



Central Region

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

Hometown Health Improvement Newsletter • May 2016

Central Region HHI Hosts Second Worksite Wellness Summit: Part 2 - Putting Wellness to Work!

As a follow up to the original Worksite Wellness Summits that HHI and the ADH Worksite Wellness Section hosted last spring, HHI has now hosted two trainings titled “Putting Wellness to Work”. This training walks participants through the process of building a mock worksite wellness program that includes the mock company’s top insurance payouts, goals and SMART objectives to address the top health issues, writing policies and creating activities to accompany the goals and objectives as well as an evaluation for the program. Participants leave with a toolbox full of program and policy ideas and resources to bring back to their real-life companies. The Worksite Wellness Summit Part 2 was first held in Sherwood in October, with the most recent training being held in Hot Springs

in April. Both trainings welcomed employees from all over the state. Each session received great feedback from participants and showed growth in knowledge about worksite wellness program and policy development.

Stay tuned for the next big thing in Worksite Wellness from the Central Region HHI Support Staff!



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The Saline County Networking Meeting was a Success!

Agencies, nonprofits, churches and community members met to discuss the health and social issues in Saline County. The group gathered at Brown's Country Restaurant where Family Service Agency sponsored lunch. While Saline County ranks high in the state for health factors and health outcomes according to the 2016 County Health Rankings (www.countyhealthrankings.org), there are still many concerns to be addressed. Among those that attended, the burdens that were repeatedly expressed included substance abuse, suicide, hunger, homelessness and reentry from incarceration. The group is planning to meet again in May and form committees based on the identified issues. If you are interested in joining or would like more information about this exciting new collaborative, contact the HHI Support Staff listed on page 6 of this edition.



Joint Use Agreement Opportunities

The 2017 RFA for Arkansas Joint Use Agreements has been released. A joint use agreement is a formal written agreement between an Arkansas public school and one or more separate entities to collaborate by setting forth the terms and conditions for shared use of public property. A joint use agreement outlines the parameters for non-school entities to use public school facilities/ground and/or for public schools to use non-school facilities/grounds. Applications are due June 3, 2016.

More information is available at: <http://adecm.arkansas.gov/ViewApprovedMemo.aspx?Id=1901>

Central Region HHI wants you to remain safe in and around the water this summer. For great resources visit the sites listed below:



SafeBoatingCampaign.com



Bobber.info



The Southwest Little Rock and the Midtown HHI Coalitions were both nominated for ViPS (Volunteers in Public Schools) Awards in recognition of their outstanding service on behalf of the Little Rock School District.

The ViPS Board of Directors honored all nominees and announced award winners at the annual recognition event, "An Evening for the Stars" on Tuesday, April 19th at the Holiday Inn Airport Conference Center.

For more information on the Southwest or Midtown HHI Coalitions, contact the HHI Support Staff.

Young Athletes Program Training Opportunity

Central Region Community Health Promotion Specialist, Anna Haver is providing the Young Athletes training from Special Olympics on **Thursday, June 2, 2016 from 9 am – 12 pm** at the AR School for the Deaf Tornado Shelter. Each school in the Central Region with at least one participant (up to the first 15 schools to register) will receive the \$100 equipment kit that accompanies the curriculum. The kit contains cones, hoops, balls, etc. used for the activities.

Participants will receive both 3 and 6 month evaluation links to provide feedback on the curriculum and information on whether the program has been used and the number of students benefiting.

Those who want to attend should register ASAP! Registration is through ESC Works: https://www.escweb.net/ar_esc/



Southwest Little Rock Farmer's Market

Opening in May!

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 501-515-3969

Sponsored by Lifeline Baptist Church and
the Southwest LR HHI Coalition



Welcome
to the
Perry County Job Fair

Pulaski Technical College

UACCM
University of Arkansas Community College
Morriton

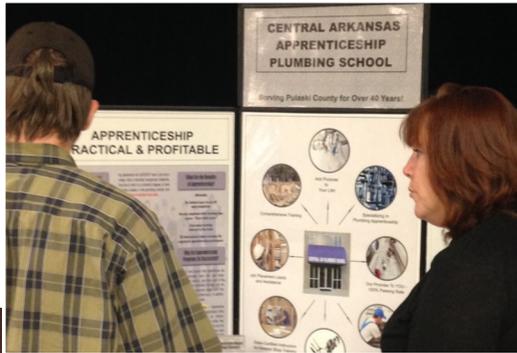
UCA
University of Central Arkansas
**Employment
**Skills Classes Online

