



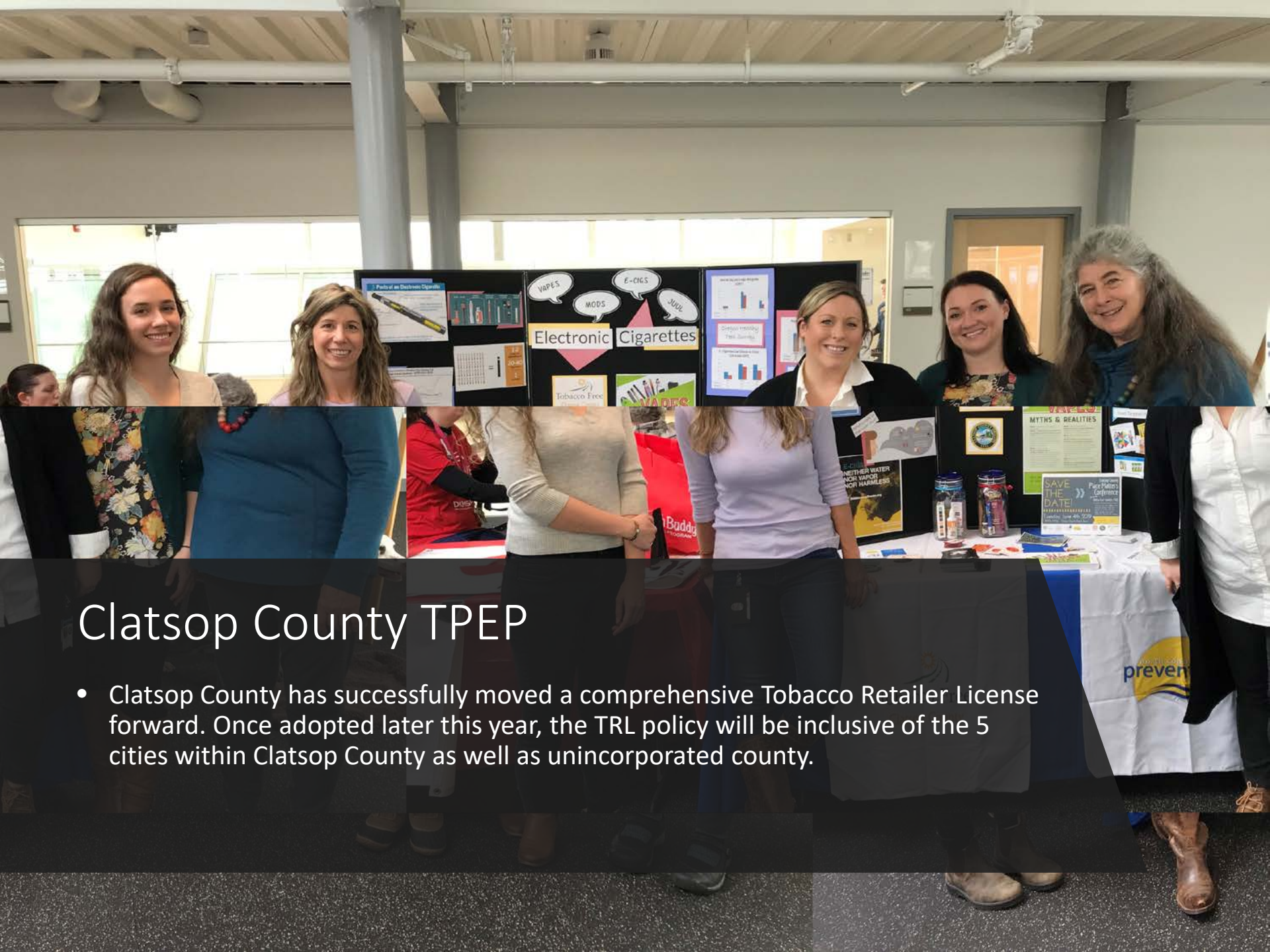
Grantee highlights

2019 Grantees and
Contractors Meeting
October 29 & 30, 2019

Benton County TPEP

In early October last year, draft changes to Philomath's tobacco retail license and smokefree workplace ordinances were sent to the City Council and City Administrator; on October 8th TPEP attended a Philomath City Council meeting to answer any questions about the proposed amendments. The Council was supportive of the changes, especially as it related to preventing youth use of e-cigarettes and protecting local clean indoor air regulations. On November 13th the City Council unanimously voted to approve the amendments, which went into effect on December 13th.

