



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 partners within the health department and out in the community. Each quarter we highlight selected activities, share information about events & resources, and let you know how you can be involved in activities around Marion County. Whether you are a parent, educator, advocate, provider or just interested in your community, we hope you will find something to inspire you. Enjoy the Fall!

Volume 3
Fall 2013



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Who Are We ?

The Marion County Prevention Team

Alcohol and Drug Prevention

Chronic Disease Prevention

Tobacco Prevention & Education

Problem Gambling Prevention

Teen Pregnancy Prevention

Youth Suicide Prevention

All of our programs utilize best practices and the science of prevention to help our communities be as healthy as possible.

Don't Miss Your Final Opportunity to Help Us Improve!

Please take a short survey about our Newsletter

<https://www.surveymonkey.com/s/preventionpieces>

Win a Prize!



Complete the Survey and you will be entered to win a \$10 gift card

A Closer Look: Jamila Freightman

Jamila obtained her bachelor's degree in Sociology from Georgia State University. After graduating, she moved from her hometown in Atlanta, Georgia to the beautiful coast of Lincoln County, Oregon as an Americorps VISTA. During her VISTA year she worked in Emergency Preparedness developing Continuity of Operations Plans for businesses that serve vulnerable populations.

Jamila joined the Marion County Health Department in 2012 as a fellow in the Centers for Disease Control and Prevention's Public Health Associate program. In her first rotation she worked in the Sexually Transmitted Infection program doing surveillance and health education. In her current position she is the North County Regional Coordinator for the Community Health Improvement Partnership (C.H.I.P.) and Cuidate instructor for the Marion County Health Department Prevention Program. Jamila also works with OSU's Extension Service implementing the Arthritis Foundation's "Walk with Ease" Program.

In her free time, Jamila enjoys spending time at the dog park with her dog Oscar, or experiencing everything the great northwest has to offer!





Chronic Disease Prevention

You Can Do It! Better Health Through Self-Management



Good health involves more than just medically treating an illness. Self-management programs are researched based classes that have proven results in both improving health and helping participant to live a more fulfilling life.

Here are a few programs that are available in our community:



Living Well With Chronic Conditions

Living Well with Chronic Conditions is a six-week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, cancer, arthritis, asthma and heart disease.

Workshops related to Living Well that are also available include Tomando Control de su Salud, a Spanish-language, culturally appropriate version, and the Positive Self-Management Program (PSMP), a workshop for people with HIV.

Workshops are offered in many locations. To find a workshop contact Lavinia at 503-587-5130 or lavinia@mvipa.org. For Tomando Control contact Janet at 503-587-5153.



Taking control through self-management means:

Working with your doctor as your healthcare **partner**

Getting **support** from family and friends

Knowing how to **work through problems** such as pain, fatigue, or depression

Learning how to **be active and eat well**

Understanding how to **use medications correctly**

Oregon Tobacco Quit Line

The Oregon Tobacco Quit Line is a free program offering tips, information, and one-on-one telephone counseling to anyone looking to quit tobacco or help someone quit. Available to *all* Oregonians regardless of income or insurance status, the Quit Line is staffed by real people who are friendly and non-judgmental.

Quit coaches will help you make your own plan to fit your own life. No pressure, no guilt. Coaches can even help you figure out if you are eligible for free nicotine gum or the patch.

Open 7 days a week, 4:00 am to 12:00 am. Coaching is available in many languages.

**Oregon
Tobacco
Quit Line**



Call 1-800-QUIT-NOW (1-800-784-8669)

Español: 1-877-2NO-FUME (1-877-266-3863)

Walk With Ease Program

Walk With Ease is a six-week walking program conducted in groups by a trained leader. Participants receive health education tips, learn how to exercise safely and create a personal walking plan that fits their goals. Each session includes a lecturette, warm up, 10-30 minute walk and cool down. Participants receive a textbook and track progress in a walking diary.

