

DRUG-FREE HEALTHY COMMUNITIES

Prevention Matters.

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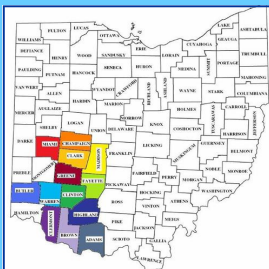
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QUICK FACTS:

- Among young people, those with poorer grades and lower self-images are most likely to begin using tobacco
- Nearly 1/3 of college students surveyed said they wished alcohol was not available at campus events, and nearly 90% wished that other drugs would disappear from campuses
- Tobacco is often the first drug used by young people who use alcohol and illegal drugs

COVERING 13 COUNTIES



Kids Who Work Can Be At Risk For Alcohol/Drug Use: Parents Are Key

During the summer season, many young people are working full or part time, gaining valuable life experiences that will prepare them for a productive future. However, even with this new found independence, parents must be sure that their kids remain alcohol and drug free.

A bi-annual survey on student drug use conducted by the Coalition for a Drug-Free Greater Cincinnati indicates that students in that area who report working full or part time also tend to have higher regular use rates for alcohol and drugs. In 2008, comparing students who work (full or part time) to their counterparts who do not work, regular use rates for alcohol, tobacco, and marijuana doubles among those who work.

Among those who work either full or part time, 32% report regularly using alcohol, versus a use rate of 15% among those who reported they do not work. 22% of teens who work use tobacco regularly, versus the 10% of regular tobacco users, who reported they do not work. Finally, regular use of marijuana among working youth is

at the 10% level versus 5% among those who do not work.

“Kids who work have a number of factors that may push them towards using alcohol, tobacco, or other drugs,” said Holly J. Molony, President/ Executive Director, Coalition for a Drug-Free Greater Cincinnati. “For example, they now have money and newfound independence, which are great things. A job brings challenges as well, such as stress, time management needs, and the exposure to older co-workers. Youth may see drugs and alcohol use as more acceptable and accessible as they learn to navigate the workplace.”

Parents Can Prevent Use

Even though they are entering the work world, youth still need guidance and support from their parents in making healthy choices. One of the first steps in the battle is for parents to have ongoing conversations about the harms of alcohol use and to set clear rules and expectations about non-use of alcohol. In fact, youth who report that their parents talk to them

about drugs and alcohol are 62% less likely to use, according to the survey.

Further, it is important for parents to convey to children that they do not approve of alcohol or drug use. For parents of youth who are in the workplace, there are several ways to support healthy choices, such as setting limits on car usage, maintaining family rules about parties and curfews, asking about who they will be out with, helping them effectively save and manage the money they’ve earned, and giving them help in responding to pressure from peers or older adults who may have legal access to tobacco or alcohol.

“Getting that first job and entering the work world is a huge step in a teen’s life,” noted Molony. “However, with this burgeoning independence, youth still need guidance and boundaries to make healthy choices about drugs and alcohol.”

Article Courtesy of:
www.drugfreecincinnati.org

School Nurse Workshop Held May 18th in Kings Mills, Ohio

On May 18th, a tobacco workshop titled “**Your Students’ Secret (or not so secret) Admirer: The Tobacco Industry...What Every School Nurse Needs to Know**” was presented by the Drug-Free Healthy Communities Coalition, the Greene County Combined Health District, and HEALTH-UC and the University of Cincinnati AHEC Program.

This free workshop led by Bruce Barcelo provided school nurses with information and strategies for

preventing youth initiation of tobacco use, including how to recognize new smokeless tobacco products being targeted toward youth, as well as helping youth who already use tobacco with tobacco cessation.

Approximately 40 professionals attended the seminar to learn why the tobacco industry continues to create products that look, smell and taste like candy. These products are highly addictive and appeal to vulnerable populations such as

youth. The use of these products often leads to cigarette and tobacco addiction among youth. Because new products are often mistaken for candy by adults, school nurses might not be aware of students using tobacco during the school day and on school property.



Stop-Smoking Stories: Success & Frustration

Of the four people who stopped smoking after participating in a six-week cessation program offered in Clark County, Dawn Cromlish was the only one who has stayed completely smoke-free. After recently celebrating six months since her Nov. 30 quit date, Cromlish, 43, said the cravings don't bother her any more. She stopped after completing the cessation program offered Community Mercy Health Partners, partially funded by the Ohio Department of Health, Office of Healthy Ohio Tobacco Use Prevention and Cessation.



COMMUNITY MERCY
REACH

So what does she do to keep busy and not think about lighting up? "Work," Cromlish said simply. She works the evening shift now at a restaurant in Springfield. One thing that Cromlish saw as a benefit was the weight gain — she has about 118 pounds on her 5-foot frame and would like to get to about 130. She joked that she saved the money from her cigarettes to buy Avon products, which she recently started selling. The anxiety that used to prompt Cromlish's smoking is now eased by medication prescribed for her. "I'm doing well," she said. "Everything is good."

David Daniels, 44, is still struggling with his smoking habit more than six months after his quit date. He's happy to report that he's gone from a two-pack-a-day smoker to smoking less than one pack a day. "I've got my claws in that," he said. "And I'm going to have to work my way down from that to nothing." But the addiction is still there. And he was recently diagnosed with emphysema. "They've given me some medication to catch it because it's still in the early stages," Daniels said.

Daniels wants to enroll in another smoking cessation program, aware that he needs more help to quit. He was on an anti-smoking medication for about four months before his insurance stopped covering it. Even though the medicine was helping, Daniels' experience has taught him one thing: "The moral of the story is there's no magic pill to quit," he said. "You got have the means, the motivation, the will to quit or you ain't gonna do it." Daniels knows that he uses his smoking as a crutch, to deal with pain and aggravation of his problems. "I just have to hunker down and be strong and try to let it go," he said.

Say Again?

My Legacy Story

Here's your chance to start building a tobacco-free legacy *right now*. Join people from all over the country in taking a stand against the number one cause of preventable death—smoking—by adding your name and story to the My Legacy Story online wall at www.MyLegacyStory.org.

Global survey shows tobacco is world's least reputable industry:

An independent global survey based on more than 80,000 consumer interviews in 32 countries has found that the tobacco industry is the least reputable industry of 25 industry categories surveyed. The results reflect consumer ratings of 600 of the world's largest companies on issues including perceptions of trust, esteem, admiration and good feeling. The survey was conducted by the [Reputation Institute](http://www.ReputationInstitute.com).


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"Our greatest glory is not in never failing, but in rising up every time we fail." —Ralph Waldo Emerson

Coalition Corner

The Drug-Free Healthy Communities Coalition meets quarterly and includes representatives from Adams, Brown, Butler, Champaign, Clark, Clermont, Clinton, Fayette, Greene, Madison, Miami, Highland and Warren counties.

Schedule for 2010:

- July 19
- October 18

GCCHD Conference Room
360 Wilson Drive, Xenia, OH 45385

All meetings are open to the public,
10:00 a.m. - 12:00 noon.

Drug-Free Healthy Communities Coalition

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