



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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Welcome: Kerryann Bouska



Please join us in welcoming the new supervisor of the Prevention team, Kerryann Bouska! Kerryann comes to Marion County from the Oregon Health Authority, Addictions and Mental Health and

Public Health Divisions .

Prior to moving to Salem seven years ago, Kerryann oversaw frontier rural prevention in Grant County for 12 years. She and her husband enjoy family activities and are especially busy with a senior in college, an eighth grader, and their St. Bernard.





Concerns About Older Adults and Problem Gambling

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.

Marion County Receives Gambling Grant

Gambling opportunities for Oregonians are plentiful. Tribal casinos, Lottery products, Bingo halls, sports betting, and internet gambling are more available than ever. The increase in the number of people with gambling problems corresponds to the increase in availability of gambling opportunities. While experts agree that most adults can gamble without a problem, it is estimated that more than 6,000 Oregonians age 62 years or older currently have a gambling problem.

To address this, we are happy to announce that Marion County Prevention Team has received a project grant that will provide for increased opportunities to outreach to this population to increase awareness of local effective resources for help, and to provide alternative gambling free recreational activities for older adults.

GamTalk
ONLINE SUPPORT FOR GAMBLING ISSUES

info@GamTalk.org • www.GamTalk.org



Woodburn Community Health Initiative



Marion County Health Department and partners have launched four strategies to prevent or improve obesity-related chronic disease outcomes by increasing physical activity and improving healthy eating habits.

Prescription Exercise Program

Providers engage with patients and learn about their physical activity interests and goals. Providers suggest a fun exercise routine such as swimming lessons at the Aquatic Center.



Legion Park

Exercise equipment was installed to increase fun physical activities at the park. Exercise stations allow a well-rounded fitness routine including muscle fitness, aerobic fitness, core strength, balance, and flexibility.



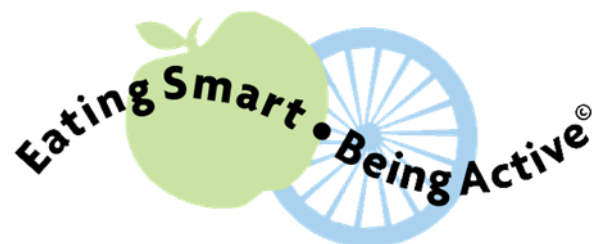
Woodburn's Walking

Woodburn's Walking allows residents to be part of a city movement by creating or joining a walking group. Walking is a great physical activity that improves your health by reducing the probabilities of chronic disease such as high blood pressure, high cholesterol level, overweight, obesity, and depression.



Eating Smart Being Active

Eating Smart Being Active is an evidence based curriculum instructed by OSU Extension Service and Woodburn Pediatric Clinic. It is a free nutrition and physical activity class offered at Hoodview Church of God.





Tobacco Prevention and Education Program

Surgeon General Report on E-cigs

In December, the Surgeon General released a report calling attention to the dangers posed by electronic cigarettes, especially to youth. As mentioned in the report, the Surgeon General concluded:

- E-cigarettes are now the most commonly used tobacco product among youth, surpassing conventional cigarettes in 2014.
- E-cigarette use is strongly associated with the use of other tobacco products among youth and young adults, including cigarettes and other burned tobacco products.
- Many e-cigarettes contain nicotine, which is highly addictive. The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders.
- In 2014, more than 7 of 10 middle and high school students said they had seen e-cigarette advertising. Much of today's e-cigarettes advertising uses approaches and themes similar to those that were used to promote conventional tobacco products.



SMOKEFREE
oregon

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

The Oregon Tobacco Quit Line is free and available to all Oregonians

- The Quit Line is now open 24/7
- Call: 1-800-QUIT-NOW (1-800-784-8669)
- Call: Español: 1-855-DEJELO-YA (1-855-335356-92)
- Register online:

www.quitnow.net/oregon/

You can quit. We can help.

For more information, visit: e-cigarettes.surgeongeneral.gov

Public Housing Goes Smokefree

It was announced in November that public housing residences nationwide will be going smoke free. The rule will take effect in 2017 and impact more than 1.2 million households. This rule will protect the more than 760,000 children who live in public housing from second-hand smoke, which can cause or aggravate conditions such as asthma and cancer. For more information, visit HUD.gov.



