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Growing Healthy Communities

The Arkansas Coalition for Obesity Prevention (ArCOP), held its 3rd annual Growing Healthy Communities (GHC) Immersion Training at the DeGray Lake State Park Convention Center April 30-May 2, 2012. The training was for GHC team members to show them how to take their communities to the next level by implementing environmental and policy changes that support healthy living.

Seventeen communities were represented at the training this year, including Dallas, Howard, and Union Counties from the Southwest Region. Five of the communities were chosen as project sites and were awarded \$12,000 each to implement programs to reduce obesity and increase physical activity. Five others who submitted applications were not funded but are eligible to receive technical assistance from ArCOP. The City of Nashville was one of the funded sites. Representatives in attendance included Debra Bolding, Wendy Harris, Kalonji Benson, Telisa Benson and Howard County Health Unit Administrator Donna Webb. The focus of their GHC committee is to encourage healthy nutrition by finding

ways to increase the availability of locally-grown fresh produce. This committee partners with the Howard County Farmers' Market and Red Dirt Master Gardeners, who maintain a local demonstration organic garden that donates produce to local senior citizens and WIC recipients.

DASH (Dallas County Alliance Supporting Health) was one of the non-funded sites in attendance. DASH members Bobbie Dunlap, Ramona Osborne, and Donna Ferguson, Dallas County Health Unit Administrator, attended the training as representatives.

Joni McGaha and Arnell Washington, Southwest Region Hometown Health support staff, were also in attendance.

The keynote speaker for the event was Harrison Rue, an expert on environmental planning, policy, and implementation for the development of livable communities. Other speakers included Joy Carrington and Dr. Rosa Hatch from the Office of Minority Health, Carole Garner, R.D. with ACHI, and a panel discussion with Emerson Goodwin, Executive Director of Bridges to Wellness, Heather Kizer, City of Bryant, Billy Blann, El Dorado City Council, and Harrison Rue.

The ArCOP Access to Healthy Foods Team presented "Keep it Growing: Taking Your Market, Garden, or Healthy Food Policy to the Next Level. The Farm to School program was highlighted and other resources like Fit to Live, Ag in the Classroom, Fuel Up to Play, The People Tree, and many other programs and grant opportunities were discussed. The ArCOP Built Environment Team presented key concepts and policy changes they hope to accomplish, including complete streets legislation in 2013. Team members shared many ideas and examples of how communities can be healthy and vibrant through active design.

Training participants were also given the opportunity to watch the HBO documentary "Weight of the Nation" prior to it being released. All received screening toolkits to take home and share in their communities.



Nashville representatives are presented with a banner from ArCOP.

How Can I Protect My Skin From the Sun?

Nothing can completely undo sun damage, although the skin can sometimes repair itself. So, it's never too late to begin protecting yourself from the sun. Follow these tips to help prevent sun-related skin problems:

- Apply sunscreen with a sun protection factor (SPF) of 30 or greater at least 30 minutes before sun exposure and then every few hours thereafter.
- Wear wide-brimmed hats, long sleeved shirts, and pants.
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.
- Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths.
- Be a good role model and foster skin cancer prevention habits in your child.
- Avoid tanning beds.

Source: ADA

Southwest Arkansas Prevention Task Force

On May 21st and 22nd, the SW Arkansas Prevention Task Force held a training at Old Washington Historic State Park to focus on capacity building. The purpose of the event was to work on Task Force promotion and revamp the group's strategic plan to incorporate more injury prevention specific interventions and programs.

There were a total of 21 adults from the region in attendance. Participants represented: ADH, UAMS-Texarkana, Dept of Community Correction, BEAT Tobacco Control, U of A Cooperative Extension, SW AR Domestic Violence, PRC, and community volunteers.

The Southwest Arkansas Prevention Task Force has served as the lead prevention organization for the region since 2007.

Through a diverse membership, the Task Force monitors local prevention efforts, provides support, and serves as a resource for local groups. The Special Prevention Unit (SPU) operates under the Task Force to empower youth to become peer leaders in their schools and community.

The Task Force has been successfully supporting the SPU effort for the past five years, helping to grow and sustain these groups at the local level. Key supporting partners include local Hometown Health Improvement Coalitions, the BEAT Tobacco Control Coalition, and the Arkansas Y.E.S. Team.



