



Ounce of Prevention Newsletter

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Message to Coalition Members:

Welcome to new Coalition Member, Chad Mullen, Chief of Police, Bath Village Police Department.

“Featured” Member Statement

We would like to start using this space in our Newsletter to feature a member of the Coalition monthly and their feelings in a brief statement on their involvement with the Coalition. Please feel free to offer up a statement at any time and/or any other recognitions to Coalition members that you would like to see noted.

Article:

Study Finds Sharp Increase in Marijuana Exposures Among Colorado Children

Calls to Colorado poison control centers seeking help for unintentional marijuana exposure in children younger than age 10 jumped 150 percent since 2009, a new study in JAMA Pediatrics found.

In that same year, the state commercialized marijuana for medical use. Rates soared again in 2013 when the state legalized recreational marijuana.

Colorado's 34 percent average annual increase of exposures is significantly greater than the rest of the states at 19 percent, according to the American Association of Poison Control Centers.

Emergency room visits for marijuana exposures also escalated at one Colorado hospital, from 1 in 2009 to 16 in 2015. The mean age of these children was 2.4 years. One 11-month old died.

Marijuana products involved in the exposures included infused edible products such as baked goods, candy and flavored popcorn.

The researchers note that, compared with more plentiful unintentional pediatric exposures to items like pharmaceuticals and household products, “symptoms after marijuana exposure can be severe; 35 percent of patients presenting to the hospital required admission.”

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Trending: Heroin

The Drug Enforcement Administration (DEA) released the 2016 National Heroin Threat Assessment Summary.

Some key facts are:

The number of people reporting current heroin use nearly tripled between 2007 (161,000) and 2014 (435,000).

Deaths due to synthetic opioids, such as fentanyl and its analogues, increased 79 percent from 2013 to 2014.

Deaths involving heroin more than tripled between 2010 (3,036) and 2014 (10,574) – a rate faster than other illicit drugs.

New to this year's summary is information on a recent phenomenon—fentanyl disguised as prescription pills—something allegedly responsible for the death of 19 people in Florida and California during the first quarter of 2016.

Motivated by enormous profit potential, traffickers are exploiting high consumer demand for illicit prescription painkillers, tranquilizers, and sedatives by producing inexpensive counterfeits containing fentanyl that can be sold on the street.

"We tend to overuse words such as 'unprecedented' and 'horrific,' but the death and destruction connected to heroin and opioids is, indeed, unprecedented and horrific," said DEA Acting Administrator Chuck Rosenberg in a news release. "The problem is enormous and growing, and all of our citizens need to wake up to these facts."

The number of users, treatment admissions, overdose deaths, and seizures from traffickers all increased over those reported in last year's summary. In addition, heroin was the greatest drug threat reported by 45 percent (up from 38 percent last year and 7 percent, by comparison, in 2007) of state, local, and tribal law enforcement agencies responding to the 2016 National Drug Threat Survey.

Article:

"Study finds Drinking Alcohol can lead to 7 kinds of Cancer"

Epidemiology Research Program at the American Cancer Society

Drinking alcoholic beverages can raise the risk for seven types of cancer, according to a new study. Even moderate drinking is linked with a higher risk.

The cancers include head, neck, esophageal, liver, colorectal and female breast cancer, according to the analysis of existing studies looking at the association between drinking and cancer. The findings are published in the journal *Addiction*.

The analysis, conducted by Jennie Connor of the University of Otago, in New Zealand, included comprehensive reviews conducted over the past decade by the World Cancer Research Fund, the American Institute for Cancer Research and the International Agency for Research on Cancer, among others. It concluded that alcohol-attributable cancers of those seven types make up about 5 percent of all cancer deaths worldwide.

It doesn't appear to matter whether the alcoholic beverage is wine, beer, or hard liquor. The risk increased the more a person consumed, what the author called a "dose-response relationship."

"There is some evidence of reversibility of risk in head and neck and liver cancers when consumption ceases," she wrote.

The analysis confirms what is already known about alcohol and cancer, Dr. Susan Gapstur, vice president of the Epidemiology Research Program at the American Cancer Society told CBS News.

"This is a review of an existing body of literature. Essentially the author has interpreted the literature to help people to understand. But it's not a study of any new data," Gapstur said. "These seven cancer sites have long been established."

Health officials suggested that the alcohol-cancer connection might spur regular drinkers to try cutting back.

"Having some alcohol-free days each week is a good way to cut down on the amount you're drinking," Dr. Jana Witt, of Cancer Research UK, told *The Guardian*. "Also, try swapping every other alcoholic drink for a soft drink, choosing smaller servings or less alcoholic versions of drinks, and not keeping a stock of booze at home."

The study also found that the risk of certain mouth and throat cancers was even higher among people who both smoked and drank alcohol.

When it comes to drinking and cancer, people should take into account factors including their smoking history, family history of alcohol-related cancers and their risk of heart disease, too, say alcohol researchers.

"It's a good opportunity to remind people of the link between alcohol and cancer and that limiting consumption is always better," Gapstur said.

Myth vs. Fact (Alcohol)

- You can't die from drinking alcohol.
- ✓ Alcohol is a powerful drug that slows down the body and mind. Drinking too much can lead to alcohol poisoning which can kill you.

Myth vs. Fact: (Marijuana)

- Driving high is safer than driving drunk.
- ✓ Marijuana affects alertness, concentration, perception, coordination and reaction time.

**MISSION:**

To promote healthy and safe communities in Steuben County by reducing alcohol and drug use among youths!

CADCA Conference Summary

The Mirage in Las Vegas was home to the largest CADCA Mid-Year Training Institute in the non-profit's history. Over 2,000 coalition members from around the world convened to build their capacity to address one of our nation's biggest public health challenges—substance abuse.

Two Staff Members, Norman McCumiskey, Program Coordinator and Colleen Banik, Assistant Program Coordinator and three Coalition Volunteer Members, Rick McInroy, Mark Recktenwald and Sarah Robbins from the Steuben Prevention Coalition attended the 2016 CADCA Mid-year Training Conference. It was an outstanding week of intensive learning opportunities especially designed to help us and the coalition bring about effective change aimed at developing comprehensive, evidence-based strategies to create community-level changes in our communities. "Addiction doesn't start with prescription drug abuse or heroin use. It starts with alcohol, tobacco and/or marijuana," said Office of National Drug Control Policy Director Michael Botticelli.

What a great experience and an incredible motivational and learning opportunity for all involved in Coalition work.

Upcoming Events:

Next Coalition Meeting
September 14, 2016
11:00 am – Steuben County Sheriff's Building

Youth Action Forum
October 25, 2016

Tall Cop Program
March 29, 2017
Haverling Central School

Town Hall Meetings
TBD

Focus Groups
TBD

Reaching communities through
**prevention,
education
and support**