

Northwest Regional Hometown Health Newsletter

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Heart of Hospice New Year's Eve Gala

The first annual Arkansas Department of Health Heart of Hospice New Year's Gala was a "roaring" success. On The Verge, a local classic rock band, played a variety of music for the active crowd to dance. The band opened up 2015 at midnight with the traditional "Auld Lang Syne". A dinner of prime rib was served to approximately 150 people. A live auction was held including a storm cellar. A silent auction was held during the evening including Branson tickets and a wide variety of other items. Arkansas Department of Health Hospice along with their sponsors was pleased with the success of the event.

"This event was a major fundraiser for our program for unfunded needs of our patients and program. Our program allows these patients to remain in their homes

through their remaining days. 100% of this event's proceeds will be used to meet the needs of the River Valley patients," says Glenda Luter, volunteer coordinator

Arkansas Department of Health Staff



Arkansas Department of Health Hospice Volunteers



Volunteers are an important part of hospice and are utilized in many different ways such building ramps, fixing meals sitting with patients and reading to them; mowing lawns and many other ways to assist the patients and families. Volunteers come from different roles of life to make a difference in the lives of others and, in return, to enhance their own lives. In other words of an anonymous quote, "Those who can, do. Those who can do more, volunteer", stated Glenda Luter, Volunteer Coordinator



UAMS studies Northwest Arkansas' minority health disparities

CDC grant aimed toward Marshallese and Hispanic communities

FAYETTEVILLE — The University of Arkansas for Medical Sciences (UAMS) has been awarded a three-year, \$2.99 million grant from the Centers for Disease Control and Prevention (CDC) to address health disparities in the Hispanic and Marshallese communities in Benton and Washington counties.

"Northwest Arkansas is an area with the largest number of Marshallese and Hispanic residents in the state. These populations are rapidly increasing and have significant health disparities," said UAMS Northwest Vice Chancellor Peter Kohler, M.D., a distinguished professor in the College of Medicine and co-principle investigator for the CDC grant. "This grant will fund efforts to drive down chronic disease problems and costs in the region by increasing access to opportunities for chronic disease prevention and risk reduction and increasing access to environments with healthy food options, among other objectives," Kohler said.



Marshallese Cultural Training provided to community members by the Madison County Health Coalition



Sandy Hainline-Williams, gave a brief overview of the Marshallese culture at the MCHC meeting which had over 40 people in attendance. MCHC offered a more in depth two hour training directly after the coalition meeting. There were over 50 community members that attended the afternoon training which represented a diverse group including school teachers and school administration, DHS, Department of Health, local civic organizations, businesses, and local medical offices. MCHC received very positive feedback from the community and hope to offer more trainings in the future.

Logan County Teen Summit

Teens from Logan County attended a Teen Leadership Summit on January 26th, 2015. Carol Robinson from the Attorney General's office presented online safety. Miranda Curbow presented Suicide prevention and played Minute to Win it Tobacco Cessation game. After the summit they were asked to make posters to show what they felt was the most important thing they learned that day and share the messages with their schools.



Madison County Conducts Safety Baby Shower

The Madison County Health Coalition partnered with UAMS, U of A Extension Office, and Project FOCUS to host its sixth safety baby shower for pregnant ladies in Madison County. Each pregnant woman brought a support person with her to the shower. The Safety Baby Showers followed the AR Children's Hospital curriculum. Participants were educated on numerous injury prevention topics including: poison prevention, correct temperature, the period of purple crying, safe sleep, fall



prevention, car seat safety, tobacco prevention, Act 811, drowning, and burns/scald prevention. Each pregnant participant left the shower with numerous injury prevention items like a car seat, outlet covers, bath thermometer, etc. They also received a copy of the "period of purple crying" dvd. Community members donated baby items that were given away as door prizes.

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Searcy County Schools Caught being Kind

At a time when kindness is becoming a rare commodity, Leslie Intermediate School is working to bring kindness back in style. Leslie Intermediate School is promoting good citizenship by hosting a school wide Kindness Campaign. Students are on the lookout for their peers who are doing kind things and it appears Leslie Intermediate School is overflowing with amazingly kind students.

