



Central Region

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

Hometown Health Improvement Newsletter • May 2015

Central Region Hosts Worksite Wellness Summits

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 first summit was held at the McGee Center in Conway, followed by the Jacksonville Community Center, Bishop Park in Bryant, the Transportation Depot in Hot Springs, and ending at the Willie Hinton Neighborhood Resource Center in Little Rock. The curriculum was a CDC program called Work@Health and was led by ADH Worksite Wellness Section Chief, Katrina Betancourt. Valuable guest speakers included Jayme Mayo of Nabohlz Construction and Bernadette Rhodes from the City of North Little Rock. Central Region HHI Tobacco Grants Administrator, Christy Campbell provided detailed information about comprehensive tobacco policies including e-cigarettes, as well as means for employee tobacco cessation. Participants left with a toolkit that included the entire Work@Health curriculum and several templates for implementing worksite wellness programs at their facilities. For more information contact the Central Region HHI support staff. Plans for future summits are already in the works!



Katrina Betancourt



Jayme Mayo



Bernadette Rhodes



Inside The May Issue

Mental Health and Tobacco	2	Grant County Healthy Art Contest	4
Southwest LR Farmer's Market	2	Health Edu in Cabot	4
Cities Readiness Initiative Conference	3	School Health & Wellness Workshop	5
Water and Boating Safety	3	Up From the Root	5
Safe Sleep - Cute Nursery	3	Teen Driving in Greenbrier	5

May is Mental Health Awareness Month

May has been designated as Mental Health Awareness month. Many people do not know that tobacco use can affect those with mental illness in a negative way. People with serious mental illnesses die 25 years younger than the general population, due largely to conditions caused or worsened by smoking. People with mental illness represent about 44% of cigarette smokers in the United States and nicotine dependent rates among persons with a mental illness are two to three times higher than the general population. Tobacco use is often accepted in psychiatric facilities however this affects treatment, overall wellness, and recovery of patients.

A few reasons why it is important to support cessation among those with mental illness include increasing healthy years of life, improving the effect of medications used to treat mental health issues, and reducing time spent away from treatment due to tobacco related illnesses.

For more information about how one's health can be affected by the use of tobacco products, visit Stamp Out Smoking at www.stampoutsmoking.com or contact the Central Region HHI support staff listed on page 5.



STAMP OUT SMOKING

ARKANSAS DEPARTMENT OF HEALTH
STAMPOUTSMOKING.COM

CALL IT QUILTS
1-800-QUIT-NOW



Southwest Little Rock Farmer's Market

Now Open! Saturdays 8:00 a.m.-5:00 p.m.
Lifeline Baptist Church Parking Lot
7601 Baseline Rd. Little Rock, AR 72209

For more information please contact

Joan Brush at 501-554-5049 or
James Duffy at 501-562-2285

Sponsored by Lifeline Baptist Church
and the Southwest LR HHI Coalition



**The Arkansas Department of Health Presents
2015 Cities Readiness Initiative Conference:
Situational Awareness = Community Preparedness**

**Thursday, May 28th
9:00 am – 3:30 pm
Registration opens at 8:30 am
Arkansas 4-H Center**

**Learn how to recruit volunteers
and partners, share emerging
trends and network with key
stakeholders!**

**Know someone else who's affected
during a public health emergency?
Share this with them!**

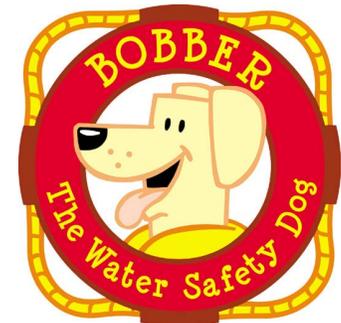
Attendees must register using the Arkansas Department of Health online training registration system, ATRAIN: **Cities Readiness Initiative Conference**



Remain safe in and around the water this summer. For great resources visit the sites listed below:



SafeBoatingCampaign.com



Bobber.info

Safe Sleep - Cute Nursery

Central Region HHI Staff stresses the importance of safe sleep in Baby Safety Classes, but want moms to still enjoy decorating the nursery for their new baby. Moms are encouraged to provide a safe sleep environment with no blankets, pillows, positioners or soft toys. However, often times it can be enticing to buy such items to make the nursery look a certain way. Public Health Educator Kara Autrey found this adorable and SAFE crib and nursery photo to share with our new moms to show that a safe crib can still be part of a stylish nursery.

