

HEALTH

Friends, Parents, Schools Key Influences In Drug Use

New research confirms it: Mom knew what she was talking about when she asked you not to hang around with friends who smoked, drank or did drugs.

A survey of 11,000-plus Oregon sixth-, eighth- and 11th-graders shows that the principal predictor of whether students use alcohol, tobacco or other drugs is the number of their friends who use.

Also influential were parental attitudes about alcohol, tobacco and other drugs, the student's belief that the drugs are harmful and student attitudes that are shaped at home and school.

"Parents need to know their children's friends, need to know the parents of their children's friends and need to know what their children are doing," Jeffrey N. Kushner, director of the state Oregon Department of Human Resources' Office of Alcohol and Drug Abuse Programs, said Thursday. "This research is significant because it confirms that peer

behaviors, parental beliefs and knowledge about harmful effects really do affect adolescents' decisions."

For the first time, the state's biennial survey of drug use asked students about factors in their lives that influence whether they use alcohol, tobacco and other drugs. The Oregon survey confirmed findings of other research conducted over the past 30 years that kids with best friends who use are much more likely to do so themselves.

For example, among eighth-graders who had no best friends who smoked tobacco, only 2 percent themselves smoked. But of those with four best friends who smoke, 66 percent smoked -- a 33-fold increase. Findings were similar for sixth- and 11th-graders.

The survey found that, among eighth-graders with no friends who used marijuana, less than 1 percent used it themselves. With only one best friend who used the drug, 9 percent used it; with two best friends,

29 percent; with four best friends, 59 percent.

Students also reported that, the greater their belief that use of tobacco, marijuana or another drug was harmful, the less likely they would use it. For example, among eighth-graders who believe that using marijuana is harmful, only 3 percent used; among those who believe marijuana is not harmful, 40 percent used. About 12 percent of eighth-graders reported they believed marijuana use is not harmful.

For cigarettes, alcohol and marijuana, these were the three primary influences of use (in order):

ELEVENTH GRADE:

Cigarette smoking: Number of best friends who smoke, perceived risks of smoking, parental attitudes toward smoking. For 11th-graders who believed strongly that cigarette smoking is harmful, 18 percent smoked; for those who believed strongly that smoking is not harmful,

65 percent smoked. Eleventh-graders were twice as likely to smoke if someone else at home smoked.

Alcohol use: Personal attitudes (OK for someone this age to drink) and number of best friends who drink. Eleventh-graders were also nearly three times more likely to drink if they perceived that their parents approved than if they believed parents opposed their drinking.

Marijuana use: Number of best friends who use marijuana, perceived health risks of marijuana use, best friend dropped out of school. Eleventh-graders were thirty-three times more likely to use marijuana if they had four best friends who did than if they had none.

EIGHTH GRADE:

Cigarette smoking: Number of best friends who smoke, personal attitudes (whether it is OK for someone this age to smoke), parental attitudes.

Alcohol use: Number of best friends who drink, parental attitudes

toward the student's drinking, personal attitudes (OK for someone this age to drink alcohol). Eight-graders were nine times more likely to drink alcohol if they had four best friends who did than if they had none.

Marijuana use: Number of best friends who use marijuana, personal attitudes (OK to use at this age), perceived health risks. Eighth-graders were 50 times more likely to use marijuana if they had even two best friends who did than if they had none.

SIXTH GRADE:

Cigarette smoking: Number of best friends who smoke, personal attitude, perceived risks of smoking. Among sixth-graders with no best friends who smoked, only 1.2 percent smoked; that rose to 54 percent of sixth-graders with four friends who smoke. Sixth-graders were five times as likely to smoke if they perceived that "adults at school" did not believe smoking was wrong.

Alcohol use: Number of best friends who drink, parental attitudes toward his or her drinking, personal attitude (OK for someone this age to drink). Sixth-graders were 10 times more likely to consume alcohol if they had four best friends who did than if they had none. They were eight times more likely to drink if they thought parents approved.

Marijuana use: Number of best friends who use marijuana, parental attitudes about student's using, adult attitudes toward marijuana in school. Only one percent of sixth-graders used marijuana if they perceived that their parents believed it was wrong; among those who believed their parents thought marijuana was OK, 33 percent used it.

The survey was conducted for the state Department of Human Resources' Office of Alcohol and Drug Abuse Programs by Michael Finigan, Ph.D., who heads the Northwest Professional Consortium in West Linn.

Problem Gambling Seminars

Oregon Lottery's video poker, in operation since April, 1992, is the type of gambling most frequently mentioned in the calls for help coming to the Oregon Council on Problem Gambling. Of over \$30 million total net receipts for the quarter ending September 30, 1992, \$25.7 million was from video poker games.

