



# 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 many diverse partners within the health department and out 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.

Volume 3  
Summer 2014



## Marion County Prevention Team and its Programs are Working Locally to Promote State and National Goals

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## National Prevention Strategy

The National Prevention Strategy, released aims to guide our nation in the most effective and achievable means for improving health and well-being. The Strategy prioritizes prevention by integrating recommendations and actions across multiple settings to improve health and save lives.





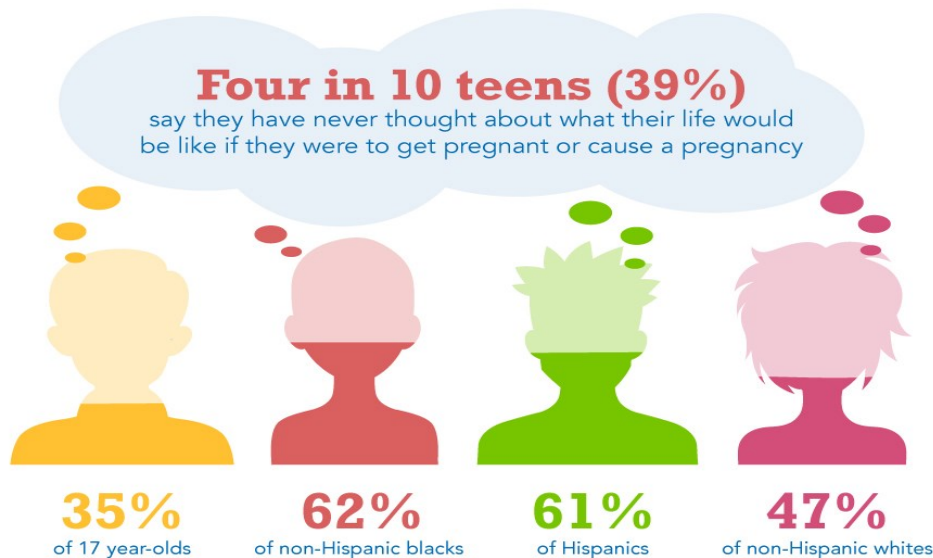
# Teen Pregnancy Prevention

 **Teen Pregnancy rates are dropping... Keep the momentum going!**

TEEN PREGNANCY AND CHILDBEARING  
**HAS DECLINED IN  
ALL 50 STATES**  
AND AMONG ALL RACIAL/ETHNIC GROUPS

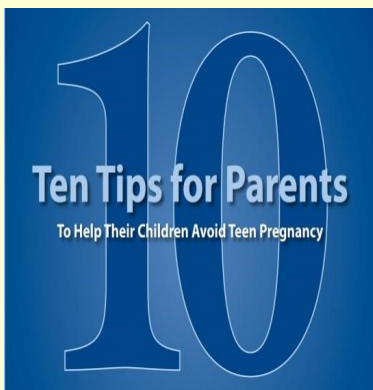


*Marion County Prevention Team continues to implement Cuidate, a culturally-based comprehensive sexual health education program to reduce HIV and teen pregnancy among Latino youth. To schedule a youth workshop contact us at [MCHDPrevention@co.marion.or.us](mailto:MCHDPrevention@co.marion.or.us) for details.*

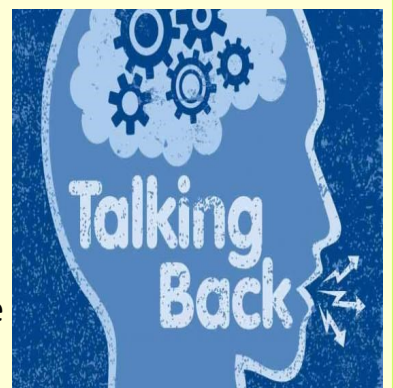


© The National Campaign to Prevent Teen and Unplanned Pregnancy

**We're helping to decrease that number. In the past year, Cuidate has helped over 530 local youth think about their goals, and understand how a pregnancy would impact their lives and their ability to reach them.**



You can help too. Talk with the teens in your life about the realities of getting an STD or having a baby before they are ready. Teens consistently say that *parents*—not peers, not partners, not popular culture—most influence their decisions about relationships and sex. For help getting started, or ideas for what to say check out these great resources from The National Campaign.





