



Prevention Pieces

Welcome to the Marion County Prevention Team Newsletter

We hope to increase communication with our many diverse partners within Marion County and in the community. Each quarter we highlight selected programs, share information about events & resources, and share ways 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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Contact Us:

(503) 566-2901

www.co.marion.or.us/HLT/

[PH/PS](#)



*A special message from
the Prevention Team:*

Wishing you a safe & healthy winter!





Alcohol & Drug Prevention

Marion County Community Alcohol & Substance Mis-use Assessment Workgroup

Join us!



Save the
Date:

Thurs., Dec. 13, 2018

9am-12pm

Light Breakfast

Marion County Community
Alcohol & Substance Mis-use
Assessment Workgroup

- Data Findings
- Group Work
- Next Steps

The Marion County Health Promotion & Prevention Team is assessing the health effects of alcohol, tobacco, and drug use in Marion County. Our goal is to create strategies with community partners to reduce the negative impacts alcohol, tobacco, and drug mis-use has on Marion County residents. We have met with over 80 partners from communities throughout Marion County to review data available and narrow our focus to accomplish our goal. We are so thankful for the support in the assessment process from all of our community partners so far! Please join us for our next meeting! We hope to see you there.

[Click here to register](#)



Tobacco Prevention

FDA Moves Closer to Banning Flavored E-Cigarettes and other Flavored Tobacco Products

Tobacco remains sweet, cheap, and still too easy to get across the nation - but there is welcome news! On November 15, 2018 Commissioner Scott Gottlieb of The Food and Drug Administration (FDA) announced “to combat youth access and appeal,” the FDA is advancing a “policy framework that firmly and directly addresses the core of the epidemic — flavors.”

Tobacco products with flavors appear to be a key component for youth to start using tobacco according to the FDA and Centers for Disease Control (CDC) and use is on the rise. New data released by the FDA and the CDC shows that youth e-cigarette use skyrocketed nationally from 2017 to 2018, increasing by 78% in a single year.

In Oregon, according to the 2017 Oregon Health Teen Survey, teens in both 8th and 11th grade try an electronic cigarette first rather than any other tobacco consuming method.

Here’s the takeaway on the FDA plan for e-cigarettes and other flavored tobacco products:

- Some manufacturers and retailers are voluntarily removing flavored e-cigarette products, except menthol, at this time, from locations accessible to persons under the legal age to use tobacco or purchase it.
- In addition, some manufactures such as JUUL Inc. are heightening measures for age verification online to prevent youth from accessing the products.
- FDA is also looking into banning menthol cigarettes and flavored cigars

Although it may take a while for the FDA to fully implement their plans – there are no hard deadlines – local communities concerned about flavored tobacco can still take action in the mean time. Talk to your local elected officials about flavored tobacco and find more information about your local tobacco retail environment [here](#).

MMWR | **YOUTH E-CIGARETTE USE IS RISING**

E-CIGARETTES TYPICALLY DELIVER NICOTINE

YOUTH NICOTINE EXPOSURE CAN:

- CAUSE ADDICTION
- HARM THE DEVELOPING BRAIN

E-CIGARETTE USE SURGED DURING 2017-2018

IN 2018:

- 1 IN 5 HIGH SCHOOL KIDS
- 1 IN 20 MIDDLE SCHOOL KIDS CURRENTLY USE E-CIGARETTES

HELP PREVENT YOUTH E-CIGARETTE USE

- **KNOW** THE RISKS OF E-CIGARETTES
- **TALK** TO YOUTH ABOUT THESE DANGERS
- **BE** TOBACCO FREE

National Youth Tobacco Survey as reported in Cullen et al., MMWR 2018
<http://bit.ly/COOW18>

WWW.CDC.GOV



Suicide Prevention

Holiday Stress

The holidays present a dizzying array of demands: parties, shopping, baking, cleaning, and entertaining to name a few. Some of these demands often come with a side of stress and depression. The absence of these things might also make this season difficult or lonely time. If the holidays sometimes leave you feeling overwhelmed and out of control, you're not alone! But with a few practical strategies, you can take control of holiday stress and anxiety.



