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Walter Holloway, left, Mississippi County Local Health Unit Administrator presents to the Osceola Waterworks the CDC Water Fluoridation Quality Award. Receiving the award is James Carlock, City Water Director.

Fluoridation Quality

NE Region announces within the 18 counties there are 13 recipients of the 2011 CDC Water Fluoridation Quality Awards: Augusta Waterworks (Woodruff County); Batesville Water Utilities (Independence County); Beebe Waterworks (White County); Blytheville Waterworks (Mississippi County); Harrisburg Waterworks (Poinsett County); Jonesboro Water System (Craighead County); Lake City Waterworks (Craighead County); Manila Waterworks (Mississippi County); Osceola Waterworks (Mississippi County); Pocahontas Waterworks (Randolph County); Trumann Waterworks (Poinsett County) and Wynne Waterworks (Cross County).

Coordinated School Health Training

White County: November 2 & 3, 2012 Coordinated School Health Training held in Illinois at the American Academy of Pediatrics Office was attended by Margaret McNabb, Pangburn School Nurse, and Susan Winkler, LHUA for White County. Other partners from the White County HHI Coalition from Harding University and others were unable to attend.



Susan Winkler, White County LHUA, right and Margaret McNabb, Pangburn School Nurse

Susan and Margaret attended the 2-day training held by the AAP to help CSH schools gain skills and knowledge to facilitate the strengthening of the school policies relating to school health.

They were among the 4 schools from Arkansas and the 4 schools from Massachusetts selected to receive this training.

In the NE Region Independence County, Cedar Ridge Schools was also chosen with Marilyn Cone, Supervisor of the CHNS/CHPS and Sonia Nix, Independence County LHUA participating.



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
1-800-QUIT-NOW

1-800-784-8669

February
American
Heart
Month



Heart Attack Symptoms

The five major symptoms of a heart attack are:

- Pain or discomfort in the jaw, neck or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder.
- Shortness of breath.

If you think you or someone you know is having a heart attack, call 9-1-1 immediately. For more information go to:

<http://www.cdc.gov/Features/HeartMonth/>

Greene County—The Greene County Health Department in Paragould was one of two Arkansas WIC sites randomly selected to participate in a nationwide longitudinal study to document the feeding practices of infants and toddlers. On a national level, the WIC program supports the health and nutritional needs of nearly one-half of all infants in the United States.

A few objectives include: assess conditions of overfeeding and overconsumption; assess the impact of WIC food packages on outcomes; and determine changes in feeding practices and behaviors over time as infants and toddlers transition into or out of WIC.

Nearly 8,000 WIC participants from 80 selected WIC sites will be asked to participate. Recruitment of mothers and infants data collection will begin in early 2013. Collection of data on toddlers will continue until early 2016. Monetary compensation will be provided as an incentive to participate.

Greene County part of National WIC Study

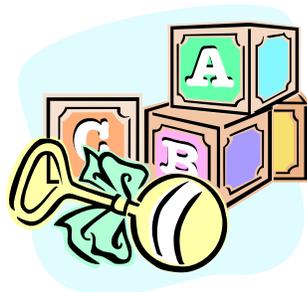


Safety Baby Showers

White County—Pregnant women and their guests were present for an hour and a half safety presentations. Each participant received a goody bag, smoke alarm, etc. and made an appointment with Denice Eaves, Safe Kids Coalition Coordinator, White County Medical Center, to have a brand new car seat installed for their baby.



Independence County—Health Department and the Batesville School District partnered to host their 3rd Safety Baby Shower in a little over a year. Participants were treated to a “baby shower” complete with decorations, games and food while being educated on unintentional injuries in the home and dangers of tobacco. Cherie Smith, RN from the LHU, was also available to make appointments to check car seat installations and to assist with installing new car seats.



Certifications for new school nurses

Lawrence County—Scoliosis screening certification and BMI certification for new school nurses was conducted by Karen Davis, CHNS, and Jennifer Lynch, CHPS, Dec. 12th at the North East AR Educational Cooperative.



Importance of Hand Washing

Poinsett Co.—December 12th Laura Cook, CHNS, presented, 'The Science of Handwashing' to Mrs. Crouch's Science classes of 62 Harrisburg Middle School students. Germ transmission was demonstrated and discussion surrounded preventing disease and illness. Smoking and its effects on teeth, skin and overall hygiene was included with the AR Tobacco Quit-line.

Emerging Tobacco Products

Craighead County—December 13th, Kim McCray, Public Health Educator, presented 'Emerging Tobacco Products' presentation to the Fox Meadow Intermediate School Teachers (12) during their lunch period to inform them of the new smokeless tobacco products and marketing schemes used by the tobacco companies.



Mississippi County—Billy Joyce Senter, HSS II in Osceola, receiving her Certificate of Recognition for 30 years service with the Health Department, congratulations!!

Well-wishers pictured from left to right: Bonnie Jones, Billy Senter, Peggy Morgan, Joyce Jacobs and Johnny Williams

Woodruff County—The Hypsion Club of Cotton Plant held their meeting Oct. 8th at the clubhouse with special speakers Jennifer Lynch, Community Health Promotion Specialist and Becky Lamb, Community Health Nurse Specialist.

Jennifer spoke on the ARSAVES Stroke Assistance through Virtual Emergency Support. She reminded them of "FAST": face, arm, speech and time, sharing materials. Becky discussed the programs in schools and the nutritional programs to be implemented.



