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**Paint the County Pink Week
Montgomery County Health Unit Pink Window**



**ATV'S
How Safe Are
You?**

ALWAYS wear an ATV or off-road vehicle helmet that is certified by one of these groups:

- Department of Transportation (DOT)
- American National Standards Institute
- Snell Memorial Foundation

ALWAYS wear boots.

ALWAYS wear goggles, long sleeves, long pants and gloves.

ALWAYS ride an appropriately sized ATV.

Take an ATV Safety and Driver's Course.

NEVER ride as a passenger.

NEVER drive with a Passenger.

The 2014 Paint the County Pink Week was held the week of March 9th-15th in Montgomery County and it was a week full of events and education to help bring more awareness for breast cancer.

Montgomery County Health Unit and Project Pink Awareness participated in Project Pink Week and Ladies Night Out by decorating their windows with a "Every Ribbon Tells A Story" theme. The names of Breast Cancer survivors from the county were placed on each ribbon. Breast-Care and breast cancer education material and giveaways were available at the MCHU

and at Ladies Night Out for each lady in attendance. 18 businesses participated in the Paint the County Pink week competition. It seems that every year the competition gets a little stiffer. From hand painted coffee cups and cowboy boots to little pink minions and hand made owls the businesses went all out to help bring more awareness to breast cancer. The overall winner for 2014 was the Mt. Ida Pharmacy. Their theme this year was "Save the Hooters".

Congratulations to all the winners!

Ladies Night Out was held

on Thursday, March 13th with yet another huge crowd of around 140 women.

Ladies were given the opportunity to visit the 19 vendors that had set up to display their products. Katherine Tooke of Conway, a twenty-nine year old who is a breast cancer survivor of 4 months, shared her emotional journey of breast cancer in 2013.

Katherine was 38 weeks pregnant and found a lump in her breast just two weeks before her son was to be born. Upon further testing it was confirmed that Katherine did indeed have breast cancer.

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Lafayette County Sponsors Bodcaw LIFE Investment Health Fair

LIFE Coalition sponsored the Annual LIFE Investment Health Fair at Bodcaw Bank in Stamps on Thursday, April 3, 2014 in honor of Public Health Week.

Eleven vendors participated from the Lafayette County community and surrounding communities.

Those vendors include: Lafayette County Health Unit, Lafayette County DHS, Lafayette County Ambulance Service, Arkansas Game & Fish, Lafayette County Relay for Life, Homestead Manor, Magnolia Health & Rehab, Magnolia Regional Medical Center, Area Agency on Aging, and Lewisville Family Practice Clinic.

Approximately 60—70 community members were in attendance. Free health screenings such as blood pressure, body fat analysis, blood sugar, and pulse oxygenation levels were provided

by various vendors. There were 12 parting gifts given that day. Some of the Public Health Week “Start Here” posters were on display throughout 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.



All-Terrain Vehicle Safety



All-Terrain Vehicles (ATV) are very popular among young people, especially those living in rural areas. As the popu-

larity of ATVs has risen, so too have the number of deaths and injuries to people of all ages. Arkansas Children’s Hospital admits more than one child a week for ATV-related injuries, and many more are treated in emergency departments and clinics statewide.

What does your doctor say about ATVs?

The American Academy of Pediatrics recommends that children under 16 years of age do not ride ATVs. Whatever your family decides, please consider the following recommendations:

- **ATV Safety Institute ATV RiderCourse** – A hands-on class is recommended for ALL family members who ride. Contact your local University of Arkansas Cooperative Extension Service 4-H Coordinator at www.uaex.edu for classes.

- **Direct Supervision for Young Riders** – Parents or other adults need to supervise children under the age of 16.

- **House Rules** – Parents or other adults should set an example for safe ATV use. Keep the ATV key under lock until adults can supervise use.

Helmets for Every Rider!

ATV Safety Tips

Always Plan Your T.R.I.P.S.S.

Training

T Take an ATV Safety Institute ATV RiderCourse. Contact your local University of Arkansas Cooperative Extension Service 4-H Coordinator at www.uaex.edu.

Ride Off-Road

R Always ride on unpaved trails. The tires on ATVs are not made for paved

or loose gravel roads. If you drive on these roads, you could lose control of the ATV and flip over or crash.

Impairment Danger

I Driving an ATV takes all of your focus. Alcohol and other drugs can lower your judgement, blur your vision, and slow your reaction time.

Plan Ahead

P Plan your trip before you ride by looking at the area for wire fencing,

tree stumps, and other dangers. Let someone know where you are going and when you’ll be back.

Single Rider

S Most ATVs are made for one rider only. Drive without passengers.

Safety Equipment

S Ride your ATV only when wearing a helmet, boots, long pants, long sleeve shirt, and gloves.

