

# News You Can Use

## D-HHIP Worksite Wellness Initiative

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Pictured: Desha County Health Unit Administrator, Carolyne Blissett



In order to enhance employee health the Desha Hometown Health Improvement Project (D-HHIP) held several mini health fairs at local businesses. On October 4th-5th Clearwater Paper Mill held its annual employee health fair in Arkansas City. This event started at 5:00am to allow each employee a chance to participate. D-HHIP also continued the health fair on October 11th-12th. There were 184 employees who had their glucose and body mass index checked. Information on diabetes prevention and nutrition was also provided to all that attended. On October 17th, Ainsworth Pet Food held their annual employee health fair. There were approximately 50 employees who had their glucose and blood pressure checked. AmeriCorps volunteers were present to provide tobacco prevention and cessation information and quit line referrals. Health screenings were

provided by Delta Area Health Education Center South and Delta Memorial Hospital. Several educational booths were set up by University of Arkansas Division of Agriculture. Local Health Unit Administrator, Carolyne Blissett, also assisted with the use of the blood pressure machines.

## Lincoln County Farmers Market

The Lincoln County Farmers Market is now open for business. The first day for the Fall Market was October 6th. There were approximately 5 vendors present who provided fresh fruits and vegetables to community members. Although, it rained on the first day of the season there were more than 30 people that came to the market.



## The Southeast Region Goes PINK

The month of October was Breast Cancer Awareness Month. Many Hometown Health Improvement Coalitions and local health units wore pink to raise awareness about the importance of screenings and early detection. Pink Carnation Sunday, an outreach program which focuses on mammograms and early detection within churches was held on October 28th. The Bradley Hometown Health Coalition provided participants with educational information as well as “Forget –Me– Not” breast care reminder seed packets and a mint. Pink Carnation Sunday educational material was distributed to more than 200 women in Jefferson County. Several churches throughout the region who could not provide carnations to members, set up educational booths and participated in special prayer services or walks for breast cancer survivors.



## Walk to Remember



The 5th Annual Walk to Remember was held on October 15th, at the Veterans Memorial Park south of Star City. This walk was dedicated to approximately 100,000 babies that die each year through miscarriage, stillbirth or newborn death. The walk joins people nationwide who are working to raise awareness on perinatal grief and ensuring sensitive care is given to parents that experience a miscarriage, stillbirth or newborn death. Events at the Star City walk include, a prayer for those who have experienced the loss of a child, an inspirational poem, along with a walk around the track and the release of bubbles at the conclusion. Participants were also able to view the Bradford Pear trees which were purchased by the committee and planted at the Memorial Park in memory of all the babies in Lincoln County.

## Bradley County Community Thank You



**Pictured:** Coalition members

October marked the 10 year celebration for the Bradley County Hometown Health Coalition. In order to thank the community partners for their hard work and dedication to the coalition the Arkansas Department of Health provided a healthy lunch for the members. Health Unit Administrator, Diane Fowler, gave certificates of recognition to organizations such as the YMCA, Bradley County Hospital who have been present since the beginning 10 years ago. The group discussed successful events such as the upcoming Bragg Street Health Fair along with

Safety Baby Showers. The Coalition also made honorable mention of a new project entitled “Know Your Numbers”. Blood pressure machines have been purchased for community members to check and self monitor their blood pressure as part of this project.

## The 37th Great American Smokeout: November 15



The American Cancer Society has scheduled the Great American Smokeout (GASO) for November 15, 2012, to encourage smokers to quit for a day in the hope they may quit for good. Even though GASO officially began in 1977, the event's roots reach back to 1971, when Arthur P. Mullaney challenged the citizens of Randolph, Massachusetts, to give up cigarettes for the day and donate the saved money to a high school scholarship fund. Mullaney coined the term Smokeout. Later, Lynn R. Smith, editor of the Monticello Times in Minnesota, spearheaded that state's first D-Day, or Don't Smoke Day. D-Day spread like wildfire throughout Minnesota and then blazed

west to California, where it became the Great American Smokeout. The Tobacco Prevention and Cessation Program encourages all community partners and coalitions to promote the 37th Great American Smokeout (GASO) on Thursday, November 15, 2012.

