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### February 2016

#### American Heart Month

Cardiovascular disease knows no borders - Heart Disease & Stroke remain the leading global cause of death with more than 17.3 million deaths each year

Heart disease is the No. 1 killer of women, and is more deadly than all forms of cancer combined

Hispanic women are least likely to have a usual source of health medical care and only 1 in 8 say that their doctor has ever discussed their risk for heart disease

Only about 50% of African-American women are aware that pain that spreads to the shoulders, neck, or arms is a sign of a heart attack

About 8.9 million men have coronary heart disease

## Healthy Eating with a Plant-based Diet

Dr. Jim Sheppard, a physician with South Arkansas Medical Associates and the County Health Officer for Union County, presented “Healthy Eating with a Plant-based Diet” at the Tremendous Opportunities for Union County Health (TOUCH) meeting on February 2<sup>nd</sup>.

The need for 8 corneal transplants caused Dr. Sheppard to start researching the effect of nutrition on long-term health. After reading the book *The China Study* by T. Colin Campbell, he completed a course on plant-based nutrition at Cornell University, where Campbell is the Professor Emeritus of Nutritional Biochemistry.

“Our health care system is not working like it should” stated Sheppard. “We pay \$2.9 trillion in health care costs every year and diseases of affluence account for 80% of this spending.” The diseases of affluence he refers to include obesity,

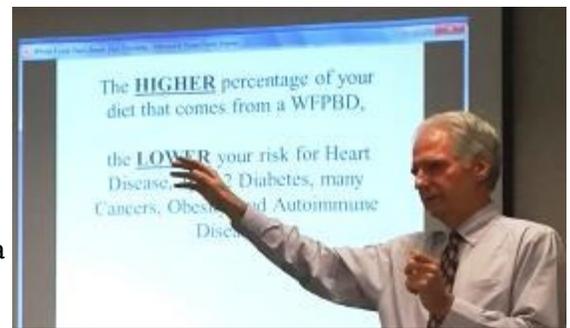
coronary heart disease, stroke, cancer, and a host of others. Unfortunately Arkansas is now number one in the U.S. for obesity. Dr. Sheppard urged everyone to know what their Body Mass Index (BMI) is because obesity affects every aspect of the body.

Although he regretfully admitted that he currently practices disease care, not health care, Dr. Sheppard said he hopes to transition soon. He believes that his patients’ problems can be solved with plant-based nutrition. Some of those benefits include weight loss, reduction of medications, prevention of common cancers and Alzheimer’s, and the removal of plaque from coronary arteries. He gives his patients a list of what to

eat and not eat, along with links to resources that support the case for a plant-based diet such as recipes, books, websites, and a movie.

The Whole Foods Plant-Based Diet encourages the consumption of fruits, vegetables, whole grains, legumes, tubers, nuts, and berries and discourages eating eggs, dairy products, meat, refined foods, sugar, oils, and bleached flour.

In closing, Dr. Sheppard voiced his desire to work with TOUCH members to get healthier foods into local schools and shared his excitement about the plans for a downtown farmers market in El Dorado.



**Dr. Jim Sheppard, AR Medical Associates**

# SW AR Farmers' Market Training Held

The farmers' markets in Nashville, Hope and Washington held their 2016 Market Season Kick-off Meeting at Hempstead Hall in Hope on Tuesday, January 26. The three markets have been working together over the last several years to increase opportunities for local farmers and the January meeting has been held each year to register vendors at the three markets and to plan the season. More than 100 individuals attended the event which concluded with a local foods tasting for the public.

This year, for the first time, the meeting included a five-hour Farmers' Market Vendor Training. The training was added to help growers and other market vendors, who might be very knowledgeable about growing crops, raising bees or preparing cottage food items, but do not necessarily understand how to be successful selling their products at a farmers' market. The training included sessions designed for both novice and experienced market vendors. "Farmers' Market Vending 101", given by Howard County Farmers' Market Co-Manager Debra Bolding, covered concepts especially useful to new farmers' market vendors, but essential for every vendor. Howard County Cooperative Extension Agent Sherry Sullivan provided information and tools to help growers insure they have an abundant harvest for market in "Planning (and Planting!) for the Market Season". Marketing concepts crucial for success were covered by Hope Farmers' Market Manager Jodi Coffee in "Creating a Farmers' Market Display that Sells (and Other Marketing Tips!)". Growers learned about a low-cost drip irrigation system that can save them water, money and time in "Using Drip Tape Irrigation to get through the Market Season" and were given the opportunity to buy equipment at reduced costs. Cooperative Extension Plant Pathologist Dr. Terry Kirkpatrick covered "Common Sense Food

Safety Considerations for Farmers' Market Growers". Also, training was provided for vendors who sell to WIC recipients through WIC's Farmers Market Nutrition program.

