



Prevention Pieces

Quarterly News



Volume 1
Spring 2012

Welcome to Our Newsletter The Marion County Prevention Team welcomes you to our newsletter. Our goal is to increase communication with our partners within the health department and out in the community. Each quarter we will highlight selected activities, share information about events & resources, and let you know how you can be involved activities around Marion County. Whether you are a parent, educator, provider or just interested in your community, we hope you will find something to inspire you.



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Who Are We?

Marion County Prevention Team consists of the following programs :

Alcohol and Drug Prevention	Chronic Disease Prevention
Tobacco Prevention & Education	Problem Gambling Prevention
Teen Pregnancy Prevention	Youth Suicide Prevention

All of our programs utilize best practices and the science of prevention to help our communities be as healthy as possible.

A Closer Look: Problem Gambling Prevention



Lisa Miller has been a Health Educator with the Prevention Team since 2009, coordinating problem gambling prevention services and providing outreach and education to reduce and prevent substance abuse in Marion County. She holds a B.A. in Community Crime Prevention from Western Oregon University and is a Certified Prevention Specialist. She is passionate about prevention and has a strong desire to help create healthy environments for youth and families to thrive in. She lives in Salem with her husband and two teenage daughters.

The **Problem Gambling Prevention Program** aims to increase community awareness that problem gambling is a preventable and treatable public health problem. Services include:

- providing information, training, assistance in workplace policy development and other resources to increase awareness in the business community
- providing education in school settings to increase awareness of youth problem gambling
- coordinating local efforts in the state-wide problem gambling art search
- offering community-based educational opportunities
- developing and maintaining on-line tools and resources to assist in easy access for community members.

More than 74,000 Oregon adults (2.7% of adults) are currently believed to meet the criteria for being problem or pathological gamblers



One in ten teens is an "at-risk" gambler (he or she may be developing a gambling problem)



Problem Gambling Prevention



Problem Gambling and Our Youth

Gambling Boys

On March 15th, Marion County Health Department and Bridgeway Recovery Services (a local treatment provider) partnered with Salem Progressive Film Series to host an awareness event for community members. The event turned out to be a great success; bringing in over 60 individuals to learn more about problem gambling in Marion County.



The event centered around a viewing of the documentary, "Gambling Boys", a documentary offering an eye-opening look at gambling habits of three youth. After the film, the expert panel including staff from [Bridgeway Recovery Services](#), fielded audience questions and initiated great discussion on problem gambling and our community.



Audience members commented that the documentary touched on "a very important topic" and "it was much needed". One participant commented that she was a mother of a youth gambler who was unaware of her son's addiction. Bridgeway treatment counselors were on-hand to speak with her and provide resources to get her son into treatment.

Thank you to all the organizations and individuals who helped make this event possible, including: Event speaker Dr. Rod Calkins (Marion County Health Department Administrator); Cindy Kimball (Salem Progressive Film Series); expert panel members Gail Bills, Roger Humble (Treatment Counselors, Bridgeway Recovery Services) and Ronda Hafti (Oregonians for Gambling Awareness Organization); panel facilitator Tim Murphy (Director, Bridgeway Recovery Services); volunteer leadership students from South Salem High School; and Friends of the Grand Theater for allowing use of the Historic Grand Theater.

For more information, contact: Lisa Miller, Health Educator, Substance Abuse & Problem Gambling Prevention, Marion County Health Department at 503-981-2461 or email lmiller@co.marion.or.us



BUSINESS OUTREACH: Problem Gambling and in the Workplace

According to recent participant evaluations from MCHD problem gambling awareness workshops ("Gambling Away Your Bottom Line...What's a Business To Do?"), seventy-three percent say they "don't know" if their workplace has a gambling policy. Is it OK to gamble at your place of business? Are there any restrictions? Are these unspoken restrictions or written? Is your workplace prepared for potential consequences resulting from employees with undiscovered gambling problems? When a business is ready to find answers, we are here to help.

The MCHD Problem Gambling Prevention Program offers free on-site workshops for employees, supervisors, and managers as well as provides assistance with policy and procedure development for all employers in Marion County. Ninety eight percent of participants involved in these workshops report an increase in awareness and one hundred percent report an increase in the ability to recognize signs of problem gambling. **Contact Lisa Miller at 503-981-2461 or email lmiller@co.marion.or.us to schedule a free on-site workshop.**

If you or someone you know thinks they may have a gambling problem, call 1-877-mylimit or visit www.mylimit.org for free, confidential treatment options.



