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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.**

National Night Out Event

The introduction of National Night Out, "America's Night Out Against Crime", in 1984 began an effort to promote involvement in crime prevention activities, police-community partnerships, neighborhood camaraderie and send a message to criminals letting them know that neighborhoods are organized and fighting back. On Tuesday, October 1st, 2013 from 6:00pm to 9:00pm, citizens in neighborhoods across Texarkana, Arkansas turned their lights on and got together with friends and neighbors for an evening outside to celebrate the "30th Annual National Night Out". In 2012 over 37.5 million people from over 15,704 communities across the United States participated in National Night

Out last year. The National Night Out has proven to be an effective, inexpensive and enjoyable program to promote "neighborhood spirit" and "community partnerships". National Night Out, a year-long community building campaign, is designed to: (1) Heighten crime prevention awareness; (2) Generate support for, and participation in, local anticrime programs; (3) Strengthen neighborhood spirit and police-community partnerships; and (4) Send a message to criminals letting them know that neighborhoods are organized and fighting back. Representatives from the

Police Department, Fire Department, and City Hall started visits this year at approximately 6:00pm. These city officials participated in 14 different



neighborhood parties that included over 500 participants. The city officials were available for questions and concerns about services needed in the neighborhoods.

Getting School Nurses Ready

The Southwest Region CHNS provided school nurses with continuing education for licensure. All new School Nurses from the Dequeen/Mena Co-op, South Central Co-op, Southwest Co-op, and Dawson Co-op were invited. SW CHNS presented mandated hearing/vision screening, scoliosis and obesity prevention education/BMI certification

trainings to new school nurses. The CHNS assisted new school nurses on how to use the hearing machine from their school. The CHNS participated in check-offs for correct BMI and other procedures. The CHNS educated participants on Act 811 and Quitline program details, including the benefits for youth. The presentations included

incidence of ear infections for children exposed to second hand smoke with a discussion on 3rd hand smoke exposure as well. It was also mentioned that smoking interferes with bone healing. Discussion was made about how some doctors will refuse to operate or accept patients that smoke due to the effects of smoking on bone healing.

The Big Buzz... Affordable Health Care!

The fact is that more than half a million Arkansans either have no health insurance or don't have enough insurance. Why? Either insurance is more expensive than they can afford or they can't get insurance because of pre-existing conditions. That's about to change. Beginning October 1, Arkansans can enroll in health insurance plan at a price they can afford. Not only that, they can't be excluded due to pre-existing conditions. Coverage starts January 1, 2014.

This program is run by the Arkansas Insurance Department and is called the Arkansas Health Connector.

With this program you will be able to Get In to quality, affordable health insurance. The Affordable Care Act of 2010 was specifically created to reduce health care costs and improve the health of Americans. It is now the law.

There are four key things you should know about the Act: Everyone is required to purchase health insurance (there are a few exceptions). The cost of insurance will go down for many people. You may be able to receive financial assistance on paying your premiums. There are financial penalties for those who choose not to have health care coverage.

Highpoints of the new law that are already in place include: Children through age 19 cannot be denied health insurance coverage due to pre-existing conditions such as diabetes, asthma, cancer or high blood pressure.

Parents can continue to include their children as dependents on their health insurance plan until the child reaches age 26. Recommended preventive health services, such as mammograms, colonoscopies and wellness visits are available to you at no cost. Lifetime benefit limits have been eliminated.

On January 1, 2014, these improvements will take effect: Insurance companies cannot deny coverage or charge more due to pre-existing conditions. Health insurance premiums can only be increased due to age, geography, tobacco use, and



individual or family coverage. There will be no waiting period for determining eligibility

for health insurance. Tax credits will be available to help you pay your health insurance premium.

The law created a new way to shop for health insurance

known as the Health Insurance Marketplace. The Marketplace is the official, objective source for finding affordable health

care coverage. It's where individuals, families and employers with 100 or fewer employees shop for, compare, and enroll in high-quality, affordable private health insurance plans at competitive prices. The Marketplace is available on-line, so you can check it out anyplace you can connect to the Web, whether at home, at work, at play or even

at the library.

Here's the real value to the on-line Marketplace: You can see if you are eligible for a plan where you pay no premium, or for a new kind of premium assistance (tax credit) that lowers your monthly premiums right away. In the Marketplace you can create a personal or family profile and you see what your premium, deductibles, and out-of-pocket costs will be before you enroll. You can make apples-to-apples comparisons of costs and coverage between health insurance plans to find the one that best fits your needs.

Individual and family enrollments can be done on-line, by phone, by mail or with the help of licensed guides, health insurance agents and brokers located throughout the state. Go on-line to the Arkansas Health Connector at www.arhealthconnector.org and click on the link to the Marketplace. There you will enter some basic information about yourself, your family members, family income, where you live and other factors to determine your eligibility.



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Licensed guides, health insurance agents and brokers throughout the state trained in health care insurance will be available to help answer your questions and assist you in enrolling. You can find a list of those licensed guides, health insurance agents and brokers throughout the state, plus other useful information, at www.arhealthconnector.org or by calling the Arkansas Insurance Department at 1-855-283-3483.

