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Schools adopt new Milk Containers

- Nevada Schools have reported a 30% increase in milk consumption since adopting new containers
- Ashdown Schools are currently tracking their increase in milk consumption
- Fouke Schools received new refrigerators from Bordens after reports of 40% increase with new milk containers.

Keep Your Eye on El Dorado

There are amazing things happening in the classrooms of El Dorado Schools. El Dorado Schools have adopted a new mission to: "Educate the whole person and strive to prepare students for a physically and mentally healthy life with the ability to make informed choices."

On Monday February 21, El Dorado District's newest focus campus at Union Academy welcomed Governor Mike Huckabee and Dr. Fay Boozman to the health and wellness focus event. Teachers, school personnel and parents dressed as fruits and vegetables to welcome attendees. The governor stated "I've never seen anything like this in Arkansas."

For Monday night's focus

expo, guest traveled from one station to another to see various aspects of health that are being used to educate and stimulate students.

In the gymnasium, a rock climbing wall has been installed and children were jumping on exercise balls and playing hopscotch. In another area they were participating in aerobics and exercises'. Next door, in a weight room, instructors from Health Works were helping students learn how to use a variety of fitness machines.

Unique features of the new focus campus include a fitness center, rock climbing wall, aerobic studio, pedometers, polar heart rate monitors, Tri-Fit physical assessment system, Second

Step: A Violence Prevention Curriculum and on-Sit Pre-School.

Health Works instructors are also on campus throughout the week in the fitness center.

Susan Blake reported that El Dorado Schools have dropped the use of commodities to improve school

Lunches.



*Governor Huckabee is greeted by teachers at Union Academy.
Picture by Jim Lemon News-Times*

Bonnie Carr Named Woman of the Year in Mt. Ida

Bonnie Carr, Rural Health Specialist, was awarded Woman of the Year at the annual Chamber of Commerce banquet in Mt. Ida on March 1st. Bonnie was nominated by individuals in the community for her hard work and dedication to the county, according



Bonnie Carr receives award from Montgomery County Chamber of Commerce.

the Chamber office. Bonnie has written and received several grants, formed a breast cancer support group, organized several community health fairs and was key in getting Mt. Ida certified as an Arkansas Community of Excellence.

DASH ACROSS DALLAS COUNTY

DASH across Dallas County will kick off March 19. Two members of DASH worksite wellness committee reviewed and modified the Walk Across Arkansas fitness program for the event. Committee members used draft worksite wellness toll kits and “A Blueprint for Changing the Culture of Health” brochures to recruit business, churches and other organizations to participate in the fitness program. Committee members received donations which include a night’s stay in a new local hotel, a free massage and a steak dinner.

Fordyce schools district had 513 students participate in the “Body Walk” held Feb. 16 in the high school gym. Susan Ridings, Secre-

tary of DASH, coordinated the event. DASH members and community volunteers worked to set up the Body Walk and to serve as station attendants.

On February 8 two Fordyce High School students, who are members of Arkansas Drug Free Youth (ADFY), gave a presentation to DASH members at their regularly scheduled meeting. The presentation, Youth Extinguishing



AR Drug Free Youth— Two students from Fordyce serve on Statewide board

Smoking (Y.E.S.) outreach program, is a peer teaching program being used in classrooms to teach younger students about the harmful effects of tobacco use. Members of ADFY recruit peers to teach the Y.E.S. curriculum.

The site for the new Dallas County Health Unit has been chosen. The County has received an additional \$73,000 grant towards the building. This with the original grant will total \$473,000.

Ashley Garner CHIN for the Dawson Co-Op worked with Fordyce NUPACC committee on School Health Index Assessment

Columbia County Is Well Represented

Columbia County Health Unit was well represented at the Southwest Arkansas Community Development Corporation’s Tobacco Prevention Initiative Annual Health Fair held Saturday, February 26 from 11 am till 2 pm. Melinda Harrell, HHI Team Leader, along with Carol Minter, PHN, and DaLaine Davis, CHRC, provided information to approximately

fifty visitors.

Attendees received information on WIC, Family Planning, Immunizations, Maternity care, STDs and Breastfeeding. The main emphasis of the Health Fair was Tobacco Prevention.

The immunization schedules were a hot item, and the “I Eat At Mom’s” t-shirts were a big hit.

Employees at the Alco Plant in Magnolia are asked to exercise for 20 minutes prior to beginning work.

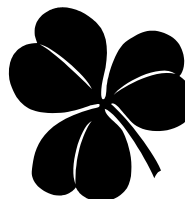
Helping Everyone Achieve Long-Term Health (HEALTH) of Columbia County, worked on writing their vision and mission statement this month. Melinda Harrell contacted three community members and invited them to attend the Search Your Heart program on March 4th. This Centers for Disease Control Best Practice program, is sponsored through the American Heart Association, and is part of the Aging Arkansas workplan for HEALTH.

Our Children First- Healthy Arkansas Committee

Cynthia White has been busy promoting the Healthy Arkansas Initiative in Miller County. On Feb. 7, Cynthia and Helen Weir presented ACT 1220 and the Healthy Arkansas Plan to the Fouke Lions club. Cynthia also has set up monthly talks for heart health with an emphasis on obesity, inactivity and tobacco, with the Senior Citizens Center SWADC in Texarkana. She also had delivered anti-tobacco posters to Living Hope and gave them ideas on

implementing physical fitness programs for their clients.

Helen Weir gave a report to the Our Children’s First Parent and Early childhood work group on BMI/Act 1220 on Feb. 10. She also informed the group of work being done by the Nutrition Physical Activity Advisory Com-



Don’t forget to wear green on March 17th!

mittee in Miller County. The group plans to develop resources for young fathers and their needs.