School counselor Lisa Cox said, "We are so blessed and thankful so we want these kind students to be recognized in the hope that all students will be kind and true to citizens in all walks of life while learning through positive reinforcement that kindness always wins."

The way the program works if a student sees another student perform an act of kindness, they complete a form to document the act. The classmate caught in the act of kindness gets the other part of their form displayed in the hall for everyone to see and they are then recognized on the morning announcements.

The new program that is being developed in all the Searcy County Schools was originally conceived by Leslie resident Harold and Nelia Crane of Market-Place Lifeline International.

Marshal Mountain Wave February 5, 2015



Mountain Wave Photo by Ron Gillispie

Region 2 Regional Representative Program Highlights



While attending the CADCA (Community Anti-Drug Coalition of America) conference in Washington D.C. February 3-6, 2015 Regional Prevention Provider, Bambi Bowden and Marcy Wright met with US Representative Rick Crawford, and highlighted some of their region's accomplishments.

- * Leading the state in 100% participation in Arkansas Prevention Needs Assessment (APNA) Survey by all 47 school districts!
- * Annual prescription drug takeback events and Dropboxes in every county in our region, due to coalition and law enforcement involvement.
- * Region-wide participation in nationally promoted prevention campaigns, including Red Ribbon Week, Great American Smokeout, 3D

Month, Kick Butts Day, and Alcohol Awareness Month, and continued low buy rates for Arkansas Youth Tobacco

Scott County Educates Community on Services

On February 13, 2015, the employees of the Scott County Health Unit worked the concession stand at an evening high school basketball game. They set up a display booth with various handouts on programs offered at the Health Office. They were able to conduct outreach and community education with 350 people on Arkansas Department of Health services.



THROUGH WITH CHEW WEEK AND THE GREAT AMERICAN SPIT OUT



Jasper Mayor Jan Larson signs proclamation witnessed by staff and students of Jasper School Monday, February 9, 2015.

THROUGH WITH CHEW WEEK AND THE GREAT AMERICAN SPIT OUT PROCLAMATION

WHEREAS, the City of Jasper is concerned about the health and welfare of the citizens of the town and the students at the Jasper School District, and

WHEREAS, Many of the Jasper youth and adults are known to use smokeless tobacco, and

WHEREAS, In the most recent Arkansas Adult Tobacco Survey 2009-2010, 8.5 % of all adults and 16.2% of adults 18-24 years of age reported current use of smokeless tobacco. This was a statistically significant increase between the results of 2008 when 7.1% and 2002 when 5.1% of all adults reported current use of smokeless tobacco. And, in 2009-2010, 16.6 % of males reported current use of smokeless tobacco compared to 13.2% in 2008 and 10.1% in 2002.

WHEREAS, According to the Arkansas Department of Health, the rate of smokeless tobacco usage reported by Arkansas 12th-grade Student is 10.8% (down from 11.2% in 2012) and the rate of smokeless tobacco usage by male adults is 16.6%, and

WHEREAS, Evidence shows Arkansas among the highest in the nation for prevalence of current smokeless tobacco use among adults.

WHEREAS, In the most recent Arkansas Adult Tobacco Survey 2009-2010 17.9 % of men in Arkansas who smoke cigarettes reported also using smokeless tobacco.

WHEREAS, People who consume 8-10 dips or chews per day receive the same amount of nicotine as a heavy smoker who smokes 30-40 cigarettes a day, and

WHEREAS, Spit tobacco contains 28 known carcinogens including formaldehyde, nickel, polonium-210 (a radioactive compound) and can contain up to 100 times the level of nitrosamines lawfully permitted in regulated products like bacon or beer, and

WHEREAS, Smokeless tobacco users are up to 60% more likely to have oral lesions than non-users, and

WHEREAS, Smokeless tobacco increases a person's risk of cancers of the lip, tongue, cheeks, gums, floor and roof of the mouth, throat, larynx and esophagus.

