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A Woman's Guide to Beating Heart Disease

Surveys show fewer than one in 10 women perceive heart disease as their greatest health threat. But it's the nation's number one killer, and women are its prime target. One in 10 women ages 45-64 has some form of heart disease, and this increases to one in four women after age 65. Stroke is the number three killer of women.



"Every year, more women die of heart disease and stroke than men," says Rose Marie Robertson, M.D., spokesperson for the American Heart Association (AHA). "The overall lifetime risk of dying from breast cancer for women is 3 percent. For cardiovascular disease or stroke in women, it's nearly 50 percent."

The risk of heart attack and stroke increases with age, especially after menopause. But atherosclerosis, the condition in which plaque—thick, hard cholesterol deposits—forms in artery walls to restrict or block

blood flow and cause chest pain or even a heart attack, starts in your teens and 20s. That's why it's important to start protecting yourself from heart disease early.

First, you should get your blood cholesterol and blood pressure checked. The higher either of them is, the greater your risk for heart disease or heart attack. A lipoprotein profile, a blood test done after a 9-to 12-hour fast, will measure the fats in your blood to indicate your levels of total cholesterol, LDL ("bad") cholesterol, HDL ("good") cholesterol and triglycerides, another form of fat in the blood.

In general, you're at low risk if your total cholesterol is less than 200 mg/dL; LDL, less than 100 mg/dL; HDL, greater than 40g/dL; (but preferably greater than 60); and triglycerides, less than 150mg/dL.>

Normal blood pressure is 119/70 or lower. Pre-hypertension, which means it is likely that high blood pressure will develop in the future, is 120 to 139 for the top number and 80-89 for the lower number. High blood pressure, or hypertension, is 140/90 or higher.

Your lipoprotein tells only part of the story. Your doctor will use your profile in combination with other data, such as your medical history and family history of heart disease, to assess your risk and determine whether to recommend cholesterol-lowering medication. Your doctor may advise you to make diet and lifestyle changes before prescribing medication.

(copied from UAMS Healthy Living , Nov 2010)

...90% of women have one or more risk factors for developing heart disease. (AHA)

Small Changes Make a Big Difference

Fewer than one in five people consume the 2 cups of fruit and 2 1/2 cups of vegetables a day that health experts recommend for good health.

The change needed: Toss a half cup of berries on cereal and add one or two pieces of lettuce and tomato to a sandwich.

The payoff: For a few seconds of effort, you've added nutritious fruits and vegetables, with their cancer-fighting vitamins, minerals, antioxidants and fiber. You don't have to stick with just fresh produce: fresh frozen fruits and vegetables are just as good for you—and they last longer in the freezer.

"I have a dream".....

Three students from Fordyce High School volunteered to do the following PSA to encourage youth to be more active and volunteer. "Martin Luther King said in his speech, 'I have a dream that my four little children will one day live in a

nation where they will not be judged by the color of their skin, but by the content of their character'. This is a day to dream, that as an individual, you can make a difference in your community, town and world. Youth

Service America and DASH would like to encourage youth to have a voice and volunteer."



The PSA ran on Martin Luther King Jr. Day on KBJT radio.

Community Health Nurse happenings

The Southwest Region Community Health Nurse Specialists (CHNS) were busy during the month of January providing trainings to school nurses throughout the region. Trainings were held at the SW Educational Cooperative in Hope.

CHNS Rhonda McDonald, RN, presented Scoliosis Certification training on January 6th and 19 school nurses from SW Region schools attended. CHNS Tommie Rogers, Cheryl Byrd, Edie Greenwood, and Cheryl Lindly assisted with the check-offs for scoliosis measurement and monitoring.

The session included information on bone health and how it is affected by smoking. School nurses received 3.5 CNE's for completing the class. Pamphlets about syphilis and cards with signs and symptoms were also distributed. It was a very timely training for school nurses since some areas have been hit by a syphilis outbreak recently.

CHNS Edith Greenwood, RN, and Cheryl Byrd, RN, presented "Obesity Education and Prevention for School Nurses" the same day. It was attended by 13 school nurses from the region. The workshop explained how tobacco use and obesity increase a person's risk for cardiovascular problems and included information on risk factors and consequences for childhood obesity, type II diabetes in childhood, how to assess the skin condition acanthosis nigricans, pediatric blood pressure, Acts 1220 and 207, and how to perform a BMI assessment following protocol developed by the state. The other CHNS assisted with check-offs for BMI measurement. School nurses received 2.5 CNE's for completing the class.

Edie Greenwood presented the risk factors and consequences for childhood obesity to 15 UAMS BSN students at the UACCH campus on January 21. She also presented the information on ACT 1220 and how to perform BMI assessment following protocol devel-

oped by the state. Later in the month she visited several schools in Lafayette County to observe scoliosis and BMI assessments being completed by the UAMS/BSN nursing students and school nurses.

CPR/AED certification was conducted by Edie on January 27 and 28 for 21 teachers and staff in the Nevada School District.



BSN students measure students for BMI assessments.

