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American Diabetes Month

Here are just a few of the recent statistics on diabetes:

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.

American Diabetes Month takes place each November and is a time to come together as a community to Stop Diabetes@!



“Life is an Adventure, Live it Drug- Free”

The Red Ribbon Campaign is now the oldest and largest drug prevention program in the nation reaching millions of young people during Red Ribbon Week. It is an ideal way for people and communities to unite and take a visible stand against drugs. It is a personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon.

The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign is to present a undivided and visible commitment towards the creation of a Drug Free America.

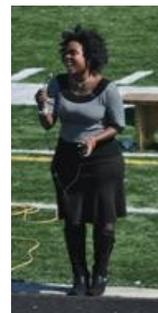
- “Hairs to a drug-free life: Crazy Hair Day
- A Drug-free “Dynasty”; Dress like Duck Dynasty
- Friends don’t let friends bully or do drugs: Dress in Teams or like twins
- “Paw Out” tobacco and drugs: Wear red and paw prints

There was a coloring contest on Act 811 held at Louise Durham School for grade K-2. There were 16 classes that entered and 336 students involved in the contest. Katrina Rowe, with Healthy Connections Inc., presented tobacco prevention education to 554 kids. All the students signed a pledge to be tobacco free. The Bearcats Against Destructive Decisions (BADD team) had activities throughout the week at lunch to help

promote the drug-free theme. Each night there were parent teacher conferences and tables were set up to get the parents involved as well. Tobacco prevention education information was

available as well as was a chance for the parents to sign a tobacco free-work/ home pledge. A Team Mena Pep Rally was held at Bearcat Stadium on Thursday, October 24th for students,

faculty, parents and the community to attend. There were over 2,000 people that attended the event. Everyone was asked to wear red and paw prints. Genine Perez, Youth YLI (Youth Leadership Initiative) program director and leader of the Y.E.S



Team (Youth Extinguishing Smoking) was the guest speaker of the event. She talked about the programs goal of reducing access and consumption of tobacco products among

Arkansas youth and why it is important for students to live a healthy drug-free and tobacco-free life.

This was the first “all-school” combined assembly for Red Ribbon Week and it was a huge success. Planning from the school and community groups is already taking place for next year’s Pep-Rally.



Red Ribbon week was celebrated at the Mena School District the week of October 21-24. The Team Mena theme was “Life is an Adventure, Live It Drug- Free”. Team Mena’s dress up days were:



Diabetes Awareness Month

Diabetes: if you don't live with it yourself, then it's likely you have a family member or friend who does. This November during National Diabetes Month, ask yourself if you're at risk of type 2 diabetes and take steps to prevent it. Diabetes affects 26 million Americans, with 19 million people diagnosed and 7 million undiagnosed. And an estimated 79 million American adults aged 20 years or older have prediabetes, which puts them at high risk for developing the disease.

What is diabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

What are the types of diabetes?

Type 1 diabetes, which was previously called insulin-dependent diabetes mellitus or juvenile-onset dia-

betes, may account for about 5% of all diagnosed cases of diabetes.

- **Type 2 diabetes**, which was previously called non-insulin-dependent diabetes mellitus or adult-onset diabetes, may account for about 90% to 95% of all diagnosed cases of diabetes.
- **Gestational diabetes** is a type of diabetes that only pregnant women get. If not treated, it can cause problems for mothers and babies. Gestational diabetes develops in 2% to 10% of all pregnancies but usually disappears when a pregnancy is over.
- **Other specific types of diabetes** resulting from specific genetic syndromes, surgery, drugs, malnutrition, infections, and other illnesses may account for 1% to 5% of all diagnosed cases of diabetes.

Prediabetes is an elevated blood glucose level that is not quite high enough to be diagnosed as diabetes, but is higher than normal. One in three American adults has prediabetes, and most do not even know they have it. Many people with prediabetes who do not lose weight or do moderate physical activity will

develop type 2 diabetes within 3 years.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and amputations of the foot, toe or leg. Diabetes is the seventh leading cause of death in the United States.