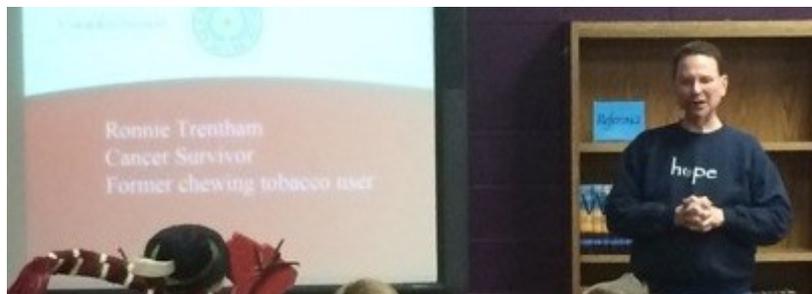
NOW THEREFORE, I, Jan Larson, Mayor, as representative of the City of Jasper, do hereby declare the week of February 15-21, 2015 as Through with Chew week and Thursday, February 19, 2015 as the day of the Great American Spit Out and, in so doing, urge citizens to make publicly known the dangers of spit tobacco use and do also urge spit tobacco users to demonstrate to themselves, their friends, and their families that they can quit for a day during Through with Chew Week.

DATED this _____ day of February, 2015.

Jan Larson, Mayor

Lavaca School District Educates on Dangers of Tobacco

Lavaca High School and Middle School students were educated by the Cherokee Nation Cancer Program on the harmful effects of smokeless tobacco in recognition of the Great American Spit Out on February 19th. During the event students participated in interactive educational storytelling by Greg Bilby, followed by a riveting personal testimony of a former spit tobacco user and six-time oral cancer survivor, Ronnie Trentham. Two high school students said after hearing his story they were quitting, and one student even threw his can of dip away. Approximately 327 youth and adults were impacted, and a total of 221 tobacco-free pledges were obtained to help support local efforts for a tobacco-free park policy.



Boone County Hometown Health supports Heart Health Month

Each year, 1 in 3 women die of heart disease and stroke. But we can change that because 80% of cardiac events can be prevented with education and lifestyle changes.

At the Boone County Hometown Health meeting on February 25th the group wore red and educated on topics including heart disease and diabetes.



Cultural Competency: Insights When Serving Micronesian Patients

The Northwest Arkansas Gaps in Service to the Marshallese Coalition hosted Dr. Nia Aitaoto on February 25, 2015. Dr. Aitaoto's presentation "Cultural Competency: Insights When Serving Micronesian Patients" was both informative and inspiring. Using a cultural approach to health communication is essential to improving the quality of life of in our communities. Cultural competency training may be more obvious for those serving minorities such as Marshallese and Latino or underserved rural populations; however, is important for all public health providers because each community we serve has its own culture. The culture of our communities affect how public health services are regarded, accessed, and sustained.

Dr. Aitaoto is a community-based researcher with affiliation with the University of Hawaii JABSOM (RMATRIX) and the University of Iowa (College of Public Health). She is a principal investigator of several research studies in Hawaii and the Pacific. She is also the advisor of two regional coalitions, the Faith in Action Research and Resource Alliance (FARRA) and the Pacific Partnership for Tobacco-free islands (PPTFI). She has over 15 years of experience in the health and education field focusing on cancer, diabetes, cultural competency assessment and support to ministries of health and community groups in Hawaii, American Samoa, Commonwealth of the Northern Mariana Islands, Federated States of Micronesia, Guam, Republic of Belau and the Republic of the Marshall Islands.

Yellville-Summit have Greenhouse Open House



Yellville-Summit School District hosted an Open House on February 25th. Delicious light hors d'oeuvres were served and a silent auction was held. Everything from the food, silent auction items and raffle prize were either donated or made by the members of the community. The silent auctions items ranging from a handmade Adirondack chair to hand crafted beautiful jewelry. The raffle prize was four tickets to Disney World. Presentations provided by Summit FFA Officers, Yellville-Summit Coordinated School Health and Katherine Quinn. The event raised just over \$7,000.

