



Prevention Pieces

Quarterly News

The Marion County Prevention Team Welcomes You to Our Newsletter.

Volume 5

Our goal is to increase communication with our many diverse partners within the health department and in the community. Each quarter we highlight selected programs, share information about events & resources, and let you know how you can be involved in healthy local activities. Whether you are a business owner, parent, educator, advocate, provider or just interested in your community, we know you will find something to inspire you.

Winter 2015



Holiday Greetings from your Prevention Team!

What's inside...

Welcome !	1
Team News	1
<u>Chronic Disease Prevention: New Youth Program Starting</u>	2
<u>Chronic Disease Prevention: Community HEAL Grant for Woodburn</u>	3
<u>Tobacco Prevention & Education Program: ICAA Laws and Fresh Air</u>	4
<u>Communicable Disease Prevention: Immunization & School Exclusion Information</u>	5
<u>Communicable Disease Prevention: STI Concerns in Marion County</u>	6
<u>Teen Pregnancy Prevention: Updates and new data resources</u>	7
<u>Problem Gambling Prevention: Calendars and art contest; Holiday Reminders</u>	8
<u>Parenting for Prevention: Strengthening Families & QPR Upcoming class calendar</u>	9
<u>Parenting for Prevention: Search Institute Providing Positive Feedback</u>	10
<u>Parenting for Prevention: Holiday Fun Ideas for the Family that increase Protective Factors</u>	11
<u>Substance Abuse Prevention: Youth Drug Facts Week Contest Information</u>	12
<u>Health Department: Connect With Us!</u>	13

Welcome to the Team!



Sally Cook joined the Prevention team in December as a Health Educator II. Sally has a Bachelor's degree from Portland State University in Health Education and Health Sciences. Sally grew up locally and attended Space Camp in fourth grade, made several of her own formal dresses for dances in high school and lettered in Choir and Dance Team.

As an adult, Sally has a broad background in Public Health including; HIV testing and counseling, Tobacco Prevention, and for a brief stint volunteering as a Peace Corps member working on HIV/AIDS prevention in Sub-Saharan Africa.

Sally serves on the Salem library advisory board, and works with Citizen's Salem Police Review board. Sally has also worked with her neighborhood association to create a new community garden in Salem. She begrudgingly got a cell phone this year.

Sally has two daughters ages three and six, and lives with her husband. Both children are involved in dance, and eating everything that is not nailed down! In her spare time, Sally likes to cook and read. She looks forward to going back to Jazzercise. Sally also has an interest in astronomy, science-fiction, animals and earth sciences and enjoys movie quotes and British television.

Sally will focus on the development of the Youth Chronic Disease Prevention (YCDP) program and work to improve the health of youth in Marion County by reducing obesity and other factors that contribute to chronic disease.

Please join us in welcoming Sally to the team!





Chronic Disease Prevention

Meet Our Newest Prevention Program!

We are excited to introduce the Marion County Youth Chronic Disease Prevention (YCDP) Program, and to begin sharing ways that it can benefit local families. Sally Cook, Health Educator II will facilitate the program. Sally's position is funded by a Title V Maternal and Child Health Block Grant.

Many are aware that national and state-wide rates of obesity continue to climb, however, they may not know that the rate of childhood obesity in Marion County is climbing at an even higher rate. This is especially concerning because obesity is a known risk factor for many other chronic diseases throughout the lifespan, such as diabetes, heart disease and stroke.

Our mission is to reduce chronic disease in younger populations through creating partnerships and promoting wellness in all areas of life. We will support our community's youth by working to improve health in all areas. We believe that all young people deserve to live in healthy communities that help them to thrive and grow.

8 Habits of Healthy Kids[®]

Healthy kids:



Community Partnerships: YCDP partners with individuals, schools, faith based organizations and local public and private businesses to provide technical assistance in preventing youth obesity and other chronic diseases.

Obesity Prevention: YCDP provides technical assistance, best practice strategies, policy recommendations and local connections to available resources.

