



# Arkansas Department of Health Northeast Regional E-News



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## Mississippi County Body and Soul Program

The Mississippi County Coalition for a Tobacco-Free Arkansas recently received grant funds from the Arkansas Cancer Coalition to participate in the National Cancer Institute's Body and Soul Program. The program will target congregants of 16 churches in the northeast corner of the Arkansas Delta to implement the program, which is specifically designed for African-American churches, to educate the population about improved nutrition, exercise and tobacco prevention in order to reduce cancer related health disparities. The program will collaborate with the Boys and Girls Club, Ministerial Alliance and Master Gardeners providing access to community gardening opportunities and increasing the availability of nutritious foods. The goal of the program is to reduce the proportion of adults who are obese from 39% to 35% by 2016. Mississippi County currently ranks 73<sup>rd</sup> in the state county health rankings. The Body and Soul program is one step toward improving the health of the county.



MCCTFA and local officials receive funding. MCCTFA members and local officials are present as community members enjoy the first greens of the garden. [More information](#)

## Quit Tobacco Today



**For information on quitting tobacco call the Arkansas Tobacco Quitline at 1-800-QUIT-NOW**

## November is Diabetes Awareness

November is American Diabetes Month and the American Diabetes Association is working to raise awareness of diabetes and bring attention to the issues associated with this disease. According to the American Diabetes Association, nearly 30 million children and adults in the United States have diabetes and another 86 million Americans have prediabetes and are at risk for developing Type 2 Diabetes. Prediabetes is defined as an individual having a fasting blood glucose reading of 100 mg/dl to 125 mg/dl or an A1C measuring your average glucose for the past 2 to 3 months as 5.7% to 6.4%. Diabetes is diagnosed with a fasting blood glucose of greater than or equal to 126mg/dl or an A1C of greater than or equal to 6.5%. Type 1 Diabetes is generally diagnosed in children and young adults represented 5% of cases, but Type 2 Diabetes is the most common form of diabetes. Type 1 diabetics do not produce insulin and require insulin therapy but Type 2 diabetes is treated with lifestyle changes, oral medications and insulin.

[Click here for a Type 2 Diabetes Risk Test](#)

## Out of the Darkness Walk

The American Foundation for Suicide Prevention reports, "Someone dies from suicide every 13.3 minutes". In an effort to raise awareness and promote suicide prevention the 2<sup>nd</sup> Annual Out of Darkness Walk was held October 11<sup>th</sup> at Lyon College. Participants were able to partake in a walk and remember loved ones through a memory wall.

**TPCP Has a New Look!**



## American Pharmacists Association's (APA) Immunizations Champion Award



Congratulations to Susan Winkler, White County Local Health Unit Administrator. Susan has been named the recipient of the American Pharmacists Association's (APA) Immunizations Champion Award in the area of Partnerships with other Healthcare Providers and Public Health. Susan received this award based on the partnership that she and the White County LHU have with the Harding University College of Pharmacy. Through their partnership, fourth year pharmacy students have been working with the LHU to administer vaccinations in school flu clinics. This partnership gave students the community service hours they needed, and the LHU received volunteers to staff successful school clinics. Susan will receive the award at the APA National Convention in March. I hope you will join in congratulating her for being recognized on the national level.

### Fulton County Safety Baby Shower

TPCP Grantee Jannette Cooper recently sponsored a Safety Baby Shower in Fulton County to teach parents how to keep their baby safe in the car and in the home. The event included presentations on keeping your baby safe at home, shaken baby syndrome, tobacco and your baby, car seat safety and your healthy baby. Attendees received several resources to supplement the educational presentations: a car seat installed by a CPS Tech, smoke detectors, blankets and home safety kits.



Dr. Sheryl Lynn Bryant presents Your Healthy Baby and Cindy Schaefering presents Shaken Baby Syndrome information.

### Arkansas Volunteer Communities of the Year

Twelve communities have been selected to receive the 2014 Arkansas Volunteer Community of the Year Award. Three of the twelve communities selected are located in Northeast Arkansas: Bay, Blytheville and Heber Springs. A panel of citizens from across the state served on the selection committee to determine recipients of the award sponsored by the Governor's Office, the Arkansas Municipal League, and the Arkansas Department of Human Services Division of Community Service and Nonprofit Support. Award Presentations will occur during the Arkansas Municipal League's Winter Conference January 2015.

[More Information](#)

### Out of the Dark Rally

TPCP Grantees Nancy Gribble, Nettleton School District, and Amy Whitener, St. Bernards Hospital, participated in the 2014 Craighead County Out of the Dark Rally by encouraging attendees to sign a Pledge to be Tobacco Free. The banner was later presented to the Out of the Dark Coalition.



## Message from the Regional Director

As we begin to look forward to the holiday season my sincere wishes are for all of you to have a period of rest and enjoyment during that time with your family & friends. I applaud the efforts of our colleagues in the Northeast Region as we get closer to completing the huge challenge of administering vaccinations to comply with the new school rules and regulations in addition to our traditional seasonal flu shots in the local schools and mass clinics. Also, you have continued to strive to provide the normal menu of LHU services for our customers in the NE Region. What more can I say except, **Awesome!** The success of our LHUs has been the result of all the individual successes achieved by each ADH colleague in our region. I believe the key to our success has been the desire and commitment of individuals working together to persevere and never give up until the job is finished. I once heard it said that progress takes flight when we all work together. I believe the following quote from Pete Pederson expresses the daily commitment we need to be successful serving our customers in the NE Region: ***"This is the beginning of a new day to use as I will. I can waste it or use it for good, but what I do today is important, because I am exchanging a day of my life for it. When tomorrow comes, this day will be gone forever, leaving in its place something that I have traded for it. I want it to be gain and not loss; good and not evil; success and not failure; in order that I shall not regret the price that I have paid for it."***

Let's keep that quote in mind as we focus on serving our customers more effectively in the following priority areas: 1) providing personal health services (clinical and In-Home Services); 2) education and enforcement of environmental services; 3) supporting Hometown Health Improvement; 4) promoting and encouraging healthy behaviors; 5) responding to public health emergencies/emerging diseases; 6) monitoring and investigating public health problems.

I am very thankful to work in the NE Region with colleagues who are dedicated to delivering quality public health services to our citizens that will greatly improve their chances of living healthy and productive lives. I hope all of you have a safe and enjoyable holiday season.

Bill



## HHI Spotlight!

Community Health Promotion Specialist Dani Ennis and Community Health Nurse Specialist Karen Davis presented a nutrition program at Paragould Primary School to 600 students using Go, Slow, Wow to instruct students in making healthy choices.



Public Health Educator Kim McCray presented a tobacco prevention program to 300 1<sup>st</sup> and 2<sup>nd</sup> grade students at University Heights Elementary to prevent the initiation of tobacco use among youth and eliminating exposure to secondhand and third-hand smoke.



To submit articles, questions or comments contact [Kimberly.mccray@arkansas.gov](mailto:Kimberly.mccray@arkansas.gov) or call 870-273-9576