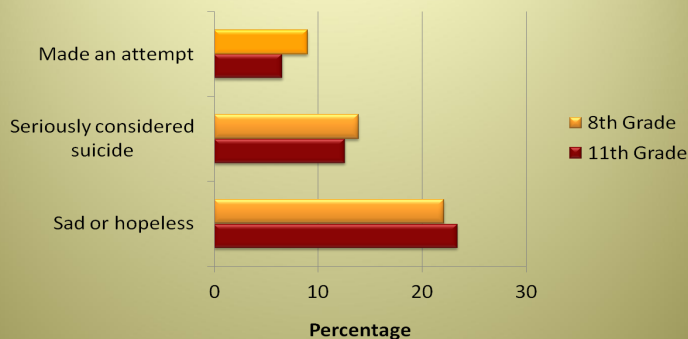


Youth Suicide Prevention

An Updated Look at the Data ...



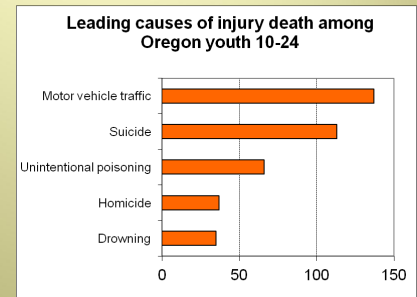
Percentage of Self-reported Risk Behavior Among Oregon 8th & 11th Graders



Oregon Student Wellness Survey 2010

Leading Causes of Death, Youth 10-24

- Injury is the leading cause of death among youth 10-24
- MVT injury death is 1st, suicide is 2nd



Source: Oregon death certificate data 2009-10

The above tables were provided by the Oregon Youth Suicide Prevention Program. For more information on Youth and Suicide Prevention, visit <http://public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/index.aspx>

Suicide Prevention: Understanding How to Respond

Did you know that Marion County offers Free 1.5 hour suicide prevention workshops in English and Spanish?

Our curriculum is called **QPR** (Question, Persuade, Refer) and is designed to help community members identify warning signs of suicide, and understand how to respond to people that are suicidal.

For More Information about **QPR** click the link below

To schedule a free workshop in English or Spanish, contact Susan McLaughlin at 503-981-

-2464 smclaughlin@co.marion.or.us



Free Suicide Prevention Phone Apps

Location	Application	Website
QPR	Droid	http://www.qprinstitute.com/
Army Suicide Prevention Guides	Droid	http://www.appbrain.com/app/army-suicide-prevention-guides/com.fa53.References
Ask	Droid, iPhone , iPod iTouch All Mobile Web Browsers	http://www.mhatexas.org/ask/





Alcohol & Drug Prevention

Parents Corner : Resources



A Search Institute Resource for Parents and Families

Parents Matter!

Teens consistently say that fear of losing a parents' trust is a reason to avoid drinking alcohol

PARENTS
THE ANTI-DRUG

<http://www.myantidrug.org/>



www.drugfreeactionalliance.org/

Parents Matter!

Research shows that youth whose parents set clear and consistent rules about alcohol and drug use are less likely to try them.



<http://parentingforprevention.org/>

The Partnership at Drugfree.org is offering a free resource guide for parents in their March Parenting Newsletter. The guide focuses on **Six** practices that can help reduce the chances a child will develop a drug or alcohol problem.

Based on scientific research, our "Six Components of Effective Parenting" is a new tool comprised of "how-tos" specifically designed for parents, guardians and other caregivers who play an active role in helping prevent substance abuse in their families.

It's a product of the [Parents Translational Research Center](#), which is a collaborative effort of [The Partnership at Drugfree.org](#) and the Treatment Research Institute. Among the tips:

1. Build a warm and supportive relationship with your child.
2. Be a good role model when it comes to drinking, taking medicine and handling stress.
3. Know your child's risk level.

To read and learn more, [download your guide today](#).

**THE PARTNERSHIPTM
AT DRUGFREE.ORG**

6 PARENTING PRACTICES
Help Reduce the Chances Your Child will Develop a Drug or Alcohol Problem

Here are 6 research-supported parenting practices to set you on the right path.



