

INSIDE THIS ISSUE:

Columbia County	2
CHPS & CHNS	3
Computer Training	4
Around the Region	4

ArCOP awards Project Grants

Arkansas Coalition for Obesity Prevention (ArCOP) has awarded \$83,226.45 in project grants distributed among Forty (40) communities in the state in order to increase access to healthy foods and physical activity. These project grants will be completed within five months and will utilize the training provided at ArCOP's 2014 Growing Healthy Communities Regional Summits. Eight (8) of those grants were awarded in the Southwest region. The communities in the region who received the grant are:

- Arkadelphia** – \$550 to Becoming A Healthy Clark County Coalition on behalf of Clark County Health Department in Arkadelphia for Cooking Matters at the Store.
- City of Camden** – \$3900 to City of Camden for Camden Home Grown Farmers Market and Community Garden.
- City of Hampton** – \$1910 to

United Community Resource Council (UCRC) in Hampton for Cooking Matters.

Fordyce – \$1540.80 to Dallas County Alliance Supporting Health in Fordyce for Cooking Matters & Cooking Matters AT THE STORE.

Hope – \$2497 to City of Hope Arkansas on behalf of Department of Community Corrections for Hope Farmers' Market.

Prescott – Nevada County – \$800 to Prescott-Nevada County Chamber of Commerce for Prescott Farmers' Market.

New Addition (Nashville) – \$3811 to New Addition Neighborhood Development Corp. (NANDC) for NANDC: Each One Teach One Project Phase I & II.

South Central Service Cooperative (Camden) – \$3000 to South Central Service Coop-

erative for Sweating the Stress Away.

ArCOP was able to fund these grant projects through the Blue & You Foundation for a Healthier Arkansas. ArCOP's goal is to make Arkansas healthier one community at a time through its Growing Healthy Communities (GHC) program. The coalition aims to improve the health of all communities in the state by increasing access to physical activity and healthy eating in order to reduce and prevent obesity.

More information on funded grant projects and ArCOP can be found at

www.arkansasobesity.org

It's SUMMER!!!!



PROTECT YOURSELF FROM THE SUN

- Stay in the shade between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher.
- Cover up with long sleeves, a hat, and sunglasses.
- Check your skin regularly.

Have a UV Safe Summer!!!

For more information on UV Safety, visit:

<http://www.cdc.gov/niosh/topics/uvradiation/>

Montgomery County Health Fair



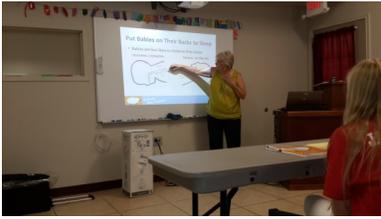
ADH sponsored the Montgomery County Health Fair located at the Mt. Ida Senior Center on June 17, 2014. Ap-

proximately 50 people attended with 12 different providers from 3 different counties. ADH gave out promotional, health & preparedness information while taking blood pressures. The booth featured information on Heart Disease, Diabetes, and Fall & Fire Prevention for older adults. ADH I.H.S checked oxygen

levels & gave out pamphlets on their services as well.



Little River County's Safety Baby Shower



A Safety Baby Shower was held at the Cossatot Community College in Ashdown on July 8, 2014. The shower was hosted by the Little River County Health Coalition in collaboration with the Little River County Health Unit, Little River Memorial Hospital, Cos-



satot Community College, UAMS Southwest and Southwest Arkansas Prevention Taskforce. It was sponsored by a grant received from the Arkansas Blue & You Foundation. Five expectant moms attended the shower along with dads, 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. Refreshments were provided by Little River Memorial Hospital and Cossatot Community College. The participants 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. There were two certified car seat technicians present. They helped participants install the car seats and also educated participants on proper car seat installation.



July is Juvenile Arthritis Awareness Month

Juvenile arthritis is one of the most common chronic illnesses affecting children yet it is often undetected or misdiagnosed when symptoms first appear. During July – Juvenile Arthritis (JA) Awareness Month – the Arthritis Foundation is focusing on increasing awareness of early signs and symptoms of juvenile arthritis and



resources for families affected by the disease. Joint pain, stiffness and swelling around a joint may be early signs of a serious inflammatory rheumatic disease. Early medical treatment of JA can prevent serious, per-

manent damage to a child's joints. There is no known cure however advances in research have produced new treatments that moderate and even stop the effects of juvenile arthritis, preventing significant disability in later years. Learn more about JA at www.arthritis.org/juvenile-arthritis.php.

This article is reprinted from The Arthritis Foundation website at www.arthritis.org

Columbia County Health Unit Donates to Southern Christian Mission



Shelley Camp, RN and LaDonna Pickett, PHT are shown presenting a donation from the clinic staff of the Columbia County Health Unit of paper goods and miscellaneous items to

Ruthie Sharp, director of the Southern Christian Mission. Southern Christian Mission is a non-profit organization that relies strictly on donations to provide food and shelter for the needy. At full capacity, the Mission can house as many as 60 visitors, male or female, young or old. Average occupancy is 20 – 28 visitors per night.

SOUTHWEST CHNS & CHPS CORNER



Connecting health and education

Enhancing School Wellness Committees

Act 1220 of 2003 requires that every school district in the state have a School Wellness Committee. A Wellness Committee is an advisory group that addresses the health and well-being of students as well as staff. The Committee assesses the school health environment, programs and policies and identifies ways to strengthen these to improve the health of students and staff. In an effort to strengthen and enhance Wellness Committees, workshops were held at each Education Coop in SWR. Emily Lyons, RDN, LD, CHPS developed each workshop, which covered a variety of topics related to school wellness. Each CHNS served as a facilitator at their coop.

