

# Northwest Region Hometown Health Newsletter

Arkansas Department of Health

July-September 2014



Pictured: Don Murray and Kathleen Holloway

## Northwest Region Employee of the Year

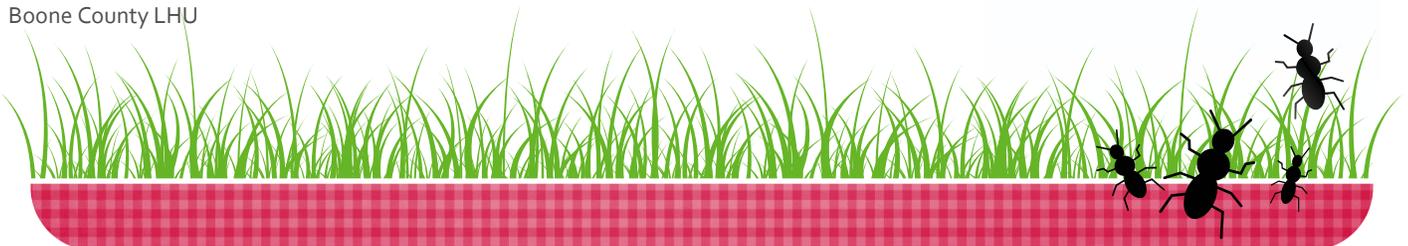
Kathleen Holloway



Pictured: Donita Powers, Janet Villines,  
Tammi McCutcheon

## Northwest Region Local Health Unit of the Year

Boone County LHU



## Local Health Unit of the Year Nominees



Franklin

Pictured: Brandi Stricklin and Priscilla Banuelos



Johnson

Pictured: Jacquelyn Blackmon and Judy Bradley



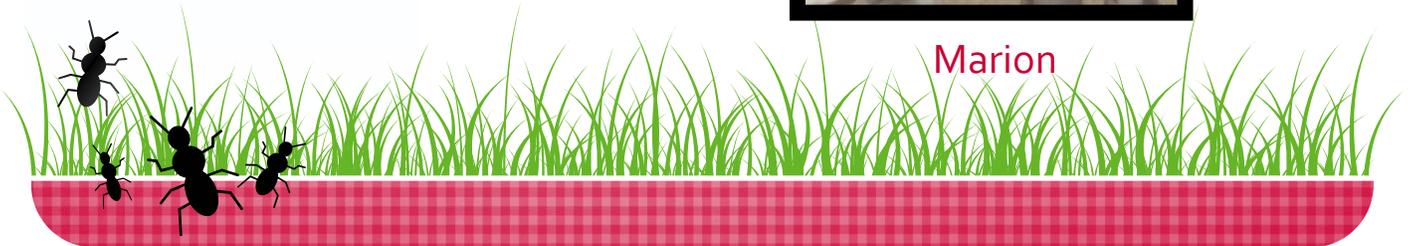
Madison

Pictured: Shana Villines



Marion

Pictured: Heather Andersen and Valerie Shipman



**Thank you for 30 Years of Service to the State of Arkansas !!**



Above: Linda Thompson, \*Nancy Marsh\*, Marilyn Cone

Below: \*Kay Ross\*, Donna Branscum

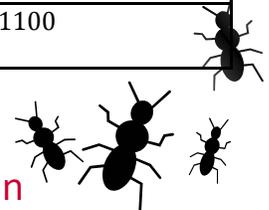


**\*\* Denotes Award Recipient**



## Arkansas Coalition For Obesity Prevention Awards Grants in Northwest Arkansas

Community	Project	Funding Awarded
Magazine United Methodist Church and Magazine School District <b>(Logan)</b>	“Use your Melon” Community Garden	\$1088
Clinton School District <b>(Van Buren)</b>	The Yellow Jacket GET FIT Program	\$2258.96
Fayetteville School District <b>(Washington)</b>	Seed to Student Garden Coordinator Program	\$2000
Flippin School District <b>(Marion)</b>	Flippin Community Schools Garden Project	\$3500
Harp Elementary School <b>(Washington)</b>	Harp Hawks Soaring to Health and Springdale School District Farm-to-School Expansion Program	\$1800
Lamar School District <b>(Johnson)</b>	Growing Healthy Communities	\$3500
Marion County Hometown Health <b>(Marion)</b>	It’s a SNAP! & Panther Produce Market Project	\$1550
Searcy County Community Center <b>(Searcy)</b>	Growing Wellness Gardens	\$1084.99
Siloam Springs School District <b>(Benton)</b>	School Gardens	\$1100
Tri Cycle Farms Community <b>(Washington)</b>	Crossroads Market and Tri-Cycle Farms Cooking Matters	\$3798
EOA Head Start Fayetteville <b>(Washington)</b>	Garden Welcome Project	\$1100



