

News You Can Use

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Southeast Region Springs into Health



Pictured: Jack Crumbly



Pictured: Virginia Lancaster



Pictured: Leane Mercer



Pictured: Stacy Scott

The Southeast Region Hometown Health Improvement Support Staff held it's 5th Annual Health Conference at the Grand Prairie Center located in Stuttgart Arkansas on April 18th. This years theme was "Spring into Health". Over 130 community and agency representatives attended the conference. The conference was kicked off with a brief overview of 100 Years of Public Health presented by Randy Lee, with the Arkansas Department of Health, followed by Leann Mercer, RN, with University of Arkansas for Medical Sciences. Leann gave a very informational presentation on injuries in Arkansas and how to prevent them. She provided helpful insight on medical procedures conducted when someone is injured and enters the hospital.

Jack Crumbly spoke about health disparities that exist in Arkansas and emphasized the importance of taking care of yourself and getting local government involved in the health care of each community. The afternoon speakers were Virginia Lancaster and Stacy Scott. Virginia Lancaster spoke on the importance of plain language and using plain language to advance health literacy. Stacy Scott explained the differences in Sudden Infant Death Syndrome and Sudden Unexplained Infant Death and the importance of placing a baby on its back to sleep.

There was also a short segment for the participants to engage in physical activity. Vendors were also present with educational booths on: tobacco, breast care, services for the blind, hospice, and many more. Participants also had the opportunity to have their blood pressure, cholesterol and blood glucose checked. Hand made home décor was also sold by community member Hope Sanders.



Desha County Men's Day

On April 16th the Desha County Hometown Health Improvement Project (D-HHIP) held its annual county health fair in McGhee at the local men's club. This year a special focus was on men's health. The Arkansas Prostate Cancer Foundation were on site to provide community members a chance to have their prostate checked. Local agencies and coalition partners were also on site to provide blood pressure checks, blood glucose, clinical breast exams, cholesterol and to provide information on other health topics such as; tobacco prevention and cessation, heart disease, diet and nutrition. A mobile unit was on site to provide HIV/AIDS testing. Department of Human Services SNAP mobile unit was available to community members for assistance. Booths were set up on the Arkansas Department of Health programs such as Mom & Me. Participates were encouraged to visit each vendor for educational materials. Lunch was also provided by SOS.



Pictured: Billy Parish-AR Prostate Cancer Foundation



10th Annual StarDaze Festival



Pictured: Star City East Lab Students

The StarDaze festival is an event supported by the community by which it is named after, Star City. This year represented the 10th Annual Event and was held on April 19th and 20th. StarDaze is a community wide festival that includes educational booths as well as crafts and festivities for all age groups. The Star City High School East Lab Students provided education on Body Mass Index at the festival. Their project involves GPS mapping of Body Mass Index (BMI) on a county chart to demonstrate where the highest congregation of overweight/obese population reside.

The Lincoln County Health Planning Committee surveyed 50 parents and grandparents at the StarDaze event to evaluate their level of understanding on the “back to sleep” campaign. Surveys were taken as part of a grant that the HHI coalition received to help educate the public on how infants should sleep.



Pictured: back to sleep information booth

Growing Healthy Communities

The Southeast Region Growing Health Communities Summit, sponsored by the Arkansas Coalition for Obesity Prevention will be held at the Grand Prairie Center in Stuttgart on May 29, 2013. Arkansas County Partners in Health (ACPIH) was selected to host the regional summit. ACPIH members are excited for community members to travel to Arkansas County for this regional training. Arkansas Coalition for Obesity Prevention will now appropriate \$1000 of grant money which the southeast region attendees can apply for. The Stuttgart Chamber of Commerce awarded Arkansas County Partners in Health \$1000 to help host the Growing Health Communities Summit. The city is excited to have visitors and hopes they will return for the fun atmosphere, historical sites, shopping, and other attractions. Registration is currently open to ALL southeast region counties and any county wanting to apply for Growing Health Communities grant funding must attend a session pertaining to the area they wish to apply for funding in.

2013 REGIONAL SUMMITS
ARKANSAS COALITION FOR OBESITY PREVENTION
GROWING HEALTHY COMMUNITIES
If interested contact Ashten Adamson at 870-830-4000

Stroke is an Emergency. Act FAST and Call 9-1-1

Stroke Prevention Guidelines

1. Know blood pressure (hypertension): High blood pressure is a major stroke risk factor if left untreated. Have blood pressure checked yearly by a doctor or at health fairs, a local pharmacy or supermarket or with an automatic blood pressure machine.
2. Stop smoking: Smoking doubles the risk of stroke. It damages blood vessel walls, speeds up artery clogging, raises blood pressure and makes the heart work harder. Stopping smoking today will immediately begin to decrease risk.
3. Know cholesterol levels: Cholesterol is a fatty substance in blood that is made by the body. It also comes in food. High cholesterol levels can clog arteries and cause a stroke. See a doctor if your total cholesterol level is more than 200.
4. Control diabetes: Many people with diabetes have health problems that are also stroke risk factors. Your doctor can prescribe a nutrition program, lifestyle changes and medicine to help control your diabetes.
5. Manage exercise and diet: Excess weight strains the circulatory system. Exercise five times a week. Maintain a diet low in calories, salt, saturated and trans fats and cholesterol. Eat five servings of fruits and vegetables daily.



National Walk @ Lunch Day



Taken by the Stuttgart Daily Leader

National Walk at Lunch Day was observed on April 24th. This day is celebrated every year to help individuals incorporate physical activity into the work day. This is also an opportunity to encourage physical activity in peoples daily lives. In Arkansas County, Meekins Middle School’s own Jane Reeves, organized a short walk for students. Students were encouraged to walk on the Meekins track during lunch recess. Community members and parents were also encouraged to participate by a take home invitation given to students. Students were asked to give a invitation to parents for them to walk on this day. Reeves also posted Walk at Lunch flyers around the school to get staff members motivated to walk during their lunch as well.

