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KIDS IN HOT CARS

The Facts

- Since 1998, over 662 children have died from heatstroke when unattended in a vehicle in the US
 - * 54% of children forgotten by caregiver
 - * 29% child playing in unattended vehicle
 - * 17% child intentionally left in vehicle by adult
 - * 1% unknown
- When a child's internal temperature gets to 104 degrees, major organs begin to shut down. Once the child's temperature reaches 107 degrees, the child can die.
- Cars heat up quickly— 19 degrees in 10 minutes.
- Even moderate weather can be dangerous. If outside temperature is 60 degrees, the temperature inside the car can reach 110 degrees.

Source: ACH Injury Prev. Center

Malvern School Based Health Center

On Friday, April, 1st the dreams of the Malvern Wellness Committee finally came true as their new School Based Community Health and Wellness Center opened at the High School Campus at 1517 S. Main St. in Malvern.

Malvern School District received a \$500,000 grant through the AR Department of Education and AR Department of Health funded by the AR Tobacco Excise Tax. The monies for the grant are dispersed decreasingly over a five year period as the clinic becomes less dependent on grant funds and becomes a sustainable clinic. Malvern School District is in year two of grant funding as their clinic opening was delayed for 15 months because of reconstruction of the building.

The Malvern Community Health and Wellness Center is housed in the former administrative building and had a complete facelift to make it suitable for a medical clinic. The clinic serves students, staff and community members and they are open Monday-Thursday from 8am-5pm. They accept Medicaid and all other insurance. The Malvern center is one of 20 School Based Health Centers across the state, but is the only center with x-ray capabilities. Medical and mental health services are being provided now with dental services to begin in August.

Dr. Larry Brashears, a long-time physician in Malvern, is the supervising doctor for the clinic and Melanie Newman will serve as the full-time APRN. Clinic operations and billing are overseen by Healthy Connections, Inc., a community based health center in Mena, AR.



In the first month of the clinic being open the center had seen over 225 patients comprised of students, staff and community members. The staff feedback from the patients has been very positive with many compliments about the efficiency and professionalism of the staff. The clinic has a busy summer schedule planned with athletic physicals for summer and fall sports.



A New Take on Community Gardens



Howard County has a new take on community gardens to support their "Eating Fresh in Howard County" which focuses on subpopulations through targeted agencies, even the differently-abled. Even easier to maintain than a traditional garden, the "universally-accessible" gardens are suitable for individuals in wheelchairs, or otherwise with limited mobility. An aspect of this community gardening program is to provide several low-maintenance "universally-accessible" raised beds at local retirement centers, developmental disability centers, nursing homes, public schools and other agencies. The beds are equipped with automatic irrigation and ledges for sitting while gardening. Workshops, sponsored by the Master Gardeners, are open to the public, and blueprints for the beds are made available for those interested in building their own. The Master Gardeners installed one of these beds at the How-

ard County Fairgrounds several years ago which serves as a demonstration tool. This demonstration bed has been successfully utilized for three seasons now, with very little maintenance required.

The beds are the first of several universally-accessible gardens that will be built this year as part of Howard County Farmers' Market/Nashville Demonstration Organic Garden 2016 Garden Series Workshops. The workshops are part of an initiative to encourage healthy nutrition - "Eating Fresh in Howard County in 2016", funded with a grant from Blue & You for a Healthier Arkansas.

Local builder, Mike Harris, helped other Master Gardener volunteers to build two raised "universally-accessible" beds to be utilized by those with limited mobility. One bed is located at Mine Creek Health and Rehab in Nashville and the other is at Retirement Village in Mineral Springs (pictured). The beds are an appropriate height for access by those in a wheel chair and will provide fresh vegetables for residents of both facilities. Several additional "individual" raised beds will be installed for individuals with limited mobility, targeting those confined to a wheelchair.

DRIP IRRIGATION WORKSHOP

**USE LESS WATER, GROW HEALTHIER
PLANTS AND DON'T WORK SO HARD!**

WEDNESDAY APRIL 13
1:00 PM - 3:30 PM

CALL DEBRA BOLDING AT (870) 557-2352 OR
EMAIL DKB1032@GMAIL.COM TO REGISTER

This will be a demonstration of the use of low-cost drip irrigation tape, ideally suited for row gardens. We will be installing a small system for this training and going over items you will need to address for your own system. Please bring dimensions of your garden/farm plot, number of rows and distance to source of water to design a system for your garden. You will be able to order any needed supplies at our cost during this workshop - much less than you can order on your own later!