Never Too Early to Read

Due to expansion, Calhoun County has been selected to participate in the “Rock ‘N Read” program sponsored by the non-profit organization Rock ‘N Read. They provide free books for children ages newborn through age 4 who are residents of Ouachita and Calhoun Counties. Each year, those enrolled



receive free books during the month of their birthday. We are excited to be a part of this endeavor to alleviate literacy. To read more about the organization, visit their website at <http://www.sautech.edu/community/rocknRead.aspx> This year’s packet includes a bib for infants, brochures on the advantages of reading to

children, and the books “Who Do You Love” by Mandy Stanley and “Brown Bear, Brown Bear, What Do You See” by Bill Martin Jr. and Eric Carle. Addison was the first Calhoun County



Participant to be enrolled. Happy reading, Addison!

Innovative Gardening in Dallas County

Dallas County received a grant from the Arkansas Coalition On Obesity Prevention. DASH was able to put 13 raised beds in the yards of residents in the Fordyce area and one raised bed at the Head Start and one at the Elementary School. Participants received



a raised bed kit assembled along with good soil with fertilizer and lime. They also received gloves, garden utensils, materials on gardening from the Extension Office, and seeds for turnip greens. Participants were told the AmeriCorp Volunteer would return in 6 weeks to see what they had accomplished. They were very excited about this family project. DASH will keep the participating families’ names and numbers to follow up in the Spring with a plant swap and more information on gardening. The goal is to increase the access of healthy food in the community.

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Hempstead County on Board with the Take Back

If you have outdated or unneeded prescription drugs in your medicine cabinet, Hempstead County Sheriff James Singleton wants you to know that the Sheriff’s Office and the Hope Police Department have a prescription drug drop box in the lobby of the Hempstead County Law Enforcement Center at 312 South Washington Street in Hope. The box is available to the public 24 hours a day. Keeping unused prescription drugs

around can be a danger to those around you, so disposing of them properly is recommended. According to the National Institute on Drug Abuse, prescription drugs are the most abused substance among Americans 14 and older after marijuana and alcohol. The NIDA warn that while people often think prescription drugs are safer than illegal drugs, that this is only the case when used exactly as prescribed by a

physician. Abuse of the drugs can result in addiction and cause other adverse health effects. According to the NIDA, most teenagers who abuse prescription drugs receive the drugs for free from relatives or friends.





**SOUTHWEST
REGION
HOMETOWN
HEALTH**

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Keeping Your Hometown

www.healthy.arkansas.gov

ADH Providing Flu Vaccine at Mass Flu Clinics in Every County

It's time to get your flu vaccine! While there is little flu activity right now, it is expected to increase in the coming weeks and months. The Centers for Disease Control and Prevention (CDC) recommends that everyone aged six months and older get a flu vaccine every year. The vaccine protects against flu viruses that research indicates will cause the most illness during the upcoming season.

Beginning Monday, October 21st and continuing through the third week of November, the Arkansas Department of Health (ADH) is providing seasonal flu vaccine at mass flu clinics in every county. A mass flu clinic is a day-long event during which the community comes together to vaccinate as many people as possible. ADH staff, health professionals, and volunteers work as a team to provide vaccinations. Some clinics offer "drive-thrus" – you don't even leave your car. A complete list of mass flu clinic sites is available here: <http://www.healthy.arkansas.gov>.

Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions (such as asthma, diabetes, or heart disease), and people who live in facilities like nursing homes.

If you have insurance, the ADH will ask your insurance company to pay for the cost of giving the vaccine. Bring your insurance, Medicare, Medicaid or ARKids cards with you so that we can file with your insurance company. If you do not have insurance or your insurance company does not pay for vaccines, the vaccine will be available at no charge to you.

Around the Region

The ADH Immunizations Section and Office of Health Communications and Marketing are pleased to announce that Cindy Humphries, **Clark County** Health Unit, was chosen for the Southwest Region as winner of the ADH's Flu Poster Caption Contest. They received many creative and educational submissions about the importance of getting an annual flu shot. One winner was selected from each of the five regions. Photo: pregnant

I spy a baby; how about you?

Remember to get your flu shot - you are getting it for two.



Caption by Cindy Humphries, Patient Care Manager, Southwest Region



In **Hempstead County**, Edith Greenwood, RN, CHNS, spoke with students at the Hope Church of Christ Preschool about hand washing. Edie demonstrated the spread of germs using the glow germ program followed by teaching proper hand washing techniques. Students were also taught how to cough in their sleeve and use hand sanitizer if they are not able to wash their hands after sneezing and coughing.

Polk County Health unit participated in the 5th annual Mena Regional Health System health fair on Saturday September 21st 2013. 50 vendors participated with something for everyone attending from the community. Polk County Health Unit supplied participants with handouts on WIC, Nutrition, Women's Health, Immunizations, Emergency Preparedness, Environmental Health services, Stamp out Smoking, Home Health, and information on the upcoming flu clinics.

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. We have made a lot of progress but still have a long way to go and need your help!

Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a clinical breast exam. Take charge of your health by performing routine breast self-exams,

establishing ongoing communication with your doctor, getting an annual clinical breast exam, and scheduling your routine screening mammograms.

