

INSIDE THIS ISSUE:

Walkability	2
Community Garden	2
CHNS & CHPS	3
Cancer Support	3
Fitness Adventures	4
Around the Region	4

**July
UV Safety Month**

Anyone can get skin cancer, but the risk is greatest for people with:

- White or light-colored skin with freckles
- Blond or red hair
- Blue or green eyes

You can take these steps to help prevent skin cancer:

- Stay out of the sun between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher.
- Cover up with long sleeves and a hat. Check your skin regularly for any changes.

Farmers Market opens in Fordyce

The grand opening and ribbon cutting for the Dallas County Farmers Market was held on Saturday, June 2nd. Nine produce vendors had fresh fruits and vegetables for sale, as well as jams and jellies. Two wholesalers were on hand to offer flowers and green plants. And a few nonprofit groups sold crafts, baked items, and hamburgers and hot dogs to raise money for their organizations. Entertainment for the kickoff was provided by several local talents.

More than 100 people visited the market on kickoff day and subsequent Saturdays have each attracted 60 plus visitors. Attendance is counted by tickets entered for door prizes, most of which are donated by vendors, and are offered every Saturday. Following opening day, the market has been open every Monday, Wednesday, and Saturday from 7:30 a.m.

until all produce is sold. In addition to entertainment, cooking demonstrations have proven to be a popular event at the market. Free samples of black-eye pea salsa and zucchini bread were offered to all attendees at the grand opening.



The Fordyce Mayor and Dallas County Judge helped Farmers Market Committee members cut the ribbon at the grand opening.

The next weekend a local woman, originally from France, showed the crowd how to make crepes stuffed with

homemade strawberry jam and Nutella. The next demonstration will be July 14th and will feature zucchini tacos, guacamole, and salsa.

Market-goers and vendors are eager to share ideas with each other on how to prepare vegetables. There is also a display area for recipes and nutrition brochures, as well as information about the WIC supplemental food program. The community is supporting the market and one resident reportedly visits three times a day to see what's new and to enjoy the camaraderie. And last, but not least, the growers are providing healthy food options for residents and are able to make a profit. So far, the produce offered has included tomatoes, purple hull peas, peppers, squash, zucchini, corn, peaches, blueberries, watermelons, and cantaloupes.

Injury Prevention Conversation Café

LIFE Coalition partnered with the Arkansas Game & Fish Commission (AGFC) to hold the first ever Conversation Café in Lafayette County with a focus on injury prevention. The event was held at Bancorp South in Lewisville on June 26. LIFE Coalition members Tonya Clark and Edie Greenwood provided information about

the Arkansas Graduated Driver Licensing Law, ATV safety, bicycle safety, and child safety in and around the home and car. AGFC personnel gave away fans, information about ATV and boating safety, and first aid kits with Band-Aids & sunscreen. Representatives from the County Extension Office were also on hand.

They set up a display on preventing falls among the elderly. A healthy brunch was provided for those in attendance and all were given an insulated coffee mug. The parting gifts were provided by the LIFE Coalition with funding from their ADAP grant received through the Prevention Resource Center in Texarkana.

Community Walkability

The following article was written by Don Adams, ADH SW Regional Director, for the quarterly *Partnerships for the Pathway* newsletter.

The term walkability can be defined as a measure of how well an area is suited or adapted for walking. Before there was an automobile in every driveway, towns and cities were designed around walking as a primary mode of transportation. Fast forward to today and many communities are designed solely around the automobile with little or no thought to pedestrian traffic. Due to zoning laws, new development often cannot legally conform to the historic patterns that were so pedestrian-friendly.

Add in the proliferation of the television, personal computer and mechanization of many labor intensive jobs and you have the ingredients for a very sedentary U.S. population. It is now common for many individuals to go through the entire day without the

need to walk more than few hundred feet. This inactive lifestyle does not come without consequences, perhaps most dramatically to our health. It is no coincidence that the rise in obesity in our nation has coincided with decades of development patterns that have made walking unsafe and difficult. Even people that are not overweight suffer declines in physical and mental health if they are sedentary.

Communities across the country, like Texarkana, have begun to recognize and address this problem. Without sidewalks, crosswalks, pleasant scenery, and a place to go, most people walk only as far as their cars. Walkable communities help create a culture that encourages and supports healthy lifestyles.

In addition to the health benefits, getting out of the house to walk contributes to emotional and mental well-being and provides opportunities for social interaction not possible in auto-

mobiles. If this were not enough, there is an increasing body of evidence that suggested improved walkability is associated with higher value for residential, office and retail properties.

Recently two of my children and I made a two mile walking trip to a store and back to return a movie. This journey was possible because of a new trail recently built in Texarkana. Previous to this trail there was not a safe pedestrian route from my house to this store. It was a pleasant trip, stopping along the way to look at tadpoles in a creek, listening to the latest drama happening at school, and me offering out-of-date advice. I'll take that over a trip in my car any day.

