

HHI At-a-Glance

Sept - Oct 2011

Southeast Region

St. Francis Hometown Health Improvement Senior Citizens committee held its annual Senior Fair on Friday September 9th at the Civic Center located in Forrest City. There were over 20 vendors with various booths set up. Information on emergency medical flights, heart disease, and injury prevention were distributed. Health screenings such as a diabetic foot checks, glucose, and blood pressure were also done.

Kaye Murry, Southeast Region Hometown Health Improvement Manager, presented a PowerPoint on the importance of physical activity and the benefits of staying active. The group then participated in Zumba,



which showed the audience exercise can be fun. Over 80

seniors attended this event. The local Senior Citizens homes transported residents to the fair to participate in the days activities.

Southwest Region

Rick Bender, national speaker on spit tobacco and smoking cessation, came to Arkadelphia (**Clark County**) to speak to teens. Rick Bender knows first-hand the devastating effects of spit tobacco. He started chewing tobacco at the age of 12. Ten years later while playing semi-pro baseball in the California Angels system he noticed a sore on the side of his tongue. He was scheduled for a 2 ½ hour surgery to remove the dime-sized bump. The surgery ended up taking 12 hours because they had to remove 1/3 of his tongue, half his jaw and all of the flesh connecting the right side of his neck. He also lost much of the use of his right arm. The message he left the kids with is “Don’t do what I did...don’t believe them (tobacco companies)...don’t wind up looking like I do.”



Northeast Region

White County Hometown Health Coalition set up an “Emergency Preparedness” educational booth at the White County Fair. The booth contained

Hometown Health Improvement



an emergency kit for a family of four that showed viewers how to be prepared for under \$100, including the container. English and Spanish brochures were available, as well as, contact information for the LHU and the Regional Public Health Preparedness Coordinator if the public wanted more information. After the fair, the White County-Searcy Health Unit set up a poster during the month of September for Emergency Preparedness Month in the waiting room for all clients to view.

Central Region

Jacksonville Health Unit (**Pulaski County**) wants their patients to learn about the new *Choose My Plate* nutrition information. Gone is the old food pyramid. We now have *My Plate* which clearly shows that half of our food should be fruits and vegetables, while the other side should be protein and grains. When you visit the *My Plate* site, you will see it is user friendly and has an easy to follow index. One of my favorites is the interactive tools that offer a *Daily Food Plan*, *MyFoodapedia*, *Food Tracker*, *Food Planner*, and more! Visit *MyPlate.gov* today.



Northwest Region

Area leaders and residents showed up to extend their support at the **Searcy County** Health Unit for the recently passed law that protects children from secondhand smoke. Over 238 local people signed a proclamation of support for the law. Children exposed to secondhand smoke are at an increased risk for Sudden Infant Death Syndrome, lower respiratory infections, middle ear disease, more severe asthma, and slowed lung growth. Even with open windows, smoke can stay trapped in a car, exposing children to high levels of



particulate pollution. Congratulations to Searcy County for winning the regional smoke-free pledge contest with **423** pledges signed.

Pictured: Courtney Dye, a 10th grader in Searcy County, who got over 100 pledges signed by classmates.