

News You Can Use

Inside this issue:

Community Food Pantry	2
ARCOP Training	2
Hughes School Play Day	2
Men's Health Month	3
Healthy Heart Summit	4
Senior Challenge	4
Move-a-thon	5
Healthy Heart & Stroke Summit	5
Southeast Tidbits	6

Women's Health Conference

The Desha Hometown Health Improvement Project (D-HHIP) held its annual women's health conference on May 17th. This day was full of education and relaxation. This year a special focus was placed on heart disease and women. Jennifer Connor, with Arkansas Foundation for Medical Care presented on hypertension. She gave a brief overview of what hypertension means, how to help control it. Candice Priddy, APN, presented on stress and how that relates to hypertension and chronic disease. Rick Helton, from Dumas EMS, spoke on Injury Prevention. Trish Blair, RN, gave a personal testimony on how chronic disease led to her having kidney disease and a kidney transplant. She gave a motivational story of how life can continue and be productive after a tragedy. Heather Reed, with U of A Extension, lead the group in special physical activity called "Twist" and also exhibited some new innovated ways to stay active.



Pictured: Jennifer Conner presenting to group

Walk to Hawaii

The Walk to Hawaii presentations was held on May 24th. Walk to Hawaii is a educational activity that promotes physical activity in school children. Rison Elementary 2nd grade classes were a part of this activity. Students were encouraged to walk during the day. All 52 students walked a total of 4300 miles, which exceeded their goal. Walk to Hawaii was also supported by teachers, parents and community members. Teachers incorporated exercise videos during the day when the students seemed to be 'drifting off'. Gwen Paul, Local Health Unit Administrator, provided teachers and students with educational items as well as items that emphasized physical activity such as jump ropes, water bottles and Frisbees. She also spoke to students about the importance of physical fitness, oral health and staying tobacco free. 2nd grade teachers Ms. Stuckey and Ms. Dedman stated they are hoping to make this an annual event for their classes and incorporate a study about Hawaii next year.



Arkansas City Community Food Pantry



26% of Desha County residents are “Food Insecure” which means, access to adequate food is limited by a lack of money and other resources. Arkansas City opened its community food pantry on June 1st. This food pantry was made possible through the Desha County Chamber of Commerce and Arkansas City Baptist Church and other local partners. Career Pathways student volunteers helped with the Grand Opening. Each person that attended the opening received lunch provided by the

Arkansas Food Bank, Career Pathways, and other local donations. The food pantry served 38 families/81 people. The food pantry is scheduled to be open once a month until food supplies build up. \$5000.00 was raised by donations to open this pantry. The Chamber of Commerce (Arkansas City) and surroundings communities helped to raise the money.

ACROP Regional Training

The Arkansas Coalition for Obesity Prevention in partnership with Arkansas County Partners in Health held the Southeast Region Regional Training on May 29th at the Grand Prairie Center. Participants were able to participate in one of the following trainings in order to be eligible for grant funding; How to Implement Cooking Matters Programs in Your Community, How to Build Community Gardens & Farmers’ Markets, How to Make Your School & Community Healthier, How to Lead Walkability Audits and How to Make Your Worksite Healthier. Each community with representatives at the summit is now eligible to apply for grant funds in support of projects putting this training to work. Grants will be made for 6 month projects. Funds for grants are allocated by region. Each of the five regions will receive a minimum of \$10K in grants.



Hughes School Play Day

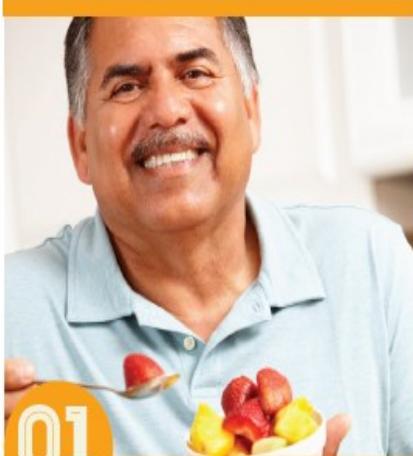


The annual Hughes School event sponsored by the Saint Francis County youth committee of the Hometown Health Coalition was a huge success. Students in grades K-6 were treated to a “Play Day” emphasizing the importance of physical activity, nutrition and remaining tobacco free. Play stations were set up with games such as; Four Square, Hop Scotch, Jump Rope, Run Relay, Hula Hoops, and In the circle. The games included hints of nutrition as the students running in the relay picked up models of fruits and vegetables to race back and hand off to their counterparts to try and win the game. 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, UAMS East, which included, BP, Blood Sugar, and Cholesterol checks.

JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family



01

Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

1 IN 2

1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

1994

On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."
Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 - 74.

80

ONLINE RESOURCES

Men's Health Month
menshealthmonth.org

Men's Health Network
menshealthnetwork.org

Get It Checked
getitchecked.com

Talking About Men's Health Blog
talkingaboutmenshealth.com

Women Against Prostate Cancer
womenagainstprostatecancer.org

Cleveland County Healthy Heart Summit



Pictured: Dr. Lisa Washburn

The Cleveland County Healthy Heart Summit was held on May 8th. This event was sponsored by the Cleveland County Hometown Health Coalition. Alicia Wilkie, Chairperson, welcomed the guests. Diane Clement, Vice-Chairperson, introduced the guest speaker, Dr. Lisa Washburn, Extension Health Specialist for the University of Arkansas Cooperative Extension Services. Dr. Washburn provides leadership to health education and health promotion programs delivered throughout the state. She also develops programs to help Arkansans, young and old, improve health and well-being.

