



Central Region Hometown Health

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Carlisle Kids Show Off Art Skills

The Lonoke County Hometown Health Coalition utilized a great opportunity to better connect with the community by expanding the “Draw A Healthy Community Poster Contest” sponsored by the Central Region. Approximately 40 entries were received from Carlisle elementary students and judged by local elected officials in early May. The judges included County Judge Charlie Troutman, Mayor Art Brooke of Ward, Mayor Tom Privett of Lonoke, Andrea Allen from the City of Cabot, and Ward Police Chief John Rossbach.



Contest Judges

The top 12 entries selected will be used in a 2005 calendar the coalition will be

developing later this year.

First through fourth place winners each received an SOS backpack filled with HHI and SOS promotional items along with a ribbon during a special award ceremony at the school. Senator Bobby Glover and Representative Lenville Evans attended the ceremony as well as several of the contest judges. The Carlisle School District was issued a certificate of appreciation from the coalition.

Brodie Warren, the first place winner, was also selected as the Central Region contest winner and received a cash prize.



Prize winners

- Anna Haver

Faulkner County to Participate in Children's Health Fair

Plans are underway for the annual Faulkner County Children's Health Fair to be held August 5th at the University of Central Arkansas. The unit will be responsible for immunizations and hemoglobin checks.

We also participated in a health fair on April 24th at a local industry, SAS. Information and handouts were provided on health unit services, nutrition, STD, Immunizations, WIC, and Hometown Health. The health

(Continued on page 3)

A Closer Look at the Uninsured

Pulaski County Central Health Unit focused on the wide-spread problem of the uninsured/underinsured in June, aided by the efforts of a UCA Health Ed/Nursing student. We used results from a survey done at Pulaski Central Health Unit during Public Health Week, a review of the current literature and face-to-face interviews to assess the extent of the problem, identify possible solutions and create a presentation tool to advocate for change.

While we highlighted Women's Health issues during the month of May with a lobby display

and informational hand-outs, we will re-directed our efforts to Men's Health issues during the month of June.



We are gearing up to participate in Stand Down for the Homeless to take place on September 25 at North Little Rock's Riverfront Park. It will be a day-long collaborative effort by many agencies, partners, and volunteers to provide a wide range of medical and supportive services to the homeless population.

- Lynn Lincoln

Perry Co. to See More Pearly Whites

The Perryville City Council voted on May 21st to add fluoride to the city water supply. The Perry County Hometown Health Advocate Team has worked for two years to educate local elected officials and the community about the importance of fluoride. Dr. Mouden and Rhonda Sledge assisted the coalition by providing dental assessments on all elementary aged children in the county. They showed that 80% of the chil-

"...80% of the children had some degree of tooth decay."

dren had some degree of tooth decay. Dr. Mouden and Ms Sledge also spoke at several city council meetings.

The local health department sponsored a mobile mammography unit from UAMS on April 6th and May 18th. A total of 36 women received mammograms on these days.

The health department is also participating in the WIC Farmer's Market program for the first time this year. - Michele Barlow

Promoting Health in the Community

The Jacksonville Health Department observed Public Health Week by participating in several events. Through one project, also in observance of National Infant Immunization Week, we provided immunization information and promotional items to local church nurseries.

Later in April, we partnered with Jacksonville



Parks and Recreation and Jacksonville Our Club for a physical fitness event. Youth and their parents were challenged to walk 2 miles. Approximately 30 families participated.

Dr. Boozman presented his *Perfect Storm* presentation to several groups during the month of May and was invited to present to the local Chamber of Commerce in June.

- Jennie Kyle

The Survey Says...

Representatives of the North Little Rock Health Advisory Committee have been busy presenting the data collected from the Youth Risk Behavior Survey. The survey was conducted in the North Little Rock School District in October, 2003. Approximately 3,500 students in grades 6 through 12 participated.

The data was presented to the Health Advisory Committee in May and then presented to school district personnel later in the month. A presentation has also been made to the local Kiwanis chapter. The Kiwanis Club is looking at developing some projects based on the data. Carla Grayson and Anna



North Little Rock High School

Haver met with school personnel in June to discuss how to address some of the problems identified in the survey.

Dr. Boozman presented his *Perfect Storm* presentation to the North Little Rock Rotary in June.

The Health Advisory Committee continues the development of a city-wide resource directory.

- Carla Grayson



American Flag Trivia

- ★ 1. Who cut the American flag into pieces and was honored for doing it?
- ★ 2. The American Flag first flew over a foreign fort in which country?
- ★ 3. On what did Francis Scott Key write the words to "The Star-Spangled Banner"?

(answers on page 5)



Faulkner County *(Continued from page 1)*

★ fair was well attended by their workers.

★ Our coalition meets monthly and is currently in the process of forming a health subcommittee to focus more on the health issues and needs of our communities.

★ Else is on the board of the recently opened Inter-faith Clinic, whose purpose is to serve the un- or under-insured residents of Faulkner County.

- Elsese Brown

The CIS is Here to Help

If you or someone in your family has been diagnosed with cancer, the National Cancer Institute's Cancer Information Service (CIS) is the resource for you. The CIS has provided the latest, most accurate cancer information to patients and their families, health professionals, and the public for more than two decades.



People who call the CIS toll-free at 1-800-4-CANCER (1-800-422-6237) speak with trained and caring information specialists who can answer questions about cancer prevention, screening, risks, symptoms, how cancer is diagnosed, the latest treatments, clinical trials (research studies with people), and support organizations.

