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Nutrition for Older Men

What is the best line of defense for older men to stay healthy? Eating a well-balanced diet filled with whole grains, fruits, vegetables, lean animal and plant-based proteins, low-fat dairy products and heart-healthy fats.

- Older adults need more vitamin D and calcium to help maintain strong and healthy bones.
- Fiber helps keep bowel functions normal and is good for your heart.
- Increasing potassium intake along with decreasing sodium (salt) may lower your risk of high blood pressure.
- For weight control and overall health, limit fat calories to 20 percent to 35 percent of your diet.

Annual Women's Tea



Handle Family Stress, Nutrition to Help Your Memory, and some Zumba Gold as energizers between speakers.

Refreshments were served and door prizes were drawn. Speakers provided handouts.

Sixty-two women attended this year's tea. The evaluations were tallied and the ratings were good and excellent.

Eighteen women received free screening of their blood pressure, blood sugar, and cholesterol.

To celebrate National Women's Health Week Dallas County held their Annual Women's Tea. The event is

sponsored by DASH and Cooperative Extension. Speakers gave presentations on "Preventing Falls", How to



Arnell Washington, RHS, speaks to women at the Annual Women's Tea on Preventing Falls.

Little River County Hosts Baby Safety Shower



A Safety Baby Shower was held at the Ashdown New Traditions School in Little River County on May 6th, 2013. The shower was organized by the Little River County Health Unit in collaboration with Little River County Health Coalition, Little River Memorial Hospital, Cossatot Community College, UAMS Southwest and Southwest Arkansas Prevention Taskforce. It was sponsored by a grant received from the

Southwest Arkansas Trauma Regional Advisory Council (SWATRAC). Nine



expectant moms attended the shower along with dads-to-be, grand moms,

grand dads, other family members and volunteers (pictured at left). Presenters

at the shower included Becky Reynolds from Extension Service in Ashdown, Cindy Metzger from Little River Memorial Hospital, Kim Befeld from Ashdown Schools, LaDonna Sorenson and Alicia Ramage both from the OTA program at Cossatot and Chychy Smith from the Arkansas Department of Health. The participants were educated on home safety, safe sleep,

SIDS, preparing for a child economically and child passenger safety.

32nd Annual Sevier County Senior Citizens Appreciation Day



Forty-one booths were set up at the 32nd annual Sevier County Senior Citizens Appreciation Day held Friday, May 24th in De Queen. One hundred eight people received their Cardiac Risk Assessment with Arkansas Heart Hospital with 88 completing the entire report card and being entered into the \$500 Gift Basket Drawing. Citizens were educated on their ABC's—A-Aspirin for high-risk patients; B-Blood pressure control; C-Cholesterol management; S-Smoking cessation. The health department was available to do weight and heights and do their BMI's.



Doddridge Spring Health Fair



Kid's get physical at New Hope Fair!

On May 18th, Tonya Clark, Admin., Patsy Johnson, LPN and Chychy Smith, RHS, distributed brochures and flyers on Tobacco use, effects of tobacco on health, smokeless tobacco, second hand smoke, information for the QuitLine, injury prevention, home safety, internet safety for adults and teens, breast care, stroke and cardiovascular health to 66 participants at the Annual New Hope Baptist Church Health Fair in Doddridge. Tonya (pictured at right) also did body weight checks and BMI's.



Hot Spring County Prescription Drug Collections

The Healthy Hot Spring County Coalition has partnered with the City of Malvern Police Department to establish a permanent MedReturn drug collection program in order to reduce the supply of drugs that can potentially harm teens and adults.

Citizens looking to dispose of unused and expired prescription and over-the-counter medications can now visit the safe and secure permanent drop off location at the front entrance of the City of Malvern Police Department at 215 East Highland Ave.

Dropping off prescriptions is done with anonymity. Chief Tabor states that citizens don't have to worry about any personal information on the prescription bottles because everything is taken straight out of the Drop Box and immediately sealed in another box.

Preparations are then made to have everything incinerated, including the prescription bottles. The only thing his department documents is the total weight of the prescriptions collected.

Now Hot Spring County citizens won't have to wait for a specific take-back day to clean out their medicine cabinets.

Citizens are able to drop off their prescriptions at the police department during normal business hours which are Monday through Friday between 8:00 a.m. and 4:00 p.m.

