

Hood River Prevents

Hood River County Prevention Department

Try Dry January

Taken from an article by Christina Ianzito, AARP, <https://www.aarp.org/health/healthy-living/info-2017/alcohol-dry-january-fd.html>

Tis the season to be jolly, but if your cheer this year ends up including a little too much egg nog, mulled wine and other tasty spirits, here's something to consider: Dry January. It's an increasingly popular practice where people decide to [give up alcohol](#) for the entire month. Some do it as a sort of start-the-year-off-right detox, others to lose weight, join friends in a fun health challenge or, sometimes, test the seriousness of their dependence on drinking.

The concept was introduced five years ago in Britain by the nonprofit Alcohol Concern. Citing the country's notorious problem with [binge drinking](#), the organization pitches Dry January as a way to "start conversations that lead to a healthier relationship with alcohol" — not to mention "a chance to ditch the hangover, reduce the waistline, and save some serious money by giving up alcohol for 31 days."

Some 5 million Brits participated last January, according to Alcohol Concern, which says that 62 percent of participants report better sleep and energy; 49 percent lose weight; and 79 percent save money. The practice seems to inspire better habits beyond January, as well: A 2016 study by researchers at England's University of Sussex found that many people who go sober for the month end up drinking less throughout the rest of the year.

David Oslin, a psychiatrist specializing in addiction at the University of Pennsylvania and the Veterans Administration Medical Center in Philadelphia, said aiming for a month of sobriety sets an obtainable goal, which is a solid method for behavior change: "It's better to say, 'I'm going to start with just focusing on January,' and then when the end of January comes you can think, 'OK, was I successful? Now what am I going to do in February?'"

The problem is that some Dry January participants decide that what they're going to do in February is drink. A lot. They call it Wet February in Britain. There's no real health benefit to cutting out alcohol for a month if you're just going to go back to your old habits, said John Dyben, clinical fellow at Origins Behavioral HealthCare, an addiction treatment center in West Palm Beach, Fla.: "If someone's doing the Dry January because they are thinking that it's going to make up for the drinking during the year, then they're fooling themselves. They will still have the deleterious effects of too much alcohol consumption."

If you aren't sure how much is too much, the National Institutes of Health defines [low-risk drinking](#) for women as no more than three drinks in one day and no more than seven drinks in a week. Men should have no more than four drinks in a day and no more than 14 drinks in a week. If you drink above those limits, Dyben said, "you are doing some level of damage to your body, to your organs, especially the most important organ, the brain."

Heavy drinking can lead to heart problems, liver damage, a weakened immune system and other health issues. Dyben added that as we age, we need to be particularly careful because we have more body fat, less muscle and less total body water, which is important for metabolizing alcohol. The glass of wine that you have today "hits you more, faster, and for longer" than it did when you were younger, he said.

And if you try to go dry in January and find yourself drinking well before the month is out, said Oslin, "that's probably a good sign that it may be better for you to get some help."



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Some of our favorite links.



PARENTS.
THE ANTI-DRUG.

GET INVOLVED

ATOD Prevention Coalition:

When: First Wednesday of the month

3:30—5:00pm

Where: China Gorge Restaurant

(2680 Old Columbia River Dr.)

Contact: Belinda Ballah, 541-387-6890

Health Media Clubs (HRMS, Wyeast, HRVHS)

When: HRMS: Mondays

Wyeast: 1st & 3rd Tuesdays

HRVHS: 1st & 3rd Thursdays

Where: HRMS: Conference Rm

Wyeast: Lunch Room

HRVHS: Mr. Judah's Room

Contact: Belinda Ballah, 541-387-6890

The New Faces of “Smokes”

By Ilea Bouse, staff, Prevention & Education Specialist, 541-387-7030 / ilea.bouse@co.hood-river.or.us

Tobacco companies target youth to get new customers, because their current customers are dying off. They attract young people by using bright colors and sweet flavors such as Birthday cake, strawberries, cotton candy and donuts.

