

# Central Region HHI Newsletter



Faulkner~Garland~Grant~Lonoke~Perry~Pulaski~Saline

## National Public Health Week Saline Style

May 2012

Saline County held three discussion sessions around Teen Pregnancy, Teen Substance Use, & Distracted Driving during National Public Health Week, April 2-8.

Robert Holt with L.O.V.E. helped us understand the community hardships relating to Teen Pregnancy and the importance of mentoring youth. Hayse Miller with Family Service Agency / Prevention Resource Center assisted with the topic of Teens and Substance Use. Dawn Porter, UALR intern partnered with Statewide Injury Prevention Coalition out of Arkansas Children's Hospital to discuss the issues of Distracted Drivers.

Go! Saline County.

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## Hometown Health Welcomes Laura Taylor

Laura recently joined the Central Region HHI staff as a Public Health Educator and will assist Faulkner, Lonoke, and Perry counties. Laura was born and raised in Central Arkansas but has resided in Jonesboro for the past 12 years. She attended Arkansas State University and received a BS degree in Health Promotion. Laura is no stranger to public health....she previously worked with communities in Northeast Arkansas, focusing on obesity and obesity-related diseases and was named the Individual Leader in Fitness by the Arkansas Governor's Council on Fitness in 2010. In her spare time, Laura is a devoted wife of seven years and mother to two young boys Clark and Collin. Let's all welcome Laura Taylor to Hometown Health!!



## Little Rock Hosts Underage Drinking Conference

The Underage Drinking Conference was held in Little Rock this year. Central Region Support Staff and Local Health Administrators attended the Conference. The conference was held April 18-20 at the Crowne Plaza Hotel. Underage Drinking CAN BE eliminated.



According to the 2011 Arkansas Prevention Needs Assessment (APNA from [http://arkansas.pridesurveys.com/dl.php?pdf=Arkansas\\_Report\\_2011.pdf&type=region](http://arkansas.pridesurveys.com/dl.php?pdf=Arkansas_Report_2011.pdf&type=region)) results our youth report regular alcohol use by age 14. Youth react differently to alcohol. They lose immature brain cells. The brain does not fully develop until about age 25. In 2009 the Centers for Disease Control (CDC) reported that 24% of our nation's youth binge drank, 10% drove after drinking, and 28% rode with a driver that had been drinking alcohol.

Underage drinking is a social issue with the tendency for drinkers to fight, youth to not participate in regular youth activities and to miss school and not become all they can be. The personal consequences to underage drinking are changes in brain development, physical injury from falling to fighting, memory problems, disruption of normal growth and sexual development, unplanned pregnancy, risk for sexually transmitted disease, increase in suicide and homicide, alcohol poisoning, and/or higher risk for use of other drugs.

Underage drinking is a problem in your community. Educate and Enforce. Make a Stand.

## Baby Safety Shower Training



Perry County Hometown Health Advocate Team hosted a Baby Safety Shower "Train the Trainer" event on April 12th and 13th at the Perryville United Methodist Church. This was a collaborative effort with Arkansas Children's Hospital to bring awareness to pregnant moms and education to assist in preventing injuries and reducing infant mortality. Eleven moms participated in the Baby Safety Shower and received items to assist them in making their home and children safer.

From 2000 to 2009, the overall annual unintentional injury death rate decreased 29%, from 15.5 to 11.0 per 100,000 populations, accounting for 9,143 deaths in 2009. The rate decreased among all age groups except newborns and infants aged <1 year; in this age group, rates increased from 23.1 to 27.7 per 100,000 primarily as a result of an increase in reported suffocations.

[http://www.cdc.gov/mmwr/preview/mmwrhtml/mm61e0416a1.htm?s\\_cid=mm61e0416a1\\_e](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm61e0416a1.htm?s_cid=mm61e0416a1_e)

For additional information on hosting a Baby Safety Shower please contact the Central Region Hometown Health Support Staff or your Local Health Unit Administrator.





## Southwest Seniors Learn About Poison Control

On April 4, 2012, Charlie Stutts from the Arkansas Poison Control and Drug Information Center (and a member of the Midtown Health Alliance and the SWLR HHI Coalition) addressed about 30 residents at the Senior Group meeting at the Southwest Community Center. The Poison Center is a free resource providing treatment advice and follow-up, emergency drug information, and prevention materials.

The Center maintains a confidential help line that is open 24 hours a day/ 365 days a year and is a service of the UAMS College of Pharmacy. It is manned by pharmacists, nurses, board certified medical toxicologists, pharmacy students and a health educator.

Charlie encouraged the audience to keep a current list of all their medicines in an easy to find location, and to inform their doctors about all the medications, vitamins, and supplements that they are taking. Charlie told the audience that they can call 1-800-222-1222 with any questions or concerns they might have regarding medicines. Patients should ask their doctor how much medicine to take, how often should I take it, and when should I take it.

