



Prevention Pieces

Welcome to the Marion County Prevention Team Newsletter

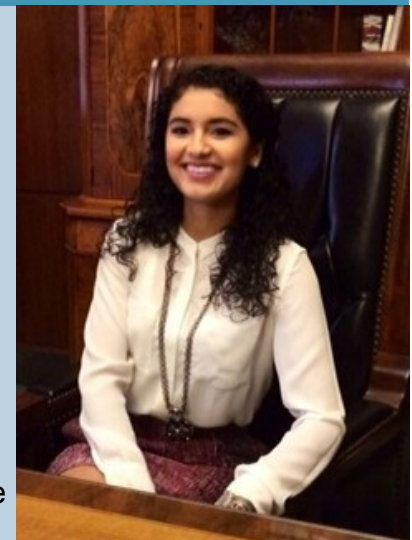
We hope to increase communication with our many diverse partners within the health department and in the community. Each quarter we highlight selected programs, share information about events and resources, and let you know how you can be involved in healthy local activities. Whether you are a business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

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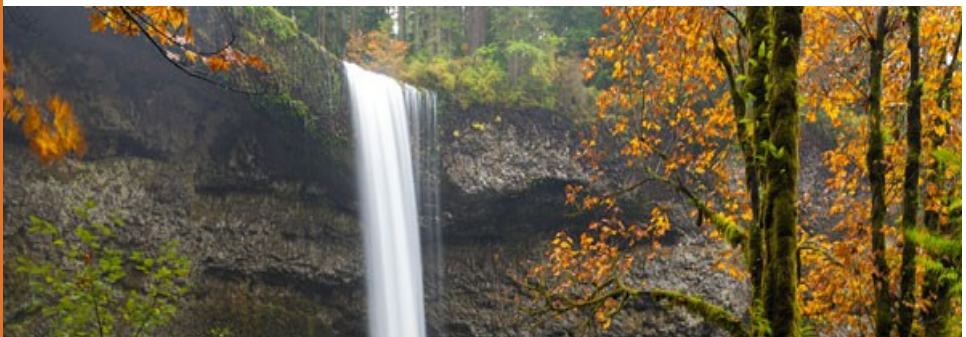
Welcome: Yuritzzy Gonzalez Peña

Yuritzzy Gonzalez Peña is the newest member of the Prevention Team. Yuritzzy received a Bachelor of Science and a Master of Public Health from Oregon State University. She worked for Oregon State University Extension Service in Marion County for more than two years.



As an OSU Extension Service employee, she worked in Woodburn promoting population health and serving as a health education resource person. Now, she plans to continue her work by being part of the Woodburn Community Health Initiative.

Yuritzzy will assess community needs and implement effective health education programs including policy, and systems-change. She will provide coordination and work with partners to ensure sustainability of programs.





Prevention Pieces

Woodburn Community Health Initiative

The Marion County Health Department in collaboration with Woodburn Pediatric Clinic, Salud Medical Center, City of Woodburn Parks and Recreation, Woodburn School District, OSU Extension Service, and other partners are excited to announce the continuation of the Woodburn Community Health Initiative. Recently, Woodburn Community Health Initiative installed exercise equipment at Legion Park. Residents are encouraged to use the exercise equipment to increase their physical activity.

Another option to increase physical activity is joining the walking groups. Walking groups leave from Washington Elementary School each Monday at 5 pm. Also, Nutrition and Physical Activity Classes will start soon. Classes are offered every Tuesday starting September 20th at Hoodview Church of God. All family members are welcome; childcare is provided for children younger than eight years old. Registration is required to accommodate space and food, but classes are FREE.



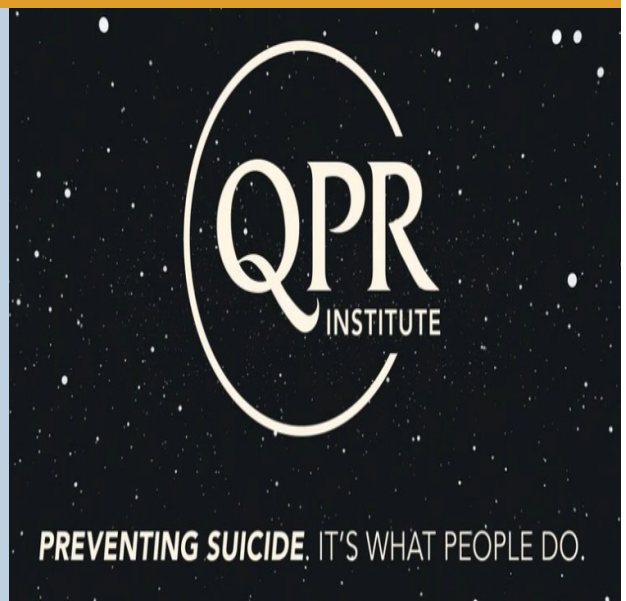
New exercise equipment at Woodburn's Legion Park

We invite you to take advantage of all of the resources provided by the Woodburn Community Health Initiative. For more information, contact Yuritzy Gonzalez Peña at (503) 981-2461 or ygonzalezpena@co.marion.or.us.

