

**Southwest
Region
Hometown
Health**

Southwest Regional News

Volume 14 Issue 3

March 2014

INSIDE THIS ISSUE:

Health Connector	2
Health Ambassadors	2
Oral Health	3
TOUCH	3
Around the Region	4

Living Well Tips

- Tip 1: Family Mealtimes**
Research shows that more positive mealtime experiences can lead to better communication between family members, improved school performance, and better nutrition for children.
- Tip 2: Healthy Lifestyles**
What you eat, or don't eat, can make a difference in how you feel and your ability to cope with stress.
- Tip 3: Home Safety**
Home accidents are a major source of injuries and can cause death. Children and older persons are the most susceptible to falls and other injuries in the home.
- Tip 4: Financial Management**
A Financial Binder provides a quick reference to your entire financial situation. You should update your financial binder annually.

The Arkansas Foundation for Medical Care's (AFMC) cardiac disparities team has been working in Hempstead and Sevier counties to reduce heart health disparities in minority populations. The cardiac disparities team is working with four unique groups to improve heart health: communities, municipalities, health care and faith-based organizations.

Quality specialists with the cardiac disparities team have spent a lot of time in Hempstead and Sevier counties over the past 18 months hosting presentations and providing resources in support of the national Million Hearts initiative. Team members presented at the Extension Wellness Ambassador training in Hope, talking about ideas for heart health wellness projects. AFMC also attended the Southwest Arkansas Small Farms Conference at the Uni-



Be one in a MILLION HEARTS™
Preventing 1 million heart attacks and strokes over 5 years

versity of Arkansas Community College in Hope on February 7 and talked about the importance of the Million Hearts initiative and overall heart health in Arkansas. One of the hallmarks of the cardiac disparities team's approach is

other faith-based groups create and sustain health ministries. AFMC highlighted St. Barbara's success with the toolkit in a special video which is going out to churches throughout the state of Arkansas (<http://www.youtube.com/watch?v=F4y0-CdSy7A>). AFMC's cardiac disparities team is dedicated to further improving heart health in Southwest Arkansas. If you would like more information about their work or would like a quality specialist to speak to your group, please email MillionHearts@afmc.org.

working through unique partnerships to impact heart health. One of

these partnerships is with St. Barbara's Catholic Church in De Queen, whose congregation is more than 90-percent Hispanic. The disparities team worked with Father Edward D'Almeida to use AFMC's "Bless Your Heart" toolkit, which helps churches and

About

Million Hearts™ is a national initiative to prevent 1 million heart attacks and strokes in the U.S. over the next 5 years. Launched by the Department of Health and Human Services (HHS) in September 2011, it aligns existing efforts, as well as creates new programs, to improve health across communities and help Americans live longer, more productive lives. The Centers for Disease Control and Prevention (CDC) and Centers for Medicare & Medicaid Services (CMS), co-leaders of Million Hearts™ within HHS, are working alongside other federal agencies and private-sector organizations to make a long-lasting impact against cardiovascular disease.

How To Be One in a Million Hearts™

Preventing 1 million heart attacks and strokes in the next 5 years will require commitment from everyone—health care providers, pharmacies, hospitals, employers, communities, and individuals too. There are steps that each person can take to help the nation reach this goal. Million Hearts™ is asking Americans to sign the Million Hearts™ pledge at millionhearts.hhs.gov and make a commitment to:

- **PREVENT** heart disease and stroke in your families by **UNDERSTANDING** the risks.
- **GET UP and GET ACTIVE** by exercising for 30 minutes several days a week.
- **KNOW** your **ABCS**:
 - Appropriate Aspirin Therapy
 - Blood Pressure Control
 - Cholesterol Management
 - Smoking Cessation

- **STAY STRONG** by eating a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol.
- **TAKE CONTROL** of your heart health by following your doctor's instructions for medications and treatment.

Visit millionhearts.hhs.gov for more information about the Million Hearts™ initiative.



Health Connector Updates in Camden

Heather Hill, Health Connector Regional Coordinator, recently spoke to the Camden Rotary Club on current health care laws which landed her on the front page of the Camden News.

Hill began the talk with information about insurance opportunities for small businesses. The program is called the Small Business Health Options Program, or SHOP. This program is designed for small businesses to provide health insurance for their employees and in turn offers a tax

credit incentive to the employer. More information on SHOP can be found at www.HealthCare.gov.

