



# Central Region

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

Hometown Health Improvement Newsletter • October 2015

## Perry County Safety Day



**October is National SIDS Awareness Month.**  
**Remember the ABCs of Safe Sleep:**

**Infant Safe Sleep**



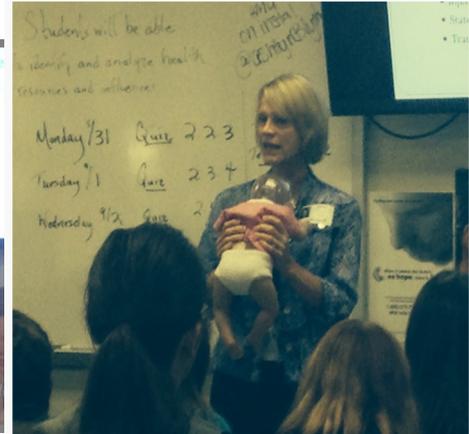
Baby sleeps safest alone, on their back, in a crib.

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## Cabot Students Receive Health Education

Central Region HHI Coordinator Laura Taylor and Community Health Nurse Specialist Becky Lamb provided educational sessions for more than 400 students at Cabot's Freshman Academy in September. The first half of each class was devoted to strengthening their recent unit on Health Literacy by explaining all of the many services offered by the Arkansas Department of Health. The second half of each class was the perfect follow-up to the recent Empowered Program that covered teen pregnancy, refusal skills and much more. Students learned the damaging effects of Shaken Baby Syndrome as well as Prenatal Drug Exposure and Fetal Alcohol Syndrome.

*Health Teacher of the Year (2014-15) Laura Abbot* coordinates this effort for all students in the Freshman Academy to receive this education each semester. That includes approximately 800 students per year!



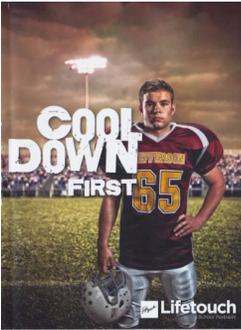
## Motor Vehicle Safety at Timberfest

The Grant County HHI Coalition and Local Health Unit teamed up once again to provide valuable education. Grant County Health Unit Administrator, Jessica Wells and Community Health Nurse Specialist, Liz Mercer organized a Car Seat Safety Check where 20 car seats were donated by local insurance agencies for people who had either the wrong size car seat, an expired seat or one that was no longer working properly. The Southeast Arkansas Trauma Advisory Council (SETRAC) administered the safety checks for the event on Friday afternoon. Meanwhile, in downtown Sheridan, Timberfest was well underway with the HHI/ADH booth that partnered with AT&T to provide texting and driving information. Participants were able to see what a distracted driver may see



through the "Texting and Driving Goggles". They were also able to experience the dangers by using the computerized texting and driving simulator.

Motor vehicle crashes among teens remains the leading cause of injury-related deaths in Central Arkansas. For more information on texting and driving, visit [www.itcanwait.com](http://www.itcanwait.com) and take the pledge to keep your eyes on the road, not your phone.



## Coaches Learn to Cool Down First in Hot Springs

AAU Football Coaches in Hot Springs had the opportunity to receive training on heat illness and proper hydration for athletes. AAU Co-Commissioner, Stanley Barnes scheduled the training with HHI Coordinator Laura Taylor to provide this valuable education that the volunteer coaches would not normally receive. The Cool Down First video explains not only the dangers of heat related illness and dehydration, but how to recognize the warning signs among athletes. The video also stresses the importance of having a written emergency plan and educating the athletes and their parents on proper hydration to avoid heat related illness.

## Southwest Little Rock HHI Coalition Celebrates!

Members of the SWLR HHI Coalition held their annual celebration on September 14th. While dozens of community members and key stakeholders attended, the guest of honor were the farmers and their families of the newly formed Southwest Little Rock Farmers Market. The coalition is so very proud to have driven the efforts to bring healthy, fresh foods to an area that is in need. Southwest Little Rock is considered a “food dessert”, meaning quality grocery stores carrying fresh produce are few and far between. The farmers were recognized and thanked by the coalition members for their support in the process. The keynote speaker for the celebration was Dr. Michelle Smith from the ADH Office of Minority Health and Health Disparities. Health disparities among citizens living in Southwest Little Rock has been a focus of the coalition and Dr. Smith helped the group understand what their office can do to assist them in these efforts as well.