Outreach and Advocacy for Obesity Prevention in Oregon: YCDP works with local governing bodies and businesses to advocate for policies that aim to reduce obesity and other chronic disease rates in Marion County.

Get Involved: If you recognize areas where your community can improve health for kids and want to know what programs are available, give us a call at 503-981-2462 or e-mail us at scook@co.marion.or.us.

Great News for Woodburn and Marion County

The grant focuses on improvement of places and systems to allow individuals and families to make healthier choices, and by reducing the risk of obesity-related chronic conditions from lack of physical activity and poor nutrition. All efforts will focus on increasing protective factors in order to prevent obesity-related chronic disease.

[illegible]

Community partners in the health initiative include Woodburn Pediatrics, Salud, Woodburn School District, Marion Polk Foodshare, Woodburn Health Center, Marion County Health Department, OSU Extension Services, the City of Woodburn, and other local businesses.

Join Our Efforts! Email MCHDPrevention@co.marion.or.us for information and to get involved with this exciting project



Tobacco Prevention & Education Program

Celebrate Even More Fresh Air !

Oregon Indoor Clean Air Act Expansion:

E-cigarettes and similar devices will no longer be allowed in restaurants, bars, workplaces and other indoor areas in Oregon.

When does the ICAA Expansion take effect?

The ICAA expansion goes into effect January 1, 2016.

What is new to the state law?

- The Oregon Indoor Clean Air Act (ICAA) has been expanded to include the use of “inhalant delivery systems.”
- Inhalant delivery systems are devices that can be used to deliver nicotine in the form of a vapor or aerosol.
- People may not use e-cigarettes and other inhalant delivery systems in any indoor public spaces in Oregon, or in cars with minors under the age of 18.
- People may not use e-cigarettes and other inhalant delivery systems within ten feet of doors, window that open, air intake vents or accessibility ramps.



NO SMOKING / E-CIG / VAPE

As a business owner, what do I need to do?

Talk with your customers and employees about the law.

Provide training to employees on how to ask visitors and patrons not to smoke or vape.

Prohibit smoking and use of inhalant delivery systems in the workplace and within 10 feet of all entrances, exits, accessibility ramps that lead to and from an entrance or exit, windows and air-intake vents.

Post signs at all building entrances and exits.

Mark as non-smoking/vaping outdoor seating or dining areas that are within 10 feet of entrances, exits and accessibility ramps that lead to and from an entrance or exit, windows that open and ventilation intakes.

Provide support for employees who smoke or vape to quit. Encourage them to call Oregon's toll-free **QUIT LINE at 800-QUIT-NOW (800-784-8669)** or, for Spanish, **is 1.855.DEJELO-YA (1.855.335356.92)** Or go to www.quitnow.net/oregon and www.quitnow.net/oregonsp (Spanish).

Free Decals are available for your worksite. Simply call Emily de Hayr at 503-981-2472 or email edehayr@co.marion.or.us



Communicable Disease Prevention

School Exclusion—Don't Get Left Behind!



Marion County Health Department can help with all kinds of immunizations, including those needed for school. Call soon to make an appointment **503-588-5342**



Nearly every place that provides care for a child outside the home requires shots or a medical or nonmedical exemption to stay enrolled. This year, the School Exclusion date is **Wednesday, February 17**. Simply put, students attending school or daycare who do not have documentation of required immunizations or an exemption on file will not be allowed to attend until documentation is received by the school or child care facility.

Immunization providers, including the Marion County Health Department, can get very busy near the school exclusion date. Waiting until the last minute to immunize for school can be a frustrating experience for parents and students trying to make appointments for shots and sometimes results in extremely long wait times in a crowded waiting room.

