

News You Can Use

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Drug Take Back

Desha Home Hometown Health Improvement Project (D-HHIP) along with the Chicot County Hometown Health 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 Desha and Chicot Counties. D-HHIP and the Chicot County HHI Coalition partnered with Phoenix Youth and Family Services' Prevention Resource Center and the McGehee Police Department and the Lake Village Sherriff's Office. This is a concerted prevention effort to collect expired, no longer in use, unused, etc. prescription medications out of the homes to reduce access for abuse and lethal means for suicide. Although prescription medications is the focus, over the counter medications can also be deposited. Remember flushing the unwanted drug is NOT the best practice.

The prescription drop box is located in the McGehee Police Department lobby. The Drop Box in Chicot County is located in Sherriff's Department lobby which is open 24 hours a day. A partnerships between McGehee Police Department and Chicot County Sheriff's office will assure delivery to Warren to the official drop site for unwanted drugs as the drop box fills up. Previously, local Police Departments have participated in the National Take –Back Initiative twice a year. This prescription drop box will serve as a permanent collection receptacle where residents can conveniently dispose unwanted and unused prescriptions in a safe manner.



Pictured: D-HHIP members and drop box



Pictured: Chicot HHI Coalition and county sheriff



Chicot County Diabetes Today



Pictured: Diabetes Today participants

Diabetes Today was held on February 12th. The goal of the training is to create community-based Diabetes initiatives to help people deal with diabetes. The philosophy of this curriculum is that people can take charge of Diabetes at the community level, rather than relying on expensive medical treatment after the complications of Diabetes have already developed. Community members — people with diabetes and their families, health professionals, and other concerned individuals — can work together to prevent and control Diabetes. By emphasizing public health and community organizing, this curriculum focuses on the strengths of communities and their ability to work creatively to deal

with the problems caused by Diabetes. Part 2 of this training focused on ways the Chicot County Hometown Health Coalition can fight Diabetes at the local level. Each participant was encouraged to take the educational information back to their churches and work places. The group also pointed out some social determinates of health which the coalition must focus on. 10 community partners and local residents attended the training.

Foods of the Month

Shea Wilson, County Extension Agent with Prairie County Cooperative Extension Services and Prairie County Hometown Health Coalition partner has done a great job partnering with the elementary cafeteria director to implement the Foods of the Month Curriculum. When they first received the curriculum in 2010, Shea met with the cafeteria director and introduced Foods of the Month. Because she approached it as a partnership to further the education the kids were receiving in the classroom, the cafeteria director was excited. Shea held a training for all of the food services staff that summer using the Core Kit Teacher Training DVD. This allowed everyone to understand the whole program and how they were contributing to the healthy lessons being taught in the classroom. Together they went through the food services chart and brainstormed ways to incorporate those foods onto the monthly menus. Shea collected these ideas and sends monthly reminders to the cafeteria director based on the ideas her staff came up with. A kick off was with an OrganWise School Assembly and enlisted the cafeteria workers and Physical Education teachers to dress up in fruit and veggie costumes and dance around the cafeteria. They kicked off the assembly by getting the kids up and exercising alongside their fruit and veggie teachers. On February 7th Shea Wilson's partnership was featured and highlighted on the OrganWise Guys website.



Pictured: Fruits and Veggies presentation

Drew County Gets Heart Healthy



Pictured: Dr. Joe Bates

The Drew H.E.A.L.T.H. Coalition hosted a healthy heart summit that was held at First Assembly of God Church. There was approximately 100 attendees. Health Educational booths were set up for community members to visit. A Physical activity break was conducted by the County Extension Agent, Hazeline McCray. Dr. Joe Bates of the Arkansas Department of Health presented Drew County data on heart disease and explained all the factors for preventing heart diseases. He also discussed factors that are beyond a persons control such as heredity.

Drew H.E.A.L.T.H also purchased Self Check Blood Pressure machines for community use. During the month of February, the machines were used at the Drew Central School to help staff members who are participating in a Weight Loss Program. The staff members exercise and use the blood pressure machines to monitor and track their progress during their participation in the program. Pamphlets on Nutrition and Fitness Guides were provided to the participants and bookmarks on Know Your Numbers.

Healthy Heart Summit

Community members throughout Arkansas County learned about how hypertension, diabetes and nutrition affect their hearts at the Healthy Heart Summit on February 27th at PCCUA-DeWitt. The event was a collaboration between Arkansas County Partners in Health, DeWitt Hospital and Nursing Home and PCCUA DeWitt. Dr. Ralph Maxwell of the DeWitt Hospital spoke about how what people eat and how often they exercise can help or harm the heart. Community member Ja Chambless also spoke about how she changed her families eating habits to incorporate more whole grains and fresh produce due to her family's history of heart disease. A free heart healthy lunch was provided for everyone, and many door prizes were given away from



Pictured: Healthy Heart Summit

various businesses and organizations that serve the county. The DeWitt Hospital also provided community members with free blood pressure screenings, and organizations such as Hospice Home Care, UAMS Area Health Education Centers (AHEC), Baptist Health Medical Center – Stuttgart and Arkansas County Cooperative Extension Service, set up booths to provide information on resources available to the community.