The Drug Drop Off Box has been operational for less than a month and it is off to a great start! (see below)

If citizens have questions concerning the Prescription Drug Drop Off Box, they may call the Malvern Police Department at 501-332-3636.



Suellen Simpson, HS Cty. LHU Adm. and Bonnie Carr, SW Region HHI Coordinator are shown with Malvern Chief of Police Donnie Tabor and Lt. Doyle Delacruz disposing unused prescription drugs in the new drop box located at the Malvern Police Department.



For citizens who live within the Malvern city limits they may call the department anytime day or night, and an officer will come to their residence and pick up their unused prescriptions and then take them to the Drop Off Box for them, no questions asked. Along with accepting prescriptions, citizens may also drop off Prescription Patches, Ointments, Over the Counter Medications, Vitamins, Samples, and Medications for Pets. Items that cannot be accepted are inhalers, aerosol cans, needles, and thermometers.



GLAMS Conference

El Dorado eighth-grade girls had an opportunity to take part in GLAMS – Girls Learning About Math and Science - on May 15 at South Arkansas Community College.

The intent of the program is to introduce female students to successful area women working in math, science and technology-related fields and to provide the girls with real-life examples of

achievement in such careers. The hands-on workshops and breakout sessions provided participants with fun ways to learn practical information.

The conference was free to qualifying students who also received snacks, lunch, as well as T-shirts and other take-home items. Almost 200 girls attended the event. Susan Blake, Administrator

of Union County Health Unit, was one of the breakout speakers discussing careers at the Arkansas Department of Health.

GLAMS is a joint venture of the El Dorado Education Foundation and South Arkansas Community College with financial and volunteer support from area businesses, organizations, and individuals.

UCRC Commemorates 100 Years of Public Health



Calhoun County celebrated 100 Years of Public Health at its Annual UCRC Celebration. Booklets and brochures of the past "100 Years of Public Health services in Arkansas" was provided to each member and guest.

A display of antique medical equipment, instruments, nurses cases, medical books and tonic was set up for viewing.

As part of the 100 Year Celebration nurses from Cabun

Rural Health Services provided cholesterol screenings to 12 of the 16 in attendance.



Lynn Bryant, Admin. (on right) has her cholesterol checked.



Old State House, original site of the Arkansas Department of Health

The Arkansas Department of Health traces its history back 100 years to February 25, 1913, when the first permanent state Board of Health was established. Over the last 100 years, public health advancements – including controlling contagious diseases, immunizing children and adults, preventing infant deaths, providing good prenatal care to expectant moms, assuring safer food and drinking water – have added 25 years to the life expectancy in the United States.

Family Health A century ago, for every 1,000 live births, approximately 100 infants died before age one, and nine women died of pregnancy-related complications. Today, death rates have declined more than 90 percent for mothers and babies, but maternal and infant mortality rates are still unacceptably high in Arkansas. Efforts to improve the life of baby, mother, and family continue. In recent years, the Health Department has worked to pass the Clean Indoor

Air Act, create a statewide trauma system, construct a state-of-the-art public health laboratory, and expand the mass flu clinics and school flu clinics throughout the state. We will continue to strengthen our efforts to improve oral health and reduce obesity, tobacco use, chronic diseases, teen pregnancies and infant deaths. Public health professionals and our partners across our state are working hard every day to keep our hometowns healthy.

Calhoun County Celebration

On May 15th, Calhoun County held its Annual UCRC Celebration. Coalition members and guests enjoyed a healthy lunch while watching a Power-Point of past coalition activities.

An update on current activities and a look back at recent accomplishments were shared by coalition members. A binder of the history of the coalition was also present for members to view. Members took advantage of the free

cholesterol screenings offered by Cabun Health Services as part of the 100 Year Celebration. At right, members pose for a group celebration picture. District Manager Diane Crow, is seated in center.



Little River County Safety Baby Showers (cont.)



Teen mothers, their parents and family members enjoyed refreshments (above) provided by Little River Memorial Hospital and Cossatot Community College.

(cont. from page 3) The participants went home with diaper bags, home safety kits, smoke alarms, onesies, pacifiers (below). A pack 'n' play was given to the winner of the home safety bingo game and the runner up to home a diaper cake. An appointment to have their car seats installed by a certified car seat technician was made for each expectant mom at the end of the shower.



Healthy Eating for Men

June is National Men's Health Month and your diet can help fight disease and keep you looking and acting younger. How a man eats throughout his life can help predict how well (or not) he ages.

