SOUTHWEST REGION HOMETOWN HEALTH

SOUTHWEST REGIONAL NEWS

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Eat 5 fruits and vegetables everyday

The No Kid Hungry Campaign

Ending hunger where our children: LIVE, LEARN & PLAY

"The No Kid Hungry campaign is ending childhood hunger in America by connecting kids in need with nutritious food and teaching families how to cook healthy, affordable meals, through Cooking Matters. With the help of volunteer culinary and nutrition experts, participants learn to shop smarter, make healthier food choices, and cook delicious meals".

COOKING MATTERS at the STORE

Joni McGaha, with the Arkansas Department of Health, gives customers healthy facts about whole grains.

The Arkansas Hunger Relief Alliance collaborated with the Union County Hunger Relief Alliance to sponsor a Cooking Matters at the Store program at Brookshire's in El Dorado on July 16. Cooking Matters is a free, interactive grocery tour in which participants learn to shop smarter and use nutrition information to make healthier choices.
More than 250 participants took a self-guided tour through all four stations that were set up in the produce, bread, dairy, and meat sections of the store. They received information from instructors on reading food labels; comparing unit prices; finding whole grain foods; and identifying three ways to purchase produce.

Following the tour, they collected a reusable shopping bag and a $10 gift card to buy food for a healthy meal using the skills they just acquired.

Growing Healthy Communities
Arkansas Coalition for Obesity Prevention

Cooking Matters for Kids

Youth preparing mini pizzas.

On Tuesday, July 29th the first of six "Cooking Matters for Kids" classes were held in Calhoun County. Linda Sims-Thompson, County Extension Staff Chair is the facilitator, with assistance from Arnell Washington, RHS, and other coalition members. In the first session the kids were instructed on eating healthy and shown how to make veggie wraps and mini pizzas. The classes will include education and hands-on training. Classes will end with a Grocery Store Tour to Walmart in Camden.

Linda instructs youth on preparing veggies wrap.

2014 Adolescent Health Project

Thursday, Aug 7th, concluded the 2014 Adolescent Health Project sponsored by the BaHCC Coalition, Ross Foundation, Clark County Extension Homemakers, and the Farm Bureau Women's Committee. Six participants started the project with one participant not being able to finish. The group received exercise and fitness training twice a week with Gizelle Oliver as their trainer. They met with Brooke Cowart, a Registered Dietitian, once a week for nutrition counseling and education. They were presented with a $50 gift card each to Brookshires following an educational training with their dietitian to better understand labels and healthy choices. Maurie Maestas, a mental health counselor met with the group once a week. Maurie stated "Self image starts on the inside and is affected by everything that happens from birth to adulthood. By embracing strengths and working on weaknesses, changes on the inside will automatically be reflected on the outside". Thanks to JoAnn Vann, Cooperative Extension Agent, the students participated in two hands-on cooking classes where emphasis was placed on healthy cooking and trying new foods. They received small incentive prizes along the way including T-shirts, cooking scales and measuring cups. At the end of the project they received a plaque to remind them of past accomplishments and encourage future success. Four of the members chose a year's membership at Foundation Fitness as their final prize with the 5th participant choosing home gym equipment. We believe their lives will be changed forever by this experience and the influence has and will extend to family and friends. Thanks to all the Coalition members who helped with snacks and materials distribution and the awesome counselors and trainers, and supporters who made this

Eat A Colorful Variety Every Day

Think Variety, Think Color

Dazzle your kids with color! Eating fruits and veggies in a variety of colors — red, dark green, yellow, blue, purple, white and orange — not only provides eye candy for your kids but mixing things up also gives them a broad range of nutrients. So "think variety, think color" and everybody wins! And they can have a little fun filling up that shopping cart with a spectrum of colorful fruits and vegetables that'll create a rainbow on their plates!

How to Create a Rainbow on Your Plate

Make a tropical rainbow fruit salad with fruits of each color: oranges, pink grapefruit, mango, papaya, kiwifruit, bananas, and purple grapes.

Saute your own medley of mixed vegetables using each color: red onions, carrots, corn, jicama, broccoli and black beans.

Try a spinach salad with dried cranberries, canned mandarin oranges and red onion with your favorite vinaigrette.

Back To School with Fruits & Vegetables

Boost that brain power with healthy fruits and vegetables.
Covert yogurt: In your child's lunch, pack a container of plain yogurt and fruit chunks. Encourage him or her to play detective and identify which fruits you included.
Thermos fusions: Help your child experiment weekly with new 100% fruit and vegetable beverages in their thermos for school.

Color your crunch for lunch: Have your child choose from a rainbow of colors to brighten up his or her lunch. Carrots or celery with light ranch dressing or apples with peanut butter are a fun way to crunch.
Get sporty: Pre-portion energy snacks for your kids as they head to sporting events, such as their favorite dried fruits and nuts.

Let them play with their food: For a little lunch bag fun, slice apples into boats (cut apples into eighths), try red pepper butterflies (slice red peppers crosswise), or cucumber hearts (slice with a paring knife)!
Crock pot creations: Add carrots, potatoes, onions, celery and all your favorite veggies together in the crock pot for a hearty stew that cooks while you help with homework.

