

## Southeast Region HHI Report: May 2012

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**Arkansas County:** 30 people were educated on tobacco products and the harmful effects at the First Assembly of God Church on 5/11/2013

**Ashley County:** The Organ Wise Guys was completed at Wilmot and Portland schools; the LHUA assisted the Cooperative Extension with the final program event. The "Take 10" program is now being used at the Sr. Citizen Center with the assistance of the LHUA. There are 6 self check Blood Pressure machines and a total of 320 screenings were reported for May. Relay for Life was held with partnership of HHI. The yearly Armadillo festival was held where educational material was given to approximately 100 people on SOS and Vial of Lie.

**Chicot County:** 3 churches held Heart Healthy Summits in each city of Dermott, Lake Village and Eudora. At the Crawfish Festival which is held in Dermott a demonstration showing how to use the self check Blood Pressure machines was held with education to about 150 people and 65 participants used the

**Cleveland County:** The Annual Heart Healthy Summit was hosted by the HHI Coalition with 46 participants. In Cleveland County, the LHU Administrator heard about a school with teachers who were participating in a National program called Walk Across Arkansas. There were three 2<sup>nd</sup> grade teachers that challenged students to Walk to Hawaii. 57 students were reward by the LHUA with goodie bags complete with jump ropes and the teachers were also given an incentive for this creative way to get students exercising.

**Desha County:** Annual Women's Health Conference (May 17<sup>th</sup>) hosted by D-HHIP with a focus on Injury Prevention, Chronic Disease and Tobacco Cessation. "Desha Goes Healthy" PSA's (3Xday/weekly) continues with focus on Women's Health next month. Desha Goes Healthy Brochure remain in distribution throughout the county and the Healthy Choice grocery signs in the grocery stores also continues to be visiable..The Shelf Check BP Booths throughout Desha County continue to see a regular number of people at each site. "Cookoing Matters" partners of Uof A and UAMS is going well and nearing completetion with 7 graduates.

**Lincoln County:** Education has begun around safe sleep through the grant Lincoln County received.

**Phillips County:** HHI Coalition always supports the Senior Challenge and this year Phillips County had two teams participating. They had their celebration event with incentives provided by the coalition.

**St. Francis County:** The HHI coalition Youth group sponsored the 3<sup>rd</sup> annual Hughes Play Day at the Hughes High School that was filled with physical activities and games for K-6<sup>th</sup> graders. The HHI team worked together to fill up 160 bags filled with nutritious snacks and incentive items such as SOS pencils, SOS water bottles, SOS coloring books, toothbrushes, and toothpaste. The teachers were invited to participate in health screening provided by one of our partners,

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UAMS East, which included BP, Blood Sugar, and Cholesterol checks. They were also treated to a healthy lunch.

### **STAR.Health**

The Chicot County Birthing Project participated in the annual community festival in Dermott by hosting a Strut N Stroll where everyone was encouraged to take a brisk walk for two blocks to educate them on the importance of walking and having a healthy lunch for high blood pressure. About 137 attendees.