

Southeast Region Hometown Health Improvement Newsletter

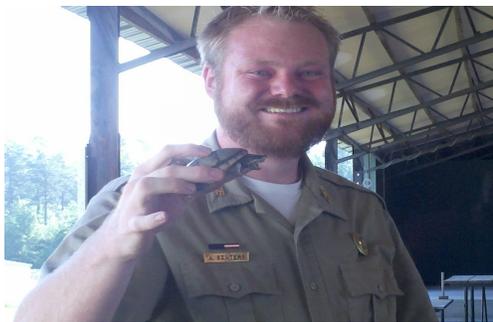
Arkansas Department of Health

June 2012

Progressive Agriculture Day



Pictured: "A trip unplanned" DVD on ATV safety



Pictured: Mr. Senters showing reptiles



Pictured: fatal vision goggles

Progressive Agriculture Safety Day was held on Friday, May 4th, at the Cleveland County Fairgrounds. Six safety educational stations were set up with presentations for 5th grade students at Cleveland County School District in Rison and Kingsland. High School students and volunteers assisted the 5th grade students from station to station. There were 199 attendees. Jamie Hurst, RN, discussed the dangers of drinking and driving along with Arkansas laws on drinking and the alcohol sobriety test level. She used the *Fatal Vision* goggles so students could experience how impaired your vision and comprehension can be when you are under the influence of alcohol or drugs. Jamie also discussed the dangers and laws for texting and driving. Mr. Senters from the Arkansas Game and Fish Commission was also present with reptiles for the children to view. Kandra Torrence, Health Educator, and Gwen Paul, Local Health Unit Administrator, talked with the students concerning ATV Safety. "A Trip Unplanned", an ATV safety story DVD, was viewed by all classes.

Students learned to always plan a trip, tell someone where you are going, wear safety equipment and dress appropriately and never enter a person's property without their permission. Students interacted and answered questions after each session. Progressive Agriculture Safety Days packets, including incentive items, educational information and Injury Prevention fact sheets, were distributed to the attendees.

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Cleveland County Safety Baby Shower



Pictured: Participants listening to presentations

The Cleveland County Health Unit hosted a Safety Baby Shower on May 7th. 21 People attended including ten moms-to-be, along with grandmothers and dads-to-be. Jamie Hurst, RN & Clinic Coordinator, had participants introduce themselves followed by a *Pregnancy-How Sweet It Is* ice breaker. Jamie provided each mother with educational packets in which she discussed. They included: injury prevention fact sheets, back to sleep, breastfeeding, folic acid, tobacco prevention, pregnancy do's & don't's, immunizations and helpful information to help mothers plan for the trip to the hospital. Tonya McCoy, RN for the In-Home Services program, was also there to answer questions regarding MIP services. Kim Hooks, MPH, BSN, discussed breastfeeding, tobacco prevention & second hand smoke and Arkansas ACT 811. Participants watched a DVD entitled *Help for a Healthy Pregnancy*. Deneen Delaney-Miller, PRAMS Program Coordinator, talked about the Pregnancy Risk Assessment Monitoring System and the survey they might receive. Hometown Health Improvement & PRAMS provided door prizes and promotional items for all those who attended the shower. *Don't Make Me Choke on Your Secondhand Smoke* t-shirts, provided by ADH Tobacco Prevention and Cessation Program were given to moms, babies and mommies-to-be.

Chicot County Stroke Awareness Luncheon



Pictured: resources being given at booths



Pictured: free health screenings

The Chicot Hometown Health Improvement Coalition in partnership with New Hope Missionary Baptist Church held its annual Heart and Stroke Awareness luncheon on May 11th. Each participant was asked to wear red to support heart and stroke awareness month. This year free health screenings were available for all participants. Each participant was encouraged to have their blood pressure, cholesterol and blood glucose checked by volunteers from Delta AHEC South. Participants also had an opportunity for an educational session with Health Educator, Kandra Torrence, who went over the signs and symptoms of a heart attack. A DVD entitled "*Know Stroke*" was also played throughout the day. This video explained the signs and symptoms of a stroke and what to do if you suspect someone you know is having one. Tri-County Rural Health Network along with the Arkansas Department of Health Community Health Workers had educational booths set up which provided the participants with promotional items and information on the services each organization has. After each person rotated throughout the screening exams they then had an opportunity to partake in a heart healthy lunch.

