

News You Can Use

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Drug Take Back

The Drew H.E.A.L.T.H coalition received a mini-grant from Arkansas Department of Human Services, Division of Behavioral Health Services, Office of Alcohol and Drug Abuse Prevention to purchase a prescription drop box for the residents of Drew County. Other partnering agencies for this project include: Phoenix Youth and Family Services' Prevention Resource Center and the Monticello Police Department. This was a concerted effort in an attempt to collect prescription medications out of the homes in Drew County because of their potential for abuse. The prescription drop box will be located at the Monticello Police Department. Previously, the Monticello Police Department has participated in the National Take Back Initiative twice a year. The prescription drop box will serve as a permanent collection receptacle where residents can conveniently dispose unwanted and unused prescriptions in a safe manner. We are hoping that people will take advantage of this great resource that has been added to their community.



Pictured: Coalition members with Rx box

Youth Heroes Walking Program

A youth walking program sponsored by the Lee County Family Resource Center and supported by the St. Francis Co. Hometown Health youth committee kicked off a three month walking and community service project on Martin Luther King Day. The event was held at the Larry S. Bryant center in Forrest City, AR. 47 youth and 18 adults attended the event. The event was advertised in the Forrest City Advertiser and the Times Herald newspaper for the 21st. The funding for the project is being provided by a grant secured through YSA (Youth Service America) and United Health Heroes. The youth plan to obtain sponsorships for miles walked during this period and raise funds for a charity in the St. Francis County area. The MLK day event was the first of many steps "walking for a cause and fighting against childhood obesity" in St. Francis County. The Executive Director of the Lee County Family Resource Center opened the event with a welcome, followed by Dr. Curtis Patton speaking to the youth about the importance of preventing obesity and getting adequate physical activity. The participants were then led in a warm-up exercise before the official walk by Reverend Williard Gibson. The youth were then engaged in walking around the complex. After the walk, healthy snacks and bags with health information were provided.



Cooking Matters for Adults



Pictured: Chili (see recipe on next page)

On January 8th, Cooking Matters for Adults class began in Jefferson County. Cooking Matters for Adults is a health initiative organized by the Pine Bluff/Jefferson County Growing Healthy Communities committee. Rosemary Withers, Community Health Promotion Specialist, coordinated the Share Our Strength's Cooking Matters for Adults class, which targets low-income families. This program is used to teach cooking and food management skills on a limited budget. There are 10 participants enrolled in this class which was held at the Hallmark O'Neil Community Center. The curriculum consists of six weekly lessons, which includes a grocery store shopping tour and a challenge to purchase healthy foods with a \$10 gift card. Each participant was given a take-home bag of groceries to practice cooking the same

meal that was prepared in class. Cooking matters was made possible by several volunteers:

Jesteen Thomas, a retired Family and Consumer Sciences teacher serves as chef and Alexandria Gray, Dietetic Program Director at UAPB, serves as nutritionist. Other volunteers serve as class assistants.

During the first week, the nutritionist taught MyPlate, which is the new dietary guidelines for Americans. Participants also learned how to read food labels along with cooking and food safety. The second week focused on the importance of fruits, vegetables, and whole grains as it relates to MyPlate. The third week the nutritionist discussed the benefits of choosing low-fat, fat-free and lean foods. The chef demonstrated how to cut-up a whole chicken and remove the bones and skin. In week four, the chef and nutritionist discussed ways to eat a balanced breakfast every day and how to use herbs and spices instead of salt, also as part of this lesson participants practiced comparing unit prices and planning meals. The fifth week the shopping challenge will take place at Wal-Mart, and finally, week six, participants will receive a graduation certificate and incentive items.

Cleveland County Family Fun Night

The Cleveland County Hometown Health Improvement Coalition along with Bethel Missionary Baptist Church partnered to host a family fun night on January 27th. Family fun night was an event for church as well as community members to have fun while gaining knowledge. Information on tobacco prevention and cessation, nutrition, and chronic disease was distributed. Participants were also given an opportunity to have their blood pressure checked. A physical activity game was played to emphasize the importance of staying physically active. There were over 50 participants at the event.



Cooking Matters for Adults/White Bean Chicken Chili

Prep: 15 min. Cook: 40 min. Yield: 6 servings

3 /4 pound boneless skinless chicken breasts, cubed
1 /2 teaspoon salt
1 /4 black pepper
1 medium onion, chopped
1-1/2 teaspoons dried oregano
2 teaspoons cumin
1 Tablespoon parsley
2 tablespoon canola or olive oil
2 garlic cloves, minced
3 cups chicken broth
1 /4 cayenne pepper
1 can green chilies
2 cans (15 ounces each) white kidney or cannellini beans, rinsed and drained
1-1/2 cups (6 ounces) shredded cheddar cheese



Directions:

Sprinkle chicken with salt and pepper. In a large skillet over medium heat, cook chicken in oil for 2 minutes.

Stir in the onion and garlic; cook 2 minutes longer. Sprinkle with oregano, cumin and parsley; cook 1 minute longer or until chicken is browned and vegetables are tender. Transfer to a Dutch oven.

Add chicken broth, cayenne pepper, and can of green chilies. Drain and rinse cannellini beans and add to Dutch oven. Stir, cover and simmer for 40 minutes. Sprinkle with cheese.



SHARE OUR STRENGTH'S
COOKING
MATTERS®

Cooking Matters courses help families with limited resources make healthy meals at home, using a wide variety of foods that are commonly available in their grocery stores, in WIC packages and from emergency food providers such as food pantries

Church Mini Fair



Pictured: Cassie Lewis

Community Health Nurse Specialist, Cassie Lewis, along with staff from the University of Arkansas Medical Sciences collaborated to present health information to a local church group in Forrest City. Health information regarding risks and prevention of high blood pressure, diabetes, heart attacks and strokes was provided to participants. Health screenings were also available to the group which included: blood pressure, blood sugar, cholesterol as well as checking weight. Each participant was also given a copy of the Arkansas Health Guide, which is a personal health record for each person to make personal assessments and track their progress.

