



Central Region

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

Hometown Health Improvement Newsletter • March 2015



May is National Nutrition Month

National Nutrition Month is a campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign of making informed food choices and developing sound eating and physical activity habits. The theme "Bite Into a Healthy Lifestyle," which encourages everyone to adopt eating and physical activity habits focused on consuming fewer calories, choosing nutrient-dense choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote

Registered Dietitian Nutritionist Day is March 11th

increases awareness of registered dietitians, an indispensable providers of food and nutrition services. Registered Dietitians for their commitment to helping people enjoy healthy lives. Registered Dietitian Nutritionist Day will be celebrated on Wednesday,

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Worksite Wellness Summits



Greenbrier Hosts Teen Driving Classes

Inside the February HHI Newsletter was a short article from a very successful Teen Driving Class at Greenbrier High School. Close to 75 parents and teens joined the class, taking home a better understanding of the new Graduated Driver Licensing Laws and a plan for creating a driving contract within their family. Because of the impact the class had with the ones that attended, Greenbrier has scheduled a second class for April 20th for those who were unable to attend the first.



If your school or community group is interested in hosting Teen Driving Class, contact Laura Taylor at 501-791-8551 or laura.taylor@arkansas.gov.

Local Health Units Use Online Referral for an Easy Approach to Quitting Tobacco

Local health units throughout the state have been referring patients to the Arkansas Tobacco Quitline (ATQ) for years. The free service has helped many break their addiction to tobacco and is now even easier to access. Local health unit administrators were trained by HHI Manager, Julie Harlan on the

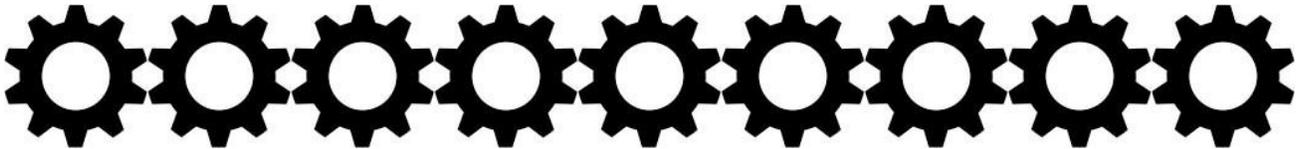
new process of referring patients online to the ATQ rather than the previous method of faxing forms. The online referral process will enable nurses, nutritionists or support staff to enroll patients quickly and seamlessly during any type of appointment.



ATQ services is confidential, one-on-one help tailored to each individual. It is a 24-hour direct line to professionally trained Quit Coaches and a 24-hour online community of support from others who have quit. The ATQ also provides help with free nicotine replacement therapy, while supplies last. For more information and resources visit stampoutsmoking.com.

Wgearorksite Wellness Summit

Human Resources, Safety Managers, Nurses or anyone interested in improving the overall health and wellbeing of your workplace - THIS TRAINING IS FOR YOU!

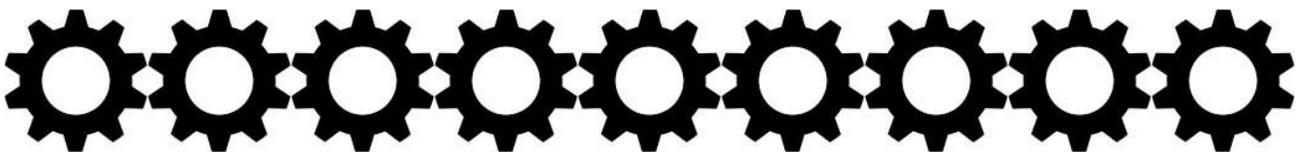


- See how your workplace scores in health and wellness
- Learn about effective programs and education for your staff
- Learn to write or strengthen policies like tobacco and e-cigarettes
- Hear testimonials from local worksites who have implemented successful wellness programs or policies
- Improve the health and productivity of your workers and receive a Worksite Wellness Toolkit for your facility - for FREE!

You must register in advance at

www.surveymonkey.com/s/QK72YGB

All summits are FREE and include LUNCH! Choose the most convenient location for you. Summit times are 8:30am-3:00pm.



McGee Center
Conway March 18th

Community Center
Jacksonville April 13th

Bishop Park
Bryant April 15th

Transportation Depot
Hot Springs April 29th

Willie Hinton Center
Little Rock May 7th

Sponsored by the Arkansas Department of Health
Worksite Wellness and Central Region Hometown Health Improvement
For questions contact Christy Campbell at 501-416-9527 or christy.campbell@arkansas.gov

Upcoming Trainings for School and Child Care Employees

Pre-School Health and Wellness Workshop

Wednesday, March 11, 2015
8:30 am - 3:00 pm

Freeway Medical Towers
5800 West 10th Street
Little Rock, AR

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



Medication Administration in Early Education and Child Care Settings

Wednesday, April 1, 2015
9:00 am - 2:30 pm

Freeway Medical Towers
5800 West 10th Street
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

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

Pulaski County Students Receive Nutrition Lesson

Sylvan Hills Elementary recently invited Anna Haver, Central Region CHPS, to visit with 5th grade classes about the importance of nutrition. The students were completing a nutrition and food label reading unit in their health curriculum. Anna provided a presentation to each class on USDA's MyPlate recommendations. The students were able to participate in a variety of activities that assisted in building skills to interpret food labels and recognizing proper portion sizes. Students also participated in a portion distortion math game at the end of the presentation.



Coming in April



Looking ahead to April, Central Region HHI will be focusing on ATV Safety. April has been declared Arkansas ATV Safety Awareness Month. Public Health Educators will be working to increase the knowledge of both youth and adults about the importance of ATV Safety. Arkansas Children's Hospital admits more than one child a week for ATV-related injuries, and many more are treated in emergency departments and clinics statewide.

Find Your Local HHI Coalition

Are you interested in becoming more involved in your community's health and safety? Hometown Health Improvement Coalitions exist across the state to empower local communities to take ownership of health problems and work to identify and implement solutions that improve the health of the citizens.

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

Faulkner Co. Health Initiative

Garland Co. Project H.O.P.E.

Grant Co. HHI Coalition

Lonoke Co. HHI Coalition

Midtown Health Alliance

Perry Co. HHAT

Southeast Pulaski Co. HHI Coalition

Southwest Little Rock HHI Coalition



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Oral Health Education

Preschoolers and Kindergarteners across Central Region have recently been visited by Al E. Gator and HHI health educators. February was National Dental Health Month and tooth decay is the most common childhood disease in America. Students enjoyed helping Al brush his alligator teeth. Al taught the kids how to brush their teeth with an emphasis on brushing 2 times a day for 2 minutes. More information can be found at www.2min2x.org. The health educators also focused on things that were damaging to teeth such as sugary foods and drinks and tobacco products. They were also introduced to Mr. Gross Mouth. Students across the region received the education, a new tooth brush and Arkansas Tobacco Quitline information to take home for their caregivers.



HHI Coordinator Laura Taylor and a student from Step By Step in Perryville

