

SE Region HHI Report  
June 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 1<sup>st</sup> 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**

Food Drive ( Special Project of local Coalition)- BCHU, Bradley County Chamber of Commerce, Bradley County Cooperative Ext. Service, Wall Mart in Monticello and Bradley County Hometown Health Coalition and 5 local MD's teamed up with AR Food Bank of Bradley County for a Food Drive June 12 and 13 during the Bradley County Tomatoes Festival. Update (Approximately \$265.00 collected at the Food Drive along with about \$75.00 worth of food items. Jean Adams with the AR Food Bank of Bradley County gave her thanks to the Coalition for the food drive and stated that all the donations has already been distributed to the various food banks in Bradley County. She stated that for every \$1.00 collected, four meals were provided for. So over 1060 meals were provided from the 265.00 collected!

Participants who donated either a can good or money had their name put in a drawing to win some prizes which were donated by 5 local MD's

#### **Injury Prevention:**

Health and Safety Baby Shower on June 12th at BCHD from 1:30-3:30 PM. Vendor's present was a Mrs. Wallace (Car Safety Seat Installer), Kids First Day Care, Hope Place, Star Health Mom and Me CHW to discuss their programs and invite participates to utilize them as a resource. Kimber Knight and Lisa England with ADH presented a overall safety presentation including hazards of tobacco smoke, Back to Sleep, Poison Prevention...etc. Eight participates signed up for the Mom and Me CHW to contact them for the Mom and Me Program. Stations set up for WIC recipes and Poison Control Information. Two Car Seats and One Booster Seat was given out. Announce made by Kim and Lisa come by the Pink Tomatoes Festival ( Old Piggy Wiggly Parking Lot) and have their car seats check for proper installation. Target Audience was Child Bearing Adults male and female (parents) and some older adults (grandparents) and about 4 small children. 26 attendees total.

Car Seat Checks- Kimber Knight, Lisa England, and Liz Mercer worked with SEATRAC team conduct Car Seating Safety Checks on June 13th from noon until 3pm. 24 seat checks were conducted, 23 car seats were sent to be destroyed, and 23 car seats were provided and installed Target Audience was Infant and children in Car Seats

### **Desha:**

#### **Nutrition:**

City of Dumas (Foundation of MidSouth), phase III has been completed. The grand opening for the Farmer's Market was June 26<sup>th</sup>. There were fresh local vegetables for sale, children's games, and educational demonstrations ongoing. Again we had children pledge (by signing a pledge card) to increase their activity and to make healthier choices in nutrition at our educational booth. Each child received the tools to take home to make simple activity possible (back pack with jump rope, Frisbee, balls, hula hoop, pledge pack with bracelet and a healthy snack). During celebration a healthy lunch of turkey hot dogs on whole grain buns, with fresh vegetables (low fat dip), sugar free lemonade, and ice cold watermelon and lots of water all day were served. All three phases of this project plants the seeds of repetition of

education for healthy options and life style changes to improve health in Dumas citizens and other surroundings communities. Environmental change with the healthy tips signage on the public walking trail and at the indoor walking track at the Dumas Community Center will continue to increase the knowledge of all using them..

Cook Smart: Eat Smart continues with partners of coalition (UAMS-East lake Village and U of A Co-op Extension Office), 6 weeks with 10 participants in each class, this one is adults (done children last round).

**Tobacco:** SOS and Tobacco were focus at Sr. Citizen Health Fair on June 27, along with chronic disease and injury prevention 25 participants were educated on the risk that tobacco use has on their health outcome. Safety Baby Shower always address tobacco. Will also stuff SOS items in back packs and distribute to all children in Desha County available.

### **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 June was "Mix It Up" and the information discussed how to have main dishes that combine meat, vegetables, beans and or grains so that you can save time by not having to prepare each part of the meal separately---Ms. Newton placed 25 copies of the FSNE Newsletter beside the poster and all of these 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. There are also 3 exercise sites in Star City and one in Gould and one in Grady---the ones in Star City have large attendance to participate in the exercise routines (CrossFit) and to use the equipment.

**Other:** The Star City Library was awarded a \$2000 literacy grant to support adult, family and summer literacy programs. This grant is awarded nationwide and is difficult to receive due to the wide area it serves.

### **Phillips:**

**Nutrition:** We are in the early planning stage for a nutrition event at Marvell in conjunction with the County Extension Office, targeting WIC ladies in that area.

Mid-Delta Food pantry opened May 28, and will be open again June 25<sup>th</sup>, It will be open the last Wednesday of each month from 8 to 11 and is for Seniors ages 65 and over.

#### **Physical Activity:**

Delta Heritage Trail State Park at Baron is offering an Adventure Day Camp this summer to children between the ages of 7 and 12. It will include hiking, biking, and water activities.