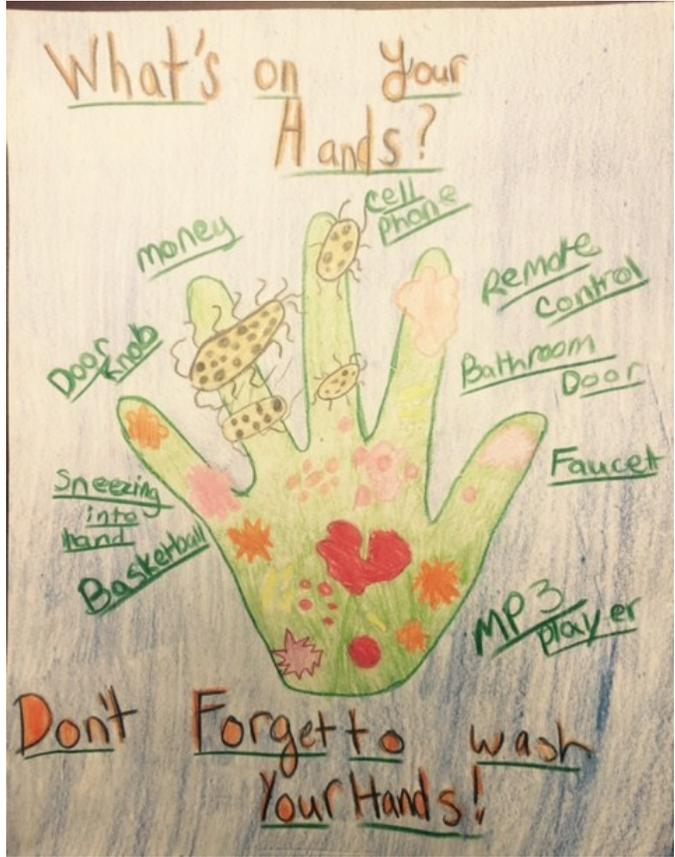
In addition to safe sleep, Baby Safety Classes also cover car seat and home safety and developing crying plans to prevent shaken baby syndrome. The class encourages new moms to provide a safe, smoke-free environment for their baby to ultimately reduce infant mortality. Recent Baby Safety Classes have been held at Conway Cradle Care, A Woman's Place Pregnancy Resource Center in Lonoke and AR CARES in Little Rock. For more information or to host a Baby Safety Class, contact Laura Taylor at laura.taylor@arkansas.gov or call 501-791-8551.



Healthy Art Contest in Grant County for Public Health Week

Grant County Health Unit Administrator, Jessica Wells coordinated an art contest for area elementary and intermediate schools during Public Health Week in April. Students were asked to draw, color or paint their perception of healthy living and lifestyles. There was a grade winner at every school and an overall grand winner was selected. Thanks to a sponsorship from the Grant County Hometown Health Coalition, winning students received a Wal-Mart gift card and the winning art work will be framed and on display at the Grant County Health Unit in Sheridan. The Grant County HHI Coalition meets on the 3rd Wednesday of the month from 12:00-1:00 at the Sheridan School Administration Building. Community members are invited to attend and be a part of improving the health of Grant County. For more information on the coalition, contact Jessica Wells at 870-942-3157.

Overall Winning Art Pictured to the Right:
Ava Teague, SIS 4th Grade



Health Education for Freshman Academy Students in Cabot



Central Region HHI Staff presented to more than 350 9th grade students in Cabot on May 19th. Community Health Nurse Specialist Becky Lamb used the RealityWorks babies to show the effects of shaken baby syndrome, fetal alcohol and prenatal drug exposure. HHI Coordinator Laura Taylor and Public Health Educator Kara Autrey shared the many different services offered by the Arkansas Department of Health. While the students came from different health classes, the teacher responsible for coordinating this effort was recently named Teacher of the year by the Arkansas Association for Health, Physical Education, Recreation and Dance (AAHPERD). Congratulations to Cabot Freshman Academy health teacher, Laura Abbot!

School Health & Wellness Workshops

The Central Region CHPS and CHNS will offer School Health and Wellness Workshops again in 2015. Pre-registration is required.

Register at: www.escweb.net/ar_esc

June 10, 2015 at Dawson Educational Cooperative, Arkadelphia Session ID: 238324



Central Region HHI Staff has been sharing the Growing Healthy Communities video "Up From the Root" with various coalitions and collaboratives throughout the region. The video can be found on the ArCOP website at www.arkansasobesity.org. It is a great encourager for groups that want explore the possibilities of beginning community gardens, farmers markets and other means to improving the health and wellbeing of their community.

Teen Driving in Greenbrier

Greenbrier High School hosted a second teen driving class for parents and teens this semester. More than 50 teens and parents attended the class in January. Several families were placed on a waiting list and the second class was held on May 11th. Set the Rules, Control the Privileges is a course designed for parents and teens to explain the new laws of the Graduated Driving License (GDL) and encourages families to create a driving contract. The group also discussed common distractions such as texting and driving and riding with passengers. Each teen received a certificate of attendance and a Don't Text and Drive thumb ring. Each family received a blank driving contract to be completed at home.

www.saferteendiving.org



Central Region

Faulkner • Garland • Grant

Lonoke • Perry • Pulaski • Saline

Julie Harlan, MCHES

Central Region HHI Manager

Laura Taylor, CHES

Central Region HHI Coordinator

Christy Campbell, CPS

Central Region Grants Administrator

Kara Autrey, MS, CHES

Certified Public Health Educator

Anna Haver, MCHES

Community Health Promotion Specialist

Cynthia Wilborn, DNPc, BSN, RN

Community Health Nurse Specialist