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Miller County Making A Difference

On January 13, 2005, Cynthia White HHI Team Leader and Sarah Sutton, Rural Health Specialist attended a community meeting hosted by Christus St. Michael Hospital. The meeting was composed of representatives of each hospital, private M.D.'s, AHEC, and several other health related agencies from Arkansas and Texas. Health care needs specific to Miller County for both acute and preventative services were the forum of discussion. Cynthia and Sarah presented information about Healthy Arkansas and the impact they hope it will have on the community.

Cynthia attended the Child Nutrition and Physical Activity Council meeting at Fouke Schools with Helen Weir, CHNS, on January 11, 2005. Helen gave a presentation on the Healthy Arkansas initiative. She and Cynthia offered and discussed ways they could help the council with any technical assistance. The council informed the group of the very successful change in milk consumption by students in the schools. The cafeteria changed from paper milk cartons to "cool" plastic milk containers in

September. This has resulted in a 40% increase of milk consumption by students. This effort has received statewide recognition. Borden Foods heard about the great success and gave the school two new \$1,000 refrigerators. The new milk containers cost 5 cents more, but the school reported less breakage and they also do not need to use straws which cost 2 cents each.

There have been several local businesses request Fitness Challenge Kits for their employees. Percilla Newton with Arkansas Blue Cross/Blue Shield has personally delivered the kits. Cynthia plans to contact each business this month to offer any technical assistance and support for the effort.

Miller County is working with Our Children First to host a training for Healthy Arkansas Aging Arkansas population using "The Heart Truth" program. This program is a

combination physical/nutrition education program that can be used with all groups regardless of age or ethnicity.

The Hometown Health Committee of Our Children's First Coalition received a Cardiovascular Grant of \$23,600 to focus on heart disease. They met this month to develop a comprehensive plan to educate and motivate women to lead a healthier lifestyle.

Activities include wearing red every Friday in February, a walk for seniors and several educational presentations.

Did you know?

- It takes one football field of walking to burn off one M&M.
- It takes 240 football fields of walking to burn off a Big Mac, fries, and a shake.

*Walking off Weight Workbook



Miller County employees participated in Red Dress Day on February 4th.

Nevada County

Edie Greenwood, HHI Team Leader in Nevada County has had a very busy month. She spoke to over 30 Headstart parents at Prescott, Nevada, and Emmet in January.

She informed each group of services available at the Local Health Unit and discussed the Healthy Arkansas initiative. She disseminated brochures on clinic services, including WIC



Carol Davis, PHI speaking to Prescott Middle School 7th and 8th graders.

and Healthy Arkansas.

The Prescott Nevada County Health Alliance Children's Week Committee met on January 18th and February 9th to plan for Public Health Week and Children's Week.

Carol Davis, PHI and Edie spoke with all classes of 7th and 8th graders at Prescott Middle School on January 6th. Carol presented the program using overhead projector graphics. All of the 8th grade students were asked to write letters to the presenters to thank them. Some of the comments included "I definitely be-

"I definitely believe in abstinence now!"

Prescott Middle School Student

lieve in abstinence now!" and "You made me decide to wait until I am married..."

The Prescott County Club adopted a smoke-free in door air policy at their last meeting.

Columbia County Hosts Local Leaders

On January 18, 2005, members of Leadership Magnolia visited the Columbia county Health Unit. Melinda Harrell, HHI Team Leader provided each member with handouts of Local Health Unit (L.H.U.) services, dollars generated through these services, and the population served during the 2003-2004 fiscal year.

Leadership Magnolia is a nine month program which promotes business and industry in the area. It is sponsored by the local Chamber of Commerce and is comprised of

individuals who have been nominated by their employers. This program is limited to twenty five members each year. The group meets once a month to study area business, industry, medical, education, etc.

Melinda has started contacting area businesses to offer assistance with Healthy Arkansas. The Banner News received a fitness kit

She has submitted a National Automobile Dealers Charitable Founda-

tion Grant to purchase new CPR equipment. In addition to this grant, she submitted a grant application to construct an open filing system at the LHU. Melinda has also been helping with "school letters" which will be used to inform parents of BMI results. She delivered this information to Emerson-Taylor, Magnolia, and Waldo School Districts.

CADC Hosts Luncheon in Hampton

Central Arkansas Development Council (CADC) hosted a luncheon for the Unified County Resource Council (UCRC) of Calhoun County on Wednesday, January 19th in Hampton.

The luncheon recognized many efforts in the community lead by the UCRC including the QUADCO Rural Health Network (new pre-

scription drug program). Each of these organizations were presented with a Certificate of Appreciation and recognized for the valuable contributions made to community action issues for Calhoun County. The mission of CADC is to improve the quality of life and build



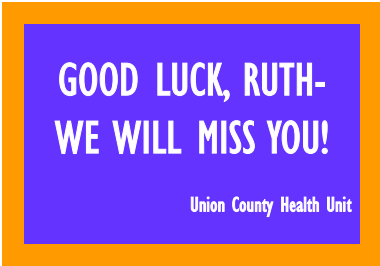
Mayor Floss receives plaque for the UCRC.

strong communities in Arkansas.

Hampton High School's East Lab has developed a new brochure for the annual "Stayin' Alive" campaign in Calhoun County. The campaign begins March 1st and goes through April 15th.