Risk Factors for Type 2 Diabetes

You are at increased risk for developing prediabetes and type 2 diabetes if you:

- Are 45 years of age or older.
- Are overweight.
- Have a family history of type 2 diabetes.
- Are physically active fewer than three times per week.
- Ever gave birth to a baby that weighed more than 9 pounds.
- Ever had diabetes while pregnant (gestational diabetes).

People with diabetes or who think they may have diabetes should see a health care provider who will monitor their diabetes control and help them learn to manage their diabetes.

(Information obtained from cdc.gov/diabetes)

ARKANSAS HEALTH CONNECTOR

On Saturday, November 2nd, the Sevier County IPA's and Regional IPA Coordinator had a booth at the Minority Health Commission's Affordable Care Act Health Fair. The IPA's were able to speak with about 32 people interested in the Affordable Care Act and set up appointments with 19 people.

Heather Hill, Regional IPA Coordinator, was asked to be the guest

speaker at the Columbia County Health Commission luncheon on November 6th. She spoke about the Affordable Care Act, facts & myths about the program and how to sign up through the Marketplace.

Heather has many events set up for the month of November to speak at colleges, Chamber of Commerce events, UAMS, In-Home Service Aide trainings, a bi-lingual Hispanic event and a NAACP event.

Heather is a licensed IPA and is available to speak at meetings and events. If your staff, coalition or group is interested in learning more about the Affordable Care Act you may contact her at Heather.hill@arkansas.gov or 870-331-0040.



Magnolia Regional Medical Center Kids Health Fair

MRMC held a health fair for kids on Monday, October 28th at the MRMC Life Smart Center in Magnolia. ADH was a participating vendor at the health fair represented by ChyChy Smith, RHS and Evelyn Wainwright, IPA. Over 180 children and adults were in attendance. Brochures, DVDs, flyers and other materials on healthy eating, WIC, engaging in physical activities, SOS, fire safety, etc. were

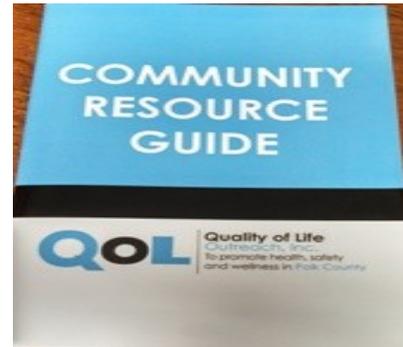
distributed to kids and their parents. Evelyn, Ouachita County IPA, talked to parents and attendees about signing up for health insurance through the marketplace. She distributed the "Get In" flyers and make a few appointments at the fair.



Community Resource Guide

The Polk County Quality of Life Coalition received a \$1000 Blue & You Foundation grant to design and print a new Community Resource Guide for Polk County. The new Resource Guide was updated from previous versions and contains resource information on Health Care facilities, Transportation services, Rehab Services, Educational facilities, Child Care, Veterans Services, Housing,

Food, Shelters and much more. The QOL will distribute the resource guides in the community through ADH, DHS, Rich Mountain Community College and outreach events. The QOL also received financial assistance from Rich Mountain Community College TRIO Educational Opportunity Centers, Union Bank, Arkansas Career PATHWAYS and Healthy Connections, Inc.



Cooking Matters

DASH Coalition in Dallas County received a grant from the Arkansas Coalition on Obesity Prevention (ARCOP) to begin Cooking Matters Classes in Fordyce. DASH members attended the regional Health Summit held in June to make them eligible to receive the funding. The 6 week course began on October 21st. There are two time slots with participants having the option to register for a morning or evening class. The course includes:

- Chef's secrets
- Practical nutrition
- Shopping with strategy
- Kitchen safety



- 65 tasty and healthy recipes
- Participants will learn how to make foods that are tasty, healthy and low cost. They will also learn how to choose healthy foods and stretch food dollars.

The trainers for the course are Kathy May, County Cooperative Extension Agent and a volunteer Ruby Hall. Over 15 women signed up including a family. Several people have been put on waiting list for a night class next Spring.