Providing Resources, Support and Education to Youth and Parents is a priority of Marion County Prevention Team

Did You Know? The Partnership at DRUGFREE.org also offers the [Parents Toll Free Help Line](#). Call to speak to a Parent Specialist, in *English or Spanish*, who will listen to concerns, answer questions and make suggestions about appropriate actions and resources to get help. Available Mon-Fri from 10:00am—6:00 pm ET

1-855-DRUGFREE (1-855-378-4373)



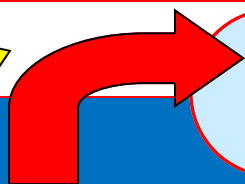


Alcohol & Drug Prevention



Parents Corner : Classes

New Sites!



Strengthening Families

FREE!!

An Exciting Program for Youth (Ages 10-14)
and Their Parents



- ◇ Sessions for Parents, Teens & Families
 - ◇ Fun and Interactive Activities
 - ◇ Meals provided for the Whole Family
 - ◇ Free Childcare for Kids Under Age 10
 - ◇ Incentives for Participation



The Marion Co Health Dept. collaborates with local partners to provide proven effective programming designed to support our families. An example of one such program is the nationally recognized research based "Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14)" currently being offered throughout Marion County.

In English

Salem First Free Methodist Church

4455 Silverton Rd NE, Salem

Thursday Evenings

April 12—May 24

6:00-8:30pm

To Register, Linda Bailey @ 503-580-8524

In English

Leslie Middle School

3850 Pringle Road, SE Salem

Thursday Evenings

April 19 - May 31

5:30-8:00pm

To Register, D.J. Vincent @ 503-399-3206

In Spanish

Washington Elementary School

3165 Lansing Avenue, NE Salem

Tuesday Evenings

April 10-May 22

Time TBD

To Register, Rosalba Diaz @ 503-399-3193

In Spanish

Christian Center of Salem

3165 Lansing Avenue, NE, Salem

Wednesday Evenings

April 11-May 23

6:00-8:30pm

To Register, Patricia Hirte 503-881-4146



Teen Pregnancy Prevention



The Results are In...Feedback from Students



The iCuídate! Sexual Health Program is off the ground and running! Marion County has completed its first several groups of this high school curriculum and we are receiving some great feedback from the youth. Here are a few examples:

"iCuídate! , to me it means to be careful with the decisions I make with my partner...Respect goes a long way when being sexually active. I learned that if one of the partners doesn't appreciate your values then one should recognize that maybe the relationship is not meant to be..."

"During the classes I learned that being a man doesn't mean to have unprotected sex and have multiple women to satisfy your needs. Being a man is to be faithful to your partner, always protect yourself even when you're only having monogamous sex, respect your partner and never treat your partner like he/she is weak. Now that I know that the myths about being a man are not true I feel more calm and more safe about keeping my dignity..."

"iCuídate! means all the factors involved in a healthy, safe life like cultural values, birth control methods, people, and myself and putting them into action to protect not only myself, but my partner and our goals for the future..."

"After participating in these classes, iCuídate! to me means to be smart and think ahead about making smarter and safer decisions about my sexual health. It means be cautious and take care of myself because a mistake made by me could have major effects on me, my partner and our families and friends..."

"Before iCuídate! , I didn't really think of contracting an STD as the reason why to have safe sex. All I worried about was getting pregnant...After iCuídate! , I realized that getting an STD is a very dangerous thing – maybe even worse than getting pregnant – because they can even kill you. I also never thought about the fact that the person I could be having relations with might have an STD and they just don't know it yet. Now I am more aware of the dangers of unprotected sex and will make it a priority to regularly get tested and have my partner get tested before we have relations. iCuídate! means to me to not only care for myself, but for my partner too..."



If you are interested in learning more about the iCuídate! program and where it is being implemented, please contact Ann Krier, at 503-982-2462 or akrier@co.marion.or.us



Tobacco Prevention and Education Program

What's the Issue With Hookah?



Hookah. Maybe you've heard the term lately, or you've driven through Salem and seen signs advertising a hookah lounge or sales of hookah pipes. Maybe you've wondered what it is or where it came from. Hookah is a form of tobacco that is on the rise across the state, and in Marion County. Here are a few facts from the TPEP staff to help answer some of your questions.

Hookah smoke may feel mild, but it is harmful to your lungs, heart and other organs. It can be

ADDICTIVE

Is this a concern for Marion County? Yes. The OR Healthy Teens survey of 8th and 11th graders shows that hookah use is on the rise among Oregon youth, especially among females. Use among girls is significantly higher than boys. In OR counties with hookah lounges, such as Marion County, 8th grade hookah use rose 2.4% from the previous survey. Among 11th graders, use rose nearly 3%, with a total of 13.5 % reporting having used hookah.



