

NE Region Compiled Report

December 2015

CHNS/CHPS

Becky Lamb

- Delivered school tobacco signs to the Cabot Administrative Office
- Attended the Cabot School District Wellness Committee meeting
- Attended the CHNS/CHPS Meeting and Making Educators Partners Training
- Attended the Woodruff County Coalition Meeting , Wilbur Mills Co-op Meeting and training and the NE HHI Support Staff meeting
- Provided NE health educator with nutrition, smart snacks and shopping for food on a budget information sheets for parents to use with Head Start parents
- Collaborated with NE Health educator on ideas for a February Health Fair for Bradford Senior Citizens

Karen Davis

- Facilitated Training at the NEA Coop on Postvention of Suicides – 11 attended from Lawrence, Jackson, Randolph and Craighead Counties
- STD and Teen Pregnancy presentations given to Maynard school students Education provided how alcohol and tobacco affects fetuses.
- CPR training given to Maynard school personnel. Educated on the dangers of tobacco on the lungs and heart.
- 2 CPR Trainings to Health Dept. personnel. BLS for the nurses and Heart savers to other employees of the health dept. Also, educated on the dangers of tobacco use on the heart and lungs.
- Completed the Dating Violence Program on line

Cindy Schaefering

- Facilitated the Lifelines Postvention workshop for 11 participants from schools and the community at Northcentral Co-op

- Presentation at Calico Rock High School on STD's & Teen Pregnancy. Presentation provided to four groups. Educated on the importance of abstinence, condom use if sexually active, getting tested, completing treatment for STD's. There were a total of 175 students for the four presentations.
- A puberty and hygiene presentation was presented to students in the 5, 6, & 7th grades of Norfolk schools. This presentation included education on the following topics: body changes due to hormones, need for cleanliness for illness prevention and general hygiene, Secondhand smoke, Act 811 and e-cigarette. There were a total of 102 students in attendance for these presentations.
- CPR and First Aid certification conducted for the students in the Child Care Course at Batesville High School. This includes information on heart attack, contributing factors such as smoking and lifestyle choices. This certification was for a total of 15 students.
- Attended the first meeting of the Melbourne Wellness Committee where instructions/education was given on the online SHI and CDC access.
- Presentation to the Head Start Parent Group at the Evening Shade campus about the importance of Blood Pressure measurement, ways to decrease BP, indications of high blood pressure, and seeking medical attention for this chronic disease.
- Suicide Awareness information shared during the Personal Care Aides of IZARD County Home Health in-service. The FACTS one page sheet of suicide awareness given to each attendee along with a wallet size reference card with hotline numbers. There were 26 in attendance.

Laura Cook

- LIFELINES Intervention Training: Crowley's Ridge Coop (Poinsett Co) I facilitated the education of participants in Using the Lifelines Intervention manual
- Reality Works presentations at Nettleton High school: 146 participants 5 classes- Education included IVP Assault/Homicide. Educated students about Fetal Alcohol Syndrome and Shaken Baby Syndrome using the Reality Works dolls
- Making Healthy Choices presentation provided at Bay High School: 66 participants 4 classes. Education included: HIV/STD, Family Planning, Preventing Initiation of Tobacco Use Among Youth and Young Adults Promoting Quitting Among Youth and Adults. Educated students about how to make healthy choices. Included information about STD's and HIV, services the health department offers, the dangers of smoking and quitline services.

- TA provided on immunizations, hearing and vision screenings, personal care billing, paraprofessional training and medication administration to school nurses
- Attended CHNS/CHPS statewide meeting and the Making Educators Partner MEP training
- Attended HH Support meeting in Jonesboro

Regina Alexander

- Presented four Eating Disorder presentations to 65-70 Maynard Junior High Students, eighth and ninth graders. Students participated in body image activity. Students were asked to draw picture of his or her view of themselves and a picture of how they believe others view them. Students also discussed positive and negative self-image, self-confidence, ways to improve self-image, anorexia nervosa, bulimia nervosa, and binge eating disorders. Students were given pre-test (Eating Disorder quiz) to gather baseline data about their knowledge about eating disorders. Students revisited the importance of nutrition and healthy eating habits. Students were also educated about the importance of wearing seatbelts and helmets.
- Provided Yoga for Kids Training to 60 students between ages of 3-5, at the Corning Head Start. Staff discussed five poses CHPS could put on a poster board to incorporate into daily lesson for students. Posters will be created and delivered to staff. Students were educated on the importance of wearing seatbelts and helmets. Students were also educated about Act 811 and the harms of tobacco.
- Educated 30 Arkansas Early Learning students in Marked Tree about the importance of nutrition and physical activity using the Go, Slow, and Whoa presentations. Students were also educated about the importance of tooth brushing and flossing using the Delta Dental Oral Health Kit. Students were also educated about tobacco harms, Act 811, and the importance of seatbelts and helmets. Students also participated in physical activity component which included dance.
- Educated 17 students at My Art CC Daycare in Jonesboro about the importance of nutrition and physical activity using the Go, Slow, and Whoa presentations. Students were also educated about the importance of tooth brushing and flossing using the Delta Dental Oral Health Kit. Students were also educated about tobacco harms, Act 811, and the importance of seatbelts and helmets. Students also participated in physical activity component which included dance.
- Volunteered to participate in Blytheville Professional Development as a speaker over ways to get Coordinated School Health recognition as a healthy schools and the importance of physical activity using dance.
- Participated in conference call with Office of Minority Health & Health Disparities regarding, "The Arkansas Barber & Barber Beauty School Health Initiative", that will be

held in March 2016, in Poinsett County. Following conference call, plans include making contact with ASU Marked Tree Cosmetology Program and PLN Program to establish a partnership; will explore the possibility of using their facility. Also CHPS will be checking with some of the local, larger churches in the community. There will exploration of the possibility of encouraging local operators to come together for a common cause and host event at one of the larger salon in the community that will be able to accommodate 2-3 operators. If the health initiative is held at a church we will consider doing a health fair/hair show. CHPS collaborated with ASU/Jonesboro radio director regarding media for health initiative.