

SE Region HHI Report—April 2015

Ashley:

Presented Safe Teen Driving & Distracted Teen Driving (from AR Children's Hospital) to Crossett Middle School Family & Consumer Science Class – presented to 5 classes for a total of 90 students reached.

Participated in SE regional hospital tabletop exercise that included judges, mayors, OEM's, hospital staff from Arkansas, Chicot, Desha, Chicot, Bradley, Lincoln, Cleveland, Desha, Jefferson Counties and staff from LR

A Health Expo was held at Stonegate in Crossett. The community was educated on the services of the Health Department. Tobacco Prevention and Education along with Injury Prevention was also given to all participants.

Bradley:

The County Health Ranking Data presentation was shared with the Bradley County HHI Coalition. There were approximately 15 members who received the information. The Hospital in Bradley County requested the presentation to share with staff.

Bragg Street Health Fair was held in Warren. The New Trends in Tobacco Presentation was given during the event. Participants received health information throughout the day. Car seat safety checks and installs were done.

Open Horizons in Warren held its annual health fair. Participants received health information and screenings. The CO monitor was on hand. There were around 20 people who utilized the monitor with 6 referrals to the quit line.

Chicot:

Superior Uniform held a worksite wellness health fair. 154 participants were screened using the CO Monitor. Other organizations that participated include Cooperative Extension, Chicot Memorial Hospital, DHEC, and Tri County Network. All participants were given health information along with other screenings provided by the hospital.

Women's Health information on BreastCare, Diabetes & Walking, Smoking & Women, Tips for Heart-Healthy Eating, 10 Ways to a Healthier Heart, 9 Ways to Lower Your Risk of Stroke, Lifestyle Changes, Signs of a Heart Attack, 25 Easy Ways to Get Your Fruits & Vegetables, Eat Right, How to Read Nutrition Facts, Smoking and Women About Tobacco, Diabetes & Walking, Pregnancy & Secondhand Smoke, and Facts About Healthy Weight was distributed to the local churches in Lake Village.

Cleveland:

The Kick Start Cleveland County group is continuing to meet with surrounding towns to get more involvement for the group. They met in New Edinburg and Kingsland.

Color me Safe and Big Summer Activity Books are being given to clients at the LHU. This is to increase awareness on safety for children.

During Public Health Week clients were educated on Tobacco Prevention and Injury Prevention. Daily drawings were done with clients. They received education items to use in homes. Tobacco

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Prevention materials were also given. Public Health Week posters were placed around Cleveland County to bring awareness.

Numerous health articles were put in the Cleveland County Herald during the month of April.

Desha:

Public Health Week activities took place in local health units (Dumas and McGehee) with clients. Clients were asked to identify as many healthy habits as they could using the PHW poster. There was a drawing for a healthy basket at the end of the week for everyone that participated.

Desha County held an “Awareness” Health Fair. There were 66 people in attendance. All participants were given health information on different topics. The participants did a total of 642 screenings combined.

Dumas School District held its annual Dumas Family Night. There were a total of 108 parents and students who attended. The LHU shared information on Injury Prevention, Bullying, abstinence, and tobacco prevention and cessation.

Drew:

A teen pregnancy presentation was given at Vera Llyod Presbyterian Home. Students were given information on ways to stay healthy and not give into peer pressure. There were approximately 15 students on hand.

Lee:

The Local Health Unit, Prevention Resource Center, LCCC, County Extension, TCRHN, UAMS East, Mid-south Health Systems, and Lee County School District are working together to put together a county health fair and youth summit. The event will be June 16th.

Administrator provided materials and information on hand washing to preschools in Lee County.

Lincoln:

An education booth was set up for the Annual Star Daze event in Star City. Participants received health information on various issues including Tobacco Prevention and Injury Prevention. Participants also had the opportunity to use the CO Monitor. No one tested higher than a 4.

Prairie:

Presentation was given at Des Arc High School to 98 students for Family Planning, Nutrition Education, and BMI Screenings.

The Administrator has been helping to promote the UAMS Sickle Cell Program on Text for Baby. Information has been shared with ARCare in Des Arc and Hazen and DHS.

Safety Baby Shower – Funded by TRAC. 7 people attended 5 mothers to be and 2 fathers to be. Becky Lamb presented Purple Cry and Shaken Baby Syndrome; Gayla Goetz presented Car Seat Safety and a demonstration. Carla Long, LPN presented Breastfeeding information.

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Presentation was given to Sr. Citizens on Injury Prevention. Approximately 20 people were on hand.

Des Arc's ambulance service, fire and rescue, city police department, State Police, sheriff's department, local funeral home director who picked up the DOA at the scene and brought a casket to the gym, OES director assisted ambulance personnel, administrator of LHU, high school drama class as victims in the accident, a mother and teacher who played the part of the distraught mother of the DOA victim, a mother who lost an adult child to a drunk driving accident gave her account (true story), Prairie County Circuit Judge, an attorney and prosecutor demonstrated a sentencing, Des Arc High School Principal Nick Hill High School Superintendent, Rick Burns, another local citizen who was a passenger in a drunk driving accident and has had 40 years' worth of physical problems to deal with (true story). Distracted Driving flyers from Statewide Injury Prevention Program were distributed. Various citizens, teachers, Prairie County Judge and approximately 133 students were in attendance.

St. Francis Co:

Safe Prom Event was held at Forrest City High School. This event was held for both Juniors and Seniors. It began inside in the cafeteria with a brief word from the principle. The boys and girls were then separated to be given information on Prom etiquette. After the etiquette session there were three guest speakers who shared their own personal experiences with not only drinking while driving but inattentive driving. Everyone was then outside to view a mock two vehicle car crash. After the crash students were given the opportunity to sign a banner pledging that they would drive safely. On this project we worked with the OEM, FCFD, SFC Sheriff's Office, FCPD, SFC EMS Service, Air Evac, Mid-South Health Systems, UAMS SE, and the Forrest City School District.

CHNS/CHPS

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

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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 CO 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.

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- 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 winning 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

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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

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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.
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