## Matter of Balance Classes Being held in the Northwest Region

Falls are the leading cause of injury and death for older adults in the United States. Falls are the number one reason for hospitalization in Arkansas. A Matter of Balance is a program based upon research conducted by the Royal Center for Enhancement of Later-Life Function at Boston University. It is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. A Matter of Balance is conducted during 8 two-hour classes with 8-12 participants learning

- how to view falls and fear of falling as controllable
- to set realistic goals for increasing activity
- to change their environment to reduce fall risk factors
- to promote exercise to increase strength and balance

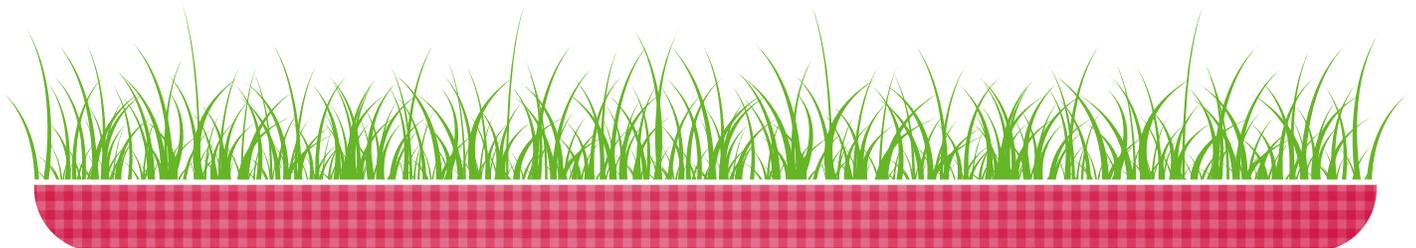
In order to become a trained coach to conduct A Matter of Balance classes, you must attend the eight-hour A Matter of Balance Train the Trainer class provided by SIPP staff. You may contact the Home Safety Analyst at 501-364-3442 to arrange training. The Trainers’ Guide will be distributed at the eight-hour training class and is intended to serve as a complete resource for trainers/educators leading A Matter of Balance classes.

A recent class was held at the Russellville Regional Office, September 24th 2014.

Upcoming classes:

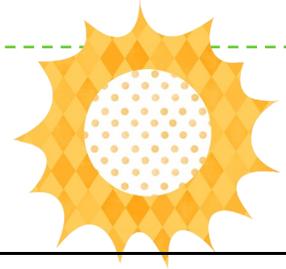
Baxter County: Early 2015

Searcy County: November 2014



# Boone County

"Boone County has received more than **\$1** Million in grants this year..."

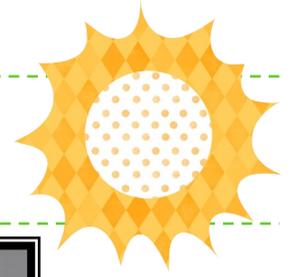


Robert Wood Johnson Grant	Amount of \$360,000.00 – Healthy Kids Healthy Ozarks
AmeriCorps Vista project site grant	Amount of \$529,136.00 – Vista project site grant
ADH community based tobacco prevention and education program	Amount \$75,000.00 – Tobacco prevention and education
Susan G. Komen Grant	Amount \$75,000.00 - Breast Care Awareness/ Breast Cancer Prevention



## Franklin County

*"Franklin County spent the summer decreasing childhood hunger..."*



(left to right: Scott Vincent, Ozark School; Anne Sneed, No Kid Hungry breakfast advocate Brandi Stricklin, Franklin County Health Unit; Dena Dunn, First Baptist Church of Ozark)

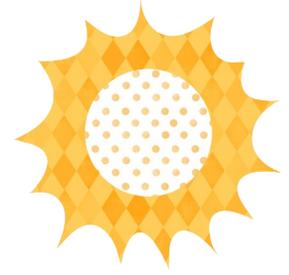
Arkansas Hunger Relief Alliance traveled to Ozark (Franklin County) to see the good work being done at the Franklin County Health Unit WIC office where they are feeding kids healthy food prepared by volunteers at the First Baptist Church of Ozark. Franklin County is a new site for summer, and the Arkansas Hunger Relief Alliance couldn't be more pleased with their progress.



arkansas  
**Hunger Relief**  
alliance



# Franklin/Johnson Teen Leadership Summit



Franklin and Johnson Counties teamed together to provide a Teen Leadership Summit to all schools in both counties. The Summit was hosted by Westside High School.

