



## The Science of Handwashing

**Poinsett County**– Laura Cook, CHNS, presented The Science of Handwashing to Harrisburg Middle School Student’s in Mrs. Jamilyn Crouch's Science classes. The presentation demonstrated germ transmission and discussed ways to prevent disease and illness. During the hygiene portion of the presentation, Laura discussed smoking and the effects it has on teeth, skin and overall hygiene. Laura also discussed the Arkansas Tobacco Quitline detailing who could call and what number to call. As an evaluation students were asked a question before and after about what is the number one way to prevent the spread of disease and the number answering correct increased after the presentation.



**Top:** Laura Cook, CHNS, presents The Science of Handwashing to Harrisburg Middle School Students.



Handwashing can reduce the risk of respiratory infections by 16%.

[www.cdc.gov](http://www.cdc.gov)

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## A New Tree For Arbor Day 2013



**L to R:** Steve Wilson, Matt Fields, Extension Service Agent Rickard Klerk, Tree Board Chairman Shirley Ball, Secretary Stanton Caradine, Sherman Washington, Anna Mckee, LHUA Kitty Bingham, Jeremy Jones, County Forester David Oaks and Mayor Bob Stacy

**Cross County**– Each year on the third Monday in March, Arkansas recognizes Arbor Day. Arbor Day was founded over 100 years ago by J. Sterling Morton as a way to set aside a special day for tree planting. This year Wynne Tree City U.S.A and Cross County Forestry celebrated Arbor Day by planting a tree on the property of the Cross County Health Unit. Wynne Mayor Bob Stacy signed a proclamation on Monday, March 25, 2013, “to celebrate Arbor Day and to support efforts to protect trees, woodlands, and to encourage citizens to plant trees to promote the well being of Wynne.”

Source: East Arkansas News-Leader



A couple members of the Cross County Forestry Division plant a tree at the Cross County Health Unit to celebrate Arbor Day

Planting trees can help revitalize our forests and transform our cities and towns.



## Spring is Tornado Season in Arkansas

Are you ready for tornado season? Tornadoes appear as dark, rotating, funnel-shaped clouds. Although they can occur at any time, they strike most often during late spring and summer and then usually in the late afternoon. According to the National Weather Service, tornados kill approximately 70 people and injure 1,500 more every year. Tornados are even more dangerous because they can occur at random times. By taking the following precautions you can increase your chances of surviving a tornado:



### Preparing for a Tornado

1. Create a Family Tornado Plan
  - Make sure your family knows where to go during and after a tornado. You should practice this plan at least once a year, and be sure to include safety precautions for pets. Store protective coverings next to your shelter space as protection from debris.
2. Know the Tornado Warning Signs
  - Tornados can occur without warning. Look and listen for strong and persistent rotation in cloud base, whirling dust or debris, hail or heavy rain followed by dead calm or a loud continuous rumble that does not fade like thunder.
3. Protect Yourself Indoors
  - Get in a basement if available, find a windowless room in the center part of the structure, crouch as low as possible facing down and cover your head with your hands and know where heavy items on floors above are to avoid being crushed if these items fall due to a weakened floor.
4. Protect Yourself Outdoors
  - If possible seek shelter in a sturdy building, avoid trees and cars and do not seek shelter under an overpass. If shelter is not available lie face down on low ground with your arms protecting the back of your head
5. Staying Safe After the Tornado
  - Keep your family together, provide aid to those injured, stay away from power lines, avoid sharp objects and do not use matches or lighters in case of a gas leak.

Sources:

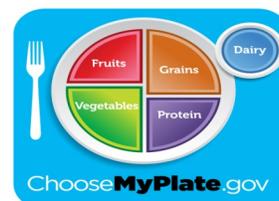
[www.spc.noaa.gov](http://www.spc.noaa.gov) and [www.fema.gov](http://www.fema.gov)

## Nutrition Display

**Cleburne County-**The Cleburne County Health Unit recognized March as National Nutrition Month. Local health unit staff educated clients on the importance of eating more fruits & vegetables. The theme of the display was how to use color and variety when making daily fruit and vegetable choices. Information was also provided on how to shop for groceries wisely.

Nutritional Tips:

- Eating vegetables is important because they provide vitamins and minerals and most are low in calories. Choose vegetables that are rich in color.
- Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C and folic acid. Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides
- Grains are divided into two subgroups, whole grains and refined grains. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.