Compulsive gambling is a progressive illness. There is more to lose than money. The "Gambler" is the last person to sense the problem. Hopefully, family and friends become the originators of help and recovery. Persons can learn how they can help by attending a workshop sponsored by Ecumenical Ministries of Oregon (EMO) around the state in February.

The workshops will be held

from 8:30 a.m. - 4:00 p.m. on the following dates and locations:

• **February 3,** First United Methodist Church, 1771 W. Harvard Street, Roseburg, Oregon

• **February 10,** First Presbyterian Church, 950 Boones Ferry Road, Woodburn, Oregon.

The cost is \$25 (includes lunch and materials). Contact EMO (503) 221-1054, 0245 SW Bancroft, Portland, Oregon 97201 for more information.

The Oregonian reported May 26, 1994 that "The state government's take from the Oregon lottery is expected to soar to almost \$600 million in the next budget cycle, a startling 70 percent increase from the current two-year period". This is a bountiful hand for the state, but at the expense

of gambling addicts such as two who appeared on Town Hall Forum December 1, 1994: one a young business man who lost \$50,000 to video poker in ten months, and the other a woman who lost \$80,000 of her pension funds in one year.

"The Oregon State Lottery is banking on a big increase in the video-poker money because it plans to add another 500 retailers to the current roster of 1,350 now that the Oregon Supreme Court has upheld the constitutionality of video poker." (The Oregonian 5-26-94)

"It would appear the legislature is addicted to lottery and video-poker revenue and it is time for the citizens to do an intervention," says Rodney Page, Executive Director of Ecumenical Ministries of Oregon.

Health Screening For Seniors

Legacy Visiting Nurse Association is offering during February, Health Screenings for adults 55 and older. The free screenings may include general physical assessment, nutrition testing, blood pressure check, foot care evaluation, medication review, pulmonary functions, cancer education, and vision and glaucoma. Blood tests are optional at a \$5 fee. **Appointments are necessary and may be made by calling the following screening sites:**

- **February 3;** Clay Tower; 1430 S. E. 12th; 222-7467; 9 am - noon
- **February 10;** Kirkland Union Manor; 3530 S. E. 84th; 777-8101; 9 am - noon
- **February 17;** Westmoreland

Union Manor; 6404 S. E. 23rd; 233-5671; 9 am - noon

• **February 24;** Marshall Union Manor; 2020 N. W. Northrup; 9 am - noon

Legacy VNA's Senior Health Screening program conducts 25 screenings a year at senior and community centers located throughout the Portland metropolitan area. The screening team includes registered nurses, respiratory therapists, podiatrists, dentists, pharmacists, medical laboratory technologists, ophthalmologists and dietitians. For more information about the Senior Health Screening program and dates and locations of future screenings, call 225-6300.

Tips To Be Fit

BY VINCE & YOLANDA

Fiber is found in all fruits and vegetables. There's no fiber in meats or dairy products. Fiber comes in two forms, soluble and insoluble. Water soluble fiber is found in dried beans, apples, citrus food and oat products. Water soluble fiber absorbs fluid while moving through your digestive tract. This keeps moisture in your digestive tract. Insoluble fiber is found in vegetables and whole grain products. Insoluble fiber aids in the elimination of waste and toxic materials. Fiber is not digestible, so it's not a nutrient, but it is essential in preventing and treating illness such as cancer of the colon and rectum, varicose veins, phlebitis, diverticulosis, heart disease and abdominal pain.

The average American diet includes about 10 grams of fiber daily which is less than half the amount recommended by the National Cancer Institute. It's recommended that we eat no less than 35 grams but no more than 50 grams of fiber daily. If your diet doesn't include whole grains and fresh fruits and vegetables, you should add them to your diet gradually. You should also include about 6 to 8 glasses of water daily. Get your fiber from variety of high fiber foods because balance is important. Too much insoluble fiber prevents the absorption of calcium, iron, zinc and other important minerals. It can also cause bloating and constipation. Try to get in 5 to 7 serving of high fiber fruits, vegetables and whole grains daily. One serving of legumes has 8 grams of fiber, a banana has 3 grams of fiber, a serving of green peas has 3 grams of fiber and a slice of corn bread has 3 grams of fiber. Other high fiber foods include barley, bran, wheat, rye, oat meal, prunes, berries, pears, almonds, sunflower seeds, beans, squash, carrots, brown rice, bananas, grapes and oranges. When picking foods high in fiber, keep in mind that the more a food is processed the less fiber you'll find in the food. So keep your body regular.

include some fiber in your diet. *-I want to break my caffeine habit. How do I start?*

