

**Southwest
Region
Hometown
Health**

Southwest Regional News

Volume 12, Issue 9

September 2013

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Child Passenger Safety Week is September 15-21, 2013

Car crashes are the number one killer of children 1 to 12 years old in the United States. The best way to protect them in the car is to put them in the right seat, at the right time, and use it the right way. There are so many car seat types and models, how do you know which one is right for your child? The right car seat or booster fits your child and your car, and is one you will use correctly every time you travel. Not only will your child ride as safely as possible, you will be establishing the foundation for a lifelong habit of seat belt use every time your child travels. Make better-informed choices when choosing and using a car seat. Knowledge is power! Learn more to protect your child from injury and death in a crash, visit <http://www.safercar.gov/parents/carseats.htm#>

P.R.I.D.E Academy

PRIDE Academy, a week-long event hosted by the Texarkana Arkansas Police Department (TAPD) was held at College Hill Middle School in August. There were 125 students who participated in and completed the program. The students who participated in the program are in the fifth grade this school year. 50 Texarkana-area young adults served as peer leaders and about 12 officers served as team leaders. PRIDE stands for "Personal Responsibility In Daily Effort". The goal of the PRIDE program is to encourage students to take pride in themselves, their families, their schools and their communities. It also promotes a positive experience between the youth and law enforcement officials.

According to TAPD, early intervention has proven to be effective in promoting productive citizenship to reduce risk to lifestyle and criminal behaviors. During the weeklong program, students participated in learning sessions related to tobacco, drug, alcohol use/abuse, violence and self-care, anger management, conflict resolution, personal resolution, family dynamics and self esteem among others.

During the final ceremony, each student was presented with a backpack with school supplies and a certifi-

cate of participation. TAPD says that each PRIDE Academy student's infractions and academic achievements will be monitored throughout their enrollment in Texarkana Arkansas School District and into their early adulthood.

(Paraphrased from the Texarkana Gazette)



Peer leaders at the 2013 PRIDE Academy week.

Miller County Safety Baby Shower

The Safety Baby Shower is an education initiative of the Arkansas Children's Hospital's 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, CHRIS-

TUS St. Michael Health System, THRIVE, Wadley Regional Medical Center and UAMS Southwest. A shower was held in Miller County on September 9, 2013 at UAMS Southwest. There were about 20 participants including expectant mothers and other family members/friends present.

Chychy Smith, RHS and Dorcas White of the THRIVE program coordinated the event. Bonnie Carr, CPS & Shannon Duncan, CPS showed the participants how to properly install a car seat. Each participant went home with a diaper bag packed full of safety kits/materials and a car seat.

Lafayette County - Back to School Event

The Back to School Event in Lafayette County was created when the high school principal, Opal Anderson, decided to have teachers work closely with parents to help students get what they need to graduate. In order to accomplish this goal, she instituted the Credit Recovery classes for students who lack a class credit so they can get caught up and graduate with their peers and an Absentee Recovery program to help students who have too many missed classes. With help from Lakisha Bradley, a native of Lafayette County, the Back to School Event was first hosted in 2012 and was funded through a Wal-Mart grant. The success of the 1st Back to School Event in the County led to increased support from various organizations and in 2013, they re-

ceived a \$1,500 grant from the Wal-Mart foundation to help fund the drive.

Donations including 350 backpacks, 3,000 pencils, 4,000 pens, 500 glue sticks, 120 reams of paper and a cash amount of \$2,100 to present to the school were raised within 48 hours. Because of the amount of donations collected, a u-haul carrier was rented to move all the supplies to the location of the event.



Event organizers, Lakisha Bradley & Stacy Harper with Lafayette County LHU Administrator, Tonya Clark, RN

To assist with the day's activities, Lakisha's sister Stacy Harper came in from Maryland to pull together donations from local businesses, churches and individuals. Her company, Light House Solutions, provided assistants to help set up at the school. In addition Lakisha and Stacy partnered with Tonya Clark, Director for the Lafayette County Improving Futures for Everyone (L.I.F.E.) Coalition, which received a \$250 and \$500 store grant from the Wal-Mart Foundation to purchase supplies.

