

# Northwest Region Hometown Health Newsletter

Arkansas Department of Health

## Arkansas Coalition for Obesity Prevention End of the Year Celebration

Since 2009, the Arkansas Coalition for Obesity Prevention (ArCOP) has been helping Arkansas communities build capacity to reduce obesity through its Growing Healthy Communities program. The program aims to increase access to physical activity and healthy foods, as well as implement environmental and policy changes that support healthy living.

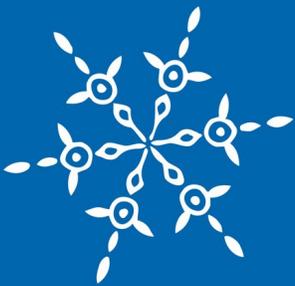
The number of Arkansas communities – including those utilizing Coalition resources and those working independently – striving towards better health has been increasing exponentially each year. Seeing this trend, ArCOP realized that as the only statewide coalition focused on obesity, it is uniquely positioned to both celebrate this momentum as well as capture data statewide. As a result, 53 communities have been recognized for the steps they have taken to decrease obesity in 2014.



Arkansas Coalition for Obesity Prevention

These communities will be recognized as ArCOP's Growing Healthy Communities and receive priority access to training and funding opportunities provided by the Coalition through November 2015. All communities interested in being recognized for their efforts towards better health in 2015 will be welcome to submit their application the ArCOP's free recognition program next year.

The Arkansas Coalition for Obesity Prevention (ArCOP) is making our state healthier one community at a time through its Growing Healthy Communities (GHC) program. ArCOP is dedicated to improving the health of all Arkansas communities by increasing access to physical activity and healthy eating to reduce and prevent obesity. Through programming, training, and funding opportunities, the Coalition works towards its goal to increase the percentage of Arkansans of all ages who have access to healthy and affordable food and who engage in regular physical activity. Detailed information on ArCOP's Growing Healthy Communities will be published through [arkansasobesity.org](http://arkansasobesity.org).



## ArCop Growing Healthy Communities in NW Arkansas

Communities in the NW Region who received recognition as Emerging Communities – seeing the bigger picture and poising themselves to make healthy changes by laying a strong, team-based foundation in these communities:

- City of Clinton
- City of Flippin
- City of Magazine
- Marion County
- Searcy County
- Fayetteville Public Schools Neighborhood
- Harp Elementary School Neighborhood in the City of Springdale
- Lamar School District Neighborhood
- South Fayetteville Neighborhood
- Tri Cycle Farms Neighborhood in the City of Fayetteville



## ArCOP Growing Healthy Communities in NW Arkansas

NW communities that demonstrated they are building upon their strong foundations by strategizing plans for change and documenting success stories, and lessons learned were recognized as Blossoming Communities:

- City of Siloam Springs
- City of Springdale
- Boone County Diabetes Collaborative Neighborhood



## ArCOP Growing Healthy Communities in NW Arkansas

Boone County was among the four NW Arkansas communities recognized as Thriving Communities for demonstrating their efforts through data collection, environmental changes, and policy changes.



## ArCop Growing Healthy Communities in NW Arkansas

To view a recent documentary featuring the success of the statewide movement to get all Arkansans healthy, active, and FREE of chronic disease. Go to <http://www.arkansasobesity.org/news-events/> “Up from the Roots” documentary on the great success of the **AR Coalition for Obesity Prevention’s (ARCop) Growing Heathy Communities (GHC) initiative.**

Our Northwest region has 14 current or former GHC grantees including Washington, Benton, Baxter, Sebastian, Boone, Marion, Johnson, Logan, Yell, Van Buren, Searcy, Madison and Scott counties. GHC’s focus is on improving the built environment with walking/hiking/ biking trails and parks, Joint Use Agreements in the schools, safe sidewalks and complete streets, community and farmers markets as well as family gardens, expanded physical activity opportunities in the communities and schools, Tobacco/Nicotine (E-Cigs) Free public spaces and buildings, and health policy advocacy /passage with Mayors and City Council members. GHC communities enlist local City Councils, Mayors and community agency and individuals to improve the health of their own communities and public spaces with policy adoption and health based projects on a locally driven level.