Charlie emphasized these tips regarding medicine safety: If you are taking antibiotics, take all of them; do not share medications; check the expiration date on meds; call Poison Control if you have a reaction to your meds; tell your doctor all meds you are taking as many medicines have the same ingredient.

The audience also learned the proper disposal of medications. Meds should not be flushed down the toilet or just tossed in the trash as they can end up in the water supply or in the landfill soil. Meds should be crushed in a plastic bag and mixed with undesirable substance (coffee grounds or cat litter) and placed in trash bin for disposal. The other option is to drop off old meds at Drug Take Back locations sponsored by law enforcement.

This was the first of a series of health and safety presentations for the Southwest Senior Group sponsored by SWLR HHI Coalition.



## NLR Health Department Staff Walking Team

As part of the city of North Little Rock's Fit to Live Initiative staff at the North Little Rock Health Unit have joined other city departments in starting their own weekly walking group. The walking groups began on April 4th as part of National Start Walking Day and launched the kick off at the Clinton Bridge. Participants also receive incentives such



as a t-shirt and pedometer, plus additional prizes (such as water bottles) for continued participation. If your city department would like to start your own walking group contact Bernadette Gunn- Rhodes at 501-975-8777 for more information.



*Pictured: (left to right) Marsha Majors, Penny Davis, Dianne Scott, Louise Walls, and Sandra Canady.*

## Grant County Judge Signs ATV Proclamation

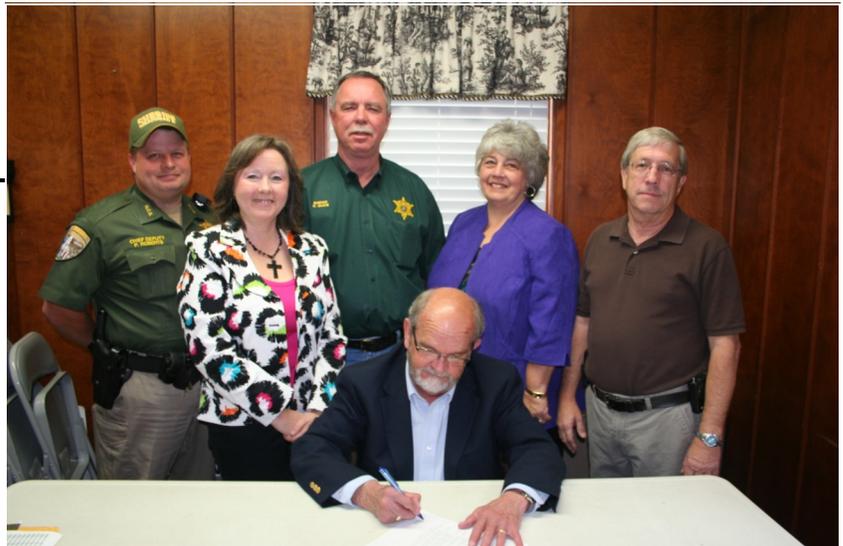


Grant County Hometown Health Coalition partnered with the Grant County Health Unit, Arkansas Children's Hospital, Arkansas Game and Fish Commission, University of Arkansas Division of Agriculture and 4-H, as well as local law and emergency management services to bring ATV Safety and Injury Prevention education and awareness to Grant County. Grant County Judge, Kemp Nall, signed a proclamation recognizing May 5 as ATV Safety Day in the county. The first 250 people who attended the educational booths and at least one of the four safety demonstrations, received free helmets. All helmets were given away. Information booths were available to educate fire, ATV, water, gun, animal, farm equipment safety. Distracted driving and driving under the influence was also presented. Participants were able to wear goggles and go through a walking course set up with cones to simulate being under the influence of alcohol or drugs.

Approximately 400 people attended the fair.



*Pictured are County Judge Kemp Nall, Deputy Pete Roberts, Romona Jackson, County Hometown Health Encourager Sheriff Ray Vance, Vivian Purifoy, RN, LHU Administrator, and Tim Stuckey, Sheridan Fire Chief.*



# The World's Largest Swimming Lesson

Dear Pool and Spa Community:

Pool Safely is excited to sponsor the *World's Largest Swimming Lesson* (WLSL) on June 14, organized by the World Waterpark Association. See [www.WLSL.org](http://www.WLSL.org) for details. In 2011, the event made the Guinness World Records as the world's largest simultaneous swimming lesson with 19,332 participants.

Please consider becoming an official host location in 2012 and go to [www.wsl.org](http://www.wsl.org) to register your facility as a participating location. All details for registration can be found on the registration site. You must register by May 20, 2012. Organizations that do not have pools can partner with aquatic facilities.