Chantell Dunbar from the Lewisville Family Practice Center organized the community volunteers.

The 2013 Back to School Event was held on August 3, 2013 at the Lafayette County High School in Stamps, AR. There were 434 people in attendance. 304 backpacks were given out to students. The leftover bags were distributed between the high school and the elementary school. There were activities to keep both parents and children involved and entertained. There was a basket ball free throw contest, the wobble dance and the hula hoops contests. Lakisha's hus-

band, Lymar Bradley, a barber and two other volunteer beauticians were on hand to provide free haircuts. This team joined forces to provide more than 30 children's haircuts over the space of 90 minutes. That's 10 haircuts for each stylist, and less than 10 minutes to spend with each child.

The success of the 1st Back to School Event in the County led to increased support from various organizations and in 2013, they received a \$1,500 grant from the Wal-Mart foundation to help fund the drive.

Plans are already in motion to make the 2014 Back to School event bigger and better.



Cynthia Ward, Chair LIFE Coalition with Tonya Clark, RN, LHU Administrator

Below: Attendees participating in various competitions



Beauticians giving hair cuts at the event



Adolescent Summer Health Program

Over the generations, the active lifestyle has changed. There is more sedentary work and less exercise and self-discipline. Diseases that can be developed through obesity are starting to become prevalent in our society. The media has focused on increased obesity in our teens and children, due in part to schools, fast food restaurants and video games.

Earlier this year the BaHCC/CCSP Health Coalition, Baptist Health and the Clark County Community Foundation decided to take some corrective action. Through some funding from Blue and You, and the Clark County Community Foundation and assistance from coalition members, training and education was provided for 3 adolescent females this summer.

The program lasted 10 weeks. Each participant committed to meet 2 times a week for planned exercise along with nutritional and healthy lifestyle education.

Since the participants were adolescents, family participation was required for the nutritionist meetings. As a result, the families began making healthy changes in their food and exercise choices as well.

All 3 participants worked hard and enthusiastically and lost a significant amount of inches, ranging from 10 ¾ “ to 13 ¾” total per participant. The lost inches brought 2 participants down 2



Summer Health Program Participants

participant-sizes and the 3rd participant down 3 pant-sizes.

They were rewarded with gym memberships and home exercise equipment to help them continue what they have

started

“We hope this program will grow and continue year by year, we believe their enthusiasm and success will be a small ripple of influence that will turn into a tidal wave of change for our community” says Kathy Loden, Administrator at Clark County Health Dept and Member of BaHCC/CCSP Health Coalition.

Arkansas Health Insurance Marketplace: 5 things to do NOW to get ready for Enrollment

Beginning Oct. 1, 2013, Arkansans can shop for affordable, quality healthcare plans on the Health Insurance Marketplace. Now is the time to start preparing for open enrollment. Here are five tips for Arkansas consumers:

Enrollment can be done online, by mail, in-person or by phone (1-855-283-3483).

1. Do your homework. Prepare in advance by studying your current coverage or coverage you once had so you'll know what works best for you and your family. If you've never had coverage, study the 10 Essential Health Benefits and decide which are most important to you.

2. Get your questions ready. People often forget what they want to ask so jot down your questions. For example, “Can I stay with my current doctor?” or “Will my prescriptions be covered?”

3. Gather basic income information. Most people will qualify to get a break on premium costs, and you'll need in-

come information to find out how much assistance you qualify for.

4. Set your budget. There will be different types of health plans to meet a variety of needs and budgets. Plans differ based on the share you want to pay. For example, in a Bronze plan, you'd pay 40 percent of the cost, but in a Platinum plan, you'd pay 10 percent.

5. Get connected. Sign up for updates at http://www.arhealthconnector.org/newsletter-signup#.Uf_erIOJKmE

Enrollment can be done online, by mail, in-person or by phone (1-855-283-3483). To access the Marketplace, visit the Arkansas Health Connector website at www.arhealthconnector.org. The website features an in-depth Frequently Asked Questions section, links to follow AHC on social media and other helpful resources.