Marion County



City of Lamar Growing Healthy Community



Growing a Healthy Searcy County

## In case you missed it...



## News Release

### Arkansas Department of Health

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For more information contact:  
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ADH Office of Health Communications

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#### **For Immediate Release**

Oct. 6, 2014

### **Arkansas Awarded Suicide Prevention Grant** *Funding expected to total \$3,680,000 over five years*

(Little Rock, Ark.) – The Arkansas Department of Health (ADH) has received notice that the state is one of twenty-six states and tribes awarded a Garrett Lee Smith State and Tribal Suicide Prevention Grant. The grant is managed by the Suicide Prevention Branch within the Center for Mental Health Services in the Substance Abuse and Mental Health Services Administration. The funding is expected to total \$3,680,000 over five years.

“Suicide is a heartbreaking public health issue that has affected far too many people in Arkansas,” said Teresa Belew, Injury and Violence Prevention Section Chief at ADH. “We are grateful for this grant and look forward to working with communities across the state to connect people with the help they need so we can reduce this growing problem.”

This is the first time Arkansas has been awarded the Garrett Lee Smith Memorial Youth Suicide Prevention Grant. These dollars will fund a population-focused Arkansas Youth Suicide Prevention Project. The funding will be used to increase the number of youth-serving suicide prevention organizations, increase clinical service providers, and improve follow-up care of suicidal youth. The funds will also help increase awareness and use of the National Suicide Prevention Lifeline.

According to National Vital Statistics data, the Arkansas suicide rate was almost 30 percent higher than the national rate in 2010. In 2011, 437 Arkansans died by suicide, making suicide the second leading cause of injury death in Arkansas. Self-harm or attempted suicides caused 1,702 hospitalizations in 2011, and is the third leading cause of injury hospitalization in Arkansas. Because suicide is the second leading cause of injury death for Arkansans age 10-24, the ADH recognized the need for both the expansion and development of targeted programs that address the needs of youth at risk for suicide.

For more information on suicide prevention resources: [www.afsp.org/local-chapters/find-your-local-chapter/afsp-arkansas](http://www.afsp.org/local-chapters/find-your-local-chapter/afsp-arkansas). For help now, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or visit [www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

# In case you missed it...



## News Release Arkansas Department of Health

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For more information;  
Office of Health Communications  
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### For Immediate Release

Dec. 16, 2014

### **Safe Drinking Water Act Celebrates 40 Years of Protecting Arkansas's Public Drinking Water**

(Little Rock, Ark.) — Today marks the 40<sup>th</sup> anniversary of the Safe Drinking Water Act (SDWA), which is the federal regulation designed to protect the nation's drinking water supplies and public health. Congress originally passed the SDWA on Dec. 16, 1974 to protect drinking water and sources which include rivers, lakes, and wells.

The SDWA authorizes the Environmental Protection Agency to set health-based standards for drinking water to protect against both naturally-occurring and man-made contaminants that may be found in drinking water. These possible contaminants include: animal and human wastes, improperly disposed of chemicals, herbicides and pesticides, and naturally occurring bacteria and minerals, all having the potential to affect public health.

The Arkansas Department of Health (ADH) takes an active role in environmental health including drinking water protection. Since 1978, ADH has also had primary responsibility for the SDWA in the state of Arkansas. Currently, approximately 1,070 public water systems provide drinking water to approximately 2.8 million Arkansans.

ADH works directly with public water systems to ensure compliance with both state and federal SDWA requirements. On a statewide basis, high compliance rates are maintained for both monitoring and water quality requirements, thus ensuring that Arkansans are provided with safe drinking water. More information can be found in the yearly Annual Compliance Report:

<http://www.healthy.arkansas.gov/programsServices/environmentalHealth/Engineering/Documents/Reports/EngReports/ACR2013.pdf>

To learn more about the SDWA, visit <http://water.epa.gov/>.



