

**SOUTHWEST
REGION
HOMETOWN
HEALTH**

**SOUTHWEST
REGIONAL NEWS**

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February is American Heart Month

Heart disease continues to be the leading cause of death for both men and women in the U.S. The risk is higher for African-American men, and adults living in the southeast.

This year, Million Hearts® is encouraging Americans to know their blood pressure and if it's high, to make control their goal.

Uncontrolled high blood pressure is a leading cause of heart disease. People with high blood pressure are three times more likely to die from heart disease.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important.

Along with your health care providers, blood pressure screening is available at pharmacies, drug stores, and at home using a home blood pressure monitor.

Over 100 people turned out Tuesday January 27th for the Southwest Arkansas Farmer's Market Consortium's annual Grower Training at Hempstead Hall on the University of Arkansas Hope campus.

The meeting included the market managers, producers, and patrons of the Hope, Old Washington, and Nashville Farmers' Markets. The "local foods tasting" consisted of several dozen dishes served featuring locally, home-grown foods by market vendors. Debra Bolding and Jodi Coffee, Market Managers, gave an update on the history of the local farmers' markets.

Debra Bolding provided a two hour training on the policies and procedure of the Arkansas Farmers' Market Association for the vendors. This training included any changes for next year, along with the opportunity for the growers to register as seasonal vendors and register for the WIC Farmers' Market program.

Each of the markets will feature fresh, locally-grown produce sold by the grower as well as local honey, farm-fresh eggs, fresh-cut flowers, home-baked goods, home-made soaps, and at some markets hand-crafted items. Each Market also incorporates a nutrition portion by offering healthy cooking demonstrations or food tastings. The markets start in May of this year. Hope will meet on Tuesdays, Nashville on Fridays, and Washington on Saturdays.



HEALTH in Columbia County Hears About Communicable Disease

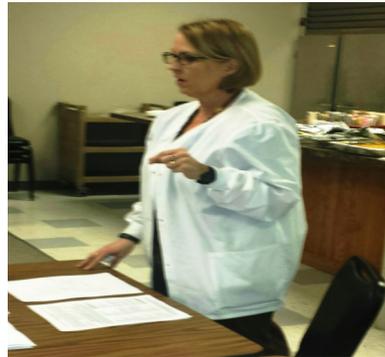
Beth Wilson, R.N., ADH Communicable Disease Nurse Specialist, was the guest speaker at the HEALTH in Columbia County Coalition meeting February 4th. She explained that although we might not be aware of it, communicable diseases occur daily and what we see is just the tip of the iceberg. She discussed several childhood diseases that used to be commonplace before vaccines were available.

Although we rarely see tetanus anymore due to vaccine, it will always be around because it's in the soil. Therefore, it's important that everyone gets their booster shot every 10 years. Pertussis, or Whooping Cough, is now endemic in Arkansas, meaning that it is continuously present in the population.

Even with immunizations, about 5,000 children per year are hospitalized in the U.S. Wilson distributed a list of Manda-

tory Reportable Diseases and explained that most of these require surveillance.

Diseases of public health significance must be reported to the ADH database that is checked twice daily. The CDNS looks for cause, hidden cases, potential



Beth Wilson, RN speaking to HEALTH

outbreaks, and a way to stop the disease. Coalition members were presented with a scenario that illustrated how disease can be spread. A handout was also disseminated that showed the many viruses and diseases that can be spread through hand contact and how they affect us.

Lastly, Wilson explained that influenza viruses are constantly changing and can transform in two different ways. Small changes over time are known as "drifts". A major or abrupt change in the flu virus is called a "shift". When this happens people have little or no protection against the new virus. She ended her presentation with a question and answer session.

Attendees learned that during the most recent measles outbreak at Disneyland, 60% or more of those who contracted the disease were not vaccinated.

Columbia County Goes Red



Columbia County ladies wear red in support of

"Go Red For Women."

Pictured left to right are: Valerie Kent HSS II Lead Clerk, Ann Whitehead HSS II, Shelley Camp RN Clinic Coordinator, Kimberly Cooper HSS II, Hollie Beckham RN, Latricia Spelce HSS II, LaDonna Pickett PHT and Melinda Harrell RN Local Health Unit Administrator.

