



# CCFoPH Newsletter

"Working for Your Well-Being"

September 2013



## Purses for Nurses!

On Saturday, October 12th we filled the hall at St. Monica's Church with over 120 women, a half dozen men, hundreds of little sweet and savory treats and 49 purses filled with donations from local businesses. The income results of our annual Purses for Nurses fundraiser was far better than we had hoped for with:



**THE  
HUMAN  
BEAN**



Additionally we will be receiving **\$1,500 in support from the Human Bean** from their proceeds on the Friday following the event. All of the net funds raised will be sent to the Coos County Public Health Department to help support the women's health programs. Please shop locally and support the many businesses which donated to our fundraiser. **THANK YOU everyone for making this event such a GREAT SUCCESS!**



## Wine Walk This Friday – November 1<sup>st</sup>!

Join us at Katrina Kathleen's at 5:00 to support the wine walk. Proceeds will be contributed to the Coos County Friends of Public Health, Waterfall and the Egyptian Theatre Preservation Association. \$10 fee for the wine glass – wine samples and treats provided by local businesses.

4<sup>th</sup> Annual Purses for Nurses Event A Great Success

Wine Walk

Letter from the President

Smoke-Free *National Night Out!*

Smoke- and Tobacco-Free Talking Points

Do You Have a Preteen or Teen? Protect Them Against Serious Diseases

Board Members

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## Dear Friends!

The mission of Coos County Friends of Public Health is to promote health in Coos County through the enhancement of local public health

services. There are many opportunities to fulfill our mission by participating in health fairs, educating the community about services available at the health department, and advocating for policies that are designed to improve the health of the community. While all of these activities are important, one of the most critical services CCFoPH can provide is raising funds to support the Health Department's services for people in need.

As a 501c3 charitable organization the CCFoPH focuses on two key methods of raising money: grant writing and community events. Recently we submitted grants to the Zonta Club of the Coos Bay Area, the Coquille Tribal Community Fund and the Cow Creek Umpqua Indian Foundation. We are hopeful that each of these grants will be awarded to us, helping us meet our fundraising efforts for 2013. While we wait to hear back from these organizations, we are busy working on our annual Purses for Nurses community event.

This year will mark our 4th year of hosting Purses for Nurses (PFN). It will be held on Saturday, October 12th, from 2:00 to 4:00 pm at St. Monica's Church in Coos Bay. Funds raised at PFN will help support health services for women at the health department. Please check out the article about PFN in this newsletter, by our Development Chair, Patty Barton. Patty and her committee have been putting a lot of time into making this event a success. We appreciate your support of their efforts.

There are many opportunities for you to help CCFoPH reach our fundraising goals. You might advocate for us with the foundations from which

we seek grant funding. You could attend and spend money at Purses for Nurses. Or, you might simply opt to send a donation (P.O. Box 203, Coos Bay, OR 97420). We are working hard to fulfill our mission and meet our financial goals. Thank you for your help and support!

**Lindi Quinn**

CCFoPH President

## National Night Out in North Bend

By Frances Smith, CCFoPH Education Chair

CCFoPH had a presence at the *National Night Out* held at Ferry Road Park in North Bend, on August 6th. We shared a table with the Commission on Children and Families (CCF), and hundreds of children lined up to play games and receive the donated dental supplies. Our major donors were Roger Sims, DDS, who contributed toothbrushes, paste, and floss, and CCF, which contributed dental kits. Thanks also to Theresa Asper, DDS, for dental supplies, and to Barbara Bassett, Lindi Quinn, Frances Smith, and Carl Siminow for contributing their time at the event.

This year, the *National Night Out* in North Bend was tobacco-free. CCFoPH members had testified to the North Bend City Council about the importance of having family-focused events where children would not be exposed to the negative influence of tobacco. Thanks to the North Bend City Council members, whose decision to go smoke-free created a more healthful environment for the many children who were present.

## Smoke- and Tobacco-Free: Talking Points

By Stephen Brown, CCPH Tobacco Prevention Coordinator

According to a Harvard School of Public Health Study “alarming” levels of second-hand tobacco smoke are generated in cars in just 5 minutes. A California study showed that second-hand smoke in cars can be 10 times more concentrated than levels considered unsafe by the U.S. EPA

Protecting children from second-hand smoke, also called environmental tobacco smoke (ETS), is an important focus of tobacco control efforts. Seven states, including Oregon, have passed regulations against smoking in cars when children are present.

