

Hometown News

"Solutions Through
Leadership & Teamwork"

October 2004

NE Region

Crowley's Ridge Healthcare Coalition participates in Arkansas Methodist Medical Centers Women's Health Day October 14, 2004

The 12th annual Women's Health Day at Arkansas Methodist Hospital in Paragould draws over 600 women. This year a record number of women lined up for free blood pressure, glucose, cholesterol, vision and oral cancer screenings. This day-long event featured vendors for every need that included breast care needs, healthy eating choices, smoking cessation, mastectomy needs, jewelry and beauty products. Examples of Greene County's quilt artisan were displayed. Crowley's Ridge Health Care Coalition booth gave out healthy gingerbread cookies, the recipe, and of course information about the Medicine Assistance Program.

Crowley's Ridge Health Care Coalition has produced its first newsletter, which highlighted health, nutrition, and smoking hazards. Their website will be online soon. It will offer healthy eating options and recipes along with other community information.

The Tobacco Free Coalition of Craighead County's new board member, Mai Snow, was chosen to be the Chair for the coalition. Mai began recruiting more members and began planning the future for



the coalition. By the October meeting, the Tobacco Free Coalition of Craighead County membership had more than doubled with community members that represent the local hospitals, all the local public schools, Arkansas State University, local businesses, and the Police department's D.A.R. E. program.

The coalition is looking forward to bringing in Dr. Victor DeNoble in the spring. The local schools are planning their red ribbon week next month with the Coalition providing all the schools with an assortment of tobacco free bookmarks, pencils, wristbands, stickers, and educational material.

Marlene Coffman

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Grant Awarded to Izard & Stone County Hometown Health Network

The Izard & Stone County Hometown Health Network has been awarded a grant from the Arkansas Delta Rural Development Network to implement a Chronic Disease Prevention Program, targeting diabetes, cardiovascular disease and obesity. The Izard and Stone County Hometown Health Coalitions have worked over the past 2 years to develop a Network to find ways to improve the health of our residents. After local data revealed that diabetes, cardiovascular disease, and obesity were the highest priorities for Izard and Stone Counties, Network partners worked together to develop the Chronic Disease Prevention

Program. The grant funds totaling \$60,000.00 will be used to establish a Certified Diabetes Self-Management Program in Izard and Stone Counties.

An estimated 235,000 Arkansas adults have diagnosed diabetes. The state of Arkansas ranks 11th in the prevalence of diabetes. Therefore, there are only 10 other states with higher prevalence of Diabetes. (1998 Arkansas BRFSS) The Chronic Disease Prevention Program will be open to residents who want to learn more about managing their diabetes. The Network will be working with local health care providers to make the services available to diabetic patients.

Educators will show patients how to make healthy changes in their life. They will learn about medications, the importance of exercise, healthy eating tips, how to deal with stress, questions that should be asked during a doctor visit and how to make healthy changes in their lifestyle.

The program is well underway with instructional classes slated to begin in both counties on October 19. For more information about the program, contact the Izard-Stone County Hometown Health Network at 870-346-5551 or 870-291-7208. (article submitted by Treva Engelhardt)

Kelli Dunegan

Jackson County Forming Group for Tobacco Prevention and Education

Members of the Jackson County Interagency Council have recognized that smoking is the most preventable cause of premature death and is forming a group of interested community members, public and private organizations, health care providers and businesses to address the unique needs of tobacco prevention and education. A planning meeting was set for September 7, 2004 at A.S.U. – Newport, Room #108

in the Center for the Arts Building beginning at 9 a.m. The community was encouraged to attend especially if they want to make an important contribution in the field of tobacco prevention and control in Jackson County.

This newly formed group will be working in conjunction with the Independence County Tobacco-Free Initiative which were recipients of a community grant

for \$49,974 from the Arkansas Department of Health's Tobacco Prevention and Education Program (TPEP). Monies will be available for the two counties to perform various types of efforts to help keep the community healthy and informed. Some efforts include media campaigns, seminars with nationally known speakers and youth education.

