



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 hope you will find something to inspire you. Enjoy the Spring and let us know how we're doing!

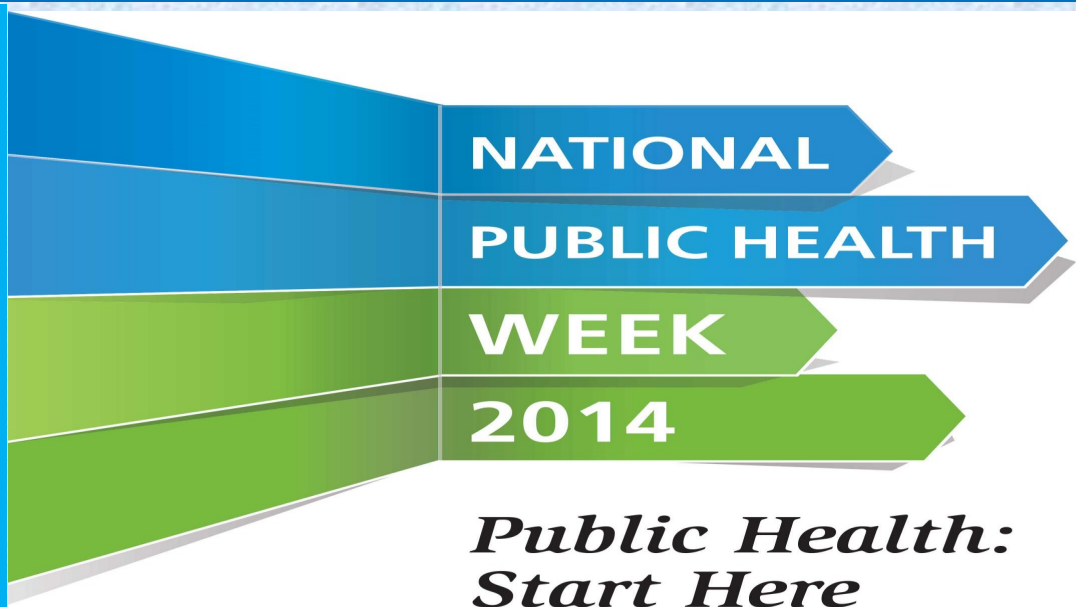
Volume 3
Spring 2014



Discover Your Local Public Health Resource: The Marion County Prevention Team...

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April 7-13, 2014
www.nphw.org



Look inside to learn about our programs, to see how our team will be participating in this year's events, and to understand how you can connect. It starts here...



National Public Health Week

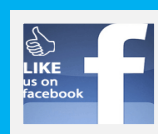


...Start Here! Join us for a fun look at local Public Health

Have You Connected With us Yet? Beginning April 7th, we'll be sharing images related to each of the daily themes telling the history of public health in Marion County. Be sure to join in the fun and watch for photos from your community. Like us on Facebook or Follow us NOW on Twitter to play along with our local trivia and to see where it all started...



Here's a sneak peek!



From April 7-13, National Public Health Week will focus on the new world of health delivery in which everyone is responsible, from community leaders to the business world and policymakers. The role of public health professionals is to protect communities from disease and injury and encourage Americans to live safe, healthy lives.



**National
Public Health
Week** www.nphw.org

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

As always this year's event features five daily themes, including:

- | | |
|---------------------|--|
| Monday, April 7: | "Be healthy from the start," focusing on health at home |
| Tuesday, April 8: | "Don't panic," focusing on emergency preparedness |
| Wednesday, April 9: | "Get out ahead," focusing on prevention |
| Thursday, April 10: | "Eat well," focusing on nutrition |
| Friday, April 11: | "Be the healthiest nation in one generation," focusing on enabling children and young adults to have bright, healthy futures. |





Chronic Disease Prevention

Healthy Corner Stores



Through the Healthy Corner Store Initiative, Marion County Health Department is offering store owners assistance and incentives to stock, sell and promote *healthy* food items.



When neighborhoods and communities lack access to full-service grocery stores, families become dependent on local corner stores for basic grocery purchases. Often, these corner stores are primarily stocked with nutrient poor and calorie rich options. These same corner stores are also often visited by youth before and after school for snacks and some even become central gathering places for the neighborhood.

