



**Tobacco Prevention & Education Grant Objectives
July 1999 - June 2000**

I. Reducing Youth Access to Tobacco Products

- A. Collaborate with the Prevention Planning Group members in establishing a tribal ordinance addressing tobacco use by minors in tribal facilities, on tribal property, and during tribally sponsored activities.
- B. Collaborate with Lincoln County Coalition to survey extent to which tobacco products are behind the counter or under lock and key, rather than on open shelves.
- C. Collaborate with Lincoln County Coalition in involving Siletz leadership youth group in reducing youth access by holding a public recognition ceremony for retailers who were found to place tobacco products behind the counter or under lock and key.
- D. Educate parent and community groups about the problem of tobacco placement on open shelves in Lincoln County.

II. Creating Tobacco Free Environments

- A. Review and Revise the Siletz Tribal Tobacco Policy and Resolution (resolution 94-139), with Tribal Council approval.

- B. Continue to conduct a tribal service area-wide educational campaign to reduce exposure of children to secondhand or environmental tobacco smoke (ETS).

III. Promoting Linkages to Cessation

- A. Collaborate with the Siletz health educator and community health director to develop ongoing cessation support and education classes for pregnant women at SCHC and in the area offices with culturally appropriate train-the-trainer opportunities for relevant staff.
- B. Work with the Lincoln County School District to get smoke diversion classes at Siletz Alternative School. Also, collaborate with Citizen Accountability Board (once program is developed and in place) to use it as a referral when students are caught smoking on campus.

All of the above grant objectives are on a time line. If you have any comments or questions regarding the Siletz Tobacco Prevention and Education Program, please contact Danelle Zosel-Sanderson at 1-800-648-0449 or 541-444-9661.



Tooth Talk

by Linda Kreutzer, RDH

Braces: Does Your Child Need Them?

Not every child/teen will need braces, but if your dentist recommends them, it's worth seriously looking into. Orthodontics is the dental specialty that deals with straightening teeth, re-aligning the jaw, and re-arranging the bite. Dentists who train an extra two years in the specialty of ortho are called orthodontists.

Braces do more than just straighten teeth. Some people cannot chew and swallow properly because their bite is so crooked. Speech can be affected too. Orthodontists can help these people look and feel better.

When most people think of braces, a teen-ager with crooked teeth comes to mind. The fact is a lot of young people (age 9-12) get an early start with braces. An orthodontist may fit the patient with a special mouthpiece designed to expand the roof of the mouth as the child grows, making more room in a crowded mouth **before** problems begin.

Crooked or protruding teeth often affect a child's or teen's self-esteem. Unfortunately, young people judge each other by the way they look. Self-confidence can fade rapidly if a teen-ager is teased because of his or her teeth.

Braces are expensive and you should understand that a time commitment comes with the package. Most kids are in braces for two years. After treatment, a retainer needs to be worn.

Monthly appointments with the orthodontist are necessary. Excellent daily brushing and flossing are mandatory to prevent decay around the braces. It's best to think of orthodontic treatment as an investment that will last throughout your child's lifetime, helping him or her become a healthier, more self-confident adult.



- ✓ Flat Shoes
- ✓ Rounded Toes
- ✓ Daily Foot Checks
- ✓ Healthy Feet

From the Summer/Fall 1999 issue of
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Darlene Taylor (Siletz) wears only flat shoes. She looks at her feet each day for any problems. Darlene does this to protect her feet from damage.