

# HHI At-a-Glance

Sept. – Oct. 2012

## Southeast Region

Robert Sweetgall was the featured speaker in **Arkansas** and **Jefferson** Counties to help inspire students, teachers, school administrators and citizens at large to take on a more active, healthy, walking lifestyle. There were several events for community members in Arkansas and Jefferson Counties to hear Robert's inspiring story. On September 13th, Robert presented three short seminars and exercise sessions at the Pine Bluff Convention Center. Part one was Nordic Walking. Part two covered "Motivation to Move" and part three covered "Walking, Weight Loss and The Art and Science of Taking Up Less Space on Planet Earth." There was also an event held at the Grand Prairie Center in Stuttgart on September 11th. Robert also paid a special visit to several schools within the region. His presentation and short exercise demonstration at each school emphasized how the implementation of walking during the school day will positively impact test scores and behavior during the day.



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## Southwest Region

The **Hot Spring County** Medical Center and the Healthy Hot Spring County Coalition applied for a grant to provide diabetes education for Malvern School 8th graders. Dr. Purifoy (Malvern doctor) kicked off the first diabetes education program on September 14th. He educated the students on diabetes, the consequences of diabetes and the risk of unhealthy eating, obesity, and lack of



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## Hometown Health Improvement



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## Northeast Region

**Clay County**– The Clay County Health Unit received a good response when administering 158 flu vaccinations to both teachers and students at Piggott High School. Students receiving an immunization were entered for a chance to win an iTunes gift card. The winner was Austin Murray. The CDC recommends that everyone over 6 months should get the seasonal flu vaccine each year.

**Remember the Three C's Clean, Cover, and Contain!**

## Central Region

**Faulkner County** – University of Central Arkansas' Office of Multicultural Student Services, Arkansas Department of Health and the Black AIDS Institute (BAI) kicked off its annual Testing Tour at UCA Thursday, September 6th. More than 200 students participated in HIV rapid screenings and Syphilis blood screenings. Special guest, Tawanna Campbell entertained the crowd as vendors talked to students about various health issues. Public Health Educator, Laura Taylor, provided information on the harmful effects of tobacco, especially for those with compromised immune systems, and encouraged individuals to access the Arkansas Tobacco Quitline.

## Northwest Region

We partnered with the Fayetteville Police, **Madison County** Sheriff Department and UAMS and held our car seat safety day in October. We installed 119 car seats in 4 hours. We are planning on another event in the spring. We also have a certified installer that comes to the health unit 1-2 times per month and installs car seats for community members that request them.