



“Working for Your Well-Being!”

CCFoPH Newsletter

Eighth Edition – March 2010

Grant Awards to CCPoPH for Women’s Health

Grant Awards for
Women’s Health

School Health Programs

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Thank you Donors!

CCFoPH is grateful for two grants that were awarded recently that will provide services for women through the Coos County Public Health Department.

In December 16, Connie Bunnell and Renee Menkens accepted an award of \$766 from the **Zonta Club of the Coos Bay Area** for family planning services— exams, contraceptives and lab tests. The ability to have children when one is physically, emotionally, and financially ready to parent is empowering for women, and fits with Zonta’s focus to improve the status of women through education and health.



On February 25, Vice President Angie Webster and Treasurer Debbie Webb attended the Awards Luncheon at the Mill Casino, where community organizations received the 2010 grant awards from the **Coquille Tribal Community Fund**. CCFoPH was awarded \$2,500 dollars which will go to supply vouchers to an estimated 22 women who have no other resources to pay for mammograms, lab tests, and follow-up exams of health problems that have been identified through the Health Department’s family planning program. Recent statistics show that of the clients who have been served through the Health Department’s family planning program, 91% were below 150% of the federal poverty level and 71% were uninsured for primary medical care.

CCFoPH is very appreciative of the community support and thanks the **Zonta Club of the Coos Bay Area** and the **Coquille Tribal Community Fund Board of Trustees** for valuing public health efforts to improve women’s health in Coos County!

SAVE THE DATE

Friday, May 14th

Presentation
about the new
**Oregon Health
Authority,**
featuring
Tina Edlund

Noon to 1:30

School Health Programs, and the Community, Support Healthier Kids

By Angie Webster

Many of the health challenges facing young people today are different from those of past decades. Today, the health of young people, and the adults they will become, is critically linked to the health-related behaviors they choose to adopt. Children's health and education are compromised by risky behaviors such as tobacco, alcohol, and drug use, early sexual activity, failure to use seat belts, carrying weapons, lack of physical activity, and poor diets.

In Coos County for 2007/2008, 8th graders reported the following via the Oregon Healthy Teens Survey: 20% have had sexual intercourse, 10% currently smoke cigarettes, and 15% have had 5 or more drinks in a row in the last 30 days. Our 11th graders reported that 56% have had sexual intercourse, 25% currently smoke cigarettes, 30% have had 5 or more drinks in a row in the last 30 days, and 28% are considered overweight or obese. The health status of children is linked to their behaviors and to their success or failure in school. A good school health program addresses such risky behaviors.



In the past, school health may have been defined by schools and communities as clinical services provided by a school nurse, P.E. classes, and classroom instruction on health issues or concerns. Today, the definition of school health has broadened to include school nutrition services, student guidance and counseling, the physical and emotional school environment, staff wellness, and how schools reach out to parents and communities for support.

Schools play a central role in promoting children's health in our communities, but they can't do it alone. Family and community involvement promotes partnerships that maximize resources and expertise. By creating a school health council (SHC), schools can find partners within their communities to identify health problems and concerns, set priorities, and design solutions. A SHC is a core group of parents, youth, educators, and others who represent different segments of the community. The group works together to give advice and support to the school on all parts of its school health program. You may be able to become involved. Contact a local school district or school and inquire about their district wellness policy, district wellness council, or individual school health advisory council. Offer to get involved and make a difference in the lives of our youth today!

Welcome New Members

Members who have renewed (paid dues) or joined since the last newsletter are: Individual Memberships – Astrid Diepenbroek, Kathy Hornstuen, Genelle Hanken, Sherrill Lorenzo, Margie Marshall, Sylvia Mangan, Renee Menkens, Karen Newmiller, Chris Shangraw, Maxine Sigloh, NancyLee Stewart, Penne' Wagner, Maria Wartnik, and Angie Webster. Family Memberships – Betty and Eric Albertson, Connie and Will Bunnell, Cynthia and Verle Edwards, Chris and LaDonna Flammang, David and Molly Ford, Karin and Matt Kenney, Stephen Brown and Anne Morgan, Kathleen and Gregory Saunders, Dale Schlack and Cynthia Sullivan, and Joe and Frances Smith Carol Ventgen and Mike Perkins.

