

Together For Jackson County Kids

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New Nationwide Report Estimates that Roughly a Quarter of All Drivers in Some States Drove Under the Influence of Alcohol in the Past Year

Survey also reveals that 6-7 percent of adults in several states and the District of Columbia drove under the influence of illicit drugs at least once in the past year. At first-of-its-kind national reports reveals that 15.1 percent of the nation's drives age 18 and older drove under the influence of alcohol at least once in the past year. The report says that in some states the levels are far higher – about one in four drivers.

Nationwide, an estimated 30.5 million people aged 12 and older drove under the influence of alcohol at least once in the past year according to the report by the Substance Abuse and Mental Health Services Administration (SAMHSA). Driving under the influence range from a low of 9.5 percent in Utah to highs of 26.4 percent in Wisconsin, 24.9 percent in North Dakota, and 23.5 percent in Minnesota.

State Estimates of Adults Driving under the Influence of Alcohol and Illicit Drugs is based on the combined data from the 2004 to 2006 National Surveys on Drug Use and Health (NSDUH) and provides state-level estimates for the pervasiveness of driving under the influence of alcohol and driving under the influence of illicit drugs. These estimates are annual averages based on combined data collected from 127,283 current drivers surveyed in 2004, 2005 and 2006.

The report also shows that nationwide nearly one in 20 adult drivers aged 18 or older drove under the influence of illicit drugs. According to the National Highway Traffic Safety Administration, there were almost 16,700 deaths in 2004 caused by accidents related to driving under the influence of alcohol. Overall, driving under the influence of alcohol and illicit drugs is among the leading sources of preventable death by injury in the U.S.

“This report highlights the enormous public health risk posed by this problem—one threatening the lives of many Americans every day,” said SAMHSA Administrator Terry Cline, Ph.D. “By highlighting the scope and nature of this problem in each state we can help communities best use their efforts and resources to address this preventable menace.”

The full report is available on the Web at <http://oas.samhsa.gov/2k8/stateDUI/stateDUI.cfm>.

I'm Interested in more information on Together for Jackson County Kids

Name _____
Agency/Organization _____
Address _____
Email Address _____
Office Phone Number _____
Home Phone Number _____

Mail To: Together for Jackson County Kids
227 S. 11th Street
Black River Falls, WI 54615
715-284-4257



Children and Exercise

Children benefit from regular exercise. A child who is active will:

- ∞Have stronger muscles and bones
- ∞Have a leaner body because exercise helps control body fat
- ∞Be less likely to become overweight
- ∞Decrease the risk of developing type 2 diabetes
- ∞Possibly lower blood pressure and blood cholesterol levels
- ∞Have a better outlook on life
- ∞Sleep better



How much Exercise is Enough?

The percentage of children who are overweight has more than doubled over the past 30 years. Although many factors are contributing to this epidemic, kids are becoming more sedentary. In other words, they're sitting around more than they used to. According to the American Academy of Pediatrics (AAP), the average child is watching about three hours of television a day. (And the average child spends over five hours on all media combined, according to the Kaiser Family Foundation.)

Parents need to ensure that their children are getting enough exercise. So, how much is enough? According to the 2005 dietary guidelines from the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS), all children 2 years and older should get 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week.

It is also important to remember that young children should not be inactive for prolonged periods of time—no more than one hour unless they're sleeping. And school-age children should not be inactive for periods longer than two hours.

One of the best ways to get children to be more active is to limit the amount of time spent in sedentary activities, especially watching TV or playing video games. The AAP recommends that children under the age of 2 watch no TV at all, and that the screen time should be limited to no more than one to two hours of quality programming a day for children 2 years and older.

Raising a Fit Child

Combining regular physical activity with a healthy diet is the key to a healthy lifestyle. By understanding the importance of being physically active, you can instill fun and healthy habits that will last a lifetime.

Here are some tips for raising a fit child:

- ∞Help your child participate in a variety of activities that are right for his or her age.
- ∞Establish a regular schedule for physical activity.
- ∞Incorporate activity into daily routines, such as taking the stairs instead of the elevator.
- ∞Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family.
- ∞Keep it fun, so you can count on your child to come back for more.