The updates to Philomath's ordinances move Benton County closer to having unified tobacco ordinances across all jurisdictions.



Clatsop County TPEP

- Clatsop County has successfully moved a comprehensive Tobacco Retailer License forward. Once adopted later this year, the TRL policy will be inclusive of the 5 cities within Clatsop County as well as unincorporated county.

Columbia County ADPEP

Building community readiness to address opioid addiction through implementing syringe exchange, naloxone training, and safe medication storage.

Columbia County TPEP

18 month tobacco retail licensure community readiness assessment project completed!

Benton County ADPEP

Our collaborative partnership with Corvallis Police Department to develop, distribute, and evaluate a “Red Cup” high risk drinking campaign.



Lake County TPEP

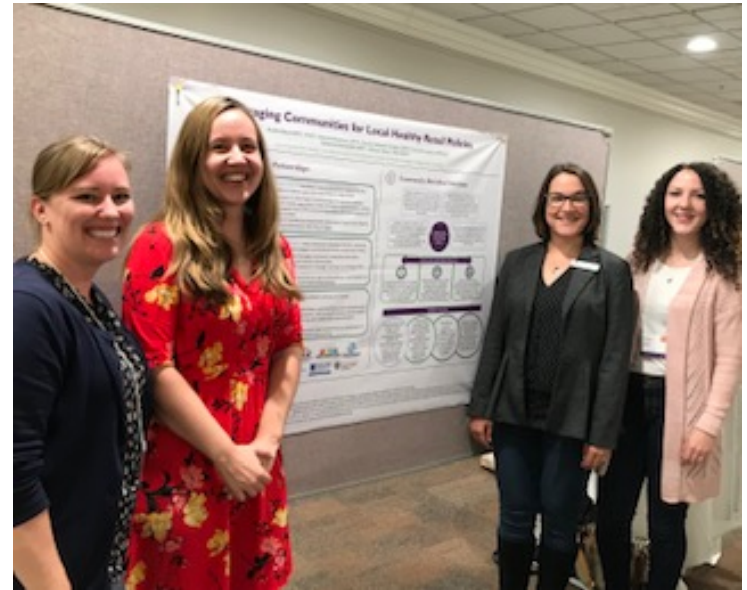
Lake County Public Health and The Wellness Center have partnered in developing policies to extend tobacco free/smoke free areas in downtown Lakeview and the Lake County Fair Grounds. Create a tobacco free/smoke free park. Along with promoting e-cigarette awareness in the schools and continue to work on creating smoke free workplaces.

Lake County ADPEP

“Prevention was able to get a much stronger footprint in the 2 largest high schools in the county, reaching the entire student bodies of each school and creating stronger partnerships with staff/admin than have previously existed.” – Francine Winters, ADPEP Coordinator

Linn County TPEP

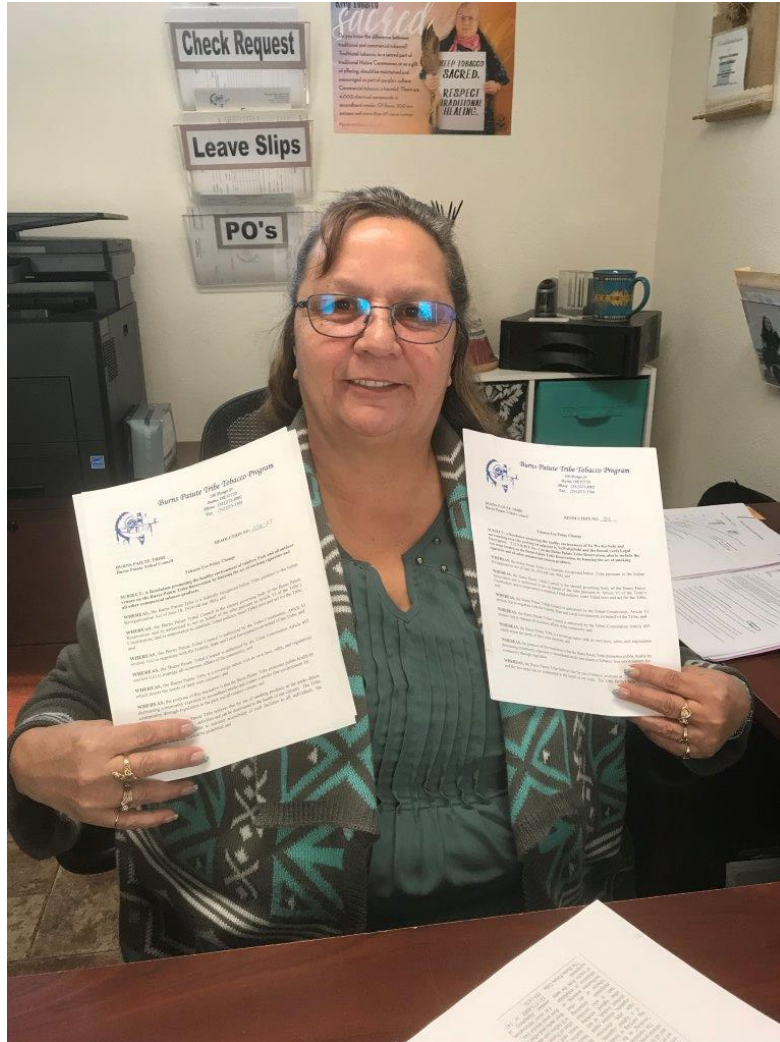
Completed a community assessment that helped us build strong relationships while also getting great information on community ideas and support for tobacco control. We also got to present our community engagement efforts as a poster at OPHA.