Jennifer Lynch and Becky Lamb

Flu News



Pictured above with Becky Snodgrass, RN, CDNS, is Seth Grimes, one of the Riverview Sr. High students who participated in the flu clinic on November 19th.

White County—During October and November, the White County Health Department held three mass flu clinics in Beebe, Pangburn and Searcy. It was the first time that all three communities had participated in a community flu vaccine campaign. Plans are underway to expand to more communities in White County next year, along with the 27 participating schools.

Also, during the month of November, various community flu events were held, including some of the volunteer fire departments. The White County Health Department was excited to be able to provide flu vaccines to small community residents through this first-time flu event. El Paso, Hickory Flat, Joy and Letona Volunteer Fire Departments participated in the events.



White County—VOTE & VAX—November 6th participated in the first “Vote & Vax” Campaign to combine voting and flu vaccinations at a local church in downtown Searcy on voting day. Over 10% of the voters participated in the flu vaccine event, including some who had already voted but heard about the flu vaccine availability over the radio and came back to get their vaccine. One of the highlights was the visit of Governor Beebe, who came to vote. He had already received his flu vaccine from the AR Department of Health, but commended the effort to reach the citizens of the county through this innovative event.

Breast Awareness Month Observed in Mississippi County-Blytheville

Below: Debra Luster & Pat Burgess, LPN, Breast Awareness Month Observed with educational information and gifts



Jeanna Hicksw, left above & Pat Burgess, LPN



Judy Pope, pictured above

Tobacco, and Texting and Driving Presentations

Randolph County—Karen Davis, CHNS and Kim McCray, PHE, collaborated and provided tobacco prevention education and testing and driving at the Pocahontas Health Fair. Karen spoke to the 7th graders on the dangers of tobacco, while Kim presented to 8th graders about the dangers of texting and driving.



Left, Karen Davis, Community Health Nurse Specialist

Kim McCray, Public Health Educator at right



Breast Care Program featured at event



Greene County—AR Methodist Medical Center Women's Health Fair, October 6th had a large number of women interested in Breast Care program and Family Planning with several signing up for SOS program.

Pictured: Lisa Martin, Northeast Region Breast Care Coordinator and right Linda Hutchison, Greene County LHUA

Through with Chew Week: February 17th—23rd

One dip of spit tobacco is equal to smoking 3 or 4 cigarettes.

Stamp Out Smoking encourages Arkansas smokeless tobacco users to participate in the Great American Spit Out on February 21st. This is a national cessation day selected to decrease spit tobacco use, increase awareness of the negative health effects of using these products and help smokeless tobacco users quit for at least one day, with the hope that they will quit for good.

The event is part of a national week-long public awareness campaign called

Through With Chew Week, February 17th—23rd.

More information about available programs and events:

<http://www.stampoutsmoking.com>

Call: 1-800-QUIT-NOW (1-800-784-8669)



Marketing Opportunity at College Campus

Poinsett County—October 9th, Arkansas State University-Marked Tree Campus at a health fair the Poinsett County Local Health Units (Harrisburg, Marked Tree and Trumann) LHU services were shared with participants as well as toothbrushes, toothpaste & floss and many educational materials.



The Arkansas Department of Health traces its history back 100 years to February 25, 1913, when the first permanent state Board of Health was established. Over the last 100 years, public health advancements—including controlling contagious diseases, immunizing children and adults, preventing infant deaths, providing good prenatal care to expectant moms, assuring safer food and drinking water—have added 25 years to the life expectancy in the United States.

In recent years, Health Department has worked to create smoke-free environments, to establish a statewide trauma system, to create a statewide flu vaccine program and to expand the use of fluoride to reduce tooth decay.

This is a perfect opportunity to celebrate and applaud these public health accomplishments with our local communities: both at the Local Health Units and the HHI Coalition groups. Please plan activities and events with this theme in mind.

Breastfeeding is the best way to provide all babies with the nutrients they need. The World Health Organization recommends breastfeeding exclusively until a baby is at least 6 months old.

Source: NWA 2013 WIC Calendar



Cindy Schaefering,
Community Health
Nurse Specialist,
stationed at the North
Central Educational
Cooperative,
Melbourne

WELCOME NEW CHNS

The Northeast Region has a new Community Health Nurse Specialist. Cindy says, “I moved to Arkansas from Ohio 14 years ago to be closer to family and have never been happier.” She has been a nurse for 15 years: 10 years in OB, the last 5 years with ADH. Ms. Schaefering joined the Health Department as a public health nurse I at Sharp County and the last 2 years as been the clinic coordinator. “I have enjoyed meeting and starting relationships in the area with colleges, schools, other health care providers and other state agency employees.” She has been a member of APHA since starting with the agency and is the current President-Elect, also is a member of AR State Employees Association.

“On a personal note, I have been married to my husband, David for 7 years and we have 4 children between us and 4 grandchildren.”

Please make her welcome in her new role with ADH!



NE Region Hometown Health Support Staff:

Sherry Chamblee,
HHI Clerical
870-304-7916

Marilyn Cone
NE & NW Region
Community Health Nurse
and Community Health
Promotion Specialists
Supervisor
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Laura Cook, CHNS
870-219-4978

Karen Davis, CHNS
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Kelli Dunegan
HHI Coordinator
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Ray Edwards
Grant Administrator
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Becky Lamb, CHNS
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Joy Laney,
HHI Manager
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Jennifer Lynch, CHPS
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