# Tobacco Prevention and Education Program

## Oregon State Parks Go Smokefree



**AS OF FEB 1, 2014**

### **Oregon State Parks and Recreation implemented a smokefree rule:**

"Smoking in Oregon State Parks is allowed only in your vehicles and personal camping units, campsites and portions of day use parks designated as safety rest areas. Smoking is currently allowed on the ocean shore; however the State Parks and Recreation Commission has instructed staff to consider introducing smoking restrictions there."

Oregon State Parks and Recreation are considering 2014 as an educational opportunity, and will not give out citations during the first part of implementation. Signage will be posted for enforcement and Oregon State Parks and Recreation asks for voluntary compliance. Citations will be issued if necessary after 2014 and can be up to \$150. Let's all do our part to preserve our natural, historic, and recreational areas. Please refrain from smoking in our Oregon State Parks and encourage others to do the same.

Summer in Oregon is here! That means hiking, fishing, camping and all things outdoors in the beautiful weather. While you are enjoying our beautiful state parks this year, keep in mind a new rule has gone into effect.

An Executive Order signed by Governor Kitzhaber went into effect in January of 2013 that required certain state properties to adopt and enforce tobacco-free rules. The governor also recommended state parks and universities to do the same. Oregon State Parks and Recreation has followed suit in 2014 after hosting multiple community forums for the proposed smokefree state parks rule.

To determine which day use park areas allow smoking, or for FAQs about the rule

go to <http://oregonstateparks.org/index.cfm?do=v.page&id=51>

**For more information, contact Marion County Tobacco Prevention and Education Program, call 503-566-2901 or visit <http://www.co.marion.or.us/HLT/PS/TPEP/>**





# Chronic Disease Prevention

## Healthy Corner Stores



**8** Eight stores across Marion county have increased their healthy foods inventory and we want to make sure you are aware of those who have made some positive changes! Look for the apple logo throughout these stores for healthy options and make sure to thank the store owner for participating in the Healthy Corner Stores Initiative (HCSI) and helping Marion County residents gain greater access to healthy foods!



### Participating stores include:



**A&J MARKET**

134 Harrison St., Woodburn



**PANIAGUITAS**

1141 S. Pacific Hwy, Woodburn



**YOUNG STREET MARKET**

1030 Young St., Woodburn



**COME N GO**

13437 Portland Rd., Woodburn



**MT ANGEL MARKET & DELI**

395 N Main St, Mt Angel,



**HUBBARD MARKET**

3574 Pacific Hwy, Hubbard



**ST. PAUL MARKET**

4171 Blanchet Ave, St. Paul



**PARDO'S DELI & MARKET**

275 Lancaster Dr SE, Salem



If you send us a photo of you purchasing a healthy item at a participating HCSI store and send it to [mchdprevention@co.marion.or.us](mailto:mchdprevention@co.marion.or.us) you can receive a free gift!

Remember to thank your local corner store for participating in the Initiative.

For more information on the Initiative or to contact the HCSI team, visit the HCSI website at <http://www.co.marion.or.us/HLT/PS/HCSI.htm>