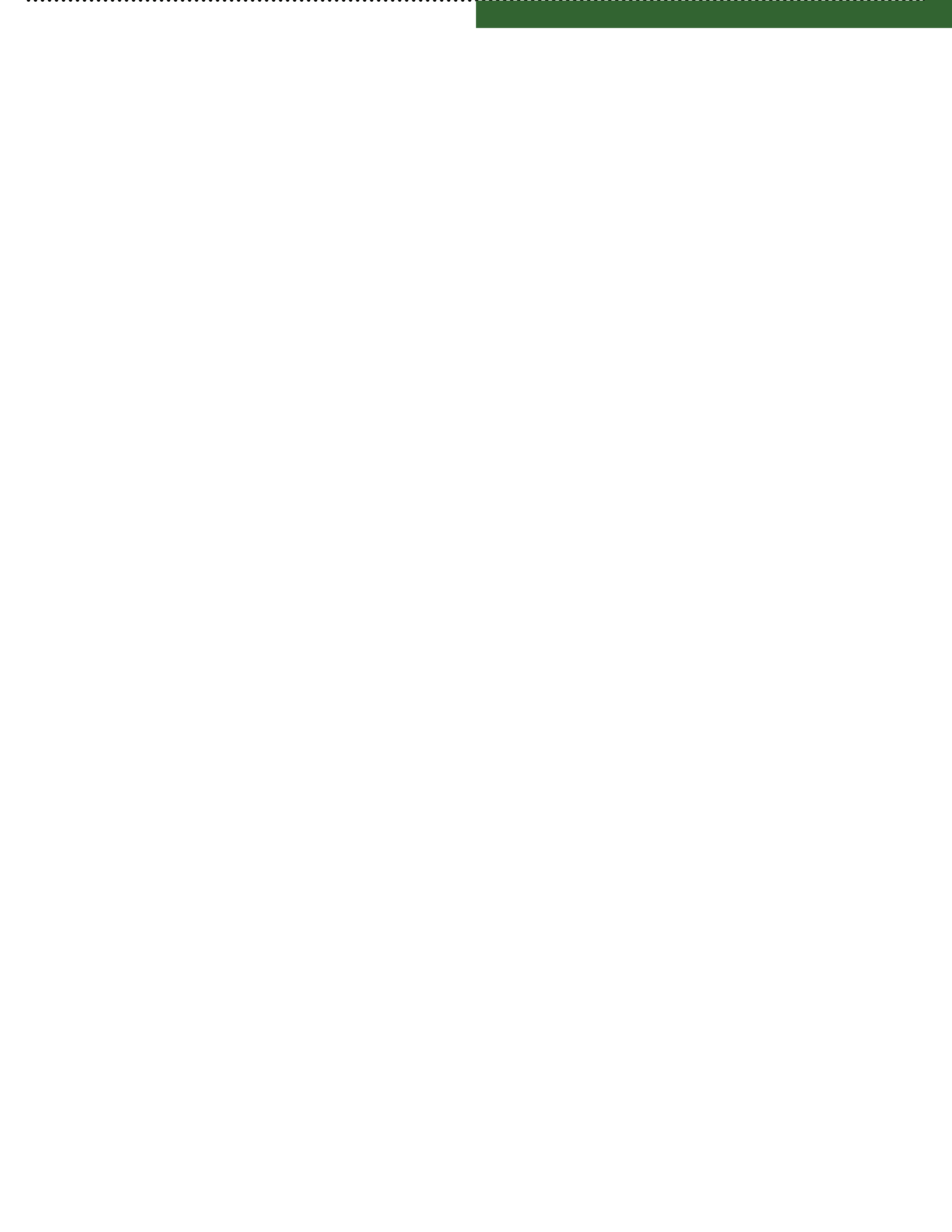
(Source: <http://kidshealth.org>)

OTHER TIPS

Let your children set the pace For many kids, organized sports are a great way to stay fit. But team sports or dance classes aren't the only options. If your child is artistically inclined, take a nature hike to collect leaves and rocks that your child can use to make a collage. If your child likes to climb, head for the nearest neighborhood jungle gym. If your child likes to read, walk or bike to the neighborhood library for a book. Or simply turn on your child's favorite music and dance in the living room. "Every child is wired differently," Dr. Laskowski says. "We all have certain strengths and characteristics that influence our interests. The key is finding things that your children like to do."

ROMOTE ACTIVITY, NOT EXERCISE To keep your kids interested in fitness, make it fun.