In addition to the educational presentations, at the training sessions were a number of exhibitors with resources useful to farmers' market vendors: NRCS with information about funding available for high tunnels; Farm Credit with financial services for farmers; Farm Bureau with product liability and other insurance important to market vendors; Arkansas Farmers Market Association with information about Farm to School and also about a valuable marketing tool called Market Maker; SAU's Small Business and Technology with resources for small businesses; Miller County Master Gardeners and the UofA Cooperative Extension with educational guidance and resources for growers, beekeepers and cottage food vendors; local beekeeping associations with information about beekeeping activities in the area; and local farmers' markets in Texarkana, Nashville, Hope and Old Washington with information about their individual markets and registration.

The training sessions were followed by a general session and local foods tasting open to anyone interested in Farmers' Markets. More than 100 individuals attended the event, including at least 47 who participated in the vendor training and more than 70 who attended the local foods tasting. The Food Tasting highlighted fresh vegetables and fruits from the markets. There were 36 dishes prepared by several members of the markets. Some dishes included Jane

Column's Honey Bee Deviled Eggs & Mice Eggs, Aunt Fern's Fried Pies, Potato Casserole, Asian Salad made with Salinas cabbage, Persimmon Mini-Muffins, Collard Greens, Bacon Broccoli Salad, and Green Tomato Jam, Pepper Relish and Elderberry tea to wash it all down. Sweets were not left out either... Homemade Bit O Honey candy, Peach Cake from peaches grown at Jamison Orchard and Honey Wheat Bread. Mark Keith, executive director of the Hope/Hempstead County Chamber of Commerce spoke briefly, as did Mike Reese, Nashville Chamber of Commerce Director. A comradery was felt at both the training and at the Food-Tasting. All three markets have grown by several vendors from last year, according to Jodie Coffee, manager of the Hope Farmers' Market.

The training was sponsored by Nashville's non-profit Community First Wellness through a grant from Blue & You Foundation for a Healthier Arkansas in partnership with Miller County and Hempstead County Master Gardeners.



## Healthy Active AR for Calhoun County

Melissa Kuhn, Community Health Promotion Specialist, was the guest speaker at the UCRC Coalition meeting on January 20<sup>th</sup>. Melissa began by telling members that Arkansas is number one in the nation in obesity. She said 760,000 Arkansans are obese. Melissa said that there is over \$1.25 billion in annual obesity-attributable expenditures in Arkansas, of which nearly 40% is financed by Medicare and Medicaid. Annual medical costs for obese adults were \$1429 higher than for people of a healthy weight in 2006. When comparing the average annual total cost of health care for normal weight and obese

Arkansas, the cost increased with age at a greater rate for obese group. The cost difference was 8% at ages 10-14 progressively growing to 104% by ages 65-74. Obesity increases the likelihood for stroke by 64% and leads to other serious health issues. She said the Healthy Active Plan is a 10 year plan to address this problem.

Melissa stated that if we take care of our health the state would benefit greatly. Risks for obesity can be attributed to poor eating habits and lack of physical activity. She said the Healthy Active Arkansas Plan is a framework of encouraging and

enabling healthier lifestyles in Arkansas. It is to be used by all to make an overall improvement in the health of Arkansans. Melissa said rural areas are lacking in physical activities and access to healthy foods. She said we want to educate on what is available and what can be done. She said it is not going to happen overnight and that it will take time. We must get adults involved and motivated. Melissa closed by saying the single most important goal is to increase the percentage of adults, adolescents and children who are at a healthy weight. She said, "Encourage and Support."

## Community Health Nurse Specialist Updates

SW CHNS did several trainings in the month of January at the SW Arkansas Education Cooperative (SWAEC) in Hope. On January 7<sup>th</sup>, Edie Greenwood, RN and Tommie Rogers, RN provided Scoliosis and Obesity Prevention and Education (BMI) trainings for school nurses. On January 21<sup>st</sup>, Hearing and Vision Certification Trainings for School Nurses was held at SWAEC. Rhonda McDonald, RN provided the training for Vision and Edie Greenwood, presented Hearing. Tommie Rogers, RN and Lynette Slaughter assisted students with the use of vision and hearing machines.