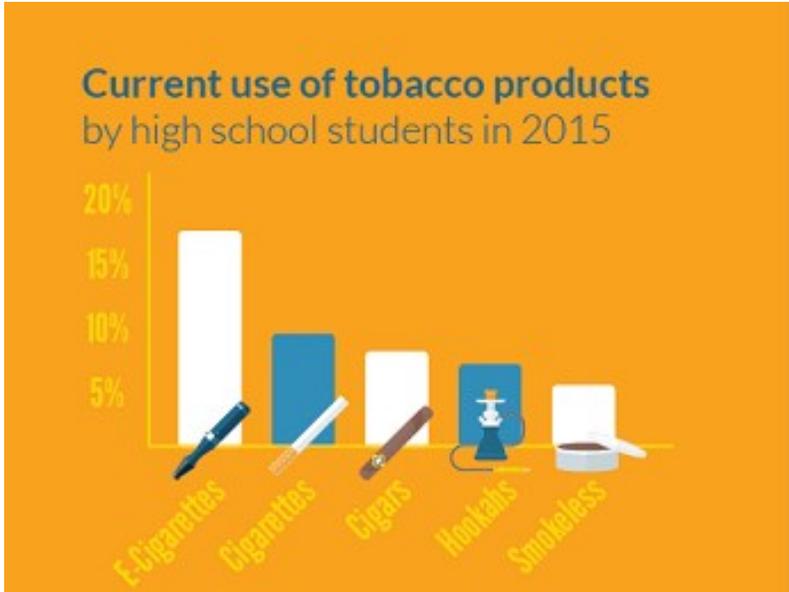
Paul Mitchell –The School Imagine

Baptist School of Nursing

Perry County Job Fair 2016

Dozens of Vendors • Hundreds of Participants • Countless Opportunities
Sponsored by the Perry County Hometown Health Advocate Team (HHAT)





YOUTH USE OF TOBACCO IN ANY FORM IS UNSAFE.

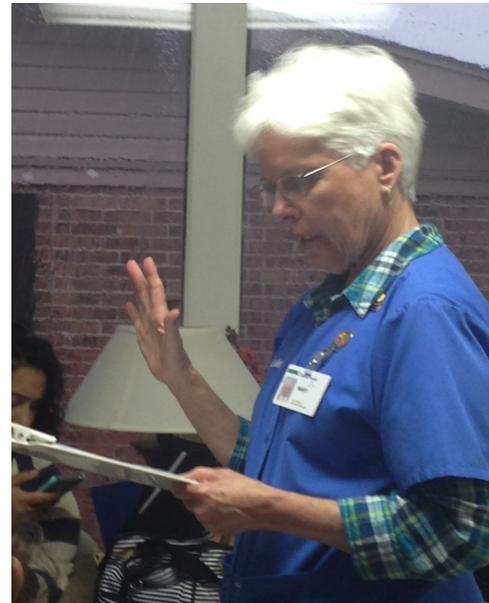
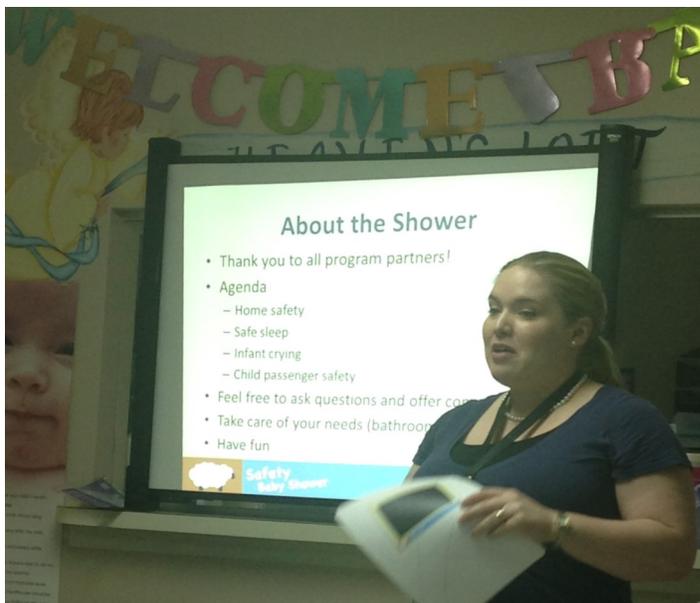
bit.ly/YouthTobaccoUse



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
STAMPOUTSMOKING.COM

Baby Safety Reaches Bilingual Moms Through Interpreter

Certified Public Health Educator, Christianna Braddix partnered with Baptist Health's Heavens Loft in North Little Rock to provide a Baby Safety Shower for new or expecting mothers. While Christianna provided the education, Heavens Loft provided baby shower safety gifts, decorations, cake and refreshments. This wonderful partnership became even more unique when Heavens Loft brought in a translator for 4 Spanish speaking mothers. These moms are now living in North Little Rock but had originally lived in Guatemala, Mexico and Honduras. Central Region HHI was thrilled to help break down language barriers to provide life-saving education for these moms.



Linking the Community to **HEALTH SERVICES**

SCREENING IS A GOOD PLACE TO START!

This community health event is a great way to start your family in a healthy direction and connect to health services in the community. Some of the most trusted health service providers in Central Arkansas will offer free health screenings, health information, door prizes, refreshments, fun activities, and so much more!