She introduced the national Strong Women program, now called Strong Women and Men, ten years ago in Arkansas. Her presentation

was titled *"Help Yourself to Better Health"* Dr. Washburn talked about factors that lead to serious health problems such as high blood pressure, diabetes, heart disease, and cancer. She also addressed factors that people can change or control. Dr. Washburn recommended the DASH Diet, a healthy, research-based diet proven to help control high blood pressure.

Lindsey Hankins and Levi Wilson, AmeriCorps Volunteers for Cleveland County School District, participated with a Smokeless Tobacco display and pamphlets for Tobacco Prevention & Cessation. The AmeriCorps volunteers assisted checking blood pressures for the attendees. Angela Turner, UAMS-Pine Bluff, provided pamphlets and information on Heart Disease and Stroke along with several give-away items. SOS bags were distributed to the forty-six attendees. The bags included information on Heart & Stroke, Injury Prevention, Nutrition, Physical Activity, Diabetes and a divided lunch tray with lid. The Cleveland County Fair Association catered the delicious meal and provided the meeting room. Contributors to this event included ADH Southeast Region Hometown Health Improvement program, ARSAVES, Cleveland County Health Coalition, ADH Diabetes Prevention program and ADH Heart Disease & Stroke Prevention Section.

Phillips County Senior Health Challenge

East Arkansas Area Agency on Aging sponsors a Senior Health Challenge every year in Phillips County. The Phillips County Hometown Health Improvement Coalition supports the efforts of the participants each year. Phillips County had two teams to compete. The Senior Health Challenge celebration was held on May 9th. There were 100 seniors in attendance. Participants were engaged in various activities such as; games, dancing, juggling, hula hooping, and chair yoga to promote physical activity. Educational material and other items were also distributed.



Pictured: hula hoop contest and educational booth

Coleman School's Move-a-thon

Robert Sweetgall, world renown motivational speaker on walking and physical fitness was brought to Arkansas in September 2012 where he presented in assembly style presentation to middle schools in Southeast Region of the state. Juanita Buckmaster, Community Health Nurse Specialist, followed up with each of the middle schools where Mr. Sweetgall spoke. Each school was offered reflector shoe tags to continue to promote walking and physical fitness for students. Featured in this picture is Coleman Intermediate School's nurse Kandy Tuggle. She worked with her principal and school staff to create an event called "Move-a-thon", which encouraged students to; walk, run, jump on a trampoline, play ball, and any other activities they could think of to keep them moving. Students were then asked to track the time in they had participated in each activity. 47 students accepted her challenge and collectively they moved 26,670 minutes for an average of 567.4 minutes of activity for each person per week. Move-a-thon was held for one week and the top three students received prizes for their accomplishments. Coleman School has 4th, 5th and 6th grade students and Nurse Tuggle also suggested that the grades compete against each other. The 4th grade students won overall on their campus.



Pictured: Kandy Tuggle

Healthy Heart & Stroke Summit



Pictured: Jennifer Conner

The Chicot Hometown Health Improvement Coalition sponsored three Healthy Heart and Stroke Summits in Chicot County. The first event was held on May 10th in Lake Village. The May 18th event was held in Eudora and the May 25th event was held in Dermott. The first event held in Lake Village was a huge success. Jennifer Conner with Arkansas Foundation for Medical Care, Million Hearts Program, was the guest speaker. Her presentation covered the dangers of not having a healthy heart, the

importance of watching sodium intake and the ABC'S of heart health which are **A**ppropriate Aspirin Therapy for those who need it, **B**lood Pressure Control, **C**holesterol Management and **S**moking Cessation. UAMS East-Lake Village attended the event to provide blood pressure and blood glucose screenings to those who participated. Lunch was served by coalition partner New Hope Missionary Baptist Church. Other coalition partners helped with set up and decorations. Participants were also given a bag with information on; warning signs of heart disease and stroke, million hearts pledge, ARSAVES, HHI pens, and other educational information and health unit programs. A newscaster was also on hand to cover the event.



Pictured: Jill Porter giving interview

Southeast Tidbits

Arkansas County: 30 people were educated on tobacco products and the harmful effects at the First Assembly of God Church on May 11th.

Ashley County: The Organ Wise Guys program was completed at Wilmot and Portland schools. Local Health Unit Administrator, Tammy Cook, assisted the Cooperative Extension with the event.

The Ashley County HHI provided educational material to approximately 100 people on SOS and Vial of Lie at the Annual Armadillo Festival.

The “Take 10” program is now being used at the Sr. Citizen Center with the assistance of Tammy Cook, Local Health Unit Administrator.

Chicot County: The Birthing Project participated in the annual community festival that was held in Dermott. Each year the birthing project provides an exercise activity for Birthing Project participants called the “Strut n Stroll.” The Strut n Stroll is a brisk walk for two blocks. Participants are then given information on the importance of walking and having a healthy heart.

Jefferson County: Rosemary Withers, Community Health Promotion Specialist, set up a booth with at the annual Sheriffs Fun Day. The Spin Smart Physical Activity Game, Health and Fitness Clever Catch Ball, Nutrition Model display, Fitness Dice and Body Fat Analyzer were present. Participants received backpacks after answering questions or performing physical activities.

The Jefferson County Health Unit participated in an Wellness Forum sponsored by the Pine Bluff Arsenal at the Pine Bluff Convention Center. The local health unit provided HIV testing/Counseling. T-shirts were given to participants who received Oral-Rapid HIV tests.

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