Educating through PSA's in Hot Spring County

The Healthy Hot Spring County Coalition, in partnership with the local radio station, KBOK, and the Malvern Daily Record, produces a monthly PSA to promote health education to the residents of Hot Spring County and surrounding areas. Each month the PSA features an awareness campaign for that month. The PSA runs one time in the local newspaper at the beginning of the month and they run several times a month on KBOB. The PSA's are run for free in both the newspaper and on the radio. It has been a great partnership for all involved. Listed below is the PSA for February.

"February is American Heart Month and Your Healthy Hot Spring County Coalition wants you to know the signs and symptoms of a heart attack.

During a heart attack, the blood supply to the heart is cut off. Cells in the heart muscle that do not receive enough oxygen-carrying blood begin to die. The more time that passes without treatment to restore blood flow, the greater the damage to the heart. It is important to recognize the signs of a heart attack and to act immediately by calling 911. A person's chance of surviving a heart attack is increased if

emergency treatment is administered as soon as possible.

According to the National Heart Attack Alert Program through the CDC, the major signs of a heart attack are:

Chest discomfort- Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body- Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath- Often comes along with chest discomfort. But it also can occur before discomfort.

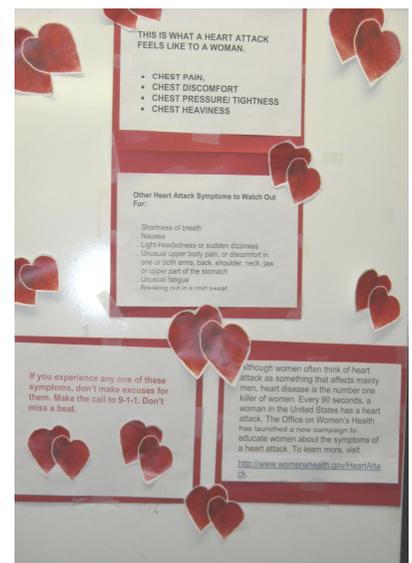
Other symptoms- May include breaking out in a cold sweat, nausea, or light-headedness.

If you think that you or someone you know is having a heart attack, you should call 911 immediately.

This is an educational health promotion brought to you by your local Healthy

Hot Spring County Coalition. We invite you to become a part of our coalition."

Suellen Simpson, RN, Administrator at the Hot Spring County Health Unit designed and displayed a bulletin board for the lobby of the health unit for the month of February to educate the patrons of the clinic on the signs and symptoms of a heart attack.



It's Fitness Challenge Time!

Another year has rolled around and it is time to dust off your walking shoes and get fit. The Blue and You Fitness Challenge will kick off again on March 1st and run through May 31st.

The Fitness Challenge is a great way to help you keep that New Year's resolution, so get those shoes out, lace them up, and start walking!

To register for the Fitness Challenge you will need access to the website at <http://www.blueandyoufitnesschallenge-ark.com>. The link can also be found on the healthy colleague intranet page or the AHELP website.

For ADH employees, once on the website, go to Step 3 and enter "ADH" for the group code.

Participants must complete a simple online registration form. You will need to register with your LEGAL name, as listed on your paycheck. Your LOGIN ID will be your birth month, birth day, and last 4 digits of your Social Security number. You will select your own password. You are strongly encouraged to write your password down in case you forget it.

ADH employees in the Southwest Region, should select: "Center for Local Public Health", then click on "SWR".

After completing the disclaimer section you will be registered. The deadline for registration is February 28th.

Last year's participation by Southwest Region employees was way down from previous years. The region will really need to step it up this year to compete with the other regions of the state.

Contact Bonnie Carr for assistance at

bonnie.carr@arkansas.gov

or 870-867-2331.



Making progress in Columbia County

The Banner –News featured the Columbia County Local Health Unit and work of the coalition in a front page article on January 3rd. It listed the \$455,000 grant received to renovate and expand the LHU as one of the big noteworthy events in Columbia County for 2010.

Another significant achievement was the selection of the Columbia County HEALTH Coalition as one of the five organizations to receive a \$10,000 grant from the Arkansas Coalition for Obesity Prevention (ArCOP). The group was awarded the funding to address physical activity and access to healthy foods in the county. Another \$6,000 was provided to conduct a regional summit on healthy, active living. In an effort to increase physical activity among youth, coalition members col-

laborated with three providers of after-school care to incorporate some fun activities to get kids moving. Members also learned how to implement a survey to see how welcoming the community is for walkers and bikers after listening to a presentation by Lou Tobian with AARP.

Efforts to promote exercise among adults exceeded all expectations when more than 800 local residents signed up to participate in the Biggest Winner Challenge in August. By the time the program wound down in December, 452 people were still in the running. As of the final weigh-in on December 7th, a total of 10,754 pounds had been lost!

The last activity of the grant work plan included the "Regional Summit on Healthy, Active Living in South Arkan-

sas". It was held in November and featured exercise activities as well as presentations on important health topics.

The coalition also sponsored their fourth annual town hall meeting on underage drinking and drug abuse in April for Alcohol Awareness Month as part of a grant they received from an alcohol and drug abuse prevention grant. Probation officer Jason Pye was the guest speaker.

