



Prevention Pieces



Quarterly News

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 highlight selected activities, share information about events & resources, and let you know how you can be involved in 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. Enjoy your Summer!

Volume 3
Summer 2013



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Who Are We ?

The Marion County Prevention Team

- 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.

Help Us Improve! Please take a short survey about our Newsletter to let us know how we're doing, and how we can better meet your needs:

<https://www.surveymonkey.com/s/preventionpieces>

A Closer Look: Nadege Dubuisson

Nadège Dubuisson joined the Marion County Health Department's Prevention team in late February as a part time Health Educator for the Healthy Corner Stores Initiative. She holds a B.S in City and Regional Planning and a Masters degree in Public Health from Oregon State University, where she also spent two years coordinating a community based participatory research garden project for low-income youth.

When Nadège is not working with local store owners and promoting access to healthy foods, she can be found at the Oregon State Health Department where she also works as a part-time Public Health Educator for the Oregon Health Authority's Climate & Health and Health Impact Assessment Programs. She strongly believes in prevention and is particularly passionate about the potential of neighborhood-level changes to the built environment in influencing healthy communities.

In her free time, Nadège roots for the Timbers, explores all that Oregon has to offer with her dog Bodhi, and soaks up all the Vitamin D that she can being a California transplant!





Chronic Disease Prevention

The Weather is Ready, Get Set to Walk!



As the summer weather arrives, now may be the right time to start increasing your physical activity. The American Heart Association's "[Walking Toward a Healthier You](#)" explains:

There are countless physical activities out there, but walking has the lowest dropout rate of them all! It's the simplest positive change you can make to effectively improve your heart health. Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes

There really are so many benefits for such a simple activity!



Did You Know...???

There are many walking groups in the area that meet regularly and provide safety and support in a fun and comfortable environment. Check out the link to [Willamette Wanderers](#) below.

Willamette Wanderers We are one of more than 300 walking clubs affiliated with the American Volkssport Association (AVA) which sponsor over 3,000 walking events throughout the United States. The goal of clubs like ours is fun, fitness and friendship. We welcome visitors at our monthly club meetings held at Salem Hospital, 890 Oak Street SE. Join us at 7:00 PM in building D, the third Wednesday of each month. When daylight permits, a walk is held at 5:30 preceding the meeting. For more information, visit www.willwander.weebly.com.

Take A Break, but Leave the Calories Behind



=



20 oz.

16 teaspoons of
sugar

A recent Yale University Rudd Center for Food Policy and Obesity study found that a majority of Americans understand soda is bad for their health. But despite this, a Gallup poll reveals that 48 percent of surveyed Americans -- nearly half! -- drink soda on a daily basis.

Ever wonder how much sugar is actually in your 2:30 p.m. soda break? It may surprise you to know that the average 20 ounce bottle has 16 teaspoons of sugar.

Ditch the sugary soda drinks this summer. Cut down on calories, increase your water intake, and enjoy a delicious summer beverage all at the same time.

For healthy suggestions, look for the Healthy Corner Stores Initiative logo in participating corner stores in Woodburn and Mt Angel. Locations in Gervais and Salem coming soon!



Healthy Eating
Starts Here!

Comer Saludable
Empieza Aquí!



Tobacco Prevention and Education Program

Tobacco and the Outdoors? Consider this...



WHY IT MATTERS

Cigarette butts remain the most littered item in the U.S. and across the globe.



While you are out enjoying Oregon's finest features – the outdoors – consider the following;

According to SOLV (Stop Oregon Litter and Vandalism) cigarette butts are the number one litter item found by volunteers in Oregon and at cleanups worldwide, and can be highly toxic if accidentally eaten by children or pets. Cigarette filters are composed of a plastic that not only persists for years in the environment, but also leaches hazardous chemicals like nicotine and heavy metals. Most things made out of plastic like cigarette butts, do not biodegrade, but instead break down into small pieces that resemble food to fish, birds and marine mammals.



Even the smallest bits of trash can be harmful. For example, cigarette butts flow into storm drains, then directly to our rivers and streams. The chemicals they retain are released as they flow downstream to the ocean. Just as troubling, cigarette butts, tiny bits of plastic, and other trash are readily eaten by marine life. If we eat seafood, we may also ingest these contaminants.

Finally, according to Keep America Beautiful, a 2008 study in Australia of over 1,000 smokers found that 35% toss five or more cigarette butts per pack on the ground. Because a cigarette butt is small, smokers tend to overlook the consequences of littering. Other reasons for littering include; smokers think they are being responsible by dropping the cigarette butt on the ground and then stepping on the butt to extinguish it, consider dropping butts into gutters or storm drains a safe way to extinguish a cigarette, and blame their littering on a lack of well-placed bins for cigarette butts. Over 80% of smokers said they would properly dispose of their butts if suitable bins were available.