To help families, children, and other individuals in Marion County make healthier choices, the Marion County Healthy Corner Store Initiative (HCSI) has been working with stores in Woodburn, Hubbard, Mt Angel, South Salem and most recently St Paul to encourage and assist local corner stores in carrying fresh produce options and other healthy food items in their stores.

Participating storeowners have been receptive to HCSI and are enjoying seeing their communities reach for bananas, unsweetened tea, brown rice, and other healthy items all while supporting their business. These healthy items are labeled in participating stores making it easier for the customer to know what to reach for. Have you visited a HCSI corner store and seen the apple logo? Do you know what to reach for if there is no apple logo indicating it is a good choice? Here are some tips to follow when you enter a corner store:

Always a Good Pick:

- ◆ Fruits and Veggies
- ◆ Water
- ◆ Unsweetened Tea
- ◆ Non-fat milk and yogurt
- ◆ Whole grains
- ◆ Tuna in water
- ◆ 100 calories or less snacks

Sometimes a Good Pick:

- ◆ Canned or frozen fruits in light syrup or water
- ◆ Canned (low sodium) or frozen veggies
- ◆ 100% Juice
- ◆ Whole Milk
- ◆ Baked chips
- ◆ Jerky
- ◆ 200 calories or less snacks

Pick Occasionally:

- ◆ High sodium canned vegetables
- ◆ Canned fruits in heavy syrup
- ◆ White bread
- ◆ Fruit Drinks
- ◆ Lemonade
- ◆ Soda
- ◆ 200+ calorie snacks



Go ahead and give it a try! 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 you can receive a free gift!



Remember to thank your local corner store for participating in the Initiative and helping all Marion County residents to have greater access to healthy foods!

The HCSI is recruiting additional stores in 2014. If your local corner store is located in a USDA designated food desert {link to: <http://www.ers.usda.gov/data/fooddesert>}, encourage them to apply and partner with the Marion County Healthy Corner Stores Initiative today! For more details about the process of becoming a Marion County Healthy Corner Store, please contact the Marion County Health Department Woodburn office at 503-566- 2901 or mchdprevention@co.marion.or.us



Teen Pregnancy Prevention

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. It is available to school or community groups of youth ages 13-18. Workshops are also available to help parents talk with children about this issue. Contact MCHDPrevention@co.marion.or.us for details.



Need Help Starting a Conversation with your child about Sex? Here are a few tips from US Department of Health and Human Services Office of Adolescent Health

Teens say that they are uncomfortable talking about sex with their parents because they worry it will make their parents angry, or that their parents will assume they are doing some things they might not actually be doing. In other words, teens say they are afraid their parents will “freak out.” So that’s the first conversation tip—don’t freak out. Here are a few more tips from OAH to help get conversations started ...

Keep your composure. Remain calm. Becoming angry or overreacting to a question or mistake can upset your teen, or worse, silence any hope of future dialogue. Instead, listen and ask open-ended questions.

Be present. Parents have a lot going on these days. When you have a chance to talk with your teen though, try to put some of those worries and activities aside. Pay attention to the conversation and don’t do too many other things at the same time. You don’t have to drop everything; you can cook or do laundry while you talk. Just be sure to listen and make certain your teen knows you are hearing every word.

Be sympathetic. Let your teen know you understand how challenging life as an adolescent can be. Your teen may not believe you can really relate. Help teens know that you understand that the social pressures and obligations of a teen can feel like a lot. Encourage them to stay focused on school and other priorities.

Stress safety. Regardless of your views on the timing of sex, safety is an important part of the message to give your teen. Stress the absolute necessity of using a condom every single time. And stress the importance of using birth control. Don’t lecture or nag, but don’t be too shy to emphasize this point.

Provide the facts. Give teens complete and honest information. Make sure they understand that condoms aren’t just for preventing pregnancy, but also for reducing the likelihood of contracting STDs and HIV. Make sure they know that birth control methods do not necessarily provide protection against STDs and HIV.

