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QuadCO honored by MDCC

Mid Delta Community Consortium (MDCC) celebrated 10 years of successful community-based public health improvement for delta residents at a conference held December 15 and 16 at the Arkansas Land and Farm Development Corporation (ALFDC) in Fargo, AR.

After hearing a welcome address from ALFDC Executive Director Calvin King and updates from the Delta Rural Authority, conference members attended morning and afternoon concurrent sessions featuring 6 different tracks. Following a networking lunch, Dianne Colley gave an overview of Community Based Participatory Research to the group.

Directors of the four sub-grantee networks presented highlights from their regions in the afternoon. Joni McGaha gave an overview of QuadCo and its activities and accomplishments in the SVR over the past year. QuadCo includes Calhoun, Dallas, Ouachita, and Union Counties. They are now in their 10th year of funding from MDCC.

A reception was held

Thursday evening and MDCC Program Director Anna Huff Davis then made special recognitions and presentations. Joni McGaha accepted an award on behalf of QuadCo for being an “essential piece” of the puzzle.

Friday morning attendees heard from Dr. Creshelle Nash, M.D., and Dr. Michelle Smith, PhD, about the National Academy for State Health Policy Learning Collaborative that addresses health equity. Naomi Cottoms presented a model of the Community Connectors program which she created. Cottoms, Executive Director of Tri-County Rural Health Network in Helena, was named one of 10 recipients of the Robert Wood Johnson Foundation 2011 Community Health Leaders Award.

Last, but not least, Bruce Thomason, UAMS Center for Rural Health, UAMS informed the group about

an upcoming Rural Health Partnership project. Students from the Clinton School of Public Service will be holding community conversations with residents and health providers in certain counties around the state. The goals of the study are to identify facilitators and barriers to improved health; to identify perceptions of current

health care services; and to provide qualitative data to inform recommendations to improve the status of rural health in Arkansas.

As a HRSA grantee and fiscal agent for ADRDN, MDCC has distributed over \$4 million across 38 eligible Arkansas delta counties

in the past six years. They provide technical assistance to the rural health networks and serve as a sponsoring agent for an AmeriCorps project that provides members to the ADRDN networks.



Joni McGaha, QuadCo Network Director, with award

Stroke Risk Factors:

- High Blood Pressure
- High Cholesterol
- Heart Disease
- Diabetes
- Smoking
- Heavy Alcohol Use
- Physical Inactivity and Obesity
- Atrial Fibrillation
- Family History of Stroke

Act FAST - facial droop, arm numbness or weakness, slurred speech, difficulty speaking - Call 911

Marathon held in Montgomery County

article by Pat Smith

As in years past, 8:00am and 24 degrees in December along the shores of Lake Ouachita is downright frigid. But cold or not, December 10, 2011, was a beautiful, sunshiny day as 53 participants lined up near the Denby Bay trailhead for the annual Lake Ouachita Vista Trail (LOViT) Marathon. Observers doubted that the lycra shorts would be that warm but the runners were dancing in anticipation.

At 26.2 miles, the LOViT Marathon's path passes through the Tompkins Bend and Joplin trail heads heading for the top of Hickory Nut Mountain and then turns around for a return trip. The trail

rises 900 feet in elevation along the way, with half the elevation being in the last mile to the summit. At the top, the runners were provided fluids and snacks by a group of Traildog volunteers who, between runners, clustered around a roaring fire and enjoyed a pot of hot chili cooked up by Bonnie Carr, wife of Marathon organizer Phillip Carr.



Runners came from far and near,

with a runner from Idaho making the longest trip to participate. As usual, the participants gave enthusiastic reviews to the race organization and the condition of the trail.

Phillip and the Traildog volunteers are already looking forward to 2012.

The LOViT Marathon is sponsored by the Montgomery County Health Education Advisory Board, Friends of Lake

Ouachita, Inc. and the LOViT traildogs and is administered by the [Arkansas Ultra Running Association \(AURA\)](#).

Hempstead County HHI Celebration held in December

Hempstead County held their annual Hometown Health Improvement (HHI) celebration December 14th. The lunch was catered by Dos Loco Gringos.

Eddie Greenwood, RN, CHNS, gave a presentation on the Color Me grant activities at Clinton Primary School in Hope.



Funds for "Color Me" provide education and fresh healthy snacks to students. Each month features a different color and fruits and vegetables are chosen by color group.

Community service groups volun-

teer and develop fun programs each month for the elementary students.

Greenwood also gave a presentation to six nursing students with UACCH in Hope on December 5th. She discussed risks factors and consequences for childhood obesity, type II diabetes in childhood, pediatric blood pressure, and ACT 1220. She also taught the students how to perform a BMI assessment using protocol developed by the state.

Polk County Celebration Luncheon Held

Brenda Huff LHU Adm. interviewed for article

There were twelve people in attendance for the Polk County Quality of Life meeting held at Pappa's Mexican Café on Dec. 12th. The group reviewed highlights of the previous year and made plans for

next year.

New committees for the upcoming year include Youth, Wellness, Seniors, and a Membership Committee.