Pool Safely partners and community members that sign up to host or co-host a WLSL event are eligible for a special Pool Safely materials kit. The kit includes Pool Safely handouts and education materials, such as:

- Water Watcher Cards (50 )
- Mini Pool Balls (150 – six inch blow up beach style balls – fun for playing catch, etc.)
- Tattoos (200)
- Fans (100)
- Crack and Peel Stickers (100)
- Safety Tip Cards (100)
- Portable Pool Tip Cards (100 English and Spanish available)



Go to [www.wsl.org](http://www.wsl.org) to register your facility today!





# WATER SAFETY

## Keep Your Child Safe in and Around Water

Whether at the pool, beach, or lake, water can be dangerous without the right safety measures.

### Drowning Precautions:

- Don't leave your child alone near water, even for a second.
- Stay within arm's reach of your child when he is in the water. With children under age 5, you should be able to touch them at all times.
- Children and adults should wear life jackets at all times in or around rivers, lakes, streams, and other bodies of water.
- Swimming lessons do not make you "drown-proof."
- Ask your pediatrician if your child is ready for swimming lessons. If you decide that your child is ready for lessons, observe a lesson before signing up your child.
- Never swim alone.
- Never dive into water that is less than nine feet deep.
- Never walk, skate, or ride on weak or thawing ice.
- Adults and adolescents ages 13-19 should learn about the dangers of swimming while using alcohol and drugs and should learn CPR.
- Remove all toys from the water after use so children are not tempted by them.
- Use four-sided fencing at least four feet high to enclose your pool or spa, with gates that close and latch themselves. Gates should open away from the pool, and the fence should be climb-resistant.

### Designate an adult "Water Watcher" when children are in or near water. A "Water Watcher:"

- watches the water at all times,
- is not on their cell phone or computer, reading, or doing any other distracting activity,
- is sober,
- knows how to swim,
- knows how to perform CPR.



### Life Jacket Tips

Teach children to put on their own life jackets.

Make sure the life jacket is the right size for your child. The jacket should not be loose. It should always be worn as instructed with all straps belted.

Blow-up water wings, toys, rafts, and air mattresses should never be used as life jackets or life preservers.

Adults should wear life jackets for their own protection and to set a good example for children.



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In Cooperation With:

## Statewide Injury Prevention Program

(501) 364-3400 or (866) 611-3445 • [www.archildrens.org/injury\\_prevention](http://www.archildrens.org/injury_prevention)

Sources: American Academy of Pediatrics, Center for Disease Control and Prevention, Consumer Product Safety Commission



## SEGURIDAD ACUATICA

### Mantenga a su niño/a a salvo dentro y alrededor del agua

Ya sea en la piscina, playa o lago, el agua puede ser peligrosa sin las medidas de seguridad correctas.

#### Precauciones contra el ahogo:

- No deje solo a su niño/a cerca del agua nunca.
- Con niños menores de 5 años de edad, usted debe poder tocarlos en todo momento.
- Los niños y los adultos deben usar chalecos salvavidas todo el tiempo dentro y alrededor de ríos, lagos, arroyos, y otros cuerpos de mar (agua).
- Las lecciones de natación no hacen a nadie a prueba de ahogo.
- Pregúntele a su médico si su niño/a ya está listo para lecciones de natación. Observe bien una lección antes de matricularle.
- Nunca nade a solas.
- Nunca salte en agua que sea de menos de nueve (9) pies de profundidad.
- Nunca camine, patine, o monte en algo sobre hielo débil o en descongelación.
- Adultos y adolescentes de 13 a 19 años deben aprender de los peligros de nadar mientras estén consumiendo alcohol o drogas y deben aprender RCP.
- Saque todos los juguetes del agua después de usarla para que no tienten a sus niños.
- Use una verja de cuatro lados que sea de por lo menos de cuatro pies de alto para cercar su alberca piscina o spa, con puertas que se cierren por sí mismas. Las puertas deben de abrirse hacia afuera de la piscina y la verja debe ser resistente a subidas.

#### Designe a un adulto como el “Vigila del agua” cuando haya niños dentro o alrededor del agua. Un “Vigila del agua”:

- observa el agua todo el tiempo,
- no está hablando por el celular ni está usando la computadora, no está leyendo o haciendo ninguna otra actividad que lo distraiga,
- está sobrio,
- sabe nadar,
- sabe aplicar el RCP.



#### Consejos para chalecos salvavidas

Enséñeles a los niños a ponerse su propio chaleco salvavidas.

Asegúrese que el chaleco salvavidas sea del tamaño correcto para su niño/a. El chaleco no debe quedarle suelto.

Siempre tiene que estar puesto tal como es indicado con todas las correas ceñidas.

Alas de agua hinchables, juguetes, balsas y colchones de aire nunca deben ser usados como chalecos salvavidas.

Los adultos deben de ponerse chalecos salvavidas para su propia protección.



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Fuentes: Academia Norteamericana de Pediatría, Centro para el Control y Prevención de Enfermedades, Comisión de Seguridad para Productos al Consumidor