

# SE Region HHI Report—January 2015

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## **Arkansas:**

MLK Marade was held January 19<sup>th</sup> in Stuttgart. Approximately 150 Youth and parents attended the event. Nutrition, Physical Activity, and tobacco information was shared with each participant. A banquet followed the walk to honor the leaders of the community. Approximately 200 attended the banquet.

## **Ashley:**

Crossett School District Wellness Committee reviewed 2014 goals/accomplishments & gave updates from each committee and what improvements needed to made for 2015.

Hamburg School District Wellness Committee reviewed 2014 goals/accomplishments and gave updates from each committee and what improvements needed to made for 2015. BMI's were down in school districts, new sodium restrictions and whole wheat requirements in cafeteria. The school is working on School Health Index, expanding the Yoga program, needing hygiene awareness in grades 3-7.

Ashley County Judge signed a Go Red Proclamation. There will be a lot of activities geared towards heart awareness in February.

## **Bradley:**

UAMS College of Public Health, Dr. Eric Johnson and Dr. Lori Fischbach MPH, PhD.gave a presentation i.e. their Grant Application (Cancer Study)that will involve Bradley County. They gathered ideas from Coalition members i.e. how best to get “cohorts” or “participants” to get involved and agree to the Cancer Study.

## **Desha:**

Networked with Minority Health and Eunice Shriver Foundation training for upcoming 2015 SIDS, “Safe Sleep” grant in LR (received \$2000.00). Received \$1000.00 grant from Bruce Family Foundation to enhance the “Safe Sleep” grant for food/incentives. Received \$5000.00 from Bruce Family Foundation for STAR Health expansion. Also networking with Minority Health Grant recipients for “Say Yes to Best”, a control HTN grant with Dr. Jim Raczynski and Dr. Martha Phillips of UAMS, and Dr. Eric Johnson of UAMS for Cancer research grant. Networked with two local radio stations, and two local papers to get “Wear Red Day” PSA's.

## **Prairie:**

Des Arc and Hazen school district hosted a Shaken baby Syndrome presentation. Becky Lamb provided the training along with information.

## **CHNS/CHPS**

### **Cassie Lewis**

- Communicated via phone or face to face with Superintendents and Principals for the ten school districts in the GREC Cooperative area regarding placement of ACT 811 tobacco signs for elementary campuses and development of comprehensive tobacco policies within the districts. CHNS received permission from all districts to place signs on selected campuses. Provided Administrators with copies of sample comprehensive wellness policies and Wellness Committees will work on more comprehensive tobacco policies for presentation to the Superintendents.
- Site visits to several schools checking for Tobacco-free zone signage at entrances to buildings. Located some entrances without signage. Laminated 80 copies of copies of signs provided through TPCP and delivered to several schools in GREC service area.

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- Delivered 13 In Stall News Holders to several campuses in the Great Rivers Districts. CHNS will provide health message for holders each month with the first message in February providing information on the Arkansas Quit line.
- Tobacco Booth at annual Fitness challenge weigh-in for St. Francis County. 20 people visited booth and received health information on tobacco prevention. Eight received CO tests via PICO test monitors and two who were smokers completed the fax back referral forms for the Arkansas Quit Line. All participants also received a fact sheet on CO in relation to tobacco use.
- Technical assistance to school nurse at Clarendon for a “healthy habits” class held for second graders. CHNS provided 50 ACT 811 cards placed in backpacks to take home to parents. CHNS also provided 50 “Get real about tobacco” coloring books to class.
- CHNS provided technical assistance for nurse at Clarendon School District by providing 50 internet safety activity/coloring books for second graders for a “healthy habits” class.

