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Students Learn About Diabetes

The Hot Spring County Medical Center and the Healthy Hot Spring County Coalition applied for a grant to provide diabetes education for Malvern School 8th graders. The goal of the program is to reduce the risk of diabetes in the Malvern 8th grade students through education about diabetes and healthy lifestyle choices. The grant will provide education programs every month in the school year through their Enrichment and Health Classes. Students will be provided educational materials, pedometers, exercise bands, t-shirts, arm bands and healthy snacks. All materials provided will be incorporated into learning objectives of the program. The students will participate in Diabetes Education Month in November and will sport their new "Knock out Diabetes" t-shirts and

arm bands. Students will learn about healthy weight and body mass index and will be given exercise diaries to keep up with their daily exercises. They will also have the opportunity to wear the Body Fat Vests to demonstrate the stress that the extra weight can put on the body. Dr. Purifoy (Malvern doctor) kicked off the first diabetes education program on September 14th. He educated the students on diabetes, the consequences of diabetes and the risk of unhealthy eating, obesity, and lack of physical activity. A pre-test was given to the students on the kick-off day to test their knowledge about diabetes. When the

program concludes at the end of the school year, the students will take a post-test to show their gained knowledge about diabetes. Suellen Simpson, RN, Hot Spring County Administrator, and Bonnie Carr, BS, CHES, Rural Health Specialist, helped with the grant submission and actively participate in work plan meetings and the monthly education classes. The hospital and coalition are very excited about the grant program and look forward to working with the students to increase their knowledge about diabetes.



It's hard to know for sure what babies

like since they can't tell us. Babies do tend to cry more when placed on their backs. In fact, for many "hard to soothe" infants, placing them on their stomachs does seem to calm them and help them fall to sleep. Also, babies wake less when on their stomachs. But should parents give in and place their little ones on their tummies? **They should certainly not!** Infants are more likely to have apnea when on their stomachs. But more convincing than any other fact is that **belly-sleep has up to 12.9 times the risk of death as back-sleep.**



Raising Awareness in Sevier County

Article submitted by Madison McCullough, DeQueen High School Student

Earlier this month the Sevier County Health Department had quite a bit of action going on out in the hall. It's not very common to hear much giggling in the building, teens tend to associate the discomfort of shots and medical attention to the health department, but on October 3 a group of local teen girls gathered in the clinic for a much different reason-to help their community.

In honor of October being Breast Cancer Awareness Month, representatives from DeQueen's National Honor So-

ciety and National Art Honor Society came running with paint and markers and youthful vigor in hand. To raise awareness about the issue of breast cancer in our community, the clinic had expressed the need for volunteers to decorate doors in the clinic. Nearly every door up and down the hall was covered with pink paper when they arrived and each was splashed with creativity and generosity when they left.

Initially there had been a bit of concern about starting a brand new program like this. Who would come? When could they do it? Could they get enough volunteers to do a good job? Turns out it was all for nothing. It all came together rather well. Research was done to gather ideas and collect visuals for reference, contacts were made at the school to gather volunteers, and the high school art teacher gladly shared some much needed supplies. Each student picked a door and went straight to work and each door has a unique touch of that open gen-

erous heart in its artwork and theme.

Some themes used were cute or endearing like "Save the Hooters" and "Fight Like a Girl". Others might be considered a bit sobering with straight facts and spaces left for patients to fill in the names of survivors and those whose memory is honored by our continued struggle. All served an implicit and vitally important purpose-to prompt community education and awareness for this tragic disease. Perhaps celebration is not the correct word to use in reference to Breast Cancer Awareness month, but it could definitely be used to describe how the local community will honor the beautiful giving spirit shown by these young women. What a bright future they promise!

So hats off to all those volunteers, Bethany Tatum, Madison McCullough, Beatriz Wences, Magali Gallardo, Rosa Linda Gallardo, Maria Magana, Marisol Escamilla, and Valeria Gomez.



DASH Addressing High Blood Pressure

DASH Coalition collaborated with local minority churches on a grant received from the Arkansas Minority Health Commission to address and prevent early onset cardiovascular disease among the African American population. In an effort to increase opportunities for minorities in Dallas County to receive cardiovascular related screenings, the grant collaborators are working together to screen and track results among local residents.

The idea for the project was a direct result from a recent town hall meeting where one half of the participants were African American students and their parents. A secondary goal of the initiative is to talk with the minority youth about the importance of being drug free and signing pledges. The students are educated on the risk factors of alcohol, tobacco, and drug use and how to use their support systems to abstain.

By the end of the grant cycle, two Community Rallies will have been held to target the

students, but also require the parents to attend. At the Rally the youth will learn about alcohol, tobacco and other drug prevention and the adults will learn about hypertension and other cardiovascular related diseases and the prevalence of these diseases among the African American population. Blood pressure checks will be offered for adults and cards will be given to help them track their numbers.



In an effort to improve health care access and service delivery regarding

hypertension in minority populations, the HBP screenings and tracking will continue locally. After the Community Rallies are held, the HBP screening tools will be given to local small businesses who primarily serve minorities, such as barber shops. The owners of these businesses will be trained on how to take blood pressure readings and record results for tracking.