Ashley County Goes RED



Pictured: Heart Healthy tasting

February was National Heart Health month. Several Counties in the Southeast Region celebrated Go Red day on February 1st, by wearing red to raise awareness about the importance of being heart healthy. According to the Center for Disease Control, mortality rates from heart disease for Ashley County women is well above the national average for women. Ashley County took special interest in making sure community members were aware of the consequences of heart disease. As part of the Go Red events in Ashley County a Go Red Banquet for Women was held at the Crossett Middle School on February 21st. The guest speakers were Dr. Voelker, a cardiologist from the American Heart Association, along with Shelly Voelker a stroke survivor.



Pictured: Educational booth

As part of month long activities Zumbathon was held on February 23rd. This exercise event which focuses on Latin Dance moves to help strengthen and tone the body was held at the Boy's and Girl's Club in Crossett. As part of the fun festivities Go Red t-shirts were designed and sold by the Ashley County Go Red for Women Organization. Go Red health fair screenings were also provided within the Ashley County community during the Month of February. The Ashley County Wellness Center provided community members an opportunity to have their blood pressure and Body Mass Index checked. The Ashley Count Medical center provided blood pressure screenings as well as glucose and cholesterol.



Pictured: Health Screenings

A Heart Healthy Tasting event was held on February 14th at Jades Grocery Store where approximately 110 customers participated. Those who stopped by the booth had an opportunity to taste heart healthy foods and were given oven mitts stuffed with; hand sanitizer, healthy recipes, rice, heart attack/stroke warning signs flyers, nutrition and physical activity bookmarks, along with food safety and home safety information. Participants were also able to have their blood pressure checked, cholesterol and blood sugar screenings.

Heart Health in Desha County

The Desha County Hometown Health Improvement Project (D-HHIP) started their monthly coalition meeting in February with the Go Red video “I’m not having a heart attack”. All members present showed support wearing RED. Each partner present brought educational information to the table to share such as; red dress lapel pins, 28 days to healthier heart calendar, Heart Disease in Women flyer, Million Heart postcards, Heart Healthy Bookmark/jar openers and “Hydrate Your Heart” water. After a very productive meeting partners enjoyed a “Heart Healthy Brunch”. As part of a community initiative D-HHIP provided 8,000 Heart Healthy Bookmarks and Jar grippers to local banks. These heart healthy messages were distributed throughout Desha County by local banks, either in a monthly statement or at teller windows.



Phillips County Celebration



The Phillips County Hometown Health Improvement Coalition gathered together on February 19th to highlight all of their achievements in Phillips County; to celebrate 12 years of making the community healthier and building partnerships. During the celebration coalition members discussed the new fluoridation policies. Contact information for representative Chris Richey was given to all coalition partners. The coalition also reviewed the bylaws and conducted the coalition annual assessment. The Annual Report for 2012 was also discussed. To close, the coalition discussed new projects and ideas for the upcoming year.

Safety Baby Shower



Pictured: baby shower attendees

A safety baby shower was held on February 28th. D-HHIP, Community Health Workers and Delta Memorial Hospital were all responsible for making this event a success. Each attendee was given information on; breast feeding, home safety, car seat safety and “Back to Sleep” putting your baby on his/her back to sleep. All those who attended received educational and promotional items, and healthy snacks. D-HHIP provides community members a chance to participate with a safety baby shower every quarter.

Southeast Tidbits

Ashley County: New Bethel Church in Crossett held a heart healthy event with the LHU assisting in educational material for about 40 people. Soldiers Chapel in Hamburg also held a heart healthy event with 27 participants.

Jefferson County: Cooking Matters Class participants practiced shopping for healthy foods on a \$10 budget for a family of four. This month education focused on learning to choose water over soda, food safety and food budgeting.

Rosemary Withers, Community Health Promotion Specialist, received a Arkansas Community Foundation grant for 2 more cooking matters classes in the amount of \$1300.00. This grant will provide food and other items for each class.

Juanita Buckmaster, Community Health Nurse Specialist, presented to several kindergarten classrooms using Dusty the Dragon and had children sign pledges to not use tobacco. She talked to 196 children.

Lincoln County: : The AmeriCorp volunteer who provided assistance with the Rx program assisted 12 patients with over 18 prescriptions with a savings of \$24,996.44 in prescription cost.

St. Francis County: The St. Francis County HHI 2013 Health Weight Loss Competition started February 28th and is scheduled to end May 23rd. Teams will be comprised of 4 women or 4 men with divisions competing separately. There will be monthly weigh in's and health education material will be provided through out competition.

Jefferson County Network Partners Networking for Success

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

