

SE Region HHI Report
May 2014

Ashley:

Nutrition:

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

- implementing Strong Women & Reshape Yourself Classes - i talked to class about staying hydrated & cardio health - 21 participants

-implementing-Healthy Cooking classes at New Bethel Church in Crossett - had 2 classes i gave co-op ext staying hydrated info sheets for 26 participants

- implementing walk across arkansas with 28 teams gave out salt intake info to team captains

- implementing Weight Watchers every Tuesday in Crossett - discussed know your #'s & diabetes awareness with 18 participants

- completed SnapEd with co-Op ext parent teacher nutrition program at crossett elem,Wilmot, and Portland, i gave mrs. phifer, co-op ext jump ropes for door prizes

- completed organ wise guys with co-op ext in wilmot and portaland - gave out stickers/sos sheets to 48 kids & jump ropes for door prizes

Physical Activity:

- Participated "Move Your Feet, Move the Gospel" 5K run with 1st Baptist MMC - gave out pamphlets on staying hydrated to 150 participants

- implementing walk across arkansas - gave co-op ext healthy brown bag lunch tips for 32 team captains

- implementing Weight Watchers - 18 participants discussed "being physically active"

- implementing Renew You Weight Loss Boot Camp had 20 participants - i talked about sodium intake

-completed - Yoga for Elementary - Wilmot and Portland Elem - 180 Students - working with co-op ext - gave out color sheets on staying fit during the summer

- zumba classes continue across county - gave out info on stretching prior to exercise for 25 participants

Tobacco:

-implementing sos campaign with Hood Packaging - gave out fax back referral forms

-implementing SOS campaign with all blood pressure machines & health fairs - had 208 screenings for May

-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

- created new tally form for LHU to keep with referrals and refusals to send in to Kimber to match up our #'s with hers - 18 referrals in Crossett and 1 in Hamburg to quitline

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:

Signage at Farmers Market is up it nhas nutrition symbols like greens exhibited in Farmers and a carrot images the K in Market. Sign for the walking trail and the inside walk arena @ Dumas Community Center) is complete, not installed yet. Phase 3 date will be set soon, Farmers Market (like phase 1 plus extra signage).Scheduled to complete next ncouple of months, for City of Dumas through Foundation of the Midsouth.

This plants the seeds of repetition of education for healthy options and life style changes, continueously in the community.

Working on Cook Smart: Eat Smart with partners of coalition (UAMS-East lake Village and U of A Co-op Extension Office)

Tobacco:

Tobacco trends at the Annual Women's Health Conference May 8th. 45 participants were education on the new PR/advertisement for tobacco.

Other:

Safe Sleep April 24 & May 7th and with SBS & Safe Sitter class resulted in 96 educated individuals on SIDS (Safe Sleep)

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.

Prairie:

Other:

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

CHNS/CHPS

Cassie Lewis

- Partnered with UAMS-East to educate participants on dangers of tobacco use while doing check points on infant car seats and providing new car seats where needed. Event sponsored by UAMS-East and the Phillips Co. Health Unit. Participants received Act 811 Cards and were educated on this law, as well as offered information on the Arkansas Quit Line. Thirty participants were educated.
- Participated in Brinkley Best Lab annual youth fair. CHNS spoke to 50 youth about dangers of tobacco products, provided quitline numbers for parents as well as Act 811 cards. CHNS used teaching models-Black hairy tongue, Mr. Gross Mouth, Black lung, lung model with pump to show effect of emphysema on smoked out lung. 50 youth took SOS quit line magnets to provide quitline # for parents or relatives who smoke.
- Personal Care training for paraprofessionals at GREC sponsored by MITS staff. See SE Outreach Report.
- Prepared materials for and offered 2 sessions of Child Maltreatment at GREC for any school employees who had not received this school year's mandatory training. Letter to Superintendents and Principals of schools in GREC about training. Training also to all school nurses and flyer sent to post at schools. CHNS offered an AM and a PM session. Two persons in attendance for A.M. Session. No attendants for P.M. session.
- Assisted with Safe Prom/Graduation Promise event held at Forrest City High School. Skit inside with student actors portraying a tragic accident in which the star football player, drunk while driving, injured multiple students due to his actions. The outside scene included students involved in a two-car collision in which multiple students played the roles of injured and two students killed. The event was narrated by the Arkansas State Police. The youth learned a valuable lesson as later it was learned that Facebook and social media exploded about the event. The event was a huge success with two school districts attended (approximately 280 participants).
- Collaborated with the school nurse to provide a field/play day for students in the Hughes School District - students grades K-6 enjoyed play stations outside (approximately 200 participants).

