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## Stomping Out Negative Choices

STOMP OUT Negative Life Choices is an annual one-day summit for regional 5<sup>th</sup> grade students based on the PRIDE Academy framework to help them make positive life and environmental choices. Event programs are designed to promote positive behaviors, physical activity, injury prevention, personal achievement, healthy lifestyles, the prevention of alcohol, tobacco, and other drugs, family dynamics, and self-esteem to provide encouragement and direction for making quality life choices.

Health, Arkansas Game & Fish Commission, Texarkana AR Police Department, Department of Community Corrections, and the Girl Scouts Diamonds Council.

- Fire Arm Safety – Mark Meyers, AR State Parks
- ATV Safety – Dennis Hovarter & Jeff Neil, AR Game & Fish Commission
- Fire Safety - Clint Harris, AR Nature Conservancy & Doug Cherry, AR Forestry Commission
- Hunting Safety– Joe Huggins, AR Game & Fish Commission



A healthy lunch was provided for all attendees and volunteers. Each student departed the event with a t-shirt and a cinch back pack that contained a water bottle,

flashlight, safety whistle, dog tag, pencil, pen and an assortment of literature to help reinforce messages learned at the summit. A bottle of water and package of graham crackers were also included for the bus ride back to school.

Thanks to a grant from the Blue & You Foundation for a Healthier Arkansas and United Way of Texarkana, the summit was free of charge to participants. Event partners also provided in-kind support.

*More pictures from the summit can be found on page 5.*

This year's summit was titled "Stomp In the Wild" and was held on October 9, 2014 from 9:30 a.m. to 1:30 p.m. at the Grandview Prairie Conservation Education Center in Columbus, Arkansas. There were 190 fifth graders and 14 school staff from a total of 7 area schools at the event. Participating elementary schools were from Hope, Prescott, Nevada, Lafayette County, Horatio, DeQueen and Blevins.

In addition, 17 adult volunteers helped ensure that the event ran smoothly. They were from the Arkansas Department of

There were 10 professional presenters for the learning sessions:

- Opening & Closing: Girl Scout Diamonds Council facilitated energizer activities with the students
- HOFNOD (Hooked on Fishing, Not on Drugs) – Arlene Green & Linda Goodner, AR Game & Fish Commission
- Lunch Activity: Outdoor Dangers – Brooke Kervin, Corp of Engineers
- Water & Boating Safety – Bob Cushing, AR Game & Fish Commission

### November is National Diabetes Month

Among adults diagnosed with diabetes, as opposed to adults without diagnosed diabetes:

- Hospitalization rates for stroke are about one and a half times higher
- Hospitalization rates for heart attack are nearly 2 times higher
- Heart disease death rates are nearly 2 times higher

# Hypertension Collaborative in Nevada Co.

The Arkansas Department of Health (ADH) recently received an Association of State and Territorial Health Officers (ASTHO) Million Hearts Learning Collaborative grant for hypertension control. Arkansas is one of six states that received this grant for innovative approaches in hypertension control and management.

ADH will implement "Community Team-based Care for Uncontrolled Hypertension" by partnering with a community physician, Dr. Charles Vermont in Prescott, the Nevada County Health Unit, All Care Pharmacy, and third party payers.

"We are hoping this will pave the way



**ADH partners visit with ASTHO officials at the site visit on October 28th.**

to population-based initiatives for hypertension control in the state," said Dr. Appathurai Balamurugan, the project lead and Medical Director for the

Chronic Disease Prevention and Control Branch at ADH.

The ASTHO grant kicked off on October 28, 2014 with a site visit by ASTHO officials to the Nevada County Health Unit, Dr. Vermont's clinic, and All Care Pharmacy. This was followed by an ASTHO Million Hearts Learning Collaborative Stakeholder meeting on October 29<sup>th</sup> at ADH in Little Rock. Debbie Henderson, RN, health unit administrator, and Susan Smith, RN, were present for the meeting. They will also attend the ASTHO Million Hearts Program Review on December 10-11<sup>th</sup> in Washington, D.C.

## Open Enrollment begins Nov 15

Open Enrollment in the health insurance Marketplace begins November 15, 2014 but consumers can get an early peek right now at 2015 plans and premiums on [www.HealthCare.gov](http://www.HealthCare.gov). No log-in or application is required for consumers to window shop and get an estimate of how much their premiums will cost, including any financial assistance they will be eligible for.

