



NE Regional News

Fall 2011 Issue

AMERICAN DIABETES MONTH® NOVEMBER 2011

In the U.S., nearly 26 million people—including approximately 213,000 in Arkansas have diabetes. A serious disease, if not managed, has potentially life-threatening complications such as heart disease, stroke, blindness, kidney disease and amputations. There are an additional 79 million people in the U.S. at risk for developing type 2 diabetes. Every 17 seconds, someone is diagnosed with diabetes. It kills more people each year than breast cancer and AIDS combined.

For more information in English and Spanish call 1-800-DIABETES or visit stopdiabetes.com. Also, please follow on Facebook (www.facebook.com/AmericanDiabetesAssociation) and Twitter (www.twitter.com/AmDiabetesAssn).

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NE Region—Diabetes Awareness Month

Fulton County—Judge Charles Willett pictured at right signing the proclamation making November 2011 to be American Diabetes Month in Fulton County and encouraging all to recognize American Diabetes movement to confront, fight and most importantly, change the future of this deadly disease.



Izard County—Melbourne Mayor Shannon Womack is shown at left signing the proclamation making Nov. 2011, American Diabetes Month.



Woodruff County—Augusta Mayor Rock Tidwell (above) has just signed the Diabetes Proclamation and handing it to Woodruff Co. LHUA, Debra Neal



Cleburne County—Cleburne County Judge Brenda Hunt signs the Diabetes Proclamation as Roy Reynolds, Cleburne County Coalition Chairman; Hazel Thompson, LHUA, Dr. Bill Wells, Coalition member & Director of Cleburne County Cares; and Dr.

M.E. Barnett, Cleburne County Health Officer witness the signing.



1-800-784-8669

We are thankful and appreciative especially at this Thanksgiving Season that we have so many civic leaders in our region and state who recognize the importance of awareness and working toward solving serious health issues.



RACE FOR THE CURE—

Nina Beard, Independence County Personal Care Aides, raced for the cure in Little Rock, walking for her aunt, Faye Everett, breast cancer survivor. She is pictured at right with another participate, Arkansas Governor Mike Beebe.



Great American Smoke Out

The American Cancer Society marked the 36th [Great American Smokeout](#) on Nov. 17th by encouraging smokers to use the date to make a plan to quit and quit smoking that day. By doing so, smokers took an important step towards a healthier life – one that can lead to reducing cancer risk.

Tobacco use remains the **single largest preventable cause** of disease and premature death in the US, yet more than 46 million Americans still smoke. However, more than half of these smokers have attempted to quit for at least one day in the past year.

Even if you have missed the “Great American Smoke Out” day THERE’S STILL TIME FOR YOU TO QUIT...Call Arkansas’ Quit-line Number is: 1-800-784-8669



Sharp County Breast Care Awareness Celebration



Sharp County—During the week of October 20th the Sharp County LHU celebrated Breast Care Awareness by creating a bulletin board to recognize clients who are breast cancer survivors and by serving goodies, including a decorated cake and punch. Pictured at far, left side: Callie Taylor, RN; Judy Shirley, RNP; Eva Woodson, Clerical Coordinator; across the table, back: Cindy Schaefering, Clinical Coordinator; Linda Landers, HSSII; Kathy Green, Breast Care Clients; and Katey Hollaway, HSSII.



Body & Soul Program

Mississippi County-The Mississippi County Coalition for A Tobacco free Arkansas introduced the “Mississippi County Body and Soul” Program to Rep. Tommy Baker and Osceola’s City Councilman Joe Guy. Rep. Baker said, “I am very impressed with the coalition’s Body and Soul Program and the community garden. The coalition has demonstrated a brilliant strategy to combine a tobacco-free plan along with a community garden project. I must say this is a very innovative project that is a blessing to the community.” The Body and Soul Program is a wellness program developed for African American churches. The program empowers church members to eat 5 to 9 serving of fruits and vegetables every day for better health.