Paint the County Pink Week (cont'd)

With a newborn child at home she began her treatment plan. She went through many weeks of chemotherapy and in October of 2013 she had a double mastectomy. March 13th it was one year and one day after she had found the lump in her breast. Katherine is doing great and takes every opportunity that she can to share with women the importance of breast self exams. This is how she found hers so she can't stress the importance enough. Marsha Oliver, from Mercy's Women's Center also spoke at the event on the importance of mammograms and the mobile mammography van that comes to Mt. Ida once a month. She stressed the importance of seeing your doctor and getting your mammograms every year.

Project Pink sold "Team Up For a Cure" t-shirts in the community and local schools. Over 250 t-shirts were sold to help raise money for the breast cancer education programs that Project Pink provides. The participating organization in each school that helped to promote the sell of the t-shirts will receive \$2 for each t-shirt sold from their school. Project Pink appreciates the help of the local schools in promoting Project Pink week.

Overall Winners:

Mt. Ida Pharmacy, Montgomery County Nursing Home, Bates Sales & Service

Business Theme:

Shangri-La Resort, Arkansas Diamond Bank, Montgomery County Assisted Living & Blooming Girls Floral & Bistro

Creativity:

Mt. Ida Service Center, Blue Bell Café & Store, Polished Nail

Inspirational:

Christian Outreach Ministries, Mt. Ida Service Center, Blooming Girls Floral & Bistro & Montgomery County Assisted Living

You Got "Pink" Award:

Montgomery County Nursing Home, Mt. Ida Pharmacy, Montgomery County Extension Service

Best Artwork:

Subway, Shangri-La Resort, Mt. Ida Service Center

Most Educational:

Kokamos, Montgomery County Extension Service



Paint the County Pink Windows of Montgomery County Businesses





SWR Attends State HHI Staff Meeting

(l-r) Robert Wilborg, Grants Admin., Joni McGaha, HHI Regional Manager, Arnell Washington, RHS, Heather Hill, Health Connector Coordinator, Chychy Smith, RHS, Kim Hooks, South CHNS Supervisor, Sarah Powell, RHS and Bonnie Carr, Regional Coordinator. (Below right) Robert Wilborg gives a presentation from the Grants Administrators.



Taniesha Richardson and Andi Ridgeway thanking Heather Hill (center) and presenting her with a certificate of appreciation for her efforts with the Health Connector Program during the State-wide HHI Staff meeting held at Lake De Gray on April 7th and 8th.



Ouachita County Annual Daffodil Festival

On March 7th, Arnell Washington, RHS, staffed an informational booth during the 21st Annual Camden Daffodil Festival, in Downtown Camden.

Approximately 170 people visited the booth and received information on Injury Prevention, SOS, the Quitline, SIDS, Marketplace, Family Planning, BreastCare, Nutrition, Cardiovascular Disease, Diabetes, Breast Feeding, Underage Drinking and Suicide Prevention.

Also, 12 teams from across Ouachita County kicked off the Walk Across Ouachita County 8 week Walking Program as part of the Daffodil Festival. There are approximately 10 members on each team that exercise and turn their results in each week. Rebecca Wright, Health Unit Administrator, was one of the walkers. At right **Arnell Washington, RHS, staffs booth during Daffodil Festival. on March 7th.**



Ouachita County Town Hall Meeting



Rhonda McDonald, RN speaks to youth and their parents about Distracted Driving (above)



% of students who had at least one drink of alcohol on one or more days during their life

7th :43%
8th:49%
9th:67%
10th:79%
11th:83%
12th:84%

03-04 CYHS

(L) Students from the National Honor Society at Harmony Grove School District pose at the Town Hall Meeting.

On March 18th, A Healthy Ouachita County (AHOC) sponsored the 2014 Town Hall meeting to address Underage Drinking. The Key Note Speaker was Judge Phil Foster. (Below) Harmony Grove School National Honor Society students show their tee shirt message which reads **“EVERY 12 MINUTES Someone in the US is killed in a car crash!!”** Information from the Drive Smart Challenge Program held at the school was shared by the students.



Summer Workshops

SW CHNS/CHPS are geared up for summer workshops for school nurses and school staff on several topics. Topics include, but not limited to: Injury Prevention 101, Mental Health for Teens, Sexual Health for Teens, Wellness 101, Food Service Workshop, Shaken Baby, to name a few. Many of these workshops will offer CNE’s for school nurses. For more information, contact your local CHNS.

Immunization Update 2014

SW CHNS hosted a statewide immunization update with Paula Smith on April 8th. Starting this school year, 2014-2015, new immunization requirements will be in effect. Several new requirements will be in place for kindergarten, first grade, seventh grade, and for eleven and sixteen year olds. For more information: <http://www.healthy.arkansas.gov/about/ADH/RulesRegs/ImmunizationRequirementsProposed2014.pdf>



Live to Choose, Choose to live... Prom 2014

Prom Projects were a hot topic this last month. SW CHNS presented prom presentations to several schools on distracted driving, underage drinking, and tobacco and drug use. Having a plan, making good choices, and being safe were the main components of the presentations. Literature, flyers, Quitline, prom hangers and stickers were distributed.



