

**Southeast Region
CHNS/CHPS
April 2015 Report**

Cassie Lewis

- Attended Safe School Health Initiative meeting. Brainstorming and working with Marvell School district on goals and needs for district. Compiled list of needs, support already in place and support needed, pros/cons, strengths/weaknesses and next steps forward. CHNS working with Marvell School's Safe School Initiative.
- Provided health fact sheets for Install news for 22 nurses who have install news holders. Health information was provided on Distracted Driving for Distracted Driving month and nutrition for younger kids.
- Packed 36 bags, 30 adult and 30 youth for Hughes School Retreat. Youth bags filled with health education information on nutrition, exercise, and tobacco prevention. Also included SOS pencils, ink pens, cup holders, and puzzle games from PRC (Prevention Resource Center). Adult bags packed with health education information on nutrition, and tobacco prevention, included ACT 811 cards. Also included ink pens, and SOS mugs. Delivered 30 adult and 30 student bags to the school nurse in Hughes for their school retreat.
- Facilitated and participated in Forrest City High School Safe Prom Event for over 200 students in St. Francis County. Students were able to hear from speakers who had first-hand experience with tragic preventable automobile crashes which could have been avoided with the proper information and follow through actions of those involved. Students were also able to take a sobering look at the results of drinking, texting, sleepiness, and distracted driving which frequently are the causes of tragic crashes. The mock crash scene involved an extraction and helicopter landing to airlift the injured. Many agencies were involved to make this event as real as possible to the students prior to prom night. Agencies involved were SFC HHI, Arkansas State Police, Local EMS, Forrest City Fire and police Department, SFC Sheriff's Department, Air Evac, State Farm Insurance, UAMS EAST, Forrest City School Staff, and Mid-South Health Systems. After the event, students were asked to make a pledge to take the information provided and put it into action on prom night as well as going forward. Those who took the pledge signed a banner which was placed inside the hall at the high school and was to be hung at prom as a reminder of the pledges made. Also provided arm bracelets for all students promoting positive message for safe future. Approximately 200 students participated and most of those signed the pledge.
- Presentation at Little Treasures Academy/LTR on Child Maltreatment. 18 Staff members participated. Pre and Post-test used for evaluations. 100% participation and 100% gained more knowledge of child maltreatment from presentation.
- CHNS facilitated and participated in the 2015 School Wellness Workshop at GREC Cooperative. 37 people signed in for the workshop, seven of whom were speakers or ADH support staff. Participants heard from speakers whose interesting topics included strategies for prevention of

tobacco, alcohol, and drugs, youth and gang violence, Family and consumer science tips for nutrition and healthier lifestyles, Local Wellness policies/priorities, School Health Index, and resources for improving nutrition and physical activity in the schools, school playground safety, and strategies for relieving stress in the workplace. CHNS provided CO2 monitor tests and 13 persons were tested. Most were nonsmokers. There were two ex-smokers having stopped more than a year. All tested were within the normal range. Health Education Information on CO2 was offered to participants. Pre/Posttests determined that the participants gained 90% more knowledge after the presentations and discussions. Evaluations were good to excellent with comments like “much needed workshop” and “excellent workshop”. Certificates of attendance were provided for non-nursing staff for 6 hours of professional development. Completed CEU packet on Wellness workshop and submitted paperwork to Amanda Stanisor in workforce development (three weeks effort). Packet was approved for Nursing CEUs.

- CHNS set up health education table at local church’s women’s convention. CHNS spoke with visitors and handed out health information on women and breast and cervical care/cancer including importance of performing self-breast exams, screenings such as pap exams, professional breast exams, nutrition and exercise. Women also received information on ADH’s breast care program, women and heart disease, tobacco prevention, ACT 811, and the Arkansas Quit line services, and WIC. SOS bags and breast care pins were given to participants who visited the booth. Over 75 women participated in the workshop and 35 visited the health information booth provided by CHNS.
- Met with the Barton School Wellness coordinator who needed assistance with tips for updating school wellness policy. CHNS provided resources and sample models of updated wellness policies and information on how to use the SHI, Rules for nutrition and physical activity, and smart snacks to update wellness policy.
- Contacted several mayors’ offices by phone/email (Hughes, Colt, Caldwell, Palestine, Wheatley, Madison, and Widener to provide information about the upcoming Mayors mentoring Mayors Lunch and Learns and encourage them to attend. Thanked Forrest City’s Mayor for signing up to participate. Several emails returned. Called City Halls and faxed information to those whose emails returned. Communicated to LHU Administrator for St. Francis County.