A person inhales about **10 times more smoke** from a puff on a hookah pipe than from a puff on a cigarette

What is it? A hookah is a device, also referred to as a water pipe, used to smoke tobacco, where the smoke is cooled and filtered through water. Hookahs are usually made of glass and have at least one, if not multiple, hoses with an attached mouthpiece.

How is it used? A hookah pipe uses a flavored, moist tobacco product called 'shisha'. This form of tobacco originated in the 1500's and was a common cultural practice in the Middle East. The flavored tobacco is burned by heating coals that sit on the hookah pipe. The smoke is inhaled out of hoses through a mouthpiece. Several hoses can be attached to one hookah pipe, therefore allowing multiple people to smoke at once.

Is it legal? Yes, hookah is a legal form of tobacco for those 18 and older. However, similarly to cigarettes and cigars, hookah is legal but also dangerous to one's health.

What is in it? This form of tobacco contains flavored ingredients to give the hookah a certain taste. It also contains nicotine, the addictive substance found in cigarettes, cigars, etc. Many people believe that shisha is a 'natural' substance that is not addictive, however this is a common myth. In fact, the amount of smoke inhaled in a typical one-hour hookah session is the same amount of smoke that a cigarette smoker would inhale consuming **100** or more cigarettes. Because of the similar exposure to toxic chemicals, regularly smoking tobacco through a hookah can result in the same negative health effects as smoking cigarettes, including lung cancer and heart disease. While this form of smoking results in a reduced concentration of nicotine, there is still nicotine in the smoke and regular hookah users can become addicted.

Why do people use it? Typically, flavored tobacco is smoked using hookahs; flavors include everything from apple and strawberry daiquiri to tutti frutti and cappuccino. Hookah tobacco comes in several hundreds of flavors. This flavored tobacco is much more appealing to young people than the tobacco used in traditional products like cigarettes and smokeless tobacco. People who use hookah say it is 'easier' to smoke than cigarettes because it is not as harsh and does not burn the throat the way that cigarettes do.



How can I tell if my child is using a hookah? If your child's spending habits have sharply increased recently, they are hanging out with new friends and are away from home more often, if they smell smoky or fruity, or if you notice your child having unusual health affects



such as lightheadedness, nausea, coughing or frequent headaches, you may want to speak with him/her about the dangers of hookah



Chronic Disease Prevention

Healthy Communities Program



Marion County begins implementing the Healthy Corner Store Initiative

Marion County has exciting news regarding the Healthy Corner Stores Initiative, made possible through a Kaiser Permanente grant. County health educators started working with convenience stores in the Northern part of the county, recruiting two stores to participate. Congratulations to both **Young Street Market** and **Productos de mi Pais** who are the first to have taken up the challenge to expand or change their food offerings to include fresh fruit, produce and other healthy products (e.g., foods/beverages low in fat, sugar, sodium, and calories).

Participating store owners have made a commitment to improve store layout and introduce/ have available for customers a variety of fresh fruits and vegetables. Staff from Marion County Health Department will work with store owners through this process and will be conducting evaluations at 6 months and 12 months from the project start date to review the project and identify areas for improvement.

As another benefit for participation, the owner together with Marion County staff will also work on improving (painting) the exterior of the stores.

Marion County Health Department will



be providing store owners with displays/store fixtures that hold healthy food items. Staff is in the process of developing signs that will be posted and will indicate which products are healthy choices so that customers can easily identify them as they come into the

store.

As part of a marketing campaign, the store owner and Marion County staff will engage in promoting the store and the healthy food items in the community through press releases and distribution of brochures and flyers to near-by residents and businesses.

Thank you once again to Kaiser Permanente funding and to our participating local corner markets. These stores have given us the opportunity to build on our current efforts and help create a system whereby people will have access to healthy food options wherever they go in Northern Marion County.

Northern Marion County (Gervais, Mt. Angel, Woodburn and Hubbard) Convenience store/mini-mart owners interested in becoming part of the Healthy Corner Store Initiative are encouraged to contact Gerardo Trejo at (503) 981-2460 or at gmartinez@co.marion.or.us.

Choose This, Not That: *Next time You Have a Choice...*

Instead of ...	Choose...
A Can of Soda Pop	Bottled Water or a Can of 100% Juice
A Bag of Chips	Piece of Whole Fresh Fruit, like an apple or banana
A Candy Bar	Dried Fruits, Nuts or Trail Mix





Chronic Disease Prevention



Healthy Communities Program



Living Well with Chronic Conditions is a workshop for people with life-long health conditions, such as heart disease, arthritis and diabetes. The culturally appropriate, Spanish-language version is called ***Tomando Control de su Salud***.

