

**Southwest
Region
Hometown
Health**

Southwest Regional News

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INSIDE THIS ISSUE:

Herbal Workshop	2
Safety Baby Shower Training	2
AR Insurance Expansion	3
Around the Region	3
LIFE Health Fair	4
STD Awareness	5
Safe Sleep Grant	6

Child Abuse Prevention

The six protective Factors

- Nurturing and attachment
- Knowledge of parenting and child development
- Parental resilience
- Social connections
- Concrete support for parents
- Social and emotional competence of children.

For more information:

National Child Abuse Prevention Month



Visit www.childwelfare.gov/preventing/preventionmonth

National Public Health Week

April 1-7 was National Public Health Week (NPHW). According to the American Public Health Association, (APHA), the public health community has celebrated this observance by focusing on issues that are important to improving the health of the public.

In Arkansas, the Arkansas Department of Health (ADH) has helped advance public health for over 100 years through disease control, immunizations, maternal and child health, sanitation, safer food and drinking water. Public Health advancement in Arkansas has also been credited for adding 25 years to the life expectancy in the United States.

In most recent years, ADH has worked to ensure laws and regulations to restrict smoking, establish a comprehensive trauma system, impose graduated seat belt laws and expand water fluoridation. Future pub-

lic health activities will address obesity, chronic disease prevention and treatment, teen pregnancy and infant mortality.



Immunization, WIC, Laboratory, Tobacco, Chronic Diseases, Infectious diseases, Emergency Preparedness, Environmental Health, Local public health, Family Health, Minority Health and Health Disparities were available to all that attended.

The LHU staff prepared finger foods for the event. Approximately 40 attended the event.

Health units around the region celebrated this milestone in various ways. The Nevada County Health Unit held a community coffee on 4-3-13 in celebration of 100 years of Public Health. A display was set up in the front foyer with handouts for the 100 years of Public Health. Information on



HEALTH Supports Child Safety

Columbia County Health Coalition HEALTH (Helping Everyone Achieve Long Term Health in Columbia County) contributed \$500 to the Magnolia Police Department in February for purchase of child safety materials. The materials will be distributed by police officers as outreach to area youth in the City of Magnolia.

The coalition president, Kimberly Keith (third from left) presented the check to Magnolia Police Chief Glenn Maxwell (second from left). Also pictured are Arnell Washington, Rural Health Program Specialist (left); Melinda Harrell (third from right), Administrator, Columbia County Health Unit; Glenn Proctor, Magnolia Police

Department (second from right); and Phyllis Disotell (right) HEALTH coalition treasurer.



Herbal Vinegar Workshop

Ridgeway Baptist Church held an herbal vinegar workshop Thursday March 21st at their monthly Ladies Night Out meeting. The workshop was conducted by Howard County Farmers' Market Co-Manager Debra Bolding and market grower Albert Motta. Participants learned how to make healthy, quality herbal-flavored vinegars and each took home vinegars they prepared in the workshop as well as several herbs to plant in their home gardens. The workshop was a "trial run" for a series of activities planned for this year at the Nash-

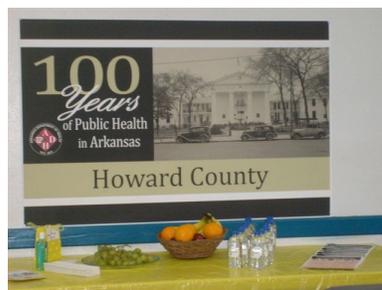
ville Demonstration Organic Garden which is located adjacent to the Howard County Farmers' Market. The farmers' market will be open each Friday beginning in May and Master Gardeners plan to offer workshops, like the herbal vinegar class, at the demo garden in conjunction with cooking demonstrations at the market pavilion. During Thursday's workshop, participants also heard about the importance of honey bees and recent activities of the Southwest Arkansas Beekeepers Extension Homemakers Club and a new

Junior Beekeeping Program. For more information contact Debra Bolding at 870-557-2352 or Albert Motta at 870-200-1733. Anyone interested in activities planned at the farmers market and demonstration garden this year may check the markets' webpage on the Nashville Chamber of Commerce website at www.nashvillear.com



National Public Health Week cont'd

In Howard County, the National Public Health Week/100 years of public health in Arkansas is being celebrated with a display in the lobby along with fact sheets and timelines. Healthy snacks are also provided for clients and visitors each day.