Consumers will later have to set up an account - or go back to their existing account - to actually enroll, keep, or change their coverage for 2015. Cur-

rent customers who do nothing will automatically be renewed as of Jan. 1 but may miss out on potential savings. For consumers whose current plan no longer exists, the Marketplace will re-enroll them in the most similar plan available. For most people though, it is a good idea to at least login and update income information, as inaction could possibly lead to paying more in 2015.

Coverage for 2014 plans ends on 12/31/14 but coverage for 2015 plans can start as soon as January 1, 2015 if customers sign up by December 15,

2014. Those who want to change plans should also enroll by December 15<sup>th</sup> to avoid a lapse in coverage.

February 15, 2015 is the last day before the end of Open Enrollment to apply for 2015 coverage.

To buy Marketplace insurance outside of Open Enrollment, consumers must [qualify for a Special Enrollment Period](#) due to a qualifying life event like marriage, birth or adoption of a child, or loss of other health coverage.

## Insurance coverage for Arkansans

The Arkansas Hospital Association and Arkansas Chapter of the Healthcare Financial Management Association jointly conducted a survey of Arkansas hospitals in August and September that looked at the financial impact of the Private Option after its first six months. The major benefit is the reduction in uninsured patients seen in hospitals. The number of people hospitalized without insurance fell by 46.5 percent. More than 4,900 admitted patients were uninsured this year compared with over 9,100 in 2013.

In addition, uncompensated care costs in the first 6 months were reduced by 54.6 percent resulting in a \$69.2 million benefit. And although ER visits increased overall, the volume of uninsured ER visits dropped by 35.5 %.

A Gallup report released in August 2014 found that Arkansas led the rest of the country in reducing the rate of uninsured residents during the first six months of 2014. Arkansas's uninsured rate fell from 22.5% at the end of 2013 to 12.4% midway through 2014. This means that approximately 45% of Ar-

kansans who did not have health coverage at the beginning of the year now do.

In 2013, Arkansas ranked next to last among states for its uninsured rate, with only Texas having a higher rate of uninsured residents. Six months into 2014, Arkansas surpassed half the country, and tied with New Hampshire for 22<sup>nd</sup> place.

As of 9/30/14, eligibility in the Private Option was approved for 211,611 Arkansans and 204,811 of those had completed enrollment.

## Shopping for and cooking healthy foods

DASH (Dallas County Alliance Supporting Health) members reached 52 people with their Cooking Matters classes and store event that wrapped up in October. These projects were funded by a grant from the Arkansas Coalition for Obesity Prevention.



The cooking classes for people with diabetes were offered free of charge, once per week for six weeks from 10:00

a.m. to noon. Nine people took advantage of the opportunity and learned how to cook healthy on a budget. They learned the proper way to meas-

ure liquid and dry ingredients and found tasty new recipes that helped them control their blood sugar. The participants had fun trying new foods they didn't think they liked and were surprised to discover they tasted good. They talked about the black bean brownies for over a week.

Twelve hours of cooking instruction was spread over a week for 9 youth participants. They learned easy recipes they can cook at home and had so much fun they are asking for another



class. They also tried new foods and found out they like them and post tests showed that the class made a difference in their eating choices.



The Cooking Matters Store Event attracted 34 participants, many of whom were young mothers. All were taught to read food labels to help them learn to buy healthy foods inexpensively. Food portions were also discussed using "My Plate".

## Mt. Ida Schools celebrate Red Ribbon Week

Mt. Ida Middle School and High School wrapped up a week-long Red Ribbon Week celebration on Friday, October 31<sup>st</sup> by hosting an assembly for 5<sup>th</sup>-12<sup>th</sup> grade students. School officials felt the need to bring in outside speakers to talk to students about the consequences and effects of using tobacco and alcohol due to the high rates of use by their students.

Tiffany Allen, a 23 year old survivor of a car accident, spoke to the students about the decision she made to drink and drive. Tiffany is now confined to a wheelchair and a double amputee. She made the choice to drive 37 plus miles back home after a leaving a bar. She doesn't even remember getting into her car.

vehicle and it flipped three times and caught on fire. Just minutes before the car burst into flames, she was pulled from the wreckage by three men. Her back was broken and she had burns to the bone. She spent 2 month in a coma. Her parents have become her full time caretakers, as well as the caretakers of her two children, who are 3 and 5.

Tiffany shared what she remembers of the night of her accident and all that she went through after waking up from a coma; how making one bad decision completely altered her life forever. She now spends her time doing as much public speaking as she can. She wants to share her story with students to help them understand the consequences of

drinking and driving.

