



# HOMETOWN HEALTH -SOUTHEAST REGION

Arkansas Department of Health

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## Celebrate good times!

Hometown Health Improvement has been a huge success for the State of Arkansas. Many communities have benefited from the efforts of their local coalition. The **Southeast Region** also stands out when it comes to HHI. Many of the coalitions are very mature. **Prairie County** celebrated their 2 year anniversary this



November with healthy snacks. **St. Francis county** celebrated their anniversary with a meat try donated by Boar's head and a celebration presentation.

**Phillips County** celebrated their 4 year birthday with a Thanksgiving dinner and a PowerPoint Presentation.



Subway was the way to go for two counties. **Jefferson** celebrated 2 years and **Desha** celebrated 3 years of success with a strategic planning meeting where lunch was served.

This is a great accomplishment both for the county and the state. Congratulations on a job well done!

### Hometown Health Improvement



#### HHI Meetings

- First Tuesday—St. Francis Co.
- Second Tuesday— Lee Co.
- Second Tuesday- Arkansas Co.
- Second Wednesday— Drew Co.
- Second Thursday— Prairie Co.
- Third Tuesday— Phillips Co.
- Third Tuesday— Desha Co.
- Third Wednesday— Jefferson C o.
- Third Wednesday— Bradley Co.
- Third Thursday— HHIL
- Fourth Tuesday— Monroe Co.
- Quarterly—Lincoln, Cleveland Co.

## HEALTHY ARKANSAS

Healthy Arkansas is an initiative that has been introduced by Governor Mike Huckabee, that allows our communities to have a real and measurable impact on the health of our citizens. Healthy Arkansas is designed to target the

top three health concerns facing Arkansans today: Tobacco, Obesity, and Physical Inactivity.

The HHIL's in each county have had community meetings to see what actions the citizens want to do to change the health of their communi-

ties. The three sectors that are being focused on are children in schools, worksites and older Arkansans. There are specific goals set for this initiative. The goals target the increase of juvenile and adult activity, reducing adolescent smoking and reducing the percentages of obese adults

## Festive Fall for Arkansas County

**Arkansas County** was busy, busy, busy during the month of October. Shealese Washington and Wanda Vester presented tobacco information to approximately 450 5th grader students in DeWitt. This event was sponsored by the Arkansas County Water Conservation District and it was held at the DeWitt fair grounds.



The Arkansas County health unit also participated in the annual BreastCare fair at Phillips Community College in

Stuttgart. One participant commented that the BreastCare program "saved her life."



Colleagues also participated in Red Ribbon Rally sponsored by CODE. This is a

rally that encourages youth to stay drug free and smoke free. Children were able to win prizes by jumping rope a number of times to win a prize.



# Healthy Arkansas

*For a Better State of Health*



## The Perfect Storm blows in to Lincoln & Lee Counties

Taking the opportunity to share information and statistics about tobacco, nutrition and obesity and physical inactivity, Debbie Riley and Veronica Sellers scheduled community meetings for Dr. Boozman to give his "Perfect Storm" presentation.

Combining her community efforts with her Chamber of Commerce, Debbie planned Lincoln County's meeting on October 13th.

Community and Chamber of Commerce members gathered at the Star City Civic Center at Noon for lunch and the presentation. Called to a meeting with the Governor, Dr. Joe Bates stepped in for Dr. Boozman.

Over fifty people attended the program and following the presentation, several interested community members had the chance to visit with Dr. Bates about the program.

Everyone was given an HHI cup and information, and pedometers and T-shirts were provided by ADH for door prizes.

On October 19, Dr. Boozman gave the presentation for residents in Lee County.

About 75 members of the Chamber of Commerce, civic and community groups, came for lunch and the chance to hear the information.



Everyone in attendance received a resource guide for the county that included existing programs, classes and facilities that provide exercise classes and nutrition education. In addition, they were given various brochures, a pedometer and pedometer chart and free magnets.

The presentations in these two counties laid the groundwork for the Healthy Arkansas information that was shared with counties in November and December.

Congratulations Debbie and Veronica!

## Jefferson County is Full of Activities

**Red Ribbon Week Activities:** Kim Hooks presented a tobacco prevention (*Healthy Lungs Month American Lung Association*) presentation to 3 elementary schools in Jefferson County. Also distributed materials to local schools for use during the week.

**Scoliosis training** for school nurses and school aides on 10/08/04 (24 in attendance from the 3 co-op areas in the SE region)

**YRBS:** Jefferson County 5 area school districts participated in the YRBS Oct 4th-

7th. ARESC & ADH employees help to carry this major project through. We are waiting on results from ADH.

**Kids for Health training** for Arkansas, Grant, & Jefferson County School districts @ ARESC on Dec 1st.



**The Dr. Fay Boozman Worksite Wellness Center @ ARESC:**

equipment received and ARESC employees began using exercise equipment in November.

**Body Walk** in Jefferson County on November 9th & 10th (966 students & 83 adults toured the exhibit)

**The Perfect Storm** presentation was delivered by Kim Hooks to a class of Health students at UAPB on 11/23/04.

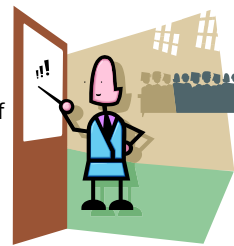


## Nutrition & Physical Activity Advisory Committee

Southeast Arkansas Education Service Cooperative held a cooperative wide Nutrition and Physical Activity Advisory Committee (NPAAC) meeting on November 30, 2004. Representatives from each school district attended the meeting/luncheon, 24 participants total.

Rebecca Newton, CHES with the cooperative conducted a needs assessment survey to identify training needs of NPAAC committee members. Community Health

Nurse Specialist, Lisa England, provided presentation on NPAAC and how to use tool kit that HHI Staff Support has created for the NPAAC's. England provided a brief presentation of the CDC's School Health Index (SHI). The SHI is an assessment tool used to assess the strengths and weaknesses of their school health programs and policies. Participants are given NPAAC



resource guides and tool kits. Newton and England will be creating and conducting short training sessions to help these

committees based on the results of the needs assessment tool. Rosemary Withers, CHPS, and Lisa England offered their technical assistance to individual NPAAC committees.