The group was particularly proud

of Walk Across Polk County, currently in its 8th year. This program has grown each year with over 400 participants in 2011.

The Oaks Assisted Retirement Community opened recently. This has been a project of the Senior Committee for the past 2-3 years. They received funding from various grants to complete this project.

Over 400 local citizens participated in Walk Across Polk Co. this past year.

Outstanding Service Award established

HEALTH in Columbia County coalition members gathered in December for their 8th annual hometown health celebration. Members voted to retain the same slate of officers for 2012 and watched a slideshow highlighting the year's activities and accomplishments.

The first annual Outstanding Service Award was established in 2011 to recognize a HEALTH Coalition member who has taken an active role in the HEALTH Coalition, and/or demonstrated unconditional support and loyalty to the organization, and/or dedicated him or herself to the development of a healthier community.

Kim Keith was chosen as the recipient of the award in recognition of her many skills and hard work put forth on behalf of the coalition and her support and loyalty to the organization. Tia Wesson, HEALTH chair presented the award.

A Certificate of Appreciation was presented to representatives of the three sites that provide a meeting location and lunch to the coalition throughout

the year: Magnolia Health and Rehabilitation, Wentworth Place, and

Magnolia Regional Medical Center. Administrators of the facilities were also given a poinsettia and box of candy.

Health topics and community information can also be found on the HEALTH in Columbia County Face-

book page. Check it out and "like" their page!



Kim Keith (left) accepts award from Tia Wesson Chair of HEALTH

Teen Driving addressed in Nevada County

Janet McAdams gave a presentation to the Prescott Rotary Club on Dec. 6th that included local data on the health impact of motor vehicle injury and death. She discussed the new prevention laws and efforts that have recently been put in place to hopefully save lives.



A DVD depicting injured and deceased teen drivers was shown to the group. One of the passengers not wearing a seatbelt caused the injury and deaths. Rotarians were encouraged to help enforce the new graduated drivers

license laws by taking the information back to their co-workers and families.

McAdams told the group of other local efforts to inform parents about Act 811, a new law that prohibits smoking in a vehicle with a child under 14 years of age. Law enforcement officers and school personnel are working together to get the word out about this important new law.

Pike and Montgomery to start Baby Safety Showers

Pike and Montgomery Counties were notified by AR Children's Hospital of a \$5,000 award to hold Baby Safety Showers for expectant moms. The funds are being provided through New York Life Insurance and should provide car seats and home safety supplies for up to 40 infants.

Montgomery County received an additional 16 car seats this month

from UAMS Child Passenger Safety Program. These car seats will also help in this effort. Bonnie Carr RHS for both counties stated that they received four types of car seats to help with children from birth to sixty pounds.

In related news: Pike County is partnering with a



newly formed Junior Auxiliary to work on health related projects. The group hopes to form a partnership on additional initiatives. A meeting is scheduled for January 18th. The public is welcome to attend.



Janet McAdams, HHI Manager, SWR
 Bonnie Carr, RHS, Montgomery Co.
 Joni McGaha, HHI Coordinator
 Arnell Washington, RHS, Miller Co.
 Sarah Powell, RHS, Hempstead Co.

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Montgomery County Health Education Advisory Board

Montgomery County Health Education Advisory Board (MCHEAB) held its annual Hometown Health celebration on December 9th at the Civic Center in Mt. Ida. Members reflected on 2011 coalition projects and activities. Highlights of the year included the annual Hike for the Cure, LOViT Marathon, completion and dedication of the 6th leg of the LOViT trail and Handicap Accessible Watchable Wildlife Trail, Operation Pumpucation, and over \$8,500 in grant funding received.



Twenty coalition members enjoyed a lunch catered by Little Italy. Everyone agreed that 2011 was another successful year of helping to improve the lives of the citizens of Montgomery County.

Back Page News:

Ouachita County

A Healthy Ouachita County (AHOC) and the United Community Resource Council, a subcommittee of AHOC, distributed 296 boxes of food and clothes to needy families in Ouachita County during the holidays.

The boxes valued at between \$75-\$85 each were put together in one day by over 35 volunteers.

Gifts and clothes for those homes with children were also included. Each child received a minimum of \$50 worth of clothes and gifts with the food box. Donations were collected all year long to help pay for the food.

Over \$5,000.00 in perishable food was purchased and put in the food boxes.

AHOC received \$300 from an Entergy Grant to continue providing "You

Doc's" syndicated newspaper article featured in the Camden paper each week. It is a popular syndicated question and answer article written by Dr.



Volunteers help with Christmas boxes in Ouachita County.

Micahel Roizen and Dr. Mehmet Oz.

The coalition has plans to apply for another grant to fund a permanent

drug drop box for the county that will be placed at the Sheriff's Department.

Dallas County

A Farmers Market Committee from the DASH coalition will visit Nashville this month to meet with the Growing Healthy Communities group there. The Dallas County group hopes to learn information and tips for successfully starting a market of their own.

DASH recently received a grant of \$7,500 from Jefferson Regional Medical Center to work on obesity prevention in the community. They also have a new AmeriCorp member who is instrumental in the development of the community garden and farmers market. He is housed and supervised at the County Extension Office.

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