## Baxter County



In the picture is Bill Bischof, community Preparedness Specialist for FEMA Region 6, U.S. Department of Homeland Security from Denton, Texas; Lou Anne McLendon RN Administrator Baxter County Health Unit; Baxter County Judge Mickey Pendergrass; Tina Cole Baxter County Safety Coordinator/Deputy OEM.

The 3rd annual North Central Arkansas Emergency Preparedness Fair was October 25<sup>th</sup>, 2014 from 10am - 3pm held at the Baxter County Fairgrounds.

The Baxter County health unit had a booth with preparedness information and had a lot of questions ask about flu and Ebola. There were 48 vendors and around 1000 attendees.

Along with the fair the American Red Cross held an exercise, The American Red Cross has developed a disaster response program that incorporates multiple agencies in one location to provide services to disaster survivors.

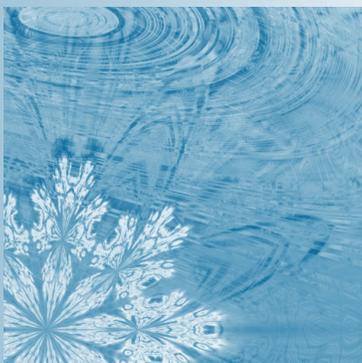
## Baxter County



Baxter County Teen Summit was held at Dunbar Auditorium on October 17th, 2014.

Pictured above: Students find their seats before the Teen Summit starts.

Pictured right: Lacye Vance, Recreational Safety Analyst with the Statewide Injury Prevention Program fits an ATV helmet onto a student after presenting the ATV Safety program.



## Boone County



Boone County held their Teen Summit for 423 eight graders November 5th, 2014.

Ray Lozano, former comedian, spoke to the students about tobacco, underage drinking, and marijuana dangers. The Attorney General's office spoke about online and social media safety and Lacye Vance, Recreational Safety Analyst with the Statewide Injury Prevention Program presented about ATV safety and the importance of wearing a helmet.

Pictured below: Rob McBee from KHOZ, Ray Lozano, and ADH\TPCP community grantee from NAPHE-Karen Hill



## Boone County

# Diabetes Leadership Summit: Building a Healthy Community

**Tuesday, November 25, 2014, 3:30 – 5:00 p.m. at the Durand Center in Harrison, AR**

### Dear Community Leader:

**November is National Diabetes Awareness Month.** Locally, the Community Diabetes Collaborative is very pleased to send this special letter of invitation for you to attend a **Diabetes Leadership Summit: Building a Healthy Community**, on Tuesday afternoon, **November 25<sup>th</sup>** at the **Durand Center in Harrison, Arkansas from 3:30 – 5:00 p.m.** Speakers include Dr. David L. Grimes, M.D. Medical Director of Women's Health for the Arkansas Department of Health, Barbara Ludwig, SPHR, Human Resource Director for Benton County, AR, and Dr. Joshua Bright, PharmD, Clinical Pharmacist for North Arkansas Regional Medical Center. Presentations will be made on **How to Prevent Diabetic Tsunamis, Diabetes in the Workplace, and a Community Call to Action.**

More than 29 million people, or about 9% of the U.S. population, have diabetes and of those, nearly 8 million people (28%) do not know that have it. If left undiagnosed or untreated, diabetes can lead to serious health problems. In fact, persons with diabetes are 2-4 times more likely to have a chronic disease, such as heart disease, stroke, hypertension and kidney disease, all of which can sometimes lead to disability or death. The prevalence of diabetes in Arkansas has been at or above the national average for the last 10 years, and that is a tremendous financial burden for our communities.