Five students were selected from each Franklin & Johnson County School to attend the Teen Leadership Summit. The attending schools were: Clarksville, Westside, Ozark, Lamar, Charleston & Ozark.

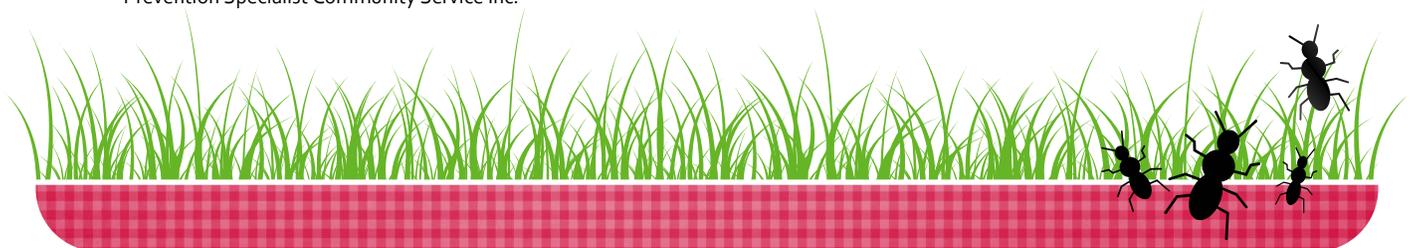
Topics the students learned about were:

Dating Violence: Presented by Ozark Rape Crisis Center—Dorinda Edminsten

Drug Abuse: Presented by Franklin & Johnson Drug Task Force—Mike Hamilton & Shannon Holman

Online Safety/ Social Media: Presented by Kelly Hays, Morgan Nick Foundation, FACS Teacher Westside High

Tobacco Cessation Minute to Win It Game—Heather Sprinkle—Prevention Specialist Community Service Inc.



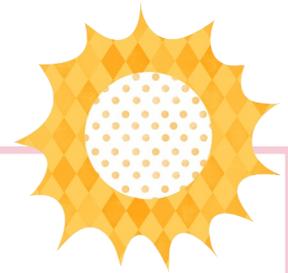
## Johnson County



*Johnson County Local Health Unit Administrator, Judy Bradley, staffing the booth at the University of the Ozarks First Day of School Event.*



## Madison County



Madison County Health Coalition

Grant Award Amount: \$50,000

Project: Madison County Breast Cancer Support, Education, Treatment and Navigation Program  
<http://www.madisoncountyhealth.com/>

Services: Provides a nurse navigator to target low-income, underinsured women to provide lymphedema supplies and connect patients to other resources within the community. The navigator will also conduct educational programs regarding breast cancer detection for the community at large.

Counties Served: Madison, Carroll

With grant funds from the Ozark Affiliate of Susan G. Komen for the Cure, the Madison County Health Coalition (MCHC) will continue to employ a Breast Health Navigator to advocate for breast cancer patients in Madison County and surrounding areas. Responsibilities of the navigator include connecting breast cancer patients to available services, providing support services, educating the public about early breast cancer detection methods and continuing the "Breast Friends" Breast Cancer Support Group. Breast cancer awareness will be promoted through educational booths at local events and educational talks given to community organizations. The target populations for this breast cancer grant are low income, underinsured and uninsured women and men. Because financial burdens are so great for breast cancer patients, MCHC will continue to use grant funds to provide financial assistance to current breast cancer patients through gasoline cards and lymphedema supplies. MCHC will continue efforts to offer free screening and diagnostic mammograms, ultrasounds, biopsies and breast MRIs. MCHC will provide educational materials in Spanish to the Hispanic community. Evaluation will be based on achieving goals and objectives. This program makes breast cancer education, screening, early detection and treatment more accessible to the low income and underinsured population.

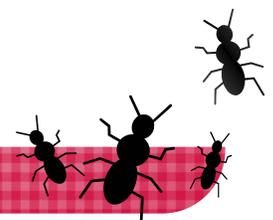
### *Madison County Health Coalition's Annual Shine & Dine Fundraiser*



At the Madison County Health Coalition's Annual Dine n' Shine Fundraiser, each table or community group had a holiday theme:

Courthouse - Christmas, Madison County Medical Group/Friendship Club - 4th of July, Madison County Health Unit - Thanksgiving, Madison County Health Coalition - Valentine's Day.

