

Southeast Regional Support Center

Grades on Tobacco: Missouri

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| REPORT CARD | |
| STATE OF TOBACCO CONTROL | |
| 2004 MISSOURI | |
| GRADES: | |
| Smoke free Air | F |
| Youth Access | B |
| Tobacco Prevention and Control Spending | F |
| Cigarette Tax | F |

The American Lung Association

The state of Missouri has the third highest smoking rate in the nation. The smoking rate for high school students is at 24.8%. Middle school students have a smoking rate of 14.9%. The Report Card to the left was made by the American Lung Association from data in 2004. Obviously, the state needs a lot of improving when it comes to tobacco control. Missouri also continues to rank among the lowest for funding of tobacco prevention programs. This lack of prevention funding is not protecting children from tobacco. More than 16,000 kids become regular smokers each year. The tobacco tax of only 17 cents per pack is also contributing to increased tobacco sales to minors. This tax has not been raised since 1993. The state has also received \$822 million in tobacco settlement money, but none of this has been spent on prevention programs. The 1992 clean indoor air legislation is weak, and only a few communities have passed smokefree ordinances. Missouri will continue to receive low grades on tobacco control if action is not taken. The state needs to concentrate more on the health of the children and implement programs to improve tobacco control spending.

The American Lung Association

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Kick Butts Day— April 13 Celebrating its 10th Anniversary

Kick Butts Day is coming soon on April 13, 2005. This day celebrates the Campaign for Tobacco Free Kids and will be the 10th anniversary for this Campaign. On this day, kids around the country stand out and speak up in the fight against tobacco. Many rallies and events take place in every state supporting kids who want to fight against tobacco use. Kick Butts Day is one of the big events that help build a healthier future for children by changing public attitudes and public policies regarding tobacco use. The Campaign for Tobacco Free Kids strives to prevent children from smoking, helps smokers quit and protect everyone from secondhand smoke. They encourage smokers to kick the habit forever starting April 13, 2005. By reducing tobacco use among kids, this day will help contribute to a healthier society for generations to come. Many organizations distribute materials that support Kick Butts Day. The materials include stickers, temporary tattoos and new "1200" red wristbands. You can find a list of events in your area by visiting kickbuttsday.org.

kickbuttsday.org

April is Alcohol Awareness Month

When many people think of alcohol abusers, they picture teenagers sneaking drinks before high school football games or at unsupervised parties. However, alcohol abuse is prevalent among many different demographic groups around the country. People who can be alcohol abusers can be college students who binge drink at local bars, pregnant women who are putting their babies at risk for fetal alcohol syndrome when they drink, professionals who drink after a long day after work, or senior citizens who drink because of loneliness.



According to SAMHSA's National Survey on Drug Abuse and Health, 14.9 million Americans were reported as alcohol abusers or being alcohol dependent. Since April is Alcohol Awareness Month, SAMHSA is holding anonymous alcohol screenings around the country to tell people if their drinking habits may be risky to their health and the people around them. Last year more than 100,000 people participated at over 3,200 screenings nationwide. This year screenings will be taking place on April 8 and are free of charge. Participants who come to the screenings will be able to view an educational presentation, pick up materials, take a questionnaire that screens for risky drinking behaviors and dependence, and meet with a health professional to discuss any concerns. If you suspect that you or someone you know abuses alcohol, please contact SAMHSA's National Clearinghouse for Alcohol and Drug Information at 1-800-729-6686, or find a screening site located near you. You can also visit the website for information at www.health.org.

The U.S. Department of Health and Human Services and SAMHSA's National Clearing house for Alcohol and Drug Information

Did You Know?

Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol.

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or a hangover after drinking?

There were an estimated 28.6 million children of alcoholics in the United States in 1991; nearly 11 million of them were under age 18. Of these, almost 3 million will develop alcohol abuse or dependence disorders, other drug problems, and/or other serious coping problems.

Children of Alcoholics:

- ** Are at high risk for developing alcohol and other drug problems.
- ** Often live with pervasive tension and stress.
- ** Have higher levels of anxiety and depression.
- ** May do poorly in school or may be an overachiever.
- ** May experience problems with coping.¹⁹

The U.S. Department of Health and Human Services and SAMHSA's National Clearing house for Alcohol and Drug Information