Bobby Wilborg, SW Region Grants Administrator, was the second speaker of the day for the Mt. Ida students. Bobby talked to the students about tobacco and the impact it can have on their lives. He explained what is in a cigarette that makes it so addictive, the dangers, cost, and trends of smoking and why the tobacco companies are targeting youth. Bobby emphasized to the students that they can make the decision now to be the first generation to not be addicted to cigarettes.

Mt. Ida students ended the Red Ribbon Week activities with a balloon release. Each student yelled "I Say No to

Twelve miles from home, Tiffany lost control of her



Drugs" as they released their balloon.

# SAY NO ~~DRUGS~~ ~~ALCOHOL~~ ~~TOBACCO~~

CHNS Edie Greenwood and Rhonda McDonald talked about Peer Pressure with 9-12 graders at Harmony Grove High School as part of Red Ribbon Week. Their focus was on how to help students identify peer pressure and refusal skills. Students interacted with them in discussions on what their challenges are at school, what makes them have peer pressure, and what some refusal skills are that they have used or can use. Topics included alcohol, drugs, tobacco, sex, bullying, fighting, stealing, cheating and many more. Students wrote on poster boards to post in the halls. They also signed a pledge card to say that they will make a difference; that they will be a leader and not a follower or bystander. Two teachers and 204 students in 7 periods were part of the discussion. Rhonda returned the next 2 days to speak with 120 seventh and eighth grade students on the same subjects.

### Mass Flu Training



LPN students in Union and Hempstead Counties were trained by Rhonda McDonald and Edie Greenwood to assist in mass flu clinics. The CHNS used the approved slide presentations;

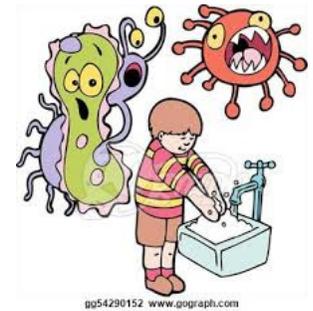
"Mass Clinics in Schools and Communities" and "Flu Vaccine Administration" for the training. The students were instructed in the use of safety glide needles and HIPAA training was completed using the approved ADH information and test.



# SOUTHWEST CHNS & CHPS CORNER



Southwest CHNS and CHPS have a website featuring school nurse, wellness chairs, updates, resources and a contact page. You can find us at <http://swchns.weebly.com>



Edie Greenwood spoke to 38 pre-k students in the Hope Start program about hand washing, covering their cough and germs. This was at the teachers' request in preparation for cold and flu season.



## Welcome Melissa Kuhn, BAE Community Health Promotional Specialist

### Southwest Region CHNS/ CHPS

Kim Hooks	Supervisor	870-325-6311
Cheryl Byrd	CHNS	870-386-2251
Edie Greenwood	CHNS	870-777-3076
Rhonda McDonald	CHNS	870-836-1619
Tommie Rogers	CHNS	870-246-3077
Pa Melissa Kuhn	CHPS	870-807-2706

Melissa Kuhn is a native of Camden, AR. She holds a Bachelor of Education degree from Southwestern Assemblies of God University in Waxahachie, TX. After spending fourteen years as a classroom teacher, she is shifting her focus to working with the Arkansas Department of Health.

Melissa is the mother of two miracle children, Rachel (10) and Jack (6). She and her children live in a 100 year-old two-story farm house that was built by her great-grandfather. Holding onto her roots and a rich history keeps her heart turned toward Camden. She looks forward to aiding southwest Arkansas to a healthy future.



# Tasty Acre Organic Garden

Tasty Acre Organic Gardens is a project jointly developed by Ouachita Village Inc. (sponsor of the Montgomery County Food Pantry), Montgomery County Extension Service and 4H teams, and the Montgomery County Master Gardeners. The goal is to encourage the development of organic vegetable gardens throughout the county. Not only can vegetables from those gardens help residents manage their weight, improve their health, and reduce grocery expense, but making those gardens *organic* avoids negative impact on the soil, beneficial insects, and the food itself. Further, a well developed organic garden minimizes watering, weeding, expense, and time.

To help achieve the goal, the Tasty Acre Organic Garden was built at the Montgomery County Annex in the fall of 2012. Crops were planted and the first class was taught in the spring of 2013. The garden has not been watered at all, except to plant seeds, and it requires minimal maintenance.

The garden is a model for observation, testing new plants, and organic (non-

chemical) treatments, as well as demonstrations and classroom activity for gardening classes.

