

# Central Region

## Hometown Health Improvement News

Faulkner - Garland - Grant - Lonoke - Perry - Pulaski - Saline

MARCH 2011

### Love Your Heart

- Exercise each day
- Yard work counts
- Vacuuming counts
- Chasing that 2 y/o counts
- Eat fruits & Vegetables each day
- Half your plate should be vegetables
- Avoid fatty or oily foods
- Choose baked, grilled, or broiled instead

## Spring Into Wellness!

Daylight Savings time is March 13 and marks the unofficial beginning of spring. This provides us with more hours of daylight in the day which allows more time to be outside and be physically active. With increased physical activity comes the increased risk of injury. There are some easy safety measures you can take to avoid injury in your family this spring and throughout the year.

- Change the battery in your smoke detector (twice a year during DST) and establish and practice a fire escape plan
- Have your children wear protective helmets and safety gear while cycling or skating. When worn, helmets cut the risk of severe brain damage by 88%.
- Make sure outside playground equipment has protective surfaces (shredded rubber, wood chips, wood fiber, or sand). Protective surfaces have shown to reduce the risk of injury associated with falls



By using these easy safety tips you can enjoy your extra time outdoors and *Spring Into Wellness!*

### Inside this issue:

|                   |   |
|-------------------|---|
| HHATS             | 2 |
| Perry Youth       | 2 |
| Body Walk         | 3 |
| Saline Takes Back | 3 |
| Mini-Conference   | 4 |



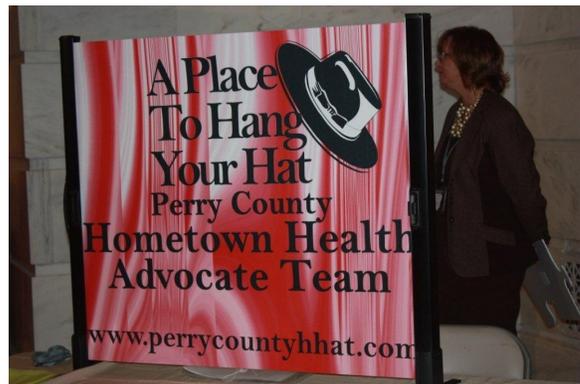
Sunday February 6, 2011 was National Go Red for Women Sunday. ACTS Temple in Conway participated by asking their congregation to Wear Red, providing heart attack information in the weekly church bulletin, and passing out flyers on the signs of heart attack and stroke.

## Perry County HHATS Coalition in Washington



HHATS Coalition members went to Washington DC to discuss with Senator Boozman and Congressman Griffin the good works of Hometown Health Improvement Coalitions around the state.

Perry County youth participated in the Press Conference at the Capitol in Washington, DC.



# BodyWalk Comes to Maumelle

The students at Pine Forest Elementary recently had a chance to experience the BodyWalk. Students from Oak Grove High School led the children through various stations where they learned about functions of the body and how bad health choices affect the body.

As a kick off to the event, the school hosted Family Health Night for students and parents to learn more about tobacco, nutrition, physical activity, and oral health. Central Region HHI staff participated in all of these events providing education to the students.



## Take Back Drugs Started in Saline County!

Did you know...*National Take Back Drugs Day* started in Saline County. In 2009, the Saline County Hometown Health Coalition partnered with the local Saline County police departments and the Saline County Sheriff's office, as well as, the Arkansas Drug Director, to address the abuse of prescription drugs. They created an event called *Operation Medicine Cabinet* in order to dispose of no longer used medicine from community members' medicine cabinets. Saline County became the statewide model for this program. The state of Arkansas changed the program to *Monitor, Secure, and Dispose*. Arkansas then became the national model which was named *National Take Back Drugs Day*. Take Back Day is an ongoing effort to discourage teens and others from using other people's prescriptions. April 30<sup>th</sup> will be the second National Take Back Drugs Day.



***save the date for your county***

Central Region Hometown Health Improvement  
PRESENTS A *FREE* MINI CONFERENCE and LUNCH

**TAKING IT TO THE STREETS**



LONOKE COUNTY~ March 15, from 11:00-2:00 at Lonoke Community Center

SALINE COUNTY~ March 17, from 10:00-1:00 at Gene Moss Building

GARLAND COUNTY~ April 7, from 10:00-1:00 at The Jones Building

PULASKI: North of the River~ April 13, from 10:00-1:00 at St. Vincent's North

GRANT COUNTY~ April 14, from 10:00-1:00 at Sheridan Recreation Center

PULASKI: South of the River~ April 18, from 10:00-1:00 at SWLR Community Center

PERRY COUNTY~ April 20, from 10:00-1:00 at The Connection Center

Hometown  
Health Improvement

