



### NATIONAL BREAST CANCER AWARENESS MONTH



Give yourself the gift of life, get your annual mammogram.



NATIONAL BREAST CANCER AWARENESS MONTH

Celebrating 25 Years of Awareness, Education, and Empowerment

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## Tyson Foods Has Health Fair

Tyson Foods of North Little Rock is committed to the health of their employees. They hosted their annual health fair on Sept 28<sup>th</sup> to provide employees with resources on various issues of health and wellness. Bonnie Clinton and Dee Dee Wallace of Hometown Health Improvement, provided an informational booth regarding nutrition, men's health, secondhand smoke and the Arkansas Tobacco Quitline. Approximately 75 employees stopped by the booth during the fair. The fair also offered free massages, chiropractic services,

financial resources and other informational booths. Kathy Sherwood, Nurse Manger at Tyson Foods organized the event which was held from 9am to 2pm and made available to all employees.



Dee Dee Wallace, Health Educator, showing information about secondhand smoke.

# Pulaski County Health Rankings



Shown here is Emily Harris, health rankings presenter.



SW HHI hosted a Pulaski County Health Rankings presentation. The rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play.

The rankings were presented in a number of categories: Health Factors, Clinical Care, Social and Economic Factors and Physical Environment.

Under health, the rankings showed that in Pulaski County 19% of adults smoke, which was a lower percentage than the 23% for statewide adult smoking. Adult obesity was 19% for Pulaski County and 23% for the

state as a whole. Teen birth rate showed Pulaski County at 61% while statewide was only a notch higher at 62%.

For Social and Economic factors Pulaski County has 6.2% unemployment, while 7.3 % was the state average. Of children in single-parent households, Pulaski County showed 41% while the statewide average was less at 34%.

Under Physical Environment, we had 11% ozone days to 2% for the state. This presentation was well attended and received positive comments by attendees.



# Union Pacific Railroad Cares About Health

Jewelline Beard, Occupational Health Nurse for Union Pacific Railroad, is dedicated to improving the health of Union Pacific employees. She teases and kids around with them but it is a subject she takes seriously.

In keeping with her health goals, Jewelline invited Bonnie Clinton and Dee Dee Wallace, both Hometown Health Improvement staff, to give a

mini-health fair for employees.

There were displays and brochures for tobacco prevention, good nutrition and a variety of men's health issues, such as prostate, heart disease and stroke.

Pictured below are a group of men going over informational brochures. The center picture is the nutritional display. Far right is Bonnie Clinton with the Dangers of Secondhand smoke display.



Jewelline Beard, BSN, RN



## October is National SIDS Awareness Month

One way parents and caregivers can help reduce the risk of infant mortality and SIDS is by creating safe sleep environments.

Keep in mind the following tips:

1. Always position your baby on his/her back for sleep.
2. Remove toys and other soft bedding, including blankets, pillows, stuffed animals, and wedges from the crib before putting the baby down to sleep.
3. Don't place babies to sleep on adult beds, chairs, sofas, waterbeds or cushions.
4. Avoid letting the baby get too hot. The baby may be too hot if you notice sweating, damp hair, flushed cheeks, heat rash, and rapid breathing.
5. Place crib in an area that is always smoke free.

Source: American Academy of Pediatrics



# Hot Springs Mall Event

Garland County CARES partnered with KLAZ and the mall management to host an event at the mall. CARES worked with youth at the event in order to educate them on the consequences of drinking and driving. CARES provided “beer” goggles which effect your vision as if you had become inebriated. They also had the youth imitate sobriety tests like walking a straight line. The event was a great success.



## Friday Night Football

Garland County CARES will be attending a high school football game every Friday night in the Garland County School Districts. They plan to attend Lake Hamilton, Mountain Pine, Cutter, Hot Springs, Fountain Lake, Lakeside and

Jessieville Schools.

CARES is telling people to “stay on the lookout”, because you never know when they might be at your school and there will be prizes and information for those who come by the CARES sponsored booth.



## Drug Take Back in Garland County

*Arkansas Drug Take Back* is scheduled for October 29. This annual event is an effort to keep prescription drugs out of the hands of teens by depositing them at an official collection place.

The Prescription Drug Collection Point will be the Garland County Sheriff's Department from 10am - 2pm. Clean out your medicine cabinet. Law enforcement will take-back outdated and un-needed prescription drugs. They are asking people to prevent prescription drug abuse by locking up all prescription drugs. Arkansas Drug Take-Back addresses a vital public safety and public health issue.

For more information you can contact Lt. Martin at (501) 622- 3660.



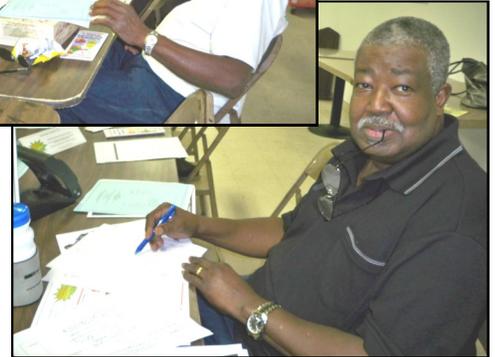
## SE HHI Works on Completing 2011 Goals

South East Pulaski County Hometown Health Improvement Coalition spent time in their work groups adding more projects and goals to their strategic work plan. Their workgroups are broken down into four main areas including: Physical Infrastructure/ Environment, Safety-Crime and

Transportation, Business and Economics/ Education, and Health and Social Well-Being.

If you are interested in hearing more about SE HHI call:

Leititia Bailey at 501-202-1540.



## Lonoke County HHI Celebrates

Lonoke County Hometown Health Improvement Coalition celebrated 9 years. In that time, Lonoke HHI has established an annual fitness challenge, healthy lifestyle poster contest and used the poster winner's pictures for the healthy lifestyle calendar. The coalition has also helped sponsor free dental screenings, health fairs that

included mammogram, prostate, and other health screenings. Milton Garris, Lonoke Administrator, thanked everyone who had helped with these projects and Bonnie Clinton, Health Specialist, led members in choosing projects for 2012.

For more information about this coalition call Milton Garris at 501-843-7561.



# October is Breast Cancer Awareness Month



Haven't had a mammogram?  
This is what you could be missing.

With no-cost mammograms\* available at professional, medical facilities, there's no reason to wait. The sooner you have a mammogram, the greater your chances are of finding cancer in its early stages and making a full recovery. It's your life. Go live it.

**Call 1-800-4-CANCER to schedule your mammogram today.**

\*Eligibility criteria may apply.