DASH coalition had a lot of produce harvested from the community garden this year so they celebrated by having a Fall Festival for the families of the Head Start children and the residents of St. John's Place and their families. The festival, held on October 29th, included games, refreshments, a hay ride and each child took home a pumpkin (grown in the community garden). Parents were given a bag full of brochures and promotional items from the community to educate them on resources that are available to them. Partners in the event were St. Johns, Head Start, Cooperative Extension, Smokey the Bear, and Arky the Clown.

It's Time for you to "Get In"

Choosing the right health insurance plan for yourself or your family is a big decision. Read through the information below, so you'll feel confident about finding the right coverage through the Health Insurance Marketplace.

Am I required to have health insurance?

Yes. The Affordable Care Act, a new healthcare law, requires that everyone have health insurance starting January 1, 2014. If you don't have health insurance in 2014, you will pay a penalty.

Will I be put on a plan if I don't sign up for health insurance?

No, but you must have health insurance in 2014 or you will have to pay a penalty.

How do I get health insurance? There are 3 ways to get health insurance:

Purchase insurance through the Health Insurance Marketplace, where you may qualify to have part or all of your premiums paid for you.

1. Purchase health insurance from a private insurance company on your own.
2. Get health insurance through your job or through your spouse/partner's job.

If you already have insurance through work, you won't have to do anything else.

What is the Health Insurance Marketplace?

The Health Insurance Marketplace is where Americans can compare health insurance plans to choose the one that best suits their needs. Enrolling through the Marketplace is the only way you can receive financial assistance on your monthly health insurance premiums. The Arkansas Health Connector is your secure connection to the Marketplace.



How can I enroll for health insurance through the Health Insurance Marketplace?

You can apply online, in person, by mail, or over the phone.

You'll need your Social Security number (or document number if you're a legal immigrant) and employer and income information (paystubs, W-2 forms, wage and tax statements).

When can I shop for health insurance plans?

Now through March 31, 2014, you can shop for and compare health insurance plans through the Health Insurance Marketplace. Until then, you can come here to learn more about how to enroll and get your questions answered.

When can I enroll for health insurance through the Marketplace?

Now through March 31, 2014.

How much will this cost?

Cost will be determined by several factors, such as your age, household income and size, geography, tobacco use, and how much insurance coverage you buy.

Financial assistance is available for those who qualify.

Can I get a break on costs?

Yes. Financial assistance is available through a new type of tax credit called the Advanced Premium Tax Credit.

The amount of assistance you can get is determined by your household income and size. Some Arkansans will even be eligible to have all of their premiums paid through this financial assistance.

Who's covered?

Eligibility is determined by these simple criteria:

- You must live in the U.S.
- You must be lawfully present in

the U.S.

- You must not be incarcerated due to a conviction.

What's covered?

By law, all qualified health insurance plans must cover these "10 Essential Health Benefits":

- Outpatient Services
- Emergency Services
- Hospitalization
- Maternity & Newborn care
- Mental Health & Substance Abuse Services
- Prescription Drugs
- Rehabilitative & Habilitative Services
- Laboratory Services
- Preventive & Wellness Services and Chronic Disease Management
- Pediatric Services, including Dental & Vision Care

What if I have a pre-existing health condition?

Starting in 2014, you can't be denied health insurance regardless of current or past health issues, and your insurance rates can't increase due to pre-existing conditions. You can get health insurance regardless of any current or past health conditions.

What kind of health insurance can I buy through the Marketplace?

You can buy Qualified Health Plans (QHPs) that are the same high-quality health plans available on the private market today.

When does coverage start?

Coverage begins January 1, 2014.

Can someone talk me through this?

Yes. Licensed and certified Arkansas Health Connector guides are available to answer your questions and even walk you through the whole process.

Great American Smokeout- November 21st



Celebrate the Great American Smokeout® on November 21, 2013.

Maybe you smoke every morning with coffee. Maybe you smoke on your breaks at work. Maybe you smoke each time you drive. Take advantage of this chance to change your smoking habits and quit, even for one day. Let November 21 be the first of many days without tobacco and let us help you get there.

