



Ounce of Prevention Newsletter

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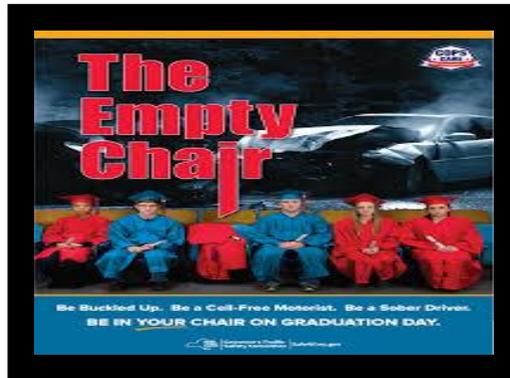
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Message to Coalition Members:



June is Student Safety Month

Be in your chair on Graduation Day



COALITION WEBSITE & FACEBOOK PAGE

Don't forget to visit our Website and our Facebook Page and invite your friends to view and like our page as well.

<http://www.steubenpreventioncoalition.org>

Steuben Prevention Coalition

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Breaking News!!!!

You've Got Funding!



Check one off the list
with a few to go!!

The Steuben Prevention Coalition has been awarded a Mini-Grant through Health Link NY Community Network (Southern Tier Regional Addiction Resource Center) to provide Community Education and Awareness activities in Steuben County.



A special thank you goes out to **Barbara McCollum** of the Steuben Council on Addictions for covering the Healthy Kids Day Event at Hornell High School on May 19, 2018 on behalf of the Coalition.



The Coalition has recently recognized **Rick McInroy**, Center for Dispute Settlement Program Manager, for his dedication and commitment to the Coalition.



(Rick McInroy, Jim Bassage)

The Coalition has also recently recognized **Dean Swan**, Steuben County Sheriff's Deputy in appreciation for his unflinching efforts to prevent underage drinking and marijuana use in Steuben County.



(Kali Muhleisen, Dean Swan, Lisa Oliver)

Public Policy in the News: FDA: Too Many Kids Experimenting with E-Cigarettes, Vaping

The popularity of e-cigarettes among younger Americans is drawing mounting scrutiny from federal regulators.

Citing a wish "to better understand the youth appeal of these products," the Food and Drug Administration said Thursday that four manufacturers of e-cigarettes have until July 12 to hand over documents related to their marketing strategies and product designs.

"Too many kids continue to experiment with e-cigarette and vaping products, putting them at risk for developing a lifelong nicotine addiction," Scott Gottlieb, a physician and FDA commissioner, said in a statement. "We'll explore all of our regulatory options, including enforcement actions, based on what we learn from the information these manufacturers are required to provide."

Introduced as a means of helping smokers kick the habit, or at least switch to a nicotine-delivery vehicle containing less deadly tar and chemicals, e-cigarettes have instead become the most commonly used tobacco product among U.S. youth, who are more likely than adults to use e-cigarettes.

Made to look like regular cigarettes, pens or USB sticks, most e-cigarettes have a battery that heats a liquid usually containing nicotine. Using them is referred to as "vaping."

A 2017 study found about 50 percent more high schoolers and middle schoolers vape than smoke cigarettes. Earlier research by the Centers for Disease Control and Prevention found in 2016 that more than 2 million middle and high school students had used e-cigarettes, including 4.3 percent of middle school students and 11.3 percent of high school students.

The FDA's action follows a warning sent by the agency in May to 13 companies selling e-cigarette liquid in child-appealing packaging resembling juice boxes or candy.

The FDA, which did not regulate e-cigarettes as tobacco products until 2016, earlier this year also requested internal documents from Juul, the biggest player in the American vaporizer market, as part of a government crackdown on the sale of e-cigarettes to minors.

The agency in April sent warning letters to 40 retailers that sell e-cigarettes, including 7-Elevens, Circle Ks and vape shops.

The companies contacted by the FDA in its latest action include: J Well, of Paris, France; YGT Investment and 7 Daze of Baldwin Park, California; Liquid Filling Solutions of King of Prussia, Pennsylvania; and SVR of Las Vegas.