One person was referred to their local primary care physician for elevated cholesterol. Cassie Lewis also discussed dangers of secondhand smoke and distributed magnets with the Arkansas Tobacco Quit line number. Each participant was given a bag which included: health education water bottles, first aid kits, pens, and a 2013 calendar. A question and answer session revealed that 100% of the attendees learned something new about prevention, especially about the effects of second-hand smoke. There were 14 people who attended the event.

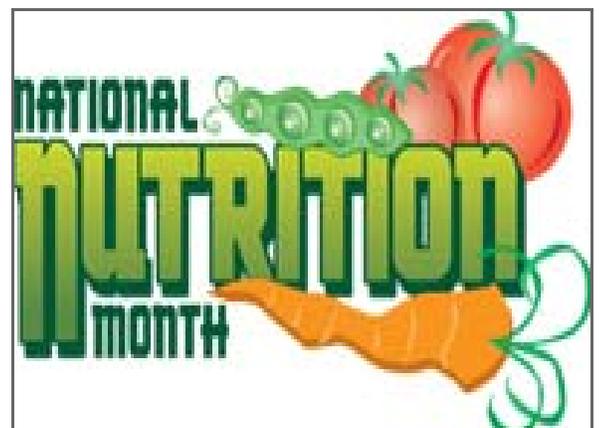
March is National Nutrition Month

National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. Initiated in March 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition.

Healthy Eating Tips

These tips and ideas are a starting point. Choose a change that you can make today, and move toward a healthier you.

- * Make at least half your grains whole grains
- * Vary your veggies
- * Focus on fruit
- * Get your calcium-rich foods
- * Go lean with protein



Birthing Project Community Shower



The Birthing Project USA in Chicot County held its Coast-to-Coast community baby shower in Dermott on January 19th at the Tabernacle Baptist Church. The Birthing Project targets pregnant women and follows them until the babies are one year of age. The purpose is to give them the support and education to prevent infant mortality and provide support until the baby is one. Booths were set up with educational information for the general public to browse and ask questions such as Connect Care, THRIVE, County Extension and other resources for Chicot County. Alice-Rogers Johnson educated the group on safe sleep and the importance of breastfeeding. A Sister/Friend, Mrs. Glover, spoke to the group on the importance of moms and moms to be to read to the babies in and out of the womb. Part of the celebration is for the elders of the community to go to each pregnant mom or the mom of a new child and whisper well wishes or perhaps a soft prayer into the right ear of the child. This recent Coast-to Coast was a celebration of new life. Birthing Project has 14 healthy babies that turned one year old at the time of this baby shower. The babies were given a birthday party with moms celebrated for accomplishing birthing project goals.

Lee County Celebration



The Lee County Hometown Health Improvement Coalition gathered together on January 9th to highlight all of their achievements in Lee County. To celebrate 12 years of making the community healthier and building partnerships. Veronica Sellers, RN, Local Health Unit Administrator, presented the coalition's successes as well as discussed future endeavors for each member to partner in. The meeting was concluded by networking over a healthy lunch provided by Arkansas Department of Health. Each participant received a bag filled with health education information and their updated Coalition calendar for 2013.

Great American Spit Out

Smokeless tobacco use remains a serious problem in Arkansas, especially among the male population. Communities statewide continue to fight its use, and in partnership, the Stamp Out Smoking program is encouraging all Arkansans to participate in the Great American Spit Out on February 21st. The Great American Spit Out occurs in conjunction with Through With Chew Week, which takes place February 17 – 23. Through With Chew Week is designed to raise awareness of the harmful effects of smokeless tobacco. The Great American Spit Out is a day when smokeless tobacco users are encouraged to quit for a day and, ultimately, quit for good.



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

Southeast Tidbits

Arkansas County: The Arkansas County Partners in Health (ACPIH) received a grant funded by Arkansas Coalition for Obesity Prevention called Growing Healthy Communities (GHC)

A presentation was given to 53 students at the Park Avenue Elementary, 21st Century After School Program. This presentation covered portion control, serving sizes and the importance of physical activity.

Ashley County: Local Health Unit Administrator, Tammy Cook, in partnership with the Cooperative Extension has implemented a new program called “Renew You Weight Loss Boot Camp,” Tammy Cook assisted with baseline data and distributed my plate information to 55 participants.

An all terrain vehicle ATV safety class with hunter’s education and basic 1st aid was taught to participants ages 6-19. There were more than 30 people which attended the class.

Cleveland County: HHI coalition members welcomed a guest speaker who spoke on ATV Safety Awareness at the monthly meeting. Each participant was given a ATV tool kit. Cleveland County has been selected as a priority county for ATV education and programs through UAMS/Children’s Hospital Injury Prevention Center.

Jefferson County: Community Health Nurse Specialist, Juanita Buckmaster, taught the Gatekeeper Training on Suicide Prevention to teachers of several schools in Jefferson County. Approximately 28 attendees learned the warning signs of teen depression and suicide.

Local grocery store managers were contacted about placing signage in each store to promote eating fresh fruits and vegetables. They are also encouraged to place fruits at the check out counters so that shoppers will buy fruit instead of candy as part of the Growing Healthy Communities ARCOP grant.

St. Francis County: Local Health Unit Administrator, Misty Williams, is now visiting the local Soup Kitchen once a month to go over and review services the local health unit offers with those who utilize the Soup Kitchen.

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

