

Arkansas Tobacco Settlement Commission

2009 Funded Grants

GRANT NUMBER	ORGANIZATION NAME	AWARDED AMOUNT	GRANT PROJECT DESCRIPTION
2009-056	St. Francis Clinic of Siloam Springs	\$38,370.00	Project "Ounce of Prevention Worth a Pound of Cure" will improve and optimize the health status of Arkansans in Western Benton County by establishing a long-term program targeting chronic health conditions among low income medically uninsured and underserved persons with special emphasis on the diabetics and Hispanic/Latino population. Our goal is to reduce the rate and effects of heart disease, hypertension, diabetes, obesity, COPD, and tobacco use through a screening, early detection, and education program that will lower the death rate and improve the quality of life of persons suffering from these debilitating conditions. We will achieve this goal by recruiting a full-time registered nurse (bilingual preferred); accessibility of medications through our Pharmaceutical Assistance Program; purchase of diabetic lab tests and supplies (Hemoglobin A1c, glucometer and glucometer strips); health screenings (including blood pressure, cholesterol, glucose, lipid profile, weight/BMI, and overall health risk appraisal); health education for patients (including bilingual) and self-management classes, and nursing disease management for at-risk persons with chronic conditions.
2009-064	Jefferson Hospital Association, Inc.	\$36,719.00	Jefferson Hospital Association/Jefferson Regional Medical Center (JRMC) will take the Know Your Numbers Project – On The Road! Since 2004, JRMC has provided comprehensive health screening services for the community. Our program has grown steadily and we plan to further our reach across South Arkansas. We will purchase a van and literally take our screening services on the road to the rural communities. We propose to screen at least 2500 individuals throughout our service area on 6 different measures for a total of 15,000 screenings. We will target at least one screening in each of the eleven counties in addition to our normal health fairs we conduct. We will cover towns like Monticello, Lake Village, Rison, Stuttgart, DeWitt, Star City, Dumas, Sheridan and many more.
2009-006	Daughters of Charity Services of Arkansas	\$41,095.00	According to the CDC, even small changes in diabetes care can result in significant improvements in health, and dramatic reductions in health care costs. A 1% drop in glycemic levels, for example, can reduce a patient's incidence of microvascular disease by 30%. And annual eye exams can reduce the likelihood of serious vision loss by 70%. Clearly, proactive health care providers and informed patients can reduce the financial and personal costs of this disease. With grant funds, we will develop and implement a program to better serve our patients with diabetes. It will include patient education and training in diabetes self management, development of a registry to help us better track patients' conditions, and health care delivery using a team approach. This method—often called the Chronic Care Model—has emerged in recent years as a way to proactively treat patients with chronic illnesses. It has been shown to improve the health of diabetes patients who are treated at CHCs and private practices. Ours is a pilot project to implement the Model in a rural clinic and to assess the resulting behavior changes and health improvements. What we learn from this project can be applied to expansion of the program to all of our diabetes patients and likely adoption of the Model for our patients with other chronic diseases.
2009-009	South Arkansas Center on Aging	\$35,200.00	The South Arkansas Center on Aging (SACOA) will coordinate <i>Healthy Cooking</i> classes to teach diabetic Arkansans how to stay compliant with their diabetic diets; to reinforce their doctor's recommendations concerning nutrition; and to provide in-depth diabetic education. This program will be an expansion of last year's ATSC grant which provided diabetic and hypertension education to south Arkansas older adults. SACOA will partner with the Texarkana Regional Center on Aging; the South Central Center on Aging, and

