

NE Region Compiled Report

May 2016

CHNS/CHPS

Cindy Schaefering

- Independence Co. Eagle Mtn. School: Educated 6th grade boys and girls on puberty and hygiene which included aspects of nutrition, physical activity, body changes, oral health, tobacco use prevention, immunizations, dealing with changing feelings and communicable diseases. 63 students and 2 adults educated.
- Sharp County: The Diabetes Empowerment Educational Program (DEEP) class started with four attendees. This program will continue for 6 weeks and will educate on all aspects of living with Diabetes, both Type 2 and Type 1.
- The Independence County Community all came together to bring the Teen Driving Rodeo event to area teens and parents to educate them on the importance of safe driving. This event had stations that covered laws of driving, the GDL, insurance coverage, car checks, sharing the road with big trucks, driving under the influence, distracted driving and a demonstration of the Jaws of Life. 150 teens and adults were present for this event.
- Baxter Co: Educated students of the Norfolk Head Start program on the proper fitting of a bicycle helmet and when the helmet could be used for protection during a tornado or earthquake. Students were made aware that these helmets are not approved for use with any motorized vehicles. There were 4 adults and 21 children educated.
- IZARD County: The CATCH 68 program was presented at Calico Rock School district with students in the 7 & 8 grades. This program is a 6 part curriculum to educate students on e-cigarettes and big tobacco marketing of them.
- Independence Co. Educated Midland 7&8th grade students on STD transmission, testing and treatment. Educated on consequences of teen pregnancy and sexual activity, including resisting pressure to engage in sexual activities. Educated on the use of birth control and condoms and stressed abstinence as the only 100% effective method. There were 55 students educated.
- IZARD Co.: Educated 7th grade students of Melbourne High School on STD transmission, testing and treatment; along with the consequences of teen pregnancy and sexual activity, including resisting sexual coercion. Educated on birth control methods and

condom use with emphasis on abstinence as the only 100% safe method to prevent teen pregnancy and disease transmission. 61 students reached.

- Provided the Poison Control in Action slide presentation at the Cleburne Co. IHS in-service for personal care aids. Ten in attendance.

Laura Cook

- Partnered with the NE/CHNS to educate 18 participants in 4 sessions-Provided half of the Matter of Balance sessions at the Senior Activity Center in Harrisburg and will continue the program into June
- Assisted with the Poinsett County Color Run to raise awareness of the coalition and provide interactive education on substance abuse, alcohol abuse and teen suicide
- East Poinsett County High School: 96 participants in 4 classes, IVP Dating Violence "Break the Cycle"
- East Poinsett County High School 80 participants in 4 classes: presentations on Tobacco Prevention and Cessation
- Attended the statewide CHNS/CHPS meeting in Little Rock and recorded the minutes of the meeting; typed them and emailed to participants of the meeting
- Working on CNE packets for the Back to school nurse workshops and the Healthy Active Arkansas Workshops to be held in the Coops this summer; checking BIO's and educational planning tables.

Becky Lamb

- Catch Clean 68 E-Cigarette Curriculums for Eighth Grade Students at Cabot Junior High South: May 2, 4-6, and 9. Student totals: 7 classes per day with a total of 180 students per day. Clean Catch 68 is a peer led curriculum designed to educate students about the dangers of e-cigarettes and nicotine.
- Catch Clean 68 E-Cigarette Curriculum for Eighth grade students at Cabot Junior High North: May 10-11, 13, and 16-17. Curriculum was taught to 7 classes per day for a total of 190 students.
- Shaken Baby Syndrome, Safe Sleep and SUIDS for 200 ninth grade students at Cabot Freshman Academy. Education included the harms of tobacco
- Poison center magnets and poison information disseminated via spin game at Special Olympics at Harding University in Searcy
- Partnered with NE/CHNS on the CNE packet for the NE Region School Wellness Workshops

- Obtained Objectives for Dr. Yamauchi's presentation his Bio/COI for CNE packet

Regina Alexander

- Participated in four day Extension Wellness Ambassador Training at the Paragould Community Center. Topics for each day included: Program Guide & Nutrition, Exercise, Chronic Disease, and Background Information. Extension Agents covered My Plate, Food labeling, portion distortion, physical activity guidelines, and strength training, and kinesiology, special considerations for exercising with chronic disease, body weight and interval training. Education included staying healthy and living longer, heart disease, living with diabetes and meal planning, and we reviewed the Health Belief Model and the Stages of Change Model. This program targets school aged youth, young adults, and seniors. At the end of the training I became an Extension Wellness Ambassador for Lawrence; I can also educate youth in Clay, Greene, Randolph, and Craighead
- Conducted four presentations regarding Dating Violence with Highland High school students. Students participated in Center for Disease Control pre and posttests, and students were educated about Dating Violence via PowerPoints, interactive group activity/discussion, and Break the Cycle videos from the Attorney General's Office.
- Partnered with Lawrence County Extension Agents and Wellness Ambassadors to educate Lawrence County Youth about nutrition and the importance of healthy eating via "Kids in the Kitchen" Extension Program at the Ralph Joseph Educational Building in Walnut Ridge. Twelve students participated in this program where they were able to attend a free and fun cooking experience. They learned how to prepare simple, healthy foods using fun recipes.
- Educated 30 Highland High School Yoga about the importance of yoga, the history, and benefits. All students participated in yoga activity and were told the importance of stretching for their bodies.
- Attended Matter of Balance training under the direction of Dr. Letha Mosley. Training included introduction to the program, Exploring thoughts and concerns about falling , Exercise and fall prevention, Assertiveness and Fall prevention, Managing concerns about falling, Recognizing Fall-ty Habits, Recognizing Fall Hazard in the Home and Community, and Practicing No Fall-ty Habits/Putting it all Together. Staff was educated and also prepared a lesson to present to all group members.

- Educated four classes of students at Highland about ATV Safety using ADH injury prevention mechanism. Students were given pre and posttest and educated using PowerPoint and ATV safety video.

Karen Davis

- Presented the Tobacco CATCH Program on E Cigs to approx. 20 8th grade girls at Maynard School in Randolph County on 6 different days
- Partnered with NE/CHNS to present the Matter of Balance Program to Senior Citizens in Poinsett County with NE/ CHNS – 4 sessions in May
- Educated approx. 90 7th – 9th grade students at Marmaduke School in Greene County on Asthma. I also educated these students on the harms of tobacco and other drugs
- Trained a School Nurse on BMI and Scoliosis Screenings at Maynard School in Randolph County
- Educated approximately 80 students on the harms of tobacco at Maynard School in Randolph County. Educated approximately 80 student on the dangers of texting and driving and drinking and driving at Maynard School in Randolph County
- Partnered/collaborated with the 4-H Leader in Greene County at an ATV Safety Training for 14 preteens and teens in Greene County
- Set up and assisted the Green County Extension Office with an ATV Safety Training for 7 kids ages 7-14 where they were taught safety while riding the 4 wheelers.