

SE REGION HHI REPORT

June 2011

Arkansas County:

The Arkansas County Partners in Health (ACPIH) coalition utilized Arkansas Cancer Coalition mini-Grant funds to focus on assisting businesses interested in implementing a worksite wellness program. The program developed was to address smoking, obesity, and physical inactivity and support businesses in providing an environment friendly to accomplishing individual goals relative to changing behavior. 46 businesses now have received a Worksite Wellness Tool Kit, complete with CD of best practices, individual assessment forms, worksite policies, presentations, competition and activities, reproducible handouts and resources. If each Team Leader that attended the meeting implements the Worksite Wellness Initiative, the total number of employees that could potentially benefit from the program is 2,531. Eight businesses indicated they have an “informal” worksite wellness program already in place.

Arkansas County Partners in Health (ACPIH) hosted a community wide meeting where Emily Harris, Arkansas Assessment Initiative Program manager and Cheryl LeDoux, Epidemiologist of the Arkansas Department of Health presented a review of the County Health Rankings and discussed information with the coalition and community members present and how they ranked in status compared to other counties.

The Arkansas County 12th Annual Health EXPO was held on June 23, 2011. HIV/AIDS testing was available, Glucose and blood pressure screening. The Body Walk was provided by the Cooperative Extension which leads children through a maze of the body explaining health and relationship to healthy habits. There was a Children’s cooking class and adult cooking class. This event is hosted by the ACPIH coalition.

Ashley County:

4H youth and community members planted the 2nd annual community garden. All produce grown will be given to community members in need.

Desha County:

The coalition through their Grow an Extra Row garden program with Farmers Market has provide fresh homegrown vegetables to community members every Friday in the Month of June.

Senior Citizen Day was held with 108 participants present for a healthy lunch, exercise (dancing) and health booth with SOS and other chronic disease information.

The monthly Health Matters lunch and learn sponsored by D-HHIP coalition featured Theresa Horton from the South Central Center on Aging. The topic was chronic disease management and the participants received a healthy brunch with information.

Drew County:

Members of the Drew H.E.A.L.T.H. coalition met at the UAM Weevil Pond on June 10th for the National Out to Walk lunch. It had been postponed due to weather. There were 20 participants; participant ages ranged from 1 to 75.

Physical Activity is increasing in Drew County with the recent lights added to the Monticello School Walking trail so people can walk at night. A sidewalk has also been completed starting at the Presbyterian Home and going to the Monticello High School.

Jefferson County:

67 Department of Human Service employees learned about Infant Mortality in June at the regular monthly staff meeting.

Lee County: The annual Tobacco Free Walk/Community Fair was held with about 127 participants. This is co hosted with the Lee County HHI and TPCP Community Grantee. The walk was at 9:00 and community fair at 10:00. Tobacco Education Prevention and Cessation materials were provided.

Lincoln County:

Be Well-Live Well is a workshop aimed at adults 40 and older with an ongoing health conditions. The conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety are all topics that the *Be Well-Live Well* workshop can help you take charge of in your life. It is held for about 2 to 2 ½ hours one day a week for six weeks and there is a trained volunteer that will help you set your own goals and make your step-by-step plan to improve your health and your life. Theresa Horton with the South Central Center on Aging is a trained leader for the *Be Well-Live Well* workshop and these were conducted at the Star City Civic Center beginning May 25th thru June 29th. There were approximately 15 people at the workshops.

Phillips County: The LHU participated in a Father's Day Program at the West Helena Housing Authority on Father's Day. An educational booth was set up targeting men's health issues including Physical Activity, Injury Prevention, Nutrition, Tobacco/Smoking cessation, Diabetes and Prostate Cancer. There were approximately 60 men in attendance

A presentation on good dental hygiene was presented at the Freedom for Youth summer program for 22 youth ages 13-24. Models of healthy mouth versus yuck mouth and tri fold board with dental tips were displayed. Discussed how to properly brush teeth, dangers of tobacco smoking and effects it has on oral hygiene.

Chicot, Desha, Lee, Phillips: IRT

IRT is Innovative Readiness Training. It provides real world training opportunities for our service members and units to prepare them for their wartime missions while supporting the needs of America's underserved communities. It gives the military the ability to train its medical

personnel by providing medical care in rural, underserved areas. Real time hands on training. From June 8-19 these medical units were set up in 5 towns in Arkansas providing dental, primary care, pharmacy, pediatrics, hearing, Veterinary and diagnostics (blood glucose, cholesterol). Each site has some of these services depending on need of the county and services provided will depend on the military's resources at the time of the mission. Residents were also given a list of resources at the time of their visit for follow up care but any cost due to follow up care will be patient's responsibility. The LHM Administrators are involved at different levels but the Local Health Unit did have representation there to share health department services and assist with providing resources. The local communities have gotten involved in providing meals to these service members. More than 5,000 people and not a small number of pets gratefully received the free medical, dental, pharmacy and veterinary services at clinics in Helena-West Helena, Marianna, Wynne, McGehee and Eudora.

At Marianna, there were 993 patient encounters – 447 dental exams, 339 extractions, 173 fillings and 132 dental x-rays. The pharmacy filled more than 500 prescriptions. Veronica Sellers was presented with a military coin from Brigade Command Sergeant Major Parks of the Southeast Medical Readiness Support Group. A coin represents the heart and soul of the military. They are given to a soldier as a token for outstanding service, performance of duty, as a tool to build morale or for an act worthy of recognition. She also received 2 awards at the awards ceremony on Saturday, June 18th. The 4010th U.S. Army Hospital in New Orleans, Louisiana presented her with a plaque for outstanding support to the Arkansas Delta IRT Medical Mission and received a Certificate of Appreciation from the 431st Civil Affairs Battalion for extraordinary support during Task Force Razorback.

Phillips County had 842 referrals. The IRT looked at savings in health care dollars, and they included the Phillips County referrals to BreastCare and the Prostate Clinic in Phillips County as part of that – estimated to be \$85,760 savings in health care dollars in one county alone! Also in Helena-West Helena, some 103 dogs and 85 cats were spayed and neutered by appointment at no cost to their owners or the event sponsor, the Humane Society of the Delta.

Desha had an average of 115 clients per day. Dental and Optometry were the busiest. The CHW and AmeriCorps volunteers played a big role here in assisting people with resources for future services.

STAR.Health

The new Bunch Manager (CHW) was hired for Chicot County. The King Foundation grant supports 1 CHW who will do the Birthing Project which requires finding community members who will be sister/friends to pregnant first time moms. The Bunch manager will host trainings and support for these volunteers. Will start out with 10 volunteers and 10 sister/friends.

Elaine Davis, from PAT (Parents as Teachers) gave a training to all the CHW involved in Star. Health emphasizing teaching parents to be teachers to their young children. Dr. Zenobia Harris will also be lending technical support and training as the Birthing Project is a national project that she has been involved with for many years.