



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: Margaret McNamara

Margaret McNamara joined the Prevention Team in May as a Health Educator in Tobacco Prevention and Education. Margaret has a Bachelor’s degree in Health Promotion and Behaviors and a Certificate of Gerontology from Oregon State University.

Before joining the team, Margaret worked for Clackamas County in the Social Services Division. Margaret was the Project Coordinator for a project concentrated on social, cultural, and environmental strengths and barriers to *Aging in Place* in urban and rural communities. Margaret also coordinated the Gatekeeper Program; training employees of community businesses and organizations to recognize and refer at-risk



older adults and people with disabilities to appropriate resources and services.

Margaret has lived in Oregon for thirty years and married to her husband David. A few of her interests are art history, public health, and science. She loves fishing, camping, playing the drums and impromptu neighborhood barbecues.

Margaret is very excited to be joining the prevention team and working in the realm of public health.



Substance Abuse Prevention

Strategic Prevention Framework and Needs Assessment



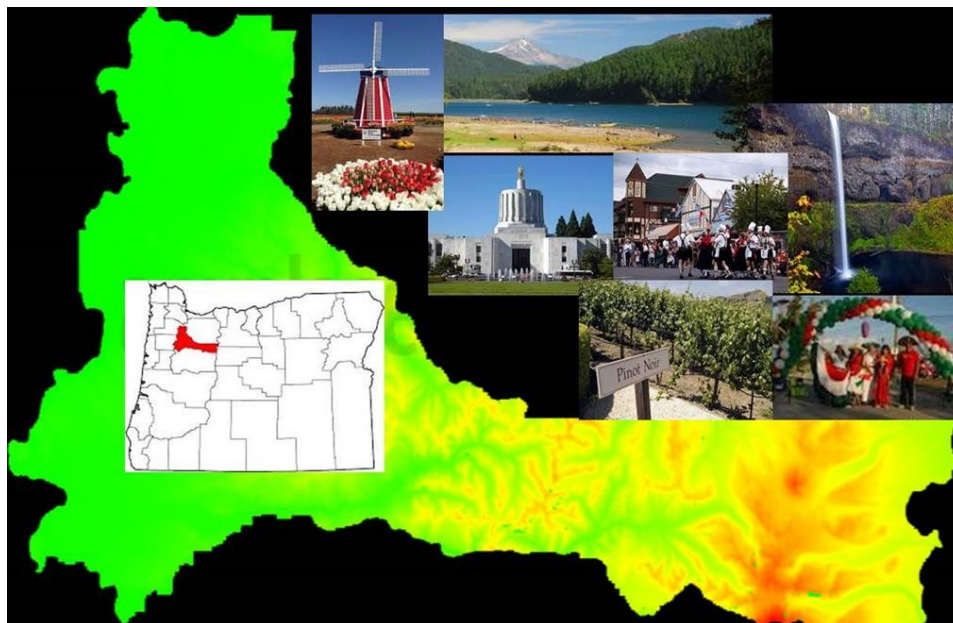
Thank you to over 65 local community partners that joined us on May 31st to begin the process of completing a county-wide alcohol and substance abuse assessment. This is the first stage of the Strategic Prevention Framework model for prevention planning.

The group learned about the stages of the model, where the assessment work fits in, and why Marion County uses it for prevention planning. They then began to identify aspects of Marion County that give it its unique character and make it a special place to live. With many different communities, ethnicities and lifestyles, the group also recognized challenges and the need to work together to effectively create a community that is healthy

and safe in which to live, work, learn and thrive.

Currently with the help of Sunshine Consulting, the Prevention Staff is working to collect local data about alcohol and substance use in our community, as well as information about consequences related to consumption of substances. The next step will be for a smaller group of community stakeholders to look more specifically at data available, prioritize areas of concern and help make recommendations for further investigation.

