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LUNCH FROM THE GARDEN



Donna Ferguson, Admin. (top left), Ginger Bailey, MCHS (center left), women from Sesame GFWC and other volunteers prepare trays at First Pickens Lunch.

Every year money is raised to support the community garden and farmers market in Fordyce.

This is the second year that the first produce from the community garden was used to make delicious healthy vegetable plates for sale.

The plate lunch included purple hull peas, potatoes, cabbage, squash, a slice of onion, tomato, cucumbers, corn bread, peach

cobbler and tea all for \$6.00. A total of 108 plates were sold and \$551 was raised from the lunch. Thanks to all the many volunteers that helped.

Dallas County Alliance Supporting Health (DASH), the Farmers Market Committee, Dallas County Extension Office and Sesame GFWC came

together for a fundraiser called "First Pickens Lunch". It was held June 19th from 11:00 am to 1:00 pm at Beech Grove Baptist Church in Fordyce.

First Pickens Lunch



Ladies preparing lunches



LOOK BEFORE YOU LOCK!!

Top Facts About Hot Cars

- Since 1998, more than 700 children have died in vehicles from heat stroke in the USA
- More than 70% of heat stroke deaths occur in children younger than 2
- More than half of the heat stroke deaths occur because a caregiver forgot the child in the car
- Cars heat up quickly. A vehicle can heat up 20° in 10 minutes
- A car can reach 110° when temperatures are only in the 60s. Heat stroke can take place when the outside temperature is as low as 57°
- The body temperatures of children can increase 3 to 5 times faster than adults. Heat stroke begins when the body passes 104°. Reaching an internal temperature of 107° can be deadly.
- Cracking the windows or parking in the shade does not make a car significantly cooler. Heat stroke deaths have occurred even when parked in the shade.

For more information visit www.wheresbaby.org

Heat Stroke Safety Tips

Babies and young kids can sometimes sleep so peacefully that we forget they are even there. It can also be tempting to leave a baby alone in a car while we quickly run into the store. The problem is that leaving a child alone in a car can lead to serious injury or death from heatstroke. Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's. These tragedies are completely preventable. Here's how we can all work together to keep kids safe from heatstroke.

Reduce the number of deaths by remembering to ACT.

A. Avoid heatstroke related injury and death by never leaving your child in a car, not even for a minute. And make sure to keep your car locked when

you're not in it, so kids don't get in on their own.

C. Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that needed at at your final destination. This is especially important if you're not following your normal routine.

T. Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to

respond to these situations. One call could save a life.

Other Tips include:

- Create a calendar reminder for your electronic devices to make sure you dropped your child off at daycare.
- Develop a plan with your daycare so that if your child is late, you'll



- be called within a few minutes.
- Make sure to lock your vehicle, including doors and trunk, when you're not using it.
- Teach kids that trunks are for transporting cargo and are not safe places to play.



Mash in Columbia County

Melinda Harrell, Administrator, poses with MASH members meeting on June 11th. MASH stands for Medical Application of Science for Health, a program sponsored by UAMS and precepted in the Magnolia Regional Medical Center. The program is offered to high school students who are interested in pursuing a career in the medical field. Melissa spoke to them about services offered at the Columbia County Health Unit and ADH, focusing on the subjects of teen pregnancy, safe sex, dangers of texting while driving, smoking cessation and the dangers of e-cigs.



Melinda Harrell (top left) and members of MASH

Bluff City Health Improvement

On Saturday, June 27th, Edie Greenwood, CHNS, spoke to a group of 20 people at Bluff City, AR at the request of the Mayor. She spoke about cholesterol, hypertension and diabetes and how these factors fit into increased risk for stroke, heart disease and heart attack. Edie discussed the normal ranges for these tests. She talked to the group about how a person can reduce

their risk factors by lifestyle changes—eat a healthy diet, exercising, stop using tobacco in any form including ENDS, maintain a healthy weight, limit alcohol use, lower sodium intake, see your healthcare professional regularly, follow their advice and take medications as directed. Edie provided pamphlets with information on the Community Team-Based care for Hypertension Manage-

ment and the Diabetes Self-Management Education Program at the Nevada County Health Unit. Edie also distributed pamphlets about Tobacco use and Cardiovascular Disease as well as the tobacco cost calculators



Making Educators Partners

Edie Greenwood, RN, CHNS, trained 64 staff members from area schools on Making Educators Partners in Suicide Prevention. The course was part of the Administrators Institute held at the Southwest Education Cooperative on June 29th. She distributed a flyer about the Lifelines training that is available from Arkansas Department of Health and "Take Out Tobacco in Any Form" pamphlets.

FARMER'S MARKET



On Saturday, June 13th, Melissa (Kuhn) Shatley, CHPS, & Rhonda McDonald, CHNS, participated in the grand opening of the

Ouachita County Farmer's Market. Tobacco and health and wellness information was shared with approximately 100 people. Lessons were given about local fresh produce and a tour of the community garden was made available for those interested. Local businesses partnered with the Community Garden Committee in preparation for the event by donating goods and services as door prizes. Children were entertained by playing games that educated them on health and wellness. The kids were also treated to face painting. The Camden Farmer's Market will open at 7:00 a.m. every Saturday throughout the summer.



