

**SWR
Hometown
Health**

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EAST students address prevention

Howard County Health Improvement Coalition and Nashville High School are partnering to address prescription drug abuse and car seat safety in Howard County. Donna Webb, health unit administrator, Sarah Powell, Rural Health Specialist, and Cheryl Byrd, RN -Community Health Nurse Specialist, met with EAST lab students to create a campaign to address these health issues.

EAST students, Howard Memorial Hospital, Howard Co Sherriff Brian McJunkins, and Amy Marion, Asst. Chief, Nashville Police Department came together to develop a plan. Working directly with law enforcement, the EAST students developed a media campaign to raise awareness of

the prescription drug abuse epidemic and educate the public on ways to keep their medications secure, specifically safe disposal. The EAST students are presenting at civic clubs and Senior Centers. There is a mini take-back event scheduled at the Nashville Senior Center and the community take-back event will be held April 30th at the Howard County Sheriff's Department.

In an effort to enforce Act 811 and general vehicle restraint laws, the EAST students are working with local law enforcement on a media cam-

paign to educate the community on the need to have children properly secured in a child passenger safety seat and the Arkansas laws regarding child restraint. As part of this initiative, the Howard County Sheriff's Office will be accepting new car seats as donations as part of a fine forgiveness initiative. One car seat donated will

forgive \$500 on owed fines and one booster seat donated will forgive \$50 on owed fines.

The seats donated will be used as

part of the Safety Baby Shower program to ensure that children are properly restrained.



March is Colorectal Cancer Awareness Month

It's the 4th most common cancer in the U.S. & the 2nd leading cause of death from cancer.

If everyone age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented.

Golden Gate Bridge jumper lives to tell his story

Award-winning international speaker, author, and mental health advocate Kevin Hines was the keynote speaker at a suicide prevention conference held March 10th in Hot Springs.



More than 200 people attended to hear Hines tell what led up to him jumping off the Golden Gate Bridge in 2000 at the age of 19 and his road to recovery after miraculously surviving the attempt to take his own life.

He released his bestselling memoir in 2013 title *Cracked, Not Broken, Surviving and Thriving After a Suicide Attempt*.

For more information check out: www.kevinhinesstory.com

Women Run Arkansas-Prescott

The Women Run Arkansas (WRA) running club was formed in 2000 to address the special needs of women's fitness and to promote health and fitness through running and walking.

Several Nevada County women who run 5K's and marathons recently organized the WRA-Prescott group to get local women involved.

The first step was to set up a Facebook page to get the word out. The response was overwhelming and to date 171 women have already signed up.

The first session, a free 10-week training program, started March 1st. It is

geared for women of all ages and abilities to learn to run or walk for exercise. At the completion of the 10 weeks of training their graduation event will be the Women Can Run/Walk 5K in Conway on May 7th, 2016.

The women meet on Tuesdays and Thursdays at the school track. Participants have been divided into four different groups, each with two leaders. There is a walking group, a walk-to-run group, a



beginning runners group, and an intermediate runners group.

Debbie Henderson, health unit administrator, and Pat Hicks, health services specialist, have both signed up. Henderson said "It is really exciting to see women wanting to get in shape and being inspired by these few women who have taken

time out of their busy schedules to train for this 5K."

"You Can Do It" Home Gardens

This spring has added a new dimension and extension to the Howard County Farmers' Market concept of eating fresh, home-grown produce - grow your own! The "You Can Do It" Home Gardens class series is for folks who want to grow a garden, or have grown a garden with little success and too much work. This gardening program was designed based on local requests to learn how to grow their own gardens.

The "You Can Do It" Home Gardens series is funded by a Blue & You Foundation for a Healthier Arkansas grant. The classes are held weekly from February 29th to June 27th at the Senior Center, which is located next door to the health department, the Farmers' Market, and the Nashville Demonstration Organic Garden.

These classes are for people who would like to begin gardening but don't want the hard work, time, and cost associated with it.

The square foot gardening method reduces the space, time, money and work of the conventional row garden by 80%. It eliminates thinning, most weeding, a lot of watering and does it all in only 1/5 the area of a conventional row garden. Another big plus - after the initial set-up, the only tools needed

are a trowel, a pencil and scissors. And for years to come, the garden will cost much less than the traditional row garden.

There is no charge for anyone attending any or all of the square foot garden classes and all handouts are free. The class currently has 42 people interested in learning more efficient ways of gardening. Of these class participants, 27 have committed to an "Internship" status.