Here are a few tips to help avoid the inconvenience of a student being excluded from school:

- Call or come in to the Health Department any time to see if your student needs any shots for school. The Health Department main phone number is 503-588-5342.
- Make an appointment for shots well in advance of School Exclusion Day.
- Bring your immunization records when you come for your appointment.
- If you will be coming to the Health Department for shots, you can print and fill out the paperwork ahead of time. <http://www.co.marion.or.us/HLT/PH/Immunizations>

Check out the State of Oregon resource page on school immunization information for parents:

<http://1.usa.gov/1XIEjdQ>



Parents, don't let your child get left behind!

School Year 2015-2016





Communicable Disease Prevention

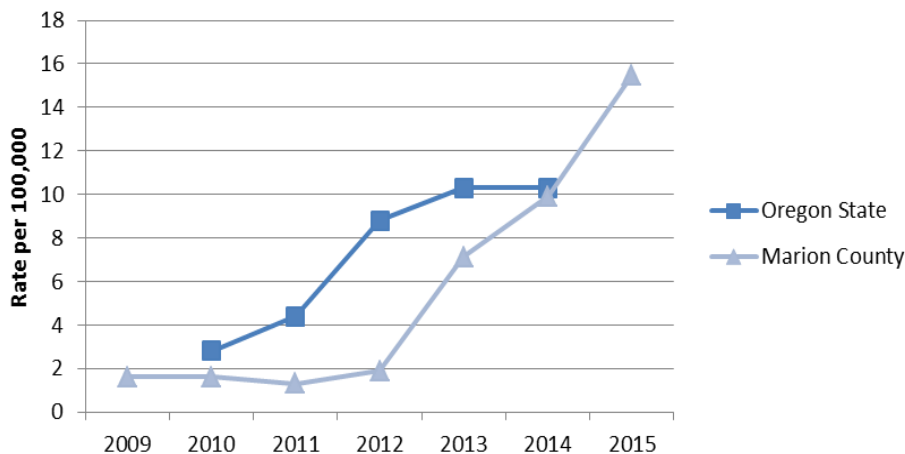
Sexually Transmitted Infections are still a problem



Marion County Health Department offers testing and treatment for STI's by appointment in a supportive, confidential environment.



Marion County Syphilis Rate Comparison 2009-
November 20th 2015 for Early Syphilis



According to the CDC, Oregon is currently ranked 10th in the nation for highest rates of syphilis. Statewide, rates fall above the national average...

From 2014-2015, Marion County experienced a dramatic increase in new cases of syphilis

...Marion County rates are even higher.

Syphilis is a sexually transmitted infection (STI) caused by a bacteria.

It's not all bad news! You can avoid becoming infected with STI's including syphilis. Prevention Works!

To avoid the short and long term health consequences of STI's including syphilis, practice safer sex methods including being abstinent or limiting the number of partners a person has sexual contact with, using condoms when having any type of sexual contact with a partner, and getting tested regularly.

With early detection, negative consequences can be minimized, and syphilis infection can be cured with medications.

We Can Help

Anyone can get tested for STI's at one of our clinics. Insurance is accepted and no one will be denied services for inability to pay.

Hours of Operation

- Tuesday 10:30-6:00
- Friday 9:00-4:00

There are a limited number of "drop-in" appointments so call for availability.

For More Information

Marion County staff is happy to answer questions about STI's. We want you to get the best care and to avoid getting STI's in the future. Feel free to call for any STI related questions.

Call (503) 588-5342 Monday - Friday 8:30- 5:00 pm

For more information about Syphilis, visit SYPHAWARE.org



Teen Pregnancy Prevention

Using Research to Reduce Teen Pregnancy Rates



Marion County Teen Pregnancy Prevention Program coordinates and supports the implementation of Cuídate Programs. The program is used for Latino and non-Latino youth ages 13-18 in community and school settings. Cuídate is evidence based and works to reduce rates of teen pregnancy, HIV and STD's among youth.



