

News You Can Use

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Ashley County Celebrates

The Ashley County Hometown Health Improvement Coalition celebrated 7 years of community collaboration and partnerships. As part of the 7 year celebration events, the Ashley County Hometown Health Coalition held a mini health fair in Portland. Information distributed included chronic disease, tobacco prevention and cessation, injury prevention and nutrition. Stonegate Villa Health and Rehabilitation hosted the monthly meeting where community members and coalition partners were congratulated on their success throughout the year.



Pictured: HHI meeting at Stonegate

As another part of the celebration the city of Wilmot held a ribbon cutting ceremony for a new walking track south of town. The City of Wilmot received a Health and Fitness Grant through Parks and Tourism to fund this project. There were approximately 75 people in attendance at the event. All participants were given Nutrition and Exercise tips. They also had the opportunity to receive information on diabetes and tobacco prevention and cessation. All participants were then encouraged to take a lap around the new track. The city hopes to receive an additional grant that will connect the Wilmot Elementary School to the walking track.



Pictured: community members at walking trail



Bicycle Safety

On December 3rd, The Arkansas County Partners in Health along with the Arkansas Department of Health teamed up to present bicycle safety information to the children participating in the Park Avenue Elementary 21st Century after school program. The students were able to see a live demonstration on how a bicycle helmet should fit. A short presentation was also given on how to dress for cycling when it is dark outside and proper use of hand signals while riding. Students were also taught how to prevent other bike related accidents. As part of the staying safe demonstration the students were educated about proper hydration while playing. Local community members donated 4 bikes that were given to students who did not have bikes. The Arkansas Department of Health was able to provide 4 helmets as well as 2 reflectors to students. 56 students participated in grades 1-4.



Baby Safety Shower



Members of the Desha Hometown Health Improvement Project (D-HHIP) sponsored its quarterly Baby Safety Shower for expected mothers in their third trimester of pregnancy. Delta Memorial Hospital in partnership with D-HHIP provided information to mothers, fathers and caregivers on the importance of placing the baby on its back to sleep, car seat safety and other information to keep mother and baby safe at home.

Each participant was given educational materials as well as safety baby items and provided a healthy snack. Educational presentations were given on the importance of breast feeding, what to expect during a hospital stay, and resources for after the baby is born.

St Francis County Celebration

The St. Francis County Hometown Health Improvement Network celebrated their 11th anniversary with a community-wide open house on Tuesday, December 4th at Mid-South Health Systems. This event was held from 11:30 a.m. to 1:00 p.m. This years celebration was held to provided community members a opportunity to visit booths and collect information about the agencies, programs, and services offered by coalition partners.



February is American Heart Month

Heart Attack Warning Signs

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Nausea
- Breaking out in a cold sweat
- Lightheadedness
- Pain in the back

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden severe headache with no known cause
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden confusion, trouble speaking or understanding

If you or someone you know experiences these symptoms call 911!!!!

Tobacco Companies Are Told to Correct Lies About Smoking

WASHINGTON (AP) — A federal judge ordered tobacco companies to publish corrective statements that say they had lied about the dangers of smoking and that disclose smoking’s health effects, including the death on average of 1,200 people a day. The judge, Gladys Kessler of United States District Court for the District of Columbia, previously said she wanted the industry to pay for corrective statements in various types of advertisements. But Tuesday’s ruling is the first time she laid out what the statements will say. Each corrective ad is to be prefaced by a statement that a federal court has concluded that the defendant tobacco companies “deliberately deceived the American public about the health effects of smoking.” The corrective statements are part of a case the government brought in 1999. Judge Kessler ruled in that case in 2006 that the nation’s largest cigarette makers had concealed the dangers of smoking for decades, and said she wanted the industry to pay for “corrective statements” in various types of ads. The Justice Department proposed corrective statements, which Judge Kessler used as the basis for some of the ones she ordered Tuesday. Tobacco companies had urged Judge Kessler to reject the government’s proposed industry-financed corrective statements; the companies called them “forced public confessions.” Judge Kessler wrote that all of the corrective statements were based on specific findings of fact made by the court. “This court made a number of explicit findings that the tobacco companies perpetuated fraud and deceived the public regarding the addictiveness of cigarettes and nicotine,” she said.



Southeast Tidbits

Ashley County: Ashley County Hometown Health Improvement Coalition participated in the 1st Annual Alzheimer's Walk in Crossett. Information on injury prevention and home safety was distributed to 85 participants.

Desha County: Arkansas Blue Cross has received a grant which will provide Desha County at risk children with oral health supplies and nutrition educational materials.

D-HHIP received grant funding from the Eunice Shiver Foundation, this grant will be used in partnership with Delta Memorial Hospital, Arkansas Department of Health and STAR.Health to conduct outreach to local day care workers on Sudden Infant Death Syndrome

Drew County: Drew, Desha, and Chicot counties will use Prevention Resource Funds to purchase drop boxes for the Drop Off Prescription Program. Boxes will be located at local Sheriff offices.

Chicot County: The Chicot County HHI coalition received a grant from the Eunice Shiver Foundation to provide educational materials along with incentive items on Safe Sleep to mothers who live in Chicot County.

Jefferson County: Sarah Hardin, Advanced Nurse Practitioner, provided incentive items as well as educational material on to teenagers at a youth conference which included several churches in Pine Bluff.

Lincoln County: The Lincoln County HHI planning committee received a \$1,000.00 grant from the Eunice Shiver Foundation to educate parents, grandparents, and caregivers on Sudden Infant Death Syndrome and Sudden Unexplained Death Syndrome and how to prevent it.

Prairie County: The Prairie County Hometown Health Improvement Coalition celebrated 10 years. The 2012 County Healthy Rankings presentation was given to community members at the celebration.

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