### **Lisa England**

- Ashley County, Hamburg SD Health Educator meeting. Shared info regarding Kick Butts Day info, Act 811 campaign signage- will be displayed at pre K and elementary. They are happy with the tobacco prevention education provided through partnership with AmeriCorps and SEARK ESC. Provided MyPlate curriculums, teaching aids, and handouts for educators. Discussed ways to improve health education efforts and resources to aid in teaching health and shared upcoming professional development for health teachers.
- Bradley County, Hermitage SD-met with superintendent, Okayed Act 811 campaign signage and will present comprehensive Tobacco Free School policy to the board. Warren SD-met with superintendent, Okayed Act 811 campaign signage and will present comprehensive tobacco free school policy to board.
- Cleveland County, Cleveland County SD-met with superintendent Okayed signs for Kingsland and Rison Elem as well as Football Field. Woodlawn SD-met with superintendent Okayed Act 811 signage and will present comprehensive tobacco free campus policy to board.
- Drew County, Monticello SD shared information about comprehensive tobacco free school policy (will present to board) and got the okay for Act 811 campaign signage.
- Lincoln County, Star City-spoke with MS East Lab regarding Kick Butts Campaign. Gave school nurse tobacco prevention posters and pencils for campaign.
- Children’s Festival planning meeting @ UAM. SE Region. HHHISS will have “Blow Bubbles Not Smoke” activity Station manned by CSH AmeriCorps members and program coordinator. (Six committee members present)
- CSH AmeriCorps program-worked on improving process and outcome evaluation procedures this month (helped program coordinator to create program logic model).

### **Liz Mercer**

- Placed ACT 1099 signs at entry doors at ARESC.
- Contacted District Superintendents about ACT 811 signs.
- Provided technical assistance to school nurses with National Association School Nurse Survey and timelines due to State Nurse Consultant.
- Provided technical assistance to school nurses with Immunizations, eschool, IHP’s.
- Provided technical assistance to HIPYPY with Immunization Laws.
- Provided technical assistance to Lighthouse finding information on Unintentional Injury.

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- Attended CPR Instructor Training, now certified to teach CPR & First Aid.
- Two-hour professional development for school staff Suicide Trainings set up for July & August at ARESC and ASIST training set up for June at ARESC. Strategies to Enhance Health Education Instruction and Student Learning training set up for July at ARESC.
- Attended Rachel's Challenge at Camden School- students listen to presentation Based on the life and writing of Rachel Scott, the first victim of the Columbine School Shooting in 1999. Rachel's Challenge provides a continual improvement process for schools designed to awaken the learner in every child, while also teaching an act of kindness can set off a chain reaction of kindness.

### **Rosemary Withers**

- Facilitated and presented at School Wellness Committee Role in School Health Index (SHI) Training at ARESC. Topics included Data is Power, Role of School Wellness Committees, Using the School Health Index, Review of the SHI Manual and online version and SHI module practice section. Discussed sample Comprehensive Tobacco Policy and programs in lieu of school suspensions for tobacco violation. 35 people participated.
- Dollarway Wellness meeting: Engaged in group discussion on developing District Wellness Policy. As requested, emailed to Assistant Superintendent and Curriculum Coordinator all Act 1220 initiatives, Wellness Policy documents, and sample Comprehensive Tobacco Policy for distribution.
- White Hall Wellness meeting: Reviewed district Wellness Policy and discussed adopting the sample comprehensive tobacco policy and its next steps; also reviewed PE portion of the School Health Index. CHPS was invited to the A-Team's meeting to discuss presenting Tobacco Trends to parents at PTO meetings. As requested, emailed a flyer to Assistant Superintendent to promote and market the Tobacco Trends presentation.
- White Hall A-Team meeting. CHPS presented to administrators to get support to present to parents at PTO meetings to raise awareness of tobacco companies targeting our youth. A flyer demonstrating tobacco products that are similar to harmless products such as candy and gum was distributed to the administrators. 20 people participated.
- Pine Bluff Lighthouse Charter School: Completed School Health Index for Module 1. As requested, CHPS emailed ideas for non-food rewards, fundraisers, and parties that meet compliance with ADE and USDA smart snack standards. Submitted outreach report.