More Teens Abusing Inhalants

Substances used for inhalants are almost everywhere around us. In the United States we have almost 23 million people who have abused inhalants in their lifetime. Each year, more than one million American teenagers intentionally inhale the vapors of household products that include hairspray, shoe polish, and glue, and these numbers are rising. March 20-26th, 2005 was National Inhalant and Poison Awareness Week. This week was designed to increase understanding about the use and risks of inhalant involvement. People around the country spoke out about this serious problem including youth, schools, media, police departments, health organizations, civic groups, and more. On Southeast Missouri University's campus, a free inhalant workshop was offered during the week to educate Cape Girardeau residents about the deadly results of inhalant use. Parents, caregivers, teachers, and more were invited to come learn how to save their children from the risk of inhalants. The workshop was called, "Huffing" Can Kill Your Kids! It's In Your Home!!" An important fact that parents should know about inhalants is that one in five students in America has used an inhalant to get high by the time he or she reaches the eighth grade. People do not realize that these cheap, legal, and accessible products are as popular among middle school students as marijuana. Even fewer know the deadly effects these products have on the brain and the body when they are inhaled or "huffed". **Using inhalants is like playing a game of Russian Roulette.** The user can die the 1st, 10th, or 100th time a product is misused as an inhalant. Other commonly used inhalants used by children as young as 8 include gasoline and lighter fluid, spray paints, cleaning fluids, paint thinners and other solvents, degreasers, correction fluids and odorizers. The health effects from inhalants are brain and neural damage, convulsions, deafness, impaired vision, depressed motor skills and death. The social effects include behavioral problems, other drug use, and delinquent behavior. Survey data from the Partnership for a Drug-Free America showed that awareness of the dangers of inhalant use were falling significantly among young people and that the parents were failing to educate their children about the dangers.

CNN.com

National Inhalant Prevention Coalition

Child Abuse Awareness Month

Have you ever thought that a child you know is being abused? Did you report it? Many people do not for various reasons. When a child abuse tragedy happens in the media, neighbors often say that they thought something was wrong, yet no report of known or suspected abuse was made to the police or local child protective services agency. Child abuse occurs within 30 to 60 percent of all family violence. A study showed that 50 percent of men who abuse their wives also abuse their children. Another frightening statistic from the Children's Defense Fund estimates that 30 percent of abused children will abuse their own children, which perpetuates the cycle of violence into the next generation. Child abuse most likely happens when parents lack parenting knowledge and skills, are cut off from friends and family, have unmet emotional needs, abuse drugs or alcohol, were abused themselves or going through a crisis. Abused children tend to lack social, cognitive, physical, and emotional skills. Many become dependant on drugs, get into legal trouble, or become runaways. Girls tend to get into serious relationships at very early ages to escape their family life and often find themselves in an abusive relationship all over again. There are characteristics that are common in abused children. If you notice one or more of these symptoms in a child, it is possible that the child has been abused in some way. They include mood swings, withdrawal or depression, bedwetting, eating problems, fear of adults, sleeping problems or nightmares, self-destructive behavior, frequent school absences or tardiness, bullying or aggressive behavior, and strange bruises, burns, or bites.

The reasons for not reporting abuse include not knowing where to call and misconceptions regarding what will happen once a report of known or suspected abuse is made to the police or child protective services agency. Many people incorrectly believe that:

- By law, abused children must be removed from their homes immediately, which is the least likely outcome
- Child abuse cannot be reported anonymously. In most states, you do not need to provide your name
- The person reported for abuse is entitled to know who made the report. They are not.

For reporting numbers in your area, call the Childhelp USA@ National Child Abuse Hotline at 1-800-4-A-CHILD@ (1-800-422-4453). The hotline is staffed by degreed professionals 24 hours a day. Calls are anonymous and toll-free.

[Http://parentingteens.about.com](http://parentingteens.about.com)
Family Sunshine Center

Be a Role Model

-Set good examples for your child. Your child learns social skills and how to act from watching you, so be careful what you say and do in front of your child. If you take part in illegal, unhealthy, or dangerous practices related to alcohol, tobacco, or drugs, then your child will think that no matter what you say, these practices are OK.

-Talk to your child about dangerous behaviors they see on television. If you catch your child watching a television show that portrays underage drinking, illegal drugs or sexual activity, take time to talk to your child about what he or she is watching. Make sure that they know that they can talk to you about these practices and that this kind of behavior is not OK.

-Listen to your child's favorite radio station in the car, even if you hate their selection. Use the music to open a conversation. Ask questions like: "What do you like so much about this music?" "What do you think those lyrics mean?" "What's the singer like in real life?" Finding out what your child likes about music will help open up discussions that deal with alcohol, tobacco, and illegal drugs.

-Adopt a healthy lifestyle- How often do you make these comments in front of your child? : "I'm too fat" or "I need to go on a diet". As a parent or a caregiver you can help prevent eating disorders before they occur. Adopt a healthy lifestyle to be physically fit, eat more nutritious foods, let your child help you prepare healthy meals, and stay away from crash diets. Also, its important to model self-esteem to your child. If your child hears you say things like "I'm too fat" about your own body, he or she may end up thinking the same way about their own body.

