



Central Region

Faulkner • Garland • Grant

Lonoke • Perry • Pulaski • Saline

Hometown Health Improvement Newsletter • September 2015

No Tobacco on Holy Grounds!

Faith-based leaders, tobacco prevention advocates and coalitions, the WCAAA Board of Directors, Arkansas Minority Health Commission, and Arkansas Department of Health all joined together on Tuesday, August 18, 2015 at the Center for Healing Hearts and Spirits for a news conference. The purpose of the news conference was to celebrate the healthy decisions made by area pastors to promote tobacco-free living within their congregations by adopting and implementing a comprehensive tobacco-free grounds policy.

On May 13, 2015, fifteen churches signed a comprehensive tobacco-free grounds policy. These churches were presented with a framed policy and a metal sign that can be displayed prominently at their facilities. Passionate guest speakers included Dr. Gary Wheeler, MD, Medical Director for Arkansas Department of Health; Dr. Rhonda M. Mattox, MD, Psychiatrist, AR Minority Health Commission; Senator Joyce Elliott, District 33; Pastor Frank Stewart, ACTS Church; and many others.

This event was hosted by the Center for Healing Hearts and Spirits. Visit them on the web at hhscenter.org or follow them on Facebook or Twitter. To learn more about tobacco prevention and cessation or tobacco-free policies, visit stampoutsmoking.com or contact your local HHI Coalition or HHI Support Staff.



National Suicide Prevention Week is September 7-13, 2015

www.sprc.org/spweek2015
www.suicidepreventionlifeline.org

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Suicide Prevention and Awareness in Central Region

Suicide rates continue to rise in the US and in our home state. Last year in Arkansas, more people died by suicide than by motor vehicle crashes. Educating parents, kids, teachers, medical professionals and any concerned citizen has been a major focus in Central Region. Recently, a number of suicide trainings and conferences have been offered through community coalitions and schools. Here is a look at events in Central Region that will help raise awareness and educate individuals on how to recognize warning signs and what to do when those signs become present:



Completed Trainings and Events in Central Region:

Applied Suicide Intervention Skills Training (ASIST) Sheridan, July 2015

Making Educators Partners in Suicide Prevention North Little Rock School District, August 2015

Suicide Prevention for First Responders Hot Springs, September 2015

2015 Suicide Prevention Conference

Philander Smith College - Kendall Science Center
900 West Daisy Bates Drive
Little Rock, AR 72202
Wednesday, September 30, 2015
8:00a.m. - 3:30p.m.

Sponsored by
**THE EXODUS FOUNDATION
OF ARKANSAS**

FREE TO THE PUBLIC

For more information, call 372-3800



School-based Response to Suicide and Traumatic Death

A Lifelines Workshop for School Crisis Teams

Presented by: AR Department of Health,
Central Region Hometown Health Improvement

This workshop will assist schools in reviewing current procedures for suicide and other traumatic deaths in the school community. School staff members who have a key role in responding to a death, either by suicide or other sudden death, are encouraged to participate.

Friday, Nov. 6, 2015

8:30 am – 3:30 pm

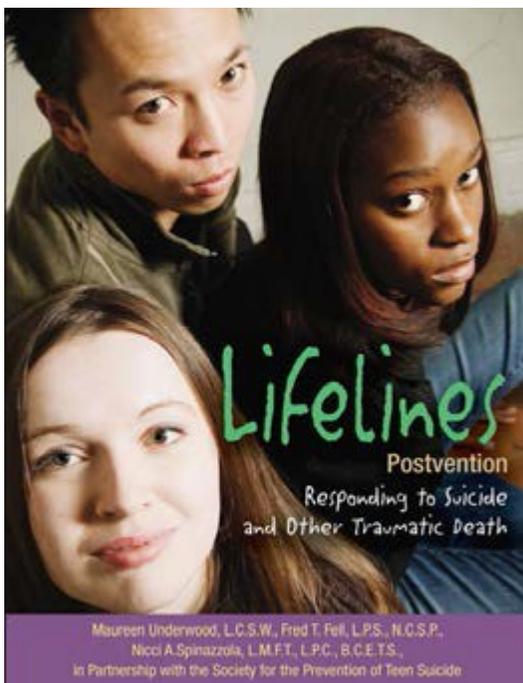
**Freeway Medical Towers
5800 West 10th St
Little Rock, Room 902**

Register at:

**www.escweb.net/ar_esc/
Course Number: 262485**

(Limited to 25 participants)

This workshop is one of a series of national best practice, school-based suicide prevention offerings made possible through the Arkansas Youth Suicide Prevention Initiative. This initiative is funded by a Garrett Lee Smith Memorial Act grant to the Arkansas Department of Health.