# Problem Gambling Prevention

**36% of 8<sup>th</sup> graders report gambling in the last 30 days\***

\*2012 Marion County Student Wellness Survey



Artwork by Kaylee Smith, 8th grade, Mt. Angel Middle School

**PROBLEM GAMBLING IS REAL.  
HELP IS AVAILABLE.**

**CALL 1-877-MY LIMIT or VISIT [1877mylimit.org](http://1877mylimit.org)**

***And we have a winner!***

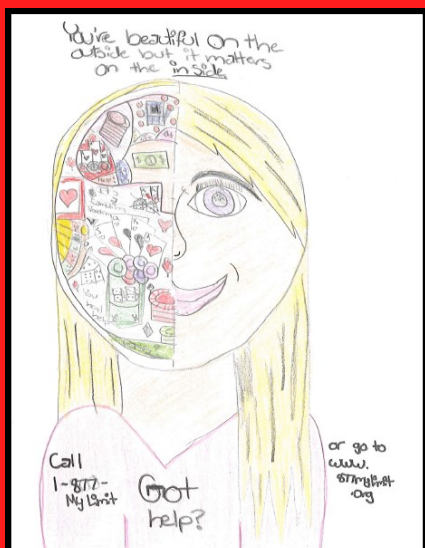


It was a big year for Mt. Angel Middle School, bringing in the top four state entries for Marion County to be entered into the annual Problem Gambling Awareness Calendar Art Search.



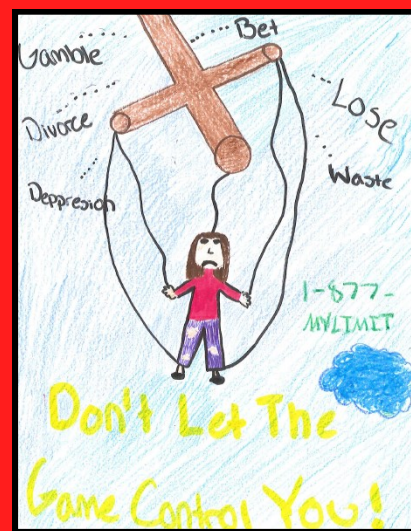
Congratulations to 8th grader Kaylee Smith, whose artwork (shown on the left) was chosen to be featured in the state calendar.

Calendars will be available in the Fall.



Hope Mercedes Garcia, Grade 8, Mt. Angel MS

Cynthia Cardenas, Grade 7, Mt. Angel MS



Kalysa Kleinschmit, Grade 7, Mt. Angel MS

If you or someone you know thinks they may have a gambling problem,  
call 1-877-mylimit or visit [www.mylimit.org](http://www.mylimit.org)  
for free, confidential treatment options.







# Alcohol & Drug Prevention

## Summer ideas for keeping kids Safe and Healthy

The little things you do—every day—add up!



### Discover Parent Further: A Positive Approach to Parenting

From time to time, all parents need a little help. Sometimes, a piece of solid, encouraging advice can help you have an “a-ha” moment that changes the way you think and act. Instead of focusing on what’s wrong with kids, our [positive, strength-based approach](#) to parenting focuses on what’s **right with** kids (and parents), and the small, everyday steps you can take to help kids be successful.

Sign up for our  
free e-newsletter!



**Summer has arrived! With it comes extra free and unsupervised time for many youth. It’s a time when risky behavior can happen. Instead, think about summer as the perfect opportunity to start some new health and fitness traditions with your family. Building healthy routines in families reduces risk for many problems including substance use. Here are a few ideas from Parent Further and Dr. Gene Roehlkepartain to get started:**

