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Community Water Fluoridation

- Benefits people of all ages
- Over 60 years of research and experience have demonstrated that there are no harmful effects as a result of fluoridation.
- Is an essential nutrient for the development and maintenance of teeth.
- Results in up to 60% less tooth decay in baby teeth and 35% in adult teeth.
- Every \$1.00 spent on fluoridation prevents \$38 in dental treatment.
- Costs about 50¢-\$1 per person per year.

Stomp In The Wild Summit held

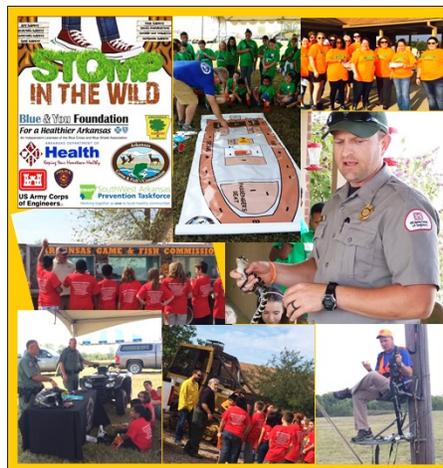
“Stomp in the Wild” was held on September 24th at the Rick Evans Grandview Prairie Conservation Education Center in Columbus, AR.

The summit is held annually to provide encouragement and direction to regional 5th grade students in making positive life and environmental choices. Event programs were designed to promote positive behaviors, family dynamics, self-esteem, personal achievement, physical activity, injury prevention, healthy lifestyles, and the prevention of alcohol, tobacco, and other drugs (ATOD).

There were 222 fifth graders and 20 school staff chaperones in attendance from 9 area schools. Participating schools were from Hempstead, Howard, Pike, and Nevada Counties.

This year 17 teen leaders from Arkansas High School in Miller County were invited to do energizers with the kids as schools were arriving and getting registered. In addition, 16 adult volunteers helped throughout the day to ensure that the event ran smoothly. Thirteen speakers from several agencies were also on hand to provide the education.

Learning Sessions included the following: Hooked On Fishing, Not On Drugs – Linda Goodner



boating safety, including activities such as the life-jacket relay and the boating mat game, were presented by AGFC staff.

ATV Safety – AGFC reps covered ATV safety gear, appropriate size, and how to ride safely, in addition to hunting safety.

Hunter Education –Basic hunting safety was reviewed and a tree stand demonstration was used to focus on fall prevention by AGFC staff.

and Ammie Swain with the AR Game and Fish Commission (AGFC) focused on ATOD prevention. They explained how drugs effect physiological, behavioral, and social aspects of life with an emphasis on decision making skills. Positive social outlets, specifically fishing and other outdoor activities, were promoted. Tri-fold boards, including one on tobacco, were used as visual tools during the presentation.

Outdoor Dangers – Corp of Engineers staff taught about dangerous local plants, insects, and animals, using repellants, and sun safety. They also brought an alligator for the kids to pet.

Boating Safety – Water and

Fire Safety – Forestry Commission personnel discussed the dangers of fires in the wild and the difference between them and prescribed fires. They also brought a dozer and allowed the kids to climb up and sit in the driver’s seat.

Fish Aquarium – AGFC staff taught about fishing and water safety and the various fresh water fish that are local to the area.

A healthy lunch was provided for all 288 attendees and volunteers. Each student departed the event with a back pack that contained an assortment of literature to help reinforce messages learned at the summit, as well as SOS tattoos and pencils.



Southern Arkansas
University
BSN Program

Through a partnership with local area schools and the Arkansas Department of Health, SAU Magnolia BSN program student nurses are allowed to assist in the schools with the mandatory screenings for AR students. These screenings include vision, hearing, BMI, and scoliosis. Community Health Nurse Specialists (CHNS) spend the day with the student nurses teaching them how to conduct the screenings and why screenings are done in AR.