**THE TEEN BIRTH RATE IS NEARLY
ONE-THIRD HIGHER IN RURAL COUNTIES
THAN IN THE REST OF THE COUNTRY.**

© The National Campaign to Prevent Teen and Unplanned Pregnancy

Despite remarkable progress in reducing teen pregnancy and birth rates, many have wondered about particular segments of the population compare to others on rates of early pregnancy and childbearing. In particular, how do teen births compare in rural versus urban areas?

In an effort to address this question, in 2013 The National Campaign released a first of its kind analysis of teen childbearing in rural America. Our analysis showed that, in 2010 (the most recent data available by county), the teen birth rate in rural counties was nearly one-third higher compared to rates in the rest of the country, and rates in rural areas have been falling more slowly than rates in non-rural areas. This follow-up report focuses specifically on explaining the *why* behind the high rates of teen births in rural areas.



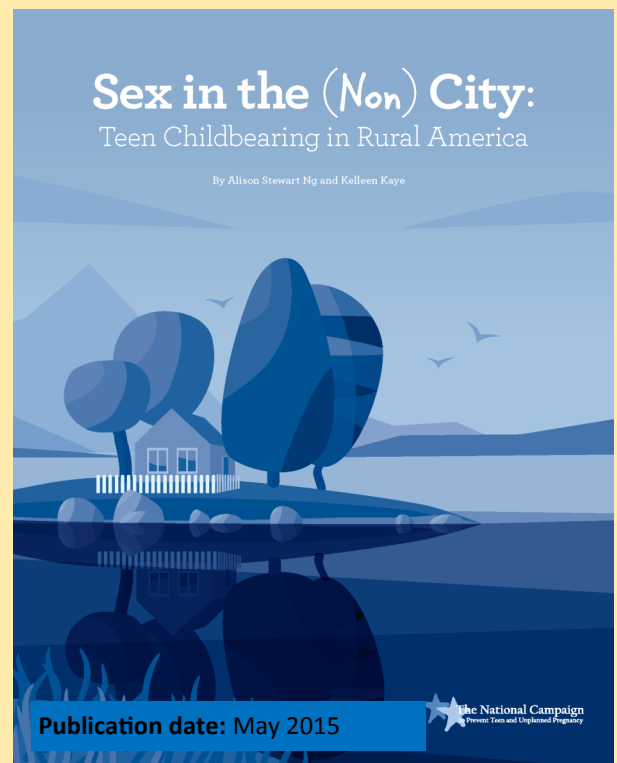
**COLLEGE
ENROLLMENT**

POVERTY

**ACCESS TO
HEALTH SERVICES**

**ARE THE MOST
PROMINENT
FACTORS
EXPLAINING HIGHER
TEEN BIRTH
RATES IN
RURAL AREAS.**

© The National Campaign to Prevent Teen and Unplanned Pregnancy



Publication date: May 2015

The National Campaign
Prevent Teen and Unplanned Pregnancy

[Click Here to Download or Order a Copy](#)



Problem Gambling Prevention

2016 Calendars



It's here!

If you have not received your FREE Problem Gambling Prevention Awareness calendar for 2015, featuring creative artwork from local middle school students around Oregon, NOW IS THE TIME!

There are a limited number of calendars still available, email your request to the Prevention Team at:

MCHDPrevention@co.marion.or.us

Do you know a middle-school artist? Entries are now being accepted for the 2017 calendar contest. Deadline to submit artwork is March 30, 2016. Email us for ideas, official contest rules and how to enter!

Every year, NCPG and McGill University partner with lotteries in the United States, Canada and around the world to send this important message:

The NPGC Lottery Holiday Campaign encourages parents and loved ones not to give lottery products as holiday gifts to minors.

Research shows that the majority of adolescents gamble at least occasionally, and that lottery products may be a gateway to problem gambling. Youth gambling has been shown to be linked to other risk-taking and addictive behaviors such as smoking, drinking and drug use.

Remember: When giving a lottery product as a gift, please make sure you keep the person's age in mind.