There were about 60 people that attended from the community. The band Southern Buzzard played music for entertainment. Food items were sold and there was a great Silent Auction. \$1993 was raised to support Madison County Health Coalition activities.



## Marion County Prostate Clinic



On August 26, 2014, Marion County held their annual Free Prostate Cancer Screening Clinic.

Men were invited to receive prostate cancer screenings at no cost. The clinic was held by the Arkansas Prostate Foundation. At the clinic, the men also received information on safe driving, tobacco, and injury prevention.

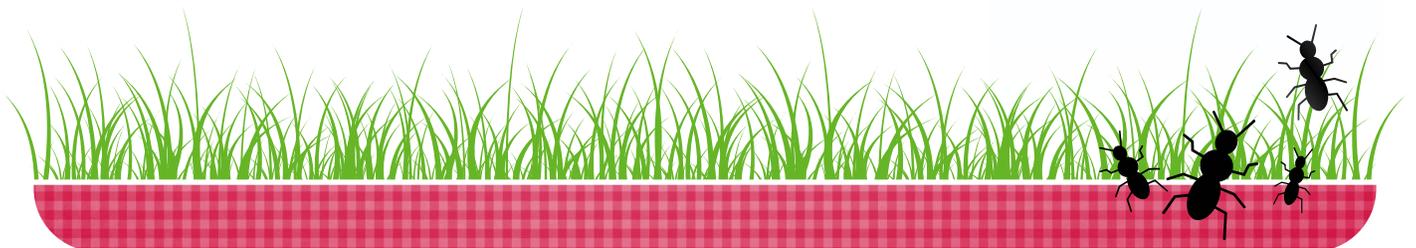
There were 43 participants.

## Marion County Teen Summit

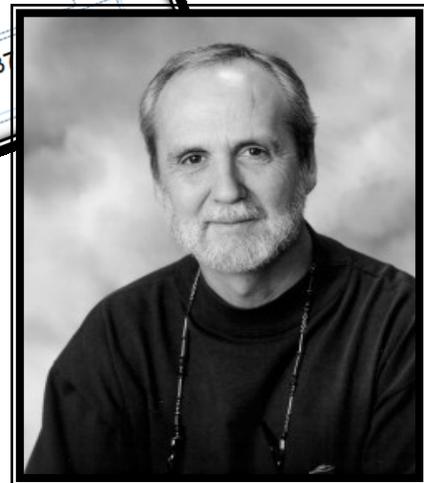
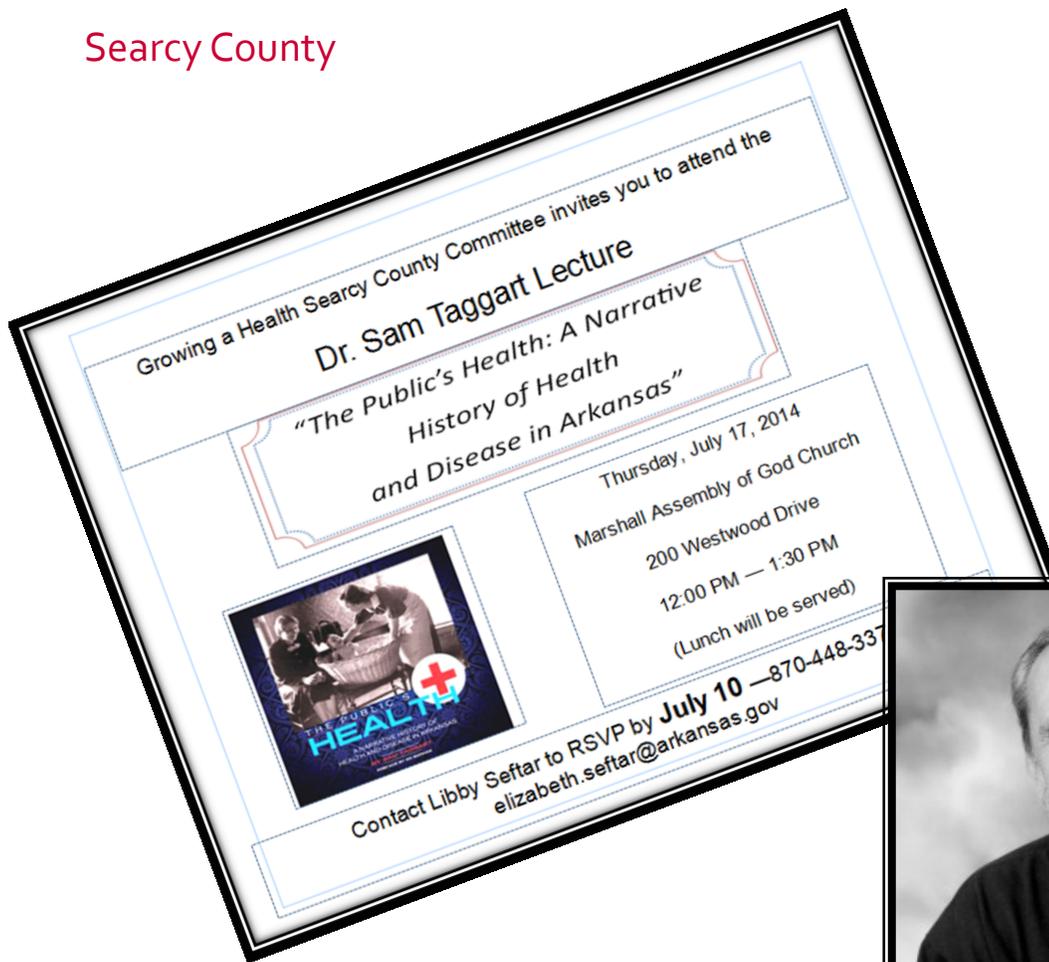
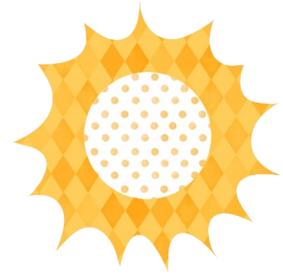


