

DRUG-FREE HEALTHY COMMUNITIES

Prevention Matters.

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IN THIS ISSUE:

Tobacco Grant	1
Smoking Rates	1
Prescription Drug Abuse	2
Marion Bans Tobacco	2

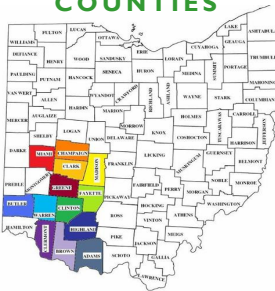
QUICK FACT:



Drug Poisoning

Overdosing isn't the only way drugs can kill. We know from basic science that chemicals and compounds sometimes react with each other. So it can be risky - even deadly - to take certain medications or drugs together. Reduce your risk by having all prescriptions filled at the same pharmacy. Follow the directions on each medication. And avoid taking someone else's prescription, even if you have the same health condition.

COVERING 13 COUNTIES



Congratulations Greene County!

Greene County Combined Health District was one of only four local health departments in the nation chosen to receive an action planning and sustainability grant from the Centers for Disease Control and Prevention's Office on Smoking and Health (CDC/OSH), the National Association of County and City Health Officials (NACCHO), and the National Association of Local Boards of Health (NALBOH).

The purpose of this grant is to assist our community in maintaining an effective tobacco use prevention and control plan and to assist this coalition in planning evidence-based programs that reduce the burden of tobacco use in the region.

Why? Tobacco use is the leading cause of preventable death and disease in the United States. NACCHO

The Greene County Combined Health District and the Drug-Free Healthy Communities Coalition invite you to attend a Tobacco Prevention and Control Action Planning Meeting on Friday, December 3, 2010 from 8:30 AM to 4:30 PM at the Roberts Conference Centre.

is going to help develop and disseminate policy recommendations, best practices, and current information on tobacco programs and activities.

This meeting will bring together local public health professionals, community leaders, and tobacco control and prevention advocates. Participants will receive information on evidence-based tobacco control and prevention practices, an overview of ways the Drug-Free Healthy Communities Coalition collaborates with the state tobacco control program, and tips on coalition maintenance. Guided by a CDC facilitator, participants will decide upon short-term and long-term goals for the coalition and develop an action plan.



Smoking Rate Stuck at 1 in 5 Adults—Doubling Taxes May Help *(Modified from Dayton Daily News)*

U.S. smoking rates continue to hold steady, at about 1 in 5 adults lighting up regularly. 21% of U.S. adults were smokers in 2009, and about the same in 2008, states the Centers for Disease Control and Prevention. The smoking rate has fallen drastically since the 1960's, but has held steady since 2004, needless to say, there needs to be improvement.

Teen Smoking, also at 20%, has not been improving either. Cuts to tobacco campaigns could be one reason why. Smoking known as the number one preventable cause of death kills an estimated 1,000 people a day. Also, 98% of children who live with smokers have measurable tobacco toxins in their body.

So what can help? Health Advocacy groups want Ohio's cigarette tax doubled, claiming it would boost state revenues and drive some smokers to quit. Doing this would

put Ohio's rate among the top ten nationwide. Ohio last raised its cigarette tax in 2005 from 55 cents to \$1.25 per pack. In April 2009, the federal excise tax increased from 29 cents to \$1.01 per pack. About 3.1 billion was spent of cigarettes in Ohio in fiscal 2009, down from 3.5 billion in fiscal 2005. Cigarette tax collections in Ohio were \$872.3 million in fiscal 2009, doubling would boost it to 1.2 billion in 2011. The argument against this is that Ohioans would drive to neighboring states to get the lower cigarette tax rates.

Each 1% decline in smoking rates would save the state \$838 million in health care costs, including \$148.5 million in state Medicaid costs. Smoking's direct costs to Ohio's economy exceed \$13.8 billion annually, according to a Penn State University study, smoking cessation programs more than cover their costs. Ohio ranks 45th among states

in funding tobacco prevention efforts, down from 13th in 2007. In 2008, the Ohio Tobacco Prevention Foundation was abolished and in June, Ohio cut funding for several local smoking cessation treatment programs around the state., including grants for Public Health (Dayton & Montgomery County and the Greene County Combined Health District).

Public Health still provides free smoking cessation programming upon request. Greene County will use residual funding for free cessation classes in the fall and spring; thereafter, funding for free classes won't be available.