Saturday May 21, 2016
From 10:30 am to 2:00 pm

FIRST BAPTIST CHURCH

811 Scipio A Jones | North Little Rock, AR
Rev. William L. Robinson, Pastor | (501) 374-9394

ASK THE DOCTORS:

Dr. Rod Romes
Dr. Alonzo Williams
Dr. Morris Kelley
Dr. Marvin Ashford
Dr. Manuel Kelley

SPONSORS:

First Baptist Church
City of North Little Rock
American Cancer Society (ACS)
Omega Psi Phi Fraternity, Inc.
Omicron Lambda Lambda
New Tyler Barber College
Carpenter Produce
LR Black Nurses Association
Nestle' Purina
Nestle' USA Nutrition

ACTIVITIES:

Aerobic Exercises for all Ages
Horseback Riding
Track and Field Races
Bouncy Houses
Farmers Market

DOOR PRIZES:

Hair Cuts, Eyebrow Arching
Gift Cards/Baskets
Farmer's Market Bucks



PROSTATE SCREENINGS

(Arkansas Prostate Foundation)

MAMMOGRAMS

(UAMS MammoVan)

BLOOD PRESSURE

GLUCOSE

CHOLESTEROL

BODY MASS INDEX (BMI)

HIV/AIDS

VACCINES (Tetanus, Shingles, Pneumococcal)

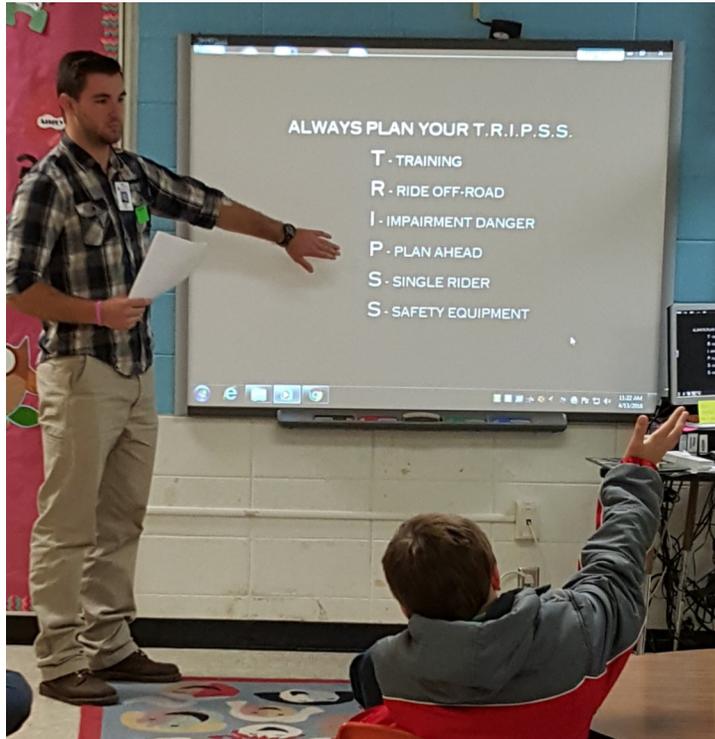
(Kroger Pharmacy)

PARTNERS:

AARP	Baptist Health Community Outreach
Alzheimer's Association	Family Service Agency
Ambetter of Arkansas	Heritage College
ACS, Community Health Advisor Program	HomeCare Association of Arkansas
Arkansas AIDS Foundation	Humana
Arkansas Blue Cross Blue Shield	Jefferson Comprehensive Care MEMS
Arkansas Cancer Coalition	North Little Rock Fire Department
Arkansas Department of Health, Connect Care	Pulaski County Sheriff Dept.
Arkansas Diagnostic Center	The Witness Project
Arkansas Minority Health Commission	St. Francis House Ministries
Arkansas Poison Center	UAMS Schmieding Home Caregiving
Arkansas Department of Human Services, DYS	United HealthCare
Arkansas Attorney General	Women's Council on AA Affairs

Healthy Food | Entertainment by the North Little Rock Community Band

ATV Safety Continues in Central Region



April was named Arkansas ATV Safety Awareness Month in 2013. ATVs are very popular in the state of Arkansas. They are used for farming, hunting, and recreation. However, riding or operating an ATV comes with a substantial risk of serious injury, particularly for children and teens.

Certified Public Health Educator, Christianna Braddix spent the month of April reaching all corners of Central Region to talk to kids about ATV Safety. The education focuses on several key elements when operating an ATV. It encourages kids to “Always Plan Your T.R.I.P.S.S.” - Training, Riding Off-Road, Impairment, Planning, Single Rider and Safety Equipment.

For more information on ATV Safety or to find training in your area, visit www.uaex.edu/4h-youth/activities-programs/atv-safety.aspx.

Pictured: Justin Dickey, UCA Intern speaks with students in North Pulaski County.

**Hometown
Health Improvement**



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Julie Harlan, MCHES
Central Region HHI Manager
julie.harlan@arkansas.gov

Laura Taylor, CHES
Central Region HHI Coordinator
laura.taylor@arkansas.gov

Christy Campbell, CPS
Central Region Grants Administrator
christy.campbell@arkansas.gov

Christianna Braddix, CHES
Certified Public Health Educator
christianna.braddix@arkansas.gov

Anna Haver, MCHES
Community Health Promotion Specialist
anna.haver@arkansas.gov

Lynette Slaughter, RN
Community Health Nurse Specialist
lynette.slaughter@arkansas.gov