A big part of this starts with managing your own expectations. Don't let unrealistic expectations about gift-giving if you're on a tight budget or interactions with family if relationships have been strained derail your ability to enjoy the season. Being proactive and realistic, and remembering what's most important to you, will make a big difference.

If the holidays have taken an emotional toll on you in the past, acknowledge your feelings of sadness, anxiety, loneliness, or isolation. Consider seeking out community, religious, or other social events, which can offer support and companionship. Volunteering to help others is also a good way to lift your spirits.

As for festivities, it can be helpful to plan ahead by setting aside specific days for shopping, baking, and other activities. Enlist help for party prep and cleanup – you don't have to do it alone! Don't say yes to things that will leave you feeling exhausted, overwhelmed, or even resentful. If no isn't an option, try removing or delegating something else from your agenda to make up for lost time.



Finally, make sure to take time for yourself. Sometimes taking care of yourself is the very best thing you can do! You will feel better, and so will others around you. Reflect on what brings you joy, practice gratitude for things in your life, enjoy a nature walk, get a massage, listen to your favorite music, or cozy up with a good book. And breathe. Simply find something that helps to clear your mind and restore your inner calm.

For additional ideas on creating your own holiday stress prevention list, the [Cleveland Clinic](#) and [Psychology Today](#) offer some great tips. Feel like you need some extra support? Try one of the helpful hotline numbers listed below. Best wishes for a calm and joyous holiday season and a peaceful New Year!

Helpful Hotline Numbers

Marion County

Crisis Center | 503-585-4949
Youth | 503-576-4673

Polk County

Before 5 pm | 503-623-9289
After 5 pm | 503-581-5535

Oregon Warmline

When you're not in crisis, but just want to talk with someone
1-800-698-0392

National Suicide Prevention Hotline | Call 1-800-273-8255 | Text 741-741



Suicide Prevention

ZERO Suicide

IN HEALTH AND BEHAVIORAL HEALTH CARE

[Zero Suicide](#) is a new initiative that MCHHS will be implementing over the next several years in an effort to achieve a future where none of the individuals we serve die by suicide. It's a system-wide approach to improve outcomes, close identified gaps, and support our own staff. We believe that everyone in our organization has a role in preventing suicide and we are committed to providing the training and supports necessary for all staff to feel confident and competent in having these difficult conversations with clients and each other.

A team of Zero Suicide Champions has been recruited to do this important internal work. They include individuals across different job classifications and represent all MCHHS program areas and work sites. The Champions will help identify gaps, solutions, and training needs of staff across the agency. They will help with agency-wide implementation, be available to answer questions about Zero Suicide, and provide general supports for staff as we work towards systematic and cultural changes within MCHHS. Please join us in thanking the Champions for their passion and commitment to suicide prevention and these efforts.

Interested in learning more? Visit the [Zero Suicide Website](#), reach out to any of the Champions, or contact a member of the core implementation team: [Michelle Bangen](#), [Phil Blea](#), [Mary Buzzell](#), and [Cydney Nestor](#).

Meet the Champions

Laura Adams
Michelle Bangen
Brenda Blake
Phil Blea
Tammy Brister
Mary Buzzell
Dawn Chastler
Cindy Daniels
Patti Davidson

Nalleli Galeana
Manuel Garibay
Laura Gordon
Sue Howard
Cydney Nestor
Dallas Neighbors
Simon Turner
Linda Wilson





Problem Gambling Prevention



Lottery tickets are a tempting stocking stuffer for kids and teenagers. However, children and teenagers who gamble are more likely to participate in risky behaviors and develop gambling problems.

According to the Oregon Council on Problem Gambling (OCPG), teenagers who gamble are more likely to drink alcohol and binge drink, smoke tobacco, smoke marijuana, and have suicidal thoughts. Additionally, teens who gamble are more likely to develop a gambling problem (gambling often despite negative personal, social, or financial consequences). An estimated 1 out of 25 Oregon teenagers experience problem gambling, higher than adults. And even if a child or teenager doesn't have a gambling problem, the National Council on Problem Gambling (NCPG) has reported a link between gambling as a child and developing a gambling problem as an adult.

