

News You Can Use

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Robert Sweetgall Visits the Region

Robert Sweetgall took on this health mission after heart disease took the lives of many of his relatives. In 1982-83, Robert circled the perimeter of the United States by running (10,608 miles) on foot, averaging 39 miles a day. When the running started to wear Robert down, he switched to pure walking. A year later, Robert expanded his health tour, walking 11,208 miles through all 50 states. In total, Robert has spoken to over 100,000 students on the importance of staying active and avoiding heart disease, diabetes and other chronic diseases. Robert Sweetgall was the featured speaker in Arkansas and Jefferson Counties to help



inspire students, teachers, school administrators and citizens at large to take on a more active, healthy, walking lifestyle. There were several events for community members in Arkansas and Jefferson Counties to hear Robert’s inspiring story. On September 13th, Robert presented three short seminars and exercise sessions at the Pine Bluff Convention Center. Part one was Nordic Walking. Part two covered “Motivation to Move” and part three covered “Walking, Weight Loss and The Art and Science of Taking Up Less Space on Planet Earth.” There was also an event held at the Grand Prairie Center in Stuttgart on September 11th. Robert also paid a special visit to several schools within the region.

His presentation and short exercise demonstration at each school emphasized how the implementation of walking during the school day will positively impact test scores and behavior during the day.

This even was sponsored by; Arkansas Department of Health, Arkansas County Partners in Health, Grant County Hometown Health Coalition, Arkansas River Education Service Coop, and the Pine Bluff Area Community Foundation an affiliate office of the Arkansas Community Foundation Inc. Special thanks goes to Juanita Buckmaster, Community Health Nurse Specialist, and Rosemary Withers, Community Promotion Specialist for making this event a success. The Southeast Region would also like to thank community partners for their hard work promoting and assisting with the event.



Dewitt Church hosts Health Fair



Pictured: Wanda Vester and Church Participant

The First Missionary Baptist Church along with the Arkansas Department of Health helped host a mini health fair in Dewitt. Local Health Unit Administrator, Wanda Vester, attended the event. This health fair was a time for church members as well as community members to get valuable information on injury prevention and tobacco prevention and cessation. Information on physical activity, nutrition and body mass index was also available. Educational booths were also set up to provide community members information on the Strong Women Program and the Supplemental Nutrition Assistance Program Education (SNAP Ed) Program.

Graduating Class

The Expanded Food and Nutrition Education Program (EFNEP) teaches the advantages of nutrition, exercise, cooking and spending food dollars wisely. EFNEP teachers are Phillips County Hometown Health Coalition members. They also conduct nutrition education classes with Women Infants Children (WIC) participants at the Phillips County Health Unit. Keith Cleek, Phillips County Extension Agent and Phillips County Hometown Health Improvement Coalition Past Chair, hosted a graduation ceremony for the Program Assistants who have successfully taught the EFNEP class for one year and for those who have completed the EFNEP classes. Robyn Clark, Local Health Unit Administrator, was the guest speaker at the ceremony and presented on nutrition, exercise, smoking prevention and cessation as well as public health. This was a graduating class of 50 people. Recipe books with healthy recipes were given away along with exercise bands.



Pictured left to right: Keith Cleek, Latonya Tate, Patriona Otey, Leanna Hicks, and Victoria Parker.

Monroe County Celebrates

September 25th marked the eighth anniversary of the Monroe County TEA/Hometown Health Improvement Coalition. The celebration was held at the Brinkley Chamber of Commerce office. Patriona Robinson, a prevention instructor, for the Arkansas Attorney General's Office was the guest speaker for the meeting. She presented on programs for students in efforts to decrease the juvenile crime rate and raise awareness about online safety. She also discussed her role as a child advocate and other services offered through her office. A healthy lunch was provided to the attendees which was provided by Hometown Health Improvement.



