

## **Southeast Region HHI Report: January 2011**

**Arkansas County:** Arkansas County Partners in Health (ACPIH) sponsored a lunch and learn event with a focus on nutrition and physical activity to start the new year out learning to be healthy: A New Year – A New You. Tobacco cessation materials were displayed with other health information. A directory of physical fitness resources, healthy tips calendar and food diary logs were given to each participant.

The Park Avenue School Winter Wellness Fair was held on January 25<sup>th</sup>. With about 150 adults and children in attendance. Ms. Arkansas was the guest speaker and she promoted healthy, nutritional eating as part of her Ms. Arkansas platform. Health information was provided on infant mortality, injury prevention, WIC, and tobacco cessation. Free health screenings were offered and free flu shots.

The Farm Bureau Family Day had about 150 attendees with the focus on health information provided by the LHU including Infant mortality, injury prevention, WIC and all LHU programs, Tobacco cessation.

**Ashley County:** The Arkansas Prevention Research Center, collaboration between the UAMS College of Public Health and communities in the Arkansas Delta is in the process of developing a pilot project focused on childhood obesity in Hamburg. The community wants to see a more organized program focused on childhood obesity. Right now the ideas are a track, adding playgrounds, expand current walking trail.

**Cleveland County:** Kim Hooks, Community Health Nurse Specialist, gave a presentation to the Rison Lions Club updating them on the recent Surgeon General Report on How Tobacco Smoke Causes Disease, also distributed the Act 13 cards and explained this law.

**Desha County:** Oral Health Presentation was given at the HIPPY program in the McGehee school district to about 20 attendees on parent/student night.

Hometown Health Coalition (D-HHIP) sponsors “Health Matters”, a monthly brunch and learns focusing on chronic health issues and diseases; such as obesity, cardiovascular health, and diabetes. In January the focus was on the healthy aspects to prevent/control chronic disease symptoms. Participants enjoyed a presentation on healthy weight, exercise, portion control and rethink your drink.

The RX prescription program had 5 new patients in January, 37 refill patients for a total of 81 prescriptions and \$30,410.52 in money saved.

**Lee County:** The Lee County Hometown Health Improvement Coalition celebrated nine years of accomplishments within the community on January 12<sup>th</sup>. To a group of community members, Veronica Sellers, RN, LHU Administrator, presented the 2010 accomplishments of the Coalition as well as updated them on future endeavors that will impact the community as a whole.

**Jefferson County:** The Youth HHI Subcommittee received information on Tobacco and how they are targeting youth with different new products and data from PRAMS on Pregnant women.

The Jefferson County Network Partners held its quarterly meeting on February 2, 2011. Quranner “Q” Cotledge, HHI Program Coordinator, shared information using as his theme, “Where you are born and where you live makes a Difference”. He shared information on ways to improve awareness of the depth of the problem within the community. Jefferson County is ranked 18<sup>th</sup> in infant mortality.

**Monroe County:** The Senior Citizens at Mid-Delta Center for seniors were educated on Blood Pressure, Diabetes, TB, and Breast Care Program to about 20 attendees.

Act 13 was presented to the Brinkley/Fargo Head Start to the parents and workers explaining the effects of 2<sup>nd</sup> hand smoke to the group and how the law protects young children.

**Prairie County:** The Prairie County Cooperative Extension Service partnered with the Prairie County HHI hosting a lunch and learn program on Extensions’ *Be MedWise Arkansas* program. The *Be MedWise Arkansas* program, a health literacy initiative, promotes the wise use of medications, and collects old prescription drugs to be destroyed to prevent drug abuse. Adults and teens from the community attended the event and the Sheriff’s Department was on hand to collect unused or expired medications.

**St. Francis County:** “11 Weeks of Healthy Eating in 2011” was kicked off by the St. Francis Co. Hometown Health Improvement Coalition who partnered with Forrest City Medical Center, Forrest City School District, Farm Bureau, University of Arkansas Cooperative Extension Office, UAMS Delta Center on Aging and East Arkansas Area Agency on Aging for the weight loss competition. The weigh in was held on 1-13-11 at Forrest City Medical Center from 7AM – 7PM. Giveaways, nutritional information and healthy recipes were given to each participate..

Shealese Washington, Public Health Educator, conducted a ‘Lunch N Learn’ at the Forrest City Hospital to their Healthy Women’s group. She discussed the guidelines of the ‘11 Weeks of Healthy Eating in 2011’. During her presentation, she also included nutrition, physical activity and tobacco free tips to the attendees. The 31 participants enjoyed a healthy lunch that was provided by the hospital.

### **Arkansas River Educational Cooperative**

On January 31<sup>st</sup> Kimber Knight, Grant Administrator ADH, presented the Tobacco Trends tour to employees for the Arkansas River Education Service Cooperative. This was a lunch and learn event sponsored by Kim Hooks, Community Health Nurse Specialist. There were 25 participants at the event. The Tobacco Trends Tour is a presentation designed to educate adults about how tobacco companies are targeting the youth. Tobacco companies are introducing new products that are similar to harmless products such as candies. Participants were shown the available tobacco sticks, strips, and

orbs, and educated on how companies are marketing toward the youth. Employees were given Act 13 Fact cards and information regarding the Surgeon General Report on Tobacco Smoking.

**Southeast Educational Cooperative**

Sixty-five AmeriCorp Volunteers, who are sponsored by this educational cooperative received training on oral health. The AmeriCorp Volunteers will ensure that oral health education and oral health kits are provided to kindergarten through third grade students in the Southeast Region schools. \$5000.00 was awarded to the educational cooperative by Jefferson Regional Medical Center Healthy Lifestyle Fund.