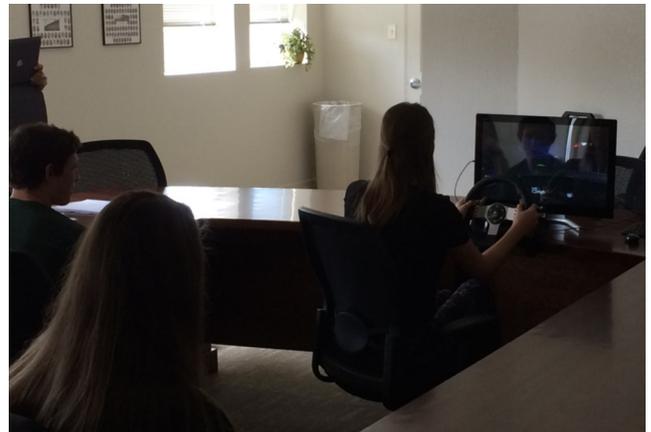
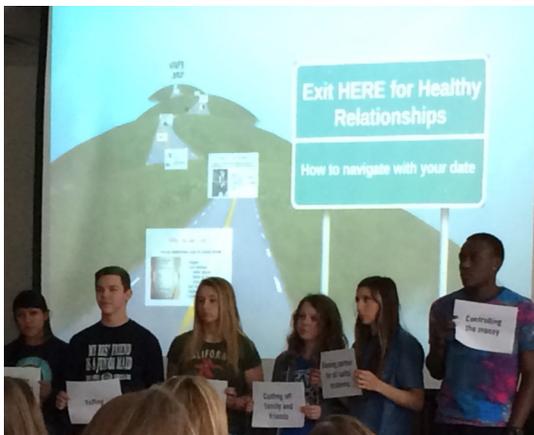
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Sebastian and Scott County Prom Promise Teen Summit

Sebastian and Scott County Prom Promise Teen Summit was held on March 17th, 2015 at Greenwood High School. Prom Committees and Student Councils from each high school in Sebastian and Scott counties were invited to attend the first annual Prom Promise Teen Summit. The summit was emceed by Matt Hicks from the Arkansas Department of Health and hosted by the Sebastian County Your Cares Our Concerns coalition. The teens heard presentations from: Waldron Police Chief David Millard over the dangers of making bad prom/graduation night decisions; Hope Mullins from the Injury Prevention Center at Arkansas Children's Hospital shared a story about her daughter Faith who was the victim of a near fatal texting and driving caused wreck in which a seatbelt saved her life; Terrah Baker is a Prevention Education Advocate at the Donald W. Reynolds Crisis Intervention Center that presented over healthy vs. unhealthy relationships and sexual abuse; and Renee Nichols 911 operator with Sebastian County 911 shared real 911 calls made by teens who were in trouble. The teens also participated in a texting & driving simulator provided by the Arkansas Valley TRAC, and the fatal vision goggles activity provided by Joni Padilla from Fort Smith Western Arkansas Counseling & Guidance Center. Also tables were set up offering additional educational materials from Western Arkansas Counseling & Guidance Center, Harbor House, Inc., as well as tobacco prevention and cessation information.



Spring Break Out Health Event

The 2nd Annual Boys and Girls Club Spring Break Out Health Event was held on March 25th with all Fort Smith's Boys and Girls Club. Students were educated on the dangers of tobacco, texting and driving, impaired driving, internet safety, bike safety, nutrition and fitness.



Tobacco Grantee Training

The Tobacco Grantees in the Northwest Region were trained on policy and newest emerging products at their quarterly regional grantee training on March 24th. Matt Mitchell from TPCP gave the policy training. Alisha Nepl gave training on the newest products from the tobacco manufacturers and Cindy Jones, Community Health Nurse Specialist gave the new emerging products training to the group. Also in attendance was the Hometown Health staff for Northwest Region and Linda Thompson, Hometown Health Manger for the Northwest Region.



Dig Pink Event in Madison County

The Huntsville High School Girls Volleyball Team recently held a Dig Pink event to promote breast cancer awareness in our community. The event was a huge success, raising \$1,000. The proceeds were donated to the Madison County Health Coalition's Breast Health Navigation Program. This donation was presented by Callie Embry to Donna Graham, RN, Breast Health Navigator, at the February 9th Madison County Health Coalition meeting. This program provides a breast cancer support group for persons with a history of breast cancer. It also assists with gasoline cards to assist with transportation costs to medical appointments and treatments. Assistance with lymphedema supplies is also provided since most insurance companies do not cover this cost. "A big thank you goes out to the Huntsville High School Girls Volleyball Team and coaches!" Graham said. She added that if anyone is going through breast cancer treatment and could use some support and assistance, to call her at 479-738-2612.