Southwest Region CHNS/ CHPS

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SOUTHWEST CHNS & CHPS CORNER

Tommie Rogers, CHNS, presented information from the National Children's Oral Health Foundation Tooth Fairy Education Kit to children at Miss Mae's Fun Time Learning Center on June 30th. One session was conducted for 16 three and four-year-olds and another was held for 23 K-6th grade students. Tommie discussed tooth brushing, and did the Tooth Brushing demonstration and song, Flossing lesson, and Tooth-Friendly Snacks lesson. The kids learned the motions to the Tooth Brushing song and the importance of taking care of their teeth at a young age so they will have a healthy future. Tommie also brought yarn to demonstrate how to floss teeth properly. The children took turns flossing each other's pretend teeth (by putting two fists together representing teeth).

Cheryl Byrd, RN, CHNS partnered with the CCCUA-Ashdown Occupational Therapy Assistant students to host the second annual Kids Kollege for Little River County youth aged 6-11 years. Cheryl provided tobacco education using the Pig Lung Display, Mr. Gross Mouth, Jar of Tar, and Mr. Dip Lip. Students received \$100 tobacco play money after learning about the harmful effects of tobacco use in all forms, exposure to SHS, fire safety, and Act 811. A total of 42 attendees participated in the Kids Kollege.



Cheryl with pig lungs

Camp Save A Life

Edie Greenwood, RN, CHNS discussed how nicotine is a drug and can cause problems for a fetus during a presentation at Camp Save A Life in Hope on June 24th. There were 19 sixth grade participants on hand, as well as some EMT students and an LPN to RN student. Pig lungs and the Jar of Tar were used to demonstrate how tobacco affects the lungs. Each student was allowed to put on gloves and examine the lungs. Then, using the \$100.00 (tobacco) bill and the tobacco calculator, students had to figure the cost of using tobacco for one year and longer.

Alcohol and its effect on a fetus was also discussed. With assistance from adults, students placed a raw egg in alcohol to demonstrate how alcohol can damage cells. They had to keep notes during the experiment and then report back at the end of the class. A video from the FASD baby kit was shown and a doll that shows the effects of drug and alcohol use by the mother was passed around for each student to examine. The doll depicting Shaken Baby Syndrome was also demonstrated for the class.

Upcoming Trainings

July 21 & 22, 2015	ASIST (Suicide Training)	AR River, Co-op Pine Bluff
September 3, 2015	Hearing & Vision Certification	Dawson Co-op, Arkadelphia
September 17, 2015	BMI & Scoliosis Certification	Dawson Co-op, Arkadelphia

**CE's offered for each training. You must sign up on ESC Works Calendar and ATRAIN to receive credit.



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Heat Stroke

Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

SYMPTOMS

Symptoms of heat stroke include:

- Hot, dry skin or profuse sweating
- Hallucinations
- Chills
- Throbbing headache
- High body temperature
- Confusion/dizziness
- Slurred Speech

FIRST AID

Take the following steps to treat a worker with heat stroke:

- Call 911 and notify their supervisor.
- Move the sick worker to a cool shaded area.
- **Cool the worker using methods such as:**
- Soaking their clothes with water.
- Spraying, sponging, or showering them with water.
- Fanning their body.

For more heat safety information contact CDC at www.cdc.gov

Around the Region

Union County—On June 17th, Joni McGaha, HHI Manager presented IVP data on MV crashes and showed 5 videos on seat belts, airbags, Room to Live, cell phone use, & texting and driving to 19 members of Union Power Partners. A sergeant from the local police department then talked to the group about paying attention to their surroundings and how driving mishaps can add up to make an employee a liability for a business.

Jana Terry, co-chair of TOUCH Healthy Living Committee gave an overview of the TOUCH coalition and projects, including MVC, bullying, suicide, TBI and substance abuse.

Calhoun County— Arnell Washington, RHS presented the Safe Sleep Program to 6 members of the Pilgrim Chapel Baptist Church.

Arnell used two video presentations on Sudden Infant Death Syndrome along with brochures and other materials. He also presented information on falls, infant burns, Tobacco Prevention, Stroke, Emergency Preparedness and Home Safety.

Ouachita County — On June 25th, Rebecca Wright, Administrator, staffed a booth at the Lockheed Martin Health Fair in East Camden for Ouachita and Calhoun Counties. Rebecca distributed brochures and pamphlets on AIDS/HIV/STD, Breast Care, Communicable Disease, Emergency Preparedness, Environmental Health, Heart Disease/Stroke/HTN, Immunization, Influenza, Nutrition (non-WIC), Physical Activity, Reproductive Health/Family Planning, Tuberculosis, Wellness, WIC, Injury & Violence Prevention (specifically motor vehicle crashes, poisoning and suicide), Tobacco Control/Smoking Cessation . 42 adults and 2 youth visited the booth.

On June 13th, Melissa Kuhn, CHPS, serving as a member of the Ouachita County Farmer's Market Committee, helped plan and execute the county's first annual Farmer's Market Grand Opening. She distributed information on tobacco and health/wellness into the hands of approximately 100 people. Lessons were given about local fresh produce.

Clark County— On June 10th, Tommie Rogers, CHNS, Hosted and facilitated the School Wellness Workshop held at Dawson Co-op to 12 school staff members.

The workshop focused on the School Wellness Committee Role in School Health Index. Melissa Kuhn, CHPS, and Anna Haver, CHPS, were the presenters.

During the Workshop participants were given a folder with handouts on Act 1220 Bill, ADE Rules Governing Nutrition and Physical Activity Standards and BMI, Wellness Committee Requirements, Second Chance, ASPIRE, My Last Dip, Comprehensive Tobacco Free School Policy Sample, and Fundamental Elements of a Comprehensive Tobacco Policy.

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