

Public Health Week

April 8, 2005

Our Public Health Hero

Donna Speight, RN and the Hometown Health Improvement Leader for Prairie County received the distinguished honor of being named this year's Public Health Hero for the Southeast Region. Mrs. Martha Hiatt, Senior Advisor for Health Arkansas, Arkansas Department of Health presented Donna with the award at the State Capitol. Also in attendance at the ceremony were Dr. Joe Thompson, MD, MPH Director, Arkansas Center for Health Improvement and William Golden, MD, Vice-President, Quality Improvement, UAMS College of Public Health.



During Public Health Week the Prairie County Health Unit displayed the local health unit's services along with Public Health Week information, such as pamphlets and promotional items, in the waiting area.

A Public Health Week article was placed in the local newspaper.

Donna and colleagues visited the Head Start and Mother's Day Out preschoolers and spoke with them about nutrition and physical activity. They interacted with

the children by doing some fun exercises to music and left promotional items for them.

The staff of the unit prepared mugs with Public Health, Healthy Arkansas, and Hometown health items for the county Judge, the two Mayors who received walking trail/playground grants, and the county health officer.

Hazen Health fair was held on 4/12 offering adult immunizations.

Monroe Co. Caters to Their Kids

Monroe Co. Health Unit celebrated Public Health Week any many different ways.

On April 4, parents could make sure their child's immi's were up to date. April 26th, there will be a kids carnival held at the unit and admission will be an up to date shot record.

April 5, they were doing free blood pressure checks, and there will be free paps during the month of April



Hometown Health Improvement



Cleveland County Kicks Off

The Cleveland County HHI had their kick-off celebration Tuesday, April, 5 at the Rison Baptist Church Fellowship Hall. Lewis Leslie presented the Perfect Storm PowerPoint while the ladies from the Extension Homemakers Council provided a "heart healthy" luncheon with salad and fruits and angel lush cake for desert. There were 62 attendees for the event. Goodies were given away also.

Desha County

Jerry Dixon, Hometown Health Improvement Leader for Drew county reported that on March 30 the statewide press release was put in the Dumas Clarion.

On Monday, April 4, the Dumas Health Unit held a mass immunization clinic.

The local extension office placed a nutrition and exercise display in the lobby of the Desha County health Unit.

Arkansas Co. Gears up for Public Awareness

The Arkansas Co. Health Unit made a week out of Public Health.

On Monday, they kicked off the day with a morning message, "Making the Plan to Plan to Plan to Eat Healthy." The staff presented healthy snacks for the clients. The lobby was highlighted with a big red banner, and played classical music while their clients waited for assistance.

Tuesday featured WIC. The colleagues taught about WIC products such a cereal, juice, peanut butter and the nurses provided healthy foods, and nurse, Connie



Public Health Weeks is a time for celebration.

Stuckey prepared brown beans for the staff.

Wednesday was "Wise up and Be Healthy " day. They featured an exercise theme: Walking Across Arkansas. Margaret Owens created and displayed Walk Across Arkansas and Public Health Week bulletin boards and provided brochures about eating right and exercising.

Abstinence is the Answer was the theme for Thursday. The staff displayed brochures about STD's and other communicable diseases. Their local nurses and RNP were available to answer questions and comments about clients; issues or concerns about STD's. Refreshments and Jazz were displayed in the lobby on this day.

Friday ended the week with Family Fun Day, A Celebration of Service. Give-aways such as mugs, clippings, pens, etc. were handed out to the clients. A display of balloons, refreshments and other health material were highlighted in the lobby.

Lincoln County Features the Senior Population

Lincoln County celebrated Public Health week by having joint presentations at the Senior Citizens Building by Jane Newton, Home Extension Agent and Debbie Riley, HHIL. Jane discussed healthy eating habits and Debbie reviewed how good hygiene affects your health. Both presenters used a Power-

Point presentation to 20 senior adults.

Displays in the lobby with information about BMI and what a healthy food portion is. All of this was in conjunction with the County Extension office.



Phillips County Reaches out to Their Community

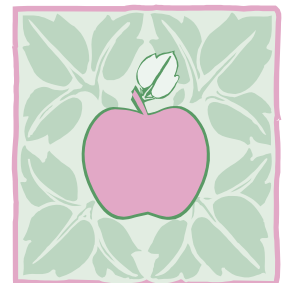
Phillips County Colleagues made great strides to reach the community during Publid Health Week.

Phillips County Health Unit colleagues created a nutrition display and placed it in the lobby that emphasized the main food groups.

Posters celebrating Public Health Week were displayed at the entrances to their building along with WalMart, Kroger, and the County Courthouse.

On Thursday, Bob the Builder came to the clinic and had his photo taken with the kids, and gave them coloring books and stickers. Two busloads of kids came to the unit especially to see Bob.

Colleagues made up Goodie bags with nutritional information and exercise tips for seniors, and distributed them to Senior Circle members at the Helena Regional Medical Center.



"An Apple a Day keeps the Doctor Away"