

**INSIDE THIS ISSUE:**

<b>Fitness Challenge time!</b>	<b>2</b>
<b>LIFE Coalition celebration</b>	<b>2</b>
<b>SWTRAC</b>	<b>3</b>
<b>SIPP website</b>	<b>4</b>
<b>In The News</b>	<b>4</b>

**Care for a Heart Attack**

- **Recognize the signals of a heart attack**
- **Convince the victim to stop activity and rest**
- **Help the victim to rest comfortably**
- **Try to obtain information about the victim's condition**
- **Comfort the victim**
- **Call 911 for help**
- **Assist with medication, if prescribed**
- **Monitor the victim's condition**
- **Be prepared to give CPR if the victim's heart stop beating**

(Tips copied from the American Red Cross)

## Am I Having a Heart Attack?

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.

Other signs may include break-

ing out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call



9-1-1 or your emergency response number. Calling 9-1-1 is almost always the fastest way to get

lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

(Information copied from the American Heart Association)



## Homeless Count in Hot Spring County

The Hot Spring County Health Unit participated in a community outreach event on January 22nd at the Malvern 4-H Center to help count the number of homeless people in their county. Several organizations from the county were present to provide information on resources within

the community. The LHU was there to offer flu shots to the homeless participants. Information on SOS, Emergency Preparedness, General Health, Family Planning Services, WIC services, Breast Care and immunizations was also available.

The LHU handed out hygiene kits to homeless participants that came and visited their booth. The event was sponsored by CADC Department of Housing and Urban Development in conjunction with area churches, community organizations and businesses.

## Diabetes education at Malvern Middle School

The Hot Spring County Medical Center, Hot Spring County Health Unit and the Healthy Hot Spring County Coalition are continuing their monthly diabetes classes for 8th graders at Malvern Middle School. Over the past couple of months the students have learned about:

- What is Diabetes?
- Nutrition & Food Diaries
- Food groups & Food models
- Diabetic wounds
- Super Size Me video
- Exercising with bands

The students have the opportunity to ask questions and be interactive with the presenters. The classes are taught on the second Friday each month dur-

ing the students Enrichment class. Individual Health and P.E. classes were used to teach the food group and food model classes. The students were also given the opportunity to weigh and to see their body fat percentage on a new scale that was purchased through the grant.

In January, Dennis Morris, at Physical Therapist at Hot Spring County Medical Center, showed the students how to use bands to exercise with. Mr. Morris showed them several different exercises and proper techniques. Each



student received a band and a print out of exercises to take home with them.

Many more activities are planned through the end of the school year.

The month of February is Heart Month and the group will visit the individual health classes to talk about Heart Health and also give the students and opportunity to try on the "fat suit". Two fat suits were purchased with the grant to show students how gaining weight and adding fat to your body can affect you.



## It's Fitness Challenge Time

Every year the Arkansas Department of Health encourages its employees and other organizations across the state to participate in the Blue and You Fitness Challenge (BYFC). According to the Center for Disease Control and Prevention an estimated sixty-five percent (65%) of Arkansans are considered overweight or obese. The goal of the Blue and You Fitness Challenge is to encourage physical activity. It is a contest during which employees of organizations participate in eligible exercises (cardiovascular focused) for a three-month period (March 1 – May 31).

Employees may begin to register for the BYFC beginning **February 1st – 28th** by visiting the following link: <https://ecure.blueandyoufitnesschallenge-ark.com/index.aspx> Scroll to the bottom of the page and go to step 3 (individual registration) and enter your group code "ADH" to register. This year, you can earn 10 points in the Arkansas Healthy Employee Lifestyle Program (AHELP) for the participation and completion of the BYFC. Once this challenge has ended, log into the AHELP system (<https://www.ahelp.arkansas.gov/>) then

click on the **Participant** icon then **Yearly Activity Entry Page**. From this page you will be able to provide yourself 10 additional points. Also, as you track your progress on the BYFC site, be sure to also track your cardiovascular exercise on the AHELP site using the daily entry page. For any questions or concerns about the BYFC or AHELP contact [Katrina.Betancourt@arkansas.gov](mailto:Katrina.Betancourt@arkansas.gov) there will be more information to come as we approach the challenge.

## LIFE Coalition celebrates 8th birthday

On Thursday, January 10th, the LIFE Coalition hosted it's 8th annual celebration and provided a light lunch for their coalition members with funding from the Arkansas Department of Health.