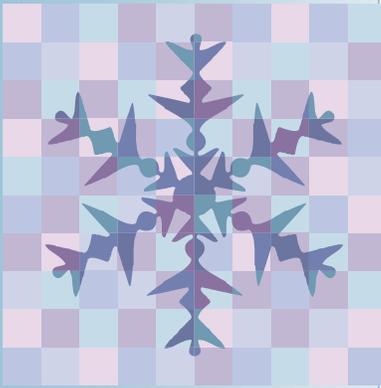
Each year, millions of Arkansas healthcare dollars are spent toward hospitalization costs associated with diabetes. Diabetes can affect anyone, regardless of age, and the impact of diabetes is felt in the home, in the community, and in the workforce. **Self-management of diabetes is a key factor in improving health status and reducing healthcare costs for individuals and businesses.**

Vince Leist, C.E.O. at North Arkansas Regional Medical Center in Harrison says **"Physicians world-wide agree that early diagnosis, effective treatment by medical providers, and appropriate self-management by patients is crucial in getting better outcomes for people with diabetes. I would like to encourage civic leaders, business owners, company managers, HR directors, government officials, school administrators, teachers & nurses, public health workers, healthcare leaders, medical providers, as well as other interested community members, to attend this important Diabetes Summit on November 25<sup>th</sup>."**

The Diabetes Community Collaborative is comprised of local folks who want to make a difference in diabetic outcomes for community residents in our region. In addition to North Arkansas Regional Medical Center, other groups involved in sponsoring the Summit include: North Arkansas College, North Arkansas Partnership for Health Education (NAPHE), the Area Agency on Aging of Northwest Arkansas, the Arkansas Department of Health, Boone County Hometown Health Improvement Coalition, the Dr. Dan Hawkins Community Health Resource Center (CHRC), Harrison Regional Chamber of Commerce and AmeriCorps VISTA members. The program is being offered free of charge, but registration is required.

**For registration information, contact NAPHE at 870-391-3367 or the Community Health Resource Center at 870-743-2472.**





## Conway County

The 3rd Annual Conway County Senior Health Fair was held on Friday, October 17th 2014 at the T.C. Vaughn Senior Activity Center. The event was sponsored by CHI St. Vincent and the Conway County Health Coalition. Seniors received free health screenings and information from over a dozen community partners participating in the event. Information, materials, and resources included were: emergency preparedness, tobacco prevention & education/cessation, senior health & nutrition, fall prevention, hospice, in-home services, breast care, community food pantry, medical equipment, domestic violence, county extension office, BMI checks, Silver Sneakers, and diabetes education & screenings.



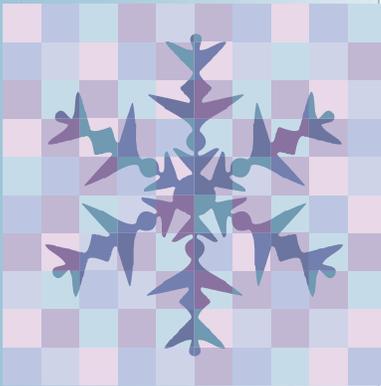
## Conway County



Conway County Hometown Health Coalition hosted a Safety Baby Shower in partnership with Arkansas Children's Hospital Statewide Injury Prevention Program. The shower was held at the Cumberland Presbyterian Church in Morrilton on November 5th, 2014.

Eight first time mothers participated in the shower and were trained on topics such as safe sleep, period of purple crying, poisoning, drowning, fire safety, car seat safety, and tobacco prevention and cessation. The mothers were given many gifts, including smoke detectors and car seats.





## Crawford County

The National Center for Safe Routes to School and Schwinn's Helmets on Heads Program recently awarded the Crawford County Health Education Coalition has been selected to receive a mini-grant for the Spring 2015 semester. They received over 170 applications from across the country and were particularly impressed by the creativity the groups proposed efforts to increase safe bicycling to school in the community.