Participants who committed to be "square-foot-garden interns" received raised beds, compost bin, trellis, soil, plants and all other supplies needed to grow their own square-foot-garden and complete the training exercises of this course. If an intern is not able to honor their commitment, they must return the book, garden bed and other supplies (although they may keep the soil and plants). Interns must:

- Have adequate space and sun exposure to erect a 4'x4' square garden.
- Attend all classes
- Utilize the methods taught for pest control and not use synthetic herbicides, pesticides or fungicides in the garden provided.
- Follow the instructions given in the classes for setting up and teaching square foot gardening - i.e. use the soil mix prescribed, establish a compost bin to continue providing the nutrients and trace elements plants need and never use synthetic fertilizers.
- Bring a dish made from vegetables grown in the square foot garden to the Fall Celebration
- Share square-foot gardening concepts with at least one other person.

By the end of the classes, participants will have a lovely little garden growing and will have learned all they need to know about growing a garden and being a successful gardener. In addition, these classes will actually help make participants healthy, wealthy and wise.

Healthy Relations & Dating Abuse

The Southwest Arkansas Education Cooperative (SWAEC) in Hope hosted a “train-the-trainer” workshop on *Healthy Relations & Dating Abuse* for 26 participants on February 22nd.

The three hour training looked into the youth experience of dating abuse, including the health and academic impacts of dating abuse and how it differs from adult experiences. Participants learned about dating abuse, methods for intervention, and instruction on how to implement a Healthy Relationships 101 session with their students.

The presenters, Sarah Colomé and Jasmine Uribe with *Break the Cycle* led discussions about pop culture and showed media clips that are familiar to

teens to illustrate examples of abuse. They also discussed how media literacy can be used to help teens recognize abuse and become critical thinkers on how these images can affect teens’ views on healthy relationships.

Edie Greenwood, RN, CHNS, worked with the Arkansas Attorney General’s (AAG) office to bring the workshop to SWAEC. Funding for this project is through the AAG’s office and made available to assist schools with meeting the mandate of Act 952 of the 2015 legislative session. Act 952 states that annually, in either the month of October for a one-semester course taught in the fall or the month of February for a one-semester course taught in the

spring, a unit on dating violence awareness will be taught as a component of a health course offered in grades seven through twelve (7-12).

The course will contain a unit on dating violence awareness with a focus on healthy relationships and the characteristics of healthy relationships. It will also teach students the definition of dating violence and abuse, as well as warning signs of dating violence and abusive behavior and measures to stop or prevent such behavior. In addition, students will receive information about resources, how to report dating violence/abuse, and will examine misconceptions and stereotypes about dating violence/abuse.

Growing a farmers’ market in Pike County

For the past several months, there has been a “veggie buzz” among Pike County Hometown Health Coalition members and other community members.

Several Pike County residents, including the Glenwood Mayor and county extension agent, participated in the January regional Farmers’ Market Training in Hope. They took information back to their communities and it sparked an interest in starting a market in Pike County. On February 29th, the Coali-

tion hosted a Farmers’ Market Training at the Langley Gym at 6:00pm.

Eleven people attended the “10 Essential Elements of a Farmers’ Market” training including Senator Larry Teague and Representative Justin Gonzales.

Debra Bolding, Howard County Farmers’ Market Co-Manager, and Vickie Motta, HCFM vendor and Pike HHI Coalition member, educated on Arkansas Farmers’ Market Association guidelines, WIC Farmers’ Market Nutrition Program, provided Market organizational handouts as examples, fielded specific questions and provided electronic copies of all forms and materials needed to begin a Market.

By the conclusion of the training, it was determined that the Pike County community of Langley has plans to begin a Farmers’ Market for the 2016 season. The Langley representatives

worked one on one with Ms. Bolding after the training to move forward with developing their Board and begin drafting their By-laws, Rules & Regulations, and Market logistics.

The Langley Farmers’ Market will kick off at the end of May in conjunction with a local festival. The Market will be located at the Old Langley Gym which provides an enclosed structure for inclement weather, restrooms, and other amenities.



Debra Bolding, Howard County Farmers’ Market co-manager explains guidelines.



Langley Gym, future site of Farmers’ Market

Statewide Administrators' Meeting



Stephanie Williams

Administrators and regional team members from around the state heard speakers present on a variety of topics in Little Rock on March 8th and 9th.

After some opening remarks from Dr. Joe Bates, Deputy State Health Officer and Chief Science Officer, Sam Taggart, MD, presented *Two Steps Forward, One Step Back*, a history of health care in Arkansas for the last two hundred years.

Austin Porter, DrPH, MPH, and trauma registry administrator at ADH, addressed suicide in Arkansas. He gave an overview of the burden of injury due to suicide in Arkansas and discussed interventions such as Kognito, the Suicide Prevention Lifeline, and the Garrett Lee Smith Grant.

After lunch Ann Purvis, JD, Deputy Director for Administration, provided a financial update and Diane Smithson,



Don Adams

Deputy Chief Financial Officer, reviewed local health unit fiscal responsibilities with the group. Don Adams, Center Director for Local Public Health, addressed the employee disciplinary policy, specifically performance and conduct issues.