While in Magnolia, SWR CHNS Cheryl Byrd, Edie Greenwood, Rhonda McDonald and SE Region CHNS Liz Mercer presented Flu 101 and HIPAA to SAU nursing students. This will allow them to assist in Mass Flu Clinics in the SW Region and some school clinics. In all, 49 students were trained.



**When you are a nurse,
you know that every day
you will touch a life
or a life will touch yours.**

- Anonymous

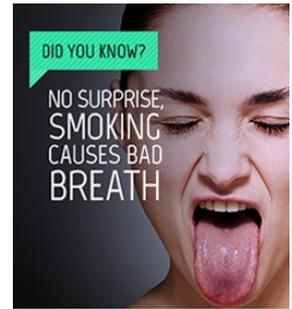
Southwest Region CHNS/ CHPS

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



Tobacco & Teen's

-Each day, more than 3,200 people under 18 smoke their first cigarette
-Approximately 2,100 youth and young adults become daily smokers.



-9 out of 10 smokers start before the age of 18 and 98% start smoking by age 26.

Nicotine Delivery 101

On September 21st, Edie Greenwood, RN, CHNS presented Nicotine Delivery 101 to three health classes of 7th & 8th graders at Nevada School District in Rosston. Discussion centered on the health consequences of nicotine products including cigarettes, smokeless tobacco, and electronic nicotine delivery devices. She also presented the dangers of second and third hand smoke and the effects they have on a child's health. The group discussed how to use refusal skills when offered nicotine in any form. Edie demonstrated the effects of tobacco on the lungs using pig lung models of a healthy lung and diseased lung. Students were "grossed" out by Mr. Gross Mouth which shows the harms of smokeless tobacco on teeth, mouth, gums, tongue, etc.

Edie also presented to two first grade PE classes about tobacco harms. She had the students power walk for 5 minutes and then stop and attempt to blow up a small balloon with a straw. Only two children out of each class of 15 were able to blow up their balloon. The students also played "catch" with the Tobacco Clever Catch Ball to learn facts about the harms of cigarette use. The children were then shown the pig lung models of a healthy lung and a diseased lung. After donning gloves, each person was allowed to touch and examine the lungs.

De Queen Mena Educational Co-op

August was a busy month for the DMEC as Cheryl Byrd, RN, CHNS, conducted 10 workshops for school and health unit personnel. Trainings included Annual School Nurse Update 2015, CPR for Healthcare Providers, CPR Instructor Certification for 2 school nurses, Making Educator's Partners, First Aid for Preschool Educators, Food Service Professionals Annual Workshop, CPR and First Aid for Bus Drivers, and Emerging Tobacco Products for Sevier Co Health unit nurses, clerks and District Manager Teresa Morris.



Immunizations are one of the first priorities of school nurses. This is a very tedious and time consuming task. CHNS are available to assist with immunization questions. Please refer to the Arkansas State Board of Health Rules and Regulations Pertaining to Immunizations, effective September 1, 2014. You can find this and many other laws at: <http://www.arkansascsch.org/support-the-program/arkansas-laws-and-school-health.php>

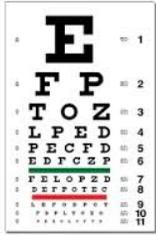
Suicide in Arkansas

Arkansas ranks 14th in the nation on suicide. This is a public health issue and the numbers continue to increase. Arkansas teens, ages 14-24 rank second in the nation.

Act 77, (HB1778) The Jason Flatt Act of Arkansas, requires mandatory teen suicide awareness and prevention trainings for school staff.

SW CHNS and CHPS assisted schools in fulfilling this requirement by presenting several suicide trainings at the co-op level and in individual school districts.





SOUTHWEST CHNS & CHPS CORNER

Mandatory Screening Trainings

SW CHNS/CHPS provided 2 regional trainings hosted at Dawson Co-op on September 3rd and 17th. Cheryl Byrd presented Vision for School Nurses and Edie Greenwood presented Hearing for School Nurses on the 3rd. Tommie Rogers presented Scoliosis for School Nurses and Melissa CHPS presented Obesity in the School Aged Child (BMI) on the 17th. All 4 screening offered CE's through the ADH.