QPR: Preventing Suicide

Preventing Suicide. It's what people do. [Preview this short video](#) from QPR Institute called "About Suicide." It does a great job showcasing the worldwide need for QPR training.

Our Marion County Prevention Team has educators trained and ready to provide free effective training for anyone in the community. To schedule a 1-2 hour presentation in English or Spanish, contact Susan McLaughlin at MCHDPrevention@co.marion.or.us
Learn to Ask a Question, Save a Life.





Strengthening Families Program

Strengthening Families Program

The Marion County Prevention Team congratulates community partners awarded funding for Strengthening Families Programs this year.

This year, we are once again able to provide funding to local groups to provide Strengthening Families Programs to families across Marion County. Prevention Grant funds have been awarded to four community Together Coalitions as well as mini-grants to local groups interested in implementing at their sites. Groups awarded funding identify and train facilitators, hire site coordinators and recruit families into the program. This year, QPR will again be offered as an 8th session to all families participating in classes funded through mini-grants.

Watch our Facebook page and the next newsletter for announcements of times and locations. Sign up and have fun with us!

Contact Your Local Oregon Together Partner for SFP 10-14 class information:

- Silverton Together
- Stayton Friends of the Family
- South Salem Connect
- Woodburn Proud

Congratulations to our SFP 10-14 Award Recipients:

- Salem Keizer Education Foundation (SKEF)
- Options Counseling
- Cascade School District
- Mano a Mano
- Salem Leadership Foundation

STRENGTHENING Families PROGRAM
for parents and youth 10-14



QPR
For Suicide Prevention

Ask A Question,
Save A Life



Tobacco Prevention and Education

Tobacco and E-cigarette Rules for Schools

Now that a new school year has begun, it might be time to remind yourself or your child about the new Oregon School Board Association rules for K-12 schools on tobacco and electronic cigarettes or vaping devices. According to the Oregon School Board Association:

“ Student possession, use, distribution or sale of tobacco products or inhalant delivery systems, including any smoking or use of an inhalant delivery device, on district premises, at school-sponsored activities on or off district premises, in district-owned, rented or leased vehicles, on all district grounds, including parking lots or otherwise, while a student is under the jurisdiction of the district, is prohibited.

Use, distribution or sale of tobacco products or inhalant delivery systems by staff on district property, including parking lots, at district-sponsored events, in district-owned, rented or leased vehicles or otherwise while on duty on or off district premises is prohibited. ”



Youth are vulnerable to e-cigarette ads.

18 million youth were exposed to e-cigarette ads in 2014.

- More than 10 million high school students and nearly 8 million middle school students were exposed to e-cigarette ads in 2014.
- More than half of high school students (about 8 million) saw e-cigarette ads in retail stores, and more than 6 million saw them on the Internet.
- More than half of middle school students (6 million) saw e-cigarettes ads in retail stores, and more than 4 million saw them on the Internet.
- About 15% of all students reported seeing e-cigarette ads from all four sources, including retail stores, the Internet, magazines/newspapers, and TV/movies.

Exposure to e-cigarette ads may contribute to youth e-cigarette use:

- E-cigarette companies have rapidly increased advertising spending, from \$6.4 million in 2011 to \$115 million in 2014.
- Many of the themes used in advertising for cigarettes are also now used to advertise e-cigarettes — including sex, independence, and rebellion.
- During the time e-cigarette ads have increased, there are also increases in e-cigarette use among US youth. From 2011-2014, e-cigarette use in the past 30 days increased from less than 1% to almost 4% among middle school students and from less than 2% to 13% among high school students.



Worksite Wellness

Emergency Preparedness at Work

September is National Emergency Preparedness month. Many of us spend the majority of our day at our worksite, but are you prepared if an emergency happens while you are at work?

Think about what you have at your office that will help you get through an emergency. Maybe you have a candy bar, or a package of stale donuts in your desk drawer, or maybe just an old pack of chewing gum. Do you know if your company has an evacuation plan or how to use that plan?