The six weekly sessions cover things like pain and fatigue, eating well, fun ways to get active, and tips for talking with your doctor and family about your health. It's also a great way to meet other people dealing with similar health issues.

It works! Participants have less pain, more energy and fewer hospitalizations.

Living Well is supported by Marion County Health Department and the Oregon Health Authority/Department of Human Services, in addition to many other community partners. It is led by trained volunteer leaders who have health conditions themselves. Contact Kelly Martin with questions at kmartin@co.marion.or.us



Participants can find a class below or by visiting

<http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/lwwworkshops.aspx>

City	Type	Date and Time	Location	Contact / Register
Salem	Living Well	Wednesdays: 4/11 – 5/16	Doctors Clinic	Lavinia Goto
Salem	DSMP (Diabetes)	Wednesdays: 4/18 – 5/23 Time: 1:30 – 4 PM	Liberty Street Clinic	Lavinia Goto 503-587-5130
Salem	DSMP (Diabetes)	Tuesdays: 7/10 – 8/14 Time: 1:30 – 4 PM	Salem Hospital CHEC, Bldg. D	Lavinia Goto 503-587-5130
Salem	DSMP (Diabetes)	Tuesdays: 10/2 – 11/6 Time: 1:30 – 4 PM	Salem Hospital CHEC, Bldg. D	Lavinia Goto 503-587-5130
Silverton	Living Well	Thursdays: 5/10 – 6/14 Time: 12:30 – 3 PM	Silverton Senior Center 60+ only	503-873-3093
Woodburn	Living Well	Mondays: 5/14 – 6/25 Time: 5:30 – 8 PM	Woodburn Health Center	Elizabeth Conner 971-983-5212
Woodburn	Living Well	Mondays: 4/9 – 6/25 Time: TBA	Woodburn Health Center	Elizabeth Conner 971-983-5212

For More Information or for Spanish Language classes, please visit
www.healthoregon.org/livingwell or call 1-888-576-7414



Other News



5...2...1...0...Take the Challenge!

The **5210 in 30 Challenge** continues to expand throughout Marion County. Through its message of 5 fruit and vegetable servings per day, 2 hours or less screen time per day, 1 hour of exercise per day, and 0 sugar sweetened drinks per day, it's helping reduce the number of children and adults with diabetes and unhealthy weight. In a little over a year, the **5210 in 30 Challenge** has already reached over 5,000 people in our community, with over 800 having participated in the challenge.

The **5210 in 30 Challenge** is an effort, developed by the Diabetes Task Force convened by Senators Winters and Courtney. This local task force is a dedicated group of volunteers working to turn back the tide on the obesity and diabetes epidemic sweeping our community. In the last two months the taskforce has completed their toolkits for implementing the **5210 in 30 Challenge** at schools, medical settings, and the workplace. They launched their first two training sessions at the Salem Hospital Community Education Center.

The taskforce has also started the I Love ME Champions program to recognize community businesses, organizations and events that have taken steps to encourage and facilitate healthy lifestyles. In the coming months the 5210 in 30 Challenges hall be launching in communities throughout Marion County, and Oregon. For more information please contact the taskforce at 5210challenge@gmail.com

5 FRUITS & VEGGIES
2 HOURS OR LESS OF SCREEN TIME
1 HOUR OF VIGOROUS ACTIVITY
0 SUGARED BEVERAGES



Does your food budget need a boost?

Good News —WIC can help you!

WIC provides monthly checks for healthy foods to working and unemployed families. They also provide tips to help your family eat well and stay healthy, and resources for breast feeding support. If you're currently pregnant, or have children under five years please call WIC at 503-588-5057 for more information.



Upcoming Events

"Teens & Drugs: What's the Story?" A three-hour family workshop on adolescent alcohol, tobacco and other drug trends in Oregon and prevention/early intervention resources. Parents & Teens attend workshop together, \$30 fee per family (scholarships available).

English workshops:

Apr 23rd, 2012 6:30-9:30 pm @ Silverton Hospital, Silverton

May 29th, 2012 6:30-9:30 pm @ Regis High School, Stayton

Spanish workshops:

Spanish workshops are scheduled as-needed. Please contact Ann Krier for more information at 503-981-2462