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**March is
National
Nutrition Month**

Don't let busy days and travel keep you from eating right!

For desktop dining, keep single-serve packages of crackers, fruit, peanut butter, low-sodium soup or canned tuna in your desk.

On the go? Tuck non-perishable foods in a purse, briefcase, or backpack for a meal on the run. Try granola bars, peanut butter and crackers, fruit, trail mix, or single-serve packages of whole grain cereal or crackers.

Visit www.eatright.org for more tips.

Happy birthday public health!

February 25, 2013 marked the 100 year anniversary of the Arkansas Department of Health. Several SW region health units took the opportunity to celebrate and educate the public about the advances that have taken place in public health over the last century.

Clark County Health Unit kicked things off on February 25th with a reception at the unit. County Judge Ron Daniell was on hand to sign a proclamation honoring employees for their service to the public. A collection of antique medical instruments, equipment, and books, as well as pictures and newspaper articles from the past, were displayed and guests

were advised of how each item was used, who used it, how it worked, etc. Booklets and brochures of "100 Years of Service" provided visitors with a history of pivotal public

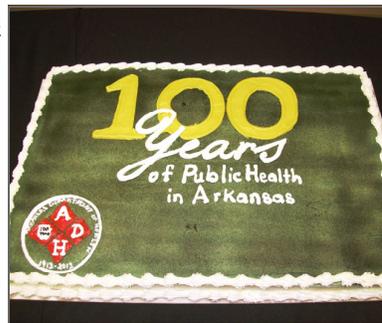
health services that have had the greatest impact on the health and lives of Arkansans since 1913. Punch and a cake featuring the 100 year logo were provided for community members, retirees, and staff in attendance.

The Hempstead County Health Unit celebrated 100 years of Public Health in Arkansas with a reception at the office on

Monday, February 25 from 11:00 a.m. to 1:00 p.m. The event featured a Mardi Gras theme and cookies and punch were served. A tri-fold board showcased ADH programs, Hempstead County Health Facts brochures, and tobacco pamphlets. Hand sanitizer and Mardi Gras beads were given to all who attended.

Some health unit administrators wrote letters to the editors of their local paper to let the public know that public health advancements of the past 100 years have added 25 years to the life expectancy of citizens. Nevada County Judge Mark Glass signed a proclamation on February 25th to celebrate the 100 year anniversary and honor health department employees for their service to local citizens.

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Race for referrals

In an effort to increase the number of Stamp Out Smoking Quitline referrals from the local health unit, Ginger Bailey, Clinic Coordinator for the Union County Health Unit, introduced a competition. She listed the names of each of the nurses on a bulletin board she created for the project and asked them to keep a tally of

every person they refer. There is also a column for monthly totals and the nurse with the most points get a prize. The resourceful idea has created a friendly rivalry and the first week garnered more referrals than were made in the month of January.



Farmers Markets form partnership

Howard County Farmers' Market, Old Washington Farmers' Market and a new market planned for Hope are forming a partnership this season. The trial partnership is intended to provide more opportunities for farmers and more exciting days for customers. Rather than the three area markets opening multiple days each week and competing for local vendors, the markets plan to coordinate their days so growers do not have to choose between markets.

Farmers with locally-grown produce and those with honey, eggs, baked goods and other farm products will be able to participate at all three markets for one low registration fee. The markets plan to expand days and hours if the coordinated effort between markets works well this season.

A public meeting was held January 29 at the newly completed Hempstead Hall - University of Arkansas Community College in



The public meeting for growers and customers was well attended. They enjoyed a lunch consisting of locally-grown foods.

Hope. Fifty six individuals turned out (during a severe thunderstorm) for the meeting, including potential market grow-

ers, volunteers and customers. The one hour public informational meeting was followed by a special two hour workshop for those planning to sell at any of the markets. A buffet featuring dishes prepared with locally-grown foods was served.

A second meeting held February 12 in Nashville was attended by 18 market growers and volunteers and a third meeting is planned for March 19 in Washington.

