

**A publication linking the community to programs by
The University of Arkansas – Division of Agriculture**

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Progress Continues on My Healthy Jonesboro

After a year of needs assessments and strategy development, the My Healthy Jonesboro (MHJ) is moving forward to make healthy changes in the landscape of Jonesboro.

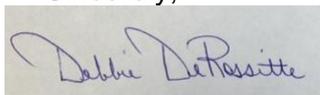
On January 12th, members of the MHJ coalition donned bright orange and yellow vests and walked with specialists from the Department of Health down Aggie Road. The group started at the Delta Economic Center and followed muddy and broken sidewalks to Front Street.

This is a route taken by many Arkansas State students and Aggie Road residents to the downtown business districts. The coalition had identified the path as a prime location for bike lanes and improvements to make it more pedestrian-friendly.

Traveling on foot made it easy to see why the area was targeted. There were so many small improvements cited to make a real difference in developing the area into well-travelled and safe alternative to driving.

This is one more step to making a healthier, more active Jonesboro!

Sincerely,



Debbie DeRossitte



Leesa Freasier with Arkansas Dept. of Health led the Walkability Audit.

Healthy Meeting Policy Update

All Craighead County Extension Homemaker Clubs and some 4-H clubs have adopted healthy meeting policies promising to make healthy choices available at meetings. A handout, *Recipes and Tips for Infused Water*, a healthy, flavorful alternative to sweetened drinks has been posted on the website www.uaex.edu/craighead.

All meetings mentioned in this newsletter are open to all eligible persons without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the Craighead County Extension Office (870-933-4565) as soon as possible.

Program Announcements for Extension Homemakers & the Community



2017 Walk Across Arkansas Campaign Starts in February

Walk Across Arkansas (WAA), a state-wide initiative to increase physical activity begins on Monday, February 26th. Teams of 2 to 10 people choose a team name and register online at www.uaex.edu/walk to participate. Registration will begin February 6th.

Team members are not required to exercise together however, many enjoy the camaraderie.

Participants complete online registration information, select a team captain and record the number of minutes exercised "intentionally" each day. Minutes only count if the exercise is done with the express purpose of getting more physical activity and is done in increments of at least 10 minutes. Wrap-up reports are completed at the end of the eight week program.

EHC Education Meeting Set for March 8th at 4-H Center

Extension Homemakers will gather at the C.A. Vines Center in Little Rock for biannual education meeting. The purpose of this meeting is to decide the major and minor educational emphases for the coming two years beginning July 1, 2017.

This is important because clubs are asked to utilize four programs from the major emphasis chosen and two programs from the minor emphasis for inclusion in the county's overall educational efforts. Extension specialists will be showcasing new programs for EHC delegates to consider for next two years.

Theme for the meeting will be "AEHC – Our Roots Run Deep". Online registration is open now with the deadline for registration set for February 24th. Cost for the meeting is \$23.00 which includes registration and lunch.

If you would like to go but have transportation concerns, please contact Glenda Griffin, immediate past president.

Red Beans and Rice Luncheon Fundraiser Set for February 21st

Craighead County Extension Homemakers are sponsoring their first Red Beans and Rice Luncheon on February 21st at Temple Baptist Church. For everyone who missed the opportunity to enjoy EHC's signature Red Beans and Rice at the NEA District Fair, here's your chance!

The meal will feature red beans and rice (or soup beans), cornbread, "made from scratch" desserts and a drink.

All EHC members are asked to pre-sell tickets and to turn funds in at the Extension office by February 10th so that a head count can be determined.

Community Service – It's What We Do!

Oak Grove EHC Sewing Day Produces Great Results!

Members of the Oak Grove Extension Homemakers Club used a sewing day to produce items for three service projects and to introduce prospective members to their club.



Vickie Thompson sews a blanket for the **NEA Children's Advocacy Center** from fabric donated by Froggie's Full Sun Gifts & Florist.

Twenty-six comfort pillows were also constructed for Arkansas Children's Hospital and seven dog beds for NEA Humane Society.



Ivaline Moody, Oak Grove EHC, prepares finished blankets for delivery to NEA Children's Advocacy Center.



Carolyn Thompson, Oak Grove EHC President, presents blankets to Patty Cornwell, child advocate at the center.

We would love to feature your Extension Homemakers Club's Community Service projects in a future issue. Email your photos and information to dderossitte@uaex.edu

Extension YOUTH Wellness Ambassador Training Piloted



Academies at Jonesboro High School students are making a difference in the health of their school and community through participation in the Extension Youth Wellness Ambassador Program (EYWAP). The EYWAP training was incorporated into Nutrition and Wellness, a one semester course. Components of the adult Extension Wellness Ambassador Program were correlated to the course frameworks.

Fifty-six students worked in coalitions on service learning projects including:

- Initiating a backpack program for JHS students.
- Identifying walking paths on campus to promote Walk Across Arkansas.
- Conducting a healthy food drive for the Salvation Army.
- Hosting “Workplace Workouts” for high school faculty/staff.
- Campaigning for healthy menu choices in the school cafeteria.



Three Extension Wellness Ambassadors Aid Craighead County FCS Program

Jackie Doss and Belinda Stillwell, who work with the health departments in several counties, will complete Extension Wellness Ambassador Program (EWAP) training in Craighead County on January 31st. The partnership with Department of Health professionals will greatly enhance and extend the reach of Extension Family and Consumer Sciences in this county and beyond!

Jackie and Belinda join Heather Bunkley Allen (2016 EWAP graduate) in what is becoming a “dream team” in Craighead County. Heather has been working with the My Healthy Jonesboro Coalition to help make policy, systems and environmental changes for a healthier community.