Talk with them, instead of preaching. Resist the urge to talk AT them. Instead, share with them. Let them know how you felt and the challenges you faced when you were their age.

Have lots of discussions. Don’t look at this as one huge, overwhelming moment. Keep in mind that talking to your teen is an ongoing conversation. It takes place in bits and pieces over time. It’s not one big talk. Truth be told, when it comes to important topics like relationships, your teen does want to hear from you, but might find talking comfortable for only a few minutes at a time. Give your opinion over time, instead of just unloading one large lecture, and allow your teen to think through what you are sharing.

Chat in the car. You may find the car to be a good place for having conversations that are slightly uncomfortable. You don’t have to look at each other and it can be a private setting. Although teens might prefer to listen to music or look out the window, remember they’re listening to you.

Text your teen. The average teen sends and receives 50 text messages a day, but makes and receives just five phone calls.^[4] For teens, and even younger children, real-time text-based communications on a cell phone or other mobile device now are the norm. Send positive text messages to your teen or follow up a conversation with a text that reinforces what you

just talked about. And if the popular texting abbreviations don’t come naturally, don’t sweat it. Just write the way you talk.

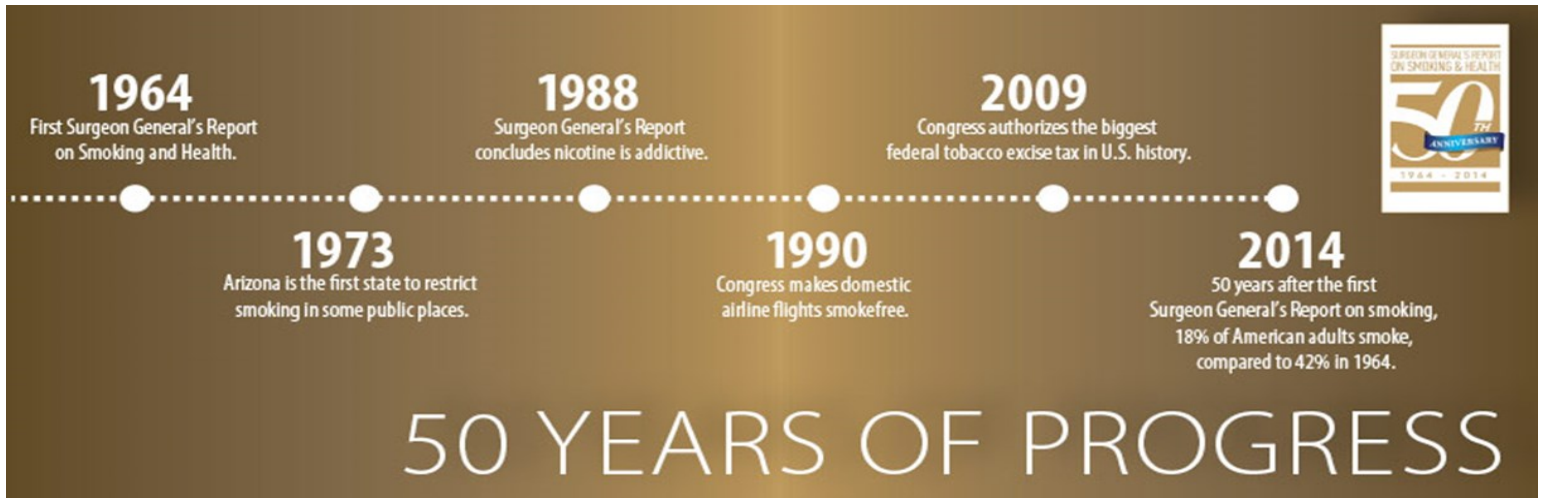


You can view the whole article, or find more Topics, Facts and Conversation Starters by visiting the OAH Parents Pages: <http://1.usa.gov/1ebCu6O>



Tobacco Prevention and Education Program

The Health Consequences of Smoking 50 Years of Progress: A Report of the Surgeon General



Fifty years after the release of the first Surgeon General's report on smoking and health, remarkable progress has been made. Since 1964, smoking prevalence among U.S. adults has been reduced by half. Unfortunately, tobacco use remains the leading preventable cause of disease, disability, and death in the United States. In 2014, the Surgeon General released the 50th Anniversary Surgeon General's Report, *The Health Consequences of Smoking—50 Years of Progress*. The report highlights half a century of progress in tobacco control and prevention, presents new data on the health consequences of tobacco use, and introduces initiatives that can potentially end the tobacco use epidemic in the United States.



