



Prevention Pieces



Quarterly News

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 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.

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Please Help Welcome Our Newest Team Member

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Peter Davis Jr. is the Rural and Prevention Services Supervisor for Marion County, a position which he has held since September 2014. Peter received his Masters in Health Education and Masters in Medical Anthropology from Idaho State University, his Masters in Social Work from Northwest Nazarene University and his Doctorate in Behavioral Health from Arizona State University.



Before his current position, Peter worked as a bilingual child and family therapist for Marion County, as well as a research assistant for an NIH grant and an Americorp/Healthcorp member in a migrant farmworker clinic in Southeast Idaho. Peter has extensive experience in both Public and Mental Health, with work focusing on Migrant Health, LGBT Health, co-occurring disorders, gang issues, substance abuse, HIV prevention and chronic disease. In addition, Peter is a licensed clinical social worker and certified drug and alcohol counselor II; he is also fluent in Spanish.

Peter is committed to social justice and equality and views Dr. Paul Farmer as his Public Health Hero. In his free time, Peter enjoys hanging out with his husband and three dogs, crocheting, knitting, binge watching shows on Netflix and reading anything he gets his hands on.



National Public Health Week



Join Us As We Celebrate Our Public Health Efforts

Healthiest Nation 2030

April 6-12, 2015



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

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Join us on

Facebook & Twitter
as we celebrate
generations of health!

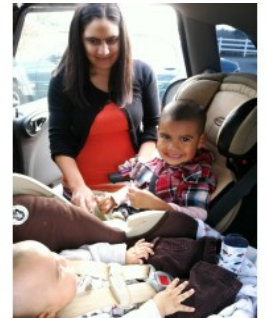


www.facebook.com/MarionCountyHealth



[@MarionCo_Health](https://twitter.com/MarionCo_Health)

Marion County Health Department is out and about, connecting with REAL people engaged in REAL activities that reflect public health in ACTION all around us.



Daily Themes

Your Health + Safety

Raising the Grade

The U.S. trails other countries in life expectancy and other measures of good health, and this holds true across all ages and socio-economic groups.

Starting from Zip

Today, your zip code says too much about your health. Within the United States, there are unacceptable disparities in health by race and ethnic group, state by state and even county by county.

Building Momentum

Influential leaders, companies and organizations are taking important steps in line with creating the healthiest nation.

Building Broader Connections

In the work to become the healthiest nation, we can't do it all on our own. We have to expand our partnerships to everyone that has an impact on our health.

Building on 20 Yrs of Success

2015 is APHA's 20th anniversary for coordinating National Public Health Week, and the accomplishments of the public health community over the last two decades are significant.



Chronic Disease Prevention

Marion County Collaborating Nationally, Working Locally



PHAP
PUBLIC HEALTH
ASSOCIATE PROGRAM

Public Health Associate Program

The Public Health Associate Program (PHAP) is a two- year, competitive fellowship program managed by the Centers of Disease Control and Prevention (CDC). This program is “designed to identify future public health professionals with a recent bachelor’s or master’s degree and an interest in public service and public health¹.” PHAP was founded in 2007

to support CDC’s frontline public health focus and is situated in CDC’s Office for State, Tribal, Local and Territorial Support. Associates are assigned to two one- year assignments in various programmatic areas, including: maternal/ child health, chronic disease, environmental health, epidemiology, immunization, injury prevention and public health preparedness. At the conclusion of the 2 year assignment, associates are competitive for public health positions at the CDC, state, local, and tribal health departments, and other nongovernmental agencies and organizations.

Marion County Health Department (MCHD), an early supporter of the PHAP program, has been a host site for numerous PHAP associates. Marion County Health Department has hosted 4 PHAP associates in the past and is hosting one associate currently. State, tribal, local, and territorial public health agencies, as well as nongovernmental organizations, and CDC quarantine stations are encouraged to apply for positions as hosts sites. The PHAP host site and associate applications opens early January for submissions. For more information about the PHAP program, please visit:

<http://www.cdc.gov/phap/index.html>.