For more information about the Markets' partnership and this year's markets in Hope, Old Washington and Nashville, contact Debra Bolding (Nashville) at 870-557-2352, Jodi Coffee (Hope) at 870-703-8788 or Jaimie Williams (Washington) at 870-703-7892.

Montgomery County gets painted pink

Montgomery County Project Pink Awareness hosted the second annual Paint the County Pink project during the week of February 3rd-9th. Businesses were encouraged to decorate their place pink for the week to promote breast cancer awareness.



Mt. Ida Service Center took 1st place with "Save the Headlights!"

Their theme was "Save the Headlights!" The Dairyette came in 2nd place with "Cookin' for a Cure". There was a tie for 3rd place between the Stitchin Post and their theme "Tree of Hope" and Community Outreach that went with "Strength, Faith, and Hope".

Bonnie Carr, Project Pink coordinator, thanked the business for participating and proclaimed them all winners in the fight against breast cancer. She said that breast self-exams, mammograms, and yearly

Project Pink brought in judges from outside the county who work with a cancer support group in Polk County. They scored the businesses on visual impact, craftsmanship, originality, creativity and theme.

Judges Katrina Rowe and Linda Rowe had a hard time picking the winners from the 29 businesses that participated. They stated "There were so many good ones this year and they get better and more creative each year!" First place went to Mt. Ida Service Center.



The Dairyette captured the 2nd place prize with their theme "Cookin' for a Cure".

exams with a physician are just a few things that can help with early detection. The goal of Project Pink is to bring awareness to breast cancer and remind folks that "The Best Protection is Early Detection."



The Stitchin Post (above) and Community Outreach (below) tied for 3rd place. Their themes were "Tree of Hope" and "Strength, Faith, and Hope".



Jami Powell Conference held

The Nevada County Cancer Association held the Annual Jami Powell Conference on Saturday, February 23rd at the Shady Grove Baptist Church from 9:30-2:00. The banquet is named for a well-loved local woman, who was a cancer survivor but unfortunately fell victim to a fatal heart attack at an early age.

There were three speakers for the event. Julie Huntley, RN, SW Region Breast Care Coordinator, spoke about breast and cervical cancer and the BreastCare program. The second speaker was Dr. Sunil Patel, Oncologist and Hemotologist with Colom and Carney in Texarkana. He spoke about breast cancer and the different types of treatments. The last speaker was a motivational speaker and entertainer,

Randy Mac, from Glenrose Texas. He told stories and sang songs that made everybody laugh.

The conference was funded by a \$2,000 Susan G Komen grant written for and received by Edie Greenwood, Community Health Nurse Specialist. There were 5 tables set up in memory and honor of people who had cancer.

Jessie Henderson and Emilee Neal helped take pictures and video the event. ADH employees Edie Greenwood, Pat Hicks, and Alice Head also helped with the conference. Bags were given to the 35 people in attendance. They included self-breast exam and prostate exam cards, a calander, pen, necklace, notepad, and crackers.

Fruit, muffins, yogurt, donuts and juice were served for breakfast. Church women from Shady Grove Baptist Church served several different types of soup and salads for lunch.



Debbie Henderson thanks Dr. Sunil Patel after his presentation to the group.

Pre-teen health classes provided to students

SW Region health department personnel worked together in February to provide important information to teens and pre-teens.

Community Health Nurse Specialists Rhonda McDonald and Tommie Rogers gave a 50 minute presentation on February 8 to 5th and 6th grade girls in Fordyce on pre-teen health. Topics included menstruation, hygiene, and puberty. Another presentation was made to 7th and 8th grade girls on STDs and teen pregnancy.

Victor Alexander, Disease Intervention Specialist (DIS), spoke to the 5th and 6th grade boys and Derek Scrivner, DIS, spoke to boys in grades 7 and 8. Billie Launius, RN at the Dallas County Health Unit was on hand to answer questions.

Fliers on family planning, STD's, HPV, and "Teen Survival Guides" from www.girlshealth.gov were left with the counselors. Approximately 390 students were educated.

The South Pike County School District-

Delight campus was the location for another presentation on February 27. Community Health Nurse Specialists Edie Greenwood, Tommie Rogers, and Rhonda McDonald divided up the boys and girls and talked to the groups separately in grades 4, 5, and 6.