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Leader's Update

We've all heard about "Healthy Arkansas" over the past few weeks. Many of you are still asking the question, "What is Healthy Arkansas and how does it affect my job in HHI?" Well, this article falls short of answering those questions, but somewhere around the middle of July we will know more about it. In fact, ADH colleagues are working to have the Healthy Arkansas Plan completed and submitted to the Governor by early next month. Please stay tuned - more information is expected soon.

The "Healthy Arkansas" program is a comprehensive effort to clearly define specific areas where behavioral changes can lead to a healthier Arkansas. The target groups are state employees, the

population at large, and the Medicaid population. It is an effort to create a culture of good health. Incentives will be offered for state employees to live healthier lives.

We would like to welcome Nartashia Hickman on board as our new Community Health Nurse Specialist for Pulaski County. Thanks again for all you do to shape the future of public health in Arkansas.

Reminders: Our HHI Monthly Training resumes on Friday, August 20, 2004 and will continue every 3rd Friday after for about 3-4 hours. Thanks!

- Darrell Montgomery

Saline County News

HHI Administrator Randy Robertson is participating on a team assembled to develop a technical writing course for HHI colleagues. The practice driven series of courses will provide approximately 10 sessions for participants.

Saline County also provided a booth at a health fair on June 10th at the Saline County Courthouse. WIC and breastfeeding were highlighted at the

event, and Randy Robertson spoke with several residents about the Saline County HHI Coalition.

The coalition is still awaiting the results of a county-wide Adult Risk Behavior Survey.

- Randy Robertson

Summer Fashion Must Have

Be cool! Be hip! Be the envy of your friends!

Don't be the last to order your Hometown Health Improvement shirt!

Short sleeve polo style shirts are available in 15 colors and have the



HHI logo embroidered for \$20.

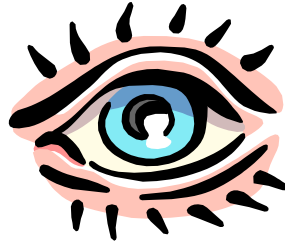
Short and long sleeve denim shirts are also available for \$25.

Contact Julie Harlan or Anna Haver for an order form, or call Lisa Pennington at 1-800-304-8499.

Garland County Provides Free Eye Screening

What started out as a free screening during Public Health Week has turned into a monthly service for Garland County Health Department clients.

Dr. Bud Holt, a member of Project HOPE, represents the Hot Springs Village Breakfast Lion's Club. Dr. Holt has been involved in a special project their club started in Garland County that involves using a specialized photoscreener camera to determine disease/abnormalities in the eyes of young children. Children ages 1 through 8, who have never been tested, can be screened. To date this is the only photoscreener camera that Dr. Holt is aware of, in Arkansas.



Garland County Health Unit provided this free screening to Health Department clients one day during Public Health Week. We screened 14 children and 2 problems were identified. The screening was so successful that we decided to schedule another screening in May. We screened 13 children and identified 2 more problems.

We now plan to provide this screening on a monthly basis. We screened 19 children during June, which is the most screenings the Lion's Club has done in one day. We plan to expand this service to include free screenings for not only Health Department clients, but to the community as

well.

- Linda Grinnis

CIS *(continued from page 3)*

The CIS also can provide callers with personalized clinical trial searches, free NCI written materials, referrals to other resources, and help with navigating cancer information on the Internet.

The CIS provides one-on-one quit help to smokers through the Smoking Quitline of the NCI at 1-800-44U-QUIT (1-877-448-7848). People who call the Quitline can learn how quitting will improve their health, discover different

ways to quit, develop an action plan, and deal with setbacks.

The CIS and Smoking Quitline are free public services. They are available in English and Spanish from 9 a.m. to 4:30 p.m. local time Monday through Friday.

For more information, go to www.cancer.gov and click on the CIS link.
- Misty Smith

Misty Smith is Partnership Coordinator for the MidSouth Region of the Cancer Information Service. She can be reached locally at (501) 686-7829

Lonoke County News

Mitzi Pyland, ADH Nutritionist and HHI Coalition Member, taught five classes at First Baptist Wee-care Preschool and conducted BMI and body fat screening at a Jacksonville Community Center Health Fair. Kim Helmbeck, ADH Breastfeeding Peer Counselor, attended a Rebseman Hospital Health Fair at the Cabot High School Cafeteria discussing diabetes – a prevalent health concern of

Lonoke County and potential HHI action item.

We said good bye to two Lonoke HHI Coalition Members, Bryan Livingston, Cabot Environmental Health Specialist who left the agency to work NSF International. Vada Wheat, Lonoke HHI Administrator and founding member of the local HHI Coalition retired in May. These members are no longer in their previous roles, but we hope to see them at some of the future meetings. - Milton Garris

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**Arkansas
Department of Health**

Calendar of Events

July:

1st- HHI Workplan deadline
4th - Independence Day
5th - Independence Day observed
Eye Injury Prevention Month

August:

2nd/3rd - HIV/STD Curriculum Training
(Hot Springs)
10th/11th - Nutrition/Physical Activity Confer-
ence (Little Rock)
20th - Regional HHI Training
1st - 7th World Breastfeeding Week

September:

6th - Labor Day Holiday
11th - Five A Day Fair (Little Rock)
15th - HHI Newsletter submission deadline
17th - Regional HHI Training

5th - 11th Suicide Prevention Week
21st - Take A Loved One to the Doctor Day
24th - Women's Health and Fitness Day
27th - Family Health and Fitness Day
Food Safety Education Month
National 5 A Day Month
Prostate Cancer Awareness Month

October:

9th - AR Race for the Cure
15th - Regional HHI Training
3rd - 9th Fire Prevention Week
4th - National Child Health Day
15th - National Mammography Day
23rd - 31st Red Ribbon Week
Breast Cancer Awareness Month
Domestic Violence Awareness Month
National Dental Hygiene Month