Wellness

It's time to get in motion with school district wellness committees. CHPS Melissa Kuhn, is available to help. Give her a call at 870-807-2706 for any health and wellness questions you may have.



Re-think Your Drink

On, Monday, September 21, Melissa Kuhn, CHPS, presented "Re-think Your Drink" to both the morning and afternoon 9th grade classes at El Dorado High School. A total of 49 students participated with sugar/drink experiments including a detailed question and answer time. The students will be conducting their own sugary drink experiments over the next two weeks and have invited Melissa back to be in the audience as they present their results.

New School

Nurse Conference

Cheryl Byrd, RN, CHNS, Edie Greenwood, RN, CHNS, and Tommie Rogers, RN, CHNS, attended the New School Nurse Conference held September 28-30 at the Embassy Suites in Little Rock. On September 30th Cheryl and Edie presented a slide presentation with information on helpful resources for school nurses including A-Train, Coordinated School Health, Arkansas Department of Health, Arkansas Center of Health Improvement and Arkansas Department of Education. They discussed mandated school screenings in schools and where data is to be entered and services available through the Arkansas Department of Health, such as Family Planning, Immunizations, Maternity, STD testing and treatment, and WIC. Flu forms for this year were distributed and reviewed with the nurses to make sure they each knew how to determine if the form was properly completed and signed.



Cheryl Byrd, CHNS



Drive Smart Challenge/Battle of the Belt

Drive Smart Challenge/Battle of the Belt is well under way in the Southwest region. Nashville, De Queen, AR High, Kirby, Nevada, Murfreesboro and Horatio Schools have agreed to take on the "challenge" and promote safe driving on their campuses and in their communities. EAST lab facilitators have been instrumental in implementing the program in each of their schools. EAST lab students have been oriented and are eager to get their activities underway educating parents, peers, underclassmen, and community members on the importance of safe driving practices. Students are taking on a leadership role in the education of safe driving practices by increasing the use of seat belts in cars and decreasing the use of cell phones by drivers. Schools taking part in this activity are affiliated with the De Queen Mena Educational Coop, Dawson Coop and Southwest Coop with orientation provided by Cheryl Byrd, RN; Tommie Rogers, RN and Edith Greenwood, RN; Community Health Nurse Specialists.



Southwest CHNS have a website featuring information for school nurses, wellness chairs, & school staff. It can be found at: <http://swchns.weebly.com>

Educating at County Fairs

The Four States Fair in Texarkana hosted Kid's Day on September 16th and 17th. Over 3,500 hundred students from southwest Arkansas and northeast Texas attended each day.

The Miller County Health Unit staffed a booth to educate participants on the dangers of using tobacco. They used a dancing activity in which students were asked to hold their nose and breathe through a straw to demonstrate breathing problems such as Chronic Obstructive Pulmonary Disease (COPD) caused from smoking.



Four States Fair Kid's Day

Staff from the Little River County Health Unit sponsored a booth at the Little River County Fair throughout the 5 days of the event.

They provided cards with the signs and symptoms of heart attack and

stroke, SOS Quitline cards, poison control hotline magnets, and pamphlets on health department programs such as WIC, Family Planning, BreastCare, immunizations, breast-feeding, and alcohol and drug prevention.

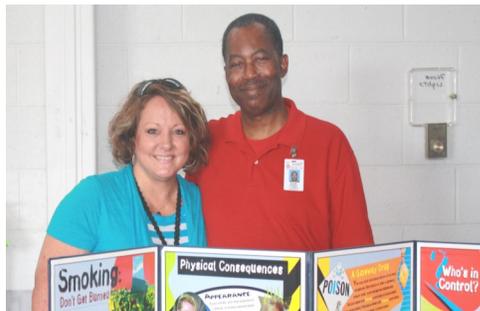


Little River County Fair Booth

DASH Health Fair provides screenings

The DASH Health Fair, an annual event sponsored by the Dallas County Alliance Supporting Health (DASH) Hometown Health Coalition and the Dallas County Medical Center, was held on September 11 at the National Guard Armory.