Marion County held a Teen Summit on October 1st at Yellville Summit School District. Bruno and Flippin Schools were also in attendance. 100 students participated and topics included:

Social Media Safety & Cyber Bullying, Drug prevention, Underage drinking prevention, Physical activity, Graduated Driver's License, Injury Prevention, Healthy snacks, & Suicide prevention.



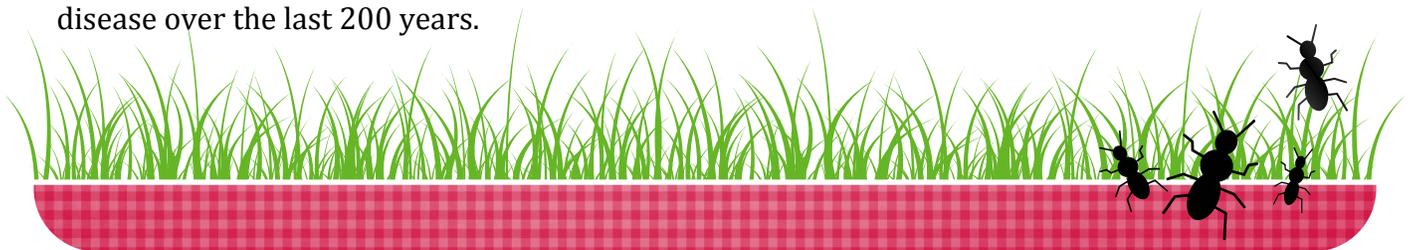
## Searcy County



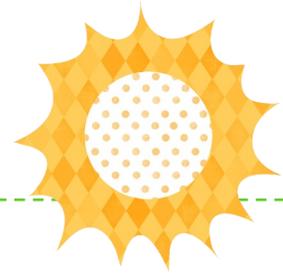
Dr. Taggart is a family physician and writer who has practiced medicine in Benton, Arkansas for the last 37 years. He has been writing for public consumption for the last ten years completing two novels, *We All Hear Voices* and *With A Heavy Heart*, both based in Arkansas.

Last year he was commissioned by the Arkansas Times and the Arkansas Health Department to research and write a book about the public's health in Arkansas. *The Public's Health, a narrative history of health and disease in Arkansas* is published by the Arkansas Times and distributed by the University of Arkansas Press.

He spoke on the history of Arkansas as seen through the rotating prism of health and disease over the last 200 years.



# Searcy County



*"Searcy County Summer Feeding Program Success!"*



Members of the Arkansas Hunger Relief Alliance visited the summer feeding program at Haroco Fire Department in Searcy County. The location serves the rural communities of Harriett, Rock Creek, and Cozahome. The visit was to present the Searcy County School District and Marie Morgan of Growing a Healthy Searcy County Committee as "Summer Champions" by Governor Beebe's Office. Growing a Healthy Searcy County Committee and the Searcy County School District work with around 85 volunteers to feed children at six locations across Searcy County.