Helen gave a presentation to the Prevention Resource Council in Texarkana on Second Hand Smoke on February 22. The group included members from Criminal Justice and Mental Health Human Services.

Sevier and Polk Counties Work on Prevention

Cheryl Lindly CHNS gave several talks on tobacco prevention and health habits in February. On February 1, she talked to approximately 60 eighth graders at the Mena Middle School. She also designed a newsletter for the students which addresses and explains Body Mass Index (BMI), healthy eating and promotes physical activity. The next week Cheryl spoke to 50 students at Acorn High School on "Spit Tobacco". She gave out playing cards, SOS shoe laces, calculators, pens and pencils. The Quality of Life Committee of Vision 2010 in Mena is sponsoring Walk Across Polk County with the Extension Service. No, you don't actually walk all the way across the county. It is a friendly competition to see who can log the most miles, lose the most weight, or lower their cholesterol. Mena Medical Center is doing cholesterol test on March 28 through April 1 for the participants. Each team has

eight members.

Participants are encouraged to get a buddy and walk, jog, or do any other cardiovascular exercise. Teams will be competing for some great prizes.

Polk County Quality of Life Coalition's goal is to work with and offer assistance to local businesses that are interested in making Arkansas a healthier place to live. They have already started contacting local business about adopting Centers for Disease Control Best Practices for their employees.

Cheryl spoke again on February 15 to

sixty Van-Cove high school students on the dangers of Spit Tobacco. Another talk was given to the Family Dynamics class on BMI.



Cheryl Lindly (L) with Teresa Morris (back R) hand out information for "Body Walk"

Locksburg Elementary school in Sevier County held Body Walk, a health information program that teaches young students about the harmful effects of tobacco use and encourage healthy behaviors.

They also talked with parents and other health care

providers about Healthy Arkansas and gave out toolkits for parents and work-site wellness at the Mena Co-Op on February 17 for Agency Fest.

Ouachita, Union, Calhoun and Dallas Co. (QUADCO)

Bettye Thurman, Director of Interfaith Clinic in El Dorado is both a member of TOUCH and on the QUADCO board.

Many of you know that Bettye has been involved with getting legislation passed that enables Nursing Homes to donate unused prescrip-



tion medication to charitable clinics. On February 15 the bill was signed by the Governor.

Bettye started talking to Rep Jodie Mahoney, who sponsored the bill, several years ago. She learned that Louisiana already had such a bill and obtained a copy. After provid-

ing it to Rep. Mahoney wheels began to turn.

The QUADCO Rural Health Network is up and running well in all four Counties. The Interfaith Clinic reported that they are providing approximately \$70,000 worth of free medication each month.

Hempstead County Recognizes Movers and Shakers

Several Hempstead County residents received awards before Dr. Faye Boozman spoke to a group of civic leader in Hope on February 17. The awards recognized people who make a difference in others lives by implementing programs that improve health. The awards were as follows:

- Susan Freydl for leading Body

And Soul Aerobics since 1983.

- LaVetta Davis for conducting Palates classes, Walk Across America and Reshape Yourself.
- Sherree Telford and Dennis Shaffer who teamed up to implement a wellness initiative at Medical Park Hospital.
- Stan Nix and Charlie Collins for Upward Basketball a program for

Youth that promotes exercise.

- Bill Harris and Cindy Buck with DHS who created a spread sheet to help employees keep up with their weight loss.
- Kimberly Schooley a student nurse at UACCH campus for a program that promotes the health of students
- Ashley Allen and Barbara McGehee for work on Tobacco prevention in Hempstead County.

**Hometown Health
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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

March 21- Peer Exercise Program Promotes Independence (PEPPI) training by- Texarkana Regional Council on Aging- @ the Miller County Health Unit.

March 23- Hometown Health Team Leader and Support Staff meeting in Prescott

April 11- Straightway will be at Prescott High School 2PM

Back Page Story Headline

Calhoun County- Glenda Gotcher, HHI Team Leader invited the Nutrition Center in Hampton and The 8th Street Baptist Church to attend the Search Your Heart train the trainer that was held Friday March 4th in Camden.

Little River County- Little River Hometown Health Coalition has established ground rules, discussed their name and began working on worksite wellness. They have also scheduled Foreman and Ashdown schools to do the Youth Health Risk Behavior this Month. Ashdown Schools have adopted plastic milk containers in their school cafeteria and are already seeing an increase. The Extension office kicked off a Fitness/Nutrition Project for Families on February 24 using the Fitness Challenge model. Carole Mashburn and Gayle Vermeer, PHN, took B/P's and pulse for participants.

Ouachita County- Ashley Garner, CHPSN gave a School Health Index

workshop in Camden to 14 participants, on February 23. The purpose of the meeting was to provide information on Act 1220, NPAAC, and Healthy Arkansas. She handed out brochures and went over recommendations on each subject.

Hempstead County- Sandy Fry, HHI Team Leader, gave a radio public service announcement on KXAR/AM on January 27 on the FLU vaccine. On the evening of February 17 Dr. Boozman spoke with community leaders on the "Perfect Storm". The local Rotary Club and Hempstead Opportunities thru Prevention and Education hosted

the event.

Lafayette- Mary Joseph joined local leaders for an initial Arkansas Community of Excellence meeting. The group made plans to do a community survey to be completed by April 15. The Lafayette County HHI Coalition formed committees on By-Laws, Worksite Wellness and older Arkansans at their meeting on February 16. There were 18 people in attendance.



Nevada County- Edie Greenwood, HHI

Team Leader, went with Leadership Nevada County to visit the State Capitol and meet with the Governor on February 24.