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## Documentary filmed in Nashville

Aristotle, a Little Rock-based technology and marketing agency, has selected the Growing Healthy Communities (GHC) initiative of the Arkansas Coalition for Obesity Prevention (ArCOP) as the focus for a short film aimed at a Sundance Film Festival screening. GHC projects in Howard County and the Cities of Camden, Bryant, Lake Village and Batesville were selected to represent the scope of the statewide initiative.

The film contest is a partnership between the Sundance Institute and the Bill & Melinda Gates Foundation.

Filmmakers were asked to create a unique, compelling, and personal short film that explores an empowering person or an optimistic story about individuals and communities who are overcoming poverty and hunger, combating disease, or improving health. The short films can be narrative fiction or documentary, imaginative, unorthodox,

daring or simple — the style and structure are completely up to the filmmakers, but each short film must touch on economic inequalities.

The goal of the contest is to use the power of independent film and collective creativity to

den. A roundtable discussion with several key people focused on how the GHC project initiated a culture of change within the community and how that has not only been sustained, but has continued to grow from the beginning in 2005 until now.

Lanie Snow, Howard County Health Improvement (HCHI) Coalition Chair and Master Gardener, Debra Bolding, GHC Committee Chair and Master Gardener, Mike Reese, former Mayor and Chamber

Director, Donna Webb, health unit administrator, HCHI member, and Farmers' Market Board Member, and Rita Rector, GHC Committee co-chair and Market volunteer were all part of the roundtable discussion.

They explained how the idea for the community and

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### June is National Safety Month

**Week 1:** Prevent prescription drug abuse.

**Week 2:** Stop slips, trips, and falls.

**Week 3:** Be aware of your surroundings.

**Week 4:** Put an end to distracted driving.

# SW Region GHC Summit

The Arkansas Coalition for Obesity Prevention (ArCOP), held its annual Growing Healthy Communities (GHC) Immersion Training and Southwest Regional Summit at SAU Tech in East Camden May 14 and 15, 2014.

The first day of the training was for current GHC team members to reassess the big picture of what a livable community looks like, identify where they currently stand, and make or update their plan to reach their vision – complete with short-, mid-, and long-term goals. ArCOP leaders were on-hand to facilitate networking and inspire participants to learn more about community projects that have succeeded elsewhere in the state, how it was

done, and how it can be replicated locally.

Day two was designed to provide interested individuals with information and skills to make their communities healthier. By attending, participants qualified to apply for grant funding related to the breakout sessions they attended to immediately put that training into action. In addition, school employees who attended also became eligible to apply for a special Joint Use Agreement Grant release from the Arkansas Department of Education to compete with other regional Summit attendees as opposed to statewide applicants.

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**Ouachita County Walkability Committee gets tips from Michelle Winslow, ADH Built Environment Coordinator, at the Immersion Training on May 14th.**

## School Based Health Center grant awarded in Malvern

The Malvern School District (MSD) has been awarded a \$500,000 grant to open a School Based Health Center on their high school campus.

The Center will provide medical, dental and mental health services just like a doctor's office but will be located on the school campus. The facility will be open to Malvern School District students, employees, and the community at large, with the main focus on students and staff.

Malvern School District staff believes that a student must be healthy before he or she can focus on learning and reaching his or her full potential. They understand that there are many barriers to healthcare: busy schedules, travel costs, transportation, and taking time off from work or school. It is hoped that the health center can help decrease these barriers so that medical care is received when needed.

It is believed that the health center will

reduce absenteeism and help to ensure that students are healthy, happy and successful individuals.

Malvern Coordinated School Health Coordinators will attend the National Coordinated School Health Conference in June and will begin their grant process when school resumes in August. The school district is extremely excited to receive the grant funding and eager to kick the project off.

## DOCUMENTARY

### Continued from Page 1

demonstration gardens grew out of the need for access to healthier foods for residents.

Initially the project was a joint effort of the Hometown Health coalition, Master Gardeners, and Veggie Swap Committee then the community embraced it and it took off from there.

A Farmers' Market was started and collaborative opportunities developed that eventually led to the Southwest Arkansas Farmers' Market Consortium.

Since 2009, ArCOP has been helping Arkansas communities build capacity to reduce obesity by increasing access to physical activity and healthy foods, as well as implementing environmental and policy changes that support healthy



**Joey Jamison gives the history of the peach industry in the area.**

living. They are focused on making the healthy choice the easy choice. Beginning in December 2014, all Arkansas communities may apply to receive recognition for their efforts towards healthier practices and policies.

