Prevention in Iowa: Addressing Substance Misuse and Problem Gambling

Did you know?

Alcohol and problem gambling affect many Iowans — 20% of 11th grade students reported use of alcohol in the past 30 days and 22% of adults reported binge drinking. Approximately 315,000 adult Iowans (13.6%) report experiencing at least one problem with their gambling.

A focus on health equity

Prevention services focus on relevant, culturally appropriate approaches through:

- Use of the Strategic Prevention Framework (SPF) for service planning. The SPF is a five-step planning model that includes a focus on cultural competency and sustainability in each step.
- Use of the National Culturally and Linguistically Appropriate Services (CLAS) standards to implement culturally appropriate prevention services that will advance health equity.

What does the department do?

- Ensures that primary substance abuse and problem gambling prevention services are available to residents of all 99 Iowa counties by funding the Integrated Provider Network to implement primary substance abuse prevention services and prevention and education services on the risks and responsibilities of gambling.
- Funds 10 organizations to provide youth development and prevention through mentoring services.
- Funds 20 counties to implement substance abuse prevention services through County Boards of Supervisors.
- Funds services to Iowa’s three highest need counties to address and reduce prescription drug misuse for Iowans aged 12 and older.
- Funds nine highest-need counties to reduce licit and illicit drug deaths by implementing evidence-based prevention efforts.
- Funds helpline information, resource and referral services through Your Life Iowa.
- Funds the Iowa Youth Survey every two years to measure attitudes and experiences of sixth, eighth and eleventh graders. (cont.)
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Why is prevention important to Iowans? (cont.)

- The percentage of persons aged 18 or older reporting current cigarette use has decreased since 2013.
- While the rate of illicit, opioids-related overdoses (including heroin) per 100,000 persons is relatively low compared to alcohol-related mortality in Iowa; it is trending lower than rates in the US.
- The perceived risk associated with using alcohol, marijuana and cigarettes among Iowans aged 12 or older has remained steady since 2008.

What does the department do? (cont.)

- Develops and distributes the Matter of Substance newsletter.
- Funds prevention initiatives and health promotion campaigns to raise awareness of substance misuse and problem gambling.
- Enhances professional development among contracted agencies by providing Substance Abuse Prevention Skills Training.
- Seeks to build and expand the capacity of mentoring programs.
- Shares data and reports via the “In the Know: Common Data Reports” page.

How do we measure our progress?

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What can Iowans do to help?

- Become educated on the signs, symptoms and other information and resources for problem substance use and problem gambling by visiting https://yourlifediowa.org or by calling 1-855-581-8111, texting (standard data rates may apply) 1-855-895-TEXT or using the 24-hour online chat at https://yourlifediowa.org.
- Visit the IDPH website to explore programs that address substance misuse, and for programs addressing problem gambling.

Resources

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<tr>
<th></th>
<th>SFY 2019 Actual</th>
<th>SFY 2020 Actual</th>
<th>SFY 2021 Estimate</th>
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<tbody>
<tr>
<td>State Funds</td>
<td>$2,582,460</td>
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<td>Federal Funds</td>
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For more information, please visit https://idph.iowa.gov or call us at (515) 281-7689. July 2021