PHAPs at Work



Connie Lu is in her second year of the Public Health Associate Program (PHAP) in the Class of 2013. Connie has been assigned to the Marion County Health Department as her host site since July 2013.

Connie’s first year assignment was within the Maternal and Child Health program. Her work focused on injury prevention and adolescent risky behavior reduction within the community. She facilitated a Marion County Safe Sleep Initiative, which focused on researching and delivering safe sleep educational practice to health care providers. She was also the Marion County regional coordinator for the non-profit organization Girls on the Run Willamette Valley. Girls on the Run is an afterschool program for 3rd to 8th grade girls that integrate physical activity with dynamic discussion based life skills that teaches girls to follow their dreams, and subsequently reduce risky behavior in pre-teen and teenage girls.

Connie’s second year assignment is in the Chronic Disease Prevention and Health Promotion program. Her work involves the Community Health Improvement Partnership (CHIP), Community Health Assessment, and the Early Childhood Health Assessment. She is the regional coordinator for the Woodburn/ North County and Silverton regions for the CHIP, a cooperative coalition that works together in identifying health issues in the community and develops plans to address them. Connie is also contributing to the Community Health Assessment, a survey distributed to residents to determine key health problems and issues in the community. The Community Health Assessment results will guide the CHIP’s work. Additionally, Connie is conducting an Early Childhood Health Assessment, a survey to determine nutrition, physical activity, and screen-time practices in child care facilities.

Following PHAP, Connie hopes to attend graduate studies or receive a full time position at the Centers of Disease Control and Prevention (CDC). Her interests include emerging infectious diseases, genomics epidemiology, and cancer research.



Chronic Disease Prevention



Improving Community Health, One Walk at a Time



National Walking Day Kick-Off

Wednesday, April 1st, 2015

- Noon at the Oregon State Capitol Steps
- 5:30pm at Salem City Hall, Peace Plaza



Come walk
with us!

For more information:
justwalksalem.com
facebook.com/justwalksouthsalem
503-373-3760

Funded by a community partnership grant from Salem Health

Fruit generously donated by LifeSource Natural Foods





Teen Pregnancy Prevention

Can You Help By Hosting a FREE Cuídate Session?



Marion County Teen Pregnancy Prevention Program coordinates and supports the implementation of Cuídate Programs. The program is used for both Latino and non-Latino youth ages 13-18 in community and school settings. Cuídate is evidence based and works to reduce rates of teen pregnancy as well as STD's including HIV infection among youth.

Both the curriculum and implementation models support the goals set by the state as outlined in the Oregon Youth Sexual Health Plan. Available in English or Spanish.

To bring Cuídate to your program or classroom, contact Susan at MCHDPrevention.co.marion.or.us

The National Campaign to Prevent Teen and Unplanned Pregnancy

Nearly all teen pregnancies are unplanned. That is, teens say they did not want to get pregnant or cause a pregnancy. That alone is reason enough to care about preventing teen pregnancy. But, it is also the case that teen pregnancy is closely linked to a host of other critical social issues—poverty and income, overall child well-being, out-of-wedlock births, responsible fatherhood, health issues, education, child welfare, and other risky behavior. There are also substantial public costs associated with adolescent childbearing. Consequently, teen pregnancy should be viewed not only as a reproductive health issue, but as one that works to improve all of these measures.

REDUCING TEEN PREGNANCY ENHANCES OVERALL CHILD WELL-BEING. **TEEN MOTHERS ARE NEARLY TWICE AS LIKELY TO FORGO PRENATAL CARE IN THE FIRST TRIMESTER** COMPARED TO OLDER MOTHERS

1 2 3

JUST 38% OF TEEN GIRLS WHO HAVE A CHILD BEFORE AGE 18 GET A **HIGH SCHOOL DIPLOMA**

Simply put, if more children in this country were born to parents who are ready and able to care for them, we would see a significant reduction in a host of social problems afflicting children in the United States.