Heart Disease

(Consider these myths below)

Myth: Heart disease is for men, and cancer is the real threat for women

Fact: Heart disease is a killer that strikes more women than men, and is more deadly than all forms of cancer combined. While one in 31 American women dies from breast cancer each year, heart disease claims the lives of one in three. That's roughly one death each minute.

Union County Goes Red



Union County ladies wear red in support of

"Go Red For Women"

Pictured Back Row, Left to Right: Missy Tucker, Jasmine Harris, LaTanya Glaspie, Joni McGaha, Yolanda Johnson, Front Row, Left to Right: Kim Basco, Ashley Nale, Danna Taylor, Admin.

Myth: Heart disease is for old people

Fact: Heart disease affects women of all ages. For younger women, the combination of birth control pills and smoking boosts heart disease risks by 20 percent. And while the risks do increase with age, things like overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries later in life.

Calhoun County UCRC Coalition Hears About MASH Program

Health Careers was the topic at United Community Resource Council's (UCRC) January meeting, in Hampton. Members of the Council heard a presentation on Health Careers and the Medical Applications of Science for Health Program (MASH) by Dennis Cooper, Pre-Health Recruiter for UAMS-South. Dennis said he was one of eight health recruiters in Arkansas.

Health Recruiters provide healthcare presentations, collegiate advising, advancement into medicine and opportunities for students to spend a day in the life of a medical profession. It is predicted that by 2020 there will be a shortage of 45,000 primary care physicians.

MASH seeks to address this need for more medical personnel, especially doctors. The Medical Applications of Science for Health (MASH) Program is

a two-week Summer Health Careers Camp for 8th grade through undergraduate students to learn about health professions. The 2014 camp was held June 16th through 27th and included 4 students from the Hampton Public School District. 51 students from 18 schools and 9 counties attended the southwest region camp.

The summer camps of 2014 provided training opportunities for 400 students in Arkansas. Dennis's video presentation featured students touring the Bradley County Medical Center. The camp provided opportunities for students to take vital signs, to do blood typing, lab cultures, IV and injections using oranges, dissect pig hearts, practice suturing, make and wear casts, read x-rays and experience a compounding lab. An Arkansas State Trooper spoke to the stu-

dents about distracted driving and injury prevention. Students were taken to UAMS for a day and were exposed to maturity, ARSAVES and emergency services. They also went to the Warren Animal Clinic where one of the students is now volunteering on Saturday due to her MASH experience. Dennis said he was glad for the opportunity to assist students interested in the health field. He plans to take students to the Ouachita County Medical Center for the 2015 MASH Camp. He said UAMS started offering Physician Assistants Degrees in 2014, opening a Physical Therapy School at the Northwest Campus and in 2016 will start a Dental Residency Program and hopefully a Dental School to follow.

For more information you may visit the web site at arkansashealthcareers.com.

Stamp Out Smoking

Did you know....?

- If you have tried to quit smoking and failed in the past, take comfort in the fact that most smokers fail several times before quitting successfully.
- There's no 'one size fits all' plan to quit smoking. Some people have success with patches, others with gum or cinnamon sticks. Some have success using prescription medicines like Chantix. Whatever you've tried in the past, don't

become discouraged. If you continue trying, YOU WILL QUIT. You only fail if you quit.

- Give yourself and your family the best gift of all this holiday. Quit smoking and live a longer, healthier life.
- Movie stars lighting up on the big screen is one of the most powerful marketing strategies to get young people to smoke. Tell your kids that using tobacco isn't glamorous. It's a **killer**.

- Nicotine is an addictive substance and can cause addiction in any form that it's marketed and sold. Dip, cigarettes, and e-cigarettes are all ways to deliver the addictive drug, nicotine, into your body.

For assistance please call Arkansas Tobacco Quitline:

1-800-QUIT-NOW

1-800-784-8669

Heart Disease in African-American Women

Heart disease is the No. 1 killer in women. African-American women are less likely than Caucasian women to be aware that heart disease is the leading cause of death.

