

asac action

January 2010

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Visit our web site at
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Heart of Iowa Elevator Fund-raising Campaign

Through the end of December over \$40,000 has been donated to the Heart of Iowa Elevator Project. The campaign is now at 28% of goal. A total of 143,068 is needed to obtain the matching grant from the Hall Perrine Foundation and fully fund the project. Thank you to the following donors:

BENEFACTOR

\$71,534 – Matching Gift (\$1 for every \$2 raised)
Hall-Perrine Foundation

HEROES

Gifts of \$10,000 - \$24,999
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Gifts of \$2,500 - \$9,999
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Gifts of \$1,000 - \$2,499
ADM Foundation * The Greater Cedar Rapids Community Foundation Gazette Donor-Advised Fund * Anita Terpstra * US Bancorp Foundation * Wells Fargo Foundation

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Gifts Under \$1,000
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Please direct donations to the Area Substance Abuse Council, Attention: Heart of Iowa Elevator Project, 3601 16th Avenue SW, Cedar Rapids, Iowa 52404.

Waist-Watchers

By Keiaffa Green, Certified Prevention Specialist

When it comes to counting calories, many of us are not aware of how much we intake in a single day. We often pay attention to how much many calories we take in through the foods we eat – but do we know how many calories are in many standard alcoholic beverages? We have accepted that cookies, large dinners and eggnog pack on the pounds, but alcoholic beverages are often overlooked. Just one small standard drink such as a margarita can pack over 450 calories!

According to the American Journal of Epidemiology in 2005, studies were conducted to view the pattern of light and heavy drinkers and watch their weight gain and their individual pattern of drinking. Infrequent drinkers who drank heavily once a week had the greatest weight gain. The study also found that the best pattern for drinking, if at all, would be 1 or 2 a day.

This New Year, win the battle of the bulge by limiting your alcohol intake.



For more information call ASAC Prevention Services at 319-390-1884 or visit us online at www.asac.us

The Impact of Substance Abuse on Federal, State and Local Budgets

A major report from The National Center on Addiction and Substance Abuse (CASA*) at Columbia University shows that state governments spend, on average, over 15 percent of their entire budgets on substance abuse and addiction and its consequences.

The worst part is that for every dollar states spend on this problem, 94 cents goes to “shovel up” the consequences in public programs such as health care, criminal justice, education, child welfare and mental health — and only about 2 pennies go to prevention, treatment and research programs to reduce this burden. This upside-down public policy wastes billions in taxpayer dollars at a time when resources are scarce, and results in untold human suffering.

In 2005, Iowa spent \$27,306,800 on substance abuse prevention, treatment and research. In comparison, \$1,083,083,300 was spent on the consequences of substance abuse. Tobacco and alcohol tax revenue was \$110,139,000; \$36.93 per capita. Liquor store revenue totaled \$149,120,000; \$50.01 per capita. The cost of state spending related to the burden of substance abuse; \$344.75 per capita.

There is a better way. Our leaders must shift **their investments toward effective prevention and treatment options** in order to reduce the awful burden that untreated substance misuse and addiction place on our budgets — and our citizens.

Donations Make the Holidays Brighter

Thanks to the generosity of the employees of Frank Magid and Associates, the Czech Slovak Museum and Premier Media Solutions, the children at Heart of Iowa received gifts at their December holiday party. ASAC employees also gave cash contributions and donated personal care items for ASAC’s adult residential clients. Thanks to everyone who contributed to ASAC’s client holiday gifts.

In Loving Memory



Vanessa O. Moreland