The following are some simple ideas to help you feel safe at work, even during an emergency:

Keep a backpack or duffle bag of your own personal supplies in a desk drawer. This pack could include the following:

- Flashlight with extra batteries
- Emergency blanket
- Food (granola bars, candy bars, crackers, fruit leather, nuts)
- Water pouches
- Walking shoes
- Small first aid kit

In addition to packing a small survival kit, here are some other important things you can do:

- Read your company's evacuation plan. If your company doesn't have one, volunteer to prepare one. Make sure there is a good designated meeting location and every employee knows where to go.
- Make sure you are aware of the exit routes in your building.
- Know where the fire extinguishers and first aid kits are located.
- Note the locations of stairways as you walk from room to room.
- Carry a card in your wallet or purse that has important phone numbers including the number of your out-of-state phone contacts.
- Keep the area under your desk free of trash cans and clutter. This area is the best place to secure yourself in the event of an earthquake.
- Don't count on being able to get back to your desk for personal supplies if you are away when an emergency occurs. Store additional supplies in your car, such as an emergency car kit.
- Be sure you discuss a meeting plan with your family so they know where to go and when to expect you.

For more information visit <https://www.ready.gov/september>



Ready

Prepare. Plan. Stay Informed.





Substance Abuse Prevention



Preventing Underage Marijuana Use

Parents often wonder how to really help their youth avoid risky behaviors that may lead to substance abuse. Now that marijuana is legal for adults over 21 to use in Oregon, it is more important than ever for youth to have accurate information that helps them make healthy choices. Parents, guardians and other trusted adults are important sources of information for youth.

In Oregon, marijuana is a rising concern for Parents, leaving many wondering what to say and how to help their youth avoid negative consequences, including addiction.

Oregon Health Authority Public Health Division has developed a new resource for parents. [Click here to take a look and download your free parent guide](#), available in both English and Spanish.

Why should YOU care?

1. You are an important influence
2. Marijuana use can get in the way of healthy development and future goals
3. It is against the law for anyone under 21 years old to use retail marijuana
4. Marijuana can be hard to quit

Problem Gambling Outreach Grant 2017

The Marion County Prevention Team is excited to announce that we have been awarded a Problem Gambling Outreach Grant for 2017. These funds will enhance the team's ability to provide Problem Gambling Prevention information as well as increase community awareness of effective and local options for help and treatment services that are available to problem gamblers and their loved ones.

This project partners with Bridgeway Recovery Services and Volcanoes Baseball, and will focus on providing outreach to older adults and their families.

If you would like to get involved, or schedule a presentation or event related to problem gambling, please get in touch with us through MCHDPrevention@co.marion.or.us. We would love to hear from you!



Problem Gambling

Older Adults and Gambling

Gambling, or playing a game of chance for money or other stakes, has become a popular activity for people of many ages – and seniors are no exception. Prevalence studies conducted in Oregon find that 2.7% of the general population and 1.2% of the older adult population become problem or pathological gamblers. Studies estimate that more than 6,000 Oregonians age 62 years or older currently have a gambling problem.

Older adults' gambling differs from younger age groups because:

- People coping with big changes or losses are more vulnerable to developing gambling problems; many older adults face life transitions and losses (deaths, retirement, illness, isolation).
- Older adults who have gambled away their retirement savings don't have working years to make up their losses.
- Many older adults may not understand addiction, making them less likely to identify a gambling problem.
- Older adults appear less willing to seek assistance for a gambling problem than younger adults.
- Many older adults hide their gambling because of the stigma associated with it and health professionals rarely assess for problem gambling.
- Many older adults have easy access to gambling and are drawn to gambling to fill their time or to be with other people.
- A larger proportion of older adults, compared to younger adults, have cognitive impairment, which may interfere with their ability to make sound decisions.

In Oregon, treatment for problem gambling is free. Treatment options include telephone counseling, in-person individual counseling, and group counseling.

Call the confidential, 24-hour phone number below for information or help at no cost:

877-MYLIMIT or go to 1877mylimit.org

[Free seniors brochure download](#)



Obesity Prevention

Energy Drink Guidelines

Remember as parents and kids adjust to new schedules and the days get shorter to use caution when consuming energy drinks. Check out the new guidelines from the American Heart Association on sugary drink consumption.

HEALTHY KIDS ARE SWEET ENOUGH

Kids age 2-18 should have **LESS THAN 25 GRAMS** or **SIX TEASPOONS** of **ADDED SUGARS DAILY** for a healthy heart.

less than six...

less than six...
 tsp tsp
 tsp tsp
 tsp tsp

What can schools do?

- Teachers can educate students about the potential harms of consuming too much caffeine
- Coaches can educate athletes about the difference between energy drinks and sports drinks, and potential dangers of consuming highly caffeinated beverages
- School nutrition staff can ensure that only healthy beverages such as fat-free/low-fat milk, water, and 100% juice are sold

www.cdc.gov/healthyschools/nutrition

WVP Self-Management Workshops

The WVP Health Authority is offering self-management workshops on the following topics:

- Diabetes management
- Lifestyle Management
- Moving Easy with Chronic Pain
- Jump Start your health in 90 minutes
- Walk with Ease
- Diabetes Prevention Program
- Smoking Cessation
- Family Health

For more information and classes, call (503) 587-5129 or email livinghealthy@mvipa.org.