## Southeast Region Fights the Flu

Flu is a serious illness and it's time for Arkansans to get their flu vaccinations. Beginning in October and continuing through the first week of December the Arkansas Department of Health (ADH) is providing seasonal flu vaccine at mass flu clinics in every county. The Centers for Disease Control and Prevention is encouraging everyone six months and older to get the vaccine it's the best protection

against the flu, which is the number eight cause of death nationwide. Pregnant women, children, the elderly and people with compromised immune systems should all get the vaccine. The flu vaccine is very safe and effective against the flu. One dose of vaccine will protect you from the three kinds of flu expected to be seen this year. The Arkansas Department of Health will have one vaccine that's offered as either a shot (injectable) or nasal mist (spray), and it provides protection against the influenza virus. A mass flu clinic is a day-long event during which the community comes together to immunize as many people as possible. The Southeast region Hometown Health Improvement Coalitions have utilized its partners to make school and mass flu clinics a success. ADH staff, health professionals, coalition members and volunteers work as a team to provide the vaccine to as many community members as possible. A special thanks goes out to all community partners who continue to make flu season a success.



## November is National Diabetes Awareness Month

### Symptoms of Diabetes



Are you always thirsty?



Is your skin very dry and itchy?



Do you feel tired and sleepy?



Do you always feel hungry?

Are your eyes blurry, or do you have trouble seeing?



Have you lost weight without trying?



Do you have to go to the bathroom very often?



Do your feet tingle or feel numb?



Does anybody in your family have diabetes?



## Don't Test & Drive



Monticello High School EAST Lab Promotes “Don’t Text and Drive” during National Teen Safe Driving Week , October 14-20, 2012 by communicating the benefits of safe teen driving. Students partnered with the Arkansas Children’s Hospital’s (ACH) Injury Prevention Program, the Southeast Arkansas Hometown Health Improvement (SEARK HHI) Support Staff and local insurance agencies to promote safe teen driving behaviors.

During the week a 16 x 4’ banner was on display at the busy Hwy 425 and 278 intersection encouraging drivers not to text and drive. Area insurance companies supplied funding for “Billies Don’t Text and Drive” key chains distributed through out the school and to the public. The campaign highlight was the huge rivalry high school football game between the Monticello Billies and the Warren Lumberjacks. East Lab students, SEARK HHI, and ACH Injury Prevention staff provided displays, educational items, decals, and positive promotional items to over 400 Billie and Lumberjack fans that very chilly night. Messages included, Billies aren’t Dum-Dums They Don’t Text and Drive, Lumberjacks are Smarties They Buckle Up, among others.



## Southeast Tidbits

**Arkansas County:** Arkansas County Partners in Health coalition along with the LHU partnered to provide information called “Tobacco Talk”, to the Park Avenue Elementary after school program students with 55 children in attendance.

**Ashley County:** The LHU partnered with Ashley Medical Center to host a baby safety shower for approximately 32 women.

**Cleveland County:** Patrina Robinson, from the Attorney General’s Office, gave a presentation at the Cleveland Coalition meeting on bullying, cyber bullying and identity theft.

**Desha County:** Owl Fest was held on October 15th in McGehee. Approximately 53 people were screened for Glucose and Blood Pressure. There were over 200 attendees at the event. Tobacco prevention and cessation information was also provided.

**St. Francis County:** Boar’s Head annual health fair for employees was held in October. The local health unit attended with information on Breast care, diabetes, tobacco prevention and cessation along with information on mass flu.

## Lee County Kountry Kitchen Event



On October 10th the Lee County HHI coalition partnered with Delta Area Health Education Center, Lee County Family Recourse Center and the Lee County Tobacco Coalition to provide free screenings in Moro, at the Kountry Kitchen. The Kountry Kitchen is a gathering place where community members come to eat southern cooking. The following were provided free of charge: cholesterol, blood pressure, weight and blood glucose screenings. Tobacco cessation counseling was also available. Each participant was asked to complete a health history form and they received individualized education specific to their needs. There were approximately 23 people who completed the health screenings and 9 referrals were made to the quitline.

### Southeast Region HHI Support Staff

**Kaye Murry**-HHI Regional Manager  
**Shealese Washington**- HHI Coordinator  
**Kimber Knight**-Grants Administrator  
**Kandra Torrence**-Public Health Educator  
**Shannon Borchert**-Public Health Educator

**Cassie Lewis**- Community Health Nurse Specialist  
**Lisa England**-Community Health Nurse Specialist  
**Juanita Buckmaster**-Community Health Nurse Specialist  
**Rosemary Withers**- Community Health Promotion Specialist

### *Congratulations!!! Ashten Adamson*



*Executive Director of  
Arkansas County Partners in Health*