So get out in the great outdoors, be active, enjoy the fresh air and Oregon's natural beauty, BUT don't toss that BUTT!!

Ready to quit? Contact the Oregon Tobacco Quit Line at 1-800-QUIT-NOW (800-784-8669);

Spanish version 1-877-2NO-FUME (877-266-3863);
or online at www.quitnow.net/oregon/.

The **Quit Line** is a free program offered over the phone and on the Web that helps Oregonians quit tobacco. It is confidential, evidence-based and callers may be eligible for free nicotine replacement patches or gum.





Problem Gambling Prevention

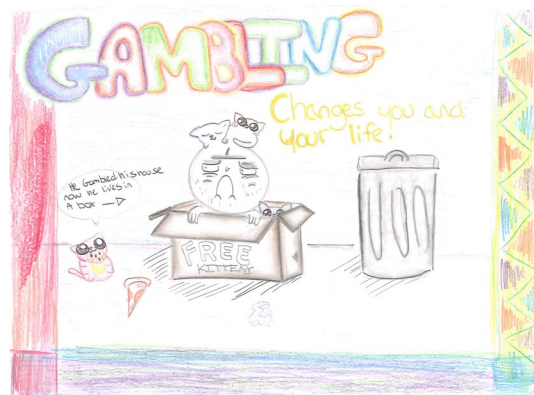


Art Search 2013 : Youth Show Their Creativity

As the 2013 annual state art contest comes to a close, we would like to thank all the students, teachers, and schools who participated this year. Competition was tough and although Marion County did not win state honors this year, we are very proud of the artwork submitted by our talented students. Out of the 192 entries from participating middle schools, here are the top five art contest finalists for Marion County.



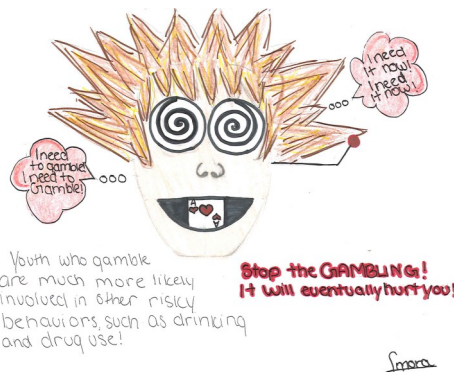
Cassandra Aguilar, Jefferson MS



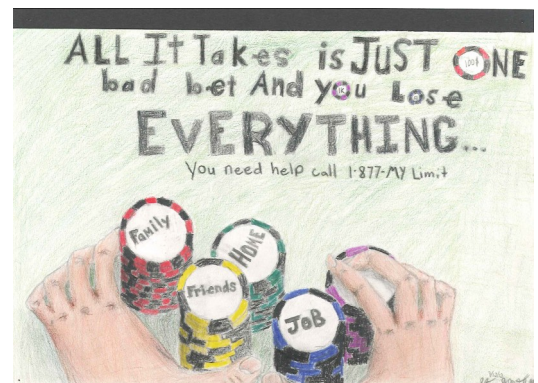
Emma Pickett, Jefferson MS



Gabriela Cortes Cortes, Mt Angel MS



Sabrina Kuenzi Mora, Mark Twain MS



Steven James Mitchell Jr, Mark Twain MS



27th NATIONAL CONFERENCE ON PROBLEM GAMBLING

CONNECTIONS 2013

Building Partnerships



July 19-20,
2013

Seattle, WA

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.

Bridgeway Recovery Services
Problem Gambling Treatment Program
Salem, OR 503-363-2021





Alcohol & Drug Prevention

Parents Corner : Resources



Research has shown that kids who learn about the risks of substance abuse at home are significantly less likely to use

“Talk, They Hear You” A campaign for parents and care-givers

The Substance Abuse and Mental Health Services Administration's (SAMHSA) latest report on underage drinking shows that more than one-quarter of American youth engage in underage drinking. Although the extent of underage drinking has declined in recent years, particularly among teens age 17 and younger, the rates of underage drinking are still unacceptably high.



May 13th marked the launch of an exciting new campaign with easy to use resources for coalitions, parent groups and individuals. “Talk. They Hear You.” equips parents and care-givers with the tools and information they need to start talking with children as young as 9 years old about the dangers of alcohol.