**GIFT RESPONSIBLY.
LOTTERY TICKETS
AREN'T CHILD'S PLAY.**



Mental Health Promotion

Mental Health Promotion Grant Funds Parent Programs

**STRENGTHENING
Families PROGRAM**
for parents and youth 10-14



QPR
For Suicide
Prevention

Ask A Question,
Save A Life

Provider	Location	Lang	Contact to Register		Dates
Howard Street Charter	Howard Street MS	ENG	Christina Tracy	TRACY_CHRISTINA@salkeiz.k12.or.us	THURS Jan 14-Mar 10
Cascade School District	Aumsville Elem	ENG	Leanne Deffenbaugh	ldeffenbaugh@cascade.k12.or.us	THURS Jan 7-Feb 25
	Aumsville Elem	SPAN	Leanne Deffenbaugh	ldeffenbaugh@cascade.k12.or.us	THURS Jan 7-Feb 25
Salem Keizer Education Foundation (SKEF)	Houck MS	ENG	Amy Solis	SOLIS_AMY@salkeiz.k12.or.us	January TBD
	Grant School	TBD	Jodi Blackman	jodi@skeducationfoundation.org	Spring
Mano a Mano	South Salem	SPAN	Levi Herrera-Lopez	levi@manoamanofc.org	TBD
	Washington Elementary	SPAN			TBD
Options Counseling	NE Salem	ENG	Debby Davis	Debby.Davis@options.org	THURS Jan 14 - Mar 3
	NE Salem	ENG	Debby Davis	Debby.Davis@options.org	THURS Mar 3 - May 19
South Salem Connect	South Salem	ENG	DJ Vincent	dj@salemifc.org	TBD
Silverton Together	Silverton	ENG	Jan Holowati	janh@wavecable.com	TBD
Friends of the Family	Stayton	TBD	Lisa Graber	fof@wvi.com	TBD
Woodburn Proud	Valor Middle School	SPAN	Yolanda Lopez	ylopez@woodburnsd.org	TBD

Sign Up Today for these **Free**, FUN
Family classes!

SFP: A 7-week evidence-based parent, youth, & family skills-building curriculum that really helps! It has been proven to:

- **Delay** the onset of adolescent substance use



- **Lower** levels of aggression in youth
- **Increase** the resistance to peer pressure in youth
- **Reduce** youth conduct problems in school
- **Improve** parent skills including building a positive relationship with their youth, setting appropriate limits, and following through on consequences, while showing love and support for their children.





Alcohol & Drug Prevention

What a Great Gift to a Young Person You Know...



Discovering what kids need to succeed

What Happens When We Notice the Good Stuff?

Recognizing and emphasizing strengths in young people isn't a naïve way to ignore problems, challenges, and risks. Rather, it taps their motivations and capacities to learn, grow, and improve.