All this will eventually lead the Prevention team to create a strategic prevention plan for all Marion County residents that is collaborative and comprehensive. If you would like more information, have local data to share or would like to be involved, please contact Susan McLaughlin, Substance Abuse Prevention Coordinator at 503-981-2464 or smclauchlin@co.marion.or.us





Substance Abuse Prevention

Alcohol Prevention Over the Summer

Summer is a time when youth may be less supervised, and has been known to be a risky time as far as experimentation with alcohol and other substances. The National Institutes of Health (NIH) has a great article on Prevention of Alcohol Use in Children and Teens. Here is an excerpt:

What Can Parents Do?

Parents influence whether and when adolescents begin drinking as well as how their children drink. Family policies about adolescent drinking in the home and the way parents themselves drink are important. For instance, if you choose to drink, always model responsible alcohol consumption. But what else can parents do to help minimize the likelihood that their adolescent will choose to drink and that such drinking, if it does occur, will become problematic? Studies have shown that it is important to:



For instance, if you choose to drink, always model responsible alcohol consumption. But what else can parents do to help minimize the likelihood that their adolescent will choose to drink and that such drinking, if it does occur, will become problematic? Studies have shown that it is important to:

- *Talk early and often, in developmentally appropriate ways, with children and teens about your concerns—and theirs—regarding alcohol. Adolescents who know their parents' opinions about youth drinking are more likely to fall in line with their expectations.*
- *Establish policies early on, and be consistent in setting expectations and enforcing rules. Adolescents do feel that parents should have a say in decisions about drinking, and they maintain this deference to parental authority as long as they perceive the message to be legitimate. Consistency is central to legitimacy.*
- *Work with other parents to monitor where kids are gathering and what they are doing. Being involved in the lives of adolescents is key to keeping them safe.*
- *Work in and with the community to promote dialogue about underage drinking and the creation and implementation of action steps to address it.*
- *Be aware of your State's laws about providing alcohol to your own children.*
- *Never provide alcohol to someone else's child.*

Children and adolescents often feel competing urges to comply with and resist parental influences. During childhood, the balance usually tilts toward compliance, but during adolescence, the balance often shifts toward resistance as teens prepare for the autonomy of adulthood. With open, respectful communication and explanations of boundaries and expectations, parents can continue to influence their children's decisions well into adolescence and beyond. This is especially important in young people's decisions regarding whether and how to drink—decisions that can have lifelong consequences.

To read the entire article <https://pubs.niaaa.nih.gov/publications/adolescentflyer/adolflyer.htm>
For more information, please visit: www.niaaa.nih.gov.