Fall greens viewed by Osceola City Councilman Joe Guy, Rep. Tommy Baker, & Elroy Brown

Nettleton Jr. High Red Ribbon Week Activities



CSH director, Nancy Gribble displays poster competition entries at left

8th grade students hear “*Drugs Are Bad*” by Dr. Shane Speights from UAMS-AHEC NE and SWAT Doc at left.



Craighead County—Nettleton Jr. High students participated in Red Ribbon Week with an array of activities. They began the week by participating in a rally against drug abuse held in downtown Jonesboro. The march showed unity between Prevention Resource Center’s Region 8 schools with over 600 students and sponsors marching to show you can have fun without drugs or alcohol. The Coordinator School Health director held a poster competition and presentations were given by the Local National Guard (tobacco), Dr. Shane Speights (prescription drug abuse), and DEA Agent Blake Bristow (drug violations).

Stone County Hometown Health Planning Coalition Celebration

The Health Planning Committee first began in 1994 and in 2001 merged with ADH to create the Stone County Hometown Health Planning Coalition. In addition to the regular order of business, Pat Reeves, chairperson reflected on the many accomplishments of the coalition through the years. Finger foods were provided for the celebration. Attendees included: Amanda Harvey, Pat Reeves, Betty Corder, Jeri Johnson, Melissa Gentry, Cindy Rice-Hanlin, Pat Reeves, Bobbie Boozer and Rhonda White.



Flu Season around Northeast Region



NEW DEVELOPMENT...sources close to this little guy report holding your nose helps when getting a flu SHOT! Will keep you posted on research into this issue.

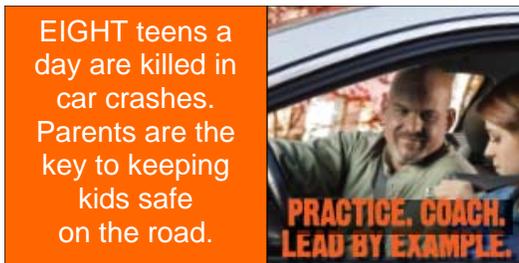


Talk with your teen about safe driving and take these proven steps to keep your teen safe behind the wheel:

Parents Are The Key To Safe Teen Driving

- Extend your teen’s supervised driving period.
- Set the rules of the road:
 - Make sure your teen always wears a seat belt.
 - Limit your teen’s nighttime driving.
 - Restrict the number of teen passengers in the car.
 - Prohibit cell phones and texting while driving.
- Enforce the rules with a parent-teen driving agreement.

VISIT: <http://www.cdc.gov/parentsarethekey/>



Coalition Chair Junior Briner facilitates the meeting above

Lawrence County HHI Celebration

Lawrence County-Lawrence County Healthcare Coalition held a HHI Celebration during their bi-monthly meeting on September 28th. The coalition was developed March 2001 and works to improve the health of Lawrence County Citizens through the cooperation and collaboration of many healthcare providers, healthcare entities, and citizens in the county. The coalition focuses on prevention and use data based knowledge to make informed decisions that promote, maintain, and improve the health of Lawrence County.

Heart & Sole 1/2 Marathon and 5K

CONGRATULATIONS ADH team members Jared Pulver, Disease Intervention Specialists & Matt Myers, Plumbing Inspector, after finishing the 1/2 marathon relay with a time of 2:11:46



Craighead County—Cardiology Associates Foundations' Annual Heart & Sole 1/2 Marathon and 5K took place Sat., Oct. 1st. Each year Cardiology Associates Foundation host this event as one of their efforts to raise awareness and support efforts of the NHBLI (The National Heart, Blood, Lung Institute) as a "Hearts Truth" Program to decrease heart disease seen in women. Heart & Sole offers several ways for individuals to compete including a 1/2 marathon for walkers and runners, 5K for runners and corporate walkers, and new this year a 1/2 marathon relay for teams of two. This year's event had approximately 550 participants.

Good Nutrition Taught

Summer 2011 Newsletter, pg. 4, CORRECTION: Trisha Echols wrote an article and did presentations for WIC Outreach on food and nutrition. Thank you Trisha for all you do!!

Correction from last issue!



