



Community Health Department

Oregon leads US in seniors hospitalized for opioids

- Oregonians age 65 and up are landing in the hospital for opioid overdoses, abuse and dependence at a greater rate than any other state.
 - A dozen other states, including Washington and California, show seniors with high hospitalization rates for opioids, including Vicodin, Oxycontin and Percocet.
 - Oregon's rate has tripled in the past decade. We have out-paced the country for three straight years, climbing to a peak of 700 hospitalizations per 100,000 elderly in 2015. **That translates to 4,500 elders.**
- WHY??**
- In 1995, Oregon passed a pain treatment act that protected providers from discipline when they prescribed opioids for severe pain.
 - In 1996, the American Pain Society launched a nationwide campaign that called on providers to ask people about their pain and to TREAT!
 - State medical groups and even federal drug regulators encouraged the use of opioids for pain.
 - Oregon providers, often on the leading edge in palliative care, were generous in prescribing.

Events

December
Youth Holiday Gift Making

December 26 – 29
3-on-3 Youth
Basketball Tournament

December 28
Diabetes Luncheon
Noon - Fitness Center



Fishing Net Building Class

STVRP will host a 3-day class on learning how to make a fishing net for Tribal members. Open to all Tribal members IN ALL AREAS!

Siletz

Portland

Eugene

Salem



Transportation Available!

Instructors Wanted!

Interested?

Contact -
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Healthy Eating Tips for the Holidays



1. Get moving

Regular sustained aerobic activity is one of the most effective ways to maintain or lose weight. But check with your doctor before you start.



2. Cheat a little, but only once a day

If you must indulge in a holiday treat, allow yourself 1 small serving. Savor the texture and aroma. Then compensate later on by reducing your calorie intake or burning a few extra calories through exercise.



3. Don't forget to eat your fruits and veggies!

Aim for 5-7 or more servings of fruits and vegetables each day. They'll satisfy your stomach without adding empty calories. And the fiber will help you feel full.



4. Clear all temptations

Clear your office and home of tempting holiday goodies. When you bake, keep a small amount for your family. Then give the rest away. (And share any gifts of food.)



5. Say no politely

You're not obliged to eat high-calorie foods, even when they're home-made and your host encourages you. Learn to say no politely.



6. Focus on family and friends

Conversation is calorie-free and standing burns more calories than sitting. So get out and mingle!