Programs are held in various locations. Contact Jamilia.Freightman@oregonstate.edu

WALK WITH EASE
a program for better living

**ARTHRITIS
FOUNDATION®**





Chronic Disease Prevention

Healthy Corner Stores & National Food Day



The Marion County Healthy Corner Stores Initiative (HCSI) is celebrating its second year by showcasing some of its participating stores on National Food Day on October 24th. National Food Day is a nationwide celebration of healthy, affordable, and sustainably produced food and a grassroots campaign for better food policies. The HCSI has been working hard to ensure everyone has fair access to food that helps them feel better and live longer. With seven actively participating corner stores throughout the area, it has never been easier to find healthy food in Marion County!

A handful of the participating stores will be showcasing their new healthy options with one hour events where customers will learn more about the initiative, learn what items to reach for in their local corner stores, and the opportunity to win prizes! Stay on the look out for more details about Food Day in Marion County and make sure to look for the apple logo in your local corner store.



"Food Day is not just a day; it's a year-long catalyst for healthier diets and a better food system. Let's use this energy to make a meaningful and long-lasting difference!"

If you would like more information about the Healthy Corner Stores Initiative and its participating stores, visit the new HCSI website at <http://www.co.marion.or.us/HLT/PS/HCSI.htm>. To learn more about Food Day and other events happening across Oregon, visit <http://www.foodday.org/>

CHIP welcomes new community partners:

- City of Stayton
- Foothills Community Church
- Gervais French Prairie Community Progress Team
- Woodburn RSVP
- Silverton Together
- City of Silverton
- Silverton Senior Center
- Silverton Area Community AID



There are many ways to be involved as a CHIP partner. In addition to identifying a project or projects that meet CHIP health improvement goals, partners attend regional meetings, which are usually held twice a year. Projects can be either internal, such as worksite wellness initiatives, or external, working with the general public or specific populations and many organizations already have projects that are improving the health of Marion County. Marion County Health Department staff can also help identify projects that meet CHIP priority health goals. Even individuals can be a part of CHIP. Become a CHIP partner and be recognized for your efforts!

For more information about CHIP or to learn about becoming a CHIP partner, contact Diana Dickey, ddickey@co.marion.or.us or call 503-981-2460 <http://www.co.marion.or.us/HLT/chip/chip.htm>

The Community Health Improvement Partnership

(CHIP) is a county-wide collaborative effort that combines the goals and objectives of four regional workgroups. The four workgroups, are based on hospital service areas, and include Salem-Keizer, Santiam Canyon, Silverton Area, and Woodburn and Northern Marion County. Partners participate in assessment, planning, prioritization of health issues, & implementing strategies to improve the health of Marion County residents.



Teen Pregnancy Prevention



¡Cúdate! Kicking off the new School year



¡Cuídate!—What Is It?

¡Cuídate! means “take care of yourself.” It is the theme of this culturally-based program designed to reduce HIV sexual risk among Latino youth. Today, all teens, including Latinos, face many health risks related to sexual behavior, such as unplanned pregnancy and sexually transmitted diseases (STDs) including HIV and AIDS.

¡Cuídate! helps Latino youth develop the knowledge, attitudes, and skills to reduce their risk for HIV. The program emphasizes risk reduction strategies such as sexual abstinence and correct condom use through activities that allow youth to:

- Acquire correct and reliable information about risk and disease
- Develop attitudes that support safe decision-making
- Build skills to be able to abstain from sex and use condoms correctly
- Reinforce confidence in their ability to practice safer sex

Who Is It For?

Spanish and non-Spanish speaking Latino youth aged 13–18 years. This program has proved equally effective with boys and girls.

Cuídate! consists of:

- ♦ Seven 1-hour modules delivered over 2 or more days
- ♦ Sessions delivered to small groups of 6 to 10 youth
- ♦ HIV/AIDS knowledge, condom use negotiation, refusal of sex, and correct condom use skills
- ♦ Interactive games, group discussions, role-plays, videos, music, and mini-lectures.

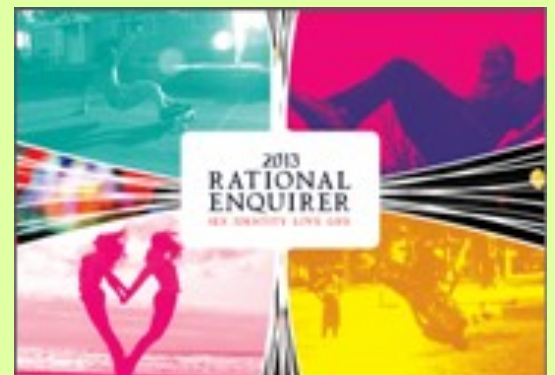
To bring ¡Cuídate! to your classroom, group or community contact Susan McLaughlin at 503-982-2464 or smclauchlin@co.marion.or.us

SEX. IDENTITY. LOVE. LIFE.