Linn County ADPEP

“Prescription Drug Overdose (PDO): Prevention staff collaborated with Linn Together to promote the "Take Meds Seriously Oregon" campaign. Activities include the design and posting of a billboard, distribution of safe disposal information and the development of a sticker campaign for pharmacies. This work continues through the summer with multiple activities planned.” – Danette Killinger, ADPEP Coordinator

Burns Paiute TPEP



Passing tobacco prevention policies in Burns Paiute Tribe.

Burns Paiute ADPEP

“The Prevention department had a Culture Night, beading night, Prevention hour at Tuwakii Nobi, Teen Day, Council meetings, made ribbon shirts and skirts with youth. A Prevention Carnival was held in May.”
– Jody Richards, ADPEP Coordinator

Linn Benton Health Equity Alliance (LBHEA)



- The Garfield Elementary Parent Teacher Association has been nationally recognized before by its efforts and achievements in serving a diverse population of students and their families.
- The Latino Parent group, supported by the Garfield PTA, resumed monthly meetings at the beginning of the 2018-2019 school year and has been meeting weekly when school is in session.

Harney County TPEP

“The county fair should be an event that the whole community can enjoy without having to worry about breathing in toxins. By gathering community support, working with youth organizations such as 4-H and FFA we were able to go to the fair board and express the importance of having a smoke – free fair. In the end they decided to continue following the current smoke – free policy that was in place. We provided signage to let visitors know that they are entering a smoke-free environment.” – Kelly Novak, TPEP Coordinator

Harney County ADPEP

Some successes include, “the middle school would like to make the prevention dance an annual event. The Kids Club has asked that we come on a regular basis with our new curriculum "Lions Quest." The Elementary School is researching Lions Quest and may ask for our assistance in implementing the program into their current schedule.” – Deanna Thrall, ADPEP Coordinator

Confederated Tribes of Siletz TPEP

Tribe supports smoke-free housing policy

With support from the community, the Confederated Tribes of Siletz Indians pass tribal ordinance to enforce a smoke-free tribal housing policy. The vote was unanimous and took effect on May 4th, 2019 with all new lease agreements moving forward.



Grant County TPEP

“After a conversation with our local county government I was alerted they were modifying some of the plans for the county. One of the plans was the tobacco policy for the property. Upon further conversation I was informed the county was considering regressing to designated smoking areas rather than having a smoke free campus. After some meetings and policy review I was able to show them the benefits of remaining smoke free and helped create a modified policy to reflect as such.” - Russ Comer, TPEP Coordinator

Grant County ADPEP

Successes included, “Origins of Addiction: ACEs, Trauma, and Substance Abuse Training - Instructor and addiction counselor, Jonny Gieber, presented an 8-hour workshop about the overlap between ACEs, Trauma, and Substance Abuse to approximately 30 individuals from local organizations. This 1-day workshop taught participants how to: differentiate between Developmental Trauma Disorder (DTD) & Post Traumatic Stress Disorder (PTSD); describe the impact of ACEs on adult health & well-being; discuss Polyvagal theory & the implications on addiction; and apply "connection" skills to enhance recovery and relapse prevention.” – Lisa Weigum, ADPEP Coordinator

Baker County TPEP

Page 6 Hells Canyon Journal March 20, 2019

County Tobacco Prevention Coordinator Faces Challenge with Youth Use

by Sherrie Kvamme

of the Hells Canyon Journal

Mandy Peterson started working at the Baker County Health Department in July of 2013 as a dietician for the Women, Infants and Children Nutrition Program (WIC). About three weeks ago, she was hired in an additional capacity to work as the Tobacco Prevention and Education Program (TPEP) Coordinator.