-Vivian; Phila, PA

Caffeine is a psychoactive stimulant. It will increase alertness, decrease fatigue, cause euphoria and elevate your mood. The bad affects of caffeine can include sleeplessness, irritability, anxiety and depression. A person can suffer the bad affects from one or two cups of coffee a day. If you drink more than 250 mgs of caffeine a day which is about two and a half cups you can suffer from caffeine intoxication. The symptoms include restlessness, nervousness, excitement, excessive urination, insomnia, heartburn, muscle itching and

rambling thought and speech. It's not easy to break the caffeine habit, but you can with a little help. There are some withdrawal symptoms when you try to break the caffeine habit. They can include depression, constipation, runny nose, nausea, headaches and a craving for caffeine.

To quit it's best to gradually reduce your caffeine intake. Try to reduce your daily intake of caffeine by 100mgs each week. One hundred mgs is about one cup of coffee. Continue decreasing your consumption until you're down to a safe level which is about one cup a day. Your plan should also include relaxation, stress reduction, good nutrition and exercise.

New Year's Resolution Solution

If 1995 is the year you plan to lose weight and get back into shape, then see Lloyd Athletic Club for the solutions to your New Year's resolutions.

Start with a free 10-day trial membership. Please call Brian or Holly at 287-4594 before January 31, 1995 to activate your trial membership.

The healthier you are, the more you enjoy life, so keep fitness in mind all year round - beginning now!

Lloyd Athletic Club
Your place. Your pace.

LLOYD ATHLETIC CLUB

815 N.E. Halsey 287-4594

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The Portland Observer's

25th

ANNIVERSARY

Not getting your child all his shots is like leaving him out here alone.

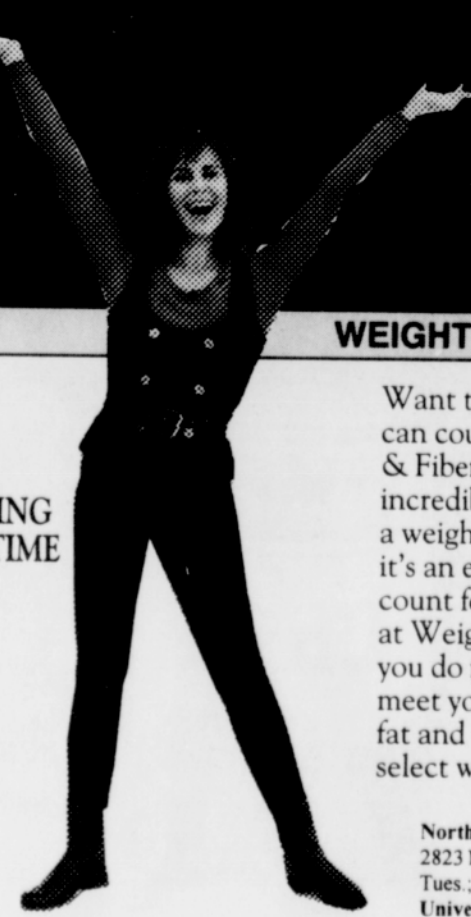
At least 11 shots by two. How sure are you? Questions? Call 1-800-232-2522.

U.S. Department of Health and Human Services

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Want to lose weight? You can count on the new Fat & Fiber Plan. It's an incredible breakthrough in a weight loss plan because it's an entirely new way to count food. And it's only at Weight Watchers. All you do is choose foods that meet your required daily fat and fiber intake. You select what you want,

when you want. At the supermarket, at your favorite restaurant, at fast food places all over town. Fat & Fiber will have you feeling -- and living -- free and easy. Weight Watchers new Fat & Fiber Plan helps put you in control and feeling great. And you can count on that!

North Portland

Northminster Presbyterian: 2823 N. Portland Blvd; Fellowship Hall; Tues; 7:00 p.m.

University of Portland: 5000 N. Willamette Blvd.; Columbia Hall (Enter from Portsmouth); Wed. 4:45 p.m.

Northwest Portland

ESCO: 2141 N. W. 25th Avenue (25th & Vaughn); Lab Bldg., 2nd Floor; Auditorium; Thurs. 12:00 Noon

Northeast Portland

Tillamook Park Bldg: 2108 N. E. 41st Ave.; Mon-7:00 p.m.; Tues-7:00 p.m.; Wed-9:30 a.m. & 5:00 p.m.; Thurs-7:00 p.m.; Fri-9:30 a.m.

Temple Baptist Church: 1319 N. 7th, Fireside Room; Tues. 12:00 Noon

Call Collect - Weekdays 8:30 a.m. to 5:00 p.m.

Weight Watchers® 503-297-1021

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