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**September is National
Preparedness Month**

Emergency Supply Kit:

- Water, one gallon per person per day (3 days)
- Food, at least 3 day supply of non-perishables
- Battery-powered radio and a NOAA weather radio with extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, plastic sheeting, duct tape
- Moist towelettes, garbage bags with ties
- Wrench or pliers to turn off utilities
- Can opener

Spit tobacco user shares his story with Clark County youth

Rick Bender, national speaker on spit tobacco and smoking cessation, came to Arkadelphia on August 19th to speak to teens.

Rick Bender knows first-hand the devastating effects of spit tobacco. He started chewing tobacco at the age of 12 when he saw pro baseball players chewing and spitting.

Ten years later while playing semi-pro baseball in the California Angels system he noticed a sore on the side of his tongue.

He was scheduled for a 2 1/2 hour surgery to remove the dime-sized bump. The surgery ended up taking 12 hours because they had to remove 1/3 of his tongue, half his jaw and all of the flesh connecting the right side of his neck. He also lost much of the use of his right arm.

Rick impressed upon the students that tobacco in any form is bad news.

In all, over 490 students assembled to hear Rick's story, including 9th grade students at Arkadelphia High School and 6th - 8th grade students at Goza Middle School.



The message he left the kids with is "Don't do what I did...don't believe them (tobacco companies)...don't wind up looking like I do."

The Dawson Co-Op brought Bender to Arkadelphia through a grant so he could share his story with local teens. Tommie Rogers, Community Health Nurse Specialist, worked with the schools to facilitate the presentations.

Rogers and Emily Lyons, Community Health Promotion Specialist, also staffed informational booths on tobacco, nutrition, and physical activity at the Health & Fitness Expo held at the Arkadelphia High School and attended by more than 300 teachers in August.

One table featured information on spit tobacco and smoking cessation. "Mr. Gross Mouth" and "Jar of Tar" visuals, as well as two graphic display boards, were used to convey the dangerous consequences of tobacco use. Information was provided on the Tobacco Quitline and Act 811, which prevents smoking in cars with children under the age of 14.

Keys to successful volunteer program taught

"Keys to a Successful Volunteer Program" was held on August 23rd and sponsored by DASH, the Dallas County Hometown Health Coalition. Community members learned how to recruit, retain, and recognize volunteers at the 3-hour workshop conducted by the Division of Volunteerism.

The County Judge, as well as representatives from the Office of Emergency Management, Cooperative Extension Office, Chamber of Commerce, health department, and DASH Coalition were among the 16

participants in attendance.



Donna Ferguson, Dallas County Health Unit Administrator, stated that "the training fills a need for recruiting volunteers and gives us tools to help retain the volunteers we have."

Money and awareness raised in Nevada Co.

Members of the Nevada County Cancer Association (NCCA) held the annual Jim McKenzie Memorial Golf Tournament Saturday, Aug. 27, at the Prescott Country Club. Debbie Henderson, health unit administrator, is president of the Association.

There were twenty-five \$100 hole sponsors plus silent auction items and door prizes donated by local businesses. Thirty-three four-man teams played a four-man scramble.

Each player received a goody bag which contained snacks and the brochure "Prostate Cancer Facts" The 1st, 2nd, and 3rd place teams received prizes. A barbecue lunch was provided by the NCCA and local restaurants.

The tournament raised over \$8,500 dollars to help with transportation costs for Nevada County residents diagnosed with cancer. The event was deemed a huge success.



NCCA members prepare for tournament. Picture contributed by John Miller.

Nevada County held its first "Baby Safety Shower" at the Nevada County Library on Monday, August 29th. The showers are learning parties during which all the activities revolve around home and motor vehicle safety themes.

Maternity patients in their last trimester are invited to come and bring a grand-parent, spouse, or friend.

The showers teach important safety measures to ensure a safe and healthy environment. Each of the six expectant mothers left with a prevention kit and an appointment with a car seat safety technician to learn how to install and use their car seat correctly.

New ACT 811 law is highlighted in Montgomery County

Bonnie Carr, ADH Rural Health Specialist, stationed in Montgomery County, recently submitted an article on the new ACT 811 to the Mt. Ida PTO Lion Cub Courier. The article included facts about Act 811 and listed the information for the Stamp Out Smoking Quitline.

The purpose of the article was to inform the parents of the new law and to provide those who are interested in quitting smoking with the 1-800-Quit-Now number.