"Public health is vital

Howard County 100 years display

to our well-being, from the food we eat to the air we breathe, from our own personal health to the effectiveness of our nation's health system," said Georges Benjamin, MD, executive director of APHA. "National Public Health Week is an exciting opportunity for us to join hundreds of our partners in communities across the country to underscore the value

of public health, its positive impact on our lives and the importance of advocating for strong public health systems."

Every year, chronic diseases such as heart disease, cancer and diabetes are responsible for millions of premature deaths. Unintentional injuries, such as motor vehicle crashes, poisonings, and burns rank among the top 10 causes of death for people aged 44 and younger. Catching and preventing these illnesses and incidents before they develop is the key to improving our nation's health.

To learn more, visit:

www.apha.org/programs/healthweek/

Safety Baby Shower Training in Hempstead County

The Statewide Injury Prevention Program (SIPP) organized a Safety Baby Shower (SBS) training at UACCH in Hope for individuals across various agencies in the Southwest region to serve as trainers for the SBS program. The shower is geared towards pregnant women to educate them about home safety, safe sleep for infants, infant crying and Shaken Baby Syndrome and child passenger safety in a festive and fun-themed environment to enable

them enjoy the experience of their upcoming arrival while learning the importance of safety for their babies. The class was taught by Reid Parnell, the Home Safety Project Analyst for SIPP at the Arkansas Children Hospital. Some of the agencies that were in attendance include Arkansas Department of Health, Little River



Cross section of attendees in the training class.

County Ambulance Service, Nevada County Ambulance Service, Wadley Regional at Hope and Cossatot Community College University of Arkansas.



Arkansas Insurance Expansion under the Affordable Care Act (ACA)

On March 19, The Miller Bowie Health Coalition in cooperation with UAMS Southwest, ADH (Miller County Health Unit) and Arkansas Center for Health Improvement (ACHI) hosted a presentation on “Arkansas Insurance Expansion under the affordable Care Act”. The speaker, Rhonda Hill, MPH, the Director of the Health Care Finance Initiative at ACHI delivered the presentation. She gave extensive information on the benefits of the expansion to Arkansans and also used facts and figures to support the information she presented. Under the ACA:

- Approximately 200,000 uninsured Arkansans with incomes between

139% and 400% FPL will be newly eligible for subsidized coverage.

- An estimated 250,000 Arkansans with incomes under 139% FPL will be newly eligible for enrollment under Medicaid expansion.
- 100% of costs through 2015 and 90% of costs through 2020 and thereafter for Medicaid expansion will be covered by the federal government, not Arkansas state tax payers.
- State Medicaid expansions are significantly associated with reduced adult mortality as well as

improved coverage and access to care

Some of the agencies that were represented include Arkansas Department of Health, American Cancer Society, Boy Scouts of America, UAMS, The Healing Place, SW Literacy Council, Wadley Regional Medical Center, Retired Seniors Volunteer Program (RSVP) and Southwest Arkansas Counseling & Mental Health Center (SWACMHC) among others. The presentation was held at UAMS Southwest in Texarkana.

For more information on Insurance expansion in Arkansas, visit the Arkansas Center for Health Improvement’s website at www.achi.net

Kindergarten Round-up

In Clark County, Tommie Rogers, CHNS and Emily Lyons, CHPS participated in the Gurdon Kindergarten Round-up event held on March 28 by helping in conducting BMI’s on the 40 students enrolling in Pre- K and Kindergarten for the 2013-14 school year. The Dawson CoOp conducted developmental testing and the school nurses did hearing tests and used vision cards to check the students’ vision. A booth was set up by the ADH staff on physical activity, nutrition, tobacco cessation, Stamp Out Smoking and ACT 811. SOS activity pages and a nutrition booklet were given to the students to take home.

Imagination Library

“Imagination Library” is a program kicking off in Dallas County and is aimed at providing one book per month for children and each book will be personally addressed to each child. The age range of children that can participate in the program is from birth through five (5). Children participate free of charge and parents can help their kids up sign up through the Dolly Parton’s foundation, Rotary, DASH, the local library, and other partnering clubs. Studies from similar programs have shown that parents will read to their children more, children will begin reading at earlier ages and will test higher going into school. For more information on this program, contact Donna Ferguson, Administrator, Dallas County LHMU.

