

BETter Living ...

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May 9, 2013

Your Voice. Your Choice. Make a Difference.

I serve as a member of the Wabauunsee Resource Council (WRC). Our mission is to develop a healthy community through collaborative planning, education, action and policy advocacy and our vision is to promote a healthier and safer community. This council is comprised of community organizations and members who want to make Wabauunsee County a better place to live, work, and play.

One of WRC's projects is focusing on preventing underage alcohol consumption. According to the Centers for Disease Control, "Youth who start drinking before age 15 years are five times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after age 21 years."

National Prevention Week is May 12-18. This year the focus is on individuals speaking out and making a difference. The Substance Abuse and Mental Health Services Administration (SAMSHA) is dedicated to increasing the public awareness of substance abuse and mental health issues.

In the summer of 2011, the National Prevention, Health Promotion, and Public Health Council announced the release of the National Prevention Strategy, available at <http://www.healthcare.gov/prevention/nphpphc/strategy/report.html>, a comprehensive plan that will help increase the number of Americans who are healthy at every stage of life. The National Prevention Strategy emphasizes that prevention should be woven into all aspects of our lives including where and how we live, learn, work, and play and that everyone has a role in creating a healthier nation. National Prevention Week echoes this notion and celebrates this idea that everyone has a role to play in prevention.

Are you ready to make a promise to yourself? Take care of your mental, emotional, and behavioral well-being and stay free of substance abuse. Take the "Prevention Pledge" and learn more about SAMHSA's National Prevention Week 2013 at <http://www.facebook.com/samhsa>.

If you would like to get involved in local prevention projects or are interested in serving on WRC, please contact: Bernadette Trieb, 785-765-3821 or btrieb@ksu.edu.