Kids Work Out Day

On May 19th, the Jefferson County Youth Committee hosted its 5th Annual Kids Workout Day at Robert Morehead Middle School in conjunction with the Dollarway School District's end of the year celebration. As the kids worked out in the gym they participated in: playing basketball, twirling hula hoops, building muscles with the resistant bands and getting fit with the fitness scholastic game. The most popular activity to the children was the inflatable bouncer. Juanita Buckmaster, Community Health Nurse Specialist, presented on bicycle safety rules. There were approximately 35 attendees.



Cleveland County Celebration



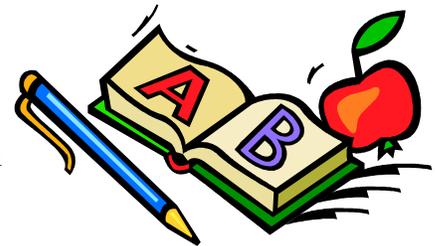
Pictured: Donna leading beginners zumba

The Cleveland County Hometown Health Coalition seven year celebration was held on May 9th. The 2011 accomplishments were reviewed, along with the policies and procedures, mission and vision statements and the 2012 work plan. Donna Taylor, RN, Schmieding Home Caregiver Program Coordinator with the South Central Center on Aging was the guest speaker. She provided the group with an overview of the many community based programs they provide at the agency including: family caregiver workshops,

chronic disease self-management, Matter of Balance, Tai Chi and Zumba Gold. There is a geriatric clinic available for elderly individuals 65 years of age and older where Dr. Dale Terrell works with the patients and their needed education and treatment. Donna also did a short demonstration of Zumba with the group along with a Tai Chi breathing exercise.

Breakfast and learn

Lisa England, Community Health Nurse Specialist, held a breakfast and Learn on May 4th. A display and brief presentation on "Trends in Tobacco Products: Targeting Youth and Young Adults" was presented to the Star City Middle School faculty and Staff. This same presentation was given to the McGehee Middle School and High School by Lisa England along with Kimber Knight, Grants Administrator. The presentation included discussion of Act 811 and the effects of secondhand smoke on children. Breakfast items and juice were provided. A display of MyPlate resources were also available for participants regarding USDA Dietary Guidelines for personal and professional use. There were approximately 18 participants at the Star City Middle School and 50 participants at the McGehee Middle and High School.



Arkansas County Partners in Health brings education to Jefferson County

In order to raise awareness about the dangers of heart disease, Arkansas County Partners in Health hosted several lunch and learns in Jefferson County. There were three opportunities for residents of Jefferson County to increase their knowledge about heart disease. They were held in Redfield, Whitehall and Pine Bluff. This was a collaborative effort between Arkansas County Partners in Health, UAMS Center on Aging and Arkansas Department of Health. The speaker for all three events was Theresa Horton, MNsc, APN, Director of Education at South Central Center on Aging in Pine Bluff. Theresa presented on the signs and symptoms of stroke as well as how to prevent a stroke from happening. Each person was given a packet of educational materials on stroke and places they may be able to find resources. Theresa closed with a question and answer session followed by an explanation of services the Center on Aging has for people to utilize.



Pictured: Participants engaging in physical activity

Thrive Baby Shower Partnership



Pictured above: display board and car seat demo

A safety baby shower is a learning party where all the activities revolve around home safety and infant themes. Parents, caregivers and health care professionals have fun and leave with new ideas about keeping their babies safe at home. Safety baby showers have been organized of various communities for a diverse audience. Ultimately safety baby showers are used to educate people on what needs to be done to keep all of our babies safe and healthy.

Showers are an especially good way for local organizations to reach new parents and parents-to-be with important safety information. Wanda Vester, Health Unit Administrator, for Arkansas County partnered with THRIVE (home visiting program for young parents) to host a baby shower. Soon to be mothers gathered to learn about: putting the baby on it's back to sleep, the importance of breast feeding, car seat safety, WIC services along with the upcoming events and services the THRIVE program has to offer. Participants were given educational items along with items for the baby to take home.

Drew County Senior Health Expo

Drew H.E.A.L.T.H held a senior health expo on May 30th. Several vendors were present to provide seniors and older adults information on injury prevention, hospice care and services the Department of Human Services has to offer. The Monticello Police Department spoke on home safety and general safety tips. Theresa Horton with South Central Center on Aging spoke on Medicare Fraud Protection. Leila Davis also provided the group with an exercise demonstration to promote physical activity and balance for older adults in order to prevent falls. There were more than 47 participants.