Many of the flavored products are liquids smoked in vaping products. They come in literally thousands of flavors. One source estimates there are about 7000 flavors, most of them are sweet. One website I looked at had 96 flavors of desserts, 46 flavors of candy and 57 fruit flavors, as opposed to flavors which might appeal more to adults such as 10 coffee flavors.

Attractive colors and sweet flavors are just one strategy to attract youth. Creating discreet products is also attractive. The Tobacco and Marijuana industries are continuing to evolve vaping devices to make smoking as discreet as possible. This image shows



Can you tell which one is a vape pen?

6 Simple Ways to Enjoy Fresh Air

1. Enjoy a Meal Outdoors.
2. Forget TV Time.
3. Work Out Outside.
4. Grow a Garden.
5. Play Outside.
6. Sleep beneath the Stars.

<https://bestmedicineneeds.org/health/feel-better-6-simple-ways-to-enjoy-the-outdoors/>

“Long after adolescent preoccupation with self-image has subsided, the cigarette will even preempt food in times of scarcity on the smoker’s priority list.”

November 26, 1969 presentation to Phillip Morris Board of Directors, “Smoker Psychology Research.” Bates No. 1000273741

<https://www.tobaccofreekids.org/assets/factsheets/o114.pdf>

car key FOB’s. The third one from the left is a vape pen, used with dry tobacco or marijuana.

In addition to car FOB’s, vape pens come disguised as USB drives, pens that actually write, and even asthma inhalers. They hide easily from teachers, parents and employers. They can vaporize liquids or dry “herb” or leafy products.

There is one vape pen that looks like a USB drive that is used in Hood River by teenagers. This item is not available in local stores, it can only be bought on-line or in the Portland area.

You can find more information about e-cigarettes and vape pens, at: <https://e-cigarettes.surgeongeneral.gov/>.

You can get assistance to stop smoking at 1-800-Quit-Now.

For more information contact Ilea Bouse at 541-387-7030 at the Hood River County Prevention Department.

Smoking Cessation in the Gorge Grant Ends

By Jane Palmer, Smoking Cessation in the Gorge, 541-386-3335 / jane.palmer@co.hood-river.or.us

January is the beginning of a new year and the end of the Knight Cancer Institute-Community Partnership grant. It's a time to reflect back and take stock of what has been done and what will we look forward to.

The following highlights describe what has been done:

- ✓ 99 medical and dental staffs have received information about evidence-based smoking cessation and offered support for making practice changes.
- ✓ 108 self reported smoking patients saw a Behavioral Health Specialist for support in their quit smoking attempt.
- ✓ 6 community partners were trained as Freedom From Smoking® trainers.



- ✓ 19 community partners attended a 2-day Motivational Interviewing training event.

- ✓ A Tobacco Cessation Collaborative meets monthly to share information, resources, and planning.

- ✓ Columbia Gorge Health Council approved grant funding for a Regional Tobacco Cessation Specialist who will

provide specific support to providers and patients in the Gorge area.

- ✓ OB provider groups will have an evidence-based cessation program to offer pregnant women who smoke.
- ✓ 53 collaborators / partners supported the Smoking in the Gorge grant work.
- ✓ Columbia Gorge Health Council will sponsor additional Motivational Interviewing workshops over the next 2 years.
- ✓ Regional unique users of the Oregon Quit Line continue to increase from 47 smokers in 2015 to 61 smokers in 2016.

✓ **The future is bright for quitting smoking.**

✓ **We ARE better together.**

✓ **A Regional Smoking Cessation Specialist is coming.**



Know The Problem — Prescription Drug Misuse

By Bellinda Ballah, Director Hood River County Prevention Department, 541-387-6890 / belinda.ballah@co.hood-river.or.us

Prescription drug misuse has become a large public health problem because misuse can lead to addiction and even overdose deaths. For teens it is a growing problem:

- ✓ When drugs enter the brain they interfere with its normal processing and can eventually lead to changes in how well it works. Over time, drug use can lead to addiction, a devastating brain disease in which people can't stop using drugs even when they really want to and even after stopping it causes terrible consequences to their health and other parts of their lives.