**National Center for Safe Routes to School and Schwinn's Helmets on Heads Mini-Grants Program**



## Crawford County

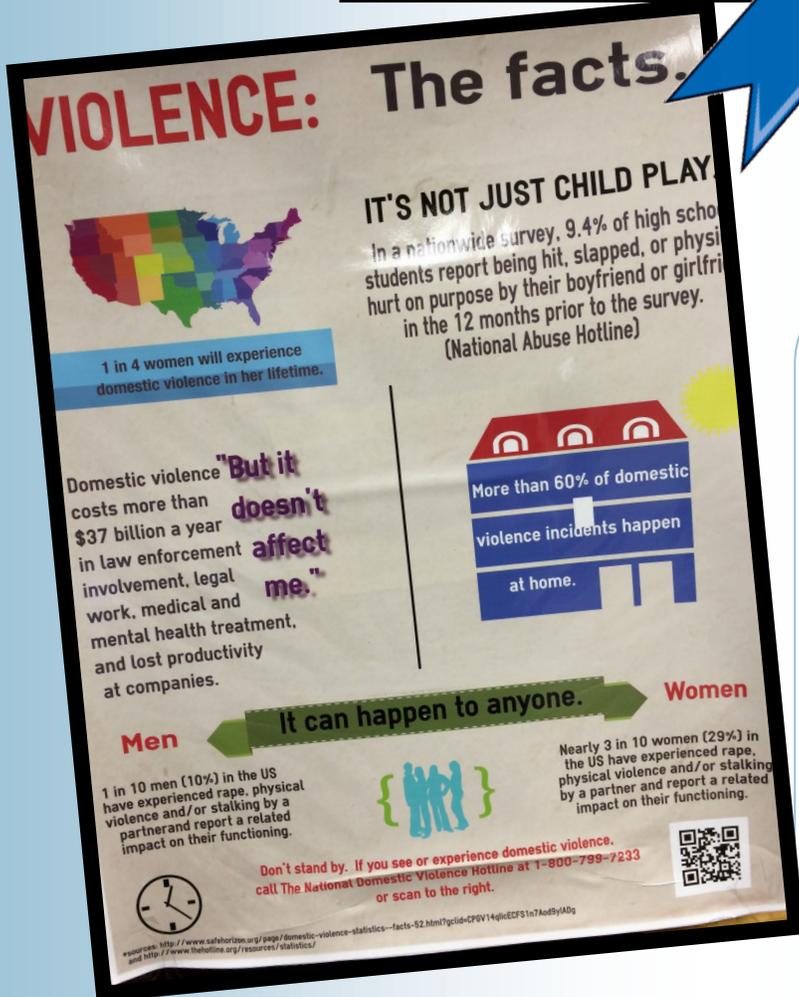
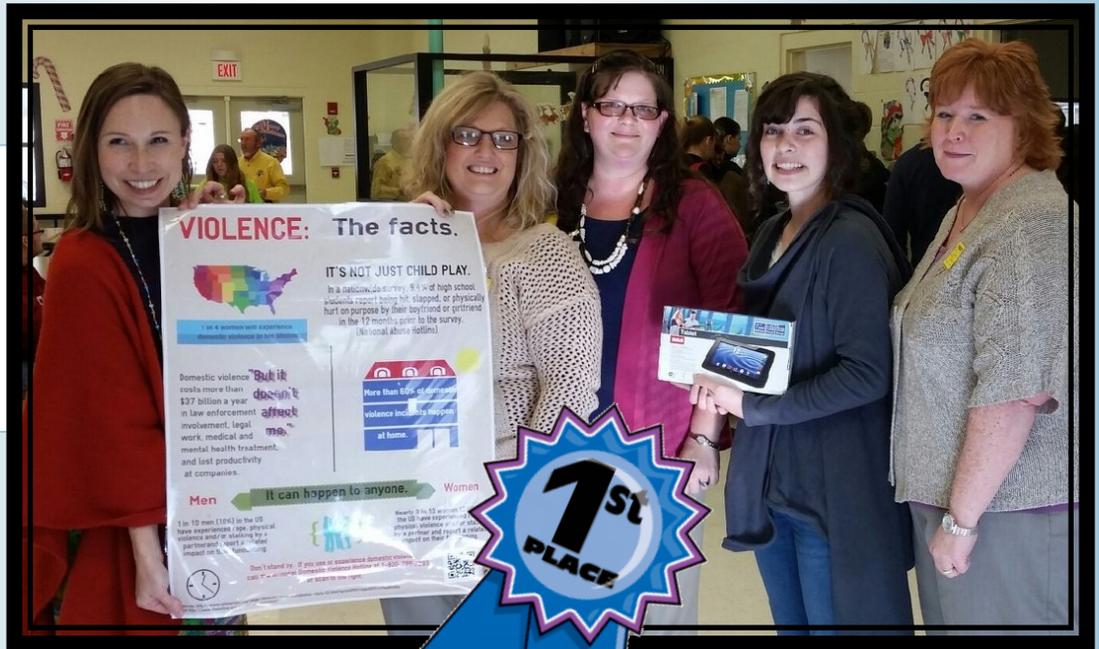


Crawford County held it's Mass Flu Clinic December 3rd, 2014 at the Crawford County OEM facility.