			each of the sixteen south central counties' Cooperative Extension Services to provide monthly classes in each county to 30 participants per class. This would reach around 5,760 people per year. SACOA is asking for \$100 per site per month for healthy food and serving supplies and a one time amount of \$1000 per site for advertising and educational materials. For a total of \$35,200 or \$6.11 per person a year, south Arkansan diabetics' health will be improved and health care costs will be cut.
2009-049	Chicot Memorial Hospital	\$49,600.00	People without health insurance often have difficulty paying for their medications. Many use less of their medication than prescribed because of the costs, resulting in poorer health. The Delta Medicine Assist Program-Chicot County will connect low-income uninsured residents of Arkansas, Desha and Chicot Counties with pharmaceutical companies who offer medications for free or reduced costs. People cannot get help if they do not know help is available. We must promote the program throughout the service area to increase awareness of the program and boost enrollment of those who are eligible to participate. In addition, The Delta Medicine Assist Program-Chicot County will provide an opportunity to share chronic disease health information and education with low-income individuals with or at risk of developing chronic health diseases. Education will be on an individual basis, through educational workshops and seminars, and as we "ride along" on the Chicot Memorial Hospital In Motion Mobile Health Unit. Connecting low-income, uninsured people to no or low cost pharmaceutical medication programs and health education is one of the most cost-effective ways to improve and optimize the health of Arkansans in an efficient and effective manner.
2009-022	White River Health System, Inc.	\$25,359.00	<i>Project Working Well</i> , a community health and wellness program of White River Health System, Inc. (WRHS), provides Worksite Wellness Program to local businesses and their employees. A pilot project was launched in August 2005, since that time more than 3,283 employees working at businesses in the WRHS service area have received blood pressure, cholesterol, glucose testing and body composition measurements in order to determine their risk for stroke, heart disease and diabetes. Participants receive an explanation of their diagnostic results in the form of a printed Individual Wellness Report, and are asked to set a short term wellness goal for themselves with help from a registered nurse, pharmacist, dietician or health educator. Participants are educated using national recommendations for health screening tests (i.e. mammograms, colonoscopy, etc.) based on age, gender and/or specific need and diagnostic testing. Employers are provided valuable aggregate data in the form of an Executive Data Report regarding health risk factors their workforce is facing as a group. With additional, funding participants will have access to information regarding healthcare services and providers in the community via educational displays that are maintained monthly by WRHS employees at 33 different worksites.
2009-024	Quapaw House, Inc.	\$50,000.00	To provide smoking cessation classes to persons with mental health and substance abuse disorders, including clients in residential and outpatient substance abuse treatment at Quapaw House facilities in three locations in Hot Springs, Arkansas. A project coordinator will be trained to implement the program, oversee educational components, and link participants with supports to assist them with achieving a non-smoking lifestyle. Outcomes will be measured with data collected for one year to evaluate effectiveness of program and to guide program improvements. Environmental changes will be made to discourage smoking during treatment and incentives will be used to encourage clients to choose other activities instead of smoking at breaks. Positive alternatives will be provided to reduce stress and improve cardio-vascular health such as using walking trail, exercise equipment on premises, and aerobic activities offered on site. These services will be available to all clients in adult residential, adult outpatient, and specialized women's residential treatment (for pregnant and parenting women). It is projected that an estimated 800 clients will be provided with this smoking cessation program as part of their comprehensive treatment in addition to approximately 50 individuals from the local recovering and mental health communities.
2009-069	Delta AHEC	\$49,710.00	The UAMS Delta AHEC will expand its highly successful Kids for Health program into Brinkley Public Schools and the Lee County School system. The program will reach 1265 students in grades K-6. Actual