## CHNS/CHPS

### Cassie Lewis

- CHNS partnered with St. Francis County HHI, FCA group, Walmart and Community Church to present a free movie in the park for families. CHNS showed a DVD on the dangers and consequences of tobacco use (smoking in this case) from the Coalition for a Tobacco-Free Arkansas to attendees. CHNS also educated the crowd on ACT 811 laws and encourage those who needed help to quit in calling the Quitline or completing a fax-back referral for help to quit (over 200 people attended the presentation).
- Collaborated with SER CHPS to provide a Wellness Workshop for school districts in the Great Rivers Education Cooperative Service Area. The workshop focused on helping school wellness committees achieve and improve their wellness efforts in their individual school settings. Various speakers provided presentations and educational materials on School Wellness Policies, Tobacco trends and dangers, Food and Nutrition, Farm to school programs, School playground safety, Benefits of physical activity inside and outside the classroom, and APNA data and drug prevention strategies for youth. Pre and post tests were utilized and a formal evaluation for the overall workshop indicated good to excellent results; participants reported that information was valuable to their work in their wellness committees.
- Conversation with West Memphis School District school nurse (by telephone) about August Workshop in West Memphis. Flyer for August workshop (TBI/Autism Spectrum Disorder) distributed to schools in West Memphis. Communicated to CHNS in Northeast so she can invite other school nurses in area, if desired. Workshop location secured, session placed on A-Train and ESCWorks for Cooperatives.
- Met with the Lee County Health Education Coalition. Discussed recent health expo outcomes and plans for next annual health expo. Also discussed partnering with others in county to do a back to school event for the youth.
- Communicated by phone with the NETRAC contact who relates she has added my name to email list and will forward information about the next meeting at Forrest City Medical which will be held by videoconference.

### Liz Mercer

- Participated in Wellness Workshop in Monticello and ARESC - speakers on worksite wellness, new tobacco products, and Increasing Recess in schools.
- Participated in the ARESC Crisis Management Team Meeting- reviewed Crisis Plan with changes being made.
- Attended Annual Approved Provider Update Training for CNEs.
- Attended SEATRAC Car Seat Safety Check at Bradley County Tomato Festival with SEATRAC members and ADH coworkers.
- Attended workshop provided by Dr. Bob Burns - Presented Biology of Cancer, Healthy Gums and Lungs.
- Preparing for BMI/scoliosis training on August 6, 2014 and Hearing/Vision on August 7, 2014 at ARESC.
- Working with two local school districts to prepare for ADE Sexual Health Grant/training.

## **Lisa England**

- CHNS will be working with 7-12th grade students/schools in Ashley and Desha counties to form youth led organizations to advocate for tobacco free youth. SEARK ESC tobacco program coordinator will be implementing Project Alert in all Ashley and Desha County Middle Schools. We will both be working on media campaigns with JHS/HS students targeting all community members.
- Attended Cleveland County Hunger Relief meeting to discuss summer feeding programs for youth.
- Hosted Dr. Bob Burns - Presented Biology of Cancer, Healthy Gums and Lungs for Health and Science Teachers and school nurses (26 participants).
- Hosted SEARK ESC Wellness Committee Conference (32 participants); presented on Saving Recess and creating strategies to improve recess for students and teachers. Presentation also provided at the ARESC Wellness Committee Conference in Pine Bluff.
- Attended School Nurse Childhood Obesity Toolkit (SCOT) train the trainer; will be providing training statewide for school nurses this coming school year.
- Helped to conduct SEATRAC Car Seat Safety Checks at Pink Tomato Festival with SEATRAC members and ADH coworkers.
- Presented at Bradley County Safety Baby Showers.

## **Rosemary Withers**

- Facilitated and presented PowerPoints on Enhancing Wellness Committees, School Wellness Toolkit, and School Health Updates/Resources at ARESC Wellness Committee Workshop. Made arrangements for five other workshop speakers to address various school health topics. Provided handouts and emailed other workshop documents. Provided six hours of professional development (35 participants).
- Co-facilitated and presented PowerPoints on Enhancing Wellness Committees, School Wellness Toolkit, and School Health Updates/Resources at Great Rivers Wellness Conference. Handouts and emailed documents provided. Six professional development hours provided (20 participants).
- Participated in Healthy Lung and Gums Workshop at Monticello Elementary School.
- Co-facilitated and presented PowerPoints on Enhancing Wellness Committees, School Wellness Toolkit, and School Health Updates/Resources at Southeast Arkansas Wellness Conference; made arrangement for all workshop speakers. Handouts and emailed documents provided. Provided six hours of professional development (26 participants).
- Emailed ADH Public Health Advisory to wellness committee chairs and Jefferson County Growing Healthy Community.
- New Tobacco Trends, Act 811, and ADH Public Health Advisory regarding E-cigarettes were presented at ARESC, Great Rivers, and Southeast Arkansas Wellness Workshops.