

Together For Jackson County Kids

1st Edition

FY 2008/09

November/December 2008



Underage Drinking: What Parents Need to Know

Data from SAMSHA's recent report on underage drinking offer parents, teachers, and other concerned adults information on where drinking occurs and how young people obtain alcohol.

The 110-page report, *Underage Alcohol Use: Findings from the 2002-2006 National Surveys on Drug Use and Health*, also includes statistics on prevalence, trends, and sociodemographic and geographic differences. The findings are from SAMSHA's 2002-2006 National Surveys on Drug Use and Health.

More than 5,000 people under age 21 die as a result of drinking alcohol every year in the United States, according to findings cited in the report

Where Young People Drink

Overall, a majority of underage drinkers in 2006 reported that when they last used alcohol they were either in someone else's home (53.4 percent) or their own home (30.3 percent).

The next most popular drinking locations for this age group were at a restaurant, bar or club (9.4 percent); in a car or vehicle (5.5 percent); or at a park, on a beach, or in a parking lot (4.8 percent).

Underage drinkers whose last drinking occasion was at someone else's home consumed an average of 4.9 drinks, while those whose last drinking occasion was at their own homes consumed an average of 4.0 drinks.

How Youth Obtain Alcohol

Among all underage current drinkers, 31.0 percent paid for the alcohol the last time they drank, including 9.3 percent who purchased the alcohol themselves and 21.6 percent who gave money to someone else to purchase it. The remaining 69.0 percent of underage drinkers did not pay for the alcohol on their last drinking occasion.

The most common sources of alcohol among underage drinkers vary substantially by age group.

The findings from this SAMSHA study are being incorporated into the Underage Drinking Prevention campaign, an ongoing public outreach effort by the Office of the Surgeon General, SAMSHA, and the Ad Council encouraging parents to speak with their children early and often about the negative effects of underage drinking.

The campaign provides parents with valuable information about the problem of underage drinking as well as tips for how to talk to their children about it. Further information about the campaign can be obtained at www.stopalcoholabuse.gov.

The report is available for free download at <http://oas.samsha.gov/underage2k8/toc.htm>. For information about SAMSHA's efforts to combat underage drinking, read *SAMSHA News* online, May/June 2008. —By Kristin Blank

American Cancer Society Marks 33rd Great American Smokeout The Best Time to Quit Smoking is Now

ATLANTA—October 30, 2008 – Thursday, November 20, is the 33rd Great American Smokeout, and the American Cancer Society continues its legacy of providing free resources to help smokers quit. The Great American Smokeout was inaugurated in 1976 to inspire and encourage smokers to quit for one day. Now, 44.2 percent of the 45.3 million Americans who smoke have attempted to quit for at least one day in the past year, and the Great American Smokeout remains a great opportunity to encourage people to commit to making a long-term plan to quit for good.

With all the resources available to help smokers quit, there has never been a better time to quit smoking, and the American Cancer Society is here to help. If you smoke, make a plan and set the Great American Smokeout, November 20, 2008, as your quit date. By calling the American Cancer Society Quitline® at 1-800-227-2345, people who plan to quit will be able to speak with a trained counselor and receive free, confidential counseling.

Studies have found that Quitline can more than double a person's chances of successfully quitting tobacco. Callers to Quitline can be connected with smoking cessation resources in their communities, social support groups, Internet resources, and medication assistance referrals. Since its inception in 2000, Quitline has provided counseling support to more than 380,000 smokers.

The American Cancer Society offers other free resources – through Quitline and at www.cancer.org/GreatAmericans – that can increase a smoker's chances of quitting successfully, including tips and tools for friends, family, and coworkers of potential quitters to help them be aware and supportive of the struggle to quit smoking. Studies show the importance of social support in quitting smoking, as people are most likely to quit smoking when their friends, family, and coworkers decide to quit smoking. Popular online social networks such as Facebook and MySpace are also becoming support channels for people who want to quit, and American Cancer Society Smokeout-related downloadable desktop applications are available on these networks to help people quit or join the fight against tobacco.