Prevention Taskforce logo

The Southwest Arkansas Prevention Task Force was developed to address prevention issues in southwest Arkansas as a regional group and serve as a resource to local HHI Coalitions. The Task Force is a collaboration of community members who work together to build and develop healthy relationships among youth, adults, schools, businesses, law enforcement, faith-based organizations, and the community in general. The Task Force is comprised of several project committees and an executive committee that provides

leadership for the group. Monthly committee meetings and quarterly reporting meetings take place to help plan, implement and evaluate programs conducted by the Task Force.

Howard County Farmers Market and Gardens

Sharpshooters 4H Club leader Kim Rodgers (left) and Nashville Chamber of Commerce Director Mike Reese (center) worked with volunteer Margaret Villas (right) recently to build and install universally-designed beds at the Nashville Demonstration Organic Garden. The demonstration garden is located at Howard County Farmers' Market and already has vegetable and herb beds that are maintained by local Master Gardeners and butterfly garden beds that are main-



tained by the Lucky Clovers 4H Club.

The new raised beds will be completed this month and will allow those with limited mobility to garden and grow their own produce. They are being set up as a public demonstration project by the Sharpshooters 4H Club.

Amerities in Hope donated the untreated hardwood railroad ties used for one of the beds and Parrish Equipment provided the feed bin ring at cost for another bed. Tony Fatherree donated gravel for the site and installed water

lines for the drip irrigation system to be added later.

The Farmer's Market hosted their first cooking demo of the 2012 season on Friday June 1st. Jean Ince, Howard County Extension Agent showed everyone the art of using herbs to replace sodium in the diet. She discussed how to store herbs and spices, as well. Participants had the opportunity to taste different herbs and receive herb recipes. A variety of herbal butters and pestos were available that were prepared from herbs grown in the Nashville Demonstration Organic Garden.

LIFE Investment in Lafayette County

Tonya Clark, RN, health unit administrator, coordinated the 7th Annual LIFE Investment Health Fair at Bodcaw Bank during Public Health Week. There were 11 vendors present who provided information on health, blood pressure, MyPlate, blood sugar normalcies, mental health, aging process, injury prevention, boating safety, stroke/heart attack awareness and Medicaid application process.

Edie Greenwood, Community Health Nurse Specialist and Tonya prepared a booth with information and giveaways about smoking cessation and underage drinking prevention. The Wadley ScanVan was available by appointment on this day for those interested in having basic screenings done to check for blockages and preliminary signs of stroke and heart attack. Approximately 80 people attended the event.

Tonya gave a small presentation recently to 20 guys who work at the Lafayette County Shop about basic first aid and the importance of preventive care. She talked about tobacco use and its consequences, including how it affects blood pressure. Screenings for blood pressure were performed and those with high numbers were referred to their primary care doctor.

Stomping Out Negative Choices

On May 1st, the SW AR Prevention Task Force hosted its 3rd regional "Stomp Out Negative Choices" event held in Texarkana, AR. The training focused on team building, underage drinking prevention, effective communication strategies, self esteem building, conflict resolution, refusal skills, physical and internet bullying prevention, tobacco prevention, and strategies for positive decision making skills.

This training hosted the Extreme Youth Leadership trainers out of Midland, TX, Let Our Violence End (L.O.V.E.) Inc. out of Little Rock, ADH Community Health Nurse Specialists, Ashdown Schools Special Prevention Unit (SPU), and Pike County START youth leadership groups as presenters.

The "Stomp Out" event planning team consisted of SW AR Prevention Task Force adult members and 22 Ashdown SPU youth

and 13 Pike County School START youth.

A total of 146 students participated in the event from 10 area schools and two school teachers accompanied each school group. Last, but not least, a total of 35 youth leaders participated in the event as facilitators, good behavior specialists, media helpers, or volunteers in general.

National Women's Health Week

National Women's Health Week was celebrated in Dallas County with a Tea at the Fordyce Senior Center on May 11th. The event was open to all women, regardless of age.

Guest speaker Lori Eudy, Education Coordinator, South AR Center on Aging, explained that National Women's Health Week empowers women to make their health a top priority. With the theme "It's Your Time," the nationwide initiative encouraged women to take simple steps for a longer, healthier, and happier life. Important steps include:

- Getting at least 2 1/2 hours of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week
- Eating a nutritious diet
- Visiting a health care professional to receive regular checkups and preventive screenings
- Avoiding risky behaviors, such as smoking and not wearing a seatbelt
- Paying attention to mental health, including getting enough sleep and managing stress

Margaret Gray, Senior Circle Advisor spoke on aging well by continuing to do physical

activities that are enjoyed. Tammy Gunter, Dallas County Medical Center Outpatient Behavioral Health, spoke on Sleep and how to address the problems that so many Americans have. Nancy Bailey, Area Agency on Aging, did Tai Chi energizers throughout the Tea and informed the group about her agency, Tai Chi, and classes available in the community. Jo Rood, Dallas County Extension Homemakers Council President told participants about some of the wonderful clubs in the county and invited women to join one. Healthy refreshments and door prizes rounded out the event.

