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Arkansas Tobacco Quitline

- Talk to a Quit Coach
- Open 7 days a week
- 7 a.m.-2 a.m.
- 1-800-QUIT-NOW
- 1-800-784-8669
- A FREE program with personal coaching and advice
- Free medication, while supplies last

Asthma and Secondhand Smoke

Information by ADH Tobacco Prevention and Cessation Program www.stampoutsmoking.com

The Facts:

Secondhand tobacco smoke causes more than 22,700 deaths from heart disease every year. Secondhand smoke comes out of the end of a burning cigarette, cigar, pipe, and some other tobacco products. It contains approximately 4,000 chemicals-including cancer-causing agents, irritants and toxins.

- Secondhand smoke can cause asthma in children who have never before experienced any symptoms.
- Exposure to secondhand smoke makes it hard to breathe, which can trigger an asthma attack and make the disease's symptoms more severe.
- Tobacco smoke causes breathing problems and affects the immune system, making it difficult for

lung tissue to repair itself.

- Children with asthma who live with a smoker are more likely to experience asthma attacks, take more medicine for their asthma, and miss school more often.
- Children exposed to secondhand smoke are more likely to be held back in school, do worse on tests, have more ear infections, more severe asthma, more symptoms of ADHD and die from sudden infant death syndrome (SIDS).

Asthma Prevention: Asthma cannot be cured, but if you have asthma, you can control how frequently you experience its symptoms and discomfort.

Asthma Triggers:

Pets- Any pets with fur or feathers can trigger an asthma attack. If your pet causes a

family member to experience asthma symptoms, remove the pet from your home or keep them cleaned regularly and out of the sufferer's bedroom

Tobacco smoke- If you or a family member suffers from asthma, cigarette smoke should not be permitted inside your home or car. Ask family members to smoke outside.

Mold- Molds can form in kitchens, bathrooms and basements. Clean these areas often and make sure these areas have good air circulation.

Strong odors- Perfumes, paint fumes and household cleaners are examples of strong odors that can trigger an asthma attack.

Dust mites and Cockroaches- Control dust mites by washing bedding and stuffed toys in hot water weekly. Control cockroaches by not leaving food or garbage exposed and clean regularly.

Union County Wellness Fair

Joni McGaha, Hometown Health Coordinator, and Susan Blake, Health Unit Administrator, offered body fat analysis for El Dorado School district employees at a wellness fair sponsored by Coordinated School Health on August 16th.

Joni stated that "there was a line for the body fat analysis the whole time". This service

was provided for 95 participants who were instructed on how to improve their results, if necessary. Brochures were offered on portion distortion, eating more fruits and vegetables, and how to get more physical activity into your day.

SOS Quitline information, "Serving Size" placemats, and information on fun ways to get

students moving were also provided.

Approximately 265 people attended the event, which featured 27 vendors.

Blood pressure screenings were conducted on 132 participants. Blood sugar readings were provided for 126 and 92 had their cholesterol checked.

Joint Use Agreement Grants Awarded

El Dorado and Fouke School districts have each received \$5,000 to fund physical activity in their community. Fouke's plans are to fund a walking club, aerobic classes, and a Saturday family fitness class. They will also sponsor flag football, a climbing wall, and cheer camp.

El Dorado funds will support installation of a walking/bicycle track on and around school property.

The Joint Use Agreement grant is a competitive application made possible and supported by Arkansas' Governor Mike Beebe and by the Arkansas Tobacco Excise Tax created by Arkansas Act 180 of 2009. The funds are used to encourage communities to form collaborative partnerships to create preventative health strategies. Funds will

be available semi-annually based on Tobacco Excise Tax Appropriations or until funds are expended.

The Joint Use Agreement is a collaboration of the Arkansas Department of Education, Arkansas Department of Health, and the Arkansas Center for Health Improvement (ACHI).

The Arkansas Department of Education is pleased to have funds available for joint school, community and/or organization efforts in improving health and education, as well as enhanc-

ing community healthy living to reduce the incidence of obesity.

A Joint Use Agreement (JUA) allows schools and communities unique opportunities for children and adults to be healthier individuals.

A JUA refers to two or more entities, organizations, schools or cities sharing indoor or outdoor spaces.

The JUA concept is simple in that sharing resources will keep costs down in promoting healthy communities.



It's All About Safety in the Kitchen

Safety isn't always about injury or accidents. Sometimes safety is all about how to handle, clean and prepare food. Emily Lyon, Registered Dietician, Tommie Rogers, Community Health Nurse Specialist, and Ashley Nale, Environmental Health Specialist, hosted a workshop on Basic Health and Food Safety for Child Nutrition Workers

According to the CDC, there are 5,000 deaths, 325,000 hospitalizations, and 76 million foodborne illnesses each year.

at Dawson Co-op on August 12th.

Tommie Rogers facilitated the training. Emily spoke on "Rethink Your Drink", Ashley spoke on food safety and sanitation, and other guest speakers discussed commodities. Participants were also given information on reimbursable meals.

Emily and Tom-

mie set up a booth with tobacco cessation, physical activity, and nutrition tri-fold display boards, as well as visual tools like "tar in a jar".

They also had brochures, food pyramid posters, and door prizes for the school personnel. Participants were encouraged to pick up a "More Matters" pen, bag, recipes, mouse pad, etc.

There were 41 school cafeteria workers in attendance.

Miller County Reaches Out to the Community

Approximately 3,000 youth and adults participated in the 15th annual Wild About Wellness Children's Health Fair on Saturday, July 31 at the Four States Fair Grounds.