"My job is to educate policymakers like the county commissioners, to help provide them with accurate information and resources so when we make policies regarding tobacco use, we are doing so factually," explained Mandy. "I don't work one-on-one with tobacco cessation but rather help to educate."

Part of the policy that is being created is to help support people who are trying to quit smoking. Mandy said that only six percent of smokers who tried to quit in the last year succeeded. (As many as 50 percent attempted to quit.)

"I have seen in some data that as high as 76 percent of smokers were trying to stop. It's hard to quit when the environment around you is full of ads and other things



Photo by Sherrie Kvamme

MANDY PETERSON (left) has had the challenging task of educating policymakers and the public about the dangers of tobacco addiction added to her job description at the Baker County Health Department. **Nancy Staten** (right) is director of the county's health department.

of air, but it's not. It is actually aerosol that can have metals in it and all sorts of chemicals that you also find in cigarettes. What we are seeing is that people who are vaping move onto smoking cigarettes because they are now addicted."

and she said she speaks only from documented data.

"I need to see multiple articles that include documented studies before it becomes truth in my book. There is still a lot to be learned, but we do know that these products contain carcinogens and we do know

Statement from FDE Commissioner Gottlieb on Youth Use of E-cigarettes

(Editor's note: Following is a partial statement from FDA Commissioner Scott Gottlieb, M.D., on new data demonstrating rising youth use of tobacco products and the agency's ongoing actions to confront the epidemic of youth e-cigarette use dated February 11, 2019.)

"Today, the U.S. Centers for Disease Control and Prevention (CDC) released additional data from our joint FDA/CDC 2018 National Youth Tobacco Survey. These data are a sobering reminder of the initial results we shared last fall indicating a rampant rise of youth e-cigarette use, which has prompted the FDA to take a series of escalating regulatory actions as part of our Youth Tobacco Prevention Plan. We are advancing those actions, and committing to some new steps. The epidemic use of e-cigarettes among children is one of the biggest public health challenges currently facing the FDA.

According to the data released today, approximately 4.9 million middle and high school students were current users (used in the past 30 days) of some type of tobacco product in 2018, up from 3.6 million in 2017. This increase is driven by an alarming surge in e-cigarette use. More than 3.6 million middle and high school students were current (past 30 day) e-cigarette users in 2018, a dramatic increase of more than 1.5 million students in one year. The study authors suggest – as the FDA also noted at the time of the initial release of this data in the fall – that the rise in e-cigarette use in the last year is likely due to the recent popularity of certain types of e-cigarettes, such as JUUL. Further, youth who use e-cigarettes also are using them more frequently and using flavored products more often than

Baker County ADPEP

The Baker County SPF project has started community wide discussions around trauma, resilience and addiction. The Shift covers members of our coalition, and community partners, who are ready to make a change.

Confederated Tribes of Siletz ADPEP

“The youth seem to engage with the prevention program and activities more and more. Our numbers are growing.” – Dee Butler, ADPEP Coordinator

Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians



The canoe journey with the HOC curriculum was a big success! We now have a racing canoe and large journey dugout canoe for oceans.

We have been cultivating our original tobacco and our advertising of "Smoke Salmon, Not Cigarettes. Keep Tobacco Sacred" has been very successful.



Coquille Indian Tribe Community Health Center Tobacco Prevention and Education Program



Photo by Dennita Antonellis-John

TPEP Coordinator developed and implemented a Tribal Council approved Traditional Tobacco Awareness and Accessibility Assessment. The focus of the evaluation is to assess how much knowledge the Tribal membership has about traditional tobacco and the Coquille Indian Tribe Traditional Tobacco Policy. This photo was taken in June 2019 at the 30th Coquille Indian Tribe Restoration Celebration. The photo shows three male tribal members participating in the assessment via online using tablet devices.

Cow Creek Band of Umpqua Tribe of Indians

Traditional Tobacco Classes

2019 Tribal youth education class offered by Cow Creek Clinic Prevention Staff to teach about the differences between traditional and commercial tobacco use.

Successful turnout with 18 Tribal youth participants.





Curry County ADPEP had a successful sticker shock campaign led by the Youth Advisory Committee.

