



Prevention Pieces

Welcome to the Marion County Prevention Team Newsletter

We hope 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.

Clean Air at the Fair

This year at the Marion County Fair (July 7-10), smoking will be restricted to designated areas outdoors. No smoking will be allowed in fair buildings. Check the map at the fair for designated smoking areas.

For more information about the Marion County Fair, go to <http://www.co.marion.or.us/CS/Fair/Pages/default.aspx>.

See you at the fair!

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Substance Abuse Prevention

Preventing Alcohol Abuse This Summer



Here comes summer, and with it an increased risk for youth to use alcohol, and other drugs.

Underage drinking is a serious public health problem in the United States. Alcohol is the most widely used substance of abuse among America's young people and poses enormous health and safety risks. With graduation parties, holidays, and family BBQs taking place, summer is an important time to talk with your kids about [alcohol](#). The good news is that parents and caring adults can have a great impact in helping youth to avoid the risks surrounding underage use. Here are some tips from the Partnership for Drug Free Kids:

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What Parents Can Do:

Parents hold tremendous influence on whether their child decides to drink or not. Be clear to your teen that you disapprove of underage drinking. Talk often about the dangers of alcohol. If you choose to drink, model responsible drinking behavior.



- Sometimes we unintentionally send kids the message that we need alcohol to cope with problems or have a good time. After a long, stressful day, instead of pouring yourself a glass of wine or beer, try modeling healthy behavior like deep breathing, exercise, or stretching. Find ways to celebrate without alcohol.
- Research shows that a child with a parent who binge drinks is much more likely to binge drink than a child whose parents do not binge drink.
- If you are struggling with a drug or alcohol problem, reach out for help.
- Do not make alcohol available to your child.
- Be actively involved in your child's life and have regular conversations with your teen about what's going on and how she/he is feeling.
- Get to know your child's friends – as well as their parents/caregivers.
- Encourage your teen to participate in healthy and fun activities that do not involve alcohol. If your child seeks new challenges, guide him/her toward healthy risks.
- Kids ages 11-14 see approximately 1,000 alcohol ads a year. Discuss what you see and help put context around the alcohol messaging your child receives from friends and the media.



Substance Abuse Prevention

Talk Often About Alcohol

The best thing you can do is communicate regularly with your teen. Here's how:

- **Try to preserve a position of objectivity and openness.** If you want to have a productive conversation with your teen, try to keep an open mind and remain curious and calm. That way, your child is more likely to be receptive to what you have to say.
- **Ask open-ended questions** that elicit more than just a "yes" or "no" response from your teen and will lead to a more engaging conversation.
- **Let your teen know you hear them.** Use active listening and reflect back what you are hearing from your teen — either verbatim, or just the sentiment. For example, "I'm hearing that you feel overwhelmed, and that you think drinking helps you relax. Is that right?"
- **Discuss the negative effects of alcohol,** and what that means in terms of mental and physical health, safety and making good decisions. Talk about the long-term effects.
- **If your child is interested in drinking, ask why** – and what might happen if they do. This gets your teen to think about their future, what their boundaries are around drinking – and some of the possible negative consequences (they may be late to practice, do something stupid in front of their friends, or feel hungover.) It will also give you insight into what's important to them.
- **Offer empathy and compassion.** Let your child know you understand. The teen years can be tough. Acknowledge that everyone struggles sometimes, but alcohol is not a useful or healthy way to cope with problems. Let your child know that he/she can trust you.
- **Remind your child that you are there for support and guidance** – and that it's important to you that she/he is healthy and happy and makes safe choices.
- **If there is a history of addiction or alcoholism in your family,** then your child has a much greater risk of developing a problem. Be aware of this elevated risk and discuss it with your child regularly, as you would with any disease.
- **Is there a problem?** Keep an eye on how your child is coping. Does he or she seem withdrawn or uninterested in the usual activities? These are signs that your child might be hiding something or need some guidance.

If you are worried about your child's drinking or drug use, please call our **Parent Toll-Free Helpline at 1-855-DRUGFREE (1-855-378-4373)** to speak with a trained and caring specialist.

If You're Throwing a Party:

- Supervise all parties to make sure there is no alcohol – and make sure your teens know the rules ahead of time.
- Set a start and end time for the party.
- Make sure an adult is at home during the party and regularly checking in.

