



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.

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Happy Holidays from the
Marion County Prevention Team!





Alcohol and Drug Prevention



December is Drunk and Drugged Driving Prevention Month

From The National Highway Traffic Safety Administration

December marks a time of year of togetherness, family, and appreciation for all we hold dear. Yet, December is one of the most dangerous months for driving. In fact the time between Christmas and New Year's sees an average increase in fatalities involving alcohol impaired drivers by 34%. For this reason, December is National Impaired Driving Prevention Month.

Just how big of an issue is impaired driving? Every day, nearly 30 people in the United States die in a vehicle crash involving an alcohol-impaired driver, equating to one death every 51 minutes. There are also non-fatal injuries that have the capacity to dramatically impact one's life, with someone experiencing an injury from an alcohol related crash every 2 minutes. The annual financial cost equates to more than \$59 billion dollars, along with the incalculable toll on individuals and their families.

While driving while under the influence of alcohol tends to get the bulk of attention, drugged driving, driving under the influence of illegal drugs or prescription medications is becoming a larger problem. Annually, around 4,000 drivers are killed each year with drugs in their system, and that's just counting those who were tested. In fact, drugs other than alcohol, such as marijuana, are involved in 18% of driver deaths. These drugs are often used in combination with alcohol, further impairing drivers.

Both alcohol and marijuana are known to negatively impact one's coordination and reaction time, a potentially lethal combination on roadways where quick reactions are needed. Both also impair judgment as well as vision, namely peripheral vision, which can prevent noticing road hazards. Many categories of prescription drugs can cause significant impairment, with symptoms such as drowsiness, confusion, and reduced judgment.

Most people when confronted with these facts will undoubtedly assure themselves that they will never knowingly drive impaired. Take the time this holiday season to encourage your friends and family to drive responsibly. By educating and setting a good example we can begin to turn the tide of impaired driving, and focus on the connectedness and joy that this time of year should truly be about.





Tobacco Prevention

Age for Purchasing Tobacco Increases to 21 in January

On August 9, 2017, Governor Kate Brown signed Senate Bill 754 into law. This law raised the required minimum age for a person to legally buy or obtain tobacco products, inhalant delivery systems, and tobacco product devices, from 18 to 21.

Enforcement of the law begins on January 1, 2018.

To ensure compliance with the law, post signs prohibiting sales of tobacco products and inhalant delivery systems to persons under the age of 21. Signs must be posted by January 1, 2018.

ORS 431A.175, ORS 431A.178

The sale of tobacco products and inhalant delivery systems to persons under 21 years of age is prohibited by law. Any person who sells, or allows to be sold, a tobacco product or inhalant delivery system to a person under 21 years of age is in violation of Oregon law.



Want to Quit Smoking?
1.800.QUIT.NOW (1.800.784.8669)
www.quitnow.net/oregon

OHA 8558 (08/17)

The Oregon Health Authority encourages retailers to take the following steps prior to January 1, 2018:

- Talk with your employees and customers about the law.
- Provide training to employees on how to educate patrons and customers on the law, as well as how to comply with the law.
- Provide support for employees who smoke to quit.
- Encourage them to call Oregon's toll-free QUIT LINE at 800-QUIT-NOW (800-784-8669) or for Spanish at 855-DEJELO-YA (1-855-335356-92)
- Go to www.quitnow.net/oregon and www.quitnow.net/oregonsp (Spanish).
- For more information on Retailer Compliance, visit <http://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/TOBACCPREVENTION/Pages/retailcompliance.aspx#education>



Woodburn Community Health Initiative

Prescription for Exercise

The Marion County Health Department in collaboration with Woodburn Clinics rolled out a new program called Prescription for Exercise.



Woodburn Pediatric Clinic, Salud Medical Center, and Pacific Pediatrics prescribe exercise for children who do not meet the recommended physical activity guidelines to increase their physical activity by registering for swim lessons. Providers set physical activity goals and to encourage children, the whole family receives a three-month membership and discounted swim lessons to the

Woodburn City Aquatic Center.