Substance Abuse Prevention

Marijuana

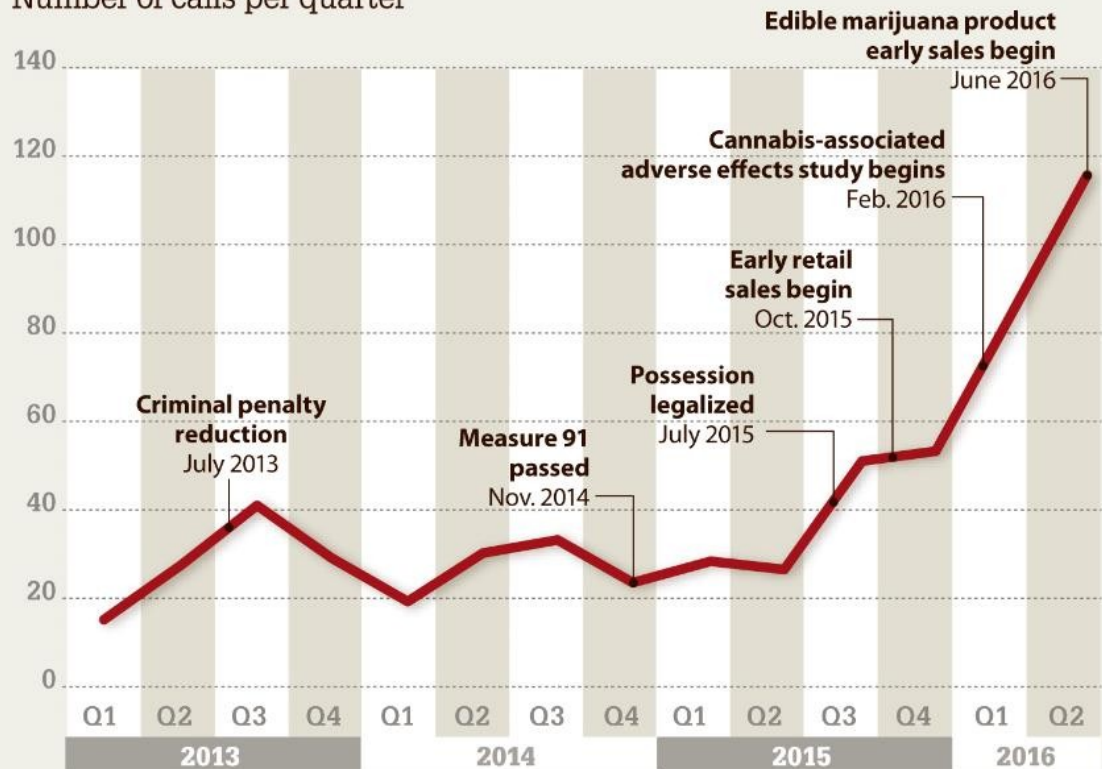
Don't forget that marijuana is not legal for persons under 21. It can also be dangerous for children and pets that get into it. Remember as summer arrives and kids are more likely to be unsupervised, to make sure all marijuana products are safely stored out of the hands of children.

Poison center calls

Calls to the Oregon Poison Center have risen steadily since recreational use of marijuana and the sales of edibles went into effect in Oregon. One in 6 calls involved a child 5 years or younger.

Marijuana-related calls to Oregon Poison Center

Number of calls per quarter



Source: Oregon Poison Centers

GREG CROSS

“We can't tell the difference.”

Candy ↔ Marijuana

-Cooper, 9 -Caleb, 6 (Oregon)

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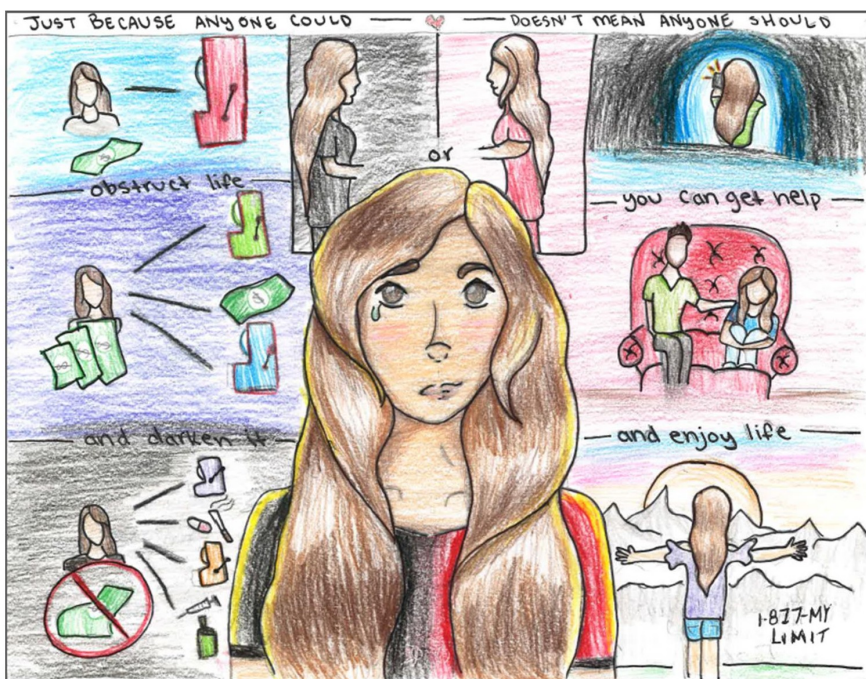


Problem Gambling Prevention

Statewide Art Contest Winners

Each March, the Oregon Health Authority sponsors a state-wide art contest for middle school students during Problem Gambling Awareness Month. This statewide art search asks students to create informative and unique works of art to display the risks and harmful effects of gambling for a youth audience.