Healthy eating, tobacco use, oral care, and physical activity were all included in the discussion on hygiene and puberty. Approximately 30 students were in attendance.

Fit 4 Life Kid's Fair provides educational opportunity

Edie Greenwood, Community Health Nurse Specialist, manned a booth at the Fit 4 Life Kid's Health Fair in Hope on February 9th. Information was provided on tobacco prevention, oral health, and nutrition. Greenwood used Mr. Gross Mouth to describe oral health problems; especially



those associated with tobacco products and increased sugar consumption. A game was also played where participants had to decide which food was highest in sugar. Sugar content of sodas and candy was

demonstrated with teaspoons of sugar in a clear container. Participants attempted to match the amount of sugar with the food or beverage.

A variety of tobacco prevention pamphlets were displayed and available to fair-goers. There were over 100 people in attendance.

Birthday

Continued from Page 1

Other health units have events planned later in the year, particularly during Arkansas Public Health Week in April.

Most recently, ADH has worked to ensure laws and regulations to restrict smoking, establish a comprehensive trauma system, impose graduated seat belt laws, expand mass flu clinics and school flu clinics, and expand water fluoridation. Future public health activities most likely will address obesity, chronic disease prevention and treatment, teen pregnancy and infant mortality.



Nevada County Judge Mark Glass signs proclamation to celebrate the 100 year anniversary as health unit employees look on.

Picture provided by John Miller, Nevada County Picayune



A display from the reception at the Hempstead County Health Unit is shown above. Hempstead County staff are pictured below.



Cake featuring the 100 year logo was made for the reception Clark County Health Unit staff and retirees hosted for the public in February.



County Judge Ron Daniell signed a proclamation to honor employees.

Vintage medical equipment belonging to the health unit was displayed for the public to see and learn more about. Old pictures and newspaper articles were posted as well to give a glimpse into the past.



Pictures provided by Jamal Brown, Daily Siftings Herald



Youth obesity program pilot

Based on results and experiences with the Kid's Camp initiative, Howard County Coalition members have developed a comprehensive Youth Obesity Intervention Program. The program will be funded by the group's second Blue & You Foundation for a Healthier AR grant with approved funding at \$30,000. Throughout 2013, ten children in grades 4-6 will participate in the pilot Youth Obesity Intervention Program. The entire program will have a team approach, care plan development, and evaluation. The team can include, but isn't limited

to behavioral health personnel, an MD, the school nurse, a nutritionist, and a trainer. The nutritionist and trainer will be in communication throughout the program about each participant. The school nurse will be asked to refer participants, either to the program or to the APN working with the program.

The focus will be on students that have been diagnosed with type II diabetes or pre-diabetes or students determined to be at risk for obesity based on their application scores (poor dietary habits, limited amounts of physical activity, a

chronic disease diagnosis, etc.) Parents and students must agree to commit to the program for its entirety.

Assessment tools have been developed for the school to use that focus on current health issues. Gary Miller, UAMS SW, and ADH employees Sarah Powell, Rural Health Specialist, Donna Webb, Howard County Health Unit Administrator, and Cheryl Byrd, Community Health Nurse Specialist, are in communication with the Nashville Elementary School principal and school nurse to get applications distributed.

HIPPY parents encouraged to exercise with children

Ouachita County Health Unit administrator Rebecca Wright attended Parent's Night for the HIPPY program at Whiteside School on February 25.

Wright talked to 35 parents and other family members, including 8 teens, about the importance of exercising and how it can be a fun activity to do as a family. She promoted exercise as an important deterrent against childhood obesity. She ended her presentation by showing The Adventures of Zobey -

Jungle Jive DVD. Everyone got on their feet and exercised along with the video.

Each family was given a copy of the exercise video to take home with them and parents were encouraged to do it with their children.

Health department services were also discussed.



Rebecca Wright talks with Velma Johnson, Director at Whiteside School

Health care expanded to non-traditional setting in Dallas Co.

Upon the completion of two Community Rallies in 2012 to address underage drinking and hypertension, the Dallas County Alliance Supporting Health (DASH) has donated three blood pressure monitors and cuffs of every size to a local beauty salon and barber shop.