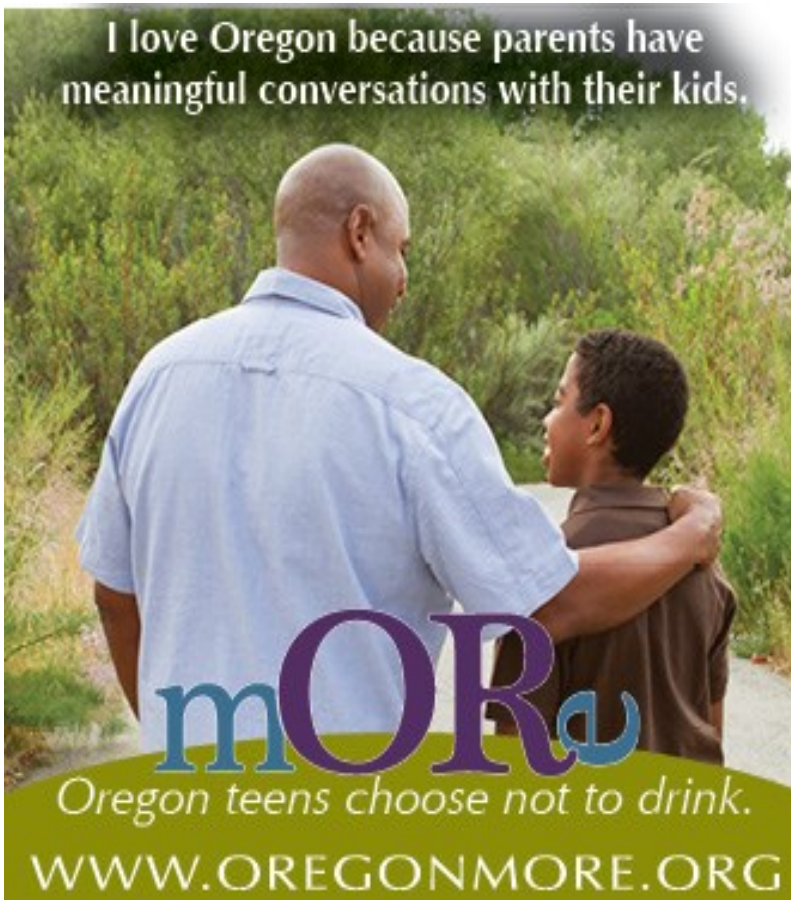


When adults view young people based primarily on their limitations, we treat them differently. That reinforces our preconceptions (and sometimes stereotypes) about who they are and what they can do. Even when they have the best of intentions, when adults hold deficit-focused views of young people, they subconsciously . . .

- lower their expectations for these young people;
- give fewer options for learning;
- spend less time with these young people; and
- talk less with them.

Is it any wonder that youth disengage or hold back, particularly when they are struggling?

I love Oregon because parents have meaningful conversations with their kids.



mORe

Oregon teens choose not to drink.

WWW.OREGONMORE.ORG

In contrast, noticing strengths and aspirations can bring out the best in youth.

One way it does this is by helping young people themselves recognize and use those strengths for their own learning and growth. It also creates a positive connection between the adult and the young person that motivates them to work harder.

In the end, recognizing and building on young people's strengths is more motivating and empowering than focusing on their challenges and deficits. While negative emotions can shut us down, positive emotions open us up, helping us see more options, solve problems, and expand our worlds.

Yes, many young people do face real challenges and limitations. It's just as true, however, that these same youth have real strengths. Our challenge and opportunity as educators, youth workers, parents, and community members is to notice those strengths as resources, even when they're overshadowed by the challenges we first notice.



Alcohol & Drug Prevention



Parents Corner: The Holidays and Beyond



As parents take part in holiday festivities, it's important to remember to make healthy choices around foods as well as the use of alcohol. According to a [report](#) from the National Center on Addiction and Substance Abuse (CASA) at Columbia University, "teens that have seen their parent(s) drunk are likelier to drink and get drunk than teens that have not seen their parent(s) drunk. They are also likelier to try cigarettes and marijuana".

Research has shown time and again that active parents, demonstrating healthy attitudes and voicing their disapproval of alcohol and other drug use, have proven to be the most effective preventative method for keeping children substance-free. Families with parents who model healthy decision making can make all the difference in helping young people to avoid risky behaviors.

Here are a few holiday party tips for parents from CASA. Set clear rules: Tell your child, prior to the party, that he or she is absolutely prohibited from drinking and using illegal substances. Be a model for healthy behavior: Have a plan for those who drink too much and make sure your guests do not drink and drive. If you are hosting the party, offer an ample amount of non-alcoholic drinks, foods, and games to all.



Why is parental engagement so important?

Children of hands-on parents are far less likely to smoke, drink or use other drugs. Highly engaged parents are more likely to notice some of the warning signs of substance use.

Monthly Family Fun Challenge

Join the 30 Day Family Fun Challenge!

Each month we'll be posting a fun activity right here for you to do with your family to help you connect with your kids and build strong relationships. It is easy to participate and fun! Simply use the tools available on our website to complete the challenge. Be sure to do it within the 30 day time frame as a new challenge will be posted monthly. We would love to see photos of your family in action. At the end of every month, please post pictures of your family completing the activity on our [Facebook](#) page or email them to FamilyDay@casacolumbia.org.