The campaign's TV, radio, and print public service announcements (PSAs) in English and Spanish feature parents "seizing the moment" to talk with their children about alcohol while preparing dinner or doing chores together. By modeling behaviors in these PSAs, parents can discover the many "natural" opportunities for talking about alcohol with their children. The Campaign focuses on increasing parents' awareness of the prevalence and risk of underage drinking, equipping parents with the knowledge, skills, and confidence to prevent underage drinking, and increasing parents' actions to prevent underage drinking.



<http://parentingforprevention.org/>



Here are a few Facts from “Talk: they hear you”

The Chance That Children Will Use Alcohol Increases as They Get Older.

About 10 percent of 12-year-olds say they have tried alcohol, but by age 15, that number jumps to 50 percent. The sooner you talk to your children about alcohol, the greater chance you have of influencing their decisions about drinking.

Parents Play a Critical Role in Kid’s Decisions to Experiment With Alcohol.

Studies have shown that parents have a significant influence on young people’s decisions about alcohol consumption,² especially when parents create supportive and nurturing environments in which their children can make their own decisions.³ In fact, more than 80 percent of children say parents are the leading influence in their decision to drink or not.

The Conversation Is Often More Effective Before Children Start Drinking.

If you talk to your kids directly and honestly, they are more likely to respect your rules and advice about alcohol use. When parents know about underage alcohol use, they can protect their children from many of the high-risk behaviors associated with it.

If You Do Not Talk About It, You Are Still Saying Something.

What you say to your children about alcohol is up to you. But remember, parents who do not discourage underage drinking may have an indirect influence on their children’s alcohol use.

For more information and links to **Parent Resources** and **Partner Toolkits**, visit <http://www.samhsa.gov/underagedrinking/>



Teen Pregnancy Prevention



¡Cuidate! *Community Partnerships at Work*



A culturally-based comprehensive sexual health education program to reduce HIV and teen pregnancy among Latino youth

Facilitator Training a Success!

In May, Marion County Prevention Program hosted it's first training for people interested in becoming facilitators of the ¡Cuidate! curriculum. Participants included school personnel, juvenile program leaders, community advocates and health educators from many communities in Marion County. The class was facilitated by staff from Oregon Health Divisions Adolescent Sexual Health Program.

In all, nine new facilitators were certified to begin offering ¡Cuidate! to youth in their communities. We are excited to welcome them to the program, and look forward to working together to provide high quality, culturally appropriate sexual health information to our youth.

Bienvenidos!



Welcome to our newest Partner School, Gervais High School. Gervais sent two of their Health Teachers, Adam Vasas and Lindsay McCarger, to become trained in the ¡Cuidate! Program. They will be

collaborating with Marion County Staff to implement the program in their health classrooms, reaching over 150 youth this Spring. Stay tuned for their Great Work!

Gracias!

Thank You to Mano a Mano Family Center for sending two amazing people to be trained as facilitators in the ¡Cuidate! curriculum! We look forward to partnering with you this year to help youth make safe and healthy decisions.



Mano a Mano is the oldest Latino community organization in the Salem-Keizer area. Incorporated in 1988, our mission is to edu-

cate our Latino and Low Income clients to become Self-Sufficient and Active Contributors to the Well-being of their Community.

The goal of their programs, projects and services is to help build strong and nurturing families, that in turn will help to create safer and healthier communities.



The organization is based in Salem, Oregon, the capital of the State, in the heart of the Mid-Willamette Valley.

[click here for more information](#)

To bring ¡Cuidate! to your group or community contact Susan McLaughlin

at 503-982-2464 or smclaughlin@co.marion.or.us



Youth Suicide Prevention



“Means Matter” in reducing deaths from suicide



HARVARD | SCHOOL OF PUBLIC HEALTH

Powerful ideas for a healthier world

WHY?

WHY?

WHY?

WHY?

WHY?

WHY?

WHY?

WHY?

How?

WHY?

Firearms are the most lethal and most common method of suicide in the U.S. More people who die by suicide use a gun than all other methods combined. Suicide attempts with a firearm are almost always fatal, while those with other methods are less likely to kill. Nine out of ten people who survive a suicide attempt do not go on to die by suicide later.

Every U.S. study that has examined the relationship has found that access to firearms is a risk factor for suicides. Firearm owners are not more suicidal than non-firearm owners; rather, their suicide attempts are more likely to be fatal. Many suicide attempts are made with little planning during a short-term crisis period. If highly lethal means are made less available to impulsive attempters and they substitute less lethal means, or temporarily postpone their attempt, the odds are increased that they will survive. Studies in a variety of countries have indicated that when access to a highly lethal and leading suicide method is reduced, the overall suicide rate drops driven by a drop in the restricted method.