Eating Right

A healthy diet for men includes the following: at least 2 cups of fruits and 2 ½ cups of vegeta-

"Food is more than just fuel"

bles each day. At least once a week, eat tomatoes or something made from tomatoes like pasta sauce. The antioxidant lycopene found in tomato products is good for prostate health.

Whole grains! Eat at least half of all grains as whole grains each day. Replace refined grains with whole-grain bread, cereal, pasta, brown rice or oats.

At least two to three servings of fish per week. At least 38 grams of fiber a day for younger men; 30 grams of fiber a day for men older than 50.

Unsaturated fats like oils, nuts and oil-based salad dressings in place of saturated fats like full-fat dairy foods, butter and high-fat sweets.

It is recommended that men get 4,700 milligrams a day of potassium from fruits, vegetables, fish and milk.

Ouachita County Learns More About Health Stats

On May 21st, A Healthy Ouachita County (AHOc) and representatives from various health and wellness organizations, as well as other businesses and groups in Ouachita County and surrounding areas, met at the Ouachita County Medical Center to hear Emily Harris, field researcher for the U.S. Public Health Service - speak about recent county health rankings. Emily broke down statistics on Ouachita County from the 2013 County Health Rankings which showed that Ouachita

Cty. ranks last among all other Arkansas Counties. Emily stated that a number of factors impact health in Ouachita County, including social and economic factors that have wide ranging influence. A surprising statistic discussed at the meeting showed that the county's uninsured rate was actually lower than the state's rate at 11% and 19% respectively, despite the county being ranked the most unhealthy. Another statistic showed the county's high school graduate rate of 85% is higher than the state

at 81% despite 38% of children being in poverty. She said this reflects positively on the county's school systems, which produces graduates despite the difficult circumstances of many students in attendance at local schools. The results also showed that the Chlamydia rate per 100,000 population was 865 compared to 529 for the state. Harris said that communication is probably the most important tool in alleviating these health issues. For more details visit www.countyhealthrankings.org.



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June is Men's Health Month

- 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.
- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- One in two men will develop cancer in their lifetime
- Men make 1/2 as many physician visits for prevention as women

Want to see these stats change? schedule a checkup today!

Do it for yourself and for those who count on you.

Learn more at
www.menshealthmonth.com
or call 1-866-543-6461 ext. 101



Wear Blue For Men's Health Month

Around the Region



Dallas County – Emily Lyons, CHPS, and Tommie Rogers, CHNS, were the presenters at the DASH Coalition meeting on May 14th. They showed a Power-Point and gave demonstrations on the amount of sugar in a variety of drinks.

Ouachita County – conducted the Hazard & Vulnerability Assessment Meeting for Ouachita County. The meeting was facilitated by Arnell Washington on how to fill out the tool. There was much participation during the process. The 22 preparedness members are very informed about the county's preparedness.

Miller County– Edie Greenwood, RN, CHNS presented Teen Pregnancy and STDs to 70 eighth grade boys and girls separately at the

Fouke Middle School. Topics discussed: teen pregnancy-statistics, consequences, and where to turn for help in preventing teen pregnancy. STD's addressed: viral and bacterial, symptoms in males, females and infants, and how ADH helps with treatments and information. Edie also discussed the harms of tobacco use during the presentation.

Lafayette County - On May 23rd, Edie Greenwood, RN, CHNS conducted a Baby Safety Shower with ChyChy Smith, RHS focusing on infant mortality, infant injury prevention, car seat safety, crib safety, fire/burn safety and safety of children in and around the home to 12 participants in Lewisville. Each participant received a diaper bag full of child safety items.

Nevada County - On May 17th Debbie Henderson, RN, Adm. presented Teen Pregnancy and STDs to 7th and 8th grade girls while Edie Greenwood, RN, CHNS presented to 7th and 8th grade boys. 140 students attended the presentations. Topics discussed: teen pregnancy, consequences, and where to turn for help in preventing. STD's addressed: viral and

bacterial, symptoms in males, females and infants, and how ADH helps with treatments and information. Also discussed the harms of tobacco use during the presentation.



Calhoun County - Pictured above is the new generator recently installed at the health unit. In the event of an outage, it can power both the health unit and the adjacent nutrition center.

Little River - On May 13 & 21 Arnell Washington, RHS, provided Child Safety Seat Training and Child Safety Seat installations to 12 expectant teen mothers and their parents at the Ashdown New Traditions School.