



# 5-2-1-0 Let's Go! Newsletter

February 2014



[www.letsgo.org](http://www.letsgo.org)

## CAHI Implements New Grant

Corning Area Healthcare, Inc. is pleased to announce their partnership with Arkansas Delta States Network (ADSH) and their lead agent ARCare which serves unmet local healthcare needs. This partnership includes federally funded grants and CAHI is working with them on the Health in Action grant, which is an area development effort aimed toward the purpose of reducing obesity. This grant's target populations will include school aged children and working adults. The school based programs will include health assessments, health education and physical activity while adult workplace teams will be used to promote physical activity and healthier eating. Adults and youth from our clinical sites will be included as well.

There are 20 counties in Arkansas included in the project and CAHI is responsible for 6 counties which are Clay, Fulton, Greene, Lawrence, Randolph, and Sharp counties. Brandi Sharp, APRN is coordinating the efforts of this grant along with assistance from CAHI management and nursing staff: Brigitte McDonald, CEO; Debra Finley, COO; Amanda Wiedeman, Administrative Assistant; Cassie Mitchell, LPN and Trishon Crisler, LPN. The goal is to reduce our communities' incidence of obesity and associated chronic diseases. The main approach CAHI is implementing is the 5210 Goes to School program that is designed to promote healthy lifestyle choices for all ages through community collaboration. The program initially began at the Barbara Bush Children's Hospital at Main Medical Center. The initial objective was to see if families who are exposed to the same health promotion education in which healthier choices are supported if they would adopt these lifestyle modifications into their daily routine. The emphasis of this approach formed the concept of 5210 Goes to School which is: 5 or more fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity and 0 sugary drinks per day.

## Clinic Locations:

### Family Medical Center

1300 Creason Road  
Corning, AR 72422  
Phone: 870-857-3399  
Fax: 870-857-3301

### Pocahontas Family Medical Center

141 Betty Drive  
Pocahontas, AR 72455  
Phone: 870-892-9949  
Fax: 870-857-0208

### Community Healthcare Center

201 Colonial Drive  
Walnut Ridge, AR 72476  
Phone: 870-886-5507  
Fax: 870-886-5632

## Visit our Website:

[www.cahi-ar.org](http://www.cahi-ar.org)





Currently CAHI has begun educational programs in the local Head Start programs in Corning, Clay County; Pocahontas, Randolph County; and Walnut Ridge, Lawrence County.

Children ages 3-5 as well as their teachers and parents were introduced to the 5210 concept through an interactive session of presentations including written handouts, coloring activities, songs and games. By educating the staff and parents, they can serve as active role models and impact all children.

CAHI will focus on the public school system, including after school programs, activities in the classroom, cafeteria education, quality recess with physical activity, and other school related activities such as sporting events. CAHI has spoke at the Walnut Ridge Lawrence County Junior High career development class and Parent Advisory Council at Pocahontas Public School in Randolph County to introduce the 5-2-1-0 program. The next target population CAHI will focus on is the public school systems including after school programs, activities in the classroom, cafeteria education, quality recess with physical activity and other school related activities such as sporting events.



This grant is a 3 year project where data will be collected to determine ways to increase access to healthy living opportunities, decrease BMI levels of these target populations, and have an increase in the number of providers who are more qualified in their assessment, prevention, treatment and follow-up for patients regarding a healthy lifestyle. If you would like more information please visit [www.lets-go.org](http://www.lets-go.org)

