



November



FAULKNER - GARLAND - GRANT - LONOKE - PERRY - PULASKI - SALINE

# Central Region Hometown Health Improvement News

## Lung Cancer Awareness

Governor Mike Beebe has proclaimed the month of November as **Lung Cancer Awareness Month**. Did you know lung cancer is the leading cause of cancer death in Arkansas and across the nation? More people die from lung cancer than prostate, colorectal, and breast cancer combined.

It is important to note that cigarette smoking is responsible for more than 85% of lung cancers. Compared to nonsmokers, men who smoke are 23 times more likely to develop lung cancer and women who smoke are about 13 times more likely. Smoking causes about 90% of lung cancer deaths in men and almost 80% in women.

Inhaling secondhand smoke causes lung cancer in nonsmoking adults. Approximately 3,000 lung cancer deaths occur each year among adult nonsmokers in the United States as a result of exposure to secondhand smoke. The U. S. Surgeon General estimates that living with a smoker increases a nonsmoker's chances of developing lung cancer by 20 to 30 percent. There is no safe level of exposure to tobacco smoke.



*Cigarette smoking is the major cause of lung cancer.*

## Christy Campbell New Grants Administrator



Center: Christy Campbell

Central Region is happy to announce the hiring of Christy Campbell as Hometown Health Improvement Grants Administrator. Ms. Campbell comes to us with many years of experience in finding and writing grants. She is also well versed on Hometown Health Improvement, since her last job was as the paid administrator for HHAT, Perry County's Hometown Health Coalition. Prior to HHAT Ms. Campbell was Director of the Perry County Day Service Center, a day treatment facility for developmentally disabled adults.

Ms. Campbell lives in Perryville with her husband and four children, ages 12-19 years. She states that children are her passion and that was what led to her interest in the prevention field. Among her other qualifications, Ms. Campbell is also a Certified Prevention Specialist with the Arkansas Prevention Certification Board.

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# Glenview Elementary School NLR Family Fitness Night

On October 13<sup>th</sup>, Glenview Elementary School hosted a Family Fitness Night. The event provided students and their families the opportunity for physical activity and good nutrition through games and food experiments. The Cooperative Extension Service provided students the ingredients and guidance in making fruit pizzas. Participants also had the opportunity to participate in tennis exercises. The Glenview Recreation Center staff led participants in a family line dance, to get everyone up and moving. Students from the North Little Rock High School's Med Pro class also provided blood pressure screenings. The Glenview event is just one of many that will be held at elementary schools in North Little Rock this fall.



## Saline Takes Back Drugs

Operation Medicine Cabinet IV, held on Oct. 29<sup>th</sup> in Saline County, took in 537 lbs. of prescription drugs. Officers from the Benton Police Department, Saline County Sheriff's Office, and Haskell Police Department all participated with drop-off locations throughout the county.

People were encouraged to drop-off all of their old and unused medicines at various locations and were rewarded with gift cards from Wal-Mart and Sonic Drive-In. At Benton locations people were also given a raffle number with the chance of winning a \$100 Wal-Mart gift card or gift certificates from Hog Heaven Diner.

In Benton alone there has been 1,617 lbs. of prescription pills taken back since the first event was held two years ago, including 483 lbs. during this event. Anybody who missed the opportunity to drop-off medicine during the event are still encouraged to use the permanent drop box at the Benton Police Department.



# Jacksonville Business Hosts Health Fair

The Crosby Group National Swage of Jacksonville hosted a Health Fair on Saturday October 22, 2011 to provide employees with Flu Shots, health screenings and various other health and wellness information. Dee Dee Wallace of Hometown Health Improvement provided a booth with information on tobacco prevention and cessation, nutrition, and influenza. The company also plans to go "Tobacco Free" at the beginning of the 2012 year showing their continued dedication to the health of their employees. The event held from 11am - 2pm provided services to 68 of its employees.



# Annual Health Fair for City of Little Rock Employees



# SE HHI Coalition Checks Finances

Wonder Lowe, Program Officer with Hope Credit Union, in College Station, spoke to the SE HHI Coalition during their October meeting. The title of the presentation was “Tending to Your Money Tree”. Ms. Lowe gave useful strategies for improving personal finances. For instance, she says before you even see your paycheck you should have a set amount, no matter how small, put into a savings or credit union account. She also talked about the products available through Hope Credit Union. Ms. Lowe can be reached at Hope Credit Union, 501-490-0312.