Worksite Wellness

Winter Exercise

It stinks when you make a New Year's Resolution to get fit right in the middle of winter—one of the hardest times to get moving. If you feel like you're operating on half-power during these cold winter months, there's something you can do to make exercise more appealing. Moving your workouts inside can be a hard transition, but if you take some time to plan more interesting workouts, it doesn't have to be another blah winter. Try some of these ideas to make your workouts more fun:

- **Break up your workout.** Separate your workout into 5-minute segments, each with a different focus—either speed, incline, resistance, steady state, etc. By changing your workout every five minutes, you get variety and, because you're focusing on 5 minutes at a time, the workout will fly by.
- **Make a cardio medley.** Instead of getting on the same machine every time, pick 3 different machines and workout on each one for 10 minutes.
- **Be creative.** Look around the gym and see if there are other ways to do your cardio. Look for a flight of stairs to run up and down or a space where you could jump rope. Walk on the treadmill, and then go outside and run around the building for 5 minutes. Look for different things you can do to break up your usual routine and add excitement.
- **Try something new.** We all have our favorite machines—the machines we gravitate to every time we go to the gym. Winter is a great time to experiment with something completely different. Try a machine you've never used before like the Versaclimber, step mill, rowing machine, or swimming. Anything new and different.
- **Try group fitness.** Even if you're not into group fitness classes, giving one a try can give you new enthusiasm for your workouts. Pick up a schedule at your club and make a deal to try one new class every two weeks. You pick up energy when you workout in a group setting—take advantage of it.



Strengthening Families Program

The Strengthening Families Program is back in 2017! Spend time with your youth while strengthening family bonds and having a great time! Sign up today with one of our local partners for this fun, free opportunity for the whole family.

Location		Site Coordinator	Contact email	Class Dates
Stayton Middle School	ENG	Lisa Graber	fof@wvi.com	Wed Feb 1
Grant School, Salem	ENG	Kelli Garcia	GARCIA_KELLI@salkeiz.k12.or.us	Wed Jan 18
Aumsville Elementary School	ENG/SPAN	Cindy Delamarter	cdelamarter@cascade.k12.or.us	Thur Jan 12
Options Salem	ENG	Debby Davis/ Nina Basargin	Debby.Davis@options.org	Wed Jan 18
First Free Methodist, Salem	ENG	Kaleb Herring or Carrie Maheu	kaleb@salem1f.org carrie@salem1f.org	Tue Feb 7

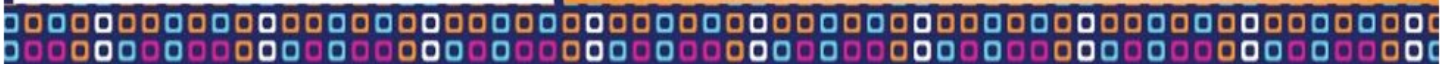


STRENGTHENING Families PROGRAM
for parents and youth 10-14

An evidence-based parent, youth, and family skills-building curriculum that:

- Prevents teen substance abuse and other behavior problems
- Strengthens parent/youth communication skills
- Increases academic success in youth
- Prevents violence and aggressive behavior at home and at school

www.extension.iastate.edu/sfp/





Self-Management Workshops

For questions, or classes on lifestyle management, moving with chronic pain, and many other topics, call WVP Health Authority at **503-587-5129** or email at **livinghealthy@mvipa.org**.



Family Health

Get healthy together!

Healthy Lifestyles: 4-week series that's fun for everyone. Includes games how to make healthy living fun.

Mondays 6:00-7:30pm

Wednesdays 4:30-6:00pm.

Teen Dietitian Series: 1 hour sessions led by a Registered Dietitian

Freedom from Smoking

Salem: Saturdays 9:30-11:00am

January 14-February 25

Dallas: Thursdays 9:30-11:00am

February 9- March 23



Jump Start Your Health

Jump Start your health in 90 minutes!

First Friday 10:30am-12:00pm

Fourth Monday 4:30pm-6:00pm



Walk with Ease

Walk With Ease was created by the Arthritis Foundation to promote walking gently.

Tuesdays and Thursdays 9:30-10:30am

Mondays and Wednesday 11:00-12:00pm

Diabetes Management

Mission Street Clinic—1155 Mission Street SE #203 Salem, 97302

Jan 6 (Fridays) 1:00pm—3:30pm Jan 11

(Wednesdays) 9:30am—12:00pm Feb 22

(Wednesdays) 9:30am—12:00pm

CHEC — 939 Oak St SE Salem, OR 97301

Jan 9 (Mondays) 5:00pm—7:30pm Jan 21

(Saturdays) 10:00am—12:30pm

Project ABLE—1599 State St Salem, OR 97301

Jan 11 (Wednesdays) 1:30pm—4:00pm

NWHS (West Salem Clinic) - 1233 Edgewater St NW Salem, 97304

Jan 19 (Thursdays) 9:00am—11:30am

Flaming Medical Center—1000 SE Uglow Ave Dallas, 97338

Jan 24 (Tuesdays) 9:30am—12:00pm

Salem Clinic—2020 Capitol St NE Salem, 97301

Feb 1 (Wednesdays) 2:30pm—5:00pm

Santiam Hospital—1401 N. 10th Ave Stayton, 97383

Feb 24 (Fridays) 9:30am—12:00pm