Union County

The Union County Tobacco-Free Coalition sponsored “Smoke Bread”, an hour long cessation program provided at noon during the first week of February. Members of the “Smoke Free Fayetteville” came to El Dorado to train coalition members on how to help become a smoke-free community. The Fayetteville guests also presented a program to the Rotary Club. Afterwards, one City Council Member in attendance stated that he would “really like to see this happen in El Dorado”.



Deb Crawford, HHI Team Leader with Arkansas for Drug Free Youth had five days of tobacco prevention training (Teen Time) for 9th graders in El Dorado and for 11th and 12th graders in Union County. Deb also coordinates the state wide Pride Conference for youth in Little Rock. It will be held at Robinson Auditorium and the Double Tree Hotel on February 21st and 22nd.

January 25th was the last day of work at the Union County Health Unit for PHI colleague, Ruth Cheatham. She is retiring from the agency after 25 years of service. She was honored



Ruth Cheatham –Retirement Party

by other Union County Health Unit employees with a pot luck lunch and “gardening gifts” since she is an avid gardener and loves flowers. Union County employees wish her a long and happy retirement.

Polk County Vision 2010 Quality of Life News

The Newly formed Healthy Arkansas workgroup held their first meeting on January 6. There were 17 people present which included new recruits and members from four previous workgroups. The first project the group planned is a exercise map of Polk County which highlights all of the hiking/biking trails including a rating of how difficult each one is.

Two facilitators on the Healthy Ar-

kansas committee along with the EHC representative met with the group again on January 10, to put a “Walk Across Polk County” plan together. The local newspaper printed an article on all of the committees activities.

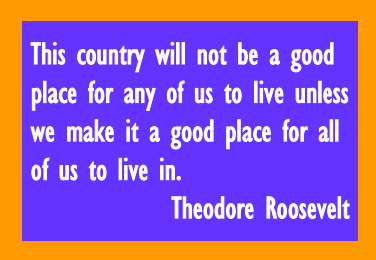
On January 14, Anna Lee the HHI Team Leader attended a community meeting with 50 other Community Leaders. U.S. Representative Mike Ross was the guest

speaker for the group. His talk centered around the newly funded Assisted Living Complex in Mena that is currently in the planning stage.

Ouachita County Works on Aging Arkansas

The Older Arkansas work group started a newsletter for Aging Arkansans in November. It features a healthy recipe and exercise tips for the elderly and disabled. It is distributed to churches, Senior Citizen sites, food banks and the subsidies housing office in Camden. The title is “Savvy Senior Segments”. The newsletter has the QUIT smoking phone number, as well as the SOS logo and A Healthy Ouachita

County (AHOC) logo. The work group distributes about 200 copies each month. The resource group discovered that the Rotary Club had received a obesity activity grant for youth while gathering data for their Healthy AR Plan. The



club’s funding will end in June of this year.

Rebecca Wright HHI Team Leader also met with the Cooperative Extension office January 27 to make plans for “Walk Across Ouachita County”.



Janet McAdams, Editor—Nevada
Sarah Sutton—Miller
Bonnie Carr—Montgomery

Joni McGaha—Union
Kay Stephens—Sevier
Susan Moudy—Montgomery

ARK DEPT. OF HEALTH

*Keeping Your Hometown
Healthy*



Calendar of Events

February 21 and 22— Arkansas PRIDE Conference will be held in Little Rock. Tobacco will be the focus.

March 4— “Search Your Heart” Train the Trainer Program for Aging Arkansas exercise/Nutrition groups will be held in El Dorado, Texarkana, Hope, Camden and Mena (Video conf.)

February 15— 1P to 3:30P and February 16 and 18 from 9A-11:30A Travel Training— Check with video Conference Coordinator at Polk, Ouachita, Arkadelphia or Texarkana

The Back Page News...

Howard County's Dr. Glen Lance provided free dental care to needy children on February 4th. Dr. Lance enlisted the help of the Howard County Hometown health Coalition to refer children in need of dental services. He then provided over \$2,000 in care and treatment.

Howard County Hometown Health Coalition member, Voncile Bullock, was recently named woman of the year at the annual Chamber of Commerce Banquet in Nashville.

Nevada County was chosen as the site for Arkansas Representatives Tommy Roebuck and Chris Thomason to host a public meeting on January 3rd. The discussion included information regarding the upcoming legislative session. Edie Greenwood, HHI Team Leader and Janet McAdams, Support Staff attended this meeting.

Southwest Region Community Health Nurse Specialist: Cheryl Lindly, Helen Weir, Tamara Baker and Community Health Promotion Specialist: Ashley Garner, RD, LD have been busy working with and helping many newly formed Child Health Advisory Committees. They have also distributed labels to all of the schools districts and instructed the nurses on the Body Mass Index process. The CHNS and Ashley gave presentations on the Centers for Disease Control School Health Index in three of the area Educational Co-Operatives in January. They reported good attendance with the majority of schools participating.

Little River Schools have adopted new packaging for milk saved in their cafeteria. They reported that sells of milk are already up and that they are keeping track of the increase.

The CHNS has also been training new nurses to do BMI assessment with the aide of a video. Cheryl Lindley made approximately 200 certificates for the



Child Advisory Committee in Fordyce

teachers who attended Dr. Bozeman's "Perfect Storm" presentation in Ashdown. Helen Weir has been helping the Educational Co-Op in Camden with technical assistance by delivering BMI labels and instructing

nurses on the process.