1.800.QUIT.NOW | www.stampoutsmoking.com
(1.800.784.8669)

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SOUTH WEST REGION HOMETOWN HEALTH

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*“Keeping Your Hometown
Healthy”*

www.healthy.arkansas.gov

Around the Region

Montgomery County– view from the Gap Creek bridge that connects the Lake Ouachita Vista Trail (LOViT) to Hwy 270. Beautiful fall colors on



Lake Ouachita. (Photo taken by Philip Carr, husband of HHI Manager, Bonnie Carr.)

The Montgomery County Sheriff's Office and the 18th West Judicial Task Force have installed a medical drug drop box in the sheriff's office.

Montgomery County Sheriff David White and Drug Task Force Officer Mike May are proud to provide Montgomery County residents a way to safely dispose of unwanted and out of

date prescribed medications. The service is free to the public and was made possible through a partnership with The Trauma, Injury Prevention and Control Branch of the Arkansas Department of Health (ADH). The ADH department distributed 60 boxes to agencies throughout the state. The drop boxes will offer safe and convenient disposal sites for unused prescription drugs for people all over our state. Arkansas Drug Director, Fran Flener, says that the boxes are a very important part of the over-all effort the state has undertaken to remove more than 32 tons of medicines from Arkansas homes.

As an added benefit, safe destruction of the drugs will help to prevent contamination of rivers, lakes, and streams in the state. Arkansans are encouraged to visit

Sauteed Brussels Sprouts with Bacon & Onions

- From EatingWell:
- Fresh herbs, onion and bacon pair beautifully with Brussels Sprouts.
- 10 servings, about 3/4 cup each
- Total Time: 35 minutes

Ingredients:

- 2 1/2 pounds Brussels sprouts, trimmed
- 4 slices bacon, cut into 1-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 4 sprigs thyme or savory, plus 2 teaspoon leaves, divided
- 1 teaspoon salt
- Freshly ground pepper to taste
- 2 teaspoons lemon juice (optional)

Preparation:

1. Bring a large pot of water to a boil. If sprouts are very small, cut in half; otherwise cut into quarters. Cook the sprouts until barely tender, 3 to 5 minutes. Drain.
2. Meanwhile, cook bacon in a large heavy skillet over medium heat, stirring, until brown but not crisp, 3 to 6 minutes. Remove and drain on a paper towel. Pour out all but 1/2 teaspoon bacon fat from the pan. (Optional can pour out all bacon fat).
3. Add oil to pan and heat over medium heat. Add onion and cook, stirring often, until soft but not browned, reducing the heat if necessary, about 4 minutes. Stir in thyme (or savory) sprigs, salt and pepper. Increase heat to medium-high, add the Brussels sprouts, and cook, tossing or stirring occasionally, until tender and warmed through, about 3 minutes. Remove the heat sprigs, Add the bacon, thyme (or savory) leaves and lemon juice, if using, and toss.

Nutrition:

81 calories; 3 g Fat; 1 g Sat; 2 g Mono; 4 mg Cholesterol; 10 g Carbohydrates; 5 g Protein; 3 g Fiber; 333 mg Sodium; 432 mg Potassium



www.artakeback.org for more information.

Community Health Nurses: Rhonda McDonald, RN, CHNS and Edie Greenwood, RN, CHNS presented to about 140 students at Harmony Grove High School for Red Ribbon Week. Their main focus was on alcohol and tobacco (smoking, e-cig & spit) but also discussed suicide, distracted driving, date rape and fetal alcohol syndrome. The ladies presented to 7 different science classes throughout the day.

Edie Greenwood, RN, CHNS, presented information to Headstart parents in Nevada Cty. about WIC and upcoming flu clinics. She discussed the importance of getting vaccinated against influenza; distributed SOS pamphlets and discussed the need to not use tobacco in any form; discussed the need for all age groups to participate in physical activity and distributed Zobey DVD's. Edie also distributed the 'Get In' pamphlets for the Affordable Care Act and discussed with parents about signing up for insurance.