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<https://www.cbsnews.com/news/fda-too-many-kids-experimenting-with-e-cigarettes-vaping/>





The Steuben Prevention Coalition's Underage Drinking Task Force once again sponsored a countywide alcohol poster contest for youth in grades 5, 6 & 7. This was done during the month of April to promote National Alcohol Awareness Month. The youth were asked to develop posters that would provide anti-drinking messages to their peers. Prizes were awarded to first, second and third place.



First Place: Julie B. of Jasper-Troupsburg



Second Place: Alex B. of Campbell-Savona



Third Place: Hannah B. of Bath-Haverling

THANK YOU
 SAY2 – Trophy Donations
 Christine's Upholstery – T-shirt Donations

Social Media Usage Linked to Underage Drinking, Says Study “Alcohol-related social media posts appear to influence youth alcohol consumption, a new study says.”

The study, published in the journal *Alcoholism: Clinical and Experimental Research*, examined associations between young adults' drinking behavior and the photos and posts of alcohol-fueled parties and behaviors that fill their feeds on social media sites. Despite the pervasive use of social media among young adults, the study says, little is known about its effect on drinking patterns.

Read the full U.S. News and World Report article for more information about the study and its findings at the link below:

<https://www.usnews.com/news/health-care-news/articles/2018-05-24/study-social-media-usage-linked-to-underage-drinking>



Young People Choosing Marijuana Over Alcohol and Cigarettes as Their First Drug

Increasing numbers of young Americans are choosing marijuana over cigarettes or alcohol as their first drug of choice, according to new research published in the journal *Prevention Science*.

Researchers from the National Institute of Child Health and Human Development (NICHD) examined nationally representative survey data from more than 275,000 people aged between 12 and 21. The study is based on the National Survey on Drug Use and Health, which was conducted between 2004 and 2014 and involved questions related to the use of marijuana, tobacco, alcohol as well as other illegal drugs.

The researchers found that around 8 percent of respondents in 2014 reported that marijuana was the first drug they ever used—almost double the figure of 4.8 percent reported in 2004. This rise could be related to a declining rate of young smokers (21 percent in 2004 to 9 percent in 2014) or the larger number of young people abstaining from substance use altogether (36 percent to 46 percent in 2014), according to the researchers.

The trend is particularly noticeable in specific ethnic groups. Researchers found that young people who used marijuana as their first drug were more likely to be male and come from black, Native American, Hispanic or multiracial backgrounds.

Read the full Newsweek article for more information at the link below:

<http://www.newsweek.com/young-people-are-now-choosing-marijuana-over-alcohol-and-cigarettes-their-933503>

Upcoming Events:

Next Coalition Meeting
July 11, 2018
11:00 am – Steuben County Sheriff's
Buidling – Bath, NY

Please let us know of any upcoming events, activities, public meetings, etc. that are happening in your communities.

www.steubenpreventioncoalition.org



What You Should Know About Opioids

What Are They?

Also called narcotics, opioids are a kind of pain medication your doctor may give you after an accident or surgery, or as treatment for a chronic disease like arthritis. Most are made from the opium plant, but some (called synthetic opioids) are made in a lab. Either way, they affect the reward center of your brain and boost your levels of certain brain chemicals that block pain, slow your breathing, and generally make you feel calm.



Types:

Opioids have different strengths, and some are legal and some aren't. Examples include:

- Codeine
- Meperidine (Demerol)
- Oxycodone (OxyContin)
- Oxycodone and acetaminophen (Percocet)
- Fentanyl
- Hydrocodone and acetaminophen (Lortab, Norco, Vicodin)
- Methadone
- Morphine
- Heroin

For more information visit the link below:

https://www.webmd.com/pain-management/ss/slideshow-opioids?ecd=wnl_spr_043018&ctr=wnl_spr-043018_nsl-ld-stry_1&mb=D4GHZrFeBMWgny3B9cpBxXFE73IOX1c5XoX4riZLFY=



MISSION:

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

VISION:

To have a county where our youth are healthy and drug free!

Steuben County Underage Party & Drug Information Tip Line

Anyone with information relating to underage drinking such as parties, underage sales, etc. or information relating to illegal drugs, such as sales, dealers or other suspicious activities are encouraged to use the tip line.

The Tip Line will be monitored seven days a week, 24 hours a day. All call are anonymous.

Do your part to help make our communities safe for everyone.

1-844-378-4847