Coos Can Improve County Health Ranking

By Frances Smith

A report card should get our attention! Recently, counties in Oregon were ranked on how they compare to each other in overall health, and **Coos was ranked as one of the least healthy counties in the state.**

This health ranking was part of a nation-wide project done by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The scores were tallied based on 28 different health factors. Our health behaviors ranked us as **30 out of 33** counties in Oregon, (three counties weren't ranked) due to smoking, binge drinking, obesity and unsafe sex. Social and economic factors were also scored. Unhealthy communities tend to have higher rates of unemployment and children in poverty, and Coos fits that profile. However, on a positive note, we do meet the state average for high school graduation, and we excel with access to healthy foods because of the availability of grocery stores, community gardens, and farmers' markets.



This report is a reminder that it's not just health care but other factors in our community—social, economic, and environmental--that are equally important in supporting or undermining our health and longevity. This report helps to identify areas where community leaders can invest in programs and policy changes. Having smoke-free environments on the college campus, in city parks, and at festivals could help create a community norm that discourages smoking. Organizations can work to promote exercise, such as the South Coast Striders, with their free guided hikes, and the Ford Institute Leadership Class that is putting signs on the walking trails at Empire Lakes. Can employers offer healthier snack foods in workplace vending machines provide smoking cessation classes and encourage their employees to exercise? Can local restaurants offer low calorie options? Would businesses be more apt to relocate here, and bring in needed jobs, if we developed a reputation for being a county that supports good health?

One of the primary functions of public health is to identify the health status in a community and advocate for improvement. The Health Department's recent annual report identified many of our health problems and successes. (See www.co.coos.or.us/ph) But the Health Department can only do so much. Policy makers can have a tremendous impact, because their decisions can either improve a community's health, or support the status quo. If we want Coos County to become a healthier place to live, we need for community leaders, organizations, governments, and individuals to step up and take action. Health is everyone's responsibility.

Information about the County Health Rankings can be found at: www.countyhealthrankings.org/oregon



Beliefs About Smoking

A proposal to make the city parks smoke-free in Coos Bay has generated much discussion. Stephen Brown, Tobacco Prevention & Education Coordinator, has responded to some of the beliefs that people have expressed about smoking control.

Smoking is a matter of adult freedom of choice. Actually very few long term smokers start as adults. Most smokers start as young adolescents. The great majority of adult smokers wish they could quit, but quitting is a struggle for many.

Smoking helps people control their stress. Studies show that in reality, smokers have more stress in their lives than either non-smokers or ex-smokers. When smokers quit, they report lowered levels of stress. The stress that smoking alleviates is the stress produced by multiple bouts of withdrawal every day.

Smoking is often one of the few pleasures that people have. Studies show that smokers experience less pleasure in their lives than either ex-smokers or non-smokers. The “pleasure” that smokers get from smoking is almost entirely due to relief from the discomfort of withdrawal.

If we can ban smoking, will junk food be next? This is a false analogy heavily promoted by the tobacco industry. Food is necessary for survival, and there are many healthful food choices available. There is no healthful alternative to nicotine to feed a nicotine addiction. Nicotine does not sustain life, it destroys life.

Smoke free public areas discriminate against smokers. It’s the behavior of smoking that is banned, not smokers. There are other legal (but harmful) behaviors that we deem as not appropriate for public spaces. Smokers can still use the public spaces, just not as places to smoke.

Smoking is legal. People have a right to smoke. Smoking is legal, but the courts have repeatedly affirmed that there is no fundamental or constitutional right to smoke and that smoking bans are constitutionally acceptable. Smoking is the single greatest preventable cause of death and disease and has no defensible function. It’s only function is to create profits for the tobacco companies.

The government should not concern itself with regulating personal behavior. Without a little thought, this may sound good, but this is what governments do. One of the reasons for creating the constitution, stated in the preamble, is “to promote the general welfare.” This is done by balancing regulation of harmful personal behavior with personal liberties.

Smoking only harms the smoker and is the result of his or her personal choice. Smoking can cause immeasurable pain, suffering, death and disease. The people who die or suffer long term devastating illness are parents, grandparents, siblings, friends and community members, and their illness places both physical and emotional burdens on those who must care for them or those they leave behind. Smoking also causes billions of dollars in lost productivity.