Click here to check out these short [US Dept. of Health and Human Services Videos](#) on the history of smoking in the US and the *Tips From Former Smokers* campaign.



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



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/





Problem Gambling Prevention

APRIL IS PROBLEM GAMBLING AWARENESS MONTH

For most people, gambling is something done for fun and recreation. But for some, *gambling becomes a problem.*

Problem and pathological gambling can destroy families, friendships, finances and hopes, and even life itself.

Has gambling become more than just a game for you or someone you know?



Help is Available. Call 1-877-MYLIMIT or visit www.mylimit.org

NEW RESIDENTIAL GAMBLING TREATMENT FACILITY TO OPEN IN SALEM!



Bridgeway Recovery Services is opening a new eight-bed co-ed living environment for individuals needing inpatient care to treat gambling problems. The new facility, Santiam House, will be located in Salem alongside the Santiam Creek. See the new facility during the upcoming **Open House on Thursday, March 20th from 4-6 pm.** Call 503-363-2021 for more information



DID YOU KNOW? No single treatment approach is appropriate for all individuals suffering from gambling addiction. Treatment providers offer various levels of care up to and including residential treatment. If you or someone you know needs help, talk with a professional and find the most appropriate level of care. Treatment Works!

Why should your businesses care?

Although not often recognized, problem gambling is a significant workforce issue. The effects of a gambling problem almost always spill over into the workforce. Common signs include:

- Deteriorating work performance
- Frequent unexplained absences
- Frequently borrows money
- Complains about mounting debts
- Excessive use of the telephone and internet
- Having credit card bills mailed to work (hiding the problem from family)
- Increasingly spends more time gambling during lunch breaks and coffee breaks
- Theft of company property

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.



Alcohol & Drug Prevention

A few Resources ...




Girls Matter!
A webinar series addressing adolescent girls' behavioral health

For more info
or to register
online, visit
GIRLS MATTER!

THE PARTNERSHIP
AT DRUGFREE.ORG



i talk
they hear you

Parenting
for Prevention



Be a
Great
Parent!

Discover our 9 Parenting
Strategies for raising
successful kids!



GIRLS MATTER! A new webinar series addressing adolescent girl's behavioral health launched on February 25th. The six-part webinar series, sponsored by the SAMHSA (Substance Abuse and Mental Health Services Administration), features national experts discussing research, best practices, and critical thinking for professionals working with girls and young women.

- **February 25** —**Growing Up Girl:** Adolescent Development and the Unique Issues Facing Girls
- **March 13** —**Girl in the Mirror:** Behavioral Health Challenges of Adolescent Girls
- **April 22** —**Girls & Substance Use:** Trends, Challenges, and Opportunities
- **May 20** —**Digital Girls:** Confession, Connection, and Disconnection
- **June 10** — Sanctuary and Supports for Girls in Crisis
- **July 24** — The Power of Youth Development and Recovery Support

Girls on the Run is Back! Girls on the Run is an after-school program that uses running to inspire and motivate girls in 3rd to 8th grade. Our program connects young women with positive role models and encourages them to confidently follow their dreams.



What makes Girls on the Run special is that it is not only a running program. Girls of all fitness levels, sizes and shapes are welcomed and celebrated. The program encourages emotional, social, mental and physical health. At the end of the 10 week season, all the girls participate in a 5k celebration! This year, we will again team up with Hands On Willamette for their Superhero Dash on June 7th.

Girls on the Run is being implemented at four Salem elementary schools this year: **Morningside, Candalaria, Hallman and Chavez.**

If you would like to get involved by volunteering or donating to this wonderful program, please contact Connie Lu at clu@co.marion.or.us 503)361-2631.



Alcohol & Drug Prevention



April is National Alcohol Awareness Month

Each April since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) sponsors NCADD Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues. This April, NCADD highlights the important public health issue of underage drinking, a problem with devastating individual, family and community consequences.