For our physical, mental, social and economic health, please join the Partnership for the Pathway's efforts to help improve walkability in the Texarkana area.

Dallas County Community Garden

This is the second year for the community garden sponsored by the DASH Coalition. The garden is producing okra, peas, tomatoes, squash, zucchini, corn, watermelons, and cantaloupes in more quantities than ever. Different 4-H Club members and leaders rotate on Friday mornings to pick produce from the garden and put it on a table for



A 4-H leader shows youth which vegetables are ready to pick.

senior citizens to choose from. Seniors can bring a bag and fill it up with vegetables, free of charge; however, some of them prefer to pick their own. The students also volunteer to help the elderly bag the produce and carry it to their car. Each Friday averages about 25 participants.

This venture is a win-win situation for young and old alike. Youth are taught about gardening and when the vegetables are ready to be picked and the senior citizens are able to have fresh produce without the cost.

Three local churches also send members to pick in the garden. They each sponsor food programs that give food to people in need. They will rotate as long as the garden is producing.

Along with the newly opened Farmers Market, sharing food from the community garden encourages the whole community to reach the DASH goal of increasing each individual's servings of fruits and vegetables to 5 a day.



A 4-H member loads a table with peas from the garden.

Summer is busy time for CHNS and CHPS

The Community Health Nurse Specialists (CHNS) and Community Health Promotion Specialist (CHPS) participated in the statewide CHNS/CHPS meeting in Little Rock on June 11. Representatives from AR SAVES, Child and Adolescent Health, More Than Sad, and the Arkansas Poison and Drug Information Center spoke to the group. Updates were also given on Coordinated School Health, the Hearing Screening Committee, SLV Clinics, and school nurses. Some of the CHNS spoke about their experiences at the Underage Drinking Conference and the Weight of the Nation Conference.

Southwest Region CHPS Emily Lyons and CHNS Tommie Rogers from the Dawson Cooperative participated in the Comprehensive Youth Tobacco Intervention Initiative and Child Abuse and Neglect Mandated Reporting presentations held at the College of the Ouachitas in Malvern on June 13. They set up a tobacco, nutrition, and physical activity display using tri-fold boards on smoking, second hand smoke, and nu-

trition. Other visuals included posters on Act 811, Mr. Gross Mouth, and the black lung. Numerous brochures, SOS pencils, and "The Lifetime Cost of Chew" calculators were made available for interested participants.

CHNS Rhonda McDonald, South-Central Service Cooperative, hosted two six-hour workshops for school personnel in June. One was a mandatory training on maltreatment. Topics included heat and cold injuries, texting and distracted driving, maltreatment, teen violence, and student/teacher relationships. McDonald and CHNS Edie Greenwood made four of the presentations.

On June 21st the subject matter included mental health, Rethink Your Drink, testicular cancer, sun safety, and an overview of STDs. McDonald and CHPS Emily Lyons presented all but one of the topics.

Cheryl Byrd, CHNS, hosted "How to Assist with Traumatic Brain Injury,

Autism Spectrum Disorder and Other Disorders that Impact Learning: Information for Nurses in the School Setting" with Aleecia Starkey on June 27th at the De Queen Mena Educational Services Cooperative. There were 29 participants, including school nurses, counselors, and teachers.

Edie Greenwood with the Southwest Educational Cooperative and Cheryl Byrd have been busy providing CPR/AED/First Aid certification training for school staff. Several classes were held in June. The CHNS took the opportunity to discuss heart and lung health risks of tobacco with participants as well as the need for users of tobacco to quit. A resource table was also set up with information on tobacco prevention and cessation, Act 811, seizure activity, bike and helmet safety, car seat use, texting and driving, boating and water safety, signs of heart attack and stroke, disaster preparedness, the Primary Seatbelt Law, the Poison Hotline, asthma, and allergies.

Summertime Fun

The Summer Fun Adventure program kicked off July 9th at the Fordyce Civic Center. The 4-week program is free to all children, thanks to funding from a Jefferson Regional Medical Center Community Grant. The DASH Coalition collaborated with the Fordyce Civic Center to apply for the grant to increase physical activity in the summer among school-age children. Program participants meet Monday,



Program participants meet Monday, Wednesday, and Friday to enjoy treasure hunts on the walking trail, relay boat races in the pool and water aerobics with water paddles. They will also get an introduction into the Power 90 fitness program boot camp and will get to play Kinect-Xbox games inside. Last year more than 100 youth participated in the program.

Cancer support offered in Polk County

Polk County Quality of Life Coalition has started a Face to Face Cancer Support Group. It is for people who have been diagnosed with any kind of cancer, for caregivers of people with cancer, or for those who just want to support cancer patients. The group gives no

medical advice and functions strictly as a support group. There has been an average of 20 folks in attendance at the meetings. For their first fundraising project the group sold "Pink Friday" tee-shirts featuring the coalition's logo. So far

they have raised \$6,203.89. Plans are to spend the money raised for special projects such as gas cards, birthday cake, and gifts for group members celebrating another birthday, which is a huge milestone for some cancer patients.