Recognized for its corporate philanthropy, Aristotle supports the arts and non-profit organizations in Central Arkansas by donations and by providing pro-bono premium Web services, consulting and interactive marketing support. In 2005 Aristotle was named an Arkansas Community Foundation Outstanding Philanthropic Corporation.

## Hope Center offering Baby Safety Showers

The Hope First Choice Pregnancy Center will be hosting Safety Baby Showers (SBS) once per quarter in conjunction with their existing prenatal /newborn classes. There are already several clients taking the classes that have been recruited through multiple community health agencies including Hempstead County Health Unit. So far, 21 commitments have been confirmed for this quarter's SBS.

One of the center volunteers has been trained in the SBS program and will be facilitating the showers. Another center volunteer is a certified car seat installer and will schedule installation appointments for the week following the event.

The Statewide Injury Prevention Program is providing manuals and materials for each participant. The Center will furnish \$5 Mommy Bucks as door prizes that can be used in the Mommy

Store, and the Southwest Arkansas Prevention Taskforce is donating a Pack 'n Play as the prize for the winner of the Home Safety Bingo game. The U of A Cooperative Extension Homemaker's Club is providing refreshments and decorations for the shower.

All of the Center's services are provided free of charge and are available to any interested parents-to-be. They include pregnancy tests, limited ultrasound services, adoption and maternity home referrals, spiritual counseling and support, abstinence education, and referrals to physicians, clinics and other resources. The "Earn While You Learn" program offers classes and workshops on such topics as prenatal health, baby care, and parenting where participants receive "mommy and daddy bucks" that can be redeemed at the Mommy Store for baby clothing, diapers, and other infant needs. "Daddy

Boot Camp" is also offered for fathers.

The Center is a faith-based, non-profit agency that is entirely staffed with volunteers. It receives support from area churches and donations from individuals and other entities in the Hope area. The staff is committed to providing clients with accurate and complete information about prenatal development, sexual health, parenting, infant health and development, and adoption opportunities. The center does not recommend, provide or refer for abortion services or abortion-inducing agents.

The Hope agency is a satellite center of First Choice Pregnancy Resource Center in Texarkana that was initially established in 1974 as Right to Life of Texarkana. The Hope center opened in January of 2014, and is located in the Charitable Christian Clinic at 114 S. Main.

## Pike County students make a prom promise

Prom Promise is a program for 9<sup>th</sup> through 12<sup>th</sup> grade students that teaches the importance of not drinking or texting while driving through a variety of ways.

This year's program started as the students arrived with a slide show of actual accidents that involved drinking and driving to show possible outcomes. Debbie Nash, school nurse, welcomed the students and explained the importance of making a promise and keeping it. She said "We are asking each of you to refrain from drinking and driving because just one drink could be a matter of life or death for

you or someone else."

A video the students filmed, produced, and starred in was then shown to provide one example of what could happen. This was a learning experience for all of the students who were personally involved.

Next, the story of Jaqueline Saburido was presented. She is a teenager that was hit by a drunk driver and was trapped, due to the intensity of the impact, as the car caught on fire. She suffered extensive burns to the majority of her body before being rescued. It showed another possible outcome of an accident involving drinking and driving that resulted in her life, as well as the life of the young man that hit her, being changed forever.

To give a personal perspective of the consequences of destructive decisions, Sergeant O'Malley brought two inmates that are in the rehabilitation process to present their experiences to the stu-

dents, hoping to prevent them from making similar destructive choices.

Afterward, students recited the Prom Promise out loud, signed a pledge to not drink, do drugs, or be distracted while driving and to not let their friends do so either.

Lunch was provided for the junior and senior students and prizes donated by local businesses were given away by random drawing. These donations helped to convey to students the concern and support that the community has for their decision to make positive life choices.



## KTSS Talk Show

Debbie Henderson, RN, Adm. Nevada County, and Edie Greenwood, RN, CHNS, were invited to talk about Teen Pregnancy Awareness Month with Robin Bobo on her television show, KTSS Talk on June 22nd.

Using talking points supplied by ADH Central Office, they discussed teen pregnancy rates in the state and SW Region and the measures being taken locally with presentations in the schools. Debbie Henderson discussed how the health department assists teens and adults with their reproductive health needs.

Robin's show is shown on cable in Miller, Nevada, and Hempstead Counties.