On January 5<sup>th</sup> and 6<sup>th</sup>, Edie Greenwood, RN, CHNS trained senior students at Prescott High School in Hands-Only Cardiopulmonary Resuscitation (CPR) and use of an Automatic External Defibrillator (AED) as part of their graduation requirement. Sixty-seven students learned how to perform Hands-Only CPR on adults and how to use an AED. Each student was required to show the skill they learned by return demonstration of CPR and AED use. Edie demonstrated the school's AED and how it differed from the trainer that

was used in class. Students were given statistics how cardiovascular disease is the number one cause of heart attacks and how hypertension and tobacco contributes to cardiovascular disease.

Wellness Committees for Beginners was presented to 15 participants by Melissa Kuhn, CHPS, at SWAEC. Topics included an overview of Act 1220, School Wellness Committees (goals, rules and responsibilities), Overview of the School Health Index (SHI), and the class working through one module of the SHI. Edie Greenwood, RN, CHNS welcomed the group and discussed how her role is to work with schools on providing information or presentations on different health topics, especially about tobacco to prevent initiation of tobacco/nicotine use by students and provide assistance to School Wellness Committees. Rhonda McDonald, RN, CHNS discussed suicide and the upcoming ASIST training to be held at SWAEC.

Cheryl Byrd, CHNS, reports that Arkansas Children's Hospital (ACH) is starting a School-Based Telemedicine program provides in-

school virtual health visits with ACH physicians. Through advanced, encrypted telemedicine technology, children at participating campuses can receive HIPAA-compliant health care services without having to leave school. ACH is looking to partner with interested schools. Cossatot River and Horatio Schools are on the list of possible schools.

On January 11<sup>th</sup>, Tommie Rogers, CHNS, hosted a Lifelines Intervention Suicide Workshop at Dawson Co-op for 15 participants. Pat Breux, Director of the Society for the Prevention of Teen Suicide, was the presenter. On January 20<sup>th</sup>, a STD/Teen Pregnancy presentation was presented to 181, 9-12<sup>th</sup> graders at Gurdon High School. Presenters were Alan Coleman, DIS, Rhonda McDonald, CHNS, Edie Greenwood, CHNS, and Tommie Rogers, CHNS.





## SOUTHWEST REGION HOMETOWN HEALTH

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Southwest Region Supports 2016 Go Red For Women Day!

## Around the Region

ArCOP is holding an HAA Summit Tuesday, April 5th. ArCOP is inviting & providing funding to only the Emerging and Blossoming Growing Healthy Communities (GHC). ArCOP hopes that these communities will help move the needle forward, as well as, motivate the GHC to reach the Thriving recognition level. The recognition level application is open and on a rolling basis. Each community must complete the application annually to continue to be considered a GHC and considered for funding opportunities. If you are working with any of these communities that have not completed the application for the 2015-16 year and would like to be considered for invitation to this summit, please encourage them to complete the application by the deadline of March 1st. Here is the link to the survey for the GHC Recognition Level Application: <https://www.surveymonkey.com/r/GHCapp>

The **Arkansas Children's Hospital Injury Prevention Center** is offering a Safety Baby Shower training for anyone in the community interested in hosting these events. The training will be held in Little Rock on March 24<sup>th</sup> from 9a-4p. Contact Lessa Payne, Infant Mortality Coordinator, to register for the training. [Lpayne2@uams.edu](mailto:Lpayne2@uams.edu)

In **Dallas County**, Joni McGaha, SW Region HHI Manager, provided a presentation to the DASH coalition on Jan 12<sup>th</sup>. Joni educated the 14 members present on "The Value of Public Health". Members were amazed at all the services the Arkansas Department of Health and the local health unit provides the public.



Members of the **Montgomery County Health Education Advisory Board** and ADH staff assisted the Montgomery County Homeless Coalition and Sheriff's office in conducting the 2016 Homeless count in the county. This is the first year that Montgomery County has participated in the count and those involved found it to be a very humbling experience. The Montgomery County Sheriff's office provided four deputies to take the Homeless Coalition members throughout the county in search of homeless folks. The Homeless Coalition provided a snack bag filled with water and snacks along with bags of shampoo, soaps, hand sanitizer, etc. Coalition members also gave coats, gloves, socks, shoes, hats and scarves to those they encountered that had been provided by community members. ADH members that participated gave out fourteen SOS Quitline cards and tobacco information to the homeless that they encountered.