



Central Region

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

Hometown Health Improvement Newsletter • August 2015

Community Gardens Grow in Grant County

What does it take to start a community garden? For JCEOC Coordinator and Grant County HHI member Debbie Harp, it takes just a few square feet of soil and the desire to make it happen. Debbie's office sits beside Feed 4 Less and when the owners realized she was ripping out her shrubs to replace them with a more fruitful landscape, they jumped on board, donating their time and supplies to the garden. This was only the beginning of a true "community garden". Volunteers started showing up to help put in the pallets - which were donated from Trinkets & Treasures owner, Katrina Woolridge, along with seeds and gardening tools. The Johnson family also donated their time and a much needed tiller. Now Feed 4 Less has planted corn between the two buildings and the owner of the building where Debbie works has agreed to allow raised beds in any of the grassy areas alongside the parking lot. Next year the group plans to see this tiny project blossom into a huge community garden with a fully functioning Farmer's Market. Debbie's work with the Grant County HHI coalition has led to additional funding that the coalition has agreed to put toward the project. This is the very early stages of what has potential to become a very successful community project for Grant County.

Pictured: Debbie Harp checking her tomatoes outside her office. See additional pictures on page 3.



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The Greenbrier Marching Band is

staying well hydrated during practice this August! What is your community doing to be healthier? Let us know and it may be featured in the next Central Region HHI Newsletter.



OMEGA PSI HOUSE

**2521 State Street, Little Rock, AR Sunday,
August 16, 2015 2:30 p.m. - 5:30 p.m.**

This is a free event that is open to the public that will provide school supplies including backpacks, food, entertainment, and educational literature. It will also encourage healthy habits such as a good night's sleep, proper nutrition, exercise, and more. Parents m u s t bring their children and will be limited to two backpacks per family! First-come, first-served basis!
For more information call 501-372-3800.

Hot Springs Growing Healthy Communities Annual Meeting

In March of 2013, a team of community leaders representing several organizations from Hot Springs attended a three day, Arkansas Coalition for Obesity Prevention's (ArCOP) immersion training. This Growing Healthy Communities training galvanized participants into a workgroup by completing exercises to identify projects to work on and to begin developing a vision and a plan. From this workshop, and subsequent meetings, a new health and wellness coalition was formed: Growing Healthy Communities Hot Springs (GHCHS).

The goals of GHCHS are continuing to be realized within a broader approach. In many respects Healthy Hot Springs successful vision, organizational model, training and mentoring program, combined with the incentives from ArCOP provided the tools needed to come together as a coalition. The vision of the Growing Healthy Communities- Hot Springs initiative is to align with the ArCOP goals and the Hot Springs 2030 Comprehensive Plan by working with community partners and residents to encourage healthy, active lifestyles and improve access to healthy foods. Hot Springs has an enthusiastic Growing Health Communities Network with four active committees: Community Gardens, Nutrition Education, Walkability and Worksite Wellness.



Palm Beach Community Garden



Park Haven Community Garden

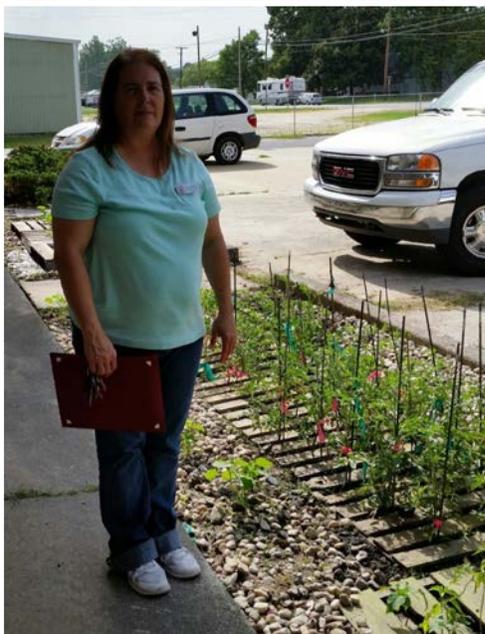
Central Region LHU Administrator Recognized at Annual ASEA Convention

Each year the Arkansas State Employees Association recognizes an Outstanding State Employee at the annual convention. The outstanding state employee is one who demonstrates commitment and integrity while serving the State of Arkansas. Central Region's Grant County Health Unit Administrator, Jessica Wells was nominated and made it to the top five! In the photo to the right, the plaque reads "2015 Finalist Outstanding Arkansas Employee, In recognition of Exemplary Accomplishments". The framed certificate reads "Outstanding State Employee". Linda Gladden from ADH was this years winner. Jessica commented that Linda is a wealth of knowledge and well deserving of this award. Please join Central Region HHI in congratulating Jessica Wells along with Linda Gladden and the many other outstanding state employees for 2015!



