

Northwest Region
Hometown Health Improvement
December 2010 Report

Baxter County

LHU Administrator: Judy Cochran

Sara Daniel did a SOS presentation for the Baxter County Clinic staff on 12/03/10. Free Tobacco Cessation classes begin Jan. 3, 2011 at the Peitz Cancer Support House. One article on free tobacco cessation classes was published in the Baxter Bulletin.

The Mruk Center on Aging announced their agenda for 2011: Strong Women: Mountain Home - Tues. and Thur. Fitness for Men: Mountain Home M-W-F and Oakland - Tues & Thur. Some additional exercise programs in the county include Youthful Seniors Exercise classes at LC Sammons Youth Center 9-10 am. PEPPi Exercise at the Van Matre Senior Center at 10 am. Senior exercise at First Baptist Church 9:30 am. Yoga for Cancer Survivors at Peitz Cancer House 10 am. Healthy Steps Exercise for Cancer Survivors at Peitz Cancer House 1 pm. There are also Yoga classes at the library, Strong Women at the Senior Center and Silver Sneakers at the Racquet Club.

The Entergy Charitable Foundation awarded \$2,659.00 grant to the Twin lakes Literacy Council.

Benton County

LHU Administrator: Loy Bailey

Continuation of planning for Wellness Day event in Siloam Springs. County HHI celebration.

Boone County

LHU Administrator: Debbie Johnson

Started "Santa's Quit List" on 12/1/10. The goal is to target pregnant women who smoke. Partnering with Physicians to get them to refer to the SOS Quit line. There will be a drawing of those pregnant women entered for a grand prize of 1100 diapers (an incentive to sign up). These were donated by NARMC. Working with a local industry "Wabash" to go Smoke Free. Will be assisting their employees with cessation.

The Lutheran Church is now providing fresh fruits through Coordinated School Health for the Backpack For Kids food program. In the past they have only had packaged snacks. They now have fresh fruits.

We are also planning the first Harrison 100K Challenge for March. The entire community is really looking forward to having a healthy event that can involve physical activity.

Carroll County

LHU Administrator: Sherri Plumlee

Continuing safe route to school program in Green Forest and in the Green Forest School through the Resource Council. We have developed a curriculum, and it is being taught by a PE teacher. Planning activities for the mini grant through the PRC for the drug free Carroll county alcohol awareness campaign. Articles in paper were about nutrition and physical activity and tobacco.

Working with Headstart on their program to promote good dental care. Working with local dentist to provide tooth brushes to these programs. Maternity clinic in Carroll is in third month and doing well. We have had to increase the number of work ups due to the demand for services. We are now taking in six new clients each month. Dedication to work during month with staff injuries--both admin and clerk on crutches for school flu clinic - will send picture. Minimal time lost.

Conway County

LHU Administrator: Jaynie Jones

No report.

Crawford County

LHU Administrator: Michelle Hammer

CCHEC met on 12/02/10- pot luck lunch and gift exchange were the agenda items to celebrate the holiday season and the CCHEC members. Next meeting will be 01/06/2011 where the revision of the mission and vision statements will be discussed. School flu clinics for Van Buren continued from 12/02/10 thru 12/16/10. Every school or school district in Crawford County conducted a school flu clinic for their students. Also a nurse from LHU went to the DHS office and administered flu shots to their employees.

Franklin County

LHU Administrator: Rebecca Wright

Promoted health fair flu vaccine at ATU Ozark 12/02/10.

Johnson County

LHU Administrator: Judy Bradley

Worked with Health Advisory Council on planning training regarding tobacco prevention and immunizations presentation. Hispanic radio station PiKUda 106.9 running promotion regarding the flu vaccine and availability. Provide toothbrushes to all WIC certifications

Margarett Chappell assisted in a community effort for underprivileged children through Toys for Tots. All staff participated with Salvation Army collecting money for the needy during the holiday season.

Logan County

LHU Administrator: Judy Houston

To make DVD of school Kids in the area talking about smoking and drinking behaviors and showing it. Planning Logan Co. Fitness Challenge.

Madison County

LHU Administrator: Shana Villines

Tobacco grantee assessed county school grounds for cigarette butts and took pictures. She attended regional taskforce meeting. She had two trainings on new tobacco products at Huntsville school parent involvement night and Kiwanis.

Marion County

LHU Administrator: Judy Martin

Presentation to teachers in Flippin School. Teen Summit. Meeting with Church groups. Partnering with American Lung Association of Arkansas. Education to pregnant women. Partnering with local medical professionals. Nutrition/Fitness Committee sponsoring Strong Women exercise classes, free cooking classes, Walk-Run Clinic, Biggest Loser

Contest. Emergency Preparedness Committee providing free CERT classes to students in Yellville-Summit and Flippin Schools. Eight radio spots during school sports, ads in local paper, SOS Hotline info in local paper. Providing resources for parenting classes, education on tobacco use, education on good nutrition, back to sleep program, referrals to MIP, encouraging and reminding parents on childhood immunizations.

Newton County

LHU Administrator: Kathy Taylor

Planning a health fair at Jasper School to promote healthier living without tobacco use. The Newton county Times gives 500+ newspapers to area schools every week. Hometown Health continues to try and find dental services for the county. The Newton County Health Unit Staff has spent this year making a difference in their health. A total of 466 pounds have been lost by 12 members thus far in 2010. The unit usually has a potluck holiday lunch but in the spirit of giving, this year the decision was made to bring food items for donation to the Christian Food Room at Jasper in lieu of the lunch.

Pope County

LHU Administrator: Pam Sellers

Immunization program targeted with outreach. Networked with County Judge and Quorum Court Members. Health Unit budget approved.

Scott County

LHU Administrator: Darla Mortimore

No report.

Searcy County

LHU Administrator: Elizabeth Seftar

Zumba classes offered 2 times/week in County. Silver sneakers program offered at Boston Mtn. Rural Health Clinic. Program outreach done with In-Home Service aides (approx. 80) regarding women's health, SOS, STD, Immunizations, WIC. Program outreach done at Boston Mtn. community health center and Marshall Family Practice.

Searcy County School District has applied for the Delta Garden Study Grant. Have had phone conferences with an onsite visit planned for January.

Sebastian County

LHU Administrator: Jo Wester

Outreach this month included: health fair/health screening. Distributed materials. Lavaca Wellness Center Open House.

Van Buren County

LHU Administrator: Donna Branscum

City Park with the skate area made smoke free. Working on Growing Healthy Communities grant that was awarded. TEA Coalition ads still running on KTHV.

Washington County

LHU Administrator: Glenda Parker

No report.

Yell County

LHU Administrator: JM Graves

Yell Co. Child Development Advisory Board. Dardanelle Schools Wellness Committee. Tri County Regional Water Board. Yell Co. Safety Meeting.

Community Health Promotions Specialist

****See attached report.****

Sarah Brisco

Christine Reifeiss

Community Health Nurse Specialist

Miranda Curbow

Nancy Marsh

Mary Glasscock