SOUTHWEST CHNS & CHPS CORNER

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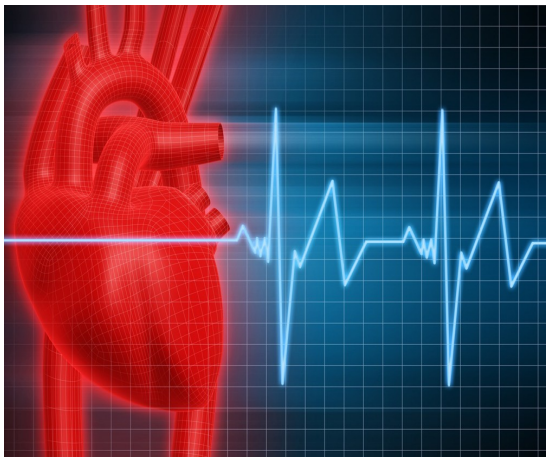

Busy Summer for CPR Trainings

The SWR CHNS have been busy this summer providing AHA CPR/AED/First Aid certification trainings for Early Childhood Educators, Teachers, Coaches and Law Enforcement. A total of 20 classes certifying 131 participants have been hosted in the SWR at DMEC, SWEC, and SCSC since June. Additional classes are scheduled for August for the SW Coop and DMEC.

Good-Bye Emily Lyons!

Emily Lyons, RD, LD, is leaving the AR Dept. of Health after 7 years as a Community Health Promotion Specialist at Dawson Education Cooperative in Arkadelphia. She has been a vital part of the SW CHNS/CHPS team. Her last day is August 15th.

Her future plans include relocating to Nevada to enjoy spending more time with her sister. We will miss her and wish her well in her journey. Good luck and may all things go as you dream!

South Central Co-op was awarded $3,000 from Arkansas Coalition on Obesity Prevention (ArCOP) 2014 Growing Healthy Communities Project Grant. This grant was awarded to assist the SCSC Co-op in "Sweating off the Stress." The SCSC Co-op is dedicated to helping their staff members achieve a healthier lifestyle. Healthier snacks are being offered and with the grant, the co-op will start working on an outdoor walking area with a pavilion. Karen McMahan, Teacher Center Coordinator stated, "Sweating the Stress Away is a project designed to provide a safe, well lit area for community members and staff to walk, run, or bike. This area will also provide a place for outdoor picnics or just a relaxed area to take a break from the office and enjoy the scenery. The space will be open for enjoyment to the employees of South Central Cooperative as well as the greater Ouachita County area." This project is scheduled to kick off the first part of September with a pre-health survey and end with a post-health survey in December. There will be a friendly walking competition with staff starting and ending with the health survey. A celebration will follow in December.

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SOUTHWEST REGION HOMETOWN HEALTH

"Keeping Your Hometown Healthy"

WWW.healthyarkansas..com

Children's Eye Health and Safety Month

August Is Children's Eye Health and Safety Month! It's almost back-to-school time and you're prepared with your child's enrollment forms, orientation schedules, and immunizations--but what about their eyes?

August is Children's Eye Health and Safety Month—a great signal for you to get your child's eyes checked before school starts.
Join us as we observe Children's Eye Health and Safety Month in partnership with Prevent Blindness America and the American Academy of Ophthalmologists.
Most children have healthy eyes. But there are conditions that can threaten good vision. Because you can't always "look" into your child's eyes to tell if they have eye health problems, set up some time today for an eye exam:

- Your child's eyes should be examined during regular pediatric appointments and vision testing should be conducted around age three.
- Parents should be aware of signs that may indicate their child has vision problems, including:

o Wandering or crossed eyes

o A family history of childhood vision problems

o Disinterest in reading or viewing distant objects

o Squinting or turning the head in an unusual manner while watching television

Children should:

- Wear protective eyewear while participating in sports or recreational activities
- Play with age-appropriate toys. Avoid toys with sharp or protruding parts

To find more information about Children's Eye Health and Safety, visit:
www.preventblindness.org
www.aao.org

Prevent Blindness®
Our Vision Is Vision®

Around the Region

Columbia - Pictured left to right are Tonya Porchia, Magnolia Jr. High School; Latricia Spelce, HSS II Columbia County Health Unit and Gwen Carter, Magnolia Jr. High School. The Columbia County Health Unit staff collected donations of school supplies to be given to children who arrive at school without the supplies they need to participate in their learning. Not pictured is LaDonna Pickett, PHT, who assisted with the delivery and acted as photographer.

Calhoun County - Linda Sims– Thompson, Extension Staff Chair , made sure participants at the Cooking Matters for Kids classes got in their physical activity as well as healthy eating and safe cooking. She had them to decide on an activity they could do during each class session. **Pictured below** is Linda leading participants in jumping rope.

(Below) Linda (r) leading the Grocery Store Tour at the Camden Wal-Mart

Arnell presents Bishop Chester Thompson with a bag of health information.

Calhoun County - On Saturday August 2nd, Arnell Washington staffed a booth at the Harrell Community Park, Inc. Back to School Extravaganza for area youth. 85 bags with Injury Prevention, Tobacco and a variety of other health information was distributed to youth and adults. This fun in the park event featured games, a jumping house, tours of the Calhoun County Ambulance and County Sheriff's vehicles, face painting, food and refreshments. Harrell Community Park, Inc. provided youth with backpacks and back to school supplies.