If Your Teen is Attending a Party:

- Know where your child will be. Call the parents in advance to verify the occasion and location and that there will be supervision.
- Indicate your expectations to your child and the parent hosting the party.
- If the activity seems inappropriate, express concern and keep your child home.
- Assure your child that he/she can call you to be picked up whenever needed.



Chronic Disease Prevention

Summer Safety Tips

This summer, remember to stay safe on the street. Remember when crossing:

- Cross at the corner or at an intersection.
- Stop at the edge of parked cars, the curb, or other vehicles.
- Look LEFT-RIGHT-LEFT for moving cars.
- Cross when clear, and keep looking left and right.
- Walk, don't run or dart, into the street.
- Look for signs that a car is about to move (rear lights, exhaust smoke, sound of motor, wheels turning).
- Walk alertly; use your eyes and your ears the whole time you are crossing.



MAKE EYE CONTACT.



EVERY INTERSECTION IS A CROSSWALK.



PHONE OFF. EYES UP.



CROSS SMART. DON'T DART.

Make Sure Your Child Knows the Facts

Myth: A green light means that it is safe to cross.

Fact: A green light means that you should stop and search for cars. Before you step off the curb, look LEFT- RIGHT-LEFT for traffic, and if it is safe to do so, cross and keep looking left and right as you do so. Be alert for vehicles making a right turn on red.

Myth: You are safe in a crosswalk.

Fact: You may cross at a crosswalk but before you do: stop at the curb and look LEFT-RIGHT-LEFT for cars. When it is clear, cross and keep looking left and right for cars.

Myth: If you see the driver, the driver sees you.

Fact: The driver may not see you. Make certain the driver stops before you cross the street.

Myth: The driver will stop if you are in a crosswalk or at a green light.

Fact: The driver may not see you. The driver may run a traffic light illegally. The driver may turn without looking for pedestrians.

Myth: Wearing white at night makes you visible to drivers.

Fact: White does not make you more visible at night. Carry a flashlight and/or wear reflective clothing to be more visible to drivers. Always walk facing traffic.



Tobacco Prevention

New FDA Rules on Emerging Tobacco Products

On May 5, the FDA announced final regulations for electronic nicotine delivery systems (such as e-cigarettes and vape pens), all cigars, hookah (waterpipe) tobacco, pipe tobacco and any other product containing tobacco, or nicotine derived from tobacco. This action is a milestone in consumer protection – going forward, the FDA will be able to:

- Review new tobacco products not yet on the market
- Help prevent misleading claims by tobacco product manufacturers
- Evaluate the ingredients of tobacco products and how they are made
- Communicate the potential risks of tobacco products

The final rule will subject all manufacturers, importers and/or retailers of newly-regulated tobacco products to any applicable provisions related to tobacco products in the Federal Food, Drug, and Cosmetic Act and FDA regulations, including:

- Registering manufacturing establishments and providing product listings to the FDA;
- Reporting ingredients, and harmful and potentially harmful constituents;
- Requiring premarket review and authorization of new tobacco products by the FDA;
- Placing health warnings on product packages and advertisements; and

Not selling modified risk tobacco products (including those described as “light,” “low,” or “mild”) unless authorized by the FDA.

In addition, there are several provisions aimed at restricting youth access to tobacco products, including:

- Not allowing products to be sold to persons under the age of 18 years (both in-person and online)
- Requiring age verification by photo ID
- Not allowing the selling of tobacco products in vending machines (unless in an adult-only facility); and not allowing the distribution of free samples.

For more information, visit <http://www.fda.gov/TobaccoProducts/>

Changes to the Indoor Clean Air Act Enclosed Areas

In January, the Oregon Legislature closed a loophole in the Indoor Clean Air Act to define “enclosed areas” and prohibit smoking within ten (10) feet of entrances to enclosed areas.

“Enclosed area” means all space between a floor and a ceiling enclosed on two or more sides by permanent or temporary walls or windows, exclusive of doors, passageways or gaps. If no ceiling is present, “enclosed area” means all space included on three or more sides by permanent or temporary walls or windows, exclusive of doors, passageways, or gaps.

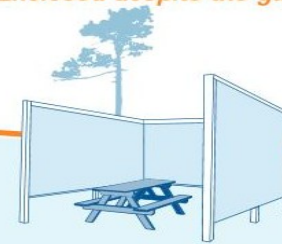
The illustrations below show examples of an outdoor enclosed area:



Enclosed despite the gap



Two sides and a ceiling



Three sides and no ceiling



Two or more sides