Curry County ADPEP

Deschutes County TPEP

Deschutes County TPEP testified on behalf of Deschutes County and CLHO to protect the Indoor Clean Air Act (ICAA), during a public hearing in Salem.



Deschutes County ADPEP and SPF-PFS

Deschutes County ADPEP and SPF-PFS:

- Obtained new Deschutes County funding for substance abuse prevention services in La Pine and Sisters for FY19-20.
- Delivered over 2 million media impressions in Central Oregon of the “Take Meds Seriously Oregon” campaign
- Delivered over 150 million media impressions to Deschutes County residents and visitors of the “Enjoy, Protect, Respect” campaign



THE DESCHUTES RIVER
ENJOY. PROTECT. RESPECT.

Take **Meds** Seriously Oregon.org



- Douglas County ADPEP has been focused on increasing community capacity to promote health and reduce risks associated with alcohol, tobacco and other drugs through local collaboration and collective action.

Douglas County ADPEP

Douglas Public Health Network TPEP, with Blue Zones and CHI Mercy Health, launched a county-wide Truth Initiative youth vaping cessation program.

TIRED OF WEIRDLY CRAVING **MANGOS**
EVERY TIME YOU TRY TO LIVE YOUR LIFE?





JOINT BOARD OF HEALTH/BOARD OF COMMISSIONERS

WORK SESSION:

Strategies Related to Marijuana Prevention for Youth

Lane County TPEP & ADPEP

Lane County Public Health leadership presented a countywide indoor clean air policy as a strategy to address both marijuana and tobacco to the Lane County Board of Health, who agreed to work on the policy.



- Over the past year, youth and adults advocates have discussed with local and state representatives the importance of a TRL policy.

Crook County TPEP

Crook County ADPEP

- Surveyed businesses in Crook County to determine readiness to protect the public from secondhand smoke exposure.



JACKSON COUNTY

Health & Human Services



Health and Human Services is now 100% smoke free! The policy went into effect on October 1, 2019.

Jefferson County TPEP

- Five Jefferson County youth attended Capital Day and shared concerns about youth vaping and industry tactics with Senator Cliff Bentz.



Jefferson County ADPEP

Our local community leaders all committed to installing signage throughout Jefferson County, understanding that this is a first step toward implementing policy that is widely supported by the community.

Thank You

for keeping our community
healthy by not using:



Tobacco



Vape



Alcohol



Marijuana

**Public use of alcohol or marijuana is illegal
and will result in a citation or trespass**



Jefferson County





Warm Springs ADPEP

Collaboration has increased between Warm Springs ADPEP and other community organizations such as health care, wellness centers, veterans, local radio, and fire management.

Warm Springs TPEP

Coordinated with local youth to promote the Warm Springs cessation clinic and Quit Line on the radio and throughout the community.

Making it easier to quit smoking

Tobacco use among the Native American people is among the most important—and among the more complicated—health issues in Indian Country. On the one hand, according to the Centers for Disease Control:

American Indians face a higher risk of experiencing tobacco-related disease—due to a higher rate of cigarette smoking and other tobacco use—than any other ethnic group. The diseases include lung cancer, heart disease and diabetes.

On the other hand, from time immemorial some Native groups have used tobacco for ceremonial, religious and medicinal purposes.

The serious health risks to Indian people come from the use of commercial tobacco—cigarettes and smokeless tobacco—rather than the ceremonial and religious use, incidence of which is infrequent to the point of non-addicting.

The health services that are available to tribal members are in regard to the commercial use of tobacco products. Quitting this use is a challenge for all people, Indian and non-Indian.

The good news is that ser-



Farrellyn Bellanger

vices are readily available to tribal members who wish to quit cigarettes or smokeless tobacco, or any other form of commercial nicotine-based addictive substance.

With tribal Health and Human Services Prevention, the Tobacco Prevention Specialist is Farrellyn Bellanger, and at the Indian Health Services Pharmacy the Tobacco Cessation Clinic Manager is Jessie Casberg, Clinical Pharmacist.

Ms. Bellanger in February joined Health and Human Services as Tobacco Prevention Specialist. She works in cooperation with Ms. Casberg.

An initial project Farrellyn is working on is an outreach program with the phone Quit Line, based in

Pharmacy Cessation Clinic

The IHS Pharmacy Tobacco Cessation Clinic offers a variety of options for tribal members who are interested in quitting smoking, or quitting smokeless tobacco.

A person can make an appointment through a referral from a physician, nurse or other care provider; or a person can come in on his or her own. Over the four years that Ms. Casberg has been with the program, many members have made use of the service.