Another health-related activity worth mentioning is the provision of prostate cancer screening at the Columbia County Health Unit. The LHU, along with the HEALTH Coalition of Columbia County and Arkansas Prostate Cancer Foundation, provided free screenings to men over the age of 40 in observance of Arkansas Public Health Week April 5th– 10th.

"All Hearts Need Love"

Glenda Gotcher, Administrator at Calhoun County Health Unit presented a program to 45 students and staff at the pre-school Head Start in Hampton on January 28th. She read the Hearty Heart book, "All Hearts Need Love!" She used Organ Annie to show the students where the heart is positioned in the body and passed around stuffed Hearty Hearts to allow them to look at the heart. She then showed them other parts of Annie's organs and explained how the heart helps all of those parts work. Using stuffed fruits and

Vegetables as props, she explained how eating good food helps us stay healthy and not get sick. She also discussed exercise and how it makes the heart work harder and keeps it in good shape. At the end of the program she left each student with a goody bag of The OrganWise Guys coloring sheets, a small box of crayons and a WIC brochure and income guideline to take home with them.

(Right: Glenda Gotcher presents to kids on eating healthy and exercising to have a healthy heart).





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 HOMETOWN HEALTHY”**

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 HOMETOWN HEALTH**

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In the News.....

Columbia County- The Columbia County Health Unit participated in a Coats for Kids Project that was sponsored by the Magnolia Junior Charity League. The coats were placed at the local health unit and places throughout the county to be picked up by the community. Approximately 50 coats were placed in the lobby of the Columbia County Health Unit during the last week of January and were all taken within that week, just in time for the first episode of winter weather in Arkansas. Health unit staff said they had a warm feeling inside just knowing that maybe some child was warmer due to the generosity of the Magnolia Junior Charity League.

Nevada County- The Nevada County Extension Office hosted Body Walk for children in Nevada County on January 14th. Approximately 300 students in 2nd - 4th grade were in attendance. The Nevada County High School students did the Body Walk presentations in the morning and community volunteers did the presentations in the afternoon. The children learned about the parts of the body and the things to do and eat to keep it healthy. ADH staff, Edie Greenwood, RN, CHNS, Debbie Henderson, RN, Administrator and Pat Hicks, Health Services Specialist, assisted.

Montgomery County- Bonnie Carr, BS, CHES, ADH Rural Health Specialist, presented a PowerPoint presentation on “Heart Disease- The Silent Killer”, to the Joplin Home Economist group on January 25th. Fifteen women were educated about

the warning signs and symptoms of a heart attack and on heart health information. Each person in attendance was given Heart Smarts for Women pull out cards, ink pens, emery boards and a Know Your Numbers recorder.

Polk County- Brenda Huff, Health Unit Administrator, spoke to the Leadership Polk County class on January 20th about the services provided by ADH. She gave them a Guide to Programs and Services pamphlet, Polk County facts and Pocket Guide and gave examples of how ADH helps in the county during tornados, emergency situations, and everyday services. A flyer with ADH services, phone numbers, hours of operation, and location was given to the class attendees and extras were given for each to take to their place of business.

Brenda Huff, Stacy Voisin, RN, Cheryl Byrd, RN, CHNS, and Cheryl Lindly, RN, CHNS Supervisor, participated in the Mena High School Coordinated School Health Wellness program on January 31st by offering blood pressure checks and information on BMI and physical fitness to students and staff at Mena High School in celebration of American Heart Month. Approximately 40 people



What Your Numbers Tell You

Doctors use the results from the screening below to help them assess the quality of your health. High numbers can indicate that you are at risk for developing heart disease, stroke, diabetes, and several forms of cancer. This guide can help you track your numbers and have tests and screening on time.

Blood Glucose- Age 18-44: If you are overweight and have other risk factors, as directed by doctor. Age 45 & over: Every 3 years or as directed by doctor.

Blood Pressure- Age 20 & over: Every 1-2 years; more frequently if over 140/90 or as directed by doctor.

Cholesterol- Age 20 & over: Every 5 years or as directed by doctor.

Weight- At each visit to your doctor, who may also take a waist measurement and figure your body mass index (BMI).



participated in the event. (Left: Cheryl Lindly, RN, CHNS Supervisor, checks a student's blood pressure at the Mena High School Coordinated School Health Wellness Program).

Dallas County- Saint John's Nursing Home in Fordyce has agreed to be a host site for the demonstration/ community garden. They will put up a shed on site and 5th and 6th grade students will come help plant the garden on April 15th. They are making plans to have raised beds so people in the nursing home that are in wheel chairs can participate in the gardening experience too. They are hoping this will be a long and successful partnership. The funding for the demonstration/ community garden came from: \$3000- Growing Healthy Communities (non-funded site), \$1000 from Youth Serve America for 5th & 6th graders to help plant the garden, \$300 from Blue & You Grant for garden supplies and additional funding through the Cooperative Extension through a Wal-Mart grant. The Master Gardener course will start in February and they have been recruiting in the community to find 3 people interested in getting certification. DASH will pay for the certification out of a grant from Blue & You.