

Southeast HHI Report for February 2012

Arkansas County: All businesses were asked to wear red on Feb. 3rd. A luncheon “The Heart Truth for Women” was held at Baptist Health Medical Center and was free to community members. This lunch is in partnership with *The Heart Truth*, a national awareness campaign warning women about their risk of heart disease. Judge Sonnie Cox issued a Proclamation declaring February 3rd as National Wear Red Day. 50 women attended the luncheon and more than 30 worksites participated in National Wear Red Day!

The Century 21 kids were given a special presentation on February 27th by the LHU administrator and Jennifer Reeves, local Home Economist on Fruits and Vegetables. 108 kids were present.

Ashley County: The 3rd Annual Go Red for Women Banquet was held on Feb. 9th. There was a Tobacco Trends booth display and about 150 women attended. There were a variety of health screenings that included blood pressure, BMI, blood sugar and cholesterol. At the end of the event, local Zumba instructors had all participants join them in a round of Zumba!

Bradley County: The Biggest Loser competition in the Warren School District started the first Friday in February with 50 participants. LHU went and helped with weights, blood pressure and BMI screenings for kick off. My Plate presentation was given by the LHU Administrator and other nutrition tips. The school nurse is leading a Sunday afternoon bike ride and one of the teachers is doing an exercise program one day a week in the school gym. Weekly healthy lifestyle tips will be provided via email through the school email network. There will be starting, midpoint and final measurements. An award celebration is planned to announce the winners.

Chicot County: Go Red for Lakeside. 103 children, faculty and foster grandparents received information on being Heart healthy.

Desha: Desha County began Wear Red Day with the Honorable Judge Mark McElroy declaring a proclamation for National Wear Red Day on February 3rd, 2012. The communities worked together, especially with the schools to provide education on women’s health. Both school districts (elementary/Jr. high/high) participated as well as numerous community members.

Desha started FIT in 10 at their monthly coalition meeting in January and will participate in monthly sections until the program is complete (9-10 months). This is a program of exercise and healthy tips.

On February 9th, the LHU hosted a joint baby infant shower with the Delta Memorial Hospital in Dumas with 9 in attendance.

The “Desha Goes Healthy” brochure/guide on healthy tips/options is being distributed throughout Desha County. There are radio spots 3X day/weekly on healthy tips recorded by different community members.

Drew County: Received Tobacco Community funding for 2012-2013. The RX program provided services to 58 people with 137 prescriptions for a total of \$65,062.27.

Jefferson County: Presentation made to Hope Resource Center for Women on family planning and other services of the LHU.

Lee County: LHU administrator went to Senior Center twice in Feb to assist with new physical activity education and assisted with doing weight in and BP checks for the kick-off for the Senior Challenge.

Lincoln County: The 5th Annual Healthy Heart Luncheon was held on February 24th at the Southside Missionary Baptist Church in Star City. The guest speaker was Theresa Horton, Director of Education, and South Central Center on Aging, whose topic was The Heart Truth.

Monroe County: Arkansas Coalition for Obesity Prevention (ARCOP) has been working with Monroe County this last year as an unfunded site. In February ARCOP gave Monroe County \$1000.00 to build a shed to house the community garden equipment that is being used there.

Prairie County: Presentation given at the Senior Center in Des Arc on *Know your Numbers* and hypertension screenings were performed and Injury Prevention information given out. Presentation given at Hickory Plains Strong Women group on injury prevention from falls and BP screenings provided to 12 women.

Phillips

The HHI coalition along with Delta AHEC hosted a free car seat check for the community on February 14, 2012 at the LHU. They did 24 car seat checks that day, and 75% of the ones with seats were not installed properly. They gave out 21 seats. The Helena Health Foundation purchased the seats.

St. Francis County: The HHI coalition hosted a Heart Luncheon for 50 women to discuss the dangers of heart attacks for women.

February 6th was the kick off of the Lose weight in 2012 campaign with 32 teams of 4 that signed in. Weights, BMI's were all recorded to be checked at different intervals.

CHNS/CHPS

Cassie Lewis, the Community Health Nurse Specialist, from Great Rivers Educational Cooperative planned and hosted a *Love Your Heart* event at the Forrest Regional Health office. The event was for local staff and a local group of women who have suffered from domestic abuse called "Taking back your Destiny" were invited. Healthy refreshments were served and a talk on stress, tobacco and effects on your heart were given by Cassie.

Juanita Buckmaster and Rosemary Withers with the Arkansas River Educational Cooperative set up a display table at the Watson Chapel Jr. High School so students could stop by and visit during their lunch time. Rosemary discussed nutrition and physical activity and Juanita discussed tobacco. 100% of students surveyed said the information on nutrition and tobacco was helpful. About 200 students came by booth. This was something new that Juanita and Rosemary did and will repeat at other schools now.