Around the Region...

Union County: Several employees at the Union County Health Unit started a competition in January to provide motivation for losing weight and increasing physical activity. The 11-week contest kicked off on January 2nd when everyone came back to work after the holidays. Eleven participants weighed in and assessed their body fat percentage. From then on they were free to choose the weight loss and exercise plan that worked best for them.

Seven people remained in the program and weighed out on March 22nd with a total weight loss of 63 pounds. The winner, Ashley Nale, lost 14.6 pounds and 5.1% body fat. The majority of participants said they plan to keep working out and eating a healthy diet to continue to improve their health.

Nevada County: The PNCHA had their annual celebration on 3-13-13 at the Nevada County Library. Topics on

the agenda included, Baby Safety Showers, Arkansas Children’s Week, Jami Powell Conference, 100 Year celebration Public Health, Prom Promise, Grow and Share, and Literacy Campaign for drug and alcohol prevention.



Lunch was prepared by Pat Hicks.

L.I.F.E Annual Investment Health Fair

L.I.F.E (Lafayette County Improving the Futures for Everyone) Coalition sponsored the annual LIFE Investment Health Fair at Bodcaw Bank in Stamps on Wednesday, April 3, 2013 in honor of public health week and to celebrate 100 years of public health. Nine vendors participated from the Lafayette County community and surrounding communities. There were approximately 70-80 community members in attendance. Free health screenings such as blood pressure, body fat analysis, blood sugar, cholesterol and pulse oxygenation levels were provided by various vendors. The tooth fairy was also in attendance and there were about 6 children under 5 years old that

came to visit the tooth fairy, learned how to brush their teeth properly and got to practice brushing teeth on Mr. Dinosaur. There were 11 parting gifts given that day. The 100 years of public health banner was displayed at the front of the bank. Bodcaw Bank provided a light lunch for vendors. This event is a yearly success and bank officials and community members are



looking forward to hosting the event again next year.

Arnell Washington, Rural Health Specialist (right) getting his BP checked at the health fair.



Vendors at the L.I.F.E Health Fair



Tonya Clark, RN, Administrator, Lafayette County LHU at the ADH booth at the Health Fair.



L.I.F.E Investment Health Fair!



The tooth fairy with some of the children that attended the LIFE Health Fair (Pictured on left)

(Pictured on right): ADH Staff in attendance. Standing: Eddie Greenwood (left) & Tonya Clark (right). Sitting: Arnell Washington (left) & Chychy Smith (right).



April is Sexually Transmitted Diseases Awareness month

April is STD Awareness Month, an opportunity for individuals, doctors, and community-based organizations to address ways to prevent some of the nearly 20 million new sexually-transmitted diseases (STDs) that occur in the United States each year. In honor of STD Awareness Month, the SWR sponsored a contest for a STD clinic outreach project. The project guidelines were flexible and could include bulletin boards, door displays, or any other type of educational display. The LHU's had to submit a picture of their entries to Cindy Humphries, SWR Patient Care

Manager electronically for judging. The judging was done by the SWR CD and

MCH teams as well as some SWR DIS staff at their March combined team meeting. The winning entries were announced on April 3rd. Dallas County was the winning entry with their bulletin board that focused on the "3 T's: Talk, Test, Treat". Hempstead County was the runner-up winner with their bulletin board that focused on the statistic of "1 in 4 teens have an STD—Do You?" Both Dallas County and Hempstead County will be treated with an ice cream sundae party for their staff on a day of their choosing. We appreciate all the hard work that went into each of the projects!



Winning Poster—Dallas County (on left); Runner-up, Hempstead County (on right)

Blue and You Grants

The Blue & You Foundation for a Healthier Arkansas is accepting applications for large and small grants to organizations to implement health improvement programs in Arkansas. Any public charity, public school, government agency, or non-profit hospital in Arkansas is eligible to apply. Funds must be used in an effort that produces some posi-

tive health outcome for Arkansans. Regular grants of \$5,000 to \$150,000 have an application deadline of July 15 and will be awarded in November this year for 2014 health programs, said Patrick O'Sullivan, executive director of the Blue & You Foundation. Applications for \$1,000 mini-grants will be accepted in the months of April,

May and June, with 25 mini-grants allotted for each of the three months, for a total of 75 grants. Applicants will be notified of mini-grant awards within approximately 30 days. Information about the grants and the online application submission process can be found at www.BlueAndYouFoundationArkansas.org.