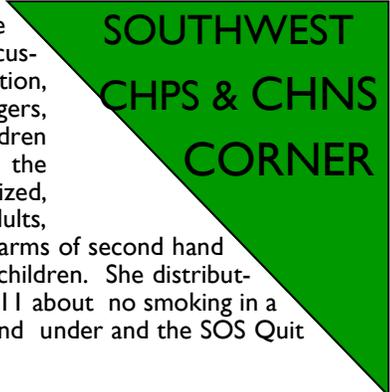
Diabetes, smoking, high blood pressure, high blood cholesterol, physical inactivity, obesity and a family history of heart disease are all greatly prevalent among African-Americans and are major risk factors for heart disease.

Here are a few statistics:

- Cardiovascular diseases kill nearly 50,000 African-American women annually.
- Of African-American women ages 20 and older, 49 percent have heart diseases.
- Only 1 in 5 African-American women believes she is personally at risk.
- Only 52 percent of African-

American women are aware of the signs and symptoms of a heart attack.

- Only 36 percent of African-American women know that heart disease is their greatest health risk.
- More than 40 percent of non-Hispanic blacks have high blood pressure, which is more severe in blacks than whites, and develops earlier in life.



January 8th, Edie Greenwood, RN, CHNS, presented information to 12 participants at the Garland Parenting Class about the effects of alcohol and drugs to a developing baby. Using the RealityWorks babies and curriculum, she discussed the harms to a fetus and lifelong consequences to a child when the mother uses alcohol, drugs, and tobacco during her pregnancy. She also discussed how drugs, alcohol, and tobacco will effect a breastfeeding infant. Edie demonstrated how alcohol can effect the fetus by pouring Everclear alcohol on a raw egg. The class was amazed at how quickly the alcohol caused the egg to start changing.

January 22nd, Edie presented to the same group an abbreviated Safety Baby Shower focusing on infant mortality, infant injury prevention, car seat safety, seat belt use for all passengers, crib safety, fire/burn safety and safety of children in and around the home. Edie also discussed the need for all children and adults to be immunized, fall prevention for both children and adults, breastfeeding, and the harms of second hand smoke to an infant and children. She distributed information on Act 811 about no smoking in a vehicle with a child 14 and under and the SOS Quit line number.



January 13, Tommie Rogers, RN, CHNS, presented information on Influenza and "How to Stay Healthy" to members of the Arkansas Association of Educational Office Professionals (AAEOP). We discussed what the flu was, who is at risk, the symptoms, how flu is spread, when someone is contagious, who should get vaccinated and treatment for the flu. We also addressed some good health habits to help avoid getting sick and to help you stay healthy.

January 21 ~ Kim Hooks, Edie Greenwood, Cheryl Byrd, Tommie Rogers, Liz Mercer, Rhonda McDonald & Melissa Kuhn represented ADH at RACHEL'S CHALLENGE at Camden Fairview High School. Rachel's Challenge is a national non-profit organization dedicated to creating safe, connected school environments where learning and teaching are maximized. Based on the life and writing of Rachel Scott, the first victim of the Columbine tragedy in 1999, Rachel's Challenge provides a continual improvement process for schools designed to awaken the learner in every child. We motivate and equip students to start and sustain a chain reaction of kindness and compassion that transforms schools and communities.



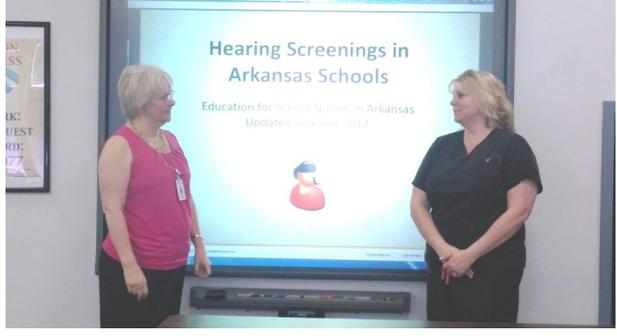
January 15, Edie Greenwood, RN, CHNS, and Victor Alexander, DIS, presented to 650, 9-12 grade students at Arkadelphia High School on STD/Teen Pregnancy. Edie presented to the 9-10 grade girls and the 11-12 grade girls. Victor presented to the 9-10 grade boys and the 11-12 grade boys. Alan Coleman, DIS, and Tommie Rogers, RN, CHNS, were also present at the presentation.