Pictured: Patriona Robinson presenting to group

October is Breast Cancer Awareness Month

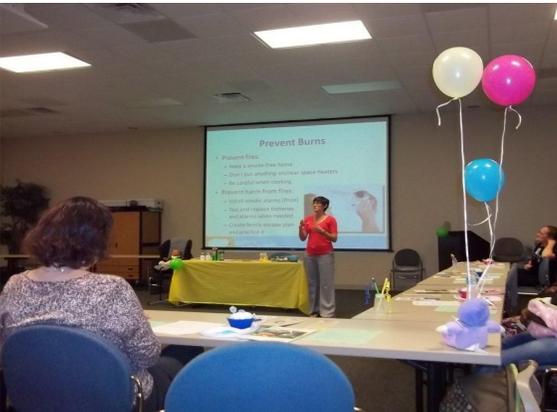
Breast Cancer Awareness Month is an annual health campaign organized every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. According to the *American Cancer Society*, breast cancer is the most common cancer among American women, except for skin cancers. The chance of developing invasive breast cancer at some time in a woman's life is about 1 in 8 (12%). In 2011, an estimated 230,480 new cases of invasive breast cancer will be diagnosed among women in the United States. Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer. The good news is that breast cancer is a disease that can be treated and cured. Death rates from breast cancer have been declining since about 1990, with larger decreases in women younger than 50. At this time there are about 2.5 million breast cancer survivors in the United States. While no one knows the exact causes of breast cancer, research has shown that women with certain risk factors are more likely than others to develop the disease.



Risk factors for breast cancer include:

- * **Age:** Half of all women diagnosed are over age 65.
- * **Weight:** Being obese or overweight.
- * **Diet & Lifestyle:** Lack of physical activity, a diet high in saturated fat, and alcoholic intake of more than two drinks per day.
- * **Family & Personal History:** A family history of breast cancer-particularly a mother, sister, or a personal history of breast cancer or benign (non-cancer) breast disease.

Safety Baby Shower



On September 28th, the St. Francis County Hometown Health Network partnered with the Nurse Family Partnership to bring an Infant Safety Shower to the community. A presentation on Infant Safety was given by Shealese Washington, Hometown Health Improvement Coordinator with the Arkansas Department of Health. A demonstration was also given to the attendees on safety items they were provided with as take home gifts. This short demonstration helped mothers understand the need for safety items for when they bring their baby home. The attendees also had the opportunity to play safety

games, win prizes and enjoy a healthy snack during the day.





Allen Temple A.M.E.

Allen Temple A.M.E. located in Helena Arkansas along with Arkansas Department of Health Ella McGinister, LPN, which is also a church member hosted a mini health fair on September 9th. Due to the pastors absence church members decided to conduct a mini health fair to emphasize the importance of having a healthy mind and body. After Sunday School Mrs. McGinister provided blood pressure checks to church members. Ella also set up a educational table with pamphlets and brochures on; diabetes, home fall prevention, know the signs of stroke as well as information on nutrition and physical activity. Light healthy snacks were also provided.



Pictured: Ella conducting blood pressure checks

Minority Health Visits Chicot County



Pictured: Joy presenting to group

Joy Carrington with the Office of Minority Health for the Arkansas Department of Health visited Chicot County. The Chicot Hometown Health Coalition met on September 9th and Joy was the guest speaker. Joy gave a educational presentation on the importance of staying healthy. She also gave the group current statistics on the health status of Chicot County, and explained the important role STAR.Health plays in making the community healthier. Joy provided members with information on a new Hispanic/ Latino Birthing Project as well as information on Sisters

United. Sisters United is a new program which promotes breast feeding, safe sleep and the use of folic to lower infant mortality rates in Arkansas.

Hunters Education

Anyone born on or after Jan. 1, 1969, must complete a hunter education course and carry a valid hunter education card to hunt in Arkansas. Arkansas's hunter education program is recognized in all states as well as in Canada and Mexico. The preferred hunter education method is through a 10-hour instructor-led classroom and hands-on demonstration. The Ashley County Annual Hunters Education classes were held in Hamburg on September 27th at Martinville Baptist Church. These educational classes are held for 3 nights and they focus on the Ten Commandments of Fire Arm Safety and planning a safe all terrain vehicle trip. The classes are provided to community members in order to keep their hunters certification valid.

Local Health Unit Administrator, Tammy Cook, presented on topics such as; hunting safety, all terrain vehicle safety, tree stand safety, parts of a guns, muzzleloaders, bows, land management, basic 1st aid along with hunting ethics. There were 52 participants who attended the classes.



