

# "Got a Minute? Eat with Me"

**February 2011**  
**Focus Topic: Prescription Drug Abuse**

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## Get More Entries in the Prize Drawing!

Don't forget that by going to our website at [www.gotaminuteclinton.com](http://www.gotaminuteclinton.com) and uploading fun family photos, recipes, or stories, your family will get extra entries in the prize drawing! Each upload will get your family one extra entry, up to 4 per month. Go ahead, share your photos, recipes, and stories!

## Family Dinners Have Many Benefits for Kids



Research is beginning to show that eating as a family has great benefits for children and teenagers.

### Fewer eating disorders:

Adolescent girls who frequently eat family meals appear less

**Dear Derek,**

This is the last month of the "Got a Minute? Eat with Me" Challenge! We hope that you have been able to start building a routine of regular family meals into your current schedule. We also hope you have been enjoying the "Got a Minute? Eat with Me" newsletters, website, blogs, and more! We will be sending out the post surveys at the end of February so be sure to be looking for this in your email.

**You MUST complete the post survey to be eligible for the Grand Prizes!**



## Prescription Drug Abuse

As a parent you are concerned about your child's safety, but did you know that last year, more US teens got high on prescription medication than cocaine, meth, and ecstasy combined. (Partnership for a Drug Free America) The most recent national data is putting illegal prescription drug use in the 20% range.

Teens report that if they learn about the risk for drugs from their parents are 50% less likely to use them. Why are teens abusing prescription drugs?

- 1. AVAILABILITY:** The sheer number of prescriptions filled each year makes medication available. The

likely to use diet pills, laxatives or other extreme measures to control their weight 5 years later.

**Better eating habits:** Eating together as a family during adolescence is associated with lasting positive effects on dietary quality in your adulthood, according to the University of Minnesota.

### Visit Our Website

[www.gotaminuteclinton.com](http://www.gotaminuteclinton.com)

### Follow-up Links

[Family Fun Uploads](#)

["Got a Minute? Eat with Me" Facebook Page](#)

### Myth or Fact?

Prescription drugs are safer than illegal street drugs.



### MYTH!

Prescription medications require a prescription because they are powerful drugs that need to be monitored and dosed

average adult in the United States has 12 prescriptions filled a year. *Where do you keep that medication?*

2. **ACCESS:** Prescription and Over-the-Counter Medication is accessible to youth. Almost 70% of Prescription Drugs that are abused come from a friend or relative's medicine cabinet. *Are you your child's drug dealer?*
3. **AWARENESS:** Teens and Adults are exposed to ads for Prescription Drugs on TV, magazines, and the internet, and are taught that "pill" can fix any ailment.
4. **ATTITUDE:** It is thought that Prescription Drugs are SAFE because they come from a doctor and regulated by the government. *It is important to remember that medication is prescribed to specific people, after medical history is taken into account, for a specific concern.*

The most commonly abused prescription and over-the-counter drugs are:

- Opioids (Narcotic pain killers like Oxycodone, Vicodin, morphine, codeine, and methadone)
- Stimulants (ADHD Medication like Adderall and Ritalin)
- Depressants (anxiety and sleep disorder medication like Xanax and Valium)
- Over-the-Counter (Cough Medicine that includes Dextromethorphan (DXM) like Robitussin, Coricidin, and Nyquil)

For more information or how to talk to your child about Medication abuse please contact CSAC at 563.241.4371 or [Kristin@csaciowa.org](mailto:Kristin@csaciowa.org) or visit: [www.takeadoseoftruth.com](http://www.takeadoseoftruth.com)

properly to avoid problems like overdose and risks like heart failure. Without the prescript you are unlikely to know the side effects and warnings or if the dose is stronger than normal.

## **Parents Matter: "The Talk" - Be an "Askable Parent"**

By: Ashley Musselman, Health Educator, Women's Health Services

Instead of just sitting your child down for one awkward talk, start early and keep the conversation going and become an "askable parent." Help your child be comfortable coming to you with questions on all topics, not just the easy ones. Let them ask questions without judging them based on what they ask you. And make sure you listen to the answers. Some adolescents struggle with conflicts around family, religious or cultural values. Open communication and accurate information from parents increases the chance that teens will postpone sex and will use appropriate methods of birth control once they begin.

In talking with your child or adolescent, it is helpful to:

- Encourage your child to talk and ask questions.
- Maintain a calm and non-critical atmosphere for discussions.
- Use words that are understandable and comfortable.
- Try to determine your child's level of knowledge and understanding.
- Keep your sense of humor and don't be afraid to talk about your own discomfort.
- Relate sex to love, intimacy, caring, and respect for oneself and one's partner.
- Be open in sharing your values and concerns.
- Discuss the importance of responsibility for choices and the pros and cons of the choices.

By developing open, honest and ongoing communication about responsibility, sex, and choice, you can help your child learn about sex in a healthy and positive manner. Whether you are concerned about drinking, drugs, violence, trouble in school, smoking, or sex, the best advice is the same - stay closely connected to your child.

Resource: "Facts for Families," No. 62 (5/05), [TheNationalCampaign.org](http://TheNationalCampaign.org)  
For more information contact: Ashley Musselman, 2635 Lincoln Way, Clinton,  
IA 563-243-1413

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## **Monitor. Secure. Dispose.**

The Clinton Substance Abuse Council along with our partners developed a Monitor, Secure, and Dispose Campaign to deal with Medication Abuse. We want to encourage parents to do the following:

**MONITER** the medication in your home; both prescription and over-the-counter. Know what medication you and your children are taking. Talk you your children about using medication safely and abusing medication.

**SECURE** all medication is a safe location. Keep all medications in a safe location that is not accessible to children or strangers. Do not give children access to their prescriptions. This can be done by keeping medication in a lock box. The bathroom is not the best location for medication.

**DISPOSE** of all unneeded and expired medication. Do not flush medication. To dispose of medication: mix with an unpleasant substance, put in sealed plastic bag, and place in trash. Remove personal information.

For more information or how to talk to your child about Medication abuse please contact CSAC at 563.241.4371 or [Kristin@csaciowa.org](mailto:Kristin@csaciowa.org) or visit: [www.takeadoseoftruth.com](http://www.takeadoseoftruth.com)



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Thank you for choosing to be a part of the "Got a Minute? Eat with Me" campaign!