Children are more likely to become physically active if families members are active and have an environment that makes physical activity attractive and easy to perform. This year, more than 120 Woodburn families received a free 3-month family membership to the Woodburn City Aquatic Center. The Exercise Prescription Program Pilot found that most (63%) of the Prescriptions for Exercise were redeemed, and it reduced the economic hardship for parents and families. The success of the Prescription for Exercise Program has been possible thanks to the collaboration of our partners and the Healthy Eating Active Living Grant from Kaiser Permanente.

Quotes from Families about Prescription for Exercise

“More than anything, my daughter was motivated to stop using the phone, to quit watching television, and she was always like, ‘Mom, take me to the pool. Mom, take me to the pool.’ I would always take her for an hour, an hour and a half, and she would stay active in the pool during the entire [time].”

“[The membership] has benefitted us because the whole family could go [to the Woodburn City Aquatic Center] and they would have fun and swim and hang out there. I saw [my whole family] being happy while swimming there.”

“When I started taking them, I noticed a change in my youngest daughter; how she was more active. We would go for an hour or two, and she would spend it swimming. She seemed more active and she lost weight.”



Suicide Prevention

Help for the Holidays

It is a common myth that Suicide rates are highest at Christmas. The data tells us that rates of suicide are not actually higher during the Holiday Season, but are lower in December than other times of the year. Unfortunately, that does not mean the season isn't stressful for some, or that experiencing joy comes easily to us all. The Holiday Blues are real for many.

But it is also true that friends and family can have an important protective impact on those feeling down, or even contemplating suicide. It can be a time when people connect, and when concerned family and friends can ask questions, listen with understanding, and get resources to a person at risk. Here are a few things to help.

What can I do?

- If you are having thoughts of suicide or if you are concerned about someone else call the National Suicide Prevention Lifeline immediately at 1-800-273-TALK (8255). They will listen and support you through whatever difficult times you may be facing.
- Parents and guardians should take every statement regarding suicide seriously and not assume the child is simply seeking attention. It could be a cry for help.
- Suicide is preventable. Reach out to a friend or family member and talk to them. Don't assume someone else will do it.
- Depression is the leading factor in suicide prevention. Seek out professional mental health care if you are feeling depressed.
- It takes a community. Be aware of those alone or away from family and friends during the holidays and invite them to spend time with you.
- TALK. Thoughts of suicide should not be kept a secret.
- QPR (Question, Persuade, and Refer)
 1. Question the individual's desire or intent regarding suicide.
 2. Persuade the person to seek and accept help.
 3. Refer the person to appropriate resources.

6 Ways to Avoid Holiday Depression in the Elderly

Create a Festive Mood

Make sure your elderly loved ones are part of all of the festivities and feel that special feeling of the holidays. To help accomplish this, get creative and involve the entire family. You can also use technology if your loved ones live far away.



Stroll Down Memory Lane

Holidays provoke memories, which can be especially powerful in the later years of life. Use pictures, family videos and music, even theme songs from old radio or TV programs to help stimulate memories and encourage older seniors to share their stories and experiences.



Reach Out and Touch

Loneliness is associated with major depression and sadness especially in the elderly. If your loved one is close by, have them spend a few days with your family. If they are far way, hire a personal caregiver for the holiday season to be a companion.



Create New Memories

Seniors need new things to anticipate and getting out of the house (if possible) can help reduce depression. Enjoy activities that are free, such as taking a drive to look at holiday decorations, or window-shopping at the mall, holiday school plays or a festive walk down light-filled streets.



Keep an Eye on Medications & Alcohol

If you have senior family members, be sure to help them adhere to their regular schedule of medications during the frenzy of the holidays. Also, pay attention to their alcohol consumption during holiday parties and family gatherings.