Marion County Health and Human Services (MCHHS) held a local preliminary competition, bringing in 87 entries from throughout Marion County. MCHHS works with their staff, community and patients who visit their facility to select the top five works of art to send on to the state competition. At the state level contest, seventh-grade student Amanda Dahbura from Claggett Creek Middle school was selected to have her art featured in the 2019 Problem Gambling Awareness calendar.



Printed and distributed state-wide each fall, the Problem Gambling Awareness Calendar helps involve students in the potential dangers of problem gambling during lessons about addiction in health class. Through the collaboration of teachers and our local health agencies, students gain a comprehensive understanding of the emotional, physical and relational effects problem gambling can have on youth and adults.

Marion County Art Search Winners

1st: Amanda Dahbura - Claggett Creek Middle School (Statewide Contest Honoree)

2nd: Lesli Diaz Diaz- Claggett Creek Middle School

3rd: Gwendolyn Leduc- Claggett Creek Middle School

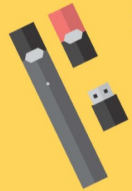
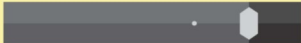
4th Emily Bradley- Sublimity Middle School

5th: Aileen Cephus- Claggett Creek Middle School





Tobacco Prevention and Education

E-CIGARETTES SHAPED LIKE USB FLASH DRIVES: INFORMATION FOR PARENTS, EDUCATORS, AND HEALTH CARE PROVIDERS

Use of JUUL is sometimes called "JUULing."

JUUL's nicotine liquid refills are called "pods." JUUL is available in several flavors such as Cool Cucumber, Fruit Medley, Mango, and Mint.

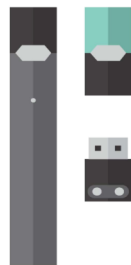
All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.



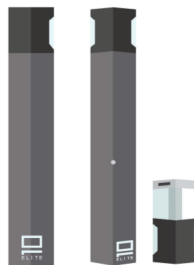
JUUL became available for sale in the United States in 2015. As of December 2017, JUUL is the top-selling e-cigarette brand in the United States.

News outlets and social media sites report widespread use of JUUL by students in schools, including in classrooms and bathrooms.

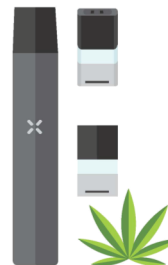
Other devices are becoming available that look like USB flash drives. Examples include the MarkTen Elite, a nicotine delivery device, and the PAX Era, a marijuana delivery device that looks like JUUL.



JUUL



MarkTen Elite



PAX Era

E-CIGARETTE USE IS NOT SAFE FOR YOUNG PEOPLE.

E-cigarette aerosol is not harmless. It can contain harmful ingredients. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products, like regular cigarettes.

For more information, visit: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm



Obesity Prevention

SHEKNOWS

THE STAY IN SHAPE FOR SUMMER BUCKET LIST



Play hopscotch
**11 CALORIES
A MINUTE**



Go miniature golfing
**210 CALORIES
AN HOUR**



Take a bike ride
**560 CALORIES
AN HOUR**



Throw water balloons
**200 CALORIES
AN HOUR**



Fly a kite
**3.5 CALORIES
A MINUTE**



Go for a swim
**450 CALORIES
AN HOUR**



Play flashlight tag
**500 CALORIES
AN HOUR**



Swing on swings
**50 CALORIES
15 MINUTES**



Jump on a trampoline
**240 CALORIES
AN HOUR**



Paddle a canoe
**450 CALORIES
AN HOUR**



Walk around the zoo
**220 CALORIES
AN HOUR**



Slide down a slide
**75 CALORIES
20 MINUTES**