## Wear Red Day 2013



Although many women feel heart disease is a man's disease, heart disease is the #1 killer of women in the United States. Nearly 1 in 3 American women have high blood pressure. Each year several local health units and HHI coalitions join together to recognize February as Heart Awareness Month. In order to achieve heart health individuals should see a doctor to determine their personal risk for heart disease. Lifestyle changes can decrease many of the risk factors for heart disease such as: smoking, high blood pressure, high cholesterol, obesity, physical inactivity, and diabetes.



**Fulton County**— LHU staff and County Judge Charles Willett supported heart health awareness by wearing red for heart month and having a healthy dinner.

**THIS IS WHAT A HEART ATTACK FEELS LIKE TO A WOMAN.**  
 (CHEST PAIN, DISCOMFORT, PRESSURE OR SQUEEZING, LIKE THERE'S A TON OF WEIGHT ON YOU)  
**Make the Call. Don't Miss a Beat.**  
 To learn the other six symptoms visit: [WomensHealth.gov/HeartAttack](http://WomensHealth.gov/HeartAttack)

### *Red Hot Luncheon*



**Cross County**— Cross County Hometown Health Coalition provided heart health awareness and education during their annual luncheon

**Independence County**— Batesville residents were red hot on Valentine's Day and raised over \$14,000 for the Christian Health Center. Citizen's Bank of Batesville has hosted the Red Hot Luncheon for the past eight years to promote healthy lifestyles and raise awareness on heart disease, and for the past two years donated the proceeds from the luncheon and silent auction to the Christian Health Center— a clinic that provides medical, dental, and counseling services to uninsured adults. Over 300 attended the lavishly decorated events. Tickets were sold for the luncheon and a silent auction was also held. Area businesses donated items for the auction and door prizes. The attendees were educated on risk factors of heart disease and ways to combat it. One speaker noted the cost of fresh foods does not compare to the cost of health problems in the long run. The main message was heart disease is highly preventable

## Water Fluoridation

**White County**– The Arkansas Department of Health announced recently that the City of Beebe Water System in White County has been awarded a Water Fluoridation Quality Award from the U.S. Centers for Disease Control and Prevention (CDC). Fluoridation is the adjustment of fluoride in the water to a level that is optimal for preventing tooth decay. The award recognizes those communities that maintained a consistent level of optimally fluoridated water throughout 2011.

For 2011, a total of 2,400 water systems in 33 states received these awards, which is a significant increase in the number of participating states and water systems that received awards in previous years.

“We are very proud of our water system and our water operators who benefit us all by making available high quality, fluoridated water,” commented John P. Hayes, Chairman of the Beebe Water & Sewer Commission.

“The City is very proud of the many accomplishments made within the Beebe Water Department. The City wishes to thank all the Water Department employees and Water Commission for their work. We all look forward to the addition of the Lonoke, White County project adding additional water from Greers Ferry to the City of Beebe in the near future,” says Beebe Mayor, Mike Robertson .



**Top L to R:** John P. Hayes, Chairman of Beebe Water & Sewer Commission, Susan Winkler, White County LHUA, and Mike Robertson, Mayor of the City of Beebe.

### Specifics on Fluoridation in Arkansas

#### Effectiveness of Fluoridation in Arkansas

- In a 2002 study, kindergarten students in non-fluoridated areas of Perry County had twice the number of cavities (3.4) as those in fluoridated Morrilton (1.7).

#### CDC’s Water Fluoridation Reporting System

- 65% of Arkansans on community water systems enjoy the benefits of fluoridation.
- The national average is 72% & the U.S. Department of Health & Human Services Healthy People 2020 program goal is 80%.



#### Fluoridation Legislation

- In 2011, Act 197 was implemented, guaranteeing access to fluoridated water for all citizens on systems serving 5000 or more people. The vast majority of systems are complying. This will increase the % of Arkansans with fluoridated water to approximately 87%, well above the national average!

#### Current Status

- 31 systems have applied for grants & 19 approved
- 12 more applications are being reviewed
- 1 water system has not applied for a grant
- 4 haven’t applied but are fluoridating/committed
- 3-4 systems in the initial stages of construction
- 3 systems have begun fluoridating & 1 will start soon

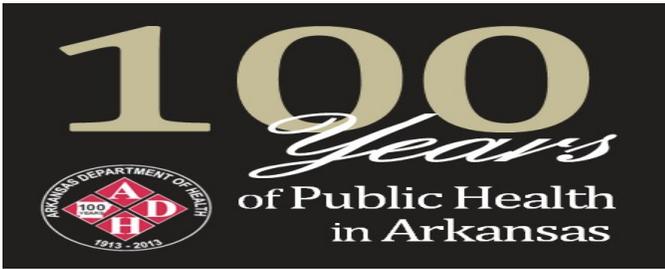
## 2012 Governor’s Council on Physical Fitness Leadership Award