The **Rational Enquirer** is an annual publication of the Oregon Teen Pregnancy Task Force. The 2013 edition hopes readers will use it to spark conversations about sex, identity, love and life. It is still available online, just follow the link to preview.

A limited number of free hard copies of the publication are available by request from Susan McLaughlin at Marion County.

If you would like to submit an article for the next edition, please contact jessica.duke@state.or.us to get the "how to" information.



[Read the 2013 issue \(pdf\)](#)



Tobacco Prevention and Education Program

The Great American Smokeout – Nov. 21st, 2013



Get ready, November is just around the corner. If you or someone you know uses tobacco and are ready to quit, November 21st is the perfect day to be the quit date. Join millions of Americans celebrating the Great American Smokeout, an event that challenges smokers to quit and learn about what support is available to help them quit.

According to the American Cancer Society who sponsors the national day, 'The Great American Smokeout has helped dramatically change Americans' attitudes about smoking. These changes have led to community programs and smoke-free laws that are now saving lives in many states. Annual Great American Smokeout events began in the 1970s, when smoking and secondhand smoke were commonplace.

The idea for the Great American Smokeout grew from a 1970 event in Randolph, Massachusetts, at which Arthur P. Mullaney asked people to give up cigarettes for a day and donate the money they would have spent on cigarettes to a high school scholarship fund.

“ 1976, the California Division of the American Cancer Society got nearly **1 million smokers to quit for the day.** ”

Then in 1974, Lynn R. Smith, editor of the Monticello Times in Minnesota, spearheaded the state's first D-Day, or Don't Smoke Day. The idea caught on, and on November 18, 1976, the California Division of the American Cancer Society got nearly 1 million smokers to quit for the day. That California event marked the first Great American Smokeout, and the Society took the program nation-

“ Smoking is responsible for nearly 1 in 3 cancer deaths, and 1 in 5 deaths from all causes. **Another 8.6 million people live with serious illnesses caused by smoking.** ”

wide in 1977. Since then, there have been dramatic changes in the way society views tobacco advertising and tobacco use. Many public places and work areas are now smoke-free – this protects non-smokers and supports smokers who want to quit.'

So if you smoke cigarettes or know someone who does you can join fellow 'quitters' in November. Call the Oregon Tobacco Quit Line for more support to quit.

Ready to quit? Contact the Oregon Tobacco Quit Line at
1-800-QUIT-NOW (800-784-8669);
Spanish version 1-877-2NO-FUME (877-266-3863);
or online at www.quitnow.net/oregon/





Problem Gambling Prevention



IN THE NEWS

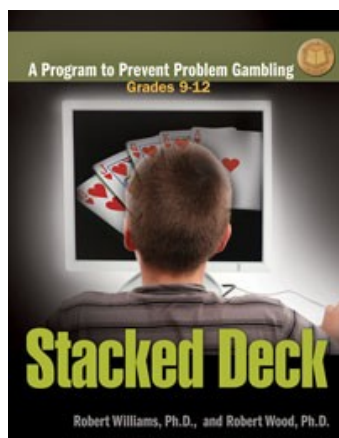
DID YOU HEAR?

The award winning Oregon Lottery ads designed to help Oregonians recognize and access free treatment for gambling problems are being pulled from the airwaves and print. A recent ruling from the Department of Justice has resulted in pulling these ads created by the Oregon Lottery.

An important thing to understand about this ruling is that although it restricts the lottery agency from spending operating dollars to “mitigate harms” caused by lottery games, the Oregon Problem Gambling Helpline and free treatment resources are still readily available. The difficulty will be finding a way to make sure Oregonians know where and how to find it when they need it. As local and statewide problem gambling prevention and treatment programs are working to fill this gap, it is very important to spread the word.



To find out more, read the full article as published August 14, 2013 on [Oregon Live](http://OregonLive.com).