Tonya Clark, RN, LHU Adm., presented a Powerpoint about the coalition entitled LIFE Coalition: "Where We've Been, Where We Are and Where We're Going". Old pictures and memories were brought up from the last 6 years of the coalitions existence. Coalition members who were there at the kick-off of the coalition brought great memories to light

to be added to the Powerpoint presentation in the future. Plans for future projects were discussed and all attendees enjoyed themselves. LIFE pens and coffee mugs were handed out to all in attendance. Contact information for the coalition members was updated and the group is excited about starting another successful year for the coalition.

(Pictured at right: Lafayette County coalition members– Improving the Future for Lafayette County)



## Southwest Region TRAC

The Southwest Region TRAC Injury Prevention Committee recently met and decided to divide our region into 3 districts so that each district could look at the injury prevention needs in their common area.

Each of the districts met separately in January to decide how to spend the IP funds. Reid Parnell with SIPP attended all three meetings and presented regional IP data. A list of current local IP activities was distributed and we also heard presentations from agencies who provide IP prevention education in areas such as falls, traumatic brain injury, etc. Taking all of this into account, as well as what is already in place locally, TRAC members (hospital and emergency responders) and community/coalition members in each district came to a consensus on which IP area they would like to focus on.

The East District includes Calhoun, Columbia, Dallas, Nevada, Ouachita, and Union Counties. This group agreed to focus on ATV Safety education and the importance of wearing helmets for biking, skating, riding ATV's, etc. A "train-the-trainer" workshop on ATV Safety will be scheduled in Magnolia, hopefully in February. We hope to contract with a local man who has overcome a TBI to provide presentations in the schools as well as purchase some bicycle helmets to give away at events. All of these counties

have or are in the process of purchasing drug drop boxes so the group felt this would help prevent poisonings and unintentional suicides. There are many programs being conducted locally that address fall prevention and group members agreed to promote these as much as possible.

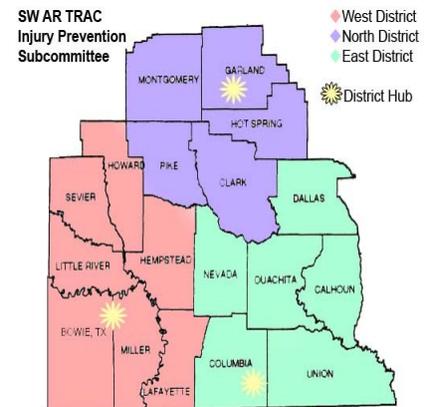
The West District includes Bowie, Hempstead, Howard, Lafayette, Little River, Miller, and Sevier Counties. Most of these counties already have or will have Safety Baby Showers in the near future. The group felt the need to support these efforts by using their funds to purchase items for showers to help sustain them.

The North District includes Clark, Garland, Hot Spring, Montgomery, and Pike Counties. Their focus will be on boating safety/education. They will work with Game and Fish, the Corps of Engineers, and the Fire Department Lake Patrol units to reward good boating behavior and educate those who display unsafe behaviors. They plan on purchasing waterproof bags with safety information printed on them that can be used on boats to store paperwork, cell phones, etc. (Information submitted by Joni McGaha, SWR HHI Manager).

HHI Support Staff represented local coalitions at each district meeting and shared information with the TRAC members about the injury prevention activities that are currently being done in each county.

HHI staff stressed to them the importance of the local hospitals, emergency responders and ambulance services getting involved with the coalition so they will be more aware of the projects that are being done and to also bring their resources to the table. The HHI Staff's goal was to help them understand that collaboration will be the key to successful injury prevention programs in each county.

Amanda Newton, SWTRAC Injury Prevention Committee chair, gathered all the ideas from each district to take back to the SWTRAC members for approval. Follow-up meetings have been planned for each district in February to start planning activities based on the TRAC's approval on the projects selected.



## Students receive scholarships at Health Center opening

Two students, from the Cossatot Community College of the University of Arkansas, won a \$500 scholarship to the college at the Grand opening of the Cossatot Health Center. The center is located on the south side of the Sevier County Campus. The center is open each Tuesday and treats patients on a sliding fee scale. The grand opening featured a workshop sponsored by the Million Hearts Campaign focusing on cardiovascular health. Pictured is scholarship winner Alex Parson, Cossatot Financial Aid Administrative Specialist, Shawna Stinnett and scholarship winner Denver Strang.



## Welcome Aboard!

The HHI Support Staff would like to welcome to our staff Mrs. Chy-Chy Smith. ChyChy is the new Rural Health Specialist for Miller, Lafayette, Little River and Columbia County. We know you will help us in making her feel welcome into the ADH family!

