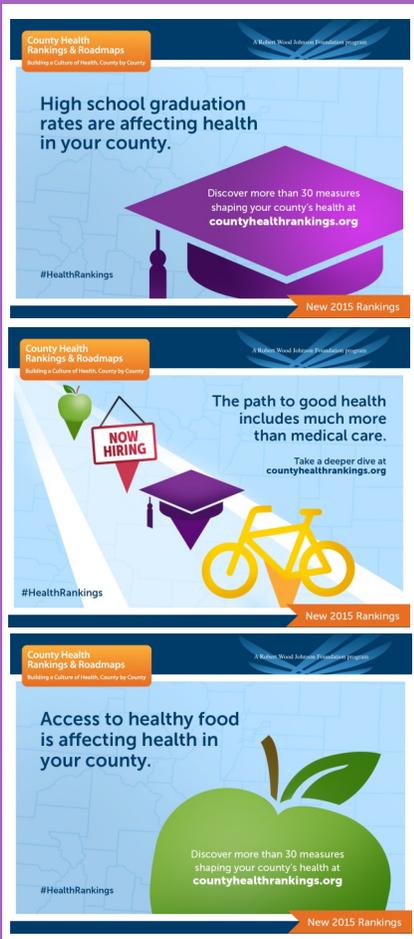
Arkansas Municipal League, North Little Rock, AR  
Friday, May 29th from 11:30am - 1:00pm.  
There are 50 seats available with lunch provided.

At these lunch & learns, our host mayors will share no-cost, low-cost, and larger investment changes that have made their cities **healthier** and more **economically secure** - and ArCOP leadership will show you a free toolkit that has resources to help you implement such ideas in your city.

### WIC Celebrates National Nutrition Month at the Pulaski Central Health



Pulaski Central's Family & Consumer Science Specialist, Meredith Hardin



## The Arkansas Department of Health Presents **2015 Cities Readiness Initiative Conference:** **Situational Awareness = Community Preparedness**

**Thursday, May 28th**

**9:00 am – 3:30 pm**

**Registration opens at 8:30 am**

**Arkansas 4-H Center**

**Learn how to recruit volunteers and partners, share emerging trends and network with key stakeholders!**

**Know someone else who's affected during a public health emergency?**

**Share this with them!**

Attendees must register using the Arkansas Department of Health online training registration system, ATRAIN: **Cities Readiness Initiative Conference**



## **Garland County Suicide Prevention Coalition**

Garland County is one of a handful of communities across the state actively working toward lowering the rate of suicide. Suicide is currently the 10th leading cause of death in the United States. Arkansas is ranked 17th in the country for deaths by suicide, with Garland County ranking 5th in the state according to 2014 Arkansas Epidemiological State Profile of Substance Use data.

The Garland County Suicide Prevention Coalition (GCSPC) was established in August of 2014 in response to the high county suicide data presented to coalition members of Project H.O.P.E (Health, Opportunities, People and Education). Key collaborators of the coalition, including mental health and health care professionals, educators, local law enforcement, and other members with a desire to address this alarming problem, agreed to form GCSPC. The group is working toward implementing practices that would provide the community with knowledge, understanding, and vital resources to help those at risk for suicide. The coalition is planning several events to help promote awareness of the suicide problem.

The GCSP Coalition currently meets once a month and is open to anyone who has an interest in preventing suicide. To learn more about the Garland County Suicide Prevention Coalition, please contact Susie Reece at 501- 249-9758 or reecesusie@ymail.com. Like the Garland County Suicide Prevention Coalition on Facebook at <https://www.facebook.com/preventsuicidegarlandarkansas>.

A Suicide Survivors Grief Support group has also been started for those who have lost a loved one to suicide. The support group meets the 3rd Tuesday of every month beginning at 6:45 p.m. at the Area Agency on Aging located at 905 W. Grand Avenue. For more info about the group call 501-538-4502.

**If you or someone you know is in crisis please call the  
National Suicide Prevention Lifeline at 1-800-273-8255**

## The Health of U.S. Counties in 2015

Just released data from the 2015 County Health Rankings show how more than 30 measures influence health across the country.

### Income and Poverty



**Almost one in four** children in the U.S. live in poverty

### CHILD POVERTY RATES ARE OVER **2X HIGHER**

in the unhealthiest counties in each state than the healthiest counties.

Household income shapes our choices of housing, education, child care, food, medical care and more. As income and wealth increase and decrease, so does health status.

### Premature Death Rate

(Years of life lost before the age of 75)



have seen improvement in the last six years

### Unemployment



During the recession, the West, Southeast and Rust Belt were hit hardest. Since then, some counties in the West and Southeast have shown the greatest reductions in unemployment.

### UNEMPLOYMENT RATES ARE **1.5X HIGHER**

in the unhealthiest counties in each state than the healthiest counties

Employment provides income and other benefits that support health and healthy lifestyle choices, including access to health care, good housing, healthy food and places to exercise.

Discover more than 30 measures that affect your county's health at [countyhealthrankings.org](http://countyhealthrankings.org)

**When a kid first experiments with drugs . . . he usually doesn't get them from a dealer.**



***Dispose of your unused medications!  
It's one more way to show you love him.***

**Arkansas Prescription Drug Take Back  
Saturday, April 25th  
10:00 AM until 2:00 PM**

You can help protect your children, grandchildren, or their friends. Bring all your expired or unneeded medications to one of the many collection sites across the state. Drop-off is completely anonymous and no questions will be asked. Pills will be accepted in any container but may be removed from their original bottles for increased privacy.

This 2015 Take Back event is sponsored by the Office of the Drug Director, the DEA Little Rock Field Office, the AR National Guard, AR Rotary Clubs, the AR State Board of Pharmacy, the Department of Health, Department of Human Services, and over 170 additional government agencies, community organizations, public health providers, and law enforcement agencies.

***For a collection site near you,  
visit: [www.artakeback.org](http://www.artakeback.org)***

# Hot Springs School District Wellness Committee Hosts 2015 Trojan Trot

The Hot Springs School District Wellness Committee hosted the second annual Trojan Trot on Saturday, March 14<sup>th</sup> at Hot Springs High School. The two mile family fun run is held on the high school campus and is open to anyone in the community. Participants came from as far as Little Rock for the event. Awards were given to the top three male and female finishers as well as to the top three finishers in each age division. Our own Anna Haver even earned 1<sup>st</sup> place for her age division. This year's race also introduced a new wheelchair race division. The wellness committee not only uses this event as fundraiser for needy families within the district, but as an opportunity to promote physical activity and fitness among families.



## New HHI Health Educator

The Central Region HHI Support Staff is happy to announce a new addition to the team - Certified Public Health Educator, Kara Autrey. Kara earned her Bachelor of Science in Health Education from the University of Central Arkansas and her Master of Arts in Health Studies from the University of Alabama. She enjoys outdoor activities and spending time with her husband, Josh. Please join us in welcoming Kara to her new position with Hometown Health Improvement in Central Region.



## Central Region

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

**Julie Harlan, MCHES**  
Central Region HHI Manager

**Laura Taylor, CHES**  
Central Region HHI Coordinator

**Christy Campbell, CPS**  
Central Region Grants Administrator

**Kara Autrey, MA, CHES**  
Certified Public Health Educator

**Anna Haver, MCHES**  
Community Health Promotion Specialist

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