For More research and Information, follow this link to the National Campaign and download the latest report, ["Why It Matters: Teen Childbearing, Education and Economic Wellbeing"](#)



Tobacco Prevention & Education Program

Tobacco FREE & Smoke FREE Property Policies Take Effect

The Tobacco Prevention and Education Program has been busy this year assisting with two new policies:

For the health and safety of employees, clients and the public, Marion County property and facilities, including parks, will become tobacco-free on July 1, 2015. The new rules prohibit the use of traditional tobacco, smokeless and electronic smoking devices on all County properties, except roads. Three facilities that have 24/7 operations will be permitted to have a designated smoking area onsite until June 30, 2015. Those include the Public Works main campus, Marion County Jail, and Marion County Juvenile Department.

Marion County goes TOBACCO FREE

All Property
TOBACCO-FREE
SMOKEFREE
Including electronic smoking devices

July 1st, 2015



The Oregon Tobacco Quit Line is FREE and available to all Oregonians.

When you're **ready to quit**
call 1-800-QUIT-NOW (1-800-784-8669)
or visit www.quitnow.net/oregon/

Beginning April 10, you will be able to enjoy smoke free games and events at Volcanoes Stadium. The Salem-Keizer Volcanoes Stadium and property officially becomes tobacco free in April, and like Marion County, the rules prohibit the use of all forms of tobacco and electronic smoking devices.

If you have questions or would like information on quitting tobacco, contact Marion County Tobacco Prevention and Education Program at 503-588-5857 or MCHDPrevention@co.marion.or.us.



Problem Gambling Prevention

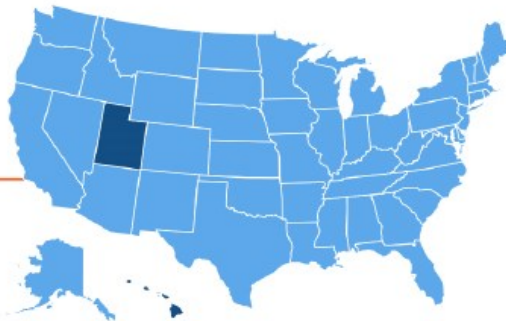
Problem Gambling Awareness Month 2015



GAMBLING IN AMERICA DID YOU KNOW?

PROBLEM GAMBLING AWARENESS MONTH
→ HAVE THE CONVERSATION

48 states
have some form of
legalized gambling



Money Americans spent on
legalized gambling
\$119 billion



Social costs of problem gambling*
\$7 billion

*addiction, bankruptcy, and crime

Signs of Problem Gambling

- Argumentative and defensive about gambling behavior 
-  Unexplained absences for long periods of time
- Lies to loved ones about gambling behavior 
-  Going without basic needs in order to gamble
- Borrowing money to gamble 

Beyond the Basics

Among those who have gambling problems:



75%
have had problems with
alcohol

38%
have had problems
with other drugs

20%
have attempted or
committed suicide

Have the conversation about problem gambling and help someone in need



Family



Co-workers



Friends



Doctors and Counselors

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



Bridgeway
Freedom Through Recovery

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



Alcohol & Drug Prevention

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

2014-15 Program

Locations



A 7-8 week evidence-based parent, youth, & family skills-building curriculum proven to:

- **Delay** the onset of adolescent substance use
- **Lower** levels of aggression in youth
- **Increase** the resistance to peer pressure in youth
- **Reduce** youth conduct problems in school
- **Improve** parent skills including building a positive relationship with their youth, setting appropriate limits, and following through on consequences, while showing love and support for their children