# Franklin/Johnson County

**First Place Winner:  
Abby Sanders, Oark  
(Dating Violence)**



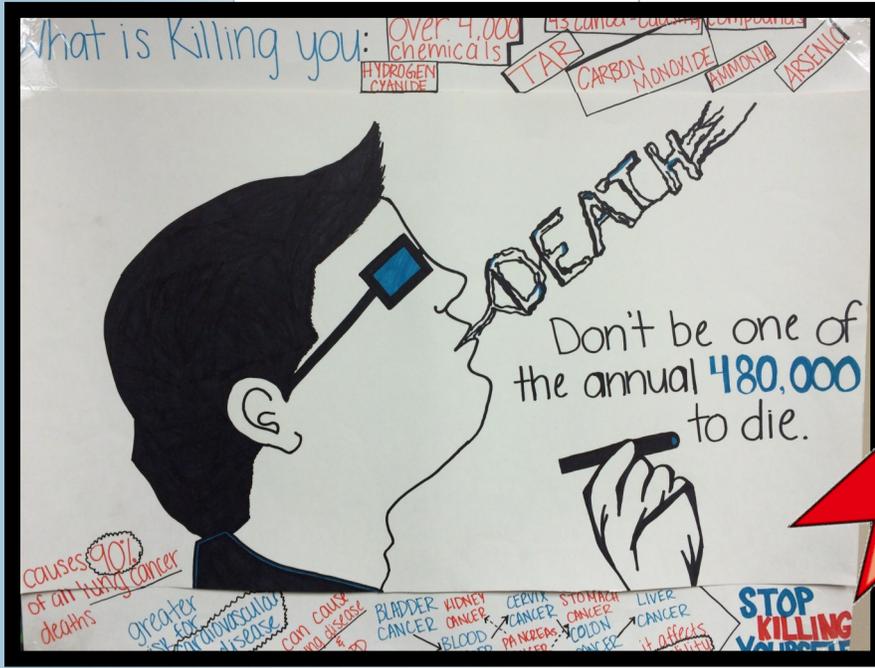
**Teens from Franklin & Johnson Counties attended a Teen Summit where they learned about Dating Violence, Drug Abuse, & Online Safety. After the summit they made posters to show what they felt was the most important thing they learned that day. The posters were voted on by community members at the local flu clinics in both Johnson and Franklin counties. Walmart donated a tablet to the first place winner, an iPod shuffle for second place and a \$25 iTunes card for third place.**

# Franklin/Johnson County

**Second Place Winner:**

**Alaina Fort**

**Ozark (Stop Smoking)**



**Third Place Winner:**

**Callanas Flanagan**

**Charleston**

**(Internet Safety)**



## Jenny might meet Johney without Internet Safety

<p>Jenny</p>  <p>© MYSPACE Ordinary Teenage Girl</p>	<p>The Facts</p> <ol style="list-style-type: none"> <li>1. 93% of teens between the ages of 12-17 have access to the Internet</li> <li>2. Four percent of cell phone owning teens ages 12 to 17 say they have sent sexually suggestive nude/semi-nude messages to others via text message</li> <li>3. One in 25 children ages 10 to 17 received an online sexual solicitation where the solicitor tried to make off line contact.</li> <li>4. Predators seek youths vulnerable to seduction, including those with histories of sexual or physical abuse, those who post sexually provocative photos/video, and those who talk about sex with unknown people online</li> </ol>	<p>Johney</p>  <p>Registered Sex Offender</p>
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## Marion County

Marion Hometown Health Coalition sponsored a county wide Teen Summit at Yellville-Summit School. A total of 100 students from Bruno-Pyatt, Flippin and Yellville-Summit schools attended the Summit.

