

Culture is Prevention – Warrior Pride

By Rusty Butler, Prevention Coordinator/Trainee

The Second Annual Warrior PRIDE Day at Siletz Valley School on Jan. 10 was a very successful day.

All students in grades 9-12 were required to participate.

Presentations were held on healthy lifestyles, bullying, drugs and alcohol, suicide prevention, healthy relationships, problem solving, conflict resolution, traditional drum, singing and dancing.

Challenge course activities also took place, as did the most awesome talent show I’ve ever seen! Thank you for leading it, Felicia Taylor and Scott Kalama.

Special thanks to our guest speakers –

- Siletz Tribe – Megan Morley, Brittany Russell and Zebuli Payne
- Siletz Valley School
- Partnership Against Alcohol & Drug Abuse – Elise Jordan
- Lincoln County Victim Impact Panel – Michele Osterhoudt
- Native American Rehabilitation Association of the Northwest, Inc. – Shane Lopez and Solomon Trimble
- Warm Springs Prevention – Scott Kalama
- Native American Youth and Family Center – Glenn LaMotte
- Army National Guard – Sgt. Kyle Bowen
- Lincoln County – Jennifer Versteeg
- Felicia Taylor – PSU student and member of Healing Feathers



Courtesy photos

- Sheila and Isaac DeAnda – audio
- Drummers and singers

Thank you for all the participation and support from our community. Sorry if I forgot anyone.

Communication and teamwork are key aspects of problem solving efforts, even when you’re having fun with a challenge during Warrior Pride Day.



Young people who smoke at greater risk for health issues now and later

From the Centers for Disease Control and Prevention

1. How does smoking affect children and adolescents?

In general, young people who smoke are not as healthy as their peers. Smoking by children and adolescents impairs lung growth and reduces lung function.

Teenage smokers suffer from shortness of breath almost three times as often as teens who don’t smoke and they produce phlegm more than twice as often. Early smoking also is related to respiratory infections, chronic cough, wheezing, periodontal problems, tooth loss, vision problems and headaches.

Smoking at a young age increases the risk for lung cancer and because most people who begin smoking in adolescence continue to smoke as adults, they have an increased risk for many types of cancer that continues to escalate over time.

Studies also have shown that early signs of heart disease and stroke can be found in adolescents who smoke.

Resources

Preventing Tobacco Use Among Youth and Young Adults (and related publications), U.S. Department of Health and Human Services, cdc.gov/tobacco/data_statistics/sgr/2012/index.htm

A Report of the Surgeon General, How Tobacco Smoke Causes Disease: What It Means to You, U.S. Department of Health and Human Services, cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet/index.htm

The Health Consequences of Smoking: Impact on Unborn Babies, Infants, Children and Adolescents, CDC, cdc.gov/tobacco/data_statistics/sgr/2004/highlights/children/index.htm

Children and Secondhand Smoke Exposure – Excerpts from the Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, 2007, CDC, surgeongeneral.gov/library/smokeexposure/report/fullreport.pdf

CDC Healthy Youth website: *Tobacco Use*, cdc.gov/healthyyouth/tobacco/index.htm

2. Are teens who smoke more likely to use other drugs or alcohol?

Young smokers quickly become addicted to nicotine and are at greater risk of using other drugs. Teens who smoke are three times more likely than nonsmokers to use alcohol, eight times more likely to use marijuana and 22 times more likely to use cocaine.

Smoking also is associated with other risky behaviors, such as fighting and engaging in unprotected sex.

Although many young smokers believe that smoking helps them deal with stress, teenage smokers are more likely to see a doctor or other health professional for an emotional or psychological complaint than teens who do not smoke.

Resources

Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General (and related pub-

lications), U.S. Department of Health and Human Services, cdc.gov/tobacco/data_statistics/sgr/2012/index.htm

Preventing Tobacco Use Among Young People – A Report of the Surgeon General, CDC, cdc.gov/tobacco/data_statistics/sgr/1994/index.htm

National Clearinghouse for Alcohol and Drug Information, 800-729-6686; TDD, 800-487-4889; Español, 877-767-8432; ncadi.samhsa.gov/

Quit Line Update

- The Quit Line is open 24 hours a day, seven days a week
- 800-QUIT-NOW (800-784-8669), quitnow.net/oregon/
- Español: 855-DEJELO-YA (855-335-35692), quitnow.net/oregonsp/. Note: The extra digit in this number is intentional – it does correctly link to the QL.
- TTY: 877-777-6534

Current Quit Line Benefits

- Insured – Health plan or coordinated care organization (CCO) offers Quit Line benefit – Members receive what the plan covers, typically

- 4-5 counseling calls and nicotine replacement therapy (NRT)
- Underinsured – Health Plan or CCO does not offer Quit Line benefit – Members receive one counseling call, two weeks of NRT
- Uninsured – Four counseling calls, two weeks of combined NRT (patch and gum)

Online Resources

For up-to-date PowerPoint presentations, recommendations about cessation benefits for health systems/CCOs/clinics, e-referral FAQ and more, visit smokefreeoregon.com/resources/quit/quit-resources.