At any given time 25 to 30 patients may be receiving the service. Some people complete a program in six weeks, and some may take six months—it depends on the individual, Jessie said.

A person can use the patch, a pill, or some other kind of cessation aid. The initial consultation to determine the need usually takes 30 to 45 minutes.

The client then checks in regularly, such as every two weeks, to keep the prescription current. The person can check in personally at the clinic, or it can be done by phone to the Pharmacy. The clinic tries to make the Tobacco Cessation service as accessible as possible to the membership. You can reach the clinic at 541-553-1968.

Portland, that is established to work specifically with the Oregon Native American demographic. Making the Quit Line easily accessible to the membership is the goal.

Another and more long-term project will be working with the tribes and the Housing Authority on addressing the use of tobacco

in the tribal and HUD housing units.

Tribal Council in recent years has prohibited smoking within 25 feet of the doors and windows of tribal public buildings. Extending some regulation to the tribal and HUD units would be another health benefit, Farrellyn said.

Clackamas County TPEP

**BEFORE THE BOARD OF COUNTY COMMISSIONERS
OF CLACKAMAS COUNTY, STATE OF OREGON**

In the Matter of the Clackamas
County Board of County
Commissioners, Acting As the Board
of Health and the Local Public Health
Authority Regarding Tobacco and
Inhalant Delivery Systems

Board Order No. 2019-04
Page 6 of 7

Clackamas
County Board of
Health signed a
resolution
supporting TRL
(January 2019)

NOW, THEREFORE, IT IS HEREBY ORDERED:

1. It is the Board of Health's policy to reduce preventable illness and disease and premature death in Clackamas County by supporting regulation of retail sales and use of tobacco and inhalant delivery systems in the County. This policy is intended to give guidance for policies and procedures, including education for retailers about local, state and federal laws pertaining to the sales of tobacco and inhalant delivery systems, enforcement mechanisms, and penalties for violations;
2. It is the Board of Health's policy to reduce addiction, preventable disease, and premature death by supporting prohibitions on sales to and purchase and use by minors of tobacco and inhalant delivery systems. This policy is not intended to expand or reduce federal or state laws that regulate the sale or distribution of tobacco and inhalant delivery systems or to alter related penalties.
3. It is the Board of Health's policy to reduce addiction, preventable illness and disease, and premature death by supporting prohibitions on use of inhalant delivery systems in Clackamas County in any place where smoking and use of tobacco products is prohibited;
4. The Board of Health supports the Local Public Health Authority's intent to adopt policies and procedures for tobacco and inhalant delivery system retailers in Clackamas County;
5. The Board of Health directs the Local Public Health Authority to adopt policies and procedures to implement and enforce prohibitions on the use of inhalant delivery systems in Clackamas County in any place where smoking and use of tobacco products is prohibited, sales to minors, and purchase and use by minors;
6. When the Local Public Health Authority develops policies and procedures the Board of Health will adopt them prior to their implementation;
7. The Board of Health directs the Local Public Health Authority to form a Rules Advisory Committee to provide input on and review of the policies and procedures developed by the Local Public Health Authority.

Clackamas County ADPEP

- Alcohol and drug prevention staff coordinate with various community partners to raise awareness of alcohol prevention issues.





SO Health-E

SO Health-E has gathered more than 350 responses from people of color and other impacted community members in Jackson and Josephine Counties on what issues are most important for our community's health and wellbeing.

Polk County TPEP



The Local Addiction Prevention Planning Committee coordinated an education day held on June 4th, 2019, titled *Let's talk about substance use!* This incorporated a presentation on Polk County's Tobacco and Alcohol Retail Assessment (TARA) Report, with an aim to increase education around the retail environment among community members and participating organizations. Over fifty participants represented tribal government, education, corrections, public health, and social services sectors. This event generated increased support from community members, including tribal partners.

Polk County ADPEP

“A success for Polk County would be our partnership development. This would include schools, coalition members, and community members. Polk County prevention has developed a number of valuable partnerships over the past year. These partnerships are so important to make progress in prevention.” – Abbey Warren, ADPEP Coordinator



Washington County ADPEP

Teachers, administrators, and students were able to share with their County Commissioners and State Representatives how the Good Behavior Game is working and how it can be implemented in other communities across Oregon.

Washington County TPEP



KGW-TV partnered with the Washington County TPEP, the Beaverton School District and Providence Rebels for a Cause on a community town hall about the harms associated with teens and JUULing/vaping.