Marion County's Problem Gambling Prevention Program is participating in the 2018 Holiday Lottery Responsible Gaming Campaign. This is to support Marion County Health & Human Services's vision: to ensure Marion County is a vibrant community where all people have opportunities to live healthy, purposeful lives. We hope to raise awareness about the effects of gambling on youth, minimize gambling related harm, and encourage families this holiday season to gift responsibly.

GIFT RESPONSIBLY.

Think twice before giving teens lottery tickets





Problem Gambling Prevention

Upcoming Events



Art Search

March 8th, 2019

The Oregon Problem Gambling Awareness Middle School Art Search is fast approaching! Entries in Marion County will be due March 8th, 2019. Marion County winners will be featured at an upcoming Problem Gambling Awareness Month Event hosted by Bridgeway and Marion County on March 19th, 2019 (see information below). Winners will also be entered into the statewide competition to be featured on the 2020 Problem Gambling Awareness Calendar.

For an entry form and additional information, please contact us at:

MCHDPrevention@co.marion.or.us

Save the Date!

Marion County Health Promotion & Prevention and Bridgeway Recovery Services will be hosting a panel on problem gambling and how it affects the family. Come learn about problem gambling and see the amazing artwork of the Middle School Problem Gambling Awareness Art Search winners.

All are welcome to attend and lunch will be provided.

Please email MCHDPrevention@co.marion.or.us for more information

MARION COUNTY PREVENTION
BRIDGWAY RECOVERY SERVICES

PROBLEM GAMBLING AWARENESS MONTH

March 19, 2019

11:30 AM



Chronic Disease Prevention



O R E G O N

Health & Human Services

Worksite Wellness



- ✓ Retain healthy employees
- ✓ Improve productivity
- ✓ Contain health care costs
- ✓ Reduce sick days

Making wellness at work business as usual !

Start the new year off with a commitment to a healthier workforce and environment.
We are offering free 20 minute worksite wellness consultations and presentations

To schedule for organization or business please call or email Margaret McNamara at:
(503)981-2472 or mmcnamara@co.marion.or.us



Chronic Disease Prevention

Staying Active for all Seasons

Improving health across all ages includes supporting physical activity. New physical activity guidelines have been released encouraging all residents to move more. Marion County supports a challenge by choice model, knowing that activity may look different for different people. Evidence supports that sedentary behavior is a major risk factor to many chronic diseases. Increasing physical activity and limiting sedentary behavior can make people feel better, sleep better, and reduce risk for many chronic diseases. Marion County supports community strategies to connect people to everyday destinations through safe walking and biking, no matter the weather.

Ask yourself: Have you noticed the barriers to physical activity in your own day? Do you prefer to stay inside in the cold, or need to have a friend to join you? Do you not walk because your neighborhood is lacking sidewalks? When was the last time you had time to share a walk with a family member or friend?

As the seasons change, try to sit less and move more, reaching for at least 150 mins- 300 mins for week of moderate-intensity exercise. Understand the risks, yet be confident that physical activity can be safe for almost everyone. Choose types of activities that appropriate for current fitness levels and health goals.



10
Minutes
of stretching is like walking the length of a football field



2.5
Hours
of walking every week for a year is like walking across the state of Wyoming



20
Minutes
of vacuuming is like walking one mile



30
Minutes
of grocery shopping every other week for a year is like walking a marathon



Other Prevention News

Screenagers Recap

Parents and teens alike are struggling to find a balance for their families around technology use. Screenagers the movie was designed to help parents and youth understand the science behind screen use and youth brain development. In addition, the film helps to spur conversations in families and communities about how to best use technology.

In partnership with the Salem-Keizer School District and Willamette Education Service District, the Marion County Prevention team is excited to say that there will be several upcoming screenings in both Marion and Polk Counties. Please keep an eye on our Facebook page for upcoming dates.

The filmmaker does put out a weekly blog that includes some great tips on navigating the world of technology. Click here for more information: <https://www.screenagersmovie.com/tech-talk-tuesdays/> If you have further questions you can email MCHDprevention@co.marion.or.us