Based on this model, each year the Tasty Acre group will provide a private garden and training for two financially-



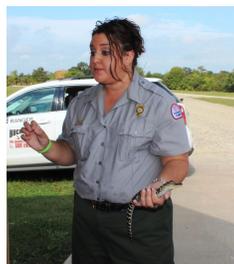
challenged families who want to garden but don't have the knowledge or resources to do it on their own. Each family will not only receive a fully fenced garden but will also have a Master Gardener mentor for their first

year of gardening.

In the fall of 2013 Tasty Acre built their first garden for an Oden family. The family has happily reported that they have fed five other families from their garden and they have never had to water. On October 25, 2014, several adults and a passel of 4H kids built fenced garden foundations for families from Story and Norman. As with all the gardens, these two garden foundations will "cook" over the winter, absorbing water, and will be ready for spring planting.

One of the members of the Tasty Acre group received a Tasty Acre garden for Christmas last year. She reports it is the easiest and most productive garden she has ever had. Another Master Gardener is building her own garden right now. In the beginning the group had to hunt for garden candidates but now people in the community are looking for them. The Tasty Acre group looks forward to the 2015 classes and continued growing interest in Tasty Acre gardening.

# Stomp In the Wild Summit (more pictures from page 1 article)





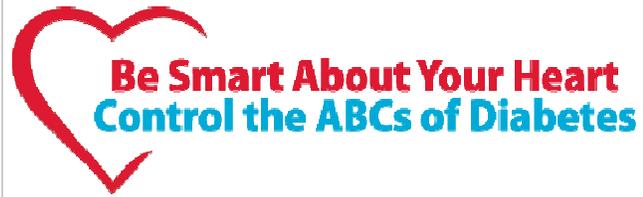
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This November, the National Diabetes Education Program (NDEP) and its partners are proud to support National Diabetes Month 2014. Throughout National Diabetes Month, the NDEP and its partners will promote **“Be Smart About Your Heart: Control the ABCs of Diabetes”** to help people with diabetes learn they are at greater risk for heart disease, and also how they can lower that risk by managing the diabetes ABCs: the A1C test, Blood Pressure, Cholesterol, and Stop Smoking.

**A: A1C Test**

The A1C test is a blood test that measures your average blood sugar level over the past three months.

**B: Blood Pressure**

Blood pressure is the force of your blood against the wall of your blood vessels.

**C: Cholesterol**

There are two kinds of cholesterol in your blood: LDL and HDL. LDL or "bad" cholesterol can build up and clog your blood vessels. It can cause a heart attack or stroke.

**S: Stop Smoking**

Stop smoking. Ask for help or call 1-800-QUITNOW.

## Around the Region...

**Flu Clinics-** School-based flu clinics were conducted in the Southwest Region during the month of October and the first week in November. ADH staff visited 97 schools and administered 24,574 doses of vaccine, 95 more than were given in 2013.

**Ouachita County-** Crafton Tull engineers and Mechelle Winslow, Built Environment Coordinator with the Arkansas Department of Health, will be at Camden City Hall the afternoon of November 10<sup>th</sup> to present their recommendations for extending the bike route through downtown to the trail head at the Depot to make a 5 mile loop.

This development is the result of a project that the City of Camden and AHOC (A Healthy Ouachita County), the local Hometown Health Coalition, started when they received a grant last year from the Arkansas Coalition for Obesity Prevention (ArCOP) to develop a walkable downtown route.

**TPCP**, the Tobacco Prevention and Cessation Program, has launched a brand new youth-prevention website called Project Prevent. Students can go there to access information and resources about how to live a tobacco- and nicotine-free lifestyle, as well as be an advocate for their communities. The website has launched in conjunction with the My Reason to Write project and can be accessed at: [www.SOSProjectPrevent.com](http://www.SOSProjectPrevent.com).

Students are encouraged to check out the brand new Project Prevent website and participate in the “My Reason to Write” project. Entries must be received by December 5, 2014. Winners will be announced by 5 p.m. on January 7th, 2015.

**Union County-** TOUCH members Jill Weinischke, Rhonda McDonald, and Joni McGaha participated in a health fair at Clean Harbors in El Dorado on October 22nd. Workers who smoked were offered the opportunity to have their carbon monoxide level tested. All were counseled on the

consequences of tobacco use and referred to the Quitline.

Employees were also educated on the safe disposal of prescription and over-the-counter medications and signed up to win a prescription lock box for their home.

New Drug Enforcement Administration rules, published Sept. 9 in the Federal Register allows manufacturers, distributors, treatment programs, retail pharmacies, hospitals and clinics with on-site pharmacies to modify their DEA registration to become authorized collectors for unused prescription drugs.