"A recent study in the *New England Journal of Medicine* found that social networks are helpful in quitting smoking," said [spokesperson]. "Friends and family can help the most by being aware and supportive of the struggle to quit, and the American Cancer Society has resources to help them show support for their loved one who is trying to quit."

Tobacco use remains the single largest preventable cause of disease and premature death in the United States. Each year, smoking accounts for an estimated 438,000 premature deaths, including 38,000 deaths among nonsmokers as a result of secondhand smoke. Half of all Americans who continue to smoke will die from smoking-related diseases.

Also imperative in this effort to encourage people to quit smoking are smoke-free laws and higher tobacco taxes which make it harder for people to smoke, and protect nonsmokers from tobacco smoke. The majority of U.S. communities are now covered by smoke-free laws, while forty-three states, the District of Columbia, and Puerto Rico have raised tobacco taxes since 2000. Smokers nationwide now face an average cost of \$4.32 for one pack of cigarettes, not including all taxes. The rising cost of living is also affecting smokers, as the cost of cigarettes presents an even greater burden. Smoke-free workplace laws and other tobacco control legislation, supported by the Society and its nonprofit, nonpartisan advocacy affiliate, the American Cancer Society Cancer Action NetworkSM (ACS CAN), help protect Americans from secondhand smoke and encourage smokers to quit.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering and preventing cancer through research, education, advocacy and service. Founded in 1913 and with national headquarters in Atlanta, the Society has 13 regional Divisions and local offices in 3,400 communities, involving millions of volunteers across the United States. For more information anytime, call toll free 1-800-ACS-2345 or visit www.cancer.org.

Are Videogames Good?

Lots of kids love video games. In fact, they like them so much that they might hear something like this from mom or dad: "Enough! Unplug that thing and find something else to do!"

It can be good advice, even if you were just about to crash through to the next level. Why? Too much of anything is just too much. It's true that some studies have shown certain video games can improve hand-eye coordination, problem-solving skills, and the mind's ability to process information. But too much video game playing can cause health problems.

It's hard to get enough active play and exercise if you're always inside playing video games. And without enough exercise, kids can become overweight.

Really overdoing video games also could affect other important stuff, like friendships and how well a kid does in school. And it's still unclear what effect violent and disturbing games have on a person's brain.

But here's the good news: Playing video games some of the time can be OK. Just aim for no more than 1 or 2 hours a day and choose quality games.

A good game will be the right one for how old you are. Games are rated like movies and your mom or dad can help figure out which ones you should use. If you can choose one that gets you up and moving, that's even better.

You might challenge your mom, dad – or even your grandma – to swing the bat in a game of baseball or try out some fancy moves in one of the dancing games. Could your grandma be a dancing queen? Time to find out!

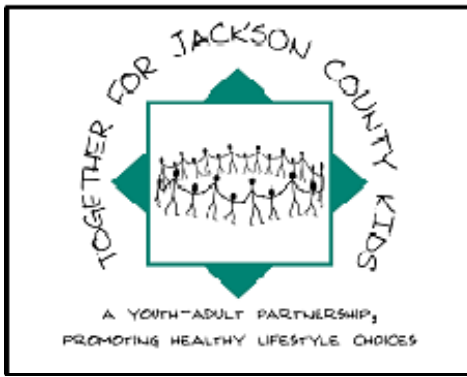
Reviewed by: Steven Dowshen, MD
Date reviewed: March 2008

Calendar of Events

December 8, 2008 Tobacco Free Coalition Pizza Party 11a.m. at Pizza Hut

January 15, 2009 TFJCK Meeting, Meal provided, 3:30pm

Join Facebook group! There is now a Together For Jackson County Kids discussion group through Facebook. Please contact Danielle Johnson at danielle.johnson24@yahoo.com if interested in joining.



OUR MISSION

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.

Together For Jackson County Kids

227 S. 11th St.
Black River Falls, WI. 54615

715-284-4257

Email: lhodge000@centurytel.net

danielle.johnson24@yahoo.com

A youth-adult partnership, promoting
healthy lifestyle choices.

WE ARE ON THE WEB!!

www.tfjck.org

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