Partners provided free screenings and health information about smoking cessation, drug abuse, mental health, Head Start and



Melissa Kuhn, CHPS, and Arnell Washington, RHS, educated on tobacco harms.

ARKids First.

Mammograms were provided for 27 women and prostate screenings were conducted on 35 men. Fifty people got their blood pressure and blood sugar checked and 35 participants got a cholesterol test. Four people took advantage of the HIV screenings.

Approximately 150 county residents attended the event.

Fall Symposium held in Little River County

Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Falls can take a serious toll on older adults' quality of life and independence.

To recognize this critical issue, the Little River Hometown Health Coalition hosted a Fall Symposium at the Little River Senior Center on Tuesday, September 29th.

Over 20 senior adults participated in presentations made by Little River Home Health staff, Occupational Therapy Assistant students and instructors, a Tai Chi



class by St. Michael's Fitness out of Texarkana, and a prescription medication take back with assistance from the Ashdown Police Department and Pam Culver, UAMS South Prevention.

Topics included falls in the home, keeping your balance, and exercises to help with strength and balance.



HHI Support Staff:

Joni McGaha, HHI Manager, Editor
DeAnna O'Malley, Rural Health Specialist
Arnell Washington, Rural Health Specialist
Bonnie Carr, HHI Coordinator
Sarah Powell, Rural Health Specialist,

**SW REGION
HOMETOWN HEALTH**

*Keeping your hometown
healthy!.*

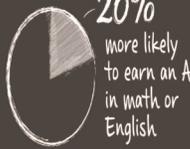
www.healthyarkansas.com

active kids learn better



physical activity at school is a win-win for students and teachers

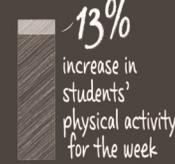
GRADES:



STANDARDIZED TEST SCORES:

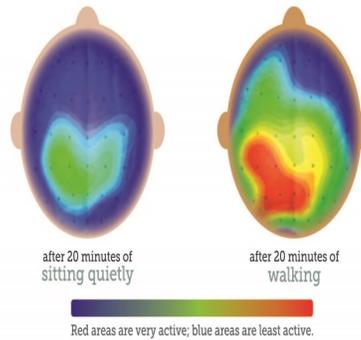


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



physically active kids have more active brains

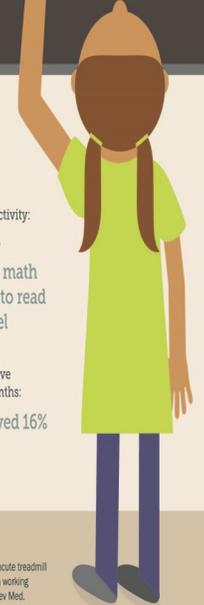
BRAIN SCANS OF STUDENTS TAKING A TEST:



MORE RESULTS:

after 20 minutes of physical activity:
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%



SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 53(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10!: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larsen P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

Around the Region...

Polk County Health Unit participated in the annual Mena Regional Health System Health Fair on Saturday September 26th. They were one of 66 booths that provided health screenings and/or educational materials for the 425 attendees.

Health Unit staff gave information on WIC, Breastfeeding, Nutrition, Immunizations, Family Planning, Stamp out Smoking, Rabies, Mosquitoes and Tick Fever. They also gave handouts on their upcoming mass flu clinic that many folks were interested in.

Handouts on WIC and Breastfeeding were taken to the Women's Center at Mena Regional after the health fair ended to give to the new moms.



Flu season is here!

School-based flu clinics have begun and community mass flu clinics will be conducted the last two weeks of October. See below for a schedule of when those will be held:

- 10/20/15 - Union County
- 10/22/15 – Columbia and Nevada Counties
- 10/23/15 – Calhoun, Lafayette, Miller, and Polk Counties
- 10/27/15 – Ouachita and Pike Counties
- 10/28/15 – Sevier County
- 10/29/15 – Howard and Montgomery Counties
- 10/30/15 – Clark, Dallas, Hempstead, Hot Spring, and Little River Counties