



SUBSTANCE USE PREVENTION PARTNERSHIP

This is the monthly newsletter of the SUPP Coalition. We share information and updates central to our mission: To strengthen our communities to support alcohol and drug free youth in Lincoln County.

Next SUPP Coalition Meeting:

Thursday, November 15 from 2:30-4pm, LincolnHealth Education Center

WE NEED YOUR VOICE: Community Health Needs Assessment

Lincoln County Community Health Forum

WHO

- » Everyone who lives or works in Lincoln County

WHEN

- » Tuesday, November 13 | 3:30-5:30 p.m.
Lincoln Academy, 81 Academy Hill Road, Newcastle
- » Sign-in starts at 3 p.m.
Refreshments will be served.

REGISTER ONLINE

surveyMonkey.com/r/LC_CHNA_RSVP

Join local hospitals and organizations to share and discuss health data for Lincoln County. The purpose of these forums is to present key findings from the Maine Shared Community Health Needs Assessment, learn from community members about what is important to them, and begin to identify community health priorities for our communities.

The Maine Shared Community Health Needs Assessment (CHNA) helps turn data into action so Maine will become the healthiest state in the US. and



EATING TOGETHER MATTERS

In Lincoln County, more than 1 in 3 youth report not eating dinner with their

family at least 5 out of the last 7 days (2017 MIYHS).

Family dinners offer more than just the obvious nutrition and benefits of spending time with people you care about. Eating dinner as a family or with loved ones has a plethora of [physical, mental, and emotional benefits](#). For example, eating regular family meals can lead to better academic performance, higher self-esteem, lower risk of depression, lower likelihood of developing eating disorders, and can even lower the risk of substance use among youth.



For information on how you can promote eating meals together in your own home, [click here](#).

JUUL & E-Cigarettes Under FDA Scrutiny

JUUL: a battery operated device that heats a nicotine-containing liquid to produce an aerosol that is inhaled (CDC, 2018). This aerosolizing liquid not only comes in traditional tobacco flavor, there are also menthol, cotton candy, bubble gum and chocolate cupcake flavors, among many others. The US Surgeon General has concluded that e-cigs and other vaping devices are a public health concern, especially for youth and young adults, yet kid-friendly flavors are still on the market. Recently, however, the Food and Drug Administration (FDA) as part of their Youth Tobacco Prevention Plan performed a surprise inspection at JUUL Labs to acquire documentation related to the company's sales and marketing practices. A goal of the inspection was to help understand the connection between the high rates of youth use and the youth appeal of the products.



For more information regarding the FDA's Youth Tobacco Prevention Plan, [click here](#).

LINCOLN COUNTY INSIGHT:



According to the 2017 Maine Integrated Youth Health Survey, 32% of Lincoln County High School students report using an electronic vapor product during their lifetime.

We can **prevent** this.



SAVE THE DATE

2018-2019 COALITION MEETINGS

*Locations will be announced prior to meetings.

November 15th from 2:30 – 4pm

December 11th from 7:30 – 9am

January 17th from 2:30 – 4pm

February 19th from 7:30 – 9am

March 21st from 2:30 – 4pm

April 16th from 7:30 – 9am

May 16th from 2:30 – 4pm

Other Upcoming Events

Prevention Professionals Day- November 14th

For more information and to register, [click here](#).

Prevention Matters

June 18th from 7:30 – 9am

Visit our Website

Healthy Lincoln County
280 Main Street | PO Box 1287 | Damariscotta, ME 04543
(207) 563-1330

STAY CONNECTED