Central Region School Health Updates

Area schools are back in session and Central Region's CHPS has been busy! Anna Haver recently provided a presentation entitled "Tell Me Again...Why Are We Doing This" at the School Health Orientation hosted by the Arkansas Department of Education. New (and not so new) school wellness coordinators from across the state attended the training to learn more about school health responsibilities and programs. Anna's presentation covered the history of Act 1220, the 2004 Child Nutrition and WIC Reauthorization Act, and the 2010 Healthy, Hunger Free Kids Act. All three pieces of legislation included responsibilities for school wellness policies and committees. Anna also discussed the ways CHPS and CHNS can assist school wellness efforts.

Jacksonville High School and the North Little Rock School District are both participating in the CDC 1308 Grant through the Arkansas Department of Education. Also known as the "Safe Schools Health Grant", funding is provided to schools to address adolescent teen pregnancy and STD/HIV prevention. Anna recently worked with the schools at a day long planning meeting to prepare their work plans for the second year of the funding cycle. Jacksonville High School will provide additional staff development for health teachers related to sexual health education and work toward improving their school wellness team and

policies. North Little Rock School District will also be providing professional development opportunities for staff but will also work toward establishing a workgroup within their district wellness committee to better address mental health needs among students.

With assistance from Southeast and Southwest Region CHNS, Liz Mercer and Rhonda McDonald, new school nurses in Pulaski County were trained to perform the required health screenings including vision, hearing, scoliosis, and BMI.

Anna is also working with schools in the area to promote the seasonal flu clinics and provide education to students on proper hand washing and reducing disease transmission.



Smoke Free Cars for Healthy Arkansas Kids

Central Region HHI is spreading the word about the law that protects children from the harmful effects of second-hand smoke. Schools, daycares, after school programs and any other facilities for youth are encouraged to post this information for parents and caregivers to educate them about this law.

For more information or materials about Act 811 - Smoke-Free Cars for Healthy Arkansas Kids, contact your HHI support staff.



September National Childhood Obesity Awareness Month

We can all use this month to raise awareness about the obesity epidemic and show people how they can take steps toward a solution. Encourage families to make small changes, like keeping fresh fruit within reach or going on a family walk after dinner. Motivate teachers and administrators to make schools healthier. Help them provide healthy food options and daily physical activities for students. Make a difference for kids: Spread the word about strategies for preventing childhood obesity and encourage communities, organizations, families, and individuals to get involved.

SCREEN TIME VS LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren't active. See how much screen time kids of different ages get and tips for healthier activities.

AGE
GROUP >

8-10

11-14

15-18

YOUTH AGES 11-14 SPEND NEARLY

9 hours a day

IN FRONT OF A SCREEN USING
ENTERTAINMENT MEDIA

NEARLY

5

OF THESE ARE
SPENT WATCHING
TELEVISION



INSTEAD THEY COULD...



Play a game of basketball

AND STILL HAVE TIME TO...

walk the dog



and...

dance to their favorite songs



and...

skateboard



and...

ride their bike



How can
parents help?



1 Ensure kids have 1 hour of physical activity each day.

2 Limit kids' total screen time to no more than 1-2 hours per day.

3 Remove TV sets from your child's bedroom.

4 Encourage other types of fun that include both physical and social activities, like joining a sports team or club.



Draw A Healthy Community

The Lonoke County Hometown Health Improvement Coalition is once again reaching out to elementary students across the county for the annual "Draw A Healthy Community" Stamp Out Smoking Poster Contest. Students in K-5th grade in any Lonoke County school district can enter by submitting artwork of a Healthy Tobacco Free Community to their homeroom teacher. All entries must be submitted no later than September 30, 2015 to participating School Superintendent's Office. The first place winner and runner up from each school will receive prizes. All participants will receive community recognition!

For more info contact Milton Garris.
Cabot Health Unit: 501- 843-7561
Lonoke Health Unit: 501-676-2268.

Perry County Safety Day September 15, 2015

Sponsored by the Perry County
Cooperative Extension Service

County Extension / 4-H — ATV Safety
First Electric — Electricity Safety
Farm Bureau — Tornado Safety
Farm Bureau — Internet Safety
Game & Fish — Boating / Water Safety
HHI & Comm. Service Inc — Tobacco
Union Pacific — Railroad Safety

For more information call 501-889-2661 or
visit www.uaex.edu/counties/perry.



Cooperative Extension Service

Hometown
Health Improvement



Central Region

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Stronger Families. Brighter Futures.

ARKANSAS HOME VISITING NETWORK

Let's Get Ready to Read!

Stories, Books, Snacks, and Songs!

For Families with children age 0-5

Sue Cowan Williams Library
1800 S. Chester

Beginning September 2, 2015

Every 1st & 3rd Wednesday

1:00 to 2:00 pm

Information provided on educating
your toddler at home!