Exposure to ETS is harmful to both children and adults. Pre- and post-natal exposure of babies can cause sudden infant death syndrome, or lead to lifelong decreased lung function. Maternal exposure to second-hand smoke increases the risk of having a low birth-weight baby.

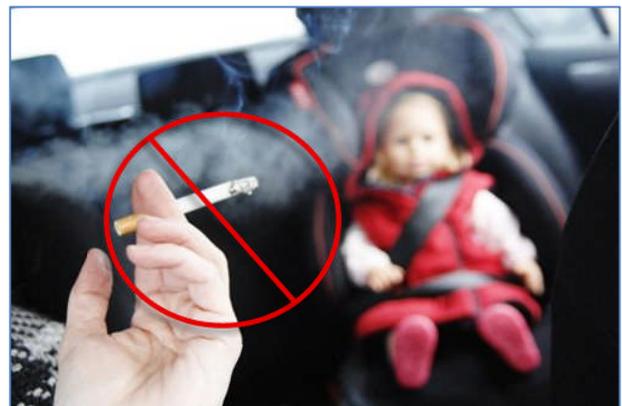
Children exposed to second-hand smoke experience increased rates of asthma, pneumonia, ear aches and other respiratory disease, as well as increased rates of hospitalization. Research indicates a causal association between girls’ exposure to second-hand smoke and an increased rate of breast cancer later in life, particularly in premenopausal women. Second-hand smoke is a carcinogen.

There is also evidence that ETS exposure makes children’s brains more sensitive to nicotine, and more susceptible to nicotine and other drug addictions. This increased susceptibility lasts all the way into the teen years, when most long-term smokers begin smoking.

ETS exposure is higher in children than adults; and more common in households experiencing poverty.

Public support is very high for policies to protect children from second-hand smoke exposure in cars. A recent national poll showed that 82% of adults support banning smoking in cars when children under 13 are passengers. That includes 60% of current smokers, 84% of former smokers, and 87% of never smokers.

Policy change is much more effective than educational campaigns in promoting behavior change, and in helping to change social norms about tobacco use. Policy is the most important tool public health has to lower the burden of tobacco use.



This year, the Oregon Legislature passed and Governor Kitzhaber signed, a bill allowing police to ticket people for smoking in their cars with children present.

Offenders can be fined \$250 for a first offense and \$500 for following offenses. Under the new Oregon Law, smoking in a car with children is considered a secondary offense. This means police cannot pull drivers over for smoking with children present. They can only ticket for smoking in a car if someone has already been pulled over for some other offense.

**The law will go into effect January 1, 2014.**

## Do You Have a Preteen or Teen? Protect Them Against Serious Diseases!

Coos County Public Health Department

There are four recommended vaccines that preteens should get when they are 11 or 12 years old. If you have an older kid like a teen, they'll need a booster dose of one of the shots. Plus it's not too late to get any shots they may have missed. You can use any healthcare visit, including sports physicals or some sick visits, to get the shots your kids need. The vaccines for preteens and teens are:



- **HPV vaccine for both boys and girls**, which protects against the types of HPV that most commonly cause cancer. HPV can cause mouth and throat cancer, several types of genital cancer, anal cancer and genital warts.
- **Tdap vaccine**, which is a booster against tetanus, diphtheria and pertussis. Pertussis, or whooping cough, can keep kids out of school and activities for weeks. It can also be spread to babies, which can be very dangerous and sometimes deadly.
- **Meningococcal vaccine**, which protects against meningococcal disease. Meningococcal disease is caused by bacteria and is a leading cause of bacterial meningitis – a serious infection around the brain and spinal cord.
- **Influenza (flu) vaccine**, because even healthy kids can get the flu, and it can be serious. All kids, including your preteens and teens, should get the flu vaccine *every year*.

The vaccines your preteen or teen needs may be available at a reduced cost, if they lack insurance coverage. Contact the Coos County Public Health Department at 541-751-2400 for more details.

Want to learn more about the vaccines for preteens and teens? Check out [www.cdc.gov/vaccines/teens](http://www.cdc.gov/vaccines/teens), or call 1-800-CDC-INFO, your doctor, or the Coos County Public Health Department.

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