Informed Community Events Scheduled for September 2013

Clark County: 9/19/ 2013

Hempstead County: 9/30/2013

Hot Spring County: 9/16/2013

Howard County: 9/16/2013

Lafayette County: 9/26/2013

Miller County: 9/10/2013

Nevada County: 9/12/2013

Ouachita County: 9/19/2013

Pike County: 9/17/2013

Sevier County: 9/26/2013





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September is National Childhood Obesity Awareness Month

One in 3 children in the U.S. is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults. These health problems include: increased risk of impaired glucose tolerance, insulin resistance and type II diabetes; breathing problems, such as sleep apnea, and asthma; joint problems and musculoskeletal discomfort etc. Also, obese children and adolescents have a greater risk of social and psychological problems, such as discrimination and poor self-esteem, which can continue into adulthood.

The good news is that childhood obesity can be prevented! However, there is no single or simple solution to the childhood obesity epidemic, but states, communities, and parents can help make the healthy choice the easy choice for children, adolescents, and their families.

In honor of National Childhood Obesity Awareness Month, states and communities are encouraged to provide incentives to existing supermarkets and farmers' markets to establish their businesses in low-income areas or to sell healthier foods; expand programs that bring local fruits and vegetables to schools; pursue a "Spectrum of Opportunities" to help early care and education facilities in their jurisdictions support optimal nutrition, breastfeeding, physical activity and screen time standards and practices; increase access to free drinking water and limit the sale of drinks with added sugars in schools by establishing school wellness and nutrition policies.

Parents and families are encouraged to get active outside – walk around the neighborhood, go on a bike ride, or play basketball at the park; limit screen time – keep inactive (sitting down) screen time to 2 hours or less a day; make healthy meals – buy and serve more vegetables, fruits, and whole grain foods, limit foods high in fat and sugars, and prepare healthier foods at family meals.

Taking small steps as a family can help your child stay at a healthy weight.

For more information, visit <http://www.cdc.gov/obesity/childhood/index.html>

Around the Region...

Columbia County - Rhonda McDonald, RN, and Edith Greenwood, RN, presented a mandated hearing screening certification and vision screening certification training to BSN student nurses and instructors. The presentation included incidence of ear infections for children exposed to SHS. They discussed SHS and 3rd hand smoke exposure and also educated the participants on Act 811, the Quitline and also discussed Quitline benefits and counseling opportunities for youth. Contact information for CHNS was provided. This event provided nursing instructors with continuing education (3.25 CE's) for hearing and (3.75 CE's) for vision.

Sevier County - Cheryl Byrd, RN, CHNS, Andy Threlkeld and Joel Woodfield hosted the 2013 Annual Food Service Workshop for 29 food service professionals from DMEC. Some topics covered included School Emergency Preparedness, Food

Safety, Health Care Updates, Food Service updates, Food and Emergency Prep and Commodities Role in Planning for Disaster Prep for Schools. Some of the speakers at the workshop included Craig Wilson (ACHI), Karen Franklin (ADE), Terrie James (UAExt), Sam Carr (US Commodities) among others. Participants were from Polk Co, Sevier Co, Little River Co, Montgomery Co, and Howard Co Schools.

Nevada County - A Community Forum to address the drug problem in this community was held in Bodcaw, AR on August 2, 2013. Edith Greenwood, RN, facilitated the meeting and Steve Varady, the director of Arkansas Drug Office, was the keynote speaker. Mr. Vardy discussed the abuse of prescription drugs among teens and young people in our state. Sgt. Darren Neal, Arkansas State Police discussed where Nevada County is in the fight on drugs and the extent of the problem for the county.

Christi McQueen, Prosecuting Attorney for Hempstead and Nevada County explained the court consequences of drug use. Deputy Robert Missey, Nevada County Sheriff Dept and Deputy Jade, canine officer demonstrated how the Canine officer assists and is a partner for the Deputy.

Ouachita County – Arnell Washington, RHS, presented the Arkansas Health Connector Program and Marketplace at the In-Home Services Training. The "Get In" Speech Presentation and Myth or Fact PowerPoint were used for the presentation. Copies of the Health Connector handouts which provided information on the Affordable Care Act, the Health Insurance Marketplace, Ten Essential benefits and the Premium Tax Credit were distributed. Tobacco pamphlets with the Quitline number and Ouachita County Health Facts brochures were also distributed.