(Right & Above: Kids eating at the Haroco Fire Station, one of the several summer meals sites in Searcy County.)

Below: Marie Morgan receives Governor's Volunteer Award and the Hunger Relief Alliance Recognition Award.)



## Sebastian County



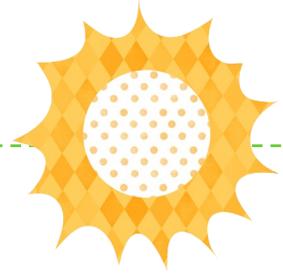
Your Cares, Our Concerns (YCOC) the Sebastian County Health Coalition partnered with Statewide Injury Prevention Program through Children's Hospital and UAMS to present Boating and Water Safety to the children and all four Boys and Girls Clubs in Fort Smith on July 18th, 2014.



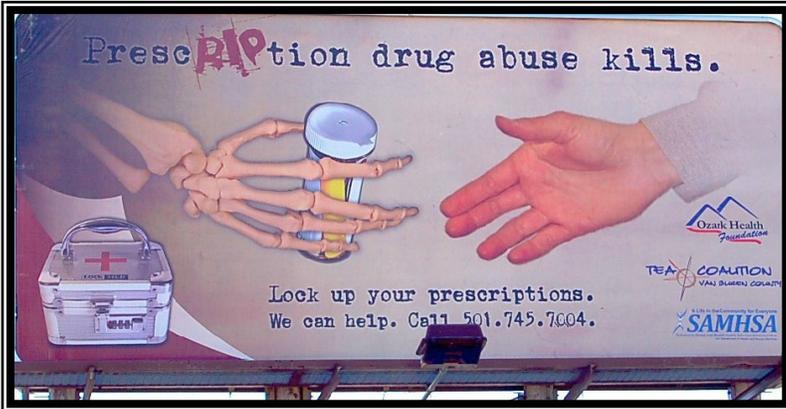
The Statewide Injury Prevention Program also provided the YCOC coalition with a Grant Writing training specifically tailored to writing small grants that the hometown health coalitions depend on to provide programs and services to the communities in Arkansas on August 27th, 2014 at the Western Arkansas Counseling & Guidance Center in Fort Smith.



# Van Buren County



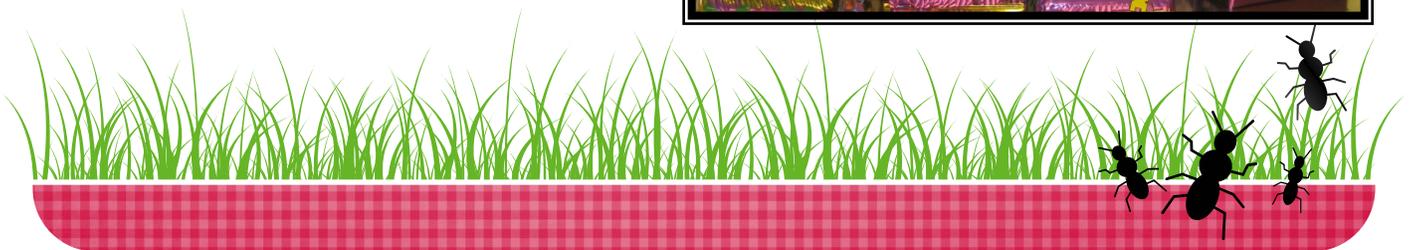
*"Van Buren County has 5 prescription drug drop boxes now..."*



Van Buren County held a prescription drug drop off day September 27<sup>th</sup> at Cash Savers. The TEA Coalition will be adding two drug drop off boxes at both nursing homes in Van Buren County which will make the county total to be 5.

"That's a lot of drugs out of our water supply and children's mouth's." Donna Branscum LHU Administrator, quoted.

Van Buren County Health Unit received 1st place in the County Fair display for businesses this year for the theme of Breastfeeding "Mardi Gras" Put together by Vanessa Martin and Teresa Gates. The booth, the health unit also provided information on in-home services and immunizations.



## Washington County

### Arkansas Coalition of Marshallese

Springdale

**Melisa Laelan** is the nation's only certified court interpreter for Marshallese. She served 10 years in the U.S. Army and reached the rank of sergeant before she settled in Northwest Arkansas and helped found a nonprofit to support the Marshallese community.