Kelli Dunegan



Healthy Living For Life - Stone County

The Stone County Hometown Health Planning Coalition, Inc. and Stone County Medical Center are hosting a seventeen-week program entitled *Healthy Living For Life*. This project is in cooperation with the grantor, Arkansas Tobacco Settlement Commission. Enrollment for the program was August 23rd in Mountain View and enrollees will meet weekly. This program was designed to encourage participants to analyze their current eating and physical activity habits and to decide what changes they can make to start living healthier. **One day at a time.** After setting personal

goals for living healthier, participants will receive support and motivation from other participants, instructor and guest speakers as a transition to healthier ways of living. Guest speakers will attend classes periodically to address specific needs and highlight positive healthy living lifestyle changes. A motivational walking program, 'Walk Across Arkansas', will also be implemented for participants to chart as part of their exercise record. Presentations being presented will include many topics related to healthy diet and exercise includ-

ing healthy cooking, exercise programs, calorie counting and the food pyramid. Participants will also benefit from free blood pressure, glucose and cholesterol screenings courtesy of the Stone County Medical Center. Participants will engage in learning more about healthy eating habits and physical activity as outlined in the curriculum guidelines (courtesy of the U of A Cooperative Extension Service).

Kelli Dunegan

Child Passenger Safety Train the Trainer in Randolph County

Kathy Smith, Administrator of the Randolph County Arkansas Department of Health, and Rhonda Ahrent, HR Director of Black River Area Development, partnered with University of Arkansas School for Medical Sciences (UAMS) and sponsored a Child Passenger Safety Train the Trainer Course on the campus of Black River Technical College.

At the four-day school, attendees learned how to educate parents on the safety of car seats for children.

According to preliminary 2003 fatality statistics from the Arkansas Highway Safety Office of the Arkansas State police, 40 children aged 15 and under died on Arkansas roadways. Of those 40 children who were killed, 65 percent of them were completely unrestrained, not wearing a seat belt of any type, at the time of the accident.

During the course, attendees learned different vehicle protection systems, parts of the Child Restraint Systems, how to correctly install a

seat, identifying misuse in vehicles, and how to set up a safety seat checkpoint.

A checkpoint was set up at Wal-Mart following the four-day course where certified instructors checked and installed child restraint systems. New systems were given to parents in an attempt to reinforce child restraint highway safety.

Kathy Smith



Area Co-op Hosts Asthma Training Seminar

by Julie Hinds

School nurses received training from the American Lung Association of Arkansas at Crowley's Ridge Educational Service Co-op in Harrisburg. The four hour Tuesday morning seminar, entitled "Open Airways for Schools and Asthma In-Service" programs, was hosted by Laura Cook, RN and Community Health Nurse of the Cooperative. The event invited school nurses from Craighead, Crittenden, Cross, Jackson, Mississippi, and Poinsett Counties. The training was conducted by Margaret Fizer, RN, BSN, asthma specialist with the American Lung Association of Arkansas.

Fizer, a registered nurse and pediatric nurse, has taught over 150 school nurses the Asthma and "Open Airways for Schools" Training for the School Nurse training course.

Fizer said the course teaches nurses to deal with the special needs of students with asthma. It focuses on teaching the nurses how to instruct and help children

manage and deal with their asthma themselves and is geared to teach children on the 3rd, 4th and 5th grade levels. This program not only shows the nurses to recognize the triggers and oncoming of an asthma attack, but how to deal with them and properly use asthma tools, such as the chamber and peak flow meter.

The nurses also learned signs and symptoms of asthma along with how to best respond to children undergoing an attack. Also, it will



Managing Asthma-Margaret Fizer, R.N., a pediatric nurse with the American Lung Association of Arkansas, and Laura Cook, R.N., Community Health Nurse for Crowley's Ridge Educational Co-op, hand out materials at Tuesday's training seminar.

enlighten them on complications due to asthma and the medications that should be used for quick relief.

Fizer stressed that asthma is one of the leading causes of school absence. If your child is a victim of asthma contact your school nurse for parent/child information or contact the American Lung Association of Arkansas at 1-800-586-4872, ext. 102.

After the four hour long training session, nurses from area school districts received four contact hours of training, basic asthma 101 manual and support materials, Open Airways instructor packet, including curriculum, instructor guide, handout masters, and full color story boards to teach 3rd, 4th, and 5th graders and a "Quest for the Code" CD-ROM, which is an asthma management video game for middle school children.

Hometown Health

Mission

Provide leadership, guidance, and technical assistance to the local HHI leader to develop Hometown Health Improvement Initiatives that are locally owned and controlled and are working to improve the health of the citizens. Provide Hometown Health Improvement Leadership in the region.

Vision

Empowered local communities taking ownership of health problems and working to identify and implement solutions that improve the health of citizens.



Letters to the Editor

Letters to the Editor are welcome and will be published. The sender must be identified. Anonymous Letters will not be published.