The first Community Rally was held in July and the second is scheduled for October. At the first rally, representatives from over seven minority churches attended. Twenty-nine youth pledged to abstain from alcohol, tobacco, and all other harmful drugs. Wanda Andrews, Master in Addiction Studies, presented "The Choice Is Yours" program. Conchetta Knight, counselor from the Department of Corrections was also a presenter. Parents were amazed to find out how wide spread under age drinking is and how the majority of the youth in high school use alcohol according to local APNA data. Youth were able to admit that it is a problem they have to face.

Adults who have survived hypertension or a stroke talked about their experiences and how they wished they would have made better choices when they were younger. Educational material was displayed on stroke and hypertension. Each parent received a bag of materials along with general HBP information. Healthy snacks were provided and healthy eating was encouraged.

Nevada County Covering All Ground at Fair

Nevada County set up 3 booths at the Nevada County Fair in August. One booth concentrated on ADH services



provided at local units. The 2nd Booth was for the Prescott Nevada County Health Alliance and had pamphlets about cancer prevention, cardiovascular health, injury prevention, and the SOS Quitline. The 3rd booth was Breastfeeding and WIC promotion. Rita Stokes, Clinic Coordinator, and Louise Johnson, clerk,

provided information about food packages, income guidelines, WIC calendars, and recipe cards. There were approximately 200 people in attendance during the week of the Fair. The health unit booth received a 2nd place ribbon and the coalition and breastfeeding booths each received 1st place ribbons.



**SOUTHWEST
REGION
HOMETOWN
HEALTH**

**Sarah Powell, Editor - RHS
Joni McGaha - HHI Manager
Bonnie Carr - HHI Coordinator
Arnell Washington - RHS**

Keeping Your Hometown

www.healthy.arkansas.gov

Great News!! The HOPE Coalition met their goal and will start an official Weight Watchers program in Hope. The class starts at 6:00 pm with registration and weigh-in starting at 5:30 pm. They must have at least 25 people at the first meeting.

WeightWatchers®
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Weight Watchers

Tuesday—6:00pm

Beginning October 9

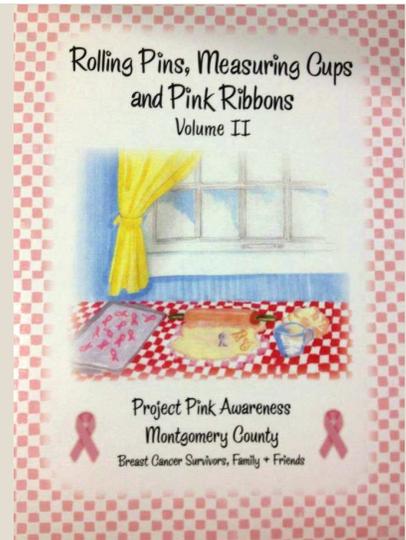
**Hempstead County
Health Unit**

**808 W. 5th Street
Hope, AR**

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Weight-in begins 30 minutes prior to meeting time.
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Cookbooks for sale- Project Pink Awareness Montgomery County has printed Volume II of their "Rolling Pins, Measuring Cups and Pink Ribbons" Cookbook. The cookbook is full of new recipes gathered from breast cancer survivors, friends and family. The cookbooks are \$14 and can be ordered by contacting Bonnie Carr at bonnie.carr@arkansas.gov. These cookbooks make great presents for cancer survivors, birthdays, anniversaries and Christmas presents!

Around the Region

The **Columbia County** Fair hosted a display for the HEALTH Coalition highlighting Child Safety; including information on Home Safety, Burn and Fire Safety, Tobacco Prevention, ATV Safety, Teen Driving, SIDS Prevention, Child Passenger Safety, Protection from the Sun, and Drowning. The booth won the First Place Ribbon.



The **Hot Spring County** Health Unit participated in the annual health fair at College of the Ouachitas in Malvern. All 5 local high schools bused students to participate in the health fair activi-

ties and tour the college campus. Health unit staff visited with the teens, college students and staff about all programs offered by ADH, SOS, Injury Prevention, Emergency Preparedness, Nutrition, Physical Activity, Teen Pregnancy, STD, and HIV.

CTFA Holds Successful 10th Anniversary Conference: Over 160 advocates from around the state celebrated public health successes from the past decade when they gathered for the Coalition for a Tobacco Free Arkansas' 10th annual Striking Out Tobacco in Arkansas Conference in North Little Rock in September. Attendees heard presentations from some of the most distinguished tobacco control authorities in the nation. The Coalition for a Tobacco Free Arkansas is a statewide network of organizations with a shared mission to challenge the tobacco indus-

try. More information can be found at www.arfreshair.com.

Howard County Extension Agent, Jean Ince, received the 1st place National Community Partnership Award in Columbus, Ohio. The award was presented by the National Extension Association of Family and Consumer Sciences. The award was in recognition for the partnership between Extension and the local community, mainly the work done in Nashville through Growing Healthy Communities. Ince also conducted a workshop session highlighting the work of the committee.