Alcohol can provoke inappropriate behavior or interfere with medications.

Professional Assistance

In more severe cases of depression, antidepressant drugs can improve the quality of life in depressed elderly people. Cognitive therapy sessions with a counselor may also be effective. A geriatric assessment center or professional therapist can be a valuable resource.





Reducing Holiday Stress

Tips from the American Psychological Association

According to a recent Stress in America survey, adults are more likely to find family responsibilities stressful than they have in the past. For many of us, the holiday season can bring an increased sense of family responsibility and, along with it, additional feelings of stress. Unfortunately, we may turn to unhealthy stress management behaviors such as overindulging in eating or drinking to keep going.

APA suggests these tips to help parents effectively manage holiday stress

- **Strengthen social connections** – We know that strong, supportive relationships help us manage all kinds of challenges. So, we can view the holidays as a time to reconnect with the positive people in our lives. Accepting help and support from those who care about us can help alleviate stress. Also, volunteering at a local charity on our own or with family can be another way to make connections; helping others often makes us feel better, too.
- **Initiate conversations about the season** – It can be helpful to have conversations with our kids about the variety of different holiday traditions our families, friends and others may celebrate. Parents can use this time as an opportunity to discuss how some families may not participate in the same holiday traditions as others. Not everyone needs to be the same. It is important to teach open-mindedness about others and their celebrations.
- **Set expectations** – It is helpful to set realistic expectations for gifts and holiday activities. Depending on a child's age, we can use this opportunity to teach kids about the value of money and responsible spending. We need to remember to pare down our own expectations, too. Instead of trying to take on everything, we need to identify the most important holiday tasks and take small concrete steps to accomplish them.
- **Keep things in perspective** – On the whole, the holiday season is short. It helps to maintain a broader context and a longer-term perspective. We can ask ourselves, what's the worst thing that could happen this holiday? Our greatest fears may not happen and, if they do, we can tap our strengths and the help of others to manage them. There will be time after the holiday season to follow up or do more of things we've overlooked or did not have the time to do during the holidays.
- **Take care of yourself** – It is important that we pay attention to our own needs and feelings during the holiday season. We can find fun, enjoyable and relaxing activities for ourselves and our families. By keeping our minds and bodies healthy, we are primed to deal with stressful situations when they arise. Consider cutting back television viewing for kids and getting the family out together for fresh air and a winter walk. Physical activity can help us feel better and sleep well, while reducing sedentary time and possible exposure to stress-inducing advertisements.



Problem Gambling Prevention

Why Lottery Tickets Aren't an Appropriate Gift for Minors

From The National Council on Program Gambling



Like many other products, lottery games are restricted to adults because children lack the judgment to use them appropriately. Neuroscientists have long known that the part of the brain that allows us to make responsible judgments is not fully developed in adolescents, making it more difficult for a child to properly assess the risks associated with gambling. While an adult will likely recognize that a winning ticket is nothing more than a stroke of luck or random chance, a child or teen will often have more difficulty putting a win into perspective.

Research on youth gambling has shown that the earlier children begin gambling, the more likely they are to develop gambling problems as adults. While most children

who receive lottery tickets do not develop gambling problems, research has also found that those who do receive lottery tickets as gifts are more likely to develop a severe problem than those who do not. Finally, researchers have also learned that for children and adolescents, lottery games can act as a gateway to more problematic forms of gambling.

For most people gambling is simply entertainment, but it is entertainment that comes with a degree of risk. When a lottery ticket is given as a gift by a trusted parent or other family member, a child is likely to interpret the gift as saying “this is a safe thing for you to do.” We urge parents not to send this message and instead look for holiday gifts that are more age-appropriate. In the event someone else gives a ticket to your child, use it as an opportunity to talk to him or her about the risks associated with gambling. Not sure how to have that conversation? Visit <http://youthgambling.mcgill.ca/Gambling2/en/parents/whatparentsdo.php> to help you get started.