Help for Today, Hope for Tomorrow.



- Alcohol is the number one drug of choice for America's young people, and is more likely to kill young people than all illegal drugs combined.
- Each day, 7,000 kids in the United States under the age of 16 take their first drink.
- Those who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin at age 21.
- More than 1,700 college students in the U.S. are killed each year—about 4.65 a day—as a result of alcohol-related injuries.
- 25% of U.S. children are exposed to alcohol-use disorders in their family.
- Underage alcohol use costs the nation an estimated \$62 billion annually.

Alcohol Free Weekend: April 4-6, 2014

An integral part of Alcohol Awareness Month is **Alcohol-Free Weekend (April 4-6, 2014)**, which is designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and the community. During this seventy-two-hour period, NCADD extends an open invitation to all Americans, young and old, to participate in three alcohol-free days and to use this time to contact local [NCADD Affiliates](#) and other alcoholism agencies to learn more about alcoholism and its early symptoms.

Connect with NCADD





Community Partnerships



Family Workshops Coming Soon

Free Family Fun



STRENGTHENING Families PROGRAM for parents and youth 10-14

Sessions for Parents, Teens & Families

Fun and Interactive Activities

Meals May be Provided for the Family

Free Childcare for Kids Under Age 10

Incentives for Participation



Sign Up Now for 7 weeks of Fun and Bonding

*In English and Spanish hosted by
Friends of the Family*

Stayton Middle School

Wednesday Evenings,

Beginning April 9

To Register or inquire about classes:

JuliAnn Olson @ 503-769-2309
fof@wvi.com

*In English hosted by
Silverton Together*

The Old High School

Thursday Evenings,

Beginning April 10

To Register or inquire about classes:

Jan Holowati @ (503) 873-0405
janh@wavecable.com

*In English hosted by
Jefferson Together*

Jefferson Middle School

Tuesday Evenings,

Beginning April 1

To Register or inquire about classes:

Susan W @ 541-327-3337 ext. 237
Jefferson.Together@jefferson.k12.or.us

NEW SITES!

**New STRENGTHENING FAMILIES PROGRAM (SFP) with
QUESTION, PERSUADE and REFER (QPR) suicide prevention
component coming 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 15 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.

**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**



Other Health Department News

Connecting With the Community...



WALK WITH EASE

a program for better living

Experience the
Walk With Ease Program
Arthritis Foundation **Certified**.
Doctor **Recommended**.



FREE Leader Training and
Certification in *Walk With Ease*,
a low-intensity walking program

Financial and technical assistance
are available for organizations and
individuals interested in offering a
Walk With Ease program.

*Build the health of your community
by starting a program today!*

Research shows that *Walk with Ease* can help:

- ▶ Decrease disability, pain, stiffness, and fatigue
- ▶ Improve self-confidence, control over arthritis, balance, and strength
- ▶ Teach people how to walk safely and comfortably
- ▶ Motivate people to get and stay active!

When: Tuesday, April 8, 2014
9am-3pm

Where: Fresh Start Conference Room
3020 Center Street NE
Salem, OR 97301

Contact: Jamila Freightman
jamila.freightman@oregonstate.edu
503-588-5301

Oregon State | **Extension** | **ARTHRITIS**
UNIVERSITY | **Service** | FOUNDATION®



C.H.I.P.

The Marion County Community Health Improvement Partnership made up of community organizations representing Salem-Keizer, Santiam Canyon, Silverton, and Woodburn/North County, is working together to promote healthier communities. Join us at the next meeting in your community!

Santiam Canyon

Mon, March 31, 1-2 pm

Foothills Church

975 Fern Ridge Rd., Stayton

Salem/Keizer

Tues., April 1, 10-11

Salem Health

CHEC Center

Silverton

April, TBD

Silverton Hospital

342 Fairview St, Silverton

Woodburn

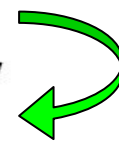
Mon, March 31, 1:30-3p,

Woodburn Health Center

1475 Mt. Hood Ave., Woodburn

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 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