Mississippi County- Trisha Echols, Home Economist, was asked to speak to the Kindergarten and 1st grade classes at Armored School. There were a total two classes combined along with some moms and smaller siblings present creating an approximate attendance total of 54 during this presentation. She talked to the kids about the food guide pyramid using some of the W.I.C. food modules for show and tell. Students received instruction on good snacks vs. a bad snacks. The kids participated in helping Trisha prepare a healthy snack for tasting. Each child was given a copy of the activity.



Trisha Echols instructs on good snacks vs. bad snacks

Breast Cancer Awareness



Mississippi County—During the month of October, the Mississippi County Health Department in Blytheville set up a table with Breast Cancer Awareness pamphlets and goodies for clients. They also had a bulletin board decorated with “Go Pink for the Cure” logos. During the entire month, clients were able to register to win a gift basket put together by the colleagues filled with items they had donated. The winner was Lola Bobo, pictured with Pat Burgess LPN, accepting her gift basket.

Meth Prevention



Cleburne County—Cleburne County Sheriff’s Department recently brought Tiffany Eis to the county to speak at all the schools through the Meth Prevention Grant. As an inspirational and motivational speaker, Tiffany is an energetic young woman who has the charm and appeal to relate to audiences of all ages. She delivered a powerful and educational message in a positive light that had listeners sitting on the edge of their seats.

Tiffany had a life altering experience because of drugs and not caring about her own personal health resulting in two strokes, both legs amputated below the knees, and an Aortic Heart Valve replacement on her 30th birthday. She has a story that most will not believe until they meet her. Through determination and hard work, she is able to influence others to get out and stay out of the world of addictive behaviors through her presentation.



Clay County LHU Staff assist Dislocated Workers

Clay County—The Governor’s Dislocated Worker Task Force organized two employees assistance workshops for the approximately 200 workers being dislocated from L.A. Darling Company in Corning and Piggott. These workshops were designed to provide the workers with ideas on how to survive unemployment; conduct an effective job search; and to utilize services available in the community. LHU staff was present to inform workers of health department locations and service hours in Clay County and surrounding counties; the available services and enrollment requirements; and community resources available through local coalitions such as Medicine Assistance Program. Other participating agencies included Arkansas Insurance Department, DHS, UA Cooperative Extension, Workforce Services, and Black River Technical College.



LA Darling employees attend The Workers Assistance Workshop at Corning Community Center

SAVE THE DATE—February 28 & 29—2012 HHI Sustainability Conference

A Healthier Future For All Arkansans SAVE THE DATE: February 28 & 29, 2012, Wyndam Riverfront, North Little Rock for the 2012 HHI Sustainability Conference. Look for agenda and registration information after Dec. 15th on www.healthy.arkansas.gov



Objectives: (1) To assist communities to develop, implement and monitor a community health improvement plan using Healthy People 2020 goals and objectives that are based on community priorities. (2) To engage multiple sectors to take actions to strengthen policies and improve practices that are driven by evidence. (3) To highlight community successes in a variety of venues



NO Registration Fee! Pre-conference workshop starts at 9 am Feb. 28th Conference starts at 11:30 am on Feb. 28th. For more information on attending or exhibiting: contact Emily Harris at Emily.Harris@arkansas.gov or call (501) 280-4692



Delta Garden Study

Poinsett County—Harrisburg Middle School held a “Dig Day” on October 14th.