The newsletter goes home with every student in grades K-6 at Mt. Ida School.

That means the newsletter reached a total of 725 people including the household members of the 325 students who it was sent home with.

Bonnie also took the opportunity to educate the public about ACT 811 at the Montgomery County Fair on August 16th. She set up a booth to highlight the new law by providing ACT 811 Fact Cards, as well as other tobacco educational materials. Brochures were left at the booth for fair goers.

Approximately 200 people went through the educational building during the fair.



This untouched sunrise picture taken 8/29/11 from the banks of Shangri-la Resort in Mt. Ida features a rarely seen red sky. Photo by Phil Carr.

Diabetes education conducted in Dallas County

Quarterly diabetes workshops were held August 16 in Sparkman and Fordyce with 20 in attendance.



Tom Womack, a retired pharmacist, was the guest speaker at the Sparkman Library. He has diabetes

himself and shared his personal experiences with an insulin pump. He also talked to the group about diabetic drugs and their side effects.

Kristen Teague spoke to the Fordyce group the same day at the Dallas County Health Unit. Dr. Teague is an optometrist in Fordyce. She showed the group pictures of diabetic eye diseases and talked about the importance of regular eye exams.

Participants at both locations enjoyed a diabetic meal and received recipes, as well as instructions for preparing them.

The workshops are sponsored by the DASH Coalition as part of a grant from the Blue and You Foundation.



Basic Health and Food Safety Workshops held

Food Service Workshops were held in August for school food service personnel in each of the educational service cooperative areas in the Southwest Region.

Community Health Nurse Specialists (CHNS) and the Community Health Promotion Specialist (CHPS) from Dawson, DeQueen/Mena, South Central, and Southwest Arkansas Education Service Cooperatives provided screenings and presentations for food service workers in cooperation with local partners and health-related agencies. Locations included Arkadelphia, Gillham, Hope, and El Dorado.

Height, weight, BMI, HIV, blood pressure, blood glucose and cholesterol screenings were offered. There were also informational booths on HIV/AIDS, cardiovascular health, tobacco, and nutrition.

Presentations at the different workshops included Know Your Numbers, Signs of Heart Attack and Stroke, Breakfast in the Classroom, Food



Food Service Workshop at TAC House in El Dorado with 125 in attendance.

Safety, Choose My Plate, the importance of nutrition and exercise, tobacco cessation, ACT 811, and First Aid in the Kitchen, which incorporated prevention, poison control, allergic reactions, proper glove donning, how to treat bleeding, and many other first aid topics into the discussion.

Besides CHNS Cheryl Byrd, Edie Greenwood, Rhonda McDonald, and Tommie Rogers and CHPS Emily Lyon, other ADH presenters were Environmental Health Specialists Ashley Nale and Sundee Braley. Diane Smith, RN with Ouachita Family Valley Clinic, Liz McKay, Union County Cooperative Extension Agent, Lori Dather with the Midwest Dairy Council, and Charity Loudermilk with Allcare Pharmacy in Arkadelphia also presented.

Community Health Nurse provides trainings

Community Health Nurse Specialist (CHNS) Edie Greenwood provided several presentations and trainings recently.

On August 2nd she conducted CPR training for 6 early childhood staff members at the Southwest AR Educational Co-Op in Hope. She took the opportunity to advise smokers to quit and explained the heart and lung health risks of tobacco use. Quitline and ACT 811 information was distributed.

She also presented Pathogen Transmis-

sion to 65 staff members at a daycare and adult care facility on August 5th. The focus of the presentation was on blood borne pathogens, non-blood borne pathogens, and colds and flu. Greenwood demonstrated the Heimlich maneuver and talked about first aid for bleeding and burns.

Additional discussion topics included proper hand washing techniques, universal precautions, cough etiquette, and Act 811 since the act affects the population served by the facility. She also stressed the need for influenza and

Tdap immunizations.

Other activities conducted during the month of August included participation in a mini health fair with UAMS AHEC SW to provide cholesterol and blood sugar screenings on August 10th.

Then on August 31st, she gave a presentation to 29 UAMS senior nursing students on the University of Arkansas Community College at Hope campus. She explained the role of the Community Health Nurse Specialist to them and provided flu training.

Blevins School Employee Health Fair

It was the teachers' turn to learn at the "Back to School Wellness Fair" held on August 24th in Blevins.