**Debbie Henderson and Edie Greenwood with Robin Bobo**

## Worksite Wellness

Ouachita County was the host site on May 15 for the SW Region Growing Healthy Communities Summit. Rhonda McDonald, RN, CHNS, attended the Worksite Wellness track for helping businesses, schools, and worksites to become healthier work environments. She brought the tool kit back to her office and has already completed a worksite wellness survey for the South Central Service Co-op.

## Health Promotion

Cheryl Byrd, RN, CHNS, participated in a radio interview at KDQN on May 23rd, addressing the new school requirements for immunizations effective September 1, 2014. The KDQN channel reaches Sevier, Little River Miller, and Howard counties.

The annual Sevier County Senior Health Fair was held the same day. Cheryl and health unit staff helped calculate BMIs for registered seniors. There were over 700 in attendance. Information was provided on burn safety, women's health, diabetes management, and tobacco prevention and cessation.



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## Upcoming Workshops for June

June 10	Injury Prevention 101	South Central Co-Op
June 11	Wellness 101	DeQueen/Mena Co-Op
June 13	Wellness 101	South Central Co-Op
June 20	Wellness 101	Dawson Co-Op
June 23	Wellness 101	Southwest Co-Op
June 30	Health Issues in the School Age Child	Southwest Co-Op

## Clark Co Adolescent Health Project

The Becoming a Healthy Clark County Coalition is implementing a 10-week Adolescent Health Project for residential youth of Clark County between the ages of 13 and 17 that are 85% over their normal body mass index.

The teens will meet two times a week for instruction and workouts at a local gym. A registered dietician will meet with them every Tuesday and a mental health counselor will meet with them on Thursdays.

The County Extension Specialist will offer two classes on healthy cooking using Cooking Matters materials. This project is being funded through a Ross Mini grant. It will allow participants to get healthy through education on healthy eating, physical activity, and lifestyle changes.



**Emily Lyons, RD, CHPS**

## Enhancing School Wellness Committees

Emily Lyons, RD, CHPS, will be presenting school wellness workshops at all four co-ops in the SW Region in June. The workshops will cover a variety of topics and programs that can enhance school wellness committees. Topics may include, but are not limited to: Revising and Enhancing Wellness Policies, Coordinated School Health, Joint-Use Agreements, Worksite Wellness, School Gardens, and Health and Nutrition Education.

The workshops are geared toward school wellness committee members and anyone interested in school wellness.

School wellness committees serve as organized groups designed to address health, well-being, and academic success of all students.

### Southwest Region CHNS/ CHPS

<i>Kim Hooks</i>	<i>Supervisor</i>	<i>870-325-6311</i>
<i>Cheryl Byrd</i>	<i>CHNS</i>	<i>870-386-2251</i>
<i>Edie Greenwood</i>	<i>CHNS</i>	<i>870-777-3076</i>
<i>Rhonda McDonald</i>	<i>CHNS</i>	<i>870-836-1619</i>
<i>Tommie Rogers</i>	<i>CHNS</i>	<i>870-246-3077</i>
<i>Emily Lyons</i>	<i>CHPS</i>	<i>870-246-3077</i>

## Underage drinking & social hosting

The Montgomery County Health Education Advisory Board sponsored an Underage Drinking Town Hall meeting on Thursday, May 29<sup>th</sup> to bring more awareness to the dangers of underage drinking. The evening focused on underage drinking prevention, the Arkansas Social Hosting Law and Arkansas Prevention Needs Assessment (APNA) survey results.

The Mt. Ida FCCLA and Caddo Hills Student Council groups each prepared presentations on underage drinking



*Mt. Ida FCCLA presentation takes 1st place.*

information, statistics, prevention, and what parents can do to get involved. Their presentations were scored by judges Amy Monk, Montgomery County Extension Agent, FCS, and Darla Kelsay, Prevention Resource Center Coordinator.

Mt. Ida FCCLA was awarded the 1<sup>st</sup> place prize of \$275 and Caddo Hills Student Council received \$175. The judges congratulated both of the student groups and said they had a hard time choosing the winner because both did an excellent job with their presentations.

Bonnie Carr, SW Region Hometown Health Coordinator, gave a short presentation on the Arkansas Social Hosting Law and talked with attendees about the liabilities parents take on when they host a party with underage drinkers. For more information on the Arkansas Social Hosting Law visit [www.socialhost.drugfree.org](http://www.socialhost.drugfree.org) or [www.drugfreealliance.org/parents-who-host](http://www.drugfreealliance.org/parents-who-host).