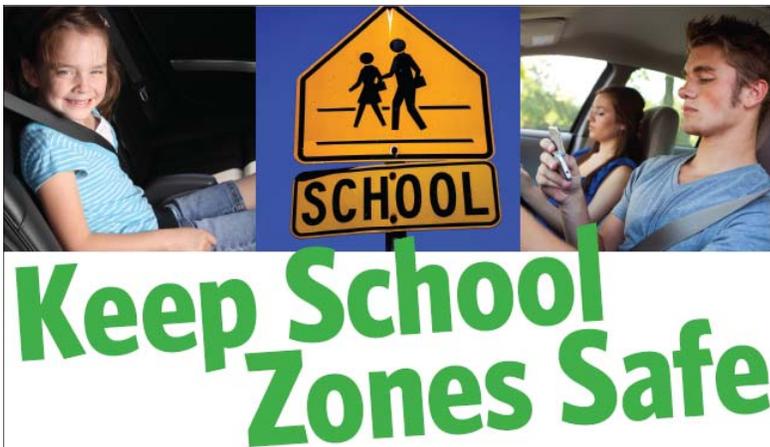


This day marked the expansion of the garden for the Delta Garden Study. Ryan Norman, Garden Manager, organized and directed teachers, students and community members as they all worked together to prepare new garden beds for the expansion. Throughout the day, Jill Zartman, Food Corps Service Member, assisted students in preparation of recipes for participants to taste. The recipes featured fresh produce from the garden that was planted back in May. Harrisburg Middle School Students will continue to build and maintain this additional garden space as means of inciting ownership and involvement from the group up. Visit the Delta Garden Study website at www.arteingarden.com and click to receive emails and monthly newsletters. Those working with this project include: Paula Smith, AED, State School Nurse Consultant; and ADH’s NE Region Laura Cook, CHNS and Jennifer Lynch, CHPS.

Teen Driving Safety



Independence County—Marilyn Cone, CHNS and Becky Snodgrass, CDNS (shown at left) partnered for three presentations to 8th & 9th grade students on Teen Driving Safety, which included seat belt use, cell phones/texting and speeding. Also included was educational information on Smoking Cessation/Quit-line referral information; general harmful effects of tobacco; and Smoke-free car & home pledges. Infant Mortality was covered with Folic acid instructions for all women of child-bearing age as well as the very important point, putting a baby on its back to sleep. The DVD “Sex Still Has A Price Tag” was also shown. Becky educated students on STD’s, Gardasil, TDAP, Flu vaccine, abstinence/STD’s and Family Planning. These classes were held during the Family Consumer Science Classes with a total of 62 attendees.



Arkansas Primary Laws:

- Every driver and front seat passenger must wear a seat belt.
- A child less than 6 years old and less than 60 lbs. must be in a child restraint.
- A child 6 and older must be in a properly fitted adult seat belt.
- No smoking in a vehicle if a child under age 14 is a passenger.
- No texting and driving.

Arkansas Secondary Laws:

No handheld cell phone use in school and construction zones.



In Cooperation With:



Statewide Injury Prevention Program

(501) 364-3400 or (866) 611-3445 • www.archildrens.org/injury_prevention

Mississippi County Cancer Health Awareness Expo



Photo at right: Tamela Parchman, PHN and Trisha Echols, Home Economist

Blytheville—Mississippi County’s Cancer Health Awareness Expo was held in Blytheville October 8th. Trisha Echols, Home Economist, did a live radio interview with the local radio station during this event. LHU was able to showcase its many programs and services. Approximately 349 people attended; LHU brochures and fans were distributed; as well as upcoming flu clinics’ info.



Photo at left, L-to-R: Peggy Morgan, LPN and Trisha Echols, Home Economist

The Heart Truth Champions’ Training



Craighead County—Cardiology Associates Foundation has been providing “The Heart Truth” Campaign since 2004 and has been a Heart Truth National Partner for five years. To make women more aware of the danger of heart disease, the National Heart, Lung, and Blood Institute (NHLBI) and partner organizations are sponsoring a national campaign called *The Heart Truth*. The campaign’s goal is to give women a personal and urgent wakeup call about their risk of heart disease. Now they want to reach out to a larger area and invite everyone to join them to learn more about The Heart Truth and sharing it with women across the area. They are calling this The Champions County Committees Training. The Training will be Thursday, December 15th at the Craighead County Local Health Unit in Jonesboro, noon to 4:00 pm. Please RSVP your attendance and any guest from your county by calling (870) 931-4044 before December 1st. The Heart Truth is that heart disease is the #1 killer of women...in fact, one in four women die of heart disease. Heart disease can also lead to disability and a significantly decreased quality of life.