Pictured: vendor set up

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Men's Health Facts



Silent Health Crisis

There is a silent health crisis in America...it's that fact that, on average, American men live sicker and die younger than American women."

Dr. David Gremillion
Men's Health Network

Health Facts:

Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS)

In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost six years earlier than women. (CDC)

Prevention:

Women are 100% more likely to visit the doctor for annual examinations and preventive services than men. (CDC 2001)

Cause & Rate ¹	Men	Women
Heart Disease	248.5	162.2
Cancer	220.1	153.6
Injuries	55.2	25.5
Stroke	43.9	42.6
HIV/AIDS	5.9	2.2
Suicide	9.7	2.5



Men as Victims of Homicide

The chance of being a homicide victim places African-American men at unusually high risk.

Chance of being a Homicide Victim*

1 in 30 for black males 1 in 179 for white males
1 in 132 for black females 1 in 495 for white females

*BJS DATA REPORT, 1989

Depression and Suicide¹

Depression in men is undiagnosed contributing to the fact that men are 4 x as likely to commit suicide.

- ◆ Among 15- to 19-year-olds, boys were 4 x as likely as girls to commit suicide.
- ◆ Among 20- to 24-year-olds, males were 6 x as likely to commit suicide as females
- ◆ The suicide rate for persons age 65 and above: men...28.5 – women...3.9.

Who is the Weaker Sex?

- ◆ 115 males are conceived for every 100 females.
- ◆ The male fetus is at greater risk of miscarriage and stillbirth.
- ◆ 25% more newborn males die than females.
- ◆ 3/5 of SIDS victims are boys.
- ◆ Men suffer hearing loss at 2x the rate of women.
- ◆ Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol.
- ◆ Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women.
- ◆ By the age of 100, women outnumber men eight to one. (NYT Magazine 3-16-03)

Southeast Tidbits

Ashley– Ashley County HHI held two safety baby showers in Crossett. Information on: Back to Sleep, injury prevention, car seat safety, breastfeeding, WIC, family planning and fetal alcohol syndrome were distributed.

Bradley– Diane Fowler, Local Health Unit Administrator, provided an information booth for two days at the DHS Open Horizons State Conference on May 10th. Blood pressure checks were available along with a presentation on Injury Prevention related to clients needs.

Chicot– Chicot County HHI set up a booth at the annual Crawfish festival on May 18th. The booth contained information on Injury Prevention, Tobacco Prevention and Cessation along with know your numbers materials.

Desha– May 18th the Desha County Hometown Health Improvement Project held a women's health fair and lunch in Dumas.

Prairie– Donna Speight, Local Health Unit Administrator, gave a presentation on May 18th on injury prevention and increasing physical activity at Devalls Bluff Senior Housing. A presentation was also given at Des Arc Nursing and Rehab on heart disease and physical activity.

Jefferson– Juanita Buckmaster, Community Health Nurse Specialist, set up a tobacco display during 5th grade lunch time at Coleman Intermediate School. 82 students saw Mr. Gross Mouth, the black lung model and signed pledges to remain tobacco free.

Phillips– Phillips County Hometown Health Improvement Coalition in partnership with Arkansas Children's Hospital hosted a car seat safety check on May 9th. A total of 36 car seats were checked for incorrect positions and a total of 24 car seats were distributed.

Staying Alive CPR class

Juanita Buckmaster, Community Health Nurse Specialist, held a CPR class on May 31st. While teaching CPR, Juanita used manikins dressed in SOS t-shirts to educate about the hazards of smoking. Juanita pointed out smoking is one reason someone may need to perform CPR on a person in the future. Each participant was asked to take an SOS quit line card to a person they know that uses tobacco products.



Southeast Region HHI Monthly Meeting Schedule

Arkansas County 2nd Tuesday
 Ashley County 4th Tuesday
 Bradley County 3rd Wednesday
 Chicot County 2nd Wednesday
 Cleveland County 2nd Wednesday
 Desha County 2nd Tuesday
 Drew County 1st Wednesday
 Jefferson County 1st Wednesday
 Lee County 2nd Wednesday
 Lincoln County 2nd Wednesday
 Monroe County 4th Tuesday

Southeast Region HHI Support Staff

Kaye Murry-HHI Regional Manager
Kimber Knight- Grants Administrator
Shealese Washington- HHI Coordinator
Kandra Torrence- Public Health Educator