Darla Kelsay, PRC Coordinator, spoke to the attendees about the 2013 APNA results and the importance of the survey being done in the school each year. This anonymous assessment asks participating students about drugs, alcohol, and tobacco use. The survey results give the school and the community information they need to plan their prevention efforts. For more information on the APNA visit [www.arkansas.pridesurveys.com](http://www.arkansas.pridesurveys.com).



*Bonnie Carr presents \$175 check to Caddo Hills Student Council members.*

## Expectant moms receive gifts and information

A Safety Baby Shower was held at the Ashdown New Traditions School in Little River County on May 5<sup>th</sup>, 2014.

The shower was organized by the Little River County Health Unit in collaboration with Little River County Health Coalition, Little River Memorial Hospi-

tal, Cossatot Community College, UAMS Southwest, and Southwest Arkansas Prevention Taskforce. It was sponsored by a grant received from the Arkansas Blue & You Foundation.

Nine expectant moms attended the shower along with dads-to-be, grand moms, grand dads, other family members and volunteers. The participants were educated on home safety, safe sleep, SIDS, preparing for a child economically and child passenger safety.

They all went home with diaper bags, home safety kits, smoke alarms, onesies, pacifiers, etc. A Pack 'n' Play was given to the winner of the Home Safety Bingo game and the runner up took home a diaper cake (at right.)

Three certified car seat technicians were present. They educated participants on proper car seat installation and helped them install the car seats.

Refreshments were provided by Little River Memorial Hospital and Cossatot Community College.





**HHI Support Staff:**

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

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**SUMMIT**

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Opening session on day two began with a welcome by Camden Mayor Chris Claybaker. ArCOP Chair Andrea Ridgway gave an overview of ArCOP and GHC and then participants were dismissed to attend up to four breakout sessions of their choice. They included: Cooking Matters, Farm to School, Farmers' Markets, Community & School Gardens, Early Childhood & Schools Toolkit (Updated), Joint Use Agreements, Worksite Wellness Scorecard, Community Connections 101, Grant Writing 101, and more!



SW Region HHI staff members Joni McGaha, Bonnie Carr, Sarah Powell, Arnell Washington, and Chychy Smith presented the session on Community Connections.

Before leaving, participants learned that their community can apply for one of three new GHC levels: Emerging, Blossoming, or Thriving. Applications are due by Dec 1<sup>st</sup> and awards will be made at an ArCOP celebration event on December 4<sup>th</sup>.



*"A Healthy Camden", a 2013 GHC grantee, displayed examples of their community garden, walkability project and Cooking Matters program they did as a result of the funding they received last year.*

**Around the Region...**

**Dallas County**— A Tea was held at the senior center in Fordyce on May 16th for National Women's Health Week. Topics included "Small Steps, Big Results", "Elder Abuse/Neglect", "Time Management", and Tai Chi exercises.

Healthy refreshments were served to the 45 women in attendance and door prizes were awarded. Informational booths were available on tobacco, injury prevention, and Medicare fraud. An assortment of other brochures were available, as well.

**Howard County** Health Improvement held a Safety Baby Shower on May 5th for 17 expectant moms and guests. University of Arkansas Cossatot Community College nursing students, along with their instructor, Emilee Vaught, presented the safety information to participants.

Weyerhaeuser Employees donated diapers for each participant from their recent diaper drive. University of Arkansas Extension Homemakers club donated baby blankets and bibs for each participant.

**Union County**— Susan Blake, Administrator of Union County Health Unit, was honored by health unit staff with a retirement shower on May 30<sup>th</sup> for her 35 years of service. She started working for the WIC program as a home economist in 1979 and became the unit administrator in 1984.

She gave a tearful goodbye to staff and friends commenting that it was bittersweet. "I will miss everyone but am looking forward to enjoying my new grandbaby, and some new adventures," she said.

Don Adams, Regional Manager presented her with a plaque signed by the governor.



*Susan Blake with UCHU staff*



The 2014 Master Gardener Conference was held at the Texarkana Convention Center Hilton Garden Inn May 29-31 with 54 attendees from around the state.

It was hosted by the Red Dirt Master Gardener Program. This year's theme was "Gardening on the Edge".

The pre-conference luncheon & program was held at Howard County Farmers' Market on May 28th.