The presentation then shifted to the changes in Medicare cover-



age such as patients receiving one free wellness visit per year, people cannot be denied coverage due to pre-

existing conditions, insurance premiums

will be less than 8% of the family income, and the insurance companies will be required to spend 80% of money received on insurance claims versus operating costs.

Hill also highlighted some Medicare changes; people in the “donut hole” will receive a 50% discount on brand name drugs when purchasing them under Part D coverage. Medicare plans can be compared at www.Medicare.gov along with a link to search specific insurance coverage by zip code. Individuals can also input their list of medications and the website will help select the appropriate coverage.

New Health Ambassadors in SW Region

Fourteen volunteers from Clark, Columbia, Hempstead, and Nevada counties make up the third Extension Wellness Ambassador graduating class in the state. This is the first year the volunteer training program, based on the Master Gardener program model of learning in exchange for community service, has been conducted in Arkansas. These Wellness Ambassadors are tasked with helping encourage others to live healthy said Lisa Washburn, assistant professor-health, for the University of Arkansas System Division of Agriculture. County Extension Agents JoAnn Vann, Shirlye Hopkins, Terrie James, and Addie Wilson will act as advisors for the Ambassadors in conducting their projects and planning future activities to improve community health. Wellness Ambassadors received

40 hours of training in health, nutrition, and physical activity over a five-week period. As part of the program, they will give back at least 40 hours of volunteer service to help others live healthier lifestyles. Throughout their training, ambassadors worked with their county’s Family and Consumer Sciences agents to identify community needs and plan a project to address health issues.

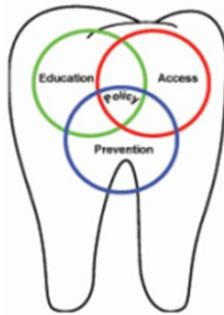
“The Extension Wellness Ambassador Program equips volunteers to make a positive impact in their communities by helping others live healthier lifestyles,” James said. “We are very proud of our first group of Wellness Ambassadors and look forward to their work to improve health in Arkansas.” Wellness Ambassadors will work on projects targeting their communities. Planned projects include expanding Extension fitness pro-

grams, healthy cooking schools, worksite wellness programs, and infusing summer reading programs with healthy eating and yoga activities. As volunteers for the University of Arkansas Cooperative Extension Service, Wellness Ambassadors will extend the reach of extension educational programs focused on improving health.

According to Terrie James, “Many families may be familiar with the services provided by Extension agents for agriculture or the 4-H program, but are unaware of the mission of the Extension Family and Consumer Sciences (FCS) program.” Current programs include The Best Care program to provide verified training for child care providers, personal finance workshops, and Walk- Across Arkansas.

Oral Health Promoted by SW Region

The CHNS/ CHPS South Supervisor recently reported to the Oral Health Coalition about the education opportunities the SWR Community Health Nurse Specialist have provided to their



schools and community groups. Overall, 39 presentations were provided and 3,036 individuals were impacted by the educational efforts of the SWR Community Health Nurse Specialist. The oral

health presentations include a tobacco prevention component as well.

For more information about the Arkansas Oral Health Coalition please visit:

<http://www.healthy.arkansas.gov/programsServices/oralhealth/Pages/ArkansasOralHealthCoalition.aspx>

TOUCH has been Busy in Union County

The Great American Spit Out occurred in conjunction with Through With Chew Week February 17th – 23rd.

TOUCH member and tobacco grantee Deb Crawford, along with Coordinated School Health Coordinator Karen Magee, had a booth



on the South Arkansas Community College campus in El Dorado on February 19th to help raise awareness of the harmful effects of smokeless tobacco.

Numerous signatures were gathered on pledges to be tobacco-

free and to support tobacco-free indoor and outdoor events, as well as tobacco-free homes. Subway gift cards were traded to anyone who turned in their smokeless tobacco products in an effort to encourage them to quit. Several smokers who came by had their carbon monoxide level measured with the piCo meter.

Clem Saenz, Executive Director of Healthworks Fitness Center in El Dorado, spoke to TOUCH members at their February meeting and offered them some simple ways to turn resolutions into lifestyle changes.