Laelan credits her personal successes to a natural curiosity about the world and a firm sense of discipline that she developed as a young girl in her native Marshall Islands.

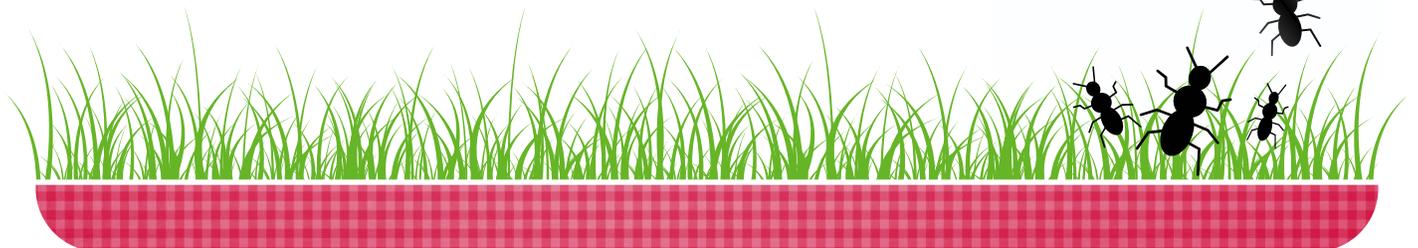
"I'm just a hardworking person like any other, but I've always had a desire to learn new things and was very disciplined at an early age," Laelan says.

Nearly 10 years ago, Laelan was working as a deputy for the Washington County Sheriff's Office when she noticed Marshallese families struggling to understand court proceedings. She contacted the state's Administrative Office of the Courts to pursue certification.

Her nonprofit, Arkansas Coalition of Marshallese, has helped military veterans seek citizenship, built a community garden to provide fresh produce to Marshallese churches, and led an effort to make driver's license tests available in Marshallese.

Laelan aims to obtain a law degree and continue working in advocacy, and she hopes someday to serve as a diplomat.

Earlier this year, she was appointed to the Arkansas Minority Health Commission.



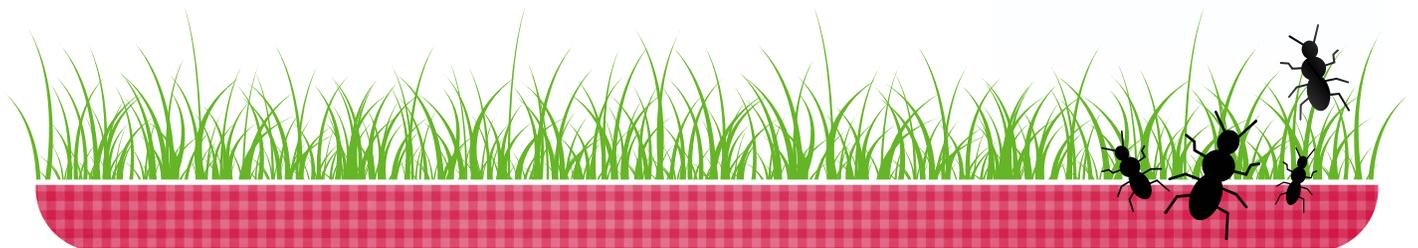
## Yell County



Article Found at <http://www.aboutrvmag.com/?p=128>

One of the most important things a mother needs during pregnancy is nutrition and access to a wide array of fresh foods. Whitney Campbell is the outreach director of the Yell County WIC (Women, Infant, and Children) office located in Dardanelle. A USDA-based program, WIC serves low-income families around the state, offering resources such as pregnancy testing, prenatal care, prenatal vitamins and vouchers for local grocery stores which ensure pregnant women and young children are eating well. "Most counties have a nutritionist on staff," explains Campbell. The nutritionist not only helps to ensure a healthy pregnancy but can also help with nutrition after the child is born. This includes "serving as the breastfeeding consultant for mothers wishing to breastfeed," says Campbell.