Klamath County TPEP

- Klamath County tobacco prevention has worked with the Klamath Tribes Youth Council to develop a sacred tobacco curriculum that is anticipated to be released in the new year.

Photo caption: Hannah Schroeder, co-president of the Klamath Tribes Youth Council, speaks during a press conference to announce the sacred tobacco campaign.



Lincoln County TPEP

Our Tobacco Retail Licensure initiative has had a lot of traction and is supported by many decisionmakers.

TOBACCO RETAIL LICENSING
What is it and why does it matter?

Public Health
Lincoln County

Lincoln County Tobacco Stats

- 33% of adults smoke cigarettes
- 7.5% of 11th graders smoke cigarettes; 9% use e-cigarettes
- 90% of smokers start before the age of 18
- 12.6% of underage smokers buy cigarettes from stores

Annual economic cost of tobacco use in Lincoln County: **\$61 million**

Tobacco Retail Licensing

Requires businesses to have a **license to sell tobacco products**.

Involves:

- **Annual application and fee**
- 1-2 **unannounced site visits** each year
- Strong **penalties** for violating tobacco laws

Benefits of Tobacco Retail Licensing

- Improves enforcement of tobacco laws
- Limits youth access to tobacco products
- Reduces rates of tobacco use and protects community's health
- Decreases economic burden of tobacco (lost productivity and medical expenses)

Is it effective?

YES. Out of 33 communities with TRL in California, 14 saw **decreases of 30% or more** in illegal tobacco sales. Almost all communities saw a significant decrease.

Lincoln County ADPEP

- Lincoln County ADPEP successfully advocated for local marijuana tax money. The County and Cities allocated a portion of this money for drug education and prevention and helped our local coalition expand their capacity.

Malheur County TPEP

Smoke- Free City Properties, Parks, and Local Law Enforcement to enforce ICAA

Malheur County Health Department has worked with Ontario City Manager Adam Brown to pass local ordinance to create smoke-free city properties, smoke-free parks and allow for local law enforcement to be able to patrol and enforce the indoor clean air act. This Ordinance is scheduled to become a law October 3rd 2019.

Malheur County

FEATURED

Ontario City Council

City mulls stiffer smoking rules

Officials, citizens give insight to controversial topic of reducing cigarette use outdoors

Griffin Hewitt The Argus Observer Sep 15, 2019



Local Paper covered this ordinance reading

Malheur County ADPEP

“Building community awareness has resulted in creation of community partnerships which result in less duplication of prevention services and more availability of services due to combination of resources.” – Judi Trask, ADPEP Coordinator

Marion County TPEP

TPEP helps
Woodburn City
Parks go tobacco
and smoke-free
August 16, 2019.





Multnomah County TPEP

- MultCo TCPP created a successful community outreach and engagement activity for the 2019 Pride Festival-- Blow Bubbles Not Smoke selfie station. More than 300 community members participated in the activity.



Multnomah County TPEP

- MultCo TCPP partnered with Portland Community College to highlight and celebrate the 10th anniversary of the PCC tobacco free policy. PCC President, Mark Mitsui and Tri-county Health Officer Dr. Paul Lewis made comments and ceremonially cut the celebration cake.

Sherman County ADPEP

Sherman County Prevention partnered with ODOT and the Sherman County Sheriff's department for a 30 day anti-DUI campaign. 89 signs were distributed throughout our very rural communities.



E-cigarettes pose a significant teen health threat

By JENNIFER COLTON
They call it vaping, JUUL-ing (pronounced 'jewel'), or hitting. There are cloud-chasers and vape artists and wizards of vape who go viral and become internet sensations. And this smoke tastes like bubblegum and mango and crème brûlée – not the overwhelming tobacco of “analog” cigarettes.

Welcome to the world of electronic cigarettes, a place more and more popular with teenagers, especially in rural counties.

“According to the Oregon Healthy Teens Survey, Umatilla County is the second-highest for electronic cigarette use (in the state),” said Mariah Hinds, tobacco prevention and education coordinator for Umatilla County Public Health. “Umatilla County reported youth electronic cigarette use is 21.9 percent, and the state average is 12.9 percent.”

Rural counties tend to have higher tobacco use rates than urban counties. Umatilla County is the third highest county in the state for tobacco use, including electronic cigarettes. Our county is the second highest for smokeless tobacco and, Hinds says, national youth e-cigarette use has gone up 78 percent in the last year.