The Spectrum of Prescription Drug Abuse



From Improper Use to Abuse

- ✓ After marijuana and alcohol, prescription drugs are the most commonly misused substances by Americans age 14 and older.
- ✓ Teens misuse prescription drugs for a number of reasons, such as to get high, to stop pain, or because they think it will help them with school work.
- ✓ Many teens get prescription drugs they misuse from friends and relatives, sometimes without the person knowing.
- ✓ Boys and girls tend to misuse some types of prescription drugs for different reasons. For example, boys are

“Taking your own prescription in a way that it is not meant to be taken is also misuse. This includes taking more of the medication than prescribed or changing its form-ex. Breaking of crushing a pill or capsule and then snorting the powder.”

more likely to misuse prescription stimulants to get high, while girls tend to misuse them to stay alert or to lose weight.

- ✓ Prescription drugs are designed to treat a specific illness or condition, but they often affect the body in other ways, some of which can be uncomfortable and in some cases, dangerous. These are called side effects. These side effects can be worse when prescription drugs are not taken as prescribed or are used in combination with other substances.

One of the ways that we can help to combat this crisis in our area is to utilize the Rx Drop Box that is located in the Hood River County Courthouse on the 2nd floor available Monday through Friday 8-5pm. The Drop Box is only for **prescription** medications. Needles, liquids, inhalers, and over-the-counter medications are NOT allowed. Prescription medications should be in the original containers.

Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services. <https://teens.drugabuse.gov/drug-facts/prescription-drugs>

Some types of prescription drugs also can produce pleasurable effects or “highs.”

Taking medication only for the purpose of getting high is considered prescription drug misuse.

H.E.A.L.T.H. Media Clubs Start the Year with Wearable Media

By Ilea Bouse, Prevention and Education Specialist, Hood River County Prevention Department, 541-806-2877

The Hood River Health Media Clubs are meeting again after the Holiday break. On their return, they are getting the wearable media they made prior to the winter break. The wearable media is T-shirts for the middle schools, and a sweatshirt for the High School. The kids drafted the message and design, and a graphic artist created the images.

The Club members get to own their shirts once they turn in the required club permission packets, and after they attend four club meetings or events. The clubs are learning about how youth drinking and marijuana use impact brain development, so they can educate their schools and community.



HRVHS HMC Wearable Media

The Hood River High School H.E.A.L.T.H. Media Club is planning a sticker shock event on January 31st, which is the Wednesday before the Super Bowl. Their message this year is:

“Stay off the bench and in the game! Don’t Drink and Drive. The Club will go out to local retailers tagging cases of beer to spread their message.

The Hood River Middle School Club has been writing letters to the editor, and PSA jingles. The Wy’east Middle School Health Media Club will go on a field trip to deliver Tobacco 21 window decals to businesses that sell tobacco to help educate the community about the new law.

The H.E.A.L.T.H. Media Clubs are helping to educate their community about underage alcohol use, tobacco, and other drugs. For information call the Hood River County Prevention Facilitators at 1-541-386-2500.

GET INVOLVED

High School Health Media Club:

When: 2nd & 4th Wednesday after school
1st & 3rd Wednesday during lunch

Where: Hood River Valley High School
Mr. Judah Room (1220 Indian Creek)

Contact: Belinda Ballah, 541-387-6890

Middle School Health Media Clubs:

When: HRMS: Mondays 6, 7, 8th Lunch Periods

Wy’east 1st & 3rd Tuesday
3:45—5:00pm

Where: HRMS Room 99

Wy’east Middle School Cafeteria

Contact: Belinda Ballah, 541-387-6890

Odell Hispanic Drug Prevention Coalition

When: To Be Determined

Where: Place to be determined

Contact: Belinda Ballah, 541-387-6890



This newsletter was compiled by Hood River County Prevention Department