



Prevention Pieces

Welcome to the Marion County Prevention Team Newsletter

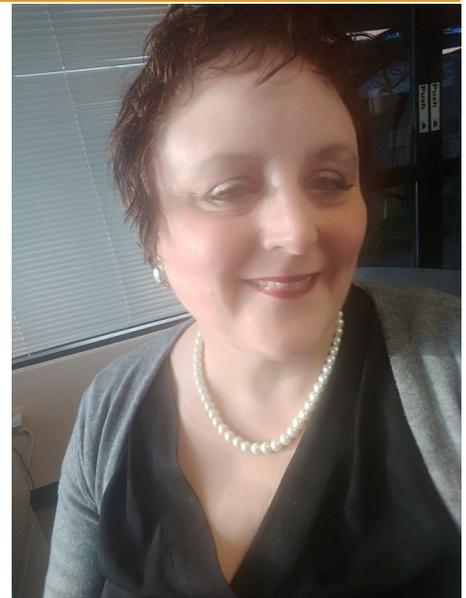
We hope to increase communication with our many diverse partners within the health department and in the community. Each quarter we highlight selected programs, share information about events & resources, and let you know how you can be involved in healthy local activities. Whether you are a business owner, parent, educator, advocate, provider or just interested in your community, we know you will find something to inspire you.

Inside this issue:

Welcome	1
Team News	1
National Public Health Week 2018	2
Problem Gambling Prevention: Problem Gambling Awareness Month	3
Problem Gambling Prevention: Art Search Contest	4
Screenagers: Growing Up in the Digital Age Film	5
Substance Abuse Prevention: National Drug Take Back Day	6
Substance Abuse Prevention: Opioids	7
Substance Abuse Prevention: Kratom	8
Tobacco Prevention and Education Program	9
Alcohol and Drug Prevention Program	10
Obesity Prevention	11

Welcome: Cordelia Hanna-Cheruiyot

Please join us in welcoming the Prevention Team’s newest member, Cordelia Hanna-Cheruiyot, MPH, CHES! Cordelia joined the Prevention team as Coordinator for Suicide Prevention and Mental Health Promotion. Cordelia comes from Los Angeles, where she worked at Pasadena Public Health Department in the Maternal, Child and Adolescent Health Division on the Black Infant Health Program.



Cordelia was also the Executive Director of a Los Angeles community-based non-profit organization doing training and advocacy working on health inequities and disparities and promoting mental health.

Cordelia obtained her Master’s in Public Health (MPH) from Loma Linda University with a major in Health Education and Promotion and Maternal and Child Health. Cordelia is also a Certified Health Education Specialist (CHES). She is currently a doctoral student studying Health Education and Promotion and Global Health at Walden University.

Cordelia is a mother of two bright and capable young adults and recently adopted an adorable Australian Cattle Dog named Koa. Cordelia enjoys music, yoga and nature walks and looks forward to hiking to waterfalls with Koa this summer when the rain stops.



National Public Health Week

APRIL 2-8 is



National Public Health Week www.nphw.org

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

- ◆ Learn New Information !
- ◆ Recognize Community Champions !
- ◆ Win Prizes !



Healthiest Nation 2030

Let's make America the healthiest nation in one generation.



NATIONAL PUBLIC HEALTH WEEK 2015



www.facebook.com/MarionCountyHealth



Marion County
OREGON
Health & Human Services



Problem Gambling Prevention

Problem Gambling Awareness Month

March is Problem Gambling Awareness Month. It's time to "Have the Conversation!"

The U.S. highlights the issue of gambling disorders with [National Problem Gambling Awareness Month](#) throughout the month of March.

A new Oregon study estimates that over **83,000 Oregon adults (2.6%)** have a gambling problem—that's about one in every 38 adults ([Moore, 2016](#)). Problem gambling is a public health issue that costs approximately **\$7 billion a year in social costs** in the United States ([National Council on Problem Gambling](#)). Despite this, there are currently no federal funds that support problem gambling services.

Local efforts to help highlight awareness include a middle school art search, school presentations, and resources for businesses and community members (contact [Susan McLaughlin](#))

We want people to know that help is still free and available for problem gamblers and their loved ones. Too often this addiction goes hidden and unrecognized. We want people to "have the conversation" about problem gambling, and know that gambling disorders are preventable and treatable.

Anyone concerned about their own gambling behavior, or that of a loved one, can get help by calling the statewide gambling help line **1-877-MY-LIMIT (877-695-4648)** or chat online at www.opgr.org.





Problem Gambling Prevention

Problem Gambling Awareness Art Search

The 2018 Art Search is on!

All Oregon middle school students are invited to submit artwork that could be chosen to illustrate the 2019 Oregon Health Authority problem gambling awareness calendar. Twelve designs will be selected, one for each month of the year. Entry deadline to us is **March 31, 2018**.