HIGH SCHOOL TEACHERS: Are you looking for a new curriculum around problem gambling? Check out [STACKED DECK](#), a 5-6 interactive lesson covering the history of gambling; true odds and “house edge”; gambling fallacies; signs, risk factors, and causes of problem gambling; and skills for good decision making and problem solving.

Contact Lisa Miller at lmiller@co.marion.or.us for more suggestions on how to integrate problem gambling prevention into existing curriculum and classwork.

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.

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





Alcohol & Drug Prevention

Best Practices in action: a many faceted approach



Got Drugs?



THE
MEDICINE
ABUSE
PROJECT™

Parenting
for Prevention

<http://parentingforprevention.org/>



THE PARTNERSHIP
AT DRUGFREE.ORG

i talk
they hear you

National Prescription Drug Take-Back

Mark your calendars: The National Prescription Drug Take-Back Day will be held **OCTOBER 26, 2013** from **10am-2pm**. This event provides a safe, convenient, and responsible way to dispose of prescription drugs, while educating people about negative consequences of abuse. Information on location of collection sites will be announced [here](#) as soon as available.

Reducing Access of Alcohol to Reduce and Prevent Underage Drinking

Production of the second PSA in our series, "You've Taught Us So Many Valuable Things Already...Why Stop Now?" is well underway. Filming took place in August with seven local youth who agreed to act out the scenes in a boat on Detroit Lake. Don't let the photos fool you, they really did work hard!

For more photos and progress updates, be sure to like us on Facebook and follow us on Twitter.



(If you missed the first PSA, check it out [here](#)!)

Save the Date for ILEAD Youth Leadership Summit



2013

Saturday

November 2nd

Beginning 10am

The planning team is hard at work getting ready for the most exciting ILEAD Youth Leadership Summit yet. This summit will bring together 125 high school youth from around Marion County to participate in a day-long event at the 4H Center in West Salem. The day's activities will include skill-building workshops on leadership styles, communication, goal setting, service learning, and stress management, as well as motivational speakers, games, and group activities.

Watch for More Details to Come. Registration Information available after October 1.
Contact Laurie Shaw 503/540-2321 or Susan McLaughlin 503/981-2464



Alcohol & Drug Prevention

October: National Substance Abuse Prevention Month



In 2011, President Obama issued the first-ever Presidential Proclamation designating October National Substance Abuse Prevention Month.

October is
NATIONAL SUBSTANCE ABUSE
PREVENTION MONTH

[Learn More](#)

National Substance Abuse Prevention Month is a month-long observance to highlight the role substance abuse prevention plays in promoting safe and healthy communities. The month provides an important opportunity to pay tribute to the tragic losses attributed to substance abuse.

Why do we recognize National Substance Abuse Prevention Month? Substance use, including underage drinking and non-medical use of prescription and over-the-counter medications, significantly affects the health and well-being of our Nation's youth and young adults. Stopping use before it begins can increase a person's chances of living a longer, healthier, and more productive life.

To Read the 2012 Presidential Proclamation designating October National Substance Abuse Prevention Month [here](#). (PDF)

Watch for our
[Facebook](#)
Posts all
Month!

Above the Influence (ATI) youth campaign recently launched a national challenge that called on teens to share their ideas for the next ATI commercial. The "Made by Me" challenge allows teens to submit 60 second video entries that capture their ideas.



View the Entries

Video submissions have been posted on the ATI YouTube channel for teens to vote on their favorite. The winning teen and their community will bring their creative ideas to life during an actual commercial video shoot. The teen will work side by side with a professional director and his/her idea will be produced into a commercial



**Check It Out
on Facebook**

The votes are in. Click the circle above to Check Out Progress Towards the Winning Commercial on the ATI "Made by Me" Facebook Page

Catch It on TV

The commercial will premiere on National "Above the Influence" Day, October 17, 2013.

"Above the Influence" Day is October 17

The second annual **National "Above the Influence" Day** will be observed on **October 17** to celebrate youth who have steered away from alcohol and other drugs, as well as recognize the power of prevention efforts in local communities. The special observance will take place during National Substance Abuse Prevention Awareness Month in October.