Diabetic education in Howard County

(Nashville, AR) - Howard Memorial Hospital, in partnership with the Howard County Health Unit, Howard County Health Coalition, UAMS AHEC-Southwest and University of Arkansas Division of Agriculture, developed a diabetic education curriculum-Diabetes & You. The eight-week course is designed to help people with diabetes learn how to understand and manage their disease.

Participants complete pre and post-course

to measure their needs and monitor improvements. Topics covered in the classes include Physical Activity, Nutrition, Medication Management, Disease Management and Individual Goals.

The course began March 21st with seven participants and ended with six completing all eight classes.

The following are six areas that were monitored for improvement:

- Hemoglobin A1C-83%
- Cholesterol- 50%
- Weight- 50%
- BMI-33%
- Blood Pressure-50%
- Pulse-33%

Also improved following the course completion was their knowledge of physical activity, nutrition and medication management.

“Stepping Out to TOUCH Union County”

The TOUCH Coalition sponsored an 8-week fitness program that kicked off on February 25th and ended on April 22nd. Fourteen teams consisting of 73 participants competed for trophies and prizes. Fifty-four people signed up for the optional weight loss, waist loss, and BMI challenges.

Along with daily activity, the program offered an educational component called “Wellness Wisdom”. Four different nutrition and physical activity topics were presented throughout the program.

During the fitness challenge, participants reported their minutes of focused physical

activity at the end of each week. They received minutes of exercise added to the week as well as entries into the grand prize drawing for exercising at least 30 minutes 3 times or more a week, attending the “Wellness Wisdom” classes, registering early, and attending the kick off on February 25th. At the end of the 8-week period, these minutes were totaled to see which team scored the most points for their activities. The team, HealthWorks UnTOUCHables” won the overall prize with a total of 38,910 points, Rowdy Razorbacks came in second with a total of 29,599 total points and “Exercise Extension” came in third with a total of 22,947 points. Totals for all the

teams were 210,278 minutes and 17,523 miles. The grand prize drawings included several gift cards ranging from \$25-\$100, an iPod shuffle, and numerous other fitness related prizes.

Several Union County Health Unit employees participated on a team and won prizes. The “Gut Busters” Team consisted of Rachael Davis, Yelena Nelson, Latisha Miller, Kim Basco, Regina Baker, and Yolanda Allen. Ashley Nale and Joni McGaha were members of the “Frazzle Dazzle” team. Rachael Davis won the prize for losing the most weight challenge and Yelena Nelson won a \$100 gift card as a door prize.

Learn Your ABC'S

Sevier County Health Department employees and Community Health Nurse Specialist Cheryl Byrd participated in the 31st annual Sevier County Senior Citizens Appreciation Day that was held on May 25, 2012 at the County Courthouse Square.

“Million Hearts” was the theme this year and over 400 senior citizens registered at the event. “Million Hearts” is a national CDC initiative to prevent one million heart attacks and strokes over the next 5 years by encouraging senior citizens – who have long been out of school – to study up on their

ABCs (capital “S” intended).

- A** stands for – appropriate aspirin therapy
- B** stands for – blood pressure management
- C** stands for – cholesterol management
- S** stands for – smoking cessation

The health department participated by providing height, weight and BMI measurements. They also partnered with the AR Heart Hospital to help with cardiac screening through blood work (triglycerides, total

cholesterol, and glucose) and calculated cardiac risk factors for participants.



Sevier County H.U. staff at Senior Citizen Appreciation Day

Patient education included the effects of tobacco, diet, and physical activity on cardio health. Written materials available to participants included tobacco cessation and QUILTINE information.

Arkansas Department of Health

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Back Page News

Dallas County- DASH Across Dallas County (DADC), an 8-week competitive walking program, just finished it's 7th year. There were 18 teams of 144 individuals who exercised and walked a total of 15,861 miles. Fordyce Elementary students participated and walked 2,220 miles. Teams were divided into 3 divisions and each winning team member was awarded \$50 in Chamber Bucks to be spent in Fordyce. The winning teams were Fun-N-Fit 2, DCMC Code Blue, and Golden Oldies. Fun-N-Fit won by 1 mile with 805 miles to War Eagle's 804 miles. Samuel Allen and Jamillia Highsmith were the student winners of the boys and girls bicycles. All students were given sports bags and water bottles for participating. Adult teams were given pedometers. The celebration had healthy snacks of fruit, chips with black eyed pea salsa, and water. Twenty-five community members were in attendance.