Dr. Jennifer Dillaha talked about the vaccine exemption trend in Arkansas. She mentioned several things that are driving the increase and gave some communication strategies for dealing with them.



Dr. Bala presenting on hypertension.

The last presentation of day one was by Dr. Dirk Haselow, state epidemiologist and medical director for outbreak response. He presented information on the Zika virus and explained how Arkansas is preparing for it.

Day two began with a welcome and opening remarks from Stephanie Williams, Deputy Director for Public Health Programs. She was followed by Dr. David Grimes, Medical Director of Family Health, who described how long acting reversible contraception can reduce Arkansas' high unplanned pregnancy rate and save Medicaid millions of dollars. He was followed by Bill Farris, Regional Director of NE Region, who talked about the importance of customer service.

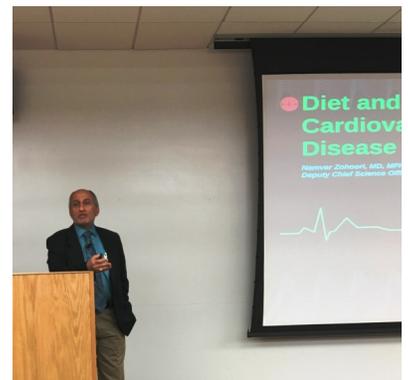


Dr. Lindy Bollen

Dr. Bala, Medical Director and State Chronic Disease Director, discussed hypertension management and presented the five strategies for the ADH strategic priority. He also explained the team-based care approach and talked about the pilot sites in Poinsett and Nevada Counties.

The afternoon started out with a presentation on Fluoride from Dr. Lindy Bollen. Then Dr. Namvar Zohoori, Deputy Chief Science Officer, presented recent research findings on dietary risk factors of cardiovascular disease. Next, Dr. Bates covered air pollution and its impact on the public's health.

Don Murray, Regional Director of NW Region, brought day two to a close with a presentation on Leadership.



Dr. Zohoori



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SOS contest winners

My Reason to Write is a project of Stamp Out Smoking (SOS). It is designed to engage students in tobacco prevention and cessation efforts and reduce the state's youth tobacco use rates. The contest is open to 2nd through 8th grade students in public and private schools in Arkansas.

More than 1200 students from around the state submitted entries. First, second, and third place winners were chosen in each of the two categories for 6 different grade levels.

Four of the 18 winners were from Southwest Region. Three of the winning entries for grades 4-5 were submitted from Hugh Goodwin Elementary School in El Dorado. Mattie Nash won 1st place in the Essay category and received an HP Chromebook. Reid Gathright won an iPod Touch for landing 2nd place in the Lyrics/Poetry division and Kiera Dixon received a Nike+ SportWatch GPS for coming in 3rd.

Laura Paul from Malvern Middle School placed 3rd in the Essay Category in the 6-8 grade division. She received a JBL Pulse Portable Bluetooth Speaker as her prize.

Teachers of first-place winners in each category received \$300 for classroom supplies.

To read the winning entries go to <http://www.sosprojectprevent.com/My-Reason-to-Write/>

The next SOS project is "Big Pitch", a video contest for 9-12 graders. Deadline for entries is March 15, 2016. The public will be allowed to vote for "People's Choice" from March 16 until March 30,. Finalists will be announced on Friday, April 1 and qualifying entries will receive an invitation to The Big Pitch Film Festival awards show and screening event, which will take place Friday, April 15, 2016.



Around the Region...

Miller County Deanna O'Malley, Rural Health Specialist, and Julie Huntley, Administrator for Miller County Health Unit, addressed parents of HIPPY students at a program on February 18th. Huntley gave an overview of health programs offered at MCHU and O'Malley explained the im-

portance of car seat safety.

HIPPY stands for **H**ome **I**nstruction for **P**arents of **P**reschool **Y**oungsters. Educators make weekly home visits to role-play lessons with parents while instructing them on how to teach literacy skills and activities to their children. The Texarkana office serves families in Lafayette, Little River, and Miller counties.



DeAnna O'Malley demonstrates car seat safety measures as Julie Huntley looks on.

Southwest Region Community Health Nurse Specialist Tommie Rogers presented to several 3-5 year-old daycare and pre-K classes during the month of February in observance of National Children's Dental Health Month. The presentations about oral health included proper tooth brushing techniques, flossing, and nutrition (tooth friendly snacks).

February is...



The harmful effects of smoking and chewing tobacco on oral health were discussed. Mr. Gross Mouth was used as a visual and Mr. Dino was used to demonstrate proper brushing techniques. America's Tooth Fairy snack magnets and a magnetic tooth board were also used.