Contact MCHDPrevention@co.marion.or.us for full contest rules and entry form

Contest Guidelines

Please create a poster that illustrates one of the following concepts, or develop your own message: In either case, include the message in the poster. You do not have to use these exact words; they are included here as ideas.

- Youth who gamble are much more likely to be involved in other risky behaviors, such as drinking, drug use or violence.
- Gambling online for money is illegal in Oregon.
- Using free internet gambling sites puts you at risk for identity theft and other serious problems.
- Anyone with a gambling problem can get free counseling.
- Gambling problems can happen to anyone.
- Youth who gamble are much more likely to be involved in other risky behaviors, such as drinking, drug use, or violence.
- There are better things for kids to do for fun than gamble.
- Gambling can be a risky activity.
- People who gamble should set and stick to a time and money limit.
- Signs of problem gambling: lying about gambling and betting more than intended.
- Many of us are not aware that gambling addiction is a problem.
- People can recover from gambling problems.

ART SEARCH
Middle School Youth —
Send us your calendar artwork!

PROBLEM GAMBLING AWARENESS 2019

Deadline: MARCH 30, 2018

The top 12 submissions will be included in a special 2019 calendar to be distributed throughout the state.

For more information on problem gambling visit www.opgr.org

Oregon Health Authority
HEALTH SYSTEMS DIVISION
Problem Gambling Services



Prevention Pieces

Screenagers: Growing Up in the Digital Age

The Salem Keizer School District and Marion County Health Department are partnering to bring the documentary *Screenagers* to our community. This free screening looks into the world of teen screen use, including social media and gaming. It explores the idea of when and how to introduce phones into a pre-teen or teens world and starts discussions on what is appropriate screen use and how families can navigate the challenging topic.

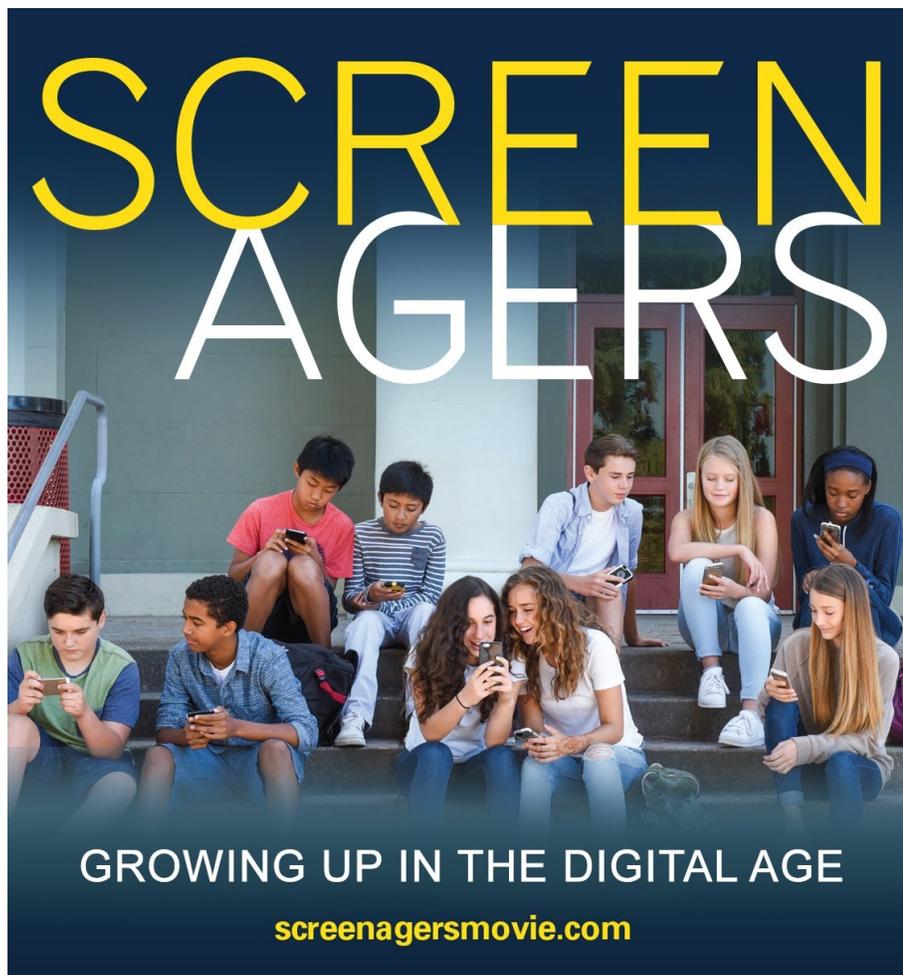
Screenagers goes far beyond exposing the risks of screen time, it reveals multiple approaches on how parents and educators can work with kids to help them achieve a healthy amount of screen time. A panel, which includes mental health professionals, school personnel and law enforcement, will lead a discussion after the movie.

