

# Lincoln and Tillamook counties top the list. And that's not good!

By State Rep. David Gomberg, in an email posted July 31, 2018

Hello Friends,

If you are a smoker, you know smoking is expensive! Imagine how much money you could save if you stopped. We are not talking small amounts here – someone smoking a pack a day spends about \$40 a week on cigarettes, which is over \$2,000 each year.

The Centers for Disease Control and Prevention reports that the share of Oregonians who smoked in 2016 was close to the national average of 17.5%. But here in House District 10, the numbers are startlingly higher.

According to the Oregon Health Authority, we have the highest state percentage of adults who said that they currently smoke cigarettes. Lincoln County tops the list at 31.5%, followed closely by Tillamook at 30.9%. Number three is Coos County at 29.9%.

Compare that with Baker County at 23.5%, Multnomah at 18.1%, Yamhill at 17.7%, Marion with 16.5%, and Benton at 10.6%. The lowest rate in the state is Hood River County with 8.8%. The Central Coast is twice the state average and more than three times that of our lowest smoking regions.

More than 7,000 Oregonians die each year from tobacco-related diseases. At 22%, Lincoln County suffers the highest rate of smoking among pregnant women. Treating smoking-related disease costs an ill person an average of \$70,000 a year. That translates into over \$30 million in smoking-related medical care a year and another \$27 million in productivity losses due to premature tobacco-related deaths in just one county!

By another measure, anyone involved in beach cleanup will testify that butts are the most prevalent source of trash along our shoreline.

**So if you smoke and want to quit, what do you do? How do you help and support a friend or family member?**

Start at <http://smokefreeoregon.com/>. Or check a county-by-county news and resource list at <http://smokefreeoregon.com/what-you-can-do/>.

The Oregon Health Authority offers no-cost services and a proven quitting plan. Visit <https://www.quitnow.net/oregon/> or call the Oregon Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669) or 1-877-2NO-FUME (1-877-266-3863).

The Oregon Tobacco Quit Line is a free program offering tips, information and one-on-one telephone counseling. It is available to all Oregonians regardless of income or insurance status, and is staffed by real people who are friendly and nonjudgmental. Coaching is available in many languages.

### Benefits of Quitting Smoking:

<p><b>20</b> minutes after quitting: your blood pressure and heart rate recover from the cigarette-induced spike.</p> <p><b>2</b> weeks to three months of smoke-free living: your circulation and lung function begin to improve.</p> <p><b>1</b> year after quitting, a person's risk of coronary heart disease is reduced by 50 percent.</p>	<p><b>12</b> hours of smoke-free living: the carbon monoxide levels in your blood return to normal.</p> <p><b>1</b> week to nine months of smoke-free living: clear and deeper breathing gradually returns.</p> <p><b>5</b> years after quitting, a person's risk of stroke is similar to that of a nonsmoker.</p>
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Statistics courtesy of the American Heart Association

If you have health insurance, Oregon mandates some of the best benefits in the nation. SB 734 that passed in 2009 requires private health insurers to offer a tobacco cessation benefit of at least \$500.

Here are some additional statistics of interest:

- Approximately 17% of Lincoln County's population is below the poverty line. Those people are nearly two times as likely to smoke as those at or above the poverty level.
- 1 in 4 Lincoln County mothers smoke while pregnant.
- Nearly 9 out of 10 cigarette smokers first tried smoking by age 18. But 9 out of 10 tobacco retailers in Lincoln County sell flavored products targeted at youth.
- About 10% of Lincoln County 11th graders smoke cigarettes regularly and more than 15% use other types of tobacco products.

Last year I supported legislation to increase the legal age to buy tobacco products to 21. Empirical evidence shows this change will save lives.

Local government is also taking steps. The Lincoln County Board of Commissioners recently passed an ordinance prohibiting tobacco use on all county properties, including parks. Our schools and community college are tobacco-free. Newport city property and the County Housing Authority are smoke-free. In Lincoln County we are working to help businesses and events create stronger tobacco policies.

Oregon's cigarette tax rate of \$1.33 per pack of 20 contributes to the cost of smoking. (We rank 32nd highest in the nation.) This discourages tobacco use, particularly amongst youth. Most of that revenue is allocated to the Oregon Health Plan.

Lincoln and Tillamook Counties' smoking numbers are startling. Certainly people can choose to smoke. But the consequences of tobacco use and addiction impact our health, our economy and our quality of life.

*Dear Elders,*

**Please join us at the Siletz Community Health Clinic for a Medicare Information Seminar. Elders and community members are invited:**  
**Wednesday October 24th at 10am.**  
**SHIBA volunteers will be available by appointment to answer questions about Medicare prescription drug plans.**  
**Please call SHIBA at 1-541-574-2684 to book your appointment.**

*Medicare Open Enrollment is Oct 15th*

Social Security Medicare Enrollment <a href="http://www.rsvpofibl.org">www.rsvpofibl.org</a> 1-800-722-4134	<b>SHIBA</b> <a href="http://www.rsvpofibl.org">www.rsvpofibl.org</a> 1-800-722-4134 1-541-574-2684	CTSI Medicare Reimbursement 1-800-628-5720 See SCHC Business office
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### Dental Walk-In Clinic

1. Dental and Optometry

**a. First No-Show**

Patient will receive a letter providing notice about the no-show appointment and their requirement to utilize the department's Walk-In Clinic for appointments. Walk-in availability is first-come, first-served. Patient will be required to utilize the Walk-In Clinic for six months, after which patient will be able to return to scheduling appointments.

The Dental Clinic will see walk-in patients every other Tuesday from 8:30 a.m. to 12:30 p.m. and 1:30 – 4:30 p.m. with check-in by 3:30 p.m. Patients will be seen on a first-come, first-served basis. Services offered at the walk-in clinic include denture/partial adjustments and chairside relines, fillings, first step root canal, extractions and exams.	<b>Walk-in dates</b> Oct. 9, 2018 Oct. 23, 2018 Nov. 6, 2018 Nov. 20, 2018 Dec. 4, 2018 Dec. 18, 2018
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**Excluded visit types:** Partials, dentures, crowns, implants and hygiene appointments will need to be addressed during a regularly scheduled appointment with your primary dentist.

### Contract Health Services

**Are you a Tribal member?**

**You can get help with your medical bills if you participate in Contract Health Services (CHS). Follow these steps:**

- 1) Update every year with the Siletz Community Health Clinic.
- 2) If you do not have any private health insurance, call our benefits coordinator at 541-444-9611 and we will help you sign up for no-cost health care coverage.
- 3) Call 800-628-5720 within 24 hours of any non-Indian health facility dental, optometry or medical appointments (even your labs) and get an authorization number. All visits require a separate authorization number.
- 4) Take your insurance cards and your authorization number to your appointments. Each appointment needs a different authorization number.
- 5) CHS can help pay your copays and patient responsibility if you follow these easy steps.

**Should you go to the ER or the walk-in clinic?**  
 Call 800-628-5720  
 A gatekeeper will help you 24 hours a day!

**Did you have an emergency?**  
 You have 72 hours to call CHS if you use the ER or an ambulance.

**Are you going to see a specialist?**  
 Have your doctor fax your request and chart notes to the CHS fax number – 541-444-9645 – by noon on Tuesdays.  
 Every Wednesday, the Gatekeepers meet and will approve or defer treatments.

**P.O. Box 320, Siletz, OR 97380**  
**541-444-1236 or 800-628-5720**