<http://family.samsha.gov/>



"The Cool Spot"

Middle school students can now access a fun new website that focuses on Alcohol Prevention. The website called "The Cool Spot" is for 11 to 13 year old children and it offers exciting games and graphics that deliver important messages. Children learn about the risks of underage drinking and ways to resist peer pressure. Teens tend to overestimate how much other teens drink. If they are given the correct information about peer drinking habits, then they may feel less pressure to drink. "The Cool Spot" gives teens reasons not to drink. The website was set up by The National Institute on Alcohol Abuse and Alcoholism (NIAAA). This organization feels that it is very important to reach this particular age group between grades 6 through 8.. This is because "the younger people are when they start to drink, the higher their chances of developing an alcohol problem at some point in their lives" says NIAAA Director Ting-Kai Li, M.D. Research shows that more than 4 in 10 people who start drinking before age 15 eventually become alcohol dependent.

Features on "The Cool Spot" include: Reality Check quizzes, Deep Digging, Peer Pressure Bag of Tricks, Know Your No's, and much more. A study among 300 adolescents showed that 93% found the website easy to use and 89% said they wanted to visit the site again to learn more. Middle schoolers had also reported that the site helped them with pressures they had already experienced. To visit the site go to <http://www.thecoolspot.gov>.

What You Can Do

There are many opportunities for you to get involved within your community to help support children. Whether you are a parent, teacher, caregiver, or just someone who loves children, then there are programs that might be of interest to you.



- **Media Campaign**– The Media Campaign offers a number of FREE drug-prevention resources to help engage parents in youth drug prevention. You can use these tools to help parents in your community understand the importance of their role in keeping their children drug free. The Media Campaign’s Marijuana Awareness Kit, available at www.MediaCampaign.org, includes fact sheets, a drug quiz and feature articles for your organization to use and distribute in publications, e-mails, mailings and to your local newspaper. Additional online resources are available on the Media Campaign’s Web site for parents at www.TheAntiDrug.com. The site features helpful tips for parents, articles and an opportunity to sign up for the Media Campaign’s free parenting tips e-mail.

- **Project Charlie**– Project Charlie involves community volunteers in combating the causes of chemical dependency, alcohol, and other drug related problems. Its purpose is to promote the social and emotional growth of elementary school children by encouraging a positive self-image while discouraging chemical use. Through lessons, activities, and strategies targeted for students in 2nd and 4th grade, the Project Charlie curriculum works with each student to help them make good decisions throughout their lives. For more information you can call Stacey at (573) 651-5153.

- **Big Brother/Big Sister**– Big Brothers Big Sisters’ mission is to provide a mentor for every child who needs or wants one. The one-to-one mentoring makes a huge difference for the youth it serves and helps at risk children overcome the many challenges they face. For more information you can check out the website at www.bbbsa.org. You can also apply to be a Big Brother or Big Sister online at <http://hosted.bbbsa.org/big/index.asp>.



- **Family Guide**– You can subscribe to Family Guide’s e-mail list which will provide you with information about preventing the use of alcohol, tobacco, and illegal drugs among 7 to 18 year-olds. This is a quick and easy way for parents, grandparents, aunts and uncles, teachers, caregivers and all those who care about children to learn about ways to help keep youth mentally healthy and drug-free. Join the e-mail list at <http://www.family.samhsa.gov/main/listserve.aspx>.

For any more information about programs in the Cape Girardeau area, you can contact Stacey at (573)651-5153 or slstephens1s@semo.edu.



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Feel free to look around our website. It is full of useful information, links, and other resources. If you have any questions, please contact us.

Our Mission

The mission of Southeast Regional Support Center is to promote and facilitate the development of community prevention initiatives concerning the use and abuse of alcohol, tobacco and other drugs by serving as a catalyst for mobilization and change in the communities of Service Area 21.

Please call Leah, Jim, or Stacey at 573-651-5153 if you would like to add information about your team and/or community events to our newsletter.

We're on the Web!
www5.semo.edu/community2000

Upcoming Dates: Mark Your Calendar

- Kick Butts Day
April 13, 2005
See front page of Newsletter
- National Youth Service Day
April 15-17, 2005
A three-day event which empowers young people by highlighting their ongoing contributions to their communities and mobilizing their energy, commitment, and idealism through sustainable service. For more information go to www.ysa.org.
- National Volunteer Week
April 17-23, 2005
www.pointsoflight.org
- Earth Day
April 22, 2005
An awareness event to create an understanding of the importance of a chemical free environment. For more information go to www.earthday.org.
- Adolescent Suicide Awareness Week
May 2-6, 2005
Contact KUTO (Kids Under Twenty-One) at 314-963-7571 for information on yellow ribbons and Helpline Cards.
- Join Hands Day
May 7, 2005
A national event that unites young people and adults in an effort to make their neighborhoods better. For more information go to www.joinhandsday.org.
- Alcohol and Other Drug Related Birth Defects Week
May 8-14, 2005
www.ncadd.org
- World No Tobacco Day
May 31, 2005
www.aawhworldhealth.org