He advised members to start a new exercise program conservatively by easing back into an exercise routine and encouraged them to set a plan for success. Saenz stressed the importance of making time to exercise- at least 30 minutes a day. He also said it's very important to know your body. "If you feel like something is hurting, it's hurting. Do not try to push yourself to a point where you are going to injure yourself, especially starting off. You have to

look at this as a plan of action that you are going to have to do, step by step, so you have to listen to your body. If you are thirsty, drink water, which is our next thing."

He explained that muscle is 80% water and it becomes traumatized when you work out. The repair process is how muscle mass is gained. Water helps muscles repair so it is important to hydrate. Two big glasses of ice cold water before every meal will also help with weight loss he said because it makes you shiver and burn calories. Not to mention that most people think they are hungry when they are actually thirsty.

In regard to high-intensity inter-

val training, he said it "can be just as effective as long duration cardiovascular." It produces an after-burn affect that causes your body to burn more calories after you are done. As a result, you will get huge results in a minimum amount of time.

Most importantly, you must make sure that whatever you do fits your lifestyle to increase your chances of success.

Saenz has a bachelor's degree in exercise science from Abilene Christian University. He has more than 14 years of fitness training experience and weight management, and is certified through the National Academy of Sports Medicine and the American Council on Exercise.



**SOUTHWEST
REGION
HOMETOWN
HEALTH**

Sarah Powell, Editor - RHS

Arnell Washington - RHS

Bonnie Carr - HHI Coordinator

Jonl McGaha - HHI Regional Coord.

ChyChy Smith - RHS

**Keeping Your Hometown
Healthy!**

www.healthy.arkansas.gov

March is “Living Well Month”

March has been designated as “Living Well Month” to encourage all Americans to improve their health and well-being by taking advantage of the educational opportunities offered by the local Cooperative Extension Services.

An initiative of the National Extension Association for Family and Consumer Sciences (NEAFCS), Living Well Month was developed to increase awareness of educational opportunities and resources designed to help individuals, families and educators improve the quality of their lives, become competent consumers and build healthier communities.



“Healthy families are the cornerstone of healthy communities”, said James. “Family and Consumer Sciences put non-biased, research-based information to work in people’s lives, helping families find answers for living well, raising kids, eating right, and spending smart.”

The Cooperative Extension Service was created by the Smith-Lever Act signed by President Woodrow Wilson on May 8, 1914. “For 99 years the underlying philosophy of the Extension Service has to help people help themselves by taking the university to the people: by providing adults and youth the necessary skills and knowledge to help them achieved the best quality of life possible”, James noted.

Terrie James
CEA-Staff Chair
Hempstead County Extension Service



Around the Region

Students in **Nevada & Hempstead County** High Schools participated in a Teen Pregnancy and STD presentation by Rhonda McDonald and Edie Greenwood RN, CHNS. The groups were divided by gender and topics covered were teen pregnancy statistics, consequences, and resources in preventing pregnancy. The lessons utilized tools such as the Pam Stenzal DVD and presentation. The STD and STI's portion of the presentation addressed viral and bacterial, symptoms in males, females and infants, and how the Health Department helps with treatments and information. The prevalence was emphasized by county specific statistics. Of course, tobacco risk factors and the Quitline were included throughout the presentation.

Healthcare Express in **Miller County** hosted a Health Fair at College Hill Elementary School in Texarkana on Monday, March 3, 2014 for approximately 150 students, parents, and staff. Free health screenings were provided by various vendors. Child ID/finger printing were done for the children present. Miller County Health Unit partnered with UAMS-SW and the Miller County Sheriff's Office to promote the safety baby showers and educate attendees on car seat safety. There were door prizes given out to attendees & games attendees could participate in. Hampton Anderson, IPA from ADH, talked to attendees about the Health Insurance marketplace and the ACA, he distributed flyers and gave attendees information on how they can enroll and who to contact.

The **Hempstead/Nevada County** Weight Watchers group hosted a Community Coffee at the Nevada County Library. It was the healthiest community coffee of the year as Weight Watchers loaded tables down with treats that were not only healthy, but tasty. The group is led by Edie Greenwood and has been active for over a year now. They have a strong membership from both Hempstead and Nevada Counties and are currently recruiting new members for 2014.