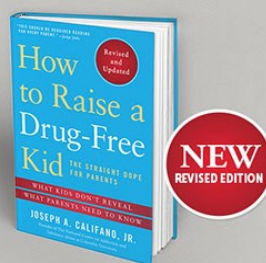


Take the Monthly 30 Day Family Fun Challenge!

Are you and your family ready to take on another challenge? Check out the featured activity for December now!

Take the Challenge!

Here's December's challenge: Happy Holidays! Fill out our holiday themed [Fill-In-The-Blank story](#). Don't forget to read it out loud when you're finished!



The new and updated edition of **How to Raise a Drug-Free Kid: The Straight Dope for Parents** is available for you to order!

In this completely revised and updated edition of **How to Raise a Drug-Free Kid**, Joseph A. Califano, Jr., former US Secretary of Health, Education, and Welfare, presents a highly readable, comprehensive guide to help you get your children through their most formative years -- that dangerous decade of 10 to 21.



Alcohol & Drug Prevention

Shatter the Myths Contest supports Drug Facts week



Local youth “Shatter the Myths” in the Nation Drug and Alcohol Fact Week Contest

For the second year the Marion County Prevention program is hosting the National Drug and Alcohol Facts Week Contest. National Drug and Alcohol week is sponsored by the National Institute on Drug Abuse (NIDA) with the goal of spreading awareness around what science tells us about drugs.

The Theme is “Shatter the Myths” around drugs.

Local Marion county middle and high school groups are invited to create a fun youth driven activity to be held during Drug and Alcohol Fact week (January 25-31, 2016) and create a video to showcase the project for judging. The winner will be chosen by committee and Facebook likes and can win a \$400 Visa Gift card.



Visit <http://www.co.marion.or.us/HLT/PH/PS/Pages/default.aspx> for full contest details and registration form

View last year's winner at
<https://www.youtube.com/watch?v=482qO-FAQDs&feature=youtu.be>



Other Health Department News



Always Improving to Serve You Better!

Marion County Health Department

3180 Center Street NE

will temporarily be moving to a new location due to building updates in the fall
(specific dates to be announced at a later time)

We are moving!

→

Stay up to date and track our progress at:

503-540-2100

**1660 Oak St SE
Salem Oregon 97301**

- Early Childhood Nursing
- WIC
- Clinic
 - Reproductive Health
 - Immunizations
 - Communicable Disease
 - Sexually Transmitted Infections
 - HIV

**750 Front St NE
Salem Oregon 97301**

- Adult Behavioral Health
- Genoa Pharmacy
- Medical Service Team
- County Medical Examiner
- Environmental Health
- Vital Statistics
- Administration

Created: 05/04/15 Updates: 07/15/15 Version 2 - Blue



Ready to quit?

Oregon Tobacco Quit Line can help. It helped me.
Call 1-800-QUIT-NOW (1-800-784-8669)
or go to www.quitnow.net/oregon/

**SMOKEFREE
oregon**



Connect With Us!

Marion County Health Department is on
[Facebook](#) and [Twitter!](#)



[www.facebook.com/
MarionCountyHealth](http://www.facebook.com/MarionCountyHealth)



[@MarionCo_Health](#)



ALL COUNTY PROPERTY TOBACCO-FREE & SMOKE-FREE



Thank you for not smoking,
using tobacco, or vaping.

Ready to Quit?

1-800-QUIT-NOW | 1-877-2NO-FUME | www.quitnow.net/Oregon

Thank you for your cooperation.

Smoking, tobacco use, and vaping prohibited per Marion County Code 8.40

If you have questions or comments, please contact any member of the prevention team at MCHDPrevention@co.marion.or.us

This material is available in alternative formats upon request. Please contact Health Administration at 503-588-5357, 3180 Center St NE Salem, OR 97301