**HOWARD COUNTY
FARMERS' MARKET OPENS**
7:00 AM FRIDAY - MAY 6

HOPE Just N Blue Tuesdays 7 am - 2 pm	NASHVILLE 110 South Washington Fridays 7 am - 12 pm	WASHINGTON Rosed City Hall Saturdays 8 am - 2 pm
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FRIDAY IN NASHVILLE -

Fields Farm, Washington - Farm-Fresh Eggs, Tomato Plants, Radishes

Salinas Farm, Emmet - New Potatoes, Texas Supersweet Onions, Strawberries, Jams, Jellies, Honey

Browns Family Farm, Tollette - Farm-Fresh Eggs, Onions, Lettuces

Aunt Fern's Fried Pies, Nashville - Peach, Coconut, Apple and Chocolate Fried Pies

Diamond Lakes Apiaries, Murfreesboro - Local, Raw Honey

Solomon Farms, Emmet - Soaps, Apricot Kolaches (Veggies coming soon!)

And others who have not called in!

Nashville
Demonstration
Organic
Garden

This week at NDDG:
Tomato and pepper
planting in the garden -
Visit the garden for
information about
growing tomatoes and
peppers. Pick up free
tomato plants and leaf
riders until gone!

**HOSPITALITY - HOME IMPROVEMENT
CENTER** Hospitality this week is heard by Ray & Quide
Terrell of Nashville's Home Improvement Center of Southwest
Arkansas. Home Improvement Center provided most of the building
materials for the market and has been a generous supporter of the
market with advertising and other donations. Be sure to let them
know how much we appreciate their support!

As part of the "Eating Fresh in Howard County in 2016" initiative, a Drip Irrigation Workshop was held April 13th with 67 participants including (more than 50) Howard County Children's Center (HCCC) clients & staff, market growers, local farmers and gardeners. A large raised-bed universally-accessible garden, suitable for "group" gardening, was installed at the HCCC, which provides programs for local handicapped individuals, and at a local retirement center. Also, a drip-irrigation system has been installed at the Children's Center existing raised bed gardens maintained by handicapped clients of the Center. The beds, which provide produce used at the Center and by handicapped individuals, are difficult to keep watered during the hot summer months. Master Gardener volunteers provided training and guidance for each of the beds and the drip system which will continue throughout the growing season. Construction of all universally-accessible beds, training classes and installation of the drip-irrigation system are conducted as public workshops, providing additional outreach and exposure. Copies of blueprints, sources for drip-irrigation supplies and work-shop training materials are placed in the Organic and Home-Garden Library that is open to the public.

As part of the training, participants installed a low-cost drip irrigation system in three raised beds at the center. The beds are used by clients of the center to raise produce and harvested crops are later used in cooking classes. In previous years, the beds have been difficult to hand-water during the hot summer months and the system is anticipated to significantly reduce the labor required to maintain the gardens. The drip system installed should also conserve water and result in healthier plants. Members of the public, market growers and other non-clients of HCCC were able to purchase drip systems for their own gardens at reduced pricing during the workshop.



Health Matters

Arnell Washington, Rural Health Specialist, was a presenter for the Family Matters Health Program to members of the Zion Hill Baptist Church in Camden. Arnell was given permission by Pastor Thompson to do a video presentation of Emerging Tobacco Products. The Emerging Tobacco Products were displayed so that members could see up close some of the products in the video. Arnell talked to them about stroke and cardiovascular disease and the risks from smoking and using tobacco products. They were informed of the many services of the AR Department of Health including WIC, Family Planning, Immunizations and BreastCare.

An overview of the County Health Rankings for Ouachita County and the achievements that Ouachita County has made was given. Arnell spoke to them about the HOPE Commission and the efforts of Dr. Braden, Ouachita County Health Officer, along with AHOC and county & city government leaders to make a healthier place for all. Information was given to them about the SERV Arkansas Program, local walking trail, community garden, Farmers' Market and the achievements that were accomplished from partnering with ArcOP. The church members were invited to join AHOC, their local HHI coalition, and to attend monthly meetings. Bags with informational material and brochures including WIC Fact Sheets and guidelines, family planning, Zika virus, ACT 811, Quitline, other smoking and tobacco prevention materials, BreastCare and injury prevention educational materials were provided.



