

SE Region HHI Report
April 2014

Ashley:

Nutrition:

implementing Farmers Market in Crossett - open Mon-Sat 7:30am- 5pm

- Implementing Strong Women & Reshape Yourself Classes - i helped by giving out Healthy Snack cards to 22 participants
- implementing-Healthy Cooking classes at New Bethel Church in Crossett - had 3 classes - i gave co-op ext Salt intake lunch cards for 38 participants
- implementing walk across arkansas with 28 teams gave out My plate info to team captains
- implmenting SnapEd with co-Op ext parent teacher nutrition program at crossett elem,Wilmot, and Portland, i gave mrs. phifer, co-op ext pencils and bags for door prizes
- implenting organ wise guys with co-op ext in wilmot and portaland - gave out stickers/sos sheets to 52 kids
- implementing Weight Watchers every Tuesday in Crossett have 38 participants - i took b/p and gave out "know your numbers

Physical Activity:

- Participated in Relay for Life - had 32 teams gave out info on stretching prior to walking
- implementing walk across Arkansas
- Implementing Renew You Weight Loss Boot Camp had 22 participants - i talked about fresh fruits and vegetables
- Implementing - Yoga for Elementary - Wilmot and Portland Elem - 180 Students - working with co-op ext - gave out color sheets on exercise
- zumba classes continue across county - gave out info on zumba for senior citizens for 18 participants

Tobacco:

- implementing sos campaign with Hood Packaging - gave out quit line cards
- Implementing SOS campaign with all blood pressure machines & health fairs - had 156 screenings for
- implementing SOS Campaign in paper, SOS ads displayed in paper
- implementing -working with local businesses to go tobacco free by posting SOS flyers in breakrooms and bathrooms
- continuing to work with Georgia Pacific monthly with giving sos fax back referral forms, tobacco updates, grant information, flyers, posters

Other:

continue support of 6 blood pressure machines -total of 156

Bradley:**Nutrition and Tobacco:**

BCHU, AR Kids First and Bradley HHIL had Bragg Street Fair on 4-5-14 (Breast Care and RNP available for free Breast Exams, Cardiovascular, Hypertension, Diabetes, Nutrition, SOS and Insurance enrollment and IPA and Health Insurance Enrollment will be station at the BCHD along with the Car seat Safety, Fire Department Smoke house in the Health Department Parking Lot. Served 200 participants at this Event

Desha:**Nutrition:**

Continues to work with the City of Dumas and a grant from Mid-South Foundation (increase physical activity and increase access to healthy foods), Phase 2 (signage for our the walking trail and the inside walk arena Dumas Community Center) is nearing it end. Signs should be up next month. Phase 3 will take place at the Farmers Market as soon as date is confirmed (like phase 1 plus extra signage).

This plants the seeds of repetition of education for healthy options and life style changes.

No changes, working on the signage....

Working on Cook Smart: Eat Smart with partners of coalition

Tobacco:

Dumas Family Night was held at the school. Over 350 participated in the event. Tobacco Prevention and Cessation information was given to participants.

Other:

Safe sleep presentation was given at CB King School. Over 30 participants were in attendance.

Lincoln:**Nutrition:**

CONTINUING: Jane Newton has a display in the lobby of the health unit highlighting healthy eating practices---this is changed out monthly---the topic for the month of April highlighted "Just Add Water". Jane placed the Right Bite newsletter on the table with the display board. Jane left 25 copies of the newsletter and all 25 copies were taken by our clients.

Physical Activity:

CONTINUING: The Aerobic Swimming Classes continue to be held at the aerobic pool in Star City. The Men's Exercise program has been expanded to 3 additional sessions per week at the Aerobic Swimming Pool. This is an on-going program along with the program for the women. No educational material shared this month. These classes are very well attended by the community and have an average attendance of 20-30 at each session offered. Men and women both participate in these aerobic swimming exercises weekly.

Phillips:**Nutrition:**

Nutrition education provided as part of the Beards and Beauty initiative on April 5th.

Tobacco:

Forty people participated in Minority Health "Beards and Beauty" Cardiovascular/Stroke education and

screening event. They were also screened for tobacco use and referred to the Quitline as needed.

Other:

CHRONIC KIDNEY DISEASE: Collaboration with UAMS to provide kidney disease education to patients in this area in Stage 4 Kidney Disease. This will be a study providing education. There will be 2 groups. One will be provided educational literature through the unit, and one will be provided educational literature couple with interactive Video via the BTOP machine.