Lisa England

- Distributed prizes to Kick Butts Day Poster Contest Winners: four winning classrooms received an extra recess the 1st week of April and the four winnings students each received a Crayola Art Kit.
- Obtained four bicycles for bicycle Rodeo at Family Fun Festival; picked up and storing 160 bicycle helmets for Bicycle Rodeo for Family Fun Festival; put together all necessary materials, signage, tables and chairs for each IP stations at FFF. (Bicycle Rodeo, Child Safety Seat, and Color me Safe) Have volunteers to help man each station. (Family Fun Festival scheduled for 04/30/2015 was postponed due to rain-to be held 05/30/2015).
- Attended HHISS meeting; received information from Katy Allison and Mandy Thomas regarding suicide prevention; Making Educators Partners and Lifelines; also received information from Matt and Sheila regarding Tobacco policies and the latest on new products.

- Completed “Making Educators Partners” online training.
- Provided presentation “US and Arkansas Trends and Updates on Childhood Obesity” at the CSH 1305 workshop for school nurses.
- Met with superintendent regarding project to prevent heat injuries related to school athletics. This year we will work together to purchase and implement a program using the Wet Bulb Globe Thermometer and evaluate the difference between Heat Index readings and WBGT measurements.
- Partnering with local schools, principals and superintendents for signage regarding Act 37 of 2011 which makes it illegal to use handheld cell phones in school zones; will conduct a campaign this fall.

Liz Mercer

- CPR provided at ARESC, Smoking and the causes it has with cardiovascular health, Quitline, and Act 811 were all discussed.
- RN Supervisor meeting held at ARESC, topics discussed was Insulin in schools, Act 811, Act 1099, emerging tobacco products, K2 and effects it has had on schools, CHS meetings on Physical Activity, Upcoming trainings on Suicide and need for counselors to attend the ASIST training and CPR in schools.
- Attended the Care Coordination and Management of Childhood Obesity in Arkansas Schools workshop; an overview of current obesity trends and Arkansas data since the beginning of Act 1220, Dr. Mohammed Ilyas, a pediatric nephrologist with Arkansas Children’s Hospital provided current guidelines for pediatric blood pressures and correct assessment. Assisted School of Deaf and Dollarway with Health services Assessment Toolkit (HAT) developed by school nurses for school nurses.
- Attended Chronic Disease Conference- topic presented were The community-centered Health homes model by Rea Panares, MHS, Chronic Disease Framework by Namvar Zohoori MD (where were we and where are we now), State oral health by Lindy Bollen Jr, DDS, Americans with Disabilities by Vanessa Nehus, MA JD, and Arkansas’s Big Health Problems and How do we solve them by Nate Smith, MD MPH Director and State Health Officer ADH.
- Watched via Video Making Educators Partners in Youth Suicide Prevention.
- Attended Safe School Initiative meeting- Budgets and progress on grant was discussed. Curriculum for schools was reviewed; dates for summer training in Co-op’s were given. Provided technical assistance to Dollarway with the Safe School Initiative Grant.
- Laminated Act 1099 Signs 15 was given to Sheridan School Administration to put on doors of the administration building and school entry doors. Approx. 1500 will see on a daily base.
- Attended Kick Start Cleveland County- Presentation on how to make Cleveland County have more economical development. ArCOP was noted on helping start the garden in Rison.
- Attended Google training at Camden in order to use google more efficient using drive, email, calendars, and video conference.
- Attended Strategic Planning meeting in Bismarck- Update from TPCP, Updates from Injury Prevention and use of Lifeline, and review of HHI Strategic Plan.

Rosemary Withers

- Safe School Health Initiative: Provided TA to Dollarway on access to adolescent health services and updated on local health unit services.
- Watson Chapel Wellness Committee meeting: Provided suggestions to school representatives to improve weak areas related to School Health Index; Stuttgart Wellness Committee meeting: Shared comprehensive tobacco policy documents, which will be presented to the School Board in May; Quest Middle School Wellness meeting: Discussed all elements for wellness committee initiatives, comprehensive tobacco policy and provided relevant information.
- Child Health Advisory Committee meeting: Updated on legislative issues and recommendations for CHAC next steps.
- Community Health Promotion Specialists' meeting: Discussed strategic plan, tobacco policy, workshops, and other various activities.
- Taylor Elementary School: Presented tobacco trends to approximately 75 PTO members.
- Grant County Hometown Health meeting: Updated on county goals and member reports.
- Arkansas Chronic Disease Forum: Updated on the following issues: how to bridge community prevention and health care, chronic disease framework for 2020, legislative actions and impact related to health care policy, accessing care, oral health, Americans with Disabilities and the importance of enforcing the Act in meeting their health care needs and incorporating this population in programs and policies, Arkansas health problems and solutions, Jump Start initiatives, wellness program, joint use agreement, inequities and tobacco, and systems of care.
- Hometown Health Improvement meeting: Updated on sample policies and procedures for tobacco free-city buildings, parks, recreational and sports facilities, trails and farmers markets, worked on strategic priorities, updated on injury prevention work plan.
- UAPB Health Fair: Set-up booth and tested for carbon monoxide in the blood resulting in three faxed referrals to Arkansas Tobacco Quitline.
- Jefferson County Growing Healthy Communities meeting: UAMS representatives presented on a cancer research study and an opportunity to participate, which involves submitting a sign-in sheet and letter of support.