

Southeast Region HHI Report for April 2012

Arkansas County: The Local Health Unit partnered with the Thrive program for a 2nd Infant Safety Shower on April 23, 2012.

Staff participated in the Hospital Spring Fling health fair in Dewitt.

An out to lunch walk was coordinated with community.

CHNS, Juanita Buckmaster, presented information to ACPIH information on Teen Driving Safety.

Ashley County Senior Health Expo At Senior Center in Crossett with about 50 participants where information on injury prevention, stroke warning signs, slips/trips and falls, emergency preparedness, healthy cooking, fire escape plans, home hazards.

Two Out to Lunch walks were held; one in Crossett at the Crossett Credit Union with 46 people present. The other walk was at the LHU. Nutrition tips and exercise tips was discussed and participants completed a walkability assessment.

Bradley County: The 3rd Infant Baby Safety shower was held with about 40 in attendance. The high school social worker arranged to bused over 12 student mothers that are due or just delivered. The director of Labor, Delivery and Nursery at the hospital provided a presentation on the hospital experience and LHU RN did our safety power point.

LHU administrator presented to 160 3rd-6th graders on personal and family safety. Topics included appropriate action when home alone or in public places when your safety is threatened. Internet safety, phone safety, fire safety, distracted and impaired driving.

The Annual Bragg St Health and Wellness Fair was held with over 350 participants and over 50 vendors for a fun filled day. Local health facilities on Bragg Street opened their doors for information, screening and family fun. Children had multiple activities such as jump houses, face painting and immunizations. Screenings included blood sugar, blood pressure, cholesterol, PSA, HIV, vision. A new comer this year was a physician doing foot exams. A variety of health resources vendors and information was on hand including a youth group getting stop smoking pledges.

Cleveland County: HHI coalition members received Injury Prevention information at April 2012 meeting. Cleveland County now has 2 BP machines and are rotating them around businesses.

Chicot County: Kaye Murry gave the MATCH data results to the Chicot County HHI coalition and explained what the connection of coalition to improving the data. Cindy Horesis and Cassie Cochran explained SERV.

UPS Worksite Wellness continues with Nutrition packets given to employees on nutrition. 31 employees are being impacted each month.

Drew County: UAM and Drew H.E.A.L.T.H. partnered together in the National Walk at lunch and held a walk at the Weevil Pond at UAM. Drew H.E.A.L.T.H. now has two self check Blood Pressure machines that are being rotated around in the community. In the month of April 284 people utilized the machines.

Jefferson County: As part of Public Health Week an activity was held on 4/2/2012 at the Saracen Landing in Pine Bluff with the City of Pine bluff Parks. About 50 people attended where physical activity was the theme, with a local dance team coming and tobacco information and Physical Activity information was distributed. The PHW proclamation that mayor signed was read by LHU administrator.

Lee County: My Plate Lunch and learn with about 20 participants. Participants enjoyed a healthy lunch. A My Plate presentation was done by Kandra Torrence, Public Health Educator. The menu of food that was served followed the portion sizes that were served following My Plate guidelines.

Lincoln County: The HHI Planning Committee hosted a Worksite Wellness health fair at School Apparell on April 16, 2012 where over 91 of the 150 employees had BP screens, Cholesterol and glucose. 10 Nursing Students from SEARK, Pine Bluff, came and assisted with screenings. Their professor did all counseling with employees on Know Your Numbers.

Monroe County: Holly Grove health fair about 75 participants. Tobacco display with educational materials as well as verbal discussion to community members. 5 fax back forms were completed

Phillips County: Kaye Murry gave the MATCH data results to the Phillips County HHI coalition and explained how the coalition is working on several of the health factors: .they is doing infant safety showers through DAHEC so they are addressing infant mortality. There is a group looking at the youth violence and working with churches in the area to discuss this and planning more activity for youth such as Break into Spring they had in March. There is a teen pregnancy effort in Marvell. The Police Department announced they are doing a Take Back Drugs day on April 21st.

Prairie County: Held the Senior Injury Prevention Lunch and Learn event. Education presented on injuries and impact on Diabetes.

St. Francis County: The coalition hosted two Walk @ Lunch events at EACC (Eastern Arkansas Community College) and at the track south of town. Coalition member was on the local radio talk show to discuss events. 48 people participated with the 2 walks.

The Lose to Win Fitness Competition ended on 4/30/2012. There were 34 teams this year with 4 people on a team. The winning team for losing the most weight was composed of 1 man and 3 women and lost a total of \$197.8.

Arkansas River Education cooperative: The CHNS worked with several schools in her three county area to get them involved in Out to Lunch Walks. In Arkansas County the wellness and safety committee was working on a marathon for the last 8 weeks of school where students are to walk a 26 mile by the end of the 8 weeks. The staff of the Educational Cooperative have all committed to start walking during lunch breaks. The Pine Bluff Lighthouse Charter School is walking on campus and calculating miles walked and calories burned. The Lighthouse School plans to now implement this into their wellness program and not just an event.

At the Watson School District an elementary school is taking 3rd grade students on walking field trip that will be 3 miles per participant.

At the White Hall School District 127 staff members are still actively participating in the Blue and You Fitness Challenge and walked together on Out to lunch walk day.

The CHNS and CHPS set up booths during the lunch hour at the Robert Morehead Middle School and shared information on tobacco education, nutrition and physical activity. About 83 signed the tobacco free pledge. A booth was also set up later in the month at the parent/teacher conference with the same educational material.

The CHPS, Rosemary Withers, provided health benefits and outcomes of exercising for the AREC board meeting with Superintendents and Cooperative Director to support the Out to Lunch Walks in the schools and communities.

The CHPS, Rosemary Withers, hosted the annual Kickball game at the Regional Park with 17 participants. She presented information on bicycle safety rules and importance of eating healthy.

Southeast Educational Cooperative. The CHNS worked with TPCP and the YES team was in the McGehee schools on April 13th. 2400 students were impacted with TPCP knowledge.

The Southeast Regional HHISS hosted the 4th annual Health Conference for community members and Southeast Arkansas Department of Health employees. Over 150 attended conference this year with Joy Rothenback giving an update on the State of Obesity in Arkansas; Terri Williams, from Center of Office of Aging gave a talk on Aging in Place; Tobacco Branch Debbie Rushing gave an update on latest product the E-Cigarette. The afternoon session was Keith Cleek with the Cooperative Extension out of Phillips County. He presented on How to Wear Many Hats and Still Have good Hair.