Be Tobacco Free

The Department of Health and Human Services recently launched a website showcasing its commitment to ending the tobacco epidemic. This comprehensive tobacco website, BeTobaccoFree.gov1, provides a “one-stop-shop” for the best and most up-to-date tobacco-related information from across its agencies. This consolidated resource includes general information on tobacco, federal and state laws and policies, health statistics, evidence-based methods on how to quit, and much more. If you have recently quit tobacco, we congratulate you! Learn some tips to remain tobacco free and help keep you on the path to a healthier life.



Birthing Project Training and Team Building



Pictured: team building participants and speakers

The Chicot County Birthing Project hosted a Training and Team Building Conference on April 27th. During the training session Joy Carrington, Arkansas Department of Health, Minority Services, gave an overview on Health Inequity in Arkansas. Alice Rogers-Johnson spoke on the issues of Infant Mortality and shared statistics for Chicot County. Jill Porter, Local Health Unit Administrator, gave a presentation on how to prevent sudden infant death syndrome. County Extension worker, Oscie Barnes gave the group information on nutrition and how to have a healthy heart. Jennifer Connors with the Million Hearts Program, spoke about the importance of having a healthy community. As part of the team building session, Peggy Bruington spoke to the group about the

heart of a volunteer, because the Birthing Project is only successful because of volunteers. Dr. Zenobia Harris, gave an overview and the true purpose of the Birthing Project.

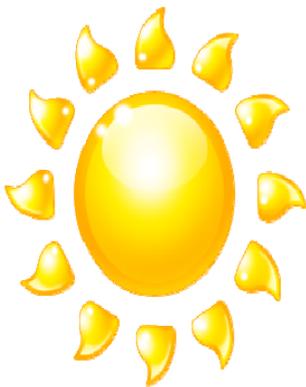
ACPIH 10 Year Celebration

Arkansas County Partners in Health (ACPIH) celebrated 10 years as a coalition this April. ACPIH has been a 501-C3 for 10 years serving Arkansas, Lonoke, and Jefferson Counties. ACPIH successes include: Strong Women Classes, OrganWise Guys expansion, Annual Health Expo, Robert Sweetgall, Baby Seat Safety, Heart Summits, Diabetes Summits, Diabetes Self-management classes, and being named a Growing Health Community in 2013. Executive Director, Ashten Adamson, was able to discuss other program successes and Arkansas County Health Unit Administrator, Wanda Vester, shared information on 100 Years of Public Health milestones.



Pictured: Coalition members at celebration

Bragg Street Health Fair



April 6th, Bragg Street was filled with community members attending the Annual Bragg Street Fair, which once again proved to be a great success. The health fair hosted several vendors with various types of health information and children activities to the more than 300 community members that attended. Local health facilities set up on Bragg Street to provide the community with educational information, health screening and family fun. Children had multiple activities such as jump houses, face painting and immunizations. Others had an opportunity for free health screenings which included: blood sugar, blood pressure, and cholesterol. A variety of health resources, vendors and information were available. One goal for this years health fair was to raise food donations, that will be given to the local food pantry.

Ashley County Health Rankings

The Ashley County Hometown Health Coalition sponsored a County Health Rankings meeting on April 17th. This presentation and meeting was held in Ashley County at the Crossett Economic Development center with 52 people in attendance. Emily Harris reviewed the 2013 data with the community. The rankings are based on a model of population health that emphasizes the many factors that can help make communities healthier places to live, learn, work and play. Ashley County ranked 50 in Health Outcomes and 65 in Health Factors.



Pictured: Emily Harris presenting to group

Southeast Tidbits

Arkansas County: Arkansas County Partners in Health participated in Family Fun and Fitness Night at Meekins Middle School in Stuttgart, AR. The theme of the night was family wellness. Arkansas County Partners in Health used activity dice to get attendees moving and provided information on portion control, Myplate.gov, and proper nutrition through life. There were 88 in attendance.

ACPIH hosted a Spring Fling at the DeWitt Hospital. Diabetes was the focus for this years spring fling. Educational information on Diabetes was provided along with Diabetic-friendly refreshments. A community member discussed Diabetes and how to manage it.

Chicot County: A Diabetes Today meeting was held on April 19th. Coalition members worked on a Diabetes Today work plan which is now a part of the Chicot County HHI coalition effort.

Cleveland County: Kim Hooks, Community Health Nurse Specialist Supervisor, provided information on "Raising Kids with Integrity" to the HHI coalition. This curriculum includes a DVD for parents entitled "Parents Matter Raising Kids with Integrity". A second DVD is provided for teenagers which promotes abstinence and making good decision.

Desha County: The Local Health Unit provided educational materials at the Annual Dumas School District Family Night. Information on stamp out smoking, injury prevention, local health unit services and oral health was distributed. 126 SOS surveys were completed.

Drew County: Drew H.E.A.L.T.H. coalition sponsored the National Walk at Lunch Day at the University of Monticello Campus. Pedometers were given to walkers who participated.

Jefferson County: Juanita Buckmaster, Community Health Nurse Specialist, presented to 4th and 5th grade students using the "What Kids Need to Know About Drugs" curriculum which included information on medicines, tobacco, alcohol and marijuana with take home sheets for parents. Each student received a pencil or a bracelet to remind them to SAY NO TO TOBACCO. 100% of the students gave a tobacco-free pledge.

St. Francis County: The St. Francis Hometown Health coalition sponsored it's annual Out to lunch Walk at the Larry Bryant Multipurpose Center on April 24th.

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