01
Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

02
Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

03
Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

100%
 Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

1 in 2
 1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

1994
 On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.
"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."
 Congressman Bill Richardson (May 1994)
 In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 - 74.

ONLINE RESOURCES

Men's Health Month
menshealthmonth.org

Men's Health Network
menshealthnetwork.org

Get It Checked
getitchecked.com

Talking About Men's Health Blog
talkingaboutmenshealth.com

Women Against Prostate Cancer
womenagainstproustatecancer.org

Walk Across Hot Spring County

The Tortoises & The Aerah won the 2016 Walk Across Hot Spring County 8 week physical activity program by walking 1,832.8 miles. The 6 members team averaged 229 miles per week to win this year's competition. Team Sweet Babes came in second with 1403.96 miles and Team Sassy Chicks finished third with 1304.5 miles. The 2016 WAHSC had 15 teams that logged 11,850 miles during the 8 week period. WAHSC is sponsored by the Healthy Hot Spring County Coalition.



Spring Into Health

The Montgomery County Health Education Advisory Board sponsored the annual Spring Into Health 8 week physical activity program from March 6th– April 30th. 10 adult teams and 6 youth teams signed up for the program and a total of 10,157.18 miles were walked during the 8 week program. Guys & Dolls won the Adult Division with 1383.79 miles and The Runners from Oden School District won the Youth Division with 978.5 miles.



Farm to Table Summit

On May 12th, Nashville Elementary School partnered with Howard County Health Improvement Coalition to host a *Farm to Table* day summit for 173 sixth grade students from Nashville & Dierks Elementary Schools. Each of the learning sessions was set up in 20 minute increments in which small groups of students rotated throughout the day. There were 20 teens from the Nashville High School Agri Program that joined the teams and assisted with routing the participants among the learning sessions. The goal of the summit was to teach children the benefits of making healthy food choices by highlighting how food originates and the processes involved to make it to their supper tables. Physical activity was another piece of the program with a session on Zumba and another focusing on team building activities using Nashville Elementary's SPARK PE curriculum and equipment.

The *Farm to Table* Summit was as fun as it is educational. The *Farm to Table* learning sessions began with Ron Sporleder, Howard County Bee Keepers Association, discussing the importance of pollinators and their roles using Xerces Society resources. After learning about pollination, Cody Jamison, 16 year old Junior Bee Keeper, presented her faux honey bee hive wearing her full bee suit. Cody fascinated the participants as she regaled them with personal experiences with her bee hive and stressed the importance of local honey from a health and environmental standpoint. Students then moved to the Square Foot Gardening session provided by Rita Rector, Howard County Farmers' Market, to learn the concept and planting techniques for home gardens utilizing a garden activity sheet. Rita Rector conducted an interactive session on SFG highlighting how much food can be grown organically in a small space. Each student was provided a

laminated planning grid and stickers so each can plan their own 4'x4' bed. Upon learning how to plant a garden, the students rotated to the "Harvesting" session that featured a mock Farmer's Market. Jodi Coffee, Hope Farmers' Market Manager & Mary Hartness, Howard County Farmers' Market Manager, instructed on growing and harvesting produce and the importance of supporting local growers at the local Farmers' Market. Each student was given a small container plant appropriate for container gardening with instructions and recipes that they can use with their parents.

Participants learned about more healthy foods besides produce. Lanny Brothers, LTB Farms, discussed the health benefits of farm fresh eggs, not to mention the superior flavor compared to store eggs. Lanny explained the difference in cage free, organic and processed eggs along with local farms that sell fresh eggs. Representatives from Pilgrim's Pride brought baby chicks and explained the process of hatching chicks, specifically the importance of vaccinations.

After learning where their food comes from, the students visited the Healthy Food Choices station featuring Jean Ince from Cooperative Extension and some 4-H Teen Leaders. Participants learned about the nutritional value of many produce items they had learned about earlier. Portion control was also demonstrated using the My Plate tool. Students partook in a Mystery Box Challenge that highlighted ingredients in fresh salsa. As the students enjoyed a snack of fresh salsa and chips, the learning sessions



concluded with Steven Tompkins, Environmental Health Specialist, demonstrating safe food handling practices. Each student received a t-shirt and backpack stuffed with a variety of items designed to encourage and sustain healthy food practices learned at the summit such as small honey bears, container plant, square foot garden game and an assortment of educational literature. The event wrapped up with the door prize drawing that included items such as a square foot garden, large honey bear, Fitbits, bicycles, and more. Although most all of the prizes were donated by local businesses and presenters, the summit funding was provided by the Blue & You Foundation for a Healthier Arkansas.