DASH member Yolanda Collins (L) and Janice Rayford, owner of Personal Touch Beauty Salon and Barber Shop

chased through a grant from the Minority Health Commission with the intent of passing them on to the local businesses after they had been used for screening purposes

at the two community events.

Shop owner Janice Rayford was taught how to use the monitors and agreed to set up a table and chair in between the salon and barber shop to provide the opportunity for customers to have their blood pressure taken to help manage hypertension. Tracking cards with health information were also provided to help customers keep up with their numbers.

The monitors were pur-



HHI Support Staff:

Joni McGaha, HHI Manager
Sarah Powell, Rural Health Specialist
Arnell Washington, Rural Health Specialist
Chychy Smith, Rural Health Specialist
Bonnie Carr, HHI Coordinator

SW REGION HOMETOWN HEALTH

Keeping your hometown healthy!.

www.healthyarkansas.com

Increasing Health Insurance Coverage for Arkansans

From the ACHI website:

Arkansas health insurance premiums have nearly doubled in ten years and the rate of uninsurance is nearly 40% among working-age Arkansans in some of our rural counties. At the same time, more than half of our adult citizens suffer from at least one chronic disease.

With one of the lowest median household incomes in the country, Arkansas stands to benefit significantly from federal funds set aside in the Patient Protection and Affordable Care Act to help provide hard-working, low-income families with the security of quality health coverage. Three-fourths of all Arkansas families have income at or below a level that will make them eligible for help in getting coverage under the federal health care law - either through federal subsidies or the potential Medicaid expansion.

For more information visit the Arkansas Center for Health Improvement website at www.achi.net where you can find fact sheets and information on the impact for each county in Arkansas.

Around the Region...

The **Clark County** Hometown Health Coalition met in Arkadelphia on February 25 to discuss the Prescription Drug Education Project and the Adolescent Obesity Project. The 11 members in attendance also watched a video about the Arkansas Mission of Mercy (ArMOM).

ArMOM is an annual two-day free dental clinic sponsored by the Arkansas State Dental Association for underserved Arkansans. All services are provided free of charge by members of the Arkansas State Dental Association, assisted by a host of volunteers. ArMOM provides dental care for the relief of pain to underserved Arkansans, many of whom are from working families who do not have access or cannot afford dental insurance.

The next ArMOM clinic will be held May 31- June 1, 2013 at Henderson State University in Arkadelphia. Free extractions, restorations, and preventive services will be provided.

Howard County - Howard County Health Improvement (HCHI) hosted Lacey

Vance, AR Children's Hospital Statewide Injury Prevention Program, on February 21 in Nashville. Vance presented a program on ATV Safety in Arkansas. ATV toolkits were offered to all participants, as well as to Dierks and Nashville elementary school nurses.

An ATV presentation training will be scheduled soon to allow participants to share the information with schools to reduce risk of injury and death from ATV crashes.

Nevada County - The "Plant An Extra Row" campaign is currently encouraging local farmers and gardeners in Nevada County to plant extra produce with the intent of donating it to the new Nevada County Grow & Share program. After being donated, the extra fruits and vegetables will be processed and distributed through the Senior Citizen Center to be given to seniors and others who may be on a fixed income or unable to plant a garden, as well as local individuals and families in need.

Grow and Share is a joint partnership between the Prescott Nevada County Health

Alliance, Nevada County Ambulance Service, Food Share, and the Senior Citizen Center.

Sevier County Coalition-Injury Prevention Subcommittee hosted a Motor Vehicle Safety presentation by Maury Long, Children's Hospital State Injury Prevention Program, on February 15. Participants included community partner Cossatot Community College University of AR Nursing Program students. The presentation included information on the AR Drive Smart Challenge, a 6-week, student-designed and led program, to increase seatbelt use and decrease driver cell phone use among high school students.

The plan is for local schools to challenge each other for recognition and cash prizes based on: school with most improved seat belt use; school with highest seat belt use; school with most decreased cell phone use; and school with the lowest driver cell phone use.

