

Hometown Health Improvement



Central Region

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

Hometown Health Improvement Newsletter • June 2015

Summer Safety Full Speed Ahead!

Perryville 4th and 5th grade students were visited by Central Region HHI staff for a lesson in water safety. Students learned about the different laws for life jacket use as well as the importance of proper fit. HHI staff organized a relay race that required the students to put on a life jacket and adjust the straps for proper fitting before they could hand it off to the next person. They were also warned about the dangers of heat illness and dehydration and were encouraged to drink lots of water, especially during the upcoming hottest months of the year. Several life jackets were given to students in need and all were encouraged to remain safe no matter where they swim this summer.



A Look

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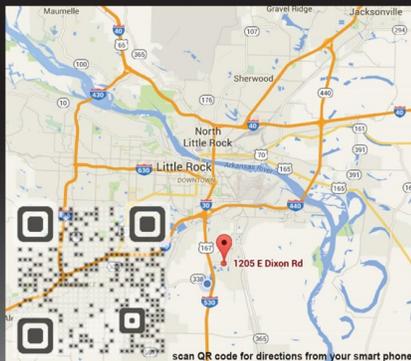
The 2nd Sweet Home Community Initiative proudly presents:

FREE Health Symposium at Mills High School

For Ages 5 to 18
August 1st 2015 from 8:00 am to Noon



Located at 1205 E. Dixon Rd., Little Rock, AR 72206



This event will provide:

- Immunizations
- Vital Signs
 - temperature
 - pulse
 - respirations
 - blood pressure
 - oxygen saturation percentage
- Weight (BMI)
- Height
- Glucose
- Cholesterol
- Lung Capacity
- Diabetes Education
- Asthma Compliance
- Cyber Safety
- Zero Tolerance for Bullying
- First Aid Techniques
- Healthy Nutritional Choices
- Oral Hygiene Tips
- Hand Washing with "Glow Bug"
- Hair Cuts
- Nails Polished
- Door Prizes
- Story Time
 - with character engagement



- Games
- Food
- School Closet (needy only)
 - socks
 - underwear
 - t-shirts

School Supplies will be provided, as supplies last.
Community educational vendors to inspire and increase awareness of educational opportunities.

Need more information call:
501-490-5700 or 501-772-1055

Visit with
Benton's Queen Elsa
from 10am to Noon



Make Safety a Priority this 4th of July

If you choose to purchase your own fireworks this year, the National Council on Fireworks Safety (fireworkssafety.org) has a few helpful tips for enjoying fireworks with your family this 4th of July:

- Parents should not allow young children to handle or use fireworks.
- Fireworks should only be used outdoors.
- Always have water ready if you are shooting fireworks.
- Know your fireworks. Read the caution label before igniting.
- Obey local laws. If fireworks are not legal where you live or if there is a burn ban, do not use them.
- Alcohol and fireworks do not mix.



MammoVan Travels Around Lonoke County

The UAMS MammoVan continues to make its rounds in Lonoke County. The HHI Coalition in Lonoke meets bi-monthly at a different town in the county. Local Health Unit Administrator, Milton Garris, makes sure the MammoVan follows. In May, the van met the Lonoke County HHI Coalition at the Municipal Complex in Ward and provided services to a number of women who would have trouble making a trip to Little Rock for their mammogram. Lonoke is one of 26 Arkansas counties that lack FDA-approved certified mammography facilities. As a result of scheduling the screenings, the UAMS MammoVan has provided services to more than 100 women in Lonoke County in the past year.



SNAP Double Bucks is at the Market!



For a limited time you can **DOUBLE** your **SNAP** purchases at the Hot Springs Farmers & Artisans Market. Each Saturday we will **DOUBLE** every dollar spent on SNAP eligible foods, up to **\$20** each week!



MAKE THE CALL – 1-800-QUIT-NOW

More than 16 million Americans are living with a disease caused by smoking. For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis. Smoking is a known cause of erectile dysfunction in males.

Call 1-800-QUIT-NOW (1-800-784-8669) if you want help quitting. This is a **free** telephone support service that can help people who want to stop smoking or using tobacco. Callers are routed to their state quit lines, which offer several types of quit information and services. These may include: free support, advice, and counseling from experienced Quitline coaches, a personalized quit plan, practical information on how to quit—including ways to cope with nicotine withdrawal, the latest information about stop-smoking medications, free or discounted medications, referrals to other resources and mailed self-help materials.

MAKE THE CALL – 1-800-QUIT-NOW.



STAMP OUT SMOKING

ARKANSAS DEPARTMENT OF HEALTH
STAMPOUTSMOKING.COM

CALL IT QUILTS
1-800-QUIT-NOW

Coming in the Spring: Cracked, Not Broken: A Suicide Prevention Conference

The Garland County Suicide Prevention Coalition is planning a conference for March 10, 2016.

Cracked, Not Broken: A Suicide Prevention Conference will consist of a panel of mental health professionals, break out sessions and keynote speaker, Kevin Hines.

Kevin Hines is a global speaker, author and mental health advocate who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (at 19 years of age), he attempted to take his own life by jumping from the Golden Gate Bridge. He is one of only thirty-four (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe. www.kevinhinesstory.com

Visit the Garland County Suicide Prevention Coalition and stay updated the conference at www.facebook.com/preventsuicidegarlandarkansas.



Pulaski County Coalitions Use New Data

Pulaski County HHI Coalitions in Midtown and Southwest Little Rock have used the new County Health Rankings data to see how the county's health outcomes and health factors are trending. Public Health Educator, Kara Autrey compiled the data from the past 5 years using County Health Rankings to see where Pulaski County ranks statewide. While health outcomes has improved overall in the past 5 years, health factors have varied. The coalitions will use this data in determining future projects. For information on county specific data, visit www.countyhealthrankings.org.



Observed annually in June, National Safety Month focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities.



Cabot Public Schools Add Tobacco Education to Summer Program

The Cabot School District will be using the Central Region Hometown Health Improvement Tobacco Prevention Sponsorship for an exciting kids program in the area. They have developed a tobacco education and safe physical activity program that will meet the needs of children in the communities of Cabot, Austin, and Ward.

The program is developed to complement the free summer feeding

programs in which all local residents were invited to two district Title I campuses for free lunches during a 6-week period in the summer. Past attendance at these programs has been outstanding. The district has been able to invite children to participate in a variety of physical activities and injury prevention education. This year, they will be incorporating a tobacco education program as part of this opportunity. They will teach children about the dangers of tobacco use and encouraging them to be lifelong physical activity participants.



Picture from 2014: Jamie Oitker, NBCT, PE teacher, demonstrates to students proper bike helmet fit.

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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