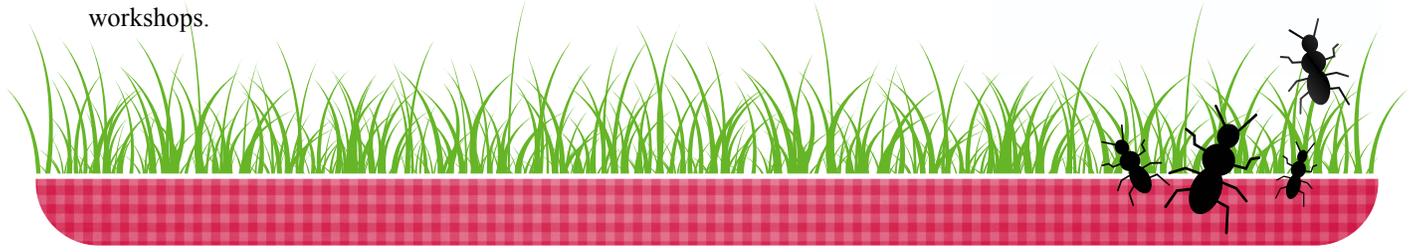
WIC grocery vouchers for pregnant women include high protein and fiber items such as eggs, cheese, bread, brown rice and oatmeal as well as a small stipend for fresh fruits and vegetables. In some regions, including Pope County, WIC vouchers can also be used at the area farmers markets, allowing pregnant women access to locally grown fresh foods. Women choosing to breastfeed will continue to receive food vouchers after childbirth. These benefits last up to one year says Campbell, which is the suggested minimum amount of time a woman nurse her baby. WIC also offers double breast pumps for women returning to school or work as well as formula for formula feeding mothers and specialized formulas for formula feeding moms whose children have allergies. WIC also offers immunizations on site and a host of other services to ensure both a healthy mother and child.





“The Oscars” themed NW Region CHNS Provide School Nurse Workshops

The NW Region Community Health Nurse Specialists teamed together to provide 4 School Nurse Workshops in August. There were 258 school nurses at these workshops and 124 volunteers and exhibitors. The CHNS developed nursing CEs for the workshops and a total of 1,345 nursing CEs were provided to school nurses. The same speakers were at each of the 4 educational cooperatives. The agenda included: play ground safety to address Injury Prevention; making health education fun to address increase in teen STI rates; a physical activity segment to promote physical health; presentation on School Based Health Centers to encourage other districts to apply for a center; health care plans and 504 plans; and with funding from the Central Region Hometown Health, they were able to bring the documentary on tobacco, ‘Addiction, Inc’ to these school nurses and others to provide education about the dangers of the tobacco industry. In the nurses’ notebooks were information on WIC guidelines, tobacco cessation, flu posters, No eCigarette signs, and pamphlets from the ADH Chronic Disease Section on Heart Disease, smoking, diabetes, & nutrition. The CHNS also had exhibitors/vendors representing ADH environmental health local programs; flu mist; DHS; LHU; ARORA; AR Saves; Arkansas Promise; Hunger Alliance; many other nonprofit organizations and companies. NW Region HHI Support Staff & CHPS assisted the CHNS with these workshops.





# Electronic Nicotine Delivery Systems



**Its Not Just Water Vapor...**

**NWA Tobacco and Drug Free Coalition**  
614 E. Emma Ave., Ste. 300  
Springdale, AR 72764  
(479) 751-7417  
nwatdfc@gmail.com

**Region 1 Regional Prevention Provider**  
614 E. Emma Ave., Ste. M426  
Springdale, AR 72764  
(479) 927-2655  
lreh@decision-point.org  
cmccuistion@decision-point.org

Electronic nicotine delivery systems (ENDS), of which electronic cigarettes are the most common prototype, are devices that do not burn or use tobacco leaves but instead vaporise a solution the user then inhales. The main constituents of the solution, in addition to nicotine when nicotine is present, are propylene glycol, with or without glycerol and flavouring agents. ENDS solutions and emissions contain other chemicals, some of them considered to be toxicants.

Although some e-cigarettes look like tobacco products (e.g. cigarettes, cigars, cigarillos, pipes, hookahs, or shishas), they may be produced in the form of everyday items such as pens, USB memory sticks or larger cylindrical or rectangular devices.

Please visit [http://www.who.int/tobacco/communications/statements/electronic\\_cigarettes/en/](http://www.who.int/tobacco/communications/statements/electronic_cigarettes/en/) for more information.

### Did You Know?

- E-Cigarette use more than doubled among U.S. middle and high school students, from 4.7 percent in 2011 to 10 percent in 2012.
- More than 75 percent of youth users of e-cigarettes smoke traditional cigarettes as well.
- 1 in 5 middle school students who reported ever using e-cigarettes say they have never tried traditional cigarettes.

Source: Centers for Disease Control, National Youth Tobacco Survey, 2013

An UNREGULATED product with UNKNOWN health risks.

Will you know the difference between a student using a pen versus a "vape pen" this year?