- **Be Silly.** Let the children see how much fun you can have will being active. Walk like a spider. Hop like a bunny. Stretch like a cat.
- **Get in the Game.** Play catch, get the whole family involved in a game of tag or have a jump-rope contest. Try classic movement games such as Simon says or red light, green light. If you don't remember the rules, make up your own!
- **Count your chores.** You might even make it a friendly challenge. Who can pull the most weeds out of the vegetable garden? Who can collect the most litter in the neighborhood? Who can shovel the craziest path in the snow?
- **Try an activity party.** For your child's next birthday, schedule a bowling party, take the kids to a climbing wall or set up relay races in the backyard.
- **Put your kids in charge.** Let each child take a turn choosing the activity of the day or week. Batting cages, bowling and fast-food play areas all count. What matters is that you're doing something active.



S.K.A.T.E

(Safety & Knowledge Are The Essentials)

In Life and Boarding

2nd Annual Skateboard Competition and Exhibition

At Rotary Skate Park (Lunda Park)

-Saturday, July 5th

-Registration is Free!

-Registration 11:00 Competition 12:00

-During the Festival in the Park!!

Guest judging and announcing by 3rd Lair from Minnesota!

***Sponsored by: Together For Jackson County Kids and
Boys & Girls Club of Jackson County***

HELMETS REQUIRED BY CITY ORDINANCE TO COMPETE!!!

Snacks, Refreshments, Music, Competition Prizes,
Door Prizes, ***FREE*** and Fun!

MARK YOUR CALENDARS

Call or email 715-284-6012 or lhodge000@centurytel.net
for more information

Calendar of Events For TFJCK

June 11-Tobacco Free Coalition Meeting 9am at UWEX

June 19-TFJCK 3:30 at UWEX

July 5-SKATE 11:30 at Lunda Park

July 15-Safety Day Camp 8a-4:30p at Lunda Park Pavilion



Parents As Role Models

Whether you know it or not, you are a role model for your child. As a parent, you may have more influence than you think.

By setting a good example of healthy living, you can help your children make healthy life choices. You also can talk to them about the dangers of drug and alcohol abuse so they know where you stand on these issues. Youths who have positive role models are more likely to do well in school and have higher self-esteem; they are also less likely to abuse substances.

You can set a good example by putting time and effort into your family life:

- ∞ Spend time together regularly; do things your child enjoys.
- ∞ Have family meals together and engage in family activities on a

basis.

∞ Make some family gatherings alcohol-free to show your children you don't need alcohol to have a good time.

Give your children guidance to make healthy choices and take responsibility for their actions by setting house rules. Household rules also remind you and other family members to model healthy behavior. You set a good example when you enforce rules consistently: it shows that you care, are reliable, and stand by what you say.

∞ Don't allow your child to drink, smoke, or abuse other substances. You can make it official by writing a family contract.

- ∞ Protect your children from alcohol or tobacco use within your family. For example, don't allow them to get a beer or a cigarette for you or other family members.
- ∞ Never drink and drive or allow other family members to do so.
- ∞ Set additional "house rules" for matters such as curfew, unsupervised time, driving, cell phones, and Internet use.

Set clear rules, and discuss in advance the consequences of breaking them. When your child breaks a rule, respond with an immediate consequence each time the problem behavior occurs. The consequences for breaking rules can be supportive, so that the focus is on teaching rather than harsh punishment.

By providing a positive model for your child to follow, you demonstrate how to successfully navigate life's conflicts and negative messages—and to choose healthy behaviors that will follow into adulthood.

(Source: www.family.samhsa.gov)



Let your voice be heard!! TFJCK is looking for youth volunteers to join our coalition. Being a member of this coalition will enhance your leadership skills that you will use throughout your life. Let others know what it is like to be a teenager in today's Jackson County. Make this community an enjoyable, safer place for all teens. Help shape youth for the future. This is your chance to make a difference in many lives. Please contact the UW-Extension Office for more information, 715-284-4257

Our Mission Statement

Together for Jackson County Kids, a countywide partnership of concerned citizens, is committed to enhancing community wellness by promoting positive values and choices and eliminating the negative impact of alcohol, tobacco, other drugs, violence and related youth risk behaviors. We draw upon private, public, adult and youth resources.