Class Location	Site Coordinator	Contact Information	Language	Approx Dates (if known)
Colonia Libertad, Salem	Fabiola Camacho	fabiolacamacho@fhdc.org 503-315-2289	Spanish	Spring 2015
Houck MS, Salem	Amy Solis	solis_amy@salkeiz.k12.or.us 503-399-3446	Spanish English	Spring 2015
Grant Community School, Salem	Terra Naught	Naught_terra@salkeiz.k12.or.us 503-399-2258	Spanish	Spring 2015
Parrish MS, Salem	Leticia Jaramillo	jaramillo_leticia@salkeiz.k12.or.us 503-399-3210	English	Spring 2015
Judson MS, Salem	Lisa Pierson	pierson_lisa@salkeiz.k12.or.us 503-399-3201	Spanish English	Spring 2015
Claggett Creek MS, Keizer	Sheila Morales	Morales_Sheila@salkeiz.k12.or.us 503-399-3701	English	Spring 2015
Silverton Together	Jan Holowati	janh@wavecable.com 503-873-0405	English	Tuesdays, beginning Apr 21st
Friends of the Family, Stayton	Lisa Graber	fof fof <fof@wvi.com 503-508-3117	English	TBD
City of Salem/Polk County in WEST Salem	Angie Jones	angelinamariejones@gmail.com	English	Tuesdays, beginning April 7th



Alcohol & Drug Prevention



Parents Corner: Building Strong Family Connections



Meet the newest
Strengthening
Families Program
10-14 Facilitators!



Last month, Marion and Polk County Prevention Service Teams joined forces to provide training to 21 new Strengthening Families Program 10-14 facilitators. These new facilitators are ready and excited to use their new skills and Curriculum in the community. Help us to welcome them to the SFP Family.

Sign Up Now for an Exciting Class in Your Community, or Refer someone you know!!



Alcohol & Drug Prevention



Alcohol Awareness Month 2015: "For the Health of It"

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.

With this year's theme, "**For the Health of It: Early Education on Alcoholism and Addiction**," the month of April will be filled with local, state, and national events aimed at educating people about the treatment and prevention of alcoholism. Local NCADD Affiliates as well as schools, colleges, churches, and countless other community organizations will sponsor a host of activities that create awareness and encourage individuals and families to get help for alcohol-related problems.

Alcohol use by young people is extremely dangerous—both to themselves and to society, and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors, even for those who may never develop a dependence or addiction. Adolescence is a time of heightened risk taking and young people may not be fully prepared to anticipate all the consequences of drinking alcohol, such as swigging drinks to "celebrate" a special occasion, or being in a car with a driver who has been drinking. Alcohol is the number one drug of choice for America's youth, and is more likely to kill young people than all illegal drugs combined.



Download the

[NCADD Fact Sheet](#)

About Underage Drinking

Reducing underage drinking is critical to securing a healthy future for America's youth and requires a cooperative effort from parents, schools, community organizations, business leaders, government agencies, the entertainment industry, alcohol manufacturers/retailers and young people themselves.

Get Involved!

In support of the campaign, NCADD has developed several **NCADD Alcohol Awareness Month resource materials:**

Click here to download the **[Organizers Guide](#)**

Get Involved!

Make it an Alcohol Free Weekend: April 3-5, 2015

An integral part of Alcohol Awareness Month is **Alcohol-Free Weekend (April 3-5, 2015)**, 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 agencies to learn more about prevention, early symptoms, treatment and recovery.



Other Health Department News

Connecting with the Community...



With National Public Health Week approaching in April, it is a great time to think about what we can do to help make our community the Healthiest Nation by 2030. The worksite is where many adults spend the majority of our days. By providing the healthiest worksite possible, employers' are benefited with happier employees, less sick days and a more productive workforce.

Employers

We Have
Resources for YOUR
Healthy Workforce

The Marion County Prevention Team is setting up 20 minute outreach appointments to employers in order to share resources in the community that are free or low cost that can help create a healthier work force. Resources include information on tobacco cessation, problem gambling, chronic disease and more. To set up your consultation simply email mchdprevention@co.marion.or.us

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

www.facebook.com/MarionCountyHealth

Connect With Us!



[@MarionCo_Health](https://twitter.com/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