## SE HHI Hears Tobacco Trends



SE HHI Coalition members were surprised to see to what extent tobacco companies have gone in imitating the packaging of safe products. At a glance, you might think you see a lipstick or perfume box, when in fact it is a package of Virginia Slims. New smokeless tobacco products have been especially clever in copying the look, color and design of safe items.



## Lonoke County Judge Signs Flu Prevention Proclamation

Lonoke County Judge, Doug Irwin, teamed up with Lonoke County Hometown Health Improvement to promote flu awareness and protection by signing the “October is Flu Protection Month Proclamation.”



Pictured here are Lonoke HHI Chairperson, Evelyn Bryant, Lonoke and Cabot Health Units Administrator, Milton Garris, and County Judge Doug Irwin, signing the Flu Prevention Month Proclamation.

## Community Garden's Rock in North Little Rock

Check presentations for the second round of community garden grants through North Little Rock's "Fit 2 Live" initiative took place on October 11, 2011. The presentations were held at the Dark Hollow Community Garden located at the corner of 13<sup>th</sup> and Pine Street in North Little Rock. Recipients included:

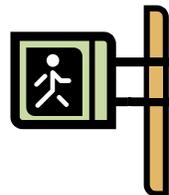
- Skyline Community Gardens \$2,898
- Vestal Urban Farming Project \$3,300
- Neighbors United for Levy \$3,300

The Dark Hollow Community garden is a Spring 2011 grantee and just one of the many gardens blossoming in North Little Rock thanks to the continued efforts of the city "Fit 2 Live" initiative.



## NLR Does Walkable and Livable Audit

The city of North Little Rock was honored to have Dan Burden, an international authority on walkable and livable communities, visit the city for an assessment of the Levy area. Burden has 35 years of experience and was named by TIME magazine as "one of the six most important civic innovators in the world." He has assisted 3,500 communities in becoming more livable and walkable. In 2009, he co-founded the Walkable and Livable Communities Institute which focuses its efforts to educate and train communities to become healthier through active living. The event took place on October 12<sup>th</sup> -13<sup>th</sup> and included a walk audit with community residents and city officials as well as a final presentation with recommendations from Burden.



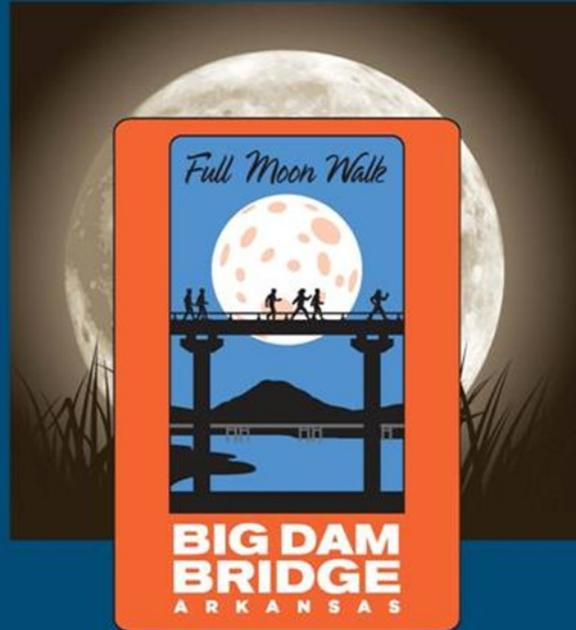
# BIG DAM BRIDGE FULL MOON WALK

SUNDAY, NOVEMBER 13, 2011 • 6 - 7:30 PM

FUN  
FOR ALL

FREE  
TO ALL!

HEALTHY  
SNACKS



GIVEAWAYS

SPECIAL  
GUESTS

AND MORE!

ENJOY THE SPECTACULAR VIEW FROM THE BIG DAM BRIDGE!

BRING YOUR FAMILY, BRING YOUR FRIENDS!

Bringing together LITTLE ROCK and NORTH LITTLE ROCK

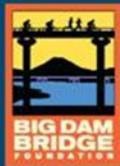
Start will begin on both sides of the BRIDGE

Shuttle service provided from North Shore and Murray Park starts at 5:00

Strollers and wheelchairs are welcome. No pets or bikes.

[www.bigdambridge.org](http://www.bigdambridge.org)

Special thanks to our sponsors:



John and Angelica Rogers