Here are a few facts from the Means Matter Campaign. To explore research on each of these concepts in greater depth follow this link: [Means Matter Basics](#)

- ◆ Many suicide attempts occur with little planning during a short-term crisis.
- ◆ Intent isn't all that determines whether an attempter lives or dies; means also matter.
- ◆ 90% of attempters who survive do NOT go on to die by suicide later.
- ◆ Access to firearms is a risk factor for suicide.
- ◆ Firearms used in youth suicide usually belong to a parent
- ◆ Reducing access to lethal means saves lives.

Are you or a friend
at risk of suicide?

Check Lifeline's
Suicide Warning Signs.

Marion County Prevention Activities: Latino Outreach

QPR teaches how to recognize the warning signs of a suicide crisis. The workshop covers how to Question, how to Persuade and offer hope and how to Refer someone to get help and save a life. Adult and youth participants receive local and national resources and skills to save a life.

For more information about free QPR gatekeeper trainings in Spanish or English please contact Erica Alonso at Marion County Health Department: Office (503) 981-5851 Direct (503) 981-2463 or ealonso@co.marion.or.us



July marks the end of Garret Lee Smith Grant funded activities at Marion County. This year, the focus has been on Latino outreach. Through suicide prevention efforts of staff, the team has reached an estimated 21,655 people throughout the Salem and Woodburn communities in this fiscal year.

Much of this work happened through “The Art of Life Project.” Youth who completed an awareness training were given the opportunity to create original artwork with suicide prevention messages. Their work was then displayed through a running exhibition. Other activities included school and community health fairs and media coverage in the Woodburn area. We look forward to building on this success.

[Click](#) or call National Suicide Prevention Lifeline 1-800-273-TALK for help



Other Health Department News



As the school bell rings a dozen or so 3rd, 4th- and 5th-grade girls swarm into the gym. You can tell they're excited, full of energy, and ready to start Girls on the Run practice by their laughter and talking. The coach uses this energy to engage them, and before you know it they're discussing the day's lesson. Then they head out to the track for the running part of the session.

Every Girls on the Run practice session focuses on teaching girls life skills and helping them build confidence and self-esteem. The 10-week season has 21 lessons that cover a variety of topics, from healthy eating and healthy body image to positive self-talk and dealing with peer pressure. Each lesson incorporates physical activity games so the girls have fun while learning new concepts.

Lessons are grouped into three sections. In the first section, the lessons deal with topics that help girls get to know themselves and what is important to them. The second builds on the first and teaches about working with others and as a team. In the final section, girls connect with their community and work on a community service project.

What makes Girls on the Run special is that it is not really a running program. Girls of all fitness levels and of all sizes and shapes are welcomed and celebrated. The program encourages emotional, social, mental and physical health. While physical activity is an important aspect of being healthy, Girls on the Run uses running as way for girls to establish and reach goals. Encouraging them to run one more lap this week, or showing them how far they have come, makes the goal setting process tangible.

At the end of each season, girls run or walk a celebratory 5K. The event culminates the season and allows the girls to see how far they have progressed in 10 weeks. Many do not think they can finish the race at the start of the season. But by the end they believe in themselves and cross the final finish line. **By Lorin Scott-Ockerblom**



Girls from Hallman School get tips and support from their coach. (L) Young Ladies from the Morningside team warm up and have fun. (R)



The Girls on the Run program in Marion County is run through a local council, Girls on the Run Willamette Valley (GOTRWV). The council headquarters is on the Oregon State University campus, and it is connected to Oregon State Extension offices.



GOTRWV started in 2007 and has expanded since then into three additional Willamette Valley counties. This past year, more than 400 girls participated in the program in Benton, Lane, Linn and Marion counties.

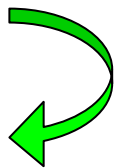
The first year in Marion County, there were four Girls on the Run sites with about 50 girls involved. The program is hoping to expand to other areas of Marion County and reach more girls.

For more information about Girls on the Run Willamette Valley or how to support a team in your area, email GirlsOnTheRun@oregonstate.edu / or call 541-737-5437.

Checkout the Facebook page at www.facebook.com/GOTRWillametteValley?fref=ts

Connect With Us!

The Marion County Health Department is now on **Facebook** and **Twitter!**



www.facebook.com/MarionCountyHealth



@MarionCo_Health

If you have questions or comments, please contact any member of the prevention team, or Susan McLaughlin at 503-981-5851.

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