Prairie:

Other:

Drug Take Back April 26, 2014. Information and disussion to plan for the event with law enforcement in the county.

CHNS/CHPS

Cassie Lewis

- Attended two meetings with East Lab Instructor, Monroe County Administrator, HHI Manager, and other Safe Prom/Graduation Members at Brinkley High School on plans for upcoming Safe Prom/Graduation event.
- Attended two meetings with Forrest City High School Principal, Senior Counselor, Local Health unit Administrator, and other members of Safe Prom/Graduation members at the High School Office to finalize plans for the event. CHNS also working with Hughes School to participate in upcoming event.
- Safe Prom/Graduation event for Brinkley School District (9-12 graders attended). CHNS and HHI staff collaborated with members of community organizations: fire, police, EMS, Coroner, Med Flight of Little Rock, Superintendent, Principal and faculty of schools to do safe prom/graduation event. The event was a great success and very moving and was narrated from beginning to end by staff from the Police Department. A community member gave a moving story of a personal loss from an automobile accident.
- Visit with West Memphis School District Wellness Committee Chair to discuss ways to improve fitness and nutrition in school. CHNS and NE Health Educator met with Chair to provide information and offer technical assistance on upcoming grants which could be beneficial to the school district in their efforts.
- Several contacts with Special Education Supervisors concerning upcoming Personal Care Training workshop for Paraprofessionals by MITS Staff.
- Communicated with school nurses regarding the completion of the school nurse survey, again reminding them that the survey is mandatory completion this school year.
- Communication with the Forrest City School District Nutrition Supervisor regarding support for Farm to School grant. CHNS supplied letter of support for project.

Liz Mercer

- Tobacco Banners making drivers aware of Act 811 were posted outside each elementary school in the Sheridan, Pine Bluff, Watson Chapel, White Hall, and Dollarway school districts where students are dropped off and picked up. The banners were displayed for two weeks at each school. Act 811 posters were placed in Pine Bluff and Sheridan School districts and Act 811 fact cards were sent home in each child's backpack. There over 5000 students affected in the school districts.
- Immunization Meeting held at ARESC discussed new Immunization laws and ways to get all children vaccinated.
- Injury Prevention 101 training was conducted by Statewide Injury Prevention Program; training included Modules one-eight.

- Meeting with Dollarway School Districts nurses, Superintendent, Kathleen Courtney and Donna Miller on CDC funding of Promoting Health through School Based HIV/STD Prevention and State Public Health Action to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health that works in conjunction with each other. Discussed the benefits that the district would receive; the district voted to participate in the program.
- Hometown Health Coalition Network-Grant County- Reviewed Coalition goals, May 19th ATV Prevention workshop in Poyen where helmets will be distributed.
- Attended Arkansas Coalition for Obesity Prevention two-day Summit; sessions attended were Worksite Wellness, Farmers' Market, Farm to School, Cooking Matters, & Early Childhood & Schools: Health & Nutrition Toolkit.

Lisa England

- Provided Outreach on ACT 811 to local school districts.
- Spent several days with new CHNS from ARESC.
- Attended CHNS/CHPS meeting.
- Partnering with SEARK ESC CSH AmeriCorps program.
- Assisting SEARK Minority Youth Tobacco Prevention Initiative.
- Contacting local health unit administrators and following up with each one to assess and fulfill community needs.

Rosemary Withers

- Met with Community Health Nurse Specialist (CHNS) at Brinkley School District to assist with reestablishing wellness committee activities.
- Participated in the White Hall Wellness Committee meeting.
- Provided technical assistance with School Health Index Modules 4 and 8 at the Pine Bluff Lighthouse Wellness Committee meeting.
- Met with Campus Director at Quest Middle School to discuss Wellness Committee initiatives and emailed to her all relevant documents that were discussed.
- Set up booth at Pine Bluff School District Health Fair with health related brochures, body fat analyzer, SpinSmart Physical Activity game, Clever Catch Physical Activity game, Portion Control Food Models, Coordinated School Health, and incentive items (approximately 325 participants).
- Provided Slide presentation on Shaken Baby Syndrome at Safety Baby Shower ; demonstrated what happens when a baby is shaken using RealityWorks doll, administered pre and post-test (29 participants).
- Requested collaboration on early childhood and health and nutrition toolkit project with HIPPY at HIPPY Advisory Board meeting.