Joni McGaha, HHI Coord., Union Co., Editor
Sarah Powell, RHS, Hempstead Co.
Arnell Washington, RHS, Miller Co.
Bonnie Carr—RHS, Montgomery Co.

SOUTHWEST REGION HOMETOWN HEALTH

Keeping Your Hometown Healthy

www.healthyarkansas.com

Food, Fun, Fitness, and Adventures

The Food, Fun & Fitness Camp and Teen Adventure Trips just wrapped up in Howard County. These were just two of the many activities funded through a \$57,150.00 Blue and You Foundation Grant the Howard County Health Improvement Coalition received.

The half-day camp was conducted the week of June 11-15, 2012 at the Nashville City Park. All 14 participants were present each day to enjoy the action.

Daily activities focused on nutrition, exercise, and the outdoors. Programs included: daily exercise with an instructor from Bell's Gym; a daily safety education program with Howard Memorial Hospital, Nashville Police Department, Howard County Ambulance Service, Nashville Fire Department and K9 Search & Rescue; a nutrition program by University of Arkansas Cooperative Extension Service – Howard County, daily arts/crafts program provided by the Elberta Arts Center; tree identification with the Arkansas Forestry Commission, a geocaching program and daily sports program provided by the Nashville City Park; a gardening and herb workshop provided by the Howard County Farmer's Market, Girls Day out and Boys Day Out programs; and daily planning and preparation of healthy meals and snacks.

There were two Teen Adventure Trips which were taken on June 7th and June 29th from 8 a.m. to 4 p.m. The first trip was to the Crater of Diamonds State Park where four teens participated in "Diamond Mining 101" from Park Interpreter, Waymon Cox and hunted for diamonds the first half of the day. After a healthy lunch, the afternoon was spent at the Diamond Springs Water Park.

On the second trip, six teenagers participated in zip lining and swimming at the Timber Lodge Ranch, where they also took advantage of the game room.

Due to the success of both programs, they will receive continued funding through the City of Nashville, Parks & Recreation Commission.

Around the Region...

Clark County - Community Health Nurse Specialist Edie Greenwood conducted a Baby Safety Shower in Clark County on June 7th. The event focused on infant mortality, infant injury prevention, car seat safety, crib safety, fire/burn safety and safety of children in and around the home. Greenwood distributed injury prevention material from Arkansas Children's Hospital, the DVD - Period of Purple Crying, and bibs and onesies with a no-smoking message. The harms of second-hand smoke to an infant and children were discussed. Information was distributed on Act 811, which prohibits smoking in a vehicle with a child 14 and under. There were 28 people in attendance.

Hot Spring County - The Bethel AME Church in Malvern sponsored two recent events to provide important health information to church and community members.

A regional training for adults was sponsored by the church on June 15th and also featured information booths. Martha Waite, RN and clinic coordinator at Hot Spring County Health Unit staffed one of them following a 45 minute talk to the group of 75. Her presentation on adult

health issues included the following topics: diabetes mellitus, nutrition, stroke prevention and recognition, hypertension, myocardial infarction, hyperlipidemia, physical activity, oral health, and tobacco use and cessation.

On June 21st Waite met with 15 teens and four adults at the church for a one-hour frank discussion regarding sex, pregnancy and STD'S.

Lafayette County Health Unit Administrator Tonya Clark and Arnell Washington, Rural Health Specialist, participated in the Healthcare Fair in Bradley on June 8. They set up a booth on injury prevention and Tonya offered free blood pressures checks to the 75 people who attended. Injury prevention topics included the graduated drivers' license, cell phone usage, bicycle safety, ATV safety, and safety for children in and around the car and home. There was a diverse group of attendees and vendors. One of the vendors provided lunch for all attendees.

On the same day Tonya visited with 18 employees at the County Shop to discuss heat related injuries and what to do if they occur.

Ouachita County Health Unit administrator Rebecca Wright spoke at the Camden Noon Lion's Club on June 6. She informed the group of new services at the health unit including the Telehealth units provided by UAMS, T-Spot that will start in July, and the Colposcopy partnership with Arkansas Children's Hospital. Members were also told about the collaboration between the Ouachita County Medical Center and State Farm to offer Baby Safety Showers to expecting parents. In closing, Wright told attendees that people can register to vote at the health unit and also reminded them of the SOS Tobacco Quitline.

Union County - Rhonda McDonald, CHNS, presented a PowerPoint presentation and video on teen distracted driving to 15 MASH students on June 14th at AHEC-SW in El Dorado. MASH stands for Medical Applications of Science for Health and is sponsored statewide by UAMS and Arkansas Farm Bureau. The two-weeks of class are held each summer for high school students interested in health profession.