HELPING THOSE IN NEED

Dallas County Judge Jimmy Jones gave the

DASH coalition \$2000 to help with maintenance of a community garden located in Fordyce. The community garden, located next to St John's Nursing Home, is about five years old and has been taken care of for the past four years by an AmeriCorps volunteer. With the funds donated by the county, the coalition was able to contract with a local farmer to have the community garden prepared and planted. This also included the fertilizer, weed control, maintenance of a drip system and electric wire. Local churches, youth groups, civic organizations (including Boy Scouts) have signed up to help harvest the vegetables. They are then responsible to provide the produce to needy families in the community. DASH coalition members also pick the garden once a week for the elderly who attend the Senior Center.





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Babies and young children can sometimes be so quiet in the vehicle that we forget that they are in there with us. It may even be tempting to leave a child alone in a car while we quickly run an errand. The problem is that leaving a child alone in a car can lead to serious injury or death from heatstroke. Heatstroke, also known as hyperthermia, is the leading cause of non-crash, vehicle-related death for children. Young children are especially at risk as their body heats up three to five times faster than an adult's.

ACT

- A. AVOID** heatstroke-related injury and death by never leaving your child alone in a car. Always make sure your vehicle is locked so unattended children cannot get inside the car.
- C. CREATE** reminders by putting something in the back of your car next to your child such as a briefcase, purse or cell phone.
- T. TAKE** action. If you see a child alone in a car, call 911 immediately. One call could save a life.

Sources: Safe Kids Worldwide & Kids&Cars.org

Around the Region

Montgomery County— The Montgomery County Extension Office, along with many community sponsors, conducted the annual Ag & Safety Day for 3rd & 4th grade students from Oden, Caddo Hills and Mount Ida School Districts. The students rotated through 7 stations on topics such as Bike Safety, Gun Safety, Yoga for Kids, Fighting Fire with Fire, Wow That Cow, Beef Gives you Zip and tobacco education. Bonnie Carr, Hometown Health Coordinator, presented "Tobacco Is Not Cool". She talked about: what is in tobacco, the different kinds of tobacco products, E-Cigs, secondhand smoke, and ACT 811. Tyler Hill, tobacco grantee with Community Service Agency, and 3 local high school students, who had been trained on the tobacco prevention information, also presented throughout the day.

Nevada County— Edie Greenwood, CHNS, staffed a booth at the Annual Youth Enrichment Conference in Prescott. She distributed 50 pamphlets on tobacco harms, cessation,

Quitline number, 35 coloring pages for children about Act 811, WIC information, teen pregnancy prevention, sexually transmitted diseases, and immunizations. The conference had 400 attendees and there were over 100 people who came by the booth. Edie also demonstrated how smoking affects the lungs using the pig lung model.

Nevada County— Edie Greenwood, CHNS, presented STD/STI's/Teen Pregnancy to two hundred fifteen 9th through 11th graders at Prescott School District. Rhonda McDonald, CHNS, tagged along to present to the girls and Edie presented to the boys. They discussed Gardasil and who and when should obtain the immunization. Tobacco use dangers were also discussed during the presentation. This presentation was at the request of the school after the CHNS's had presented to 7th and 8th graders and received good reviews. They have already been asked to return next school year.



Southwest Roasted Corn Salad

Ingredients

- 8 ears fresh corn in husks
- 1 red bell pepper diced,
- 1 green bell pepper, diced
- 1 red onion, chopped
- 1 cup chopped fresh cilantro
- 1/2 cup olive oil
- 4 cloves garlic, peeled and minced
- 3 limes, juiced
- 1 tablespoon white sugar
- Salt and pepper to taste
- 1 tablespoon hot sauce

Directions

1. Place corn in a large pot with enough water to cover, and soak at least 15 minutes
2. Preheat grill for high heat. Remove silks from corn, but leave the husks.
3. Place corn on the preheated grill. Cook, turning occasionally, 20 minutes, or until tender.
4. Cut the corn kernels from the cob, and place in a medium bowl. Mix in the red bell pepper, green bell pepper, and red onion.
5. In a blender or food processor, mix the cilantro, olive oil, garlic, lime juice, sugar, salt, pepper, and hot sauce. Blend until smooth, and stir into the corn salad.