The SWLR HHI Coalition meets at the Southwest Community Center on the 2nd Monday of the Month from 11:00-12:00. The next meeting will be October 12th. All community members are welcome to attend!



# Perry County Safety Day

Perry County Cooperative Services invited Perryville and Bigelow Elementary schools to gather at the Perryville City Park on Sept. 15th for a fun day packed with safety education. The 4th and 5th grades enjoyed a picnic lunch and prize drawings that included new bicycles and helmets. Multiple topics were addressed during the event to broaden the students' knowledge of general safety, whether they are riding an ATV or using the internet. The event was organized by County Extension Agent, Mary Jane Cody. For more information on the county extension office, visit [www.uaex.edu/counties/perry](http://www.uaex.edu/counties/perry).

Game and Fish  
Extension – 4-H  
First Electric  
Farm Bureau  
Farm Bureau  
Central Region HHI

Boating Water Safety  
ATV Safety  
Electricity Safety  
Tornado Safety  
Internet Safety  
Tobacco/Fire Safety



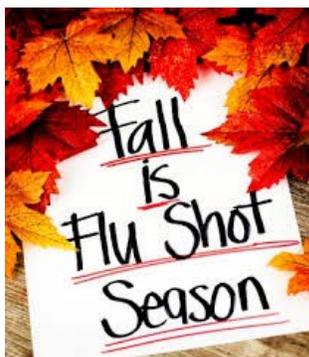
# October is National SIDS Awareness Month

## What Does **Safe Sleep** Look Like?



- Use a firm sleep surface, such as a mattress in a safety approved\* crib, covered by a fitted sheet.
- Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area.
- Do not smoke or let anyone smoke around your baby.
- Always place your baby on his or her back to sleep for naps and at night.
- Dress your baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket.
- Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Breastfeed your baby to reduce the risk of SIDS.
- Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS.
- Make sure nothing covers your baby's head.

*\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>*



Getting a flu shot will not only protect you, it protects the ones that you love. Older adults, babies, pregnant women and those living with a compromised immune system are especially at risk for developing serious complications from the flu virus.

## Upcoming ADH Mass Flu Clinics

Garland: Oct 22 - HS Convention Center

Grant: Oct 23 - Sheridan Rec Center

Pulaski: Oct 27 - State Fair Grounds, Little Rock

Perry: Oct 23 - Perry Co. Health Unit, Perryville

Saline: Oct 30 - The Center at Bryant

Faulkner: Oct 30 - Faulkner Co. LHU, Conway

Jacksonville: Nov. 3 - Community Center

North Little Rock: Nov 5 - First Pentecostal Church

Lonoke: Nov 6 - Cabot Community Center

## Tobacco Education in Grant County

The Grant County Health Unit presented tobacco education to Poyen Schools during their Back to School Night. The gentleman to the far left of the photo below is recovering from mouth cancer. Part of his tongue was removed. He is a family member to one of the health unit's clerks. He gave his testimony to the students and families. The feedback from those who attended was phenomenal. The students hung on his every word!



## Tobacco Free Worksites

Central Region HHI has been working with various worksites on developing and sustaining wellness programs. Tobacco use among employees has continuously been linked to leading causes of illness, causing employees to use more sick days and suffer serious health complications. Tobacco free policies have been a focus for the Worksite Wellness Summits that Central Region HHI has hosted over the past year. While several businesses have strengthened their policies to include 50 feet smoking barriers from the entrances, others like Molex in Maumelle are adopting tobacco free workplace policies altogether. Molex will become a Tobacco Free Campus in January 2016. Leading up to this phenomenal change, the company is working to provide their employees with tools to help them quit using tobacco. Central Region HHI Coordinator, Laura Taylor and UALR Intern, Cindi Milam spent only 2 hours at Molex's Employee Wellness Fair on Sept. 22nd and screened 55 employees for excess carbon monoxide in their lungs and bloodstream. Employees were counseled on the benefits of quitting and referred to the Arkansas Tobacco Quitline. If your worksite is interested in learning more about tobacco free policies, contact the Central Region HHI Support Staff.



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