Victor Alexander



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	870-836-2213
Tommie Rogers	CHNS	870-246-3077
Melissa Kuhn	CHPS	870-807-2706



January 29th ~ Cheryl Byrd and Rhonda McDonald leading a Hearing Training.



Arnell Washington, RHS, Miller Co., Editor
 Bonnie Carr, HHI Coordinator
 Joni McGaha, HHI Manager
 Sarah Sutton, RHS, Hempstead Co.

SOUTHWEST REGION HOMETOWN HEALTH

Keeping Your Hometown Healthy!!!

www.healthyarkansas.gov

HEART DISEASE STATISTICS

Since its inception, the American Heart Association (AHA) has lead efforts in research, prevention and treatment of heart disease, providing knowledge-based solutions for people of all ages. And every year, the AHA works together with the Centers for Disease Control and Prevention, the National Institutes of Health and other government agencies to compile the most comprehensive and up-to-date statistics on heart disease, stroke and other vascular diseases.

These statistics are used by health researchers, clinicians, healthcare policy makers, media professionals and consumers, serving as a major source for monitoring the cardiovascular health of the wider population. Here are some of the latest findings.

- Heart disease is the No. 1 killer of women, and is more deadly than all forms of cancer combined.
- Heart disease causes 1 in 3 women's deaths each year, killing approximately one woman every minute.
- An estimated 43 million women in the U.S. are affected by heart disease.
- Ninety percent of women have one or more risk factors for developing heart disease.
- Since 1984, more women than men have died each year from heart disease.
- The symptoms of heart disease can be different in women and men, and are often misunderstood.
- While 1 in 31 American women dies from breast cancer each year, 1 in 3 dies of heart disease.
- Only 1 in 5 American women believe that heart disease is her greatest health threat.
- Women comprise only 24 percent of participants in all heart-related studies.
- Cardiovascular disease is the leading cause of death for African American women.

To view the full findings of this statistical report, download a copy of the [Heart Disease and Stroke 2012 Statistical Update.](#)

Around the Region.....

Hot Springs County — Ladies support "Go Red For Women"

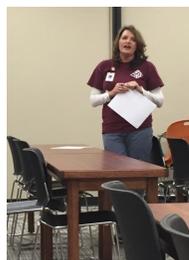


Bonnie Bryant, RN was at Hot Spring County Homeless Count event to give flu shots to homeless. The community comes together once a year to conduct a homeless count



and offer services from agencies in our county.

Bonnie Carr, SWR Hometown Health Coordinator, presenting information and update on Safety Baby Shower at Malvern Schools Wellness Committee meeting.



Union County—Our loss is their gain.

The Environmental Health Department and Union County Health Unit, in particular, lost a great leader and friend this month when Ashley Nale (bottom left) accepted a position with Entegra at their El Dorado Power Plant. Ashley started working for the health department in October of 2003 as an Environmental Health Specialist in El Dorado and eventually became the Environmental Manager for the SW Region.

Her last day, February 6th, was bittersweet as health unit staff gathered to bid her farewell and wish her luck in her new position. Ashley's absence will create a void that will be hard to fill due to her congeniality,



skills, and great work ethic. She will certainly be missed.

Ouachita County — A meeting of the Community Garden/Farmers Market Committee was held on Wednesday February 4, 2015 at the Ouachita County Cooperative Extension Office. Members received an update on the garden. It was decided to grant all application requests for beds and to accept applications until all beds are claimed.

Montgomery County- Dr. Nate Smith, MD, MPH, Director and State Health Officer, made a visit to the Montgomery County Health Unit on Friday, January 16th. Dr. Smith has been making visits around the state to meet county employees and tour the local health units. Montgomery County employees enjoyed getting to know Dr. Smith and appreciate him taking the time to visit.