DeQueen/ Mena Coop

On June 11th, 11 people participated in the “Enhancing School Wellness Committees” workshop at DMEC. Emily Lyons, RDN, LD presented on the School Wellness Committee Toolkit and discussed the School Health Index. Jerri Clark presented on Joint Use Agreements and Tamara Baker discussed School Based Health Centers. Terrie James and Janet Cantrell from the University of Arkansas Cooperative Extension Office provided resources and programs that they have available for school districts. Matt Graves presented on GoNoodle.com and HealthTeacher.com which are free programs available to all public and charter schools in Arkansas through a partnership with Arkansas Children’s Hospital.



Dawson Participants Practicing Yoga for Kids

Dawson Coop

On June 20th, 21 people participated in the “Enhancing School Wellness Committees” workshop at Dawson Coop. Emily Lyons, RDN, LD presented on the School Wellness Committee Toolkit. Katrina Betancourt presented on Health Promotion for Staff. Jerri Clark discussed Joint Use Agreements. Jessica Kelton presented on HealthTeacher.com and GoNoodle.com. JoAnn Vann from the University of Arkansas Cooperative Extension Service presented on the programs and resources they have available for schools. She focused on their newest program, which is Yoga for Kids. Rhonda McDonald, RN, CHNS presented on the School Health Index.

South Central Coop

On June 13, 16 people participated in the “Enhancing School Wellness Committees” workshop at South Central Coop. Emily Lyons, RDN, LD, presented on the School Wellness Committee Toolkit. Rhonda McDonald, RN, CHNS presented on the School Health Index. Debbie McAdams, SBHC Administrator from El Dorado School District, presented on School Based Health Centers. Jerri Clark discussed Joint Use Agreements and Layne Baxter presented on GoNoodle.com and HealthTeacher.com.

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
Emily Lyons	CHPS	870-246-3077

Southwest Coop

On June 23rd, 14 people participated in the “Enhancing School Wellness Committees” workshop at Southwest Coop. Emily Lyons, RDN, LD presented on the School Wellness Committee Toolkit and the School Health Index. Katrina Betancourt discussed Health Promotion for Staff. Donna Miller gave an update on the Coordinated School Health Program. Tamara Baker presented on School Based Health Centers. Terrie James discussed programs and resources available to schools through the Extension Service.



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**SOUTHWEST REGION
HOMETOWN HEALTH**

*Keeping Your Hometown
Healthy*

WWW.healthyarkansas.com

Southwest Prevention Task Force— Computer Trainings

The Southwest Arkansas Prevention Taskforce is offering FREE technology trainings to anyone who works with the local HHI Coalitions, including adults working to make youth more technologically responsible. These trainings are being offered for the members to improve their technology skills by increasing the knowledge of current social media and internet based applications to combat the negative impacts of these tools on local youth; and increasing members' general computer skills to sustain and improve true collaborative work with developing, implementing and evaluating prevention programs in the community.

The dates for the trainings are as follows:

July 11: Introduction to Social Media
July 25: Social Media 2.0 & 3.0
August 8: MS PowerPoint
August 15: MS Publisher
August 22: MS Excel
September 5: MS Word
September 12: MS Outlook & Google doc

All trainings will be held at UACCH – Hempstead Hall in Hope, AR. Registration is required for all classes. CEUs will be provided. For more information, call Sarah Powell at 903-733-2936 or email sarah.powell@arkansas.gov



Around the Region

Nevada County: Edie Greenwood, RN provided two classes Adult and Child CPR/AED for 11 teacher/staff at Prescott School District; She also discussed tobacco cessation along with heart/lung health risks.

Hempstead County: Cheryl Byrd, RN along with other SWR CHNS provided Health Issues in the School Aged Child on June 30th at SWEC in Hope. Topics included Mental Health, ATV Safety, Tobacco Prevention, Immunizations, STD Prevention and Treatment, and CPR requirements for students in grades 9-12, for 26 Counselors, School Nurses, Coaches, Health Teachers, and Special Ed.

Calhoun County: Arnell Washington and Rhonda McDonald, RN conducted a Town Hall Meeting in Hampton to address Underage Drinking in Calhoun County. Data from the Calhoun County APNA Student Survey, alcohol prevention materials and educational materials were presented. Also, a Sudden Infant

Death Syndrome presentation was provided with pre and post assessments along with SIDS information and materials.

Clark County: The 11th Annual AR Fire Boat School was held at Lake DeGray on June 7, 2014. Bonnie Carr, Susan James, Echo Donahou & Suellen Simpson represented ADH. Tents were set up to administer first aid as needed, offer Tetanus immunizations & gave out variety of pamphlets/promotional items.



L-R: Bonnie Carr, Susan James, Suellen Simpson & Echo Donahou.

Miller County: On June 24th, Chychy Smith had a presentation/group discussion concerning family planning and the need to reduce teen pregnancies. The participants shared their stories with the group about how having babies at an early age impacted their lives and goals. Safe sex practices and STDs were also discussed during the session. Information about the health department's family planning services were given to the participants in attendance.

Lafayette County: Lafayette County LHU hosted a Safety baby Shower on June 25th. Edie Greenwood, RN gave the SBS presentation and was assisted by Tonya Clark, RN and Chychy Smith, RHS. There were 12 participants in attendance. The presentation covered various topics including infant/child injury prevention, home safety, child passenger safety, safe sleep, SIDS, tobacco cessation etc. Participants were given safety supplies & car seats to take home.