Teachers rotated through fourteen different educational booths to receive important health information. Hempstead County Health Unit and Hometown Health coalition



representatives were on hand to provide information at each booth and hand out brochures and fliers.

Jeannine Wilson, Hempstead County Health Unit Administrator, (pictured) used real pig's lungs to demonstrate the decreased lung ca-

capacity of a smoker's lungs. Teachers watched as the lungs were inflated and the healthy one expanded while the brittle, diseased (simulated) one leaked air.

Other booths included information on emerging tobacco products, skin cancer, highlights of the local Hometown Health coalition, and ACT 811 the new AR law to protect children under age 14 from second-hand smoke while riding in a car.



Janet McAdams– SWR HHI Manager
Bonnie Carr, RHS, Montgomery Co.

Joni McGaha– SWR HHI Coordinator
Sarah Powell, RHS, Hempstead Co.

SOUTHWEST REGION HOMETOWN HEALTH

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www.healthyarkansas.com

Health Education in Miller County

Approximately 3,000 youth and adults attended the 16th Annual Wild About Wellness Children's Health Fair on Saturday, July 30th, at the Four States Fair Grounds in Texarkana. Sixty agencies and businesses participated at the fair providing free wellness screenings and immunizations.

Information and materials on food and nutrition, WIC, STD's, Family Planning, Immunizations, Smoking, Oral Health, Poison Prevention, Fire Safety, Alcohol and Drug Prevention and Women's Health were distributed.



ADH personnel from the SW Region spoke at a workshop for the DHS Foster Care Program in Texarkana on August 11. Several persons attended from various counties in SW Arkansas. WIC nutrition information was presented by Barbara Claybrook, Registered Dietician. Jo Ann Yother, RN, Community Disease Nurse Specialist, talked about communicable disease in Arkansas and immunizations. Cynthia White, RN, Miller County Health Unit Administrator discussed all services available through the health department. Edith Greenwood, RN, CHNS, presented information about the new ACT 811.

Pamphlets for WIC Services, income guidelines, immunizations, different communicable diseases, heart disease, tobacco cessation and consequences of use, physical activity, and other topics were distributed.

Around the Region...



Glenda Gotcher, **Calhoun County** Health Unit Administrator, accepts a check for \$2,500 from the Ouachita County United Fund for use in their hometown health UCRC Coalition work.

The **Southwest Region** School Nurse Training was held at the Southwest Co-op in Hope on August 8. There were 52 school nurses present. The training included information on Medicaid in the Schools (Tracy Starks, RN), School Nurse Guidelines (Deborah Jones, RN with the Arkansas State Board of Nursing), School Nurse Updates (Paula Smith, RN), and IEP's for Children with Special Health Care

Needs. (Cheryl Lindly, RN).

Southwest Region CHNS, Cheryl Byrd, Rhonda McDonald, Tommie Rogers and Edie Greenwood assisted with the workshop. Pamphlets on smoking cessation, Act 811, teen sexual health, and the harms of tobacco were distributed.

The 4th annual Terry Todd Memorial Men's Health Day was held at the **Montgomery County** Health Unit on Saturday, August 27th. It was sponsored by the Montgomery County Health Unit, Montgomery County Health Education Advisory Board, Healthy Connections Inc., St. Joseph Clinic, Arkansas Cancer Coalition, Arkansas Prostate Cancer Foundation and the Office of Minority Health and Disparities.

Screenings for prostate, cholesterol, blood sugar, blood pressure, oral health and skin cancer were provided free of charge to the 53 men who participated. They were also given information by assisting staff on cardiovascular health, nutrition, physical activity, oral health, skin cancer, prostate cancer and tobacco use.

Dr. Jeff Jones, PA, and Toni Pfister with the Montgomery County Community Health Clinic and health unit personnel Bonnie Carr, Kim Adams, Susan James, and Sue Watkins all helped with the screenings.

The 4th annual **El Dorado** School District Office of Coordinated School Health (CSH) Health Fair was held August 15th at the new El Dorado High School. Over 325 staff and volunteers participated in the fair. There were 63 volunteers including the 28 vendors who provided either screenings or information. Twenty-four local businesses donated items for door prizes.

Blood pressure, blood sugar, cholesterol, and BMI screenings were offered, as well as breath carbon monoxide monitoring.

CSH Coordinator Karen Magee reports hearing many positive comments since the event. Some of those were in regard to how much they enjoyed it but others reported that they are now exercising or checking with their doctor to follow up on negative screening numbers.