SOUTHWEST CHNS & CHPS CORNER

Family Affair Health Fair! “Diabetes is a Family Affair”



Connecting health and education together

This health fair focused on Diabetes. Dr. Grimes and other ADH staff were on site to offer information regarding health, nutrition, and diabetes management. (Camden)

SW CHNS



L-R Rhonda McDonald Tommie Rogers



L-R Cheryl Byrd Edie Greenwood

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April is Minority Health Month

April is marked as **National Minority Health Month** to raise awareness about the health disparities that continue to affect racial and ethnic minorities. This year's theme, **Prevention is Power: Taking Action for Health Equity**, emphasizes the critical role of prevention in reducing health disparities. It is a call to action, a charge for all of us to unite towards a common goal of improving the health of our communities. Everyone in America should have the chance to live a healthy life, regardless of who they are and where they live.

In accordance with this year's theme, CDC and HHS are focused on highlighting prevention strategies and actions leading to Health Equity. Some of those activities are: **Million Hearts Initiative** to enhance community and clinical interventions to prevent cardiovascular disease (CVD) and stroke among all Americans, including minority populations at greater risk for CVD; **Childhood Obesity Research Demonstration (CORD) Project** which seeks to determine whether coordinated approaches in the community that support healthy behaviors, including improving: the healthy eating and physical activity opportunities where children spend time, parenting skills, and utilization of preventive services can improve underserved children's health; **CDC Undergraduate Public Health Scholars (CUPS)** program, which consists of five internship opportunities that expose undergraduate students interested in minority health to the field of public health research and practice by providing hands-on, project-oriented assignments.

For more information [Contact www.cdc.gov-info](http://www.cdc.gov-info)

Around the Region

Miller County – On March 7th, Edie Greenwood, RN, CHNS presented information on the ATV Safety Campaign for SW Arkansas and distributed ATV Toolkits to Taskforce members at the SW Arkansas Prevention Taskforce Meeting in Texarkana.

Hempstead County - On March 10th, Edie Greenwood, RN, CHNS presented information on the ATV Safety Campaign for SW Arkansas and distributed ATV Toolkits at the HOPE Coalition meeting. On March 20th, she presented on Fetal Alcohol and Drug Use during pregnancy using the Reality Works doll to 12 people at Hope School. Her presentation also included tobacco use. On March 22nd, Edie presented Women's Health Issues and Nutrition to 6 people at the Boyhood Home of President Clinton. She discussed how tobacco use, obesity and lack of physical exercise cause many of the health issues that are preventable.

Nevada County - On March 6th, Edie Greenwood, RN, CHNS visited with the school nurse in Prescott. to discuss, provide a copy and give a short overview of the changes from Paula Smith. On March 20th, she presented information on How to Talk to Your Adolescent about Sex to 6 people at Prescott High School for Parent Night.

Clark County - On April 4th, Tommie Rogers RN, CHNS participated in the Pre-K/Kindergarten Round-Up at Gurdon Primary School. She talked to approximately 38 parent's about the upcoming immunization requirements for school and gave them a brochure on the services available at the Health Department. She informed the parents that the nurse would let them know if there were any shots that their students would need for school and that they could go to the Health Department or their local doctor. She also handed out brochures on WIC. Each child received a book, "The Two Bite Club", about good nutrition. There were also brochures about Tobacco Cessation, SOS Quitline, physical activity and nutrition available for anyone that wanted them.

Columbia County—HEALTH in Columbia County heard a presentation on Organ and Tissue donation from Keith Maddison, Education Specialist for Arkansas Regional Organ Recovery Agency (ARORA). Maddison explained that ARORA coordinates the recovery of organs and tissues and provide education. He said that a single donation can help up to eight people. For information call 1-866-660-5433.

Calhoun County - The **United Community Resource Council** has received a \$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 Safe Sleep and Safety Baby Shower programs for mothers, expecting mothers, fathers, grand parents and their supporting caregivers. The Arkansas Safe Sleep/Sudden Infant Death Syndrome Grant Project is designed to support outreach activities to address safe infant sleep and SIDS risk reduction.

Dallas County - On Saturday, March 8th, Dallas County held their Annual Health Fair at the Fordyce Civic Center. Many screenings were offered including 51 Prostate and 50 glucose screenings. Other screenings offered were Cholesterol, Blood Pressure, Hearing, Bone Density, Stress & Depression and Diabetic Foot Screenings. Door prizes for completing screenings helped the numbers. 1st, 2nd and 3rd place prizes were awarded to vendors with 1st place being \$30, 2nd place \$20 and 3rd place \$10.