

Southeast Region HHI Report: November 2012

Ashley County: LHUA taught a Holiday cooking class; Holy & Healthy Cooking at 1st United Methodist. Classes last for 6 week with a focus on a healthy plate, reducing portion sizes, and cutting back on fat, sugar and salt.

Farmers Market in Crossett will be utilized now with a city ordinance that was finalized for the location of Farmer's Market.

Zumba classes have started at the Senior Citizens paid by ADRDN funds.

SNAP-ed program is being completed in schools. Jump ropes were given to kids was prizes.

Walk Across Arkansas was completed with 33 teams with 230 individuals.

Chicot County: Bonnie Bradley did a training called Diabetes 101 to kick off the Diabetes Today program. About 14 community lay people attended and 1 ADH employee.

The County Judge gave the coalition 8 self check glucose machines to further the Know your Numbers campaign in Chicot.

Cleveland County: The LHUA shared the MATCH 2012 County Health Rankings data with Quorum Court members and county officials.

Walk Across Arkansas program began with 38 participants

Desha County: The coalition sponsored a Healthy Taste/Tips Event and tied in education on Diabetes and Injury Prevention. Both major grocery stores in Desha County were set up the week before Thanksgiving with tasting foods and gave out samples/recipes and ingredients to prepare the dish (one rice and one desert). Spoke on the Healthy Taste Tips Flyers (5). Everyone who completed a survey received an oven mitt with Healthy Tips and Incentives stuffed inside. 110 people came by booths and had 17 referrals for more assistance on Diabetes.

The 4H club is still working on garden started with ARCOP funding.

Holland Health Fair: worksite wellness event where the coalition set up and provided screenings.

Drew County: The coalition and LHUA participated in education at the Boys and Girls Club on My Plate and fitness. The coalition also co sponsored an event at the UAM college campus for the Great American Smoke out day.

Lincoln County: Angela Turner, a member of the Lincoln County Health Planning Committee provided free glucose testing at the monthly LCHPC meeting and the Chamber of Commerce meeting on November 14th at Star City. This was part of the Diabetes Awareness event

scheduled for that day. Jennifer Link-Montgomery and (R) Brenda Howard from the Arkansas Department of Health Tobacco Prevention and Cessation Program. Brenda spoke at the Chamber meeting about the services available to the state to assist with stopping smoking.

St. Francis County: The St. Francis County Hometown Health Network sponsored a “Tobacco-Free Family Fun night at the Forrest City Civic Center on Tuesday November 13th. It was a fun-filled educational night for families of St. Francis County. Over 200 people turned out for the event. Zumba instructions were included.

Arkansas River Educational Cooperative: The CHNS and CHPS have been routinely setting up booths at lunch time where the students are at. 91 students took the NO SMOKING PLEDGE and one (1) student took the SOS Quit line information for a parent or grandparent who smokes while visiting the tobacco education table. Nutrition, BMI, and tobacco information are shared one on one with the students.

Rosemary Withers, CHPS, has received funding from the Arkansas Hunger Relief Alliance for two classes and funds from ArCop will fund four Cooking Matters for Adults.

STAR.Health D-HHIP was the proud recipient of a \$1000.00 grant from Arkansas Community Foundation (Giving Tree Grant) for our Mom & Me program (STAR Health) clients that make their goal of spacing pregnancies, the funds will be for educational materials and graduation incentives.

ARRDN Grants: Bradley, Chicot, Cleveland, Ashley, Drew, Desha, Lincoln and Grant are one network. Will be receiving about \$88,000 this year with MDCC as funder. Bradley Medical Center handles funding. This is the last year.

Lee, Monroe, Phillips and St. Francis are with Tri-County handling funds. Most of the funding goes to Community Connectors. St. Francis will get about \$10,000.

Arkansas, Jefferson and Lonoke are a network through Arkansas County Partners in Health.