Here is a link to the movie trailer <https://www.screenagersmovie.com/trailer/>

There are currently two screenings planned:

April 11th 6:00 pm Salem Public Library Loucks Auditorium

April 24th 6:00 pm Keizer Community Center





Substance Abuse Prevention

National Prescription Drug Take Back Day

Time for Spring Cleaning--Don't forget to include those medicine cabinets! Properly disposing of excess drugs is everyone's responsibility and is a matter of public safety. It is a priority to keep them out of our water supply and landfills. It is also

important to make sure others who may abuse

them do not have access to them. So if "Don't Flush and Don't Trash" is the guideline, how can you dispose of unwanted or expired medications safely?

Save the Date for a great opportunity April 28,2018

The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. Watch for information about drop off locations on our [Facebook Page](#) or go to the national site for participating locations.



http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

Mark your calendars, clean out your cabinets and drop off unwanted medicines on National Prescription Drug Take Back Day on April 28th.

More than 70 percent of young people abusing prescription pain relievers get them through friends or family, a statistic that includes raiding the family medicine cabinet.

Year-Round Take Back Locations

What if April 28 doesn't work with my schedule or location?

Marion County citizens don't have to wait for a specific take-back day to clean out their medicine cabinets. Thanks to partnerships with local enforcement agencies, pharmacies and the DEA, unwanted drugs can be dropped off at the following locations year round, with no questions asked.

Free Year-Round Drug Disposal Sites in Marion County, Oregon

Aumsville Police Dept.	597 Main Street, Aumsville
Gervais City Hall	592 4th St., Gervais
Hubbard Police Dept.	3720 2 nd St., Hubbard
Keizer Police Dept.	930 Chemawa Rd, Keizer
Mt. Angel Police Dept.	5 N Garfield St., Mt. Angel
Salem Police Dept.	555 Liberty Rd. SE, Salem
Salem Hospital Pharm	875 Oak St. Bld C, Salem
Silverton Police Dept.	306 S. Water St., Silverton
Stayton Pharmacy	102 Martin Dr. Ste. A, Stayton
Stayton Police Dept.	386 North Third Ave, Stayton
Turner City Hall	5255 Chicago St. SE, Turner
Woodburn Police Dept.	1060 Mt. Hood Ave, Woodburn
Marion County Sheriff	4000 Aumsville Hwy, Salem



Substance Abuse Prevention



Marion County has joined Polk and Yamhill counties in an exciting partnership to address the Opioid Epidemic. Here is a poster talking about what you can do to help, and a link to the TakeMedsSeriouslyOregon.org website. There you can find a wealth of information for parents and community members.



Here Are Some Small Ways to Make A Huge Change



Do NOT Share

Over 80% of misused prescription opioids are obtained from a source other than a Doctor



Find Help

Treatment is available. Opioids impact the brain. Quitting without support is tough.



Store Medications Safely

Prevent theft and stop accidental overdoses by children. Get a lockable medicine cabinet or store medicine in a safe.



Dispose of Medications Properly

Disposal drop boxes are located at Law Enforcement agencies and pharmacies across the region.



Stay Up To Date

TakeMedsSeriouslyOregon.org



Substance Abuse Prevention

Fast Facts About Emerging Drug Kratom

Ever seen one of these signs as you drove or walked by, and wondered what it was? Let's slow down and take a closer look.

What is Kratom?

Kratom is powdered or crushed leaves from a Southeast Asian tree.

How is Kratom used?

Kratom can be taken as a pill or tablet. Some prefer to smoke it or most commonly brewed into tea.

Health Claims:

Kratom claims to relieve pain, boost metabolism, increase sexual energy, improve immune system and prevent diabetes.

Side effects include:

- Nausea
- Itching
- Sweating
- Dry mouth
- Constipation
- Seizures in extreme cases

Despite the potential for severe side effects, it is not currently regulated by the Drug Enforcement Agency (DEA) or the Food and Drug Administration (FDA). The DEA has put out a notice of intent to temporarily classify the drug as a Schedule 1 drug like ecstasy or marijuana.



