

Southeast Region Hometown Health Improvement Monthly Report July 2012

Arkansas- the Arkansas Minority Health Commission in partnership with Arkansas County Partners in Health and Baptist Health Medical Center hosted a public health forum on July 27th at the Grand Prairie Center in Stuttgart. The focus of this forum was on the affordable Care Act and local health needs. The forum covered topics such as: services needed in Arkansas County, Health Concerns for community members and gaps in services.

Ashley- Ashley County is implementing a coupon campaign to assist the local food pantry.

The Hamburg Childhood Obesity Work group continues to move forward with the school and community tract, the track is in place and playground equipment is being purchased. This is a special initiative with COPH and Dr. Martha Phillips with community members.

Bradley- Bradley County has received a grant to expand an existing walking trail to a mile. The grant will provide increasing the access to the trail by bridges on the other side of the creek that will increase access.

Chicot- A prayer breakfast was held on June 30th to launch a preventive health promotion with the church members.

On June 16th, a booth was set up at the Juneteenth day in Lake Village. Information on LHU services was provided during the day.

Desha- “Desha Goes Healthy” continues throughout the county by print material, radio PSA’s and the “Weekly Healthy Choice” option at local grocery stores.

Ding Dong Daddy Day was held in Dumas in July. The Desha County Hometown Health Improvement Project provided SOS information along with their “Know Your Numbers” campaign.

Jefferson- Jefferson County Farmers Market had The Opening Day Ceremony/Festival for the Farmers Market was held on June 2nd at Saracen Landing. The festival is the first official day that the Farmers Market opens for the season to reinforce eating more fresh fruits and vegetables. The Farmers Market as well as the Pine Bluff’s Growing Healthy Communities coalition are working to provide access to healthy foods and to increase physical activities for all residents. The GHC in Pine Bluff adopted the ARCOP logo at its July Meeting and developed strategies to move forward in promoting access to healthy foods and promoting physical activity. A letter has be drafted to be sent groceries in the Pine Bluff area encouraging them to move healthy food items such as: apples, oranges, etc. closer to the checkout areas.

Lincoln- On July 11th, Lauren Scott with UAMS, presented the ARSaves program to the Star City Chamber meeting.

The Aerobic swimming classes continue to be held in Star City. The program has expanded to three additional sessions per week for men.

Free diabetes self-management classes began on July 26th. These are lunch n learn classes sponsored by the Lincoln County Extension Service and Daughters of Charity.

There were 105 blood pressure checks for the month of July from the various community agencies housing the machines. Out of those, 30 readings were abnormal.

Monroe- The city of Brinkley received \$200,000 from the Arkansas State Highway Commission to enhance sidewalks in downtown Brinkley.

Phillips- Robyn Clark, LHU Administrator, provided weekly articles to the local newspaper promoting the Farmer's Market and a "Vendor of the Week".

Prairie- Children ages 8-12 attended the Food, Food & Fitness Camp in Des Arc on July 31st. Activities included; Iron Chef Competition where teams were given ingredients from which they created recipes & prepared healthy fruit smoothies. They were led in yoga exercises; put their creativity to work in craft projects. All focused on safe & healthy food preparation and physical activity.

CHPS/CHNS- On July 13th, Lisa England, CHNS, presented *Dragon Z Tells the Tooth about Oral Health* at a local summer program to Elementary age school children.

On July 20th, Lisa England presented tobacco prevention for school age children. The emphasis was on spit tobacco.

On July 25th, Juanita Buckmaster presented Second Hand Smoke to a group of young ladies at HOPE who were either pregnant and/or have children.

On July 31st, Juanita Buckmaster held an in service on Set the Rules, Control the Privileges for parents. The Graduated Driver's License was also covered during the program.

Cassie Lewis provided an informational booth at the Zumba Fest. Some of the topics covered were tobacco prevention, Act. 811 and distracted driving.

Rosemary Withers, Community Health Promotion Specialist, presented on How to Use Fruits and Vegetables to Manage Your Weight. She also talked about Rethink Your Drink and How to Avoid Portion Size Pitfalls to Help Manage Your Weight. Participants asked questions and shared information one-on-one following the presentation.