- 1. Be a healthy role model.** Our children and teens learn a great deal from our health habits—what we eat, what kind of exercise we get, and the lifestyle we live. Instead of just expecting our teens to eat healthy and be active, parents’ own habits either reinforce or undermine those positive messages.
- 2. Support kids’ involvement in sports and other physical activities.** Make it a priority to encourage your child to participate in athletics or other physical activities. This may involve providing transportation or offering to be a volunteer coach or program leader. Talk with your child about what he or she enjoys about the activities as a way of showing support and staying more connected to what matters to them.
- 3. Set routines for cooking, eating, and physical activities.** The most common reason people say they don’t get exercise or eat healthy is that they get too busy. It can help to have a standard routine for when you shop for groceries, take walks, and cook and eat meals together. If you cannot exercise or eat together every day, decide as a family when you can plan to do these activities together.
- 4. Have healthy food available.** Children and teens tend to eat what is around the house. If there are high-calorie snacks, desserts, and meals, they are most likely to eat those when they are hungry. If those foods and drinks are not readily available, they are much more likely to eat fruits, vegetables, and other healthy foods.
- 5. Have family meals together.** Family meals are not only enjoyable and important for maintaining a caring, connected family, but they also help develop and reinforce good health habits and protect against unhealthy dieting or eating disorders (Neumark-Sztainer et al, 2010). Teens from families that eat together regularly tend to eat more fruits and vegetables, and they tend to consume fewer high-calorie soft drinks. Turn off the television, cell phones, and other electronics, and keep the atmosphere at meal times positive and friendly so that children and teens relax and value the positive time together as a family.
- 6. Limit screen time.** Researchers (Lindsay et al., 2006) see consistently strong relationships between levels of physical activity in children and teens and their use of screens—televisions, computers, smart phones, tablets, video games, and other electronics. Some ways to encourage healthy technology boundaries include setting daily limits on screen time for *all* family members, keeping computers, phones, and televisions out of teens’ bedrooms (particularly at night when they should be sleeping, not texting), and not using electronics during meal times or when doing homework.
- 7. Be adventuresome.** Eating well and getting physical activity do not have to be difficult or drudgery. Go hiking or walking in places where you have never been before so that you can explore new sights. Try a new, healthy recipe each week—something that you cook together as a family. Go to a farmer’s market to learn about and try fruits and vegetables that you haven’t had before. If you are able, take a cooking class with your child, or join with other families for regular hikes, walks, games, or other physical activities.
- 8. Do physical activities together.** Some families are already very active with sports and other types of exercise. But many are not. Find simple ways your family can get exercise together on a regular basis.
  - Take a daily walk together or sometimes walk or bike instead of driving.
  - Do yard work together, if you have a house, or work together in a community garden
  - Do volunteer work in your community that involves physical activity.
  - Make physical activity part of your vacation plans.



Discover our 9 Parenting  
Strategies for raising  
successful kids!



# Alcohol & Drug Prevention



## *Kicking off the Positive Community Norms Campaign*

The Oregon Health Authority's Addiction and Mental Health Division and the Center for Health and Safety Culture/MOST of Us® of Montana State University are excited to offer resources to Oregon communities to support a statewide Positive Community Norms (PCN) effort to reduce teenage alcohol use. The Oregon mORe Projects' goal is to reveal concern and hope about underage drinking in order to promote meaningful change and transformation on this critical issue.



©Stock.com/Most of Us

In Marion County, 71% of 11th grade students did *not* use alcohol in the past 30 days, 2012 Student Wellness Survey

Find out **mORe**

[WWW.OREGONMORE.ORG](http://WWW.OREGONMORE.ORG)

### mORe Oregon teens choose not to drink

The mORe Project is a series of communication campaigns intended to guide conversations about underage drinking and correct misperceptions. The campaigns are designed to balance two goals:

1. Confront the seriousness of underage drinking, and
2. Build hope that communities can work together to reduce risk and create positive change.

Marion County Prevention Team will be working along side our community partners to customize and use free, ready-made campaign toolkits. These focus on important segments of the community including:

- adults;
- students;
- parents;
- school leaders and staff;
- law enforcement officers;
- healthcare providers;
- alcohol retailers;
- community & state organizations.

**mORe**  
[WWW.OREGONMORE.ORG](http://WWW.OREGONMORE.ORG)

Preview Media and Learn More by visiting the website





# Other Health Department News

## Connecting with the Community...



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

Fall 2014

**New STRENGTHENING FAMILIES PROGRAM (SFP) with QUESTION, PERSUADE and REFER (QPR) suicide prevention component coming this fall to a community near you!**

With the help of mini-grant funds, several community groups are gearing up to offer SFP classes around the county over the next 12 months, which include a new component, QPR. This additional QPR session is designed to help parents and youth recognize warning signs that a person is considering suicide and know how to help. *Watch for additional opportunities to apply.*

*\*Classes will be scheduled and facilitated by local community groups receiving mini-grants. A calendar of dates, times, and locations of these new classes will be posted on the MCHD Prevention Services website when available.*



Ask A Question,  
Save A Life



### Ready to quit?

Contact the Oregon Tobacco Quit Line:

1-877-2NO-FUME (877-266-3863) Spanish

1-800-QUIT-NOW (800-784-8669) English and other languages

or go to [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)



## Connect With Us!

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

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



@MarionCo\_Health

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