Tobacco Study Finds 'urgent need' For Policy

(CNN) -- About half the men in numerous developing nations use tobacco, and women in those regions are taking up smoking at an earlier age than they used to, according to what is being called the largest-ever international study on tobacco use. The study, which covered enough representative samples to estimate tobacco use among 3 billion people, "demonstrates an urgent need for policy change in low- and middle-income countries," said lead researcher Gary Giovino, whose report was published in the British medical journal The Lancet. The World Health Organization stated that while much of the industrialized world, including the United States, has seen a substantial reduction in smoking in recent years, the opposite trend is under way in parts of the developing world. The new study, the Global Adult Tobacco Survey (GATS), focused on countries in which smoking is known to be a growing problem. The GATS study included the latest figures from national studies done in the United States and Britain, in order to show a contrast between the industrialized world and developing nations. In the United States, 19% of adults are smokers, a number that has been steadily decreasing due to policy changes, according to the CDC.



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
1-800-QUIT-NOW

Senior Day at the Drew County Fair



Pictured: physical activity break

On September 20th the Drew H.E.A.L.T.H. Coalition sponsored Senior Day at the Drew County Fair. Theresa Horton, Director, UAMS Center on Aging presented Healthy Aging and Peggy Johnson, JD, Arkansas Attorney General's Office presented information on Health Aging and Keeping Seniors Safe. Hazelene McCray, Drew County Extension Office, demonstrated ways for the Seniors to get physical activity in their homes. Over 100 participants were served lunch and they all participated in Bingo and were given home safety prizes to prevent slips, trips and falls. Smoke detectors were also given away as door prizes and each person was reminded to change the batteries in their detectors at home. Special music was provided by Robin Hood. The

County Judge, Damon Lampkin, thanked all participants for their continued support in the fair. Drew H.E.A.L.T.H. members also set up an informational booth which consisted of information on tobacco prevention and cessation, physical activity and nutrition. Two Wal-Mart gift cards donated by University of Arkansas for Medical Sciences. (UAMS) Family Medical Center were also given away as a door prizes.

Lennox Family Health Fair

The Lennox Family and Friends Health Fair was held on September 29th. Peggy McBride, and Public Health Educator, Shannon Beall set up a educational booth. Tobacco prevention and cessation was distributed along with information on; social media safety, injury prevention, West Nile, hypertension, and local health unit services. Participants were also able to enter a raffle give away of youth bike helmets and smoke alarms. More than 200 people visited the booth.



Pictured: tobacco prevention and cessation materials

Lincoln County Fair

The Lincoln County Health Unit set up a booth at the County Fair in September. This was an educational booth focusing on hypertension and tobacco prevention and cessation. The Lincoln County Hometown Health Planning Committee also set up a booth in partnership with the “Walk To Remember” group. The walk to remember booth focused on infant mortality.



Southeast Tidbits

Chicot County: The Chicot County Footsteps to Freedom, Birthing Project held its First Year Celebration on September 20th at the Guachoya Cultural Art Center.

Cleveland County: The Cleveland County Hometown Health Coalition sponsored a Drug Take Back Day on September 29th.

Desha County: There is a new health unit in McGehee which is now open and seeing patients as of October 1st.

Jefferson County: Local Health Unit Administrator, “Q” Cotledge, set up an educational booth at the Southeast Arkansas College (SEARK), resource fair on September 12th. The booth contained information on local health unit services, chronic disease and injury prevention.

Juanita Buckmaster, CHNS, and Rosemary Withers, CHPS, hosted a Set the Rules, Control the Privilege family training. This is a presentation for parents and their children to explain the GDL (Graduated Driver’s License) cell phone law, distractions while driving and teaching the family how to establish a driving contract to keep their teen safe while driving.

Phillips County: Phillips County HHI along with Delta Area Health Education Center held a Car Seat Safety Check on September 20th on the LHU. 28 seats were checked for placement, and 20 seats were distributed/proper installation taught.

The Phillips County HHI Coalition co hosted the Helena Health and Fitness Expo with about 350 attendees. Educational booths and Zumba exercise sessions were held.

St. Francis County: The St. Francis HHI Network co hosted the Mayors Expo which was for older adults with East Arkansas Community Enterprise and provided Injury Prevention information.

The New Trends Tobacco Booth and other educational material including injury prevention was set up for a staff in-service at the Forrest City Medical Center Hospital.

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!!



New Phillips County HHI officers