Kratom Linked to Multi-State Salmonella Outbreak



Recently Kratom has been linked to two outbreaks of Salmonella in Oregon. Both of the individuals hospitalized have recovered from salmonella. This outbreak is now a national problem with 87 people infected with salmonella that is linked to Kratom as of March 14, 2018. Click the link below to learn more about the Salmonella outbreaks linked to Kratom on the Center for Disease and Control (CDC) website: <https://www.cdc.gov/salmonella/Kratom-02-18/>

To learn for information about the risks of Kratom, check out the statement made by the commissioner of the U.S Food and Drug Administration Scott Gottlieb, M.D.: <https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm584970.htm> or visit the National Institutes of Health (NIH) website: <https://nccih.nih.gov/news/Kratom>



Tobacco Prevention and Education

Silverton Smoke Free Parks

The Marion County Tobacco Prevention and Education Program congratulates the City of Silverton on its vote on January 8th, 2018 to make all city parks smoke free.

Parks are a great example of healthy environments where all kinds of healthy behavior can be modeled, like physical activity, interaction with the natural

environment, and breathing fresh air. Smoke and tobacco free parks help model other healthy behavior, because when kids see that not smoking is the norm, they are less likely to start smoking in the first place.

Smoke and tobacco free parks are good for the environment because they have less litter. Cigarette butts are the number one source of litter, and are not biodegradable.

In addition, smoke and tobacco free environments help provide spaces for people who are trying to quit tobacco and less second hand smoke for everyone.



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

“When I decided to quit tobacco, the **Quit Line helped me** make a plan and stay strong.”

The Oregon Quit Line is free and you can make your own plan. Do it online or over the phone.

You can quit. We can help.

Call 1-800-QUIT-NOW (1-800-784-8669) or go to www.quitnow.net/oregon/



Alcohol and Drug Prevention

Alcohol and Spring Break




PREVENTING BINGE DRINKING

Binge drinking, common among teens who use alcohol, is associated with:

- Poor school performance
- Riding with a drunk driver
- Vulnerability to dating violence
- Attempting suicide
- Unprotected sex
- Drug use

Learn more about keeping young people safe at childtrends.org.

Most youth are making good decisions. As Spring Break comes upon us, and families and kids look for ways to have fun and relax, it's a good time to have a conversation about alcohol. Although the majority of youth do not engage in binge drinking, many people still believe they do – and for the kid facing that decision, thinking “everyone else is doing it” can lead to unhealthy risks. So learn about binge drinking and use the facts to help you have the discussion.

Binge Drinking Facts

Binge drinking is a common form of alcohol consumption among adolescents. Alcohol use among youth is associated with a wide variety of other risky behaviors and poor outcomes, including unprotected sexual intercourse, vulnerability to coerced sexual activity, and poor academic performance. Binge drinking, in particular, is associated with poor school performance, and involvement in other health risk behaviors, such as riding with a driver who has been drinking, cigarette smoking, sexual activity, being a victim of dating violence, attempting suicide, and using illicit drugs.

Consuming larger quantities of alcohol is also associated, among young women, with benign breast disease, a risk factor for cancer. In 2016, according to the Fatality Analysis Reporting System, 26 percent of young drivers who were involved in fatal crashes had alcohol in their system.

Alcohol use among adolescents is also related to an increased risk of alcohol dependence in adulthood. Binge drinking can contribute to many health disorders, including cancer, liver, pancreatic and cardiovascular diseases, as well as to a variety of gastrointestinal problems, neurological disorders and reproductive system disorders. Contextual risk factors associated with adolescent drinking include having alcoholic parents; a lack of parental support, monitoring, and communication; and having peers who drink.

For tips about talking to your child about alcohol, head to Partnership for Drug-Free Kids

<https://drugfree.org/>

For more information about keeping children safe and healthy, check out Child TRENDS at

<https://www.childtrends.org/about-us/>



Obesity Prevention

National Walking Day

April 4th is National Walking Day. Celebrate by planning a fun family walk to the park, catching up with a friend by exploring a new path, or by attending a community event. Just Walk Salem Keizer invites you to join them and fellow walk enthusiasts this year. Meet by the Riverfront Park pavilion by 5:30 for a 1 hour walk across the Peter Courtney Pedestrian Bridge, and listen to updates on the Riverfront Park Master Planning process. The event is free and everyone's welcome! Just Walk Salem Keizer also hosts regular neighborhood walks. Head to their website for more information about current routes, events and to celebrate health by just walking!



<http://www.justwalksalem.com/>

Safe Routes to School

SafeRoutes

Oregon Safe Routes To School



As time springs forward, don't forget to walk, roll, scoot and skate your way to a better neighborhood. Active kids have better health, attendance and academic scores. If your community is interested in supporting active transportation, go to www.oregonsaferoutes.org to find out more about Oregon's Walk + Roll challenge, creating an action plan and finding out more about why safe routes are a key to healthy families, communities and better learning.

World Water Day

Water is important for many reasons in our community. It affects our health, economy, and environment. March 22nd is World Water Day. This year, think about the impact water has had in your community, like the Marion County Watershed. Visit Worldwaterday.org to find out more about this event.