Hot Spring County- Two powerful programs were presented to 350 students at Bismarck High School on May 16th about drug and alcohol awareness and prevention, as well as consequences of DWI, STD/HIV, and teen pregnancy. All students had the opportunity to do a pretest before each lecture and a post test afterward to test their knowledge of the facts on these subjects. On hand to do the programs were staff from

Garland County Cares, Arkansas Department of Health (ADH), Arkansas State Police, Hot Spring County Emergency Management, Bismarck Fire Department, Arkansas Forestry Commission and ADH Public Health Preparedness. Each program also had a booth for the students to visit during their scheduled breaks. The Arkansas State Police set up a driving course for the students to participate in. They used a golf cart and the DWI goggles to demonstrate the effects of impaired driving. Edie Greenwood, Community Health Nurse Specialist (CHNS), presented the STD/HIV/Teen Pregnancy program. There was a great response from the students, parents, and staff members and a request has already been made to repeat the programs at the school next year.



Nevada County- Edie Greenwood, CHNS, presented First Aid information to a group of 8th grade Career Orientation students at Prescott High School. Included in the presentation was an overview of first aid, different first aid procedures, when to call 911 and how to help a choking victim.

Miller County- A program on Teen Pregnancy and STD's was presented to 85 8th and 9th grade students at Fouke High School on May 14th by Edie Greenwood, CHNS. Teen pregnancy statistics were given and consequences and where to turn for help were discussed, Viral and bacterial STD's were addressed and symptoms in males, females and infants were explained. Students were told how ADH helps with treatment and information.

Montgomery County- The Montgomery County Health Unit partnered with the Montgomery County Extension Office to host the annual Ag Day for 3rd and 4th grade students in the three area schools. Students rotated thru sessions that included topics on tobacco, nutrition, gun safety, "Wow that Cow", animal safety and gardening. Bonnie Carr, RHS presented "Tobacco is Not Cool" and talked about the dangers of tobacco, the tobacco industry's marketing to youth, and learning to say "no".



BOATING SAFETY

Safety on the Water

Arkansas has many lakes and miles of rivers and streams perfect for boating. But whether in a fishing boat, powerboat, sailboat or a personal watercraft (like a jet ski), boating can be dangerous. Keep boating safe and fun for everyone by following the tips below.

Tips for Safe Boating

Wear a life jacket.

- In Arkansas, all boats and jet skis must have a U.S. Coast Guard (USCG)-approved life jacket for every person on board. The USCG seal will be on a label in the back of a jacket (like a t-shirt label).
- Any person being towed by a boat or jet ski must wear a USCG-approved life jacket.

No drinking or using drugs when boating.

- Drinking or using drugs while operating a boat or jet ski is illegal.
- Just like with cars, have a designated driver. Don't let your children ride with anyone who is impaired.

Watch children at all times when they are in or near water.

- Swimming lessons are a great idea for kids, but they do not make children drown proof.
- Be within arm's reach of all children under the age of 5.
- Designate a "Water Watcher." A "Water Watcher" is an adult who watches the water at all times, is not distracted by their cell phone or other activity, is sober, knows how to swim and knows how to perform CPR.

Know and understand Arkansas' boating laws.

- Any person born in or after 1986, must pass a boater education course run by the Arkansas Game and Fish Commission (AGFC) to operate a powerboat, sailboat or jet ski.
- The boater education card must be carried at all times on the water.
- Visit the AGFC at www.agfc.com/education/Pages/EducationBoating.aspx to learn more about Arkansas boating laws.



Life Jacket Tips

- All children and adults who are not good swimmers should always wear a life jacket whenever in and around water.
- In Arkansas, children 12 and under must wear a USCG life jacket in boats on the water.
- Jackets with flotation collars are a good idea for small children to keep their faces out of the water.
- To make sure a life jacket fits correctly, fasten all straps or zip the jacket. Pull up on the jacket from the shoulders. It's too big if the jacket can be lifted above the chin.



Statewide Injury Prevention Program

(501) 364-3400 or (866) 611-3445 • www.archildrens.org/injury_prevention
Sources: American Academy of Pediatrics, American Red Cross, Arkansas Game and Fish Commission