## Bon Voyage!

Best of luck and well wishes on your retirement Ms. Glenda Gotcher. You will be missed by your ADH family! Please keep in touch!



SW Region HHI Support Staff

- Bonnie Carr, HHI Coordinator, Editor
- Joni McGaha, HHI Regional Manager
- Sarah Powell, Rural Health Specialist
- Arnell Washington, Rural Health Specialist
- ChyChy Smith, Rural Health Specialist
- \*\*\*\*\*
- Edie Greenwood, Community Health Nurse Specialist
- Tommy Rogers, Community Health Nurse Specialist
- Rhonda McDonald, Community Health Nurse Specialist
- Cheryl Byrd, Community Health Nurse Specialist
- Kim Hooks, Community Health Nurse Specialist Supervisor
- Emily Lyons, Community Health Promotion Specialist

“Keeping Your Hometown Healthy”

www.healthy.arkansas.gov

In the news.....

**Polk County-** Brenda Huff, LHU Administrator and Stacy Voisin, RN, Clinic Coordinator, spent a day visiting with local physicians and the local hospital to share with them the WIC/Breastfeeding book by Thomas Hall. The book was presented to them as a way to help support WIC and Breastfeeding for expectant mothers in the community as well as share information about the WIC program. The books were presented to the Mena Center for Women’s Health, Rich Mtn. Family Medical Clinic, Mena Family Health Center, Mt. View Clinic, Rich Mtn. Women’s Center and the Mena Regional Health System/Labor & Delivery.

**Clark County-** The Clark County Health Unit held the annual Free Prostate Cancer Screening event at the LHU on January 18th. 43 men came through the clinic for the free blood work. Kathy Loden, LHU Administrator, helps in organizing the event each year.

**Community Health Nurse updates-** Edie Greenwood, RN, CHNS, presented Heartsaver CPR/AED classes for teachers and staff at Nevada School District on

January 28 & 29th. Edie discussed with the participants about tobacco cessation and the need to quit as well as heart and lung health risk with tobacco use. A total of 15 participants completed the Heartsaver class.

Tommy Rogers, RN, BSN, CHNS, met with Malvern School District Wellness Committee on January 23rd. The Wellness Committee is looking to apply for a Wellness Center grant in the next funding cycle and is working to meet all the requirements of the grant. Members of the grant committee attending a required video conference at Dawson Co-op to be eligible to apply. Committee members have already become active on the Healthy Hot Spring County Coalition and will be working with other community groups and agencies for letters of support and help with grant writing.

**Stamp Out Smoking-** Every year, SOS works with middle and high school students statewide to develop a 27-second commercial on the dangers of using tobacco and how the tobacco industry targets kids. The theme this year is “Use Your Voice to Silence Big To-

SIPP LAUNCHES NEW INJURY PREVENTION WEBSITE

The Arkansas Department of Health and the Arkansas Children’s Hospital Injury Prevention Center are pleased to announce the implementation of the Statewide Injury Prevention Program (SIPP) website: [www.sipp.arkansas.gov](http://www.sipp.arkansas.gov). Additionally, the site can also be accessed through the Arkansas Department of Health website: <http://www.healthy.arkansas.gov/programsServices/Pages/default.aspx>.

The purpose of the SIPP website is to provide a primary communication and information link to our injury prevention partners throughout the state. Some of the features of the new site include:

- Statewide injury data (CDC mortality data and ADH hospital discharge data) for each Trauma Region
- Links to CDC sites for additional data
- Links to Injury Prevention Fact Sheets( for community and clinical settings)
- Links to prevention resources for immediate use as well as additional information on evidence based and best practice programs
- Coming soon: Calendar of training/Injury Prevention Outreach activities and additional newsletters

The agencies are very excited about the potential for this website to provide valuable information and technical resources to their partners. Take time to go to the website, use it and give them your feedback on how they can improve the site to better serve you. Please submit your comments to Gary Ragen, SIPP Coordinator, at [gragen@uams.edu](mailto:gragen@uams.edu).

bacco” and SOS needs your help in promoting the contest in schools in your community. The contest runs from January 28th to March 8th. For more information and to download application forms go to <http://www.bigpitchfilmfestival.com/>

Looking ahead to the March 2013 newsletter:

- **Montgomery County Paints the County Pink.....**
- **SW Region coalitions receive PRC project scope grants.....**
- **The LOViT trail continues....**
- **Nevada County Grow & Share Program.....**
- **Southwest Arkansas Farmers Market Consortium....**