

Southeast Region HHI Report: February 2011

Arkansas County: Park Elementary School had Fruit and Vegetable lessons conducted through the AR County Partners in Health coalition as members were dressed as an Apple, a Banana, and Watermelon. These are the 5 A-Day costumes from LR ADH. 80 students 1st – 4th grade participated.

Ashley County: The Ashley County HHI coalition held their 3rd Annual Healthy Heart Event on February 17, 2011 with 5:00 pm. The theme this year was “Project Runway,” as different ladies shared their heart disease risk factors and steps they took to improve their health. There were 10 healthy vendors and free health screenings. 172 participants benefitted from this event. The booths had information on BMI, Blood Pressure, Cholesterol, Nutrition, Vial of Life and Prescription Assistance. The participants received a healthy meal provided by the Ashley County Medical Center and served by the Ashley County 4-H.

Chicot County: On February 15th the Chicot County HHI had its second annual Go Red for Women Luncheon at the Guachova Arts Center in Lake Village. The event attracted over 100 women in Chicot County. Lauren Scott, Arkansas Department of Health Heart Disease and Stroke Prevention, presented on cardiovascular health. She discussed risk factors for heart disease. Participants were given glucose and blood pressure screenings from UAMS Delta AHEC, and information was provided by Mainline and Chicot Hospital. The Tobacco Trends display board was set up for participants to see the different ways teens are targeted now with tobacco use. The county Judge and Lake Village Mayor were both in attendance.

Quranner Cotledge, HHI Coordinator, recently presented the Star.Health Hypertension Awareness presentation at the HHI coalition meeting to 17 members discussing all the risky behaviors that increase High Blood Pressure and explaining the new Hypertension campaign for the STAR Counties.

Hypertension presentations were given to 3 churches in Chicot County through the STAR.Health initiative as Hypertension awareness. Results from these presentations have lead these churches into pledging to buy scales and BP machines for the use of their member anytime the church is open. Blood Pressure educational materials will be provided also to be shared with church members.

Cleveland County: The Cleveland County Hometown Health Coalition sponsored their 2nd annual Heart Healthy Lunch and Learn on February 22nd at the Cleveland County Fairgrounds. Kaye Murry, SE HHI Regional Manager gave a presentation on Portion Distortion and how nutrition, exercise all relate to having a healthy heart. There were 25 attendees. The Tobacco Trends Tour display was set up as well as Region 12 Prevention Resource material on drugs and alcohol use. Packets were given to each participant that included heart attack warning signs, stroke warning signs, data on Cleveland County and Nutrition fact sheet.

Packet of materials were distributed at the Cleveland County Courthouse to 23 people on with information on Infant Mortality, Immunization, Injury Prevention, Nutrition, Heart Disease and all the programs of ADH.

Thirty one students' ages 13-17 viewed the video Sex STILL has a Price Tag at the Rison High School through the Family and Consumer science classes. Discussion was lead by Kim Hooks, CHNS, which included the impact on infant mortality as part of the HIV/STD/Teen Pregnancy Prevention Program.

Desha County: The D-HHIP coalition promoted **Wear Red Day, (Heart Awareness Campaign)** by providing 300 plus community members with heart disease information/incentives. An educational display board was set up in the lobby on Heart Disease.

The D-HHIP coalition is participating in Brunch and Learns at DePaul Clinic every 3rd Wednesday of each month to focus on healthy lifestyles with cardiovascular disease being highlighted in February.

Jefferson County: The pastor at New Jerusalem Baptist Church read an announcement to the Sunday morning congregation on the prevalence of high blood pressure and information on steps to lower blood pressure and cholesterol and heart health information to about 150 people.

Alpha Kappa Alpha sorority received and distributed 50 Packets to members about Heart Disease. The packet stickers said "AKA Goes Red".

Lee County: The Lee County HHI Hosted a Lunch N Learn to a group of 17. Dr. Prasad J. Athota, Lee County Health Officer, presented How Healthy Is Your Heart and the Risks of Heart Disease. This Lunch N Learn was to recognize February as Heart month. The participants had the opportunity to listen and ask questions while enjoying a healthy lunch that consisted of turkey sloppy joe, confetti corn salad and oatmeal apple crisp. Portion size was adhered to as participants were explained the importance of the size of their meals. This event was the first of six scheduled events that are to be held monthly in collaboration with Dr. Athota.

An article was in the local newspaper on Heart Health and Heart Disease. All the LHU staff wore RED on February 4th. LHU administrator gave a presentation to a Leadership Call in Lee County and reviewed the warning signs of Heart attack and Stoke.