Why ban smoking outdoors? Every smoker becomes a walking advertisement for the tobacco industry. Community attitudes are an important determinant of whether children will take up smoking and are communicated by our tolerance of smoking. Smoking bans affect community norms, send a positive message to our children and also help the majority of smokers who would like to stop smoking, quit, and stay quit.

CCFoPH Board Members

The *Coos County Friends of Public Health* welcomed new and returning members at our annual meeting held January 28th at the Venture Inn restaurant at Inland Point retirement community in North Bend. We were pleased to begin 2010 with a full board, thanks to the volunteer spirit of the following community volunteers:

Molly Ford was re-elected to fill the position of President for a second term. Prior to retirement, Molly worked at Coos County Public Health specializing in prevention programs.

Angie Webster was newly elected to serve as CCFoPH's Vice President. Angie is a district nurse employed by Coos Bay Public Schools for the past 12 years and is active with the School Health Advisory Council at Blossom Gulch.

Full-filling their second year of a two year term are **Renee Menkens** as Secretary, and **Debbie Webb** as Treasurer. Renee teaches in the nursing program at Southwestern Oregon Community College. She has been a registered nurse for over 30 years working in community health for most of her career. Debbie Webb is retired from Umpqua Bank in North Bend and is active with Bay Area Rotary and the Zonta Club of the Coos Bay Area.

Stephen Brown is our new Advocacy Chair. Stephen is the Tobacco Prevention & Education Coordinator with Coos County Public Health and has lived in Bandon for 27 years.

Penne' Wagner was elected as the new Development Chair. Penne' worked for South Coast Business Employment Corporation for twenty years and is currently substituting at Bandon High School in the youth transition program.

Karin Kenney was elected to fill the Public Education Chair position. Karin works in the WIC program at Coos County Public Health.

Connie Bunnell serves as the Membership Chair. Connie is a First Responder who has made community health and safety her focus. She volunteers with Coos County Emergency Management and the Red Cross Disaster Action Team.

The two Ad-Hoc Board Members will continue to be filled by **Sherrill Lorenzo**, Business Manager; and **Frances Smith**, Administrator at Coos County Public Health.

Where Are You @ ?

We want to send the CCFoPH Newsletter to where you are at!

If you would like to receive the newsletter by email instead of "snail-mail" please email ccfoph@gmail.com and put "Newsletter by Email" in the subject line.

Coos County Friends of Public Health
P.O. Box 203
Coos Bay, OR 97420

Board Members

President – Molly Ford

Vice President – Angie Webster

Secretary – Renee Menkens

Treasurer-Debbie Webb

Advocacy Chair – Stephen Brown

Development Chair – Penne Wagner

Education Chair – Karin Kenney

Membership Chair – Connie Bunnell

Ex-officio members – Frances Smith, Sherrill Lorenzo

Contact Information: ccfoph@gmail.com, 541-888-6871 or 541-756-2020 x 543

Have You Paid Your Dues?

We are still accepting membership renewals and new members. Send in your check today!

Thank you most recent Donors!

Astrid Depenbroek, Chris and LaDonna Flammang, Molly Ford, Karen Newmiller,
NancyLee Stewart, and Carol Ventgen.

PUBLIC HEALTH WEEK RECOGNITION LUNCHEON

Celebration

Join us for a Celebration!

The Coos County Friends of Public Health will present awards to the “**Superstars**” in our community who have shown outstanding effort and support of public health in Coos County.



Date: Thursday - April 8, 2010
Time: 11:45 am - 1:00 pm
Place: Black Market Gourmet
495 Central Avenue
Coos Bay, OR
Cost: \$20.00 each (cash or check only)

For More Information Call:
756-2020 ext 525



RSVP

We hope you can join us!
Reserve your space today,
email ccfoph@gmail.com.

Then tear off this section and mail
to the address listed below.

Name: _____

Contact Phone: _____

Address: _____

Email: _____

Enclosed is \$20.00 for my
attendance, payable to CCFoPH.

- I request a vegetarian entrée.
- I also wish to donate \$_____ for public health programs.

I am unable to attend but wish to
donate \$_____ enclosed for
public health programs.

Please RSVP by April 2, 2010.



Mail: CCFoPH
PO Box 203
Coos Bay, Oregon 97420

For More Information: 756-2020 ext 525