**Independence County**– Batesville School Board was recently recognized by the Arkansas Department of Education Office of Coordinated School Health with the “Healthy School Board Award.” The Healthy School Board Award is a way to recognize Arkansas schools with policies and educational programs in place that promote an environment that creates healthy administration and school staff. Congratulations to Batesville School District for always being proactive when it comes to health and wellness. *A Pioneer Never Quits!*







Old State House, original site of the Arkansas Department of Health



**Randolph County**— LHUA Kathy Smith and County Judge David Jansen recognize public health



**Cross County**— County Judge Jack Cauble signs a proclamation recognizing public health with LHU staff.



**Fulton County**— LHU staff celebrate Public Health with a proclamation from the County Judge Charles Willett



**Craighead County**— Stephanie Smith holds son Keiysen while PHN Amy Hatley gives immunizations



Patients receive Public Health history, Connect Care information and Public Library services information while waiting



LHU staff celebrate Public Health with a proclamation from the County Judge Ed Hill and an immunization clinic.



**Mississippi County**— Bottom L to R 2yr Bryon Smith won a teddy bear while Sister and Brother 4 year old Presley and 2 year old Eli won a bear and a Barbie doll



**Lawrence County**—LHU staff celebrate Public Health with a proclamation from the County Judge Dale Freeman



**White County**—Beebe Health Unit received their banner from the courier and immediately displayed it in the lobby for all to see.



**Independence County**— Independence County Hometown Health Wellness Coalition recognizes 100 years of Public Health during a coalition meeting.



**Greene County**— Historical display of Public Health in the county.

LHUA Linda Hutchison and County



**Crittenden County**— Top Rita Richmond displays Crittenden County Health Unit History. Bottom L to R LHU Staff with County Judge Woody Wheelless, County Judge with LHUA Susan Brewington.



LHU Staff celebrate Public Health Week

**Coalition Members**  
L to R: Dyanna Crawford, Michelle Legrid, Karen Davis, Shawntae Templton, & Linda Hutchison



## April is ATV Safety Month



Governor Mike Beebe has declared April 2013 to be All-terrain Vehicle (ATV) Safety Awareness Month. ATVs are very popular in the state of Arkansas. They are used for farming, hunting, and recreation. However, riding or operating an ATV comes with a substantial risk of serious injury, particularly for children and teens.

- Wearing a helmet can reduce the risk of death in a crash by almost half.
- Children should not ride adult-sized ATVs. Most ATVs are designed for single riders only.
- ATVs are not designed to be operated on paved roadways and should only be ridden off road.
- Operators should get hands on training on how to operate an ATV safely and correctly. Training is offered free of charge by the University of Arkansas Cooperative Extension .

**Poinsett County**– Jennifer Lynch, CHPS, presents ATV Safety to Harrisburg High School.

HHI support staff have diligently worked to present ATV Safety information at several schools throughout the region this April.

*Children younger than 16 Years of Age are at High Risk for ATV Injury*



### NE Region Hometown Health Support Staff:

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## Prescription Drug Abuse



**Poinsett County**– Laura Cook, CHNS, speaks to the Harrisburg Rotary Club.

**Poinsett County**– Laura Cook, CHNS, presented information to the Harrisburg Rotary concerning Prescription Drug Abuse Awareness. Laura showed the video "We Have a Problem in Arkansas" and distributed information about how to dispose of drugs properly. The group was informed about Arkansas leading the nation in teenage prescription drug abuse. Laura concluded the program by distributing booklets from the Health Dept explaining all the services available to the community and information about the SOS quitline referral program.

## Tobacco Free Parks

**Mississippi County**– The Mississippi County Coalition for Tobacco Free Arkansas (MCCTFA) began working towards tobacco free parks in 2009. Their efforts were successful June 2010 in Gosnell, September 2010 in Blytheville and most recently focusing on parks in Osceola. MCCTFA is continuing its work by reaching out to additional cities in the county to encourage additional tobacco free parks. Parks are established to promote healthy activities. By setting up tobacco free parks you are:

- Promoting better examples for the youth and tobacco free areas for the youth to play
- Decreasing the amount of cigarette litter
- Breaking the connection between tobacco and sports
- Establishing a new community norm that tobacco use is not an acceptable behavior for youth or adults



MCCTFA shows off tobacco-free park signs and pick up cigarette butts at Blytheville's Walker Park