			encounters will total more than 25,000 encounters. "Kids for Health" is a health educational curriculum created in Fayetteville, Arkansas in 1994 by a group of health professionals and educators. The curriculum is centered on five major topics, my self, my body, my world, my health, and my choice. The program consists of 16, one- half hour lessons taught weekly at each of the targeted schools by trained Kids for Health instructors. These educators visit the classroom weekly to teach a health education topic to the children. A video is shown on the topic. Educators who wear bright colored scrubs, sing, dance, use health education teaching models, puppets or various other teaching props to make learning fun and interesting. Children participate in educational games and receive a weekly health tip to take home to their parents to share and reinforce what they have learned.
2009-044	Med-Tech EMS, Inc.	\$22,350.00	The purpose of this project is to place an Automated External Defibrillator on every school campus in Conway County by Fall 2009. This helps create "heart healthy" schools in our county.
2009-068	Stuttgart Regional Medical Center	\$49,600.00	People without health insurance often have difficulty paying for their medications. Many use less of their medication than prescribed because of the costs, resulting in poorer health. The Delta Medicine Assist Program-Arkansas County will connect low-income uninsured residents of Arkansas, Desha and Chicot Counties with pharmaceutical companies who offer medications for free or reduced costs. People cannot get help if they do not know help is available. We must promote the program throughout the service area to increase awareness of the program and boost enrollment of those who are eligible to participate. In addition, The Delta Medicine Assist Program-Arkansas County will provide an opportunity to share chronic disease health information and education with low-income individuals with or at risk of developing chronic health diseases. Education will be on an individual basis, through educational workshops and seminars, and to the patients of Stuttgart Regional Medical Center and its two rural health clinics in Arkansas County. Connecting low-income, uninsured people to no or low cost pharmaceutical medication programs and health education is one of the most cost-effective ways to improve and optimize the health of Arkansans in an efficient and effective manner.
2009-026	Arkansas' Museum of Discovery	\$37,057.00	The Museum of Discovery wishes to provide heart health education programs for three Delta-area schools in Arkansas: Dumas Junior High, DeWitt Middle School, and Conner Junior High (McGehee). The Museum is currently working with a school in Pine Bluff to develop a program, and we would like to expand it to include underserved populations in the Arkansas Delta. The program focuses on heart health in general, but particularly the increased risks faced by African American adolescents. Poor health choices, including being overweight, are contributing to a looming health crisis for the now-teenaged generation of students. Teenagers are beginning to exhibit signs of previously "adult" diseases, including Type II diabetes, hypertension, and cardiovascular disease, with African American adolescents disproportionately represented in these statistics. The Museum conducts 30 different informal education programs, each fulfilling units of study within state curriculum standards. Health programs are very popular with schools that may lack properly trained personnel or adequate facilities to teach specific areas, including dissection classes. The Museum provides a trained educator who presents the program in a hands-on, informal museum setting rather than the possibly intimidating classroom setting. The Museum feels that the impending health crisis and futures of Arkansas adolescents warrants a program focusing on education about preventable diseases and the measures that students can take now to reduce their risks.
2009-003	Central Arkansas Development Council	\$15,340.00	This project will allow CADC to optimize the health of senior adults ages 60 and older. Through this effort, ATSC funds will provide life-saving defibrillators at 8 senior activity centers, where more than 1,600 seniors ages 60 and older congregate for meals, exercise, and educational opportunities. This project will provide automatic external defibrillators at senior activity centers in Benton, Bryant, Malvern, Glenwood, Mt. Ida, Murfreesboro, Arkadelphia and Gurdon. This project will provide automatic external defibrillator and CPR training to prepare each center director, 16 volunteer responders and administrative staff for use, reporting and storage of the systems.

2009-048	Delta Memorial Hospital	\$49,600.00	<p>People without health insurance often have difficulty paying for their medications. Many use less of their medication than prescribed because of the costs, resulting in poorer health. The Delta Medicine Assist Program-Desha County will connect low-income uninsured residents of Arkansas, Desha and Chicot Counties with pharmaceutical companies who offer medications for free or reduced costs. People cannot get help if they do not know help is available. We must promote the program throughout the service area to increase awareness of the program and boost enrollment of those who are eligible to participate. In addition, The Delta Medicine Assist Program-Desha County will provide an opportunity to share chronic disease health information and education with low-income individuals with or at risk of developing chronic health diseases. Education will be on an individual basis, through educational workshops and seminars, and as we “ride along” on the Chicot Memorial Hospital In Motion Mobile Health Unit. Connecting low-income, uninsured people to no or low cost pharmaceutical medication programs and health education is one of the most cost-effective ways to improve and optimize the health of Arkansans in an efficient and effective manner.</p>
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