Students received information and participated in educational activities on topics including: Social Media Safety & Cyber-Bullying, Drug prevention, Underage drinking prevention, Physical activity, Graduated Driver's License, Injury Prevention, Healthy snacks, & Suicide prevention.

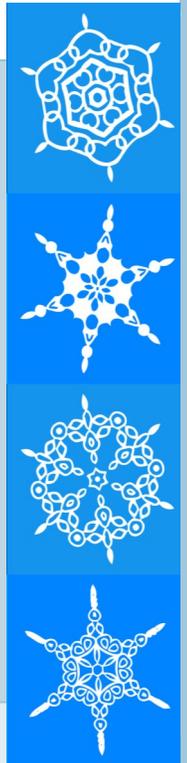


## Newton County

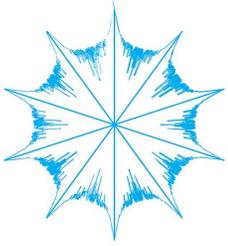
Jeff Dezort from the Newton County Hometown Health Coalition presented Kathleen Holloway (pictured below) with a walking stick and others gave her trinkets of reminders for their partnerships for her retirement at the end of January 2015.



Congratulations Jasper Elementary School! They are one of 35 programs in Arkansas (out of 202 applicants), that will receive a new grant from the Blue & You Foundation for a Healthier Arkansas. They were granted \$148,000 for Elementary/Community Playground Program.



## Pope County



Debby Harris, NWR BreastCare Coordinator for the Arkansas Department of Health, presented to the Russellville Lions Club in October. Debby has worked in BreastCare for 14 years and a total of 29 years with ADH, helping women in Arkansas without proper insurance get mammograms, pap tests, and follow up visits for abnormal test results.

If you would like more information on this program please contact Debby at 479-498-4549 or email [debby.harris@arkansas.gov](mailto:debby.harris@arkansas.gov)

## Sebastian County



Students at UAFS wear drunk goggles and attempt to knock the cups down to demonstrate the effects of alcohol on one's fine motor skills.



Kimberly Boren with ADH HHI talks to students about Nutrition & Distracted Driving at the Annual Burgers & Beer event on October 22, 2014 at the University of Arkansas Fort Smith held to educate students on the consequences of making poor choices.



## Sebastian County



Sebastian County held it's Mass Flu Clinic December 2nd, 2014 at the Sebastian County Health Unit.

## Van Buren County



Van Buren County held it's School Flu Clinic October 21st, 2014 at the Clinton School District.



## Van Buren County



THUGS (Teens Having United Goals), met with Van Buren County Judge Hooper in October to sign a proclamation for Red Ribbon Week.



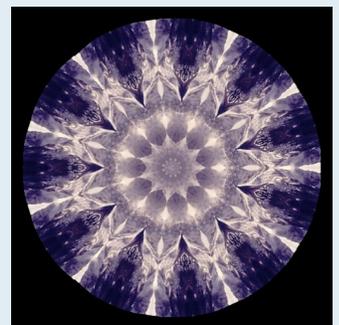
## Washington County



### **UAMS Honors Community Groups for Partnership With Researchers**

Twenty-three groups from across Arkansas were honored in December at the 2<sup>nd</sup> Annual Community Partners Celebration for their work in support of research at the University of Arkansas for Medical Sciences (UAMS).

Three of the groups honored were from Northwest Arkansas - Arkansas Coalition of Marshallese, Feed Communities, and Gaps in Services to the Marshallese Taskforce (Pictured above.)



# Washington County



The NWA Tobacco and Drug Free Coalition had a Surprise celebration for Kathleen Holloway's retirement at their December 2014 meeting.

**We will miss you, Kathleen!!!**

## Yell County



Kimberely Boren, HHI Coordinator and Cindy Jones, Community Nurse Health Specialist, presented an ATV Safety Training at Dardanelle Middle School November 24th, 2014.