Liz Mercer

- Tobacco Prevention Banner making drivers aware of Act 811 was posted outside each elementary school in the Stuttgart school district where the students were dropped off and picked up. The banner was displayed for two weeks. Act 811 posters were placed in Watson Chapel, White Hall, Dollarway and Stuttgart Elementary Schools. Act 811 fact cards were sent home in each child's backpack, in Watson Chapel, Dollarway, & Stuttgart (over 5000 students impacted in the school districts).
- Attended Arkansas Partners in Health meeting- discussed ArCop training, Baptist Health Community Assessment they are focusing on obesity, smoking, & Diabetes, Back to School Festival local health unit will try and open that day to give immunizations.
- Attended Growing Healthy Communities- Assisting in writing grant for AED for ARESC, and for CHNS to be certified as a CPR instructor.
- Attended SEATRAC meeting in Monticello, focus for their Injury prevention will be Safety Baby showers and attempting to provide Monticello schools with ATV helmets.
- Meeting with Pine Bluff School nurses, teachers, Kathleen Courtney & Tamara Baker on CDC funding of Promoting Health through School Based HIV/STD Prevention & 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.
- Attended a ATV Training at Poyen School, around 200 ATV helmets were given out to students, Hydration & Tobacco education was given.

Lisa England

- Attended Injury Prevention 101 at ARESC.
- Met with new Monticello Library administration to discuss partnership for November 2014 Injury Prevention Month.
- Attended SETRAC meeting and reported Injury Prevention activities I had conducted or attended in SEARK.
- Attended ACH Bullying Prevention Training.
- Meeting with CSH AmeriCorps regarding member training June 2nd and Dumas Elem canned food drive.
- School visits to McGehee and Dermott met with superintendents and elem. principals regarding CSH AmeriCorps for next year and increased emphasis on physical activity in the classroom and recess. (Dermott has never had CSH AmeriCorps they requested two members, McGehee committed to two members again this coming school year.
- Met with LHU Administrators via B-Top to discuss current activities and how we can collaborate on projects.
- Assisting SEARK ESC with SEARK Minority Youth Tobacco Prevention Initiative (Act 811 Banner Campaign). Positive feedback regarding the banners- schools requesting they be put up next year and are interested in other preventive health banners being displayed.

Rosemary Withers

- On-going preparation for School Wellness Committee conferences for ARESC, Great Rivers and Southeast Arkansas.

- Met with Community Health Nurse Specialist at Lee County School District's Wellness Committee to assist with reestablishing wellness committee activities; emailed the wellness chair all of the wellness documents.
- Partnered with HIPPIY regarding ArCOP project that will provide an opportunity for physical activity with preschool children enrolled in HIPPIY program.
- Participated in the National Minority Research Symposium on Tobacco and Addictions and UAPB Clearing the Air Conference.
- Participated in the Bullying Prevention Facilitator training.
- Chaired Jefferson County Growing Healthy Communities coalition; worked on Arkansas Coalition for Obesity Prevention grant (ArCOP).
- Participated in Central Region HHHISS meeting - provided input regarding school health, tobacco and injury prevention work plans; participated in SE Region HHI meeting - provided input for injury and tobacco work plans.
- Participated in Injury Prevention 101 training.