Although Oregon law says only those 21 and older can purchase tobacco products (this includes e-cigs), many of those new e-cigarette users are teenagers – and many do not realize they’re taking nicotine.

The most recent National Youth Tobacco Survey shows, nationwide, 1 in 5 high school students



and 1 in 20 middle school students currently use e-cigarettes. With double-digit increases in the number of students using e-cigarettes, the Federal Drug Administration in November announced it is working to restrict marketing for vaping products that may be targeting teenagers.

The report notes little difference between those products that do and do not contain nicotine. Although the recent survey showed more than 25 percent of students said they vaped “just flavoring,” officials have questioned how many are really paying attention to what they’re smoking.

Not all e-cigarettes or vaping products contain tobacco, but most do, including JUUL, the most popular brand of vaping products. Further, nicotine content labeling is not always a reliable, some studies have found mislabeling to be a common issue for e-cigarettes.

All JUUL products contain nicotine – an element the company’s website isn’t shy about. At the top

of the FAQ sections on the JUUL website, a big, black banner reads, “WARNING: This product contains nicotine. Nicotine is an addictive chemical.” The same message is repeated at the footer of each page. To enter the site, users must agree that they are 21 and accept that JUUL’s main purpose is to help adult smokers get away from “combustible” tobacco products. (Although a new study published in the journal *Nicotine and Tobacco Research* found that vaping is “not a promising approach” for quitting tobacco.)

“E-cigarettes have this reputation for being healthier or harmless, but that’s not necessarily true,” Hinds notes. “They aren’t just flavoring and water vapor, and ‘less harmful’ doesn’t mean harmless.” Hinds says even the flavorings may not be as safe as advertised. Some have been approved by the FDA to be consumed but not to be heated and taken in through the lungs. What is breathed in and out is an aerosol



Strategies

that contains nicotine, flavor, and other harmful chemicals including heavy metals and volatile organic compounds.

“The studies that are initially coming out are saying that e-cigarettes are harmful,” she said. “Then, of course, there is nicotine, which causes addiction in teens and adults who continue to use these products.”

Most smokers – 90 percent – begin as teenagers, and with misinformation about vaping, teens are getting addicted quickly. Once hooked, dual use is a concern, where teenagers seek out other forms of nicotine, moving from less harmful to more harmful tobacco products.

Jamie Crowell, a health educator with Good Shepherd Health-care, says e-cigs are particularly dangerous because they’re fast and have a pleasing flavor.

“It takes time to smoke a cigarette – like five minutes to smoke a whole cigarette,” she said. “You might get the equivalent of one cigarette off a vape that takes two seconds. So these kids are getting really high addictions really quickly.”

For more information about e-cigarettes and how to talk to your children about them, visit the Surgeon General’s website at e-cigarettes.surgeongeneral.gov.

Jennifer Colton is news director of KOHU and KQFM, and mother of three, based in Pendleton.

Umatilla TPEP
Earned Media
Eastern
Oregonian –
Parent
Magazine,
January 2, 2019

Umatilla ADPEP and TPEP work with Prescription Drug Overdose coordinator to provide prevention education to over 900 students across Umatilla County.



Yamhill County TPEP

The City of McMinnville passed a smoke-free downtown ordinance that not only prohibits smoking and vaping in the downtown McMinnville area, but also creates smoke-free city parks.



Wasco ADPEP

YouthThink - Wasco County has been working to provide early, early upstream prevention by engaging with parents and other children/youth serving entities.

These efforts have included a unique approach where parents and providers increase their knowledge and implementation abilities to increase emotional literacy and secure attachments within their own environments.

Otus, seen in the picture, is our mascot and helps us connect with children in a way that helps them to learn about the important brain connections and skill building (emotional literacy and secure attachment) that helps develop resiliency. We now have a teen version of this resource.



Confederated Tribes of the Umatilla Indian Reservation ADPEP

“BAAD-recruited and utilized a community member for assistance; recruited staff support; recruited Conscious Discipline facilitator from Umatilla-Morrow County Headstart. Root Feast-engaged in Children's Root Feast, assisted youth with identifying plants/roots, gathered, and prepared for ceremony/service; also attributed to roots going into historical earth oven.” – CTUIR ADPEP Program

Confederated Tribes of the Umatilla Indian Reservation TPEP

Fierce competition between teams during the Kids in Jeopardy Tobacco Prevention class at the 32nd annual Basketball Against Alcohol & Drugs (BAAD) Tournament on the Confederated Tribes of the Umatilla Indian Reservation, Spring Break 2019.