Around the Region cont'd

Howard County: Howard Memorial Hospital has been named one of the Top 100 Critical Access Hospitals in the U.S, the announcement was made at a press conference. Representatives from Governor Mike Beebe's office were on hand for the announcement and External Affairs Liaison Bharath Mohan says the hospital is the only facility in the state to receive this award. Rural hospitals play a critical role in providing healthcare to commu-

nities across America. HMH continues to strive to meet the hospital's mission: "Quality Care Close to Home."



Montgomery County: Cheryl Byrd, RN gave a 2-hour Teen Suicide Preven-

tion PowerPoint presentation at Mount Ida High School entitled "More than Sad" to 72 certified and classified school personnel. DVDs were given to school counselors, as well as, AFSP brochures on suicide prevention, hotline information, surviving after a loss, about AFSP and T.A.L.K. cards with gatekeepers' information, AR resources and warning signs of suicide.



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SOUTHWEST REGION HOMETOWN HEALTH

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www.healthy.arkansas.gov

April is Alcohol Awareness Month

April marks Alcohol Awareness Month, a nationwide campaign intended to raise awareness of the health and social problems that excessive alcohol consumption can cause for individuals, their families, and their communities. Excessive drinking is a dangerous behavior for both men and women. This year, CDC is drawing attention to the risks to women's health from binge drinking, the most common type of excessive alcohol consumption by adults.

Binge drinking is defined as consuming 4 or more drinks per occasion for women and 5 or more drinks per occasion for men. It is a common and dangerous behavior that contributes to more than 11,500 deaths among women in the U.S. each year—approximately 32 deaths per day

Binge drinking usually leads to impairment, and women who binge drink with greater frequency and intensity put themselves and those around them at increased risk of experiencing alcohol-related harms, particularly if they are pregnant or may become pregnant.

Binge drinking increases the risk for breast cancer, heart disease, and stroke, all of which are leading causes of death in women. For more information, visit

www.cdc.gov/features/alcoholawareness/

Local group receives safe sleep initiative grant

The Southwest Arkansas Prevention Taskforce has received a \$1,500.00 grant through the Eunice Kennedy Shriver National Institute of Child Health and Human Development Arkansas Safe Sleep/Sudden Infant Death Syndrome Grant Project.

Grant funding will support safe sleep/SIDS health education through local Safety Baby Showers for expecting mothers and their partners, as well as supporting caregivers. The showers provide participants with newborn safety information, including safe sleep methods, in a relaxed and fun setting. The Safety Baby Shower is an education initiative of the Arkansas Children's Hospital Statewide Injury Prevention Program and is hosted locally by the Miller Bowie Health Coalition. Supporting organizations include the Arkansas Department of Health Miller County Health Unit, CHRISTUS St. Michael Health System, 1st Choice Pregnancy Resource Center, Wadley Regional Medical Center and UAMS Southwest. There is no cost to attend the shower, but pre-registration is required.

For more information about the Safety Baby Showers or safe sleep/SIDS, please call 870-779-6010 or e-mail prevention-taskforce@yahoo.com.

The Southwest Arkansas Prevention Taskforce is a collaboration of community members who work together to build and develop healthy relationships among youth, adults, schools, businesses, law enforcement, faith-based and the community in general. The Taskforce is the sponsoring organization of the Special Prevention Units, providing adult technical assistance to youth and their projects.



Around the region cont'd

Columbia County: The HEALTH coalition presented a prescription drop-box to the Magnolia police department in March. The drop-box is located at the police department and will allow people to dispose of any unwanted medications at any time of the day; the box will be accessible every day, all year round. Prescription and over-the-counter medications, ointments, patches and pet medications may be dropped off in this box. The drop-box was bought with a grant from the Prevention Resource Center in El Dorado, a division of the UAMS Area Health and Education clinic.