Prescription Drug Use– DEA Take Back Initiative



The authorized collection of unused and expired medications by law enforcement officials can improve health, environment, and community. Through the DEA “Take Back” Initiative medications are collected by law enforcement officials at various locations in the region as part of a statewide effort to properly dispose of these medications. Collection prevents youth prescription abuse, aids in eliminating contamination dangers, and secures unused and expired medication. Studies have shown that Arkansas led the nation in prescription drug abuse among teenagers in 2007, but in the past three years Arkansas youth prescription abuse rates have dropped in every measure, every year, and in every age range through the participation in the Take Bake Initiative. In the most recent U.S. Drug Enforcement Administration’s National Prescription Take Back Initiative on October 29th law enforcement collected nearly six tons of medications.



Permanent Drop Boxes in NE Region:

- Cleburne Co. Sherriff’s Office
- Craighead Co.-Jonesboro Police Dept.
- Independence Co. Sheriff’s Office
- Lawrence Co. Sheriff’s Office
- Mississippi Co-Blytheville Police Dept.
- Paragould Police Department
- Randolph Co. Sheriff’s Office
- Stone Co. Sheriff’s Office
- White Co. Sheriff’s Office

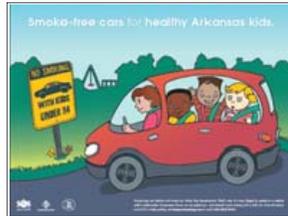
Halloween Fun



Izard County—LHU's traditions are important at work just like they are in families. Janelle Taylor and Kyla Ellis-Love, Health Service Specialists in Izard County, followed their annual tradition and celebrated Halloween in costume. Every year colleagues anxiously await the unveiling of their costumes. This year Janelle was a stunning Cleopatra and Kyla was a pretty, pink crayon, "the sharpest one in the box", one might add.



Smoke Free Home and Car Campaign



Mississippi County—The Mississippi County Coalition For A Tobacco Free Arkansas has launched the "Smoke-Free Home and Car Campaign", by having lunch at the mayor's office. The coalition is seeking to educate parents, law enforcement and community members on the effects of secondhand smoke, Act 811, and the benefits of a tobacco free lifestyle.

Elroy Brown of the coalition says "Smoke Free Home and Car events will be held targeting 500 participants. Five presentations are planned with the hopeful results of a 75% (375 total participants) having their basic knowledge increased, also 300 Act 811 education pamphlets will be shared with law enforcement officials at these events. The coalition is working hard to ensure that parents and community members obtain an increased knowledge of the dangers associated with secondhand smoke and will increase the number of individuals who never start smoking and if individuals have smoked, they will want to quit.

Get your flu shot.
You are carrying precious cargo.

Pregnant women are at risk for serious flu complications. If you are pregnant, you need to get a seasonal flu shot.

PROTECT YOURSELF AND YOUR BABY ... ONLY YOU CAN.

Arkansas Department of Health
www.healthyaarkansas.gov



SAVE THE DATE

6th Annual

Chronic Disease Forum

**** May 1, 2012 ****

(Location to be determined)

NE Region Hometown Health Support Staff:

- Sherry Chamblee, HHI Clerical, 870-886-3201
- Marilyn Cone, Community Health Nurse Specialist, 501-837-8627
- Laura Cook, Community Health Nurse Specialist, 870-219-4978
- Karen Davis, Community Health Nurse Specialist, 501-454-2871
- Kelli Dunegan, HHI Coordinator, 870-612-7085
- Ray Edwards, Grant Administrator, 501-288-2601
- Nancy Green, NE & NW CHNS/CHPS Supervisor, 501-253-7298
- Becky Lamb, Community Health Nurse Specialist, 501-454-2869
- Joy Laney, NE Region HHI Manager, 501-882-9455
- Jennifer Lynch, Community Health Promotion Specialist, 870-271-9557
- Kim McCray, Public Health Educator, 870-273-9576
- Linda Robinson, Rural Health Specialist, 870-362-9423
- Kathy Smith, HHI Coordinator, 870-219-2960