The Penn State study, funded through a grant from Pfizer Inc., estimated smoking cessation programs statewide would have a return on investment of \$1.41 for every dollar spent.

Prescription Drug Abuse—A Growing Problem Adapted from www.kidshealth.org

According to the NIH (National Institute on Drug Abuse) and the CDC (Centers for Disease Control), 20 percent of teens in the United States have used prescription drugs for nonmedical reasons. This is prescription drug abuse. It is a serious and growing problem. Abusing some prescription drugs can lead to addiction and other serious health effects.

Experts don't know exactly why this type of drug abuse is increasing. The availability of drugs is probably one reason. Doctors are prescribing more drugs for more health problems than ever before. Online pharmacies make it easy to get prescription drugs without a prescription, even for children. Some people think that prescription drugs are safer and less addictive than street drugs. After all, these are drugs that moms, dads, and even kid brothers and sisters use.

Some people experiment with prescription drugs because they think they will help them have more fun, lose weight, fit in, and even study

more effectively. A big one to watch for here is if you have a child with ADHD, they may take Adderall, for those not prescribed (brothers/sisters) it could make them study better, chatty, less hungry and give an overall sense of happiness and energy. It is comparable to "Speed". It's very popular in high school aged children right now. Prescription drugs can be easier to get than street drugs: Family members or friends may have them. But prescription drugs are also sometimes sold on the street like other illegal drugs.

But prescription drugs are only safe for the individuals who actually have prescriptions for them. That's because a doctor has examined these people and prescribed the right dose of medication for a specific medical condition. The doctor has also told them exactly how they should take the medicine, including things to avoid while taking the drug, such as drinking alcohol, smoking, or taking other medications. They also are aware of potentially dangerous side effects and can monitor patients closely for these.

City of Marion Bans All Tobacco Use For Employees

Modified from www.dispatch.com

The city of Marion wants healthier employees and lower insurance premiums, so it's telling employees to snuff out their cigarettes and spit out their chew, at least while City Hall is footing the bill. Some of the city's 350 employees are unhappy about plans to ban all tobacco use on city-owned property, including parks, putting an end to the smokers' huddles near building entrances and in outdoor break areas. Employees also will be prohibited from using tobacco during work hours even while off-site if their lunch periods or daily breaks are paid.

Officials hope the new policies will help keep the city's share of employee health-insurance premiums as low as possible. As of Aug. 1, the city is not hiring anyone who admits tobacco use. Officials have no plans to test for it yet, but that could come later. The other changes are expected to take effect Jan. 1. Robbins estimates that about 20 percent of the city's work force uses tobacco. Marion's insurance carrier, United Healthcare, is donating \$10,000 for programs to help employees quit. Many hospital systems and school districts made their campuses tobacco-free after Ohio's indoor-smoking ban took effect in 2007. A flurry of private businesses and corporations soon followed. But it could be trickier for cities, and few appear to have gone to the same lengths Marion has proposed. The firefighters union in Marion is among those researching whether the proposed changes violate its contract with the city. If these bans take effect, workers in other departments who work 8 or 10 hour shifts can light up at day's end, and some get unpaid morning and afternoon breaks that allow them to step to a public sidewalk and catch a smoke, said William Lucius, president of the International Association of Fire Fighters Local 379. But the city's 60 firefighters work 24 hour shifts.

"Most of our people understand that smoking is not the healthiest thing to do," Lucius said. "We believe our situation is different, and we just want to sit down and talk about it like reasonable people." Robbins said the two sides have already met, and the city recognizes the issues: "We must treat everybody fairly. "The city appears to be on solid footing with its changes. Ohio doesn't ban tobacco-related job discrimination and smokers aren't a protected class.

Firefighters aren't the only ones complaining, however. "About half of the 55 officers who belong to local Fraternal Order of Police question the change," said FOP president David Troutman. "The city had already banned smoking in city vehicles, but many officers chew tobacco," he said. "We don't believe it will save the city a dime on insurance," Troutman said. "We believe there are other reasons; we just haven't figured out what they are."

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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.

Meeting Schedule for 2011
10:00 a.m. - 12:00 p.m.

- January 24
- April 18
- July 18
- October 17

GCCHD Conference Room
360 Wilson Drive
Xenia, OH 45385

All meetings are open to the public.

Drug-Free

Healthy Communities Coalition

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