



E-Newsletter

JANUARY 2014

PRMC MATERIAL SPOTLIGHT

30-Day Parent Challenge



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COMMUNITY PREVENTION

The Strategic Prevention Framework State Incentive Grant (SPF SIG) is kicking off in communities around the state.

The goal of this effort is to prevent underage drinking and adult binge drinking through evidence-based community prevention efforts.

Contact your *Local Public Health Unit* or *Tribe* if you would like to get involved!



What are Your Family Goals for 2014?



Below are some ideas you can incorporate:

- **Argue Less, Talk More:** Open the lines of communication between you and your children. Be sure to regularly cover the big stuff (like the dangers of underage drinking and drug use), but don't forget the everyday chats (to know what's happening in your children's daily lives).
- **Eat Dinner Together as a Family Often:** It doesn't need to be anything fancy or expensive; it is the sitting down together and connecting that matters. Research shows that kids who eat dinner with their families not only get better grades, but are less likely to engage in teen smoking, drinking, or other drug use.
- **Create a 2014 Family Bucket List:** Ensure more time for family fun by creating a list of activities you want to do as a family. Get active together, plan a road trip, take on a new hobby.
- **Strive for Balance on the Calendar:** Staying active is essential, but try not to over-commit yourself or your family. Over-committing equals worn out, stressed-out kids and adults, which does no one any good.

http://www.parentslead.org/index_96_1615747230.pdf

State Alcohol Policies Matter!

As reported in the January 2014 edition of *American Journal of Preventive Medicine*, state alcohol policies are making a big difference to help curb binge drinking. Researchers examined and compared states based on how they implemented 29 alcohol control policies.

States with stronger alcohol control policies proved to have substantially decreased rates of binge drinking.

Click [here](#) for detailed numbers and the report in full.

National Drug Facts Week

January 27 – February 2

National Drug Facts Week (NDFW) is a health observance that aims to shatter the myths about drugs and drug abuse.

Take and share the [National Drug IQ Challenge!](#)



Click [here](#) for some great activities you can implement during National Drug Facts Week, and year-round.