Grant County Community Garden

Volunteers were awarded certificates of appreciation for their hard work and generous donations. Local businesses and community members are turning outdated landscaping and unused green space into useful vegetable gardens. According to those who are involved with the project, this is only the beginning!





The Arkansas Cancer Coalition Helps the Arkansas State Fairgrounds write a new and Improved Tobacco Free Policy!

In May of 2015, the Arkansas Cancer Coalition achieved a huge victory when the Arkansas State Fairgrounds adopted a new tobacco policy. The new policy prevents the use of tobacco and nicotine products in all of the Arkansas State Fair's indoor facilities, including "open air" facilities like the livestock barns and pavilions. The policy bans the use of electronic smoking devices (ESDs) in all indoor facilities and also prevents smoking within twenty feet of all entrances. The policy applies to all events held at the Arkansas State Fairgrounds, not just the state fair.

By partnering with Hometown Health Improvement, ACC was able to purchase "No Smoking" signs for the fairgrounds. The signs will be placed at all entrances to each of the fairground's twenty-seven (27) indoor facility.

With the adoption of its new tobacco policy, the Arkansas State Fairgrounds is one step closer to protecting the 450,000 patrons that visit the fairgrounds annually for the state fair, as well as countless others who visit the fairgrounds for other events. ACC is currently partnering with the Arkansas State Fair and Deggeller Attractions Inc. to make all of the state fair's carnival ride lines tobacco and nicotine free in 2015.

Suicide Prevention and Intervention for First Responders

Presented by:  LEVI HOSPITAL

When? World Suicide Prevention Day September 10, 2015 8am – 1pm

Where? Embassy Suites Hotel 400 Convention Boulevard Hot Springs, Arkansas

Who Should Attend?

- Social Service Providers
- Physicians
- Nurses
- Emergency Department
- Law Enforcement
- Firefighters
- EMTs & Paramedics
- Clergy
- Teachers & Counselors

What Will I Learn?

- **Suicide Statistics for Arkansas and Garland County**
- **How to identify invitations for help when someone's at risk**
- **How to help an at-risk person stay safe using the TALK method**
- **Steps to take after someone has attempted suicide**

How to Register:

- Register online: www.surveymonkey.com/s/TGNVHNP
- This training is free and refreshments will be provided
- **This is an evidence-based training and CEUs may be available** (contact kmalkmus@levihospital.com to find out if you are eligible)
- Please register on or before 09/04/15

Questions?

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**This event is made possible by the Elisabeth D. Wagner Foundation
and the Arkansas Department of Health**

August is National Immunization Awareness Month

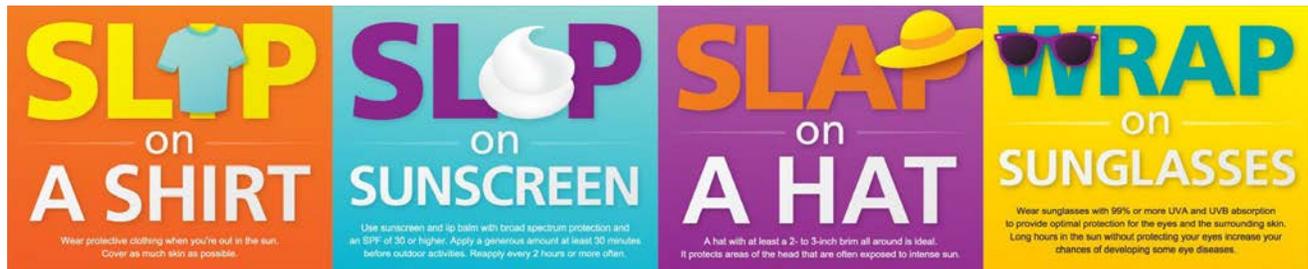
August 2-8 is the week that is dedicated to increasing awareness for preteens and teenagers to get immunizations. Vaccines help children, their friends, family members, and others stay protected and healthy. With school approaching, don't wait until the back to school rush begins to make an appointment for your children or to let others know that children will need to get vaccinated before school starts back in the fall. Contact your Local Health Unit and make an appointment today!

For more information on National Immunization Awareness Month visit www.cdc.gov/vaccines/events/niam.html



The Heat is On!

Remember to **Slip, Slop, Slap and Wrap** as recommended by the American Cancer Society and the National Council on Skin Cancer Prevention.



Worksite Wellness Summit

This spring the Arkansas Department of Health Worksite Wellness Section and Central Region Hometown Health Improvement teamed up to provide 5 Worksite Wellness Summits throughout Central Region. The two groups are teaming up once again this fall to continue the process of making worksites healthier. More details will be included in the next edition of the Central Region HHI Newsletter, but to get first-hand information on worksite wellness programs, resources and opportunities, email Laura Taylor to be added to the HHI Worksite Wellness email list.

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