The annual observance is an initiative of the "Above the Influence" Campaign. The campaign is aimed at promoting broad substance abuse prevention messages at the national level and engaging local communities in helping teens to avoid alcohol, drugs and other risky behaviors. "Above the Influence" is a program of the White House Office of National Drug Control Policy.

As part of National Substance Abuse Prevention Month, partners across the country are encouraged to host "Above the Influence" events in their communities.

Known as ATI Day, the observance will hold an event on Oct. 17 in Washington, D.C., where the Campaign will spotlight youth activities and discussions on events across the country on National ATI Day.

For more information on "Above the Influence" and to download the ATI Activities **Toolkit** and other **FREE** resources, visit

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



abovetheinfluence



Youth Suicide Prevention



Research Spotlight: Bullying and Suicide: A Public Health Approach

“This special supplement of the July Issue of *Journal of Adolescent Health*, features the findings of an expert panel convened by the CDC in an effort to address recent research studies that found an association between bullying and suicide-related behaviors.

The panel and this special issue provide clarity around the complicated issues of bullying and suicide among youth. Three key themes emerged: (1) bullying among youth is a significant public health problem; it is prevalent and frequently has detrimental effects; (2) there is a strong association between bul-

lying and suicide-related behaviors, but this relationship is often mediated by other factors, including depression and delinquency; and (3) there are public health strategies that can be applied to the prevention of bullying and suicide.”

[Click here for the full text of the supplement.](#)



**FREE
SUPPLEMENT**

**The
Relationship
Between Youth
Involvement
in Bullying
and Suicide**

**READ
HERE**

JOURNAL OF
ADOLESCENT HEALTH
Official Publication of the Society for Adolescent Health and Medicine

From the Injury Control Research Center for Suicide Prevention (<http://suicideprevention-icrc-s.org/research-spotlight/bullying>)

Marion County Prevention Activities



Suicide Prevention Workshops for community groups are available upon request. The Curriculum, QPR teaches how to recognize the warning signs of a suicide crisis. The workshop covers how to Question, how to Persuade by offering hope and how to Refer someone to get help and save a life. Adult and youth participants receive local and national resources and skills to save a life.



For more information about free QPR gatekeeper trainings in Spanish or English please contact Erica Alonso at Marion County Health Department: Office (503) 981-5851 Direct (503) 981-2463 or ecalonso@co.marion.or.us



Are you or a friend
at risk of suicide?

Check Lifeline's
Suicide Warning Signs.

[Click](#) or call National Suicide Prevention Lifeline 1-800-273-TALK for help



Other Health Department News

Here Comes Fall, and time to Immunize...

Pertussis!

What you should know:

Pertussis (whooping cough) is *on the rise* in Marion County.

Pertussis is a highly contagious disease that can be passed easily from person to person.

From January 1st, 2013 to August 5, 2013 the Marion County Health Department has received 45 reports of pertussis. This number is already approaching the total for the entire year of 2012 (50) and is a reminder that pertussis continues to circulate at high levels in Marion County.



Influenza!

What you should know:

Flu season is here. Influenza ("flu") is a contagious disease caused by the influenza virus. It can be spread by coughing, sneezing, and close contact.

Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women, and people with certain health conditions- such as heart, lung or kidney disease or weakened immune system.

What can you do?

Get your Tdap (Tetanus diphtheria and pertussis) vaccine

Tdap is now recommended for everyone over age 10 years including those over 65.

It is especially important to immunize those who have contact with young children not yet fully protected by vaccinations including pregnant women, parents, siblings, grandparents, baby sitters, teachers, & healthcare workers.

Where can I get my Tdap and flu vaccine?

Your medical provider's office.

Most pharmacies.

Marion County Health Dept at any of these locations

Salem: (503) 588-5342
Woodburn : (503) 981-5851
Silverton: (503) 873-1764
Stayton: (503) 769-9873



Call for more information or to schedule an appointment.

What you can do?

Get your flu vaccine

Flumist (nasal spray) may be given to people 2 through 49 years of age who are healthy and not currently pregnant.

Flu shot (injection) can be given to individuals 6 months and older.

The person giving you the vaccine can help you determine which vaccine is right for you.



Connect With Us!

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



www.facebook.com/MarionCountyHealth



[@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