Information and materials on food and nutrition, WIC, STD's, Family Planning, Immunizations, Tobacco Prevention, Oral Health, Women's Health, Poison Prevention, Personal Care/Hygiene, and Alcohol and

Drug Prevention were distributed. Several vendors provided free health screenings to youth.

Free condoms and screenings for sexually transmitted diseases were provided in various locations in Texarkana over the Labor Day weekend. This outreach is in response to a an increase in syphilis cases in Miller County and in Arkansas.

The goal is to reach people who need testing the most and slow the infection rate.

The incidence of syphilis has been increasing annually since 2001, according to the Centers for Disease Control and Prevention. In 2008, the latest rates available on syphilis, Arkansas had 73 cases per 100,000 people.

CHNS Work to Improve Safety

Cheryl Byrd, Community Health Nurse Specialist, conducted a 90 minute presentation for approximately 200 certified teachers in the Mena Public School District in August.

Her topic was safety. She talked about caring for students with seizure disorders (what to do if a student has a seizure, inclusion into sports and physical activity and other activities). She also showed two short videos provided by the Epilepsy Foundation.

During this teacher staff development day, a new tobacco prevention display was used to educate teachers on emerging tobacco products and detrimental marketing

practices targeting youth. Teachers were amazed by the new products, and expressed their appreciation for the opportunity to see these products up close.

Community Health Nurse Specialist Edie Greenwood recently facilitated two days of staff development for school food service personnel.

One day she hosted a training for

58 staff members at the co-op in Hope. Another day she hosted a workshop for the Texarkana

School district where Community Health Prevention Specialist Emily Lyon presented "Re-think Your Drink".

Both trainings focused on food safety and food commodities, which are requirements for eliminating stress through money woes.

CDC reports...
more than half of all young children are still exposed to secondhand smoke.
Sept 2010

Injury Prevention in Nevada County

Janet McAdams, RN gave a talk on summer injury prevention to Rotarians in Prescott on August 24th and Day Service workers on the 9th. She shared recent data for both Arkansas and the Southwest Region of the state. She told the



group about new legislation passed in the last legislative session to help combat the grim problem of motor vehicle injuries and deaths.

Each person was given a copy of a new ADH

publication on injury prevention, to be published quarterly. Each injury highlighted had a potential number of lives saved if Arkansas rates were the same a national rates.

Janet shared various ways to read the data such as in graph format or by a percentage.

The group discussed ways to share the useful tips and prevention information with others.

School Outreach for Parents and Youth in Nevada County

The McRae Middle School had its open house on August 12th from 6:00-8:00 p.m. Edie Greenwood, BSN, RN, CHNS, and Debbie Henderson, RN and health unit administrator, set up an information booth at the event.

Debbie had information on upcoming flu season. She gave out books on "Preparing for an Emergency" and "Preparing for a Pandemic",

along with hand sanitizer. She also distributed SOS book marks and pamphlets about the SOS Quitline.

Parents of 7th grade students were informed that their child needs a TDAP before entering school. There were

approximately 300+ in attendance.

Janet McAdams, set up a booth for parents during orientation for new high school students the next night. She gave out information on the free tobacco Quitline and encouraged those interested to call the number for assistance.





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SOUTHWEST REGION HOMETOWN HEALTH

*Keeping your Hometown
 Healthy*

www.healthyarkansas.com

Columbia County HEALTH to Kick Off Challenge

With fall and the new school year approaching, activity in Magnolia and Columbia County will be increasing. It's a time when everyone is on the go with work and with family. What better time than now to kick-start change in your personal health and fitness?

HEALTH Coalition, through a grant from Blue & You Foundation and Arkansas Coalition for Obesity Prevention, is sponsoring The Biggest Winner Challenge. The Challenge will consist of teams of 4-6 members that will compete over a 12-week period. Two \$500 prizes will be awarded – one to the team that loses the highest percentage of weight, and one to the team that loses the highest percentage of body fat.

There is no cost to enter the contest. Instead, this is an ideal opportunity to learn healthy eating habits and the importance of a regular exercise program. If team members are not currently members of a local fitness center, they can work out for free at Physiques, Extreme Image Fitness, or Curves, all local fitness centers, for the 12-week challenge!



The Back Page News:

The Nevada County Health Department set up four booths at the Nevada County Fair during the week of August 23rd. The booths provided information on many ADH services.

The Flu Initiative and booklets on 'How to Prepare for a Pandemic' and "How to Prepare for an Emergency" were available for people to pick up.

Another booth focused on tobacco and smoking cessation. There were several pamphlets regarding cancer and cardiovascular health and some with information about smoking prevention and the SOS Quitline.

The 3rd booth featured breastfeeding promotion highlighting several

local women who have breastfed successfully.

The 4th booth was a WIC outreach tool. Rita Stokes, RN, Clinic Coordinator,



and Louise Johnson, clerk, put the booth together and provided information about WIC services, including food packages, income guidelines, WIC calendars, and the Healthy Harvest recipe book. The WIC booth won first place and

best of show!

Approximately 200 people visited the booths the week of the Fair.

Hot Spring County held their annual free Prostate Clinic for men after hours on August 31 at the local health unit. The outreach was hosted by Healthy Hot Spring County Coalition and Hot Spring County Health Unit. Administrator Suellen Simpson said all 44 men were screened, had PSA levels drawn, and had a digital exam.

Dr. Dylan Thaxton, Hot Spring County Health Officer, volunteered his time to help with the exams. Information on the SOS Quitline and nutritional information, as well as information regarding Prostate Cancer detection, were handed out to all participants.