Lincoln County: The Lincoln County community of partners provided the 4th annual Healthy Heart Luncheon. The guest speaker was Dr. Dale Terrell from the Center on Aging in Pine Bluff.

Lincoln County Extension Office, LHU and Daughters of Charity partnered together to offer Diabetes Self-Management Education classes and a free healthy meal recently for 25 participants.

Debbie Riley, LHU Administrator, spoke to the Chamber of Commerce on Hypertension in Lincoln County as compared to other counties in Arkansas. STAR.Health is doing a special health campaign on educating public on Hypertension and Know your Numbers.

An RX prescription program was just set up this month in Lincoln County through a local physician's office. A STAR. Health Americorp is doing RX entry. For the first month 4 prescriptions were filled at a savings of \$3709.40.

Phillips County: In Elaine, there is a new program to increase the income and health of farm workers and families by growing, eating and selling healthy foods in this southern part of the county by making WIC more accessible. They are planning to open a store that will be a WIC vendor and also sell ethnic foods, fruits, and vegetables. The initial presentation was done by ADH employees at the launch of "Grow*Eat*Sell Healthy" a part of the Casa Collaborative with Dr. Mary Olson. WIC was explained to the community members present as well as public health and HHI.

In January, the Phillips County HHI celebrated 10 years of success as a coalition. The HHI Annual report was distributed to members and discussed including the Growing Healthier Communities Grant, Prostate Cancer Awareness activities, Mass Flu.

Prairie County: Two outreach events were held at the Family Christian Fellowship Church in Hazen for youth ages 13-17 with 32 total in attendance. The purpose of both events was to utilize the HIV/STD/Teen Pregnancy Prevention Program and show the Pam Stenzel DVD Sex Still has a Price Tag as part of Infant Mortality education. The presentations were done in collaboration with Kim Hooks, Community Health Nurse Specialist, and the local coordinator for the Teen Pregnancy Prevention Program.

The Prairie County HHI coalition celebrated 8 successful years as a coalition by hosting a lunch to recruit new members and discuss future projects. This coalition has been focusing on Diabetes Education.

The quarterly Diabetes Lunch and Learn titled Diabetes Puzzle was held with 22 attendees where they received information on heart attack warning signs and continued information on eating healthy and cooking for Diabetics. Sandra Patterson, Coordinator of the Prairie County Office of Emergency Management, spoke to the group also about disasters kids and being prepared should a disaster happen to have extra testing supplies, food, water, cooler with cold pack and first aid supplies that might be needed. Window signs were given to all participants to alert emergency personnel that in a disaster they might need assistance.

St. Francis County:

The St. Francis County HHI Network Senior Committee sponsored a Senior Health Fair in which information was given out at 3 different senior citizen resident homes to a total of about 40 residents on heart disease, signs and symptoms of heart attack and stroke.

STAR.Health: Kaye Murry, Southeast Region HHI Manager and Quranner Cotledge, Regional Coordinator recently spoke at one of the Arkansas Minority Health Consortium sponsored breakfast at the capital with the legislators. They shared the successes of STAR.Health, the grants that are currently funding program and the three top priorities of Chronic Disease, Oral Health and Infant Mortality.

Southeast Region Hometown Health Improvement Support Staff: The 3rd Annual SE Health Conference was held on February 17, 2011. It was a great success with over 126 participants. The goal of this event is to educate local community members on health issues. Dr. Chad Rodgers was the kick off speaker and he discussed literacy and especially how it affects health care and interaction with clients. Dr. Namvar Zohoori gave a presentation on hypertension and data of SE region. Allison Rose with Children's Hospital explained Injury Prevention in each age group. She also explained the new Baby Shower concept to help with Infant Mortality prevention. Scott Krause from the FDA gave an enlightening talk on what foods might be found in ethnic grocery stores and what to watch for. There were about 10 health vendors which included: Free Flu Shots from ADH, Charlie Stutts with Poison Control from UAMS, Tobacco Trends Tour display.

Community Health Nurse Specialist: Kim Hooks

Presented information to the Arkansas River Educational Cooperative counselors on Stamp Out Smoking, HIV/STD/Teen Prevention Program (which includes infant mortality).

Community Health Nurse Specialist: Lisa England

Held a training at the Southeast Educational Cooperative for 8 school nurses to see a new video called Sex STILL has a Price and learn how to use this video in the classroom to reduce teen pregnancy, STD's and infant mortality. 5.25 nursing CNE were offered for these nurses. Discussed the risk factors for infant mortality, preventive measures to reduce infant mortality. Discussed effects of Tobacco before, during and after pregnancy. The information will be used by school nurses when educating teens on abstinence and pregnancy.