

# asac action

The monthly newsletter of the Area Substance Abuse Council

November 2011 Issue

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## The Great American Smokeout

The American Cancer Society is marking the 36th Great American Smokeout on November 17 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life.

The Area Substance Abuse Council is encouraging everyone to consider this event an invitation to quit smoking or using other tobacco products. It also serves as a reminder of the agency's tobacco free campus policy that will go into effect July 1, 2012 prohibiting tobacco use on all ASAC owned and maintained properties.

A graphic for the Great American Smokeout. It features a close-up of a lit cigarette with a white filter, resting on a pile of ash. The text "Great American SMOKEOUT" is overlaid on the image, with "Great American" in a cursive font and "SMOKEOUT" in large, bold, block letters. Below the text, it says "Today is YOUR day!".

**Great American SMOKEOUT**

**Today is YOUR day!**

Join others in quitting smoking for the day on

**Thursday, November 17, 2011**

Call Quitline Iowa at 1800 Quit Now for free, confidential counseling services. Linn County residents are also eligible for free nicotine replacement products.

ASAC clients and staff are also eligible to participate in tobacco cessation. Contact Kelly Marsengill at 390-4611 or prevention services in Clinton for more information.

The "Breathe Easy" logo, which includes a stylized graphic of a person's head and shoulders with a blue and orange color scheme, and the text "Breathe Easy" below it.

## Tips for Quitting Smoking

**Plan ahead.** If possible put together a plan. Begin by tapering off a cigarette each day, so that your body can adjust slowly to the new nicotine levels.

**Learn when you crave.** If you can track each cigarette you have for one week (or even one day), you can learn when you have your cravings. Perhaps it's right when you wake up, or after each meal. Maybe there's a song you hear or a certain spot on your way to work that you pass that will trigger a craving. Once you know when you crave, you can make a plan for each of those moments to avoid the craving.

**Use the rule of HALT.** Don't allow yourself get Hungry, Angry, Lonely or Tired. All of these things can trigger cravings. If you avoid these feelings, you can keep yourself on the right track.

**Embrace the 5 D's.** If you are having a craving for a cigarette, you should:

1. Drink water
2. Delay your cigarette
3. Discuss your craving with a friend
4. Distract yourself
5. take a few Deep breaths

## Your Own Quit Kit

The day you decide to quit, consider putting together a survival kit to help you succeed. Following are items you might want to include in your quit kit:

- Water bottle
- Tooth picks or coffee stirrers
- Cinnamon candy such as fireballs
- Gum
- Stress ball or smooth stone (to keep your hands busy)
- Card with all of your reasons to quit smoking
- A picture of something you would buy or pay off with the money you save from quitting
- Quitline Iowa (I-800-QUITNOW)

**ASAC offices will be closed Thursday, November 24 and Friday, November 25 in observance of the Thanksgiving.**



## United Way Video Features ASAC Testimonial

A United Way of East Central Iowa campaign video features a former ASAC client and her recovery from substance abuse through the help of the Area Substance Abuse Council and other United Way agencies.

To view the video go to [www.youtube.com/user/uweci](http://www.youtube.com/user/uweci)

## Health Tip from ASAC's Wellness Committee

**Healthy Eating**— Eat throughout the day so that you are constantly satisfied. The less you eat, the more likely you are to sink into starvation mode and make your body want to store fat.



The Jackson County Prevent Coalition hosted the 2nd Annual Jackson County Clean Out Your Medicine Cabinet event at three locations on Saturday September 17, 2011. A total of 155 pounds were collected from 102 vehicles representing 124 households. Forty-five pounds were collected at the Bellevue Fire Station. The Jackson County Senior Center in Maquoketa took in 86 pounds and participants brought 24 pounds to Sabula City Hall.

## Marijuana Use Rising in the US

**Chicago**—Marijuana is increasingly becoming the drug of choice among young adults in the United States while use of methamphetamines is waning, according to a national survey of drug use released on Thursday. Overall, 8.9 percent of the U.S. population or 22.6 million Americans aged 12 and older used illicit drugs in 2010, up from 8.7 percent in 2009 and 8 percent in 2008, according to the survey by the Substance Abuse and Mental Health Services Administration. Marijuana use appeared to be fueling the increase, with some 17.4 million Americans -- or 6.9 percent of the population -- saying they used marijuana in 2010, up from 14.4 million or 5.8 percent of the population in 2007.

Gil Kerlikowske, director of the Office of National Drug Control Policy in the United States, said increases are especially prominent in states in which medical marijuana use is legal. Emerging research reveals potential links between state laws permitting access to smoked medical marijuana and higher rates of marijuana use," Kerlikowske said in a statement.

According to the survey, 21.5 percent of young adults aged 18 to 25 used illicit drugs in 2010, up from 19.6 percent in 2008 to 21.2 percent in 2009. "This increase was also driven in large part by a rise in the rate of current marijuana use among this population," Kerlikowske said.

Use of methamphetamines, meanwhile, has decreased, the survey found. The number of current meth users fell by about half between 2006 and 2010, with the number of people aged 12 and older who used meth dropping to 353,000 last year, down from 731,000 in 2006. Cocaine use also fell, dropping to 1.5 million users in 2010, from 2.4 million in 2006, the survey found.