



# A MATTER OF SUBSTANCE: AT-A-GLANCE

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DIVISION OF BEHAVIORAL HEALTH

## DIVISION QUICK FACTS

### Binge Drinking Rates Increase Among Iowa Women:

According to an article in the Des Moines Register, men have long been more likely than women to be binge drinkers, but women are starting to close the gap in Iowa. In 85 of Iowa's 99 counties, the rate of increase in binge drinking from 2002 to 2012 was larger among females than males, according to an analysis released this spring of Behavioral Risk Factor Surveillance System data for all 3,000 counties in the U.S. The largest increase was in Dickinson County in northwest Iowa, which saw a 50 percent increase among females in binge drinking, which is defined as four drinks over a two-hour period at least once in the previous month. More than 1 in 4 women in Dickinson county were binge drinkers in 2012, the highest rate in the state. For more information, and to view the full news article, go to <http://www.desmoinesregister.com/story/news/2015/07/12/binge-drinking-women/30064279/>

### AmeriCares Launches Mental Health Initiative:

AmeriCares is an emergency response and global health organization. The U.S. Medical Assistance Program at AmeriCares is the leading provider of donated medicines, medical supplies, vaccines and hygiene products to the U.S. health care safety net. In the last year, they have contributed \$85 million in assistance to more than 800 partners serving five million uninsured and underinsured patients in all 50 states.

AmeriCares has launched a Mental Health Initiative to expand their existing partner network to reach more nonprofit behavioral health providers. AmeriCares will support this network with donations of psychiatric and primary care medicine for distribution to patients that cannot afford their prescriptions. This will enable more low-income, uninsured and underinsured people to access the medicine and treatment they need.

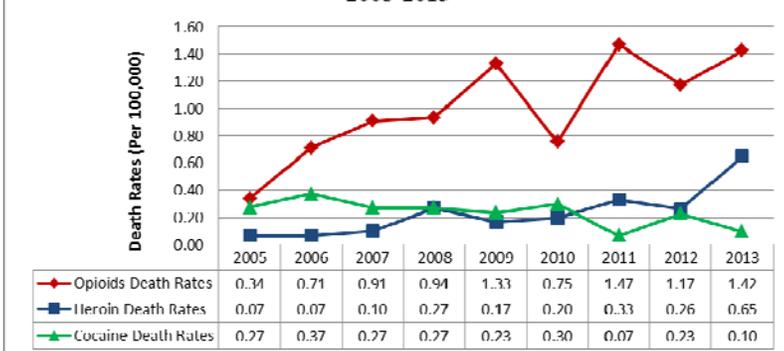
To access product donations, your organization must apply to become a partner of AmeriCares U.S. Medical Assistance Program. There is no membership fee and all donated products are shipped to partner organizations at no cost. You can access the AmeriCares online application at <http://usaccess.americares.org/> or view a webinar on the Mental Health Initiative at [https://www.youtube.com/watch?v=FJJ\\_FxnPmx8](https://www.youtube.com/watch?v=FJJ_FxnPmx8).

### Opioid-Related Overdose Deaths in Iowa Continue to Increase:

According to recent data from the Centers for Disease Control (CDC), opioid-related deaths are increasing in Iowa.

In 2013, the death rate for opioids was 1.42 per 100,000 (nearly 44 deaths) compared to a rate of 0.65 per 100,000 for heroin and 0.10 per 100,000 for cocaine, two other drugs linked to overdose death. This represents a 5-fold increase in opioid deaths during the last nine years. For more information, contact Toby Yak at [toby.yak@idph.ia.gov](mailto:toby.yak@idph.ia.gov).

Drug overdose death rates by major type of drug, Iowa, 2005-2013



## UPCOMING EVENTS

**Science-Based Drug Education** August 4-7  
Midwest Counterdrug Training Center in Johnston  
To register, go to <http://www.counterdrugtraining.com/>

**Understanding and Preparing for the Conversion to ICD-10/DSM-5** August 10, 11:30am-1pm  
To access the training, click on <http://bit.ly/1RM411R>

**UNITE To Face Addiction** October 4  
Washington D.C.  
For more information, go to <http://www.facingaddiction.org/about/>

**Save the Date - Prevention Conference** November 10  
Sheraton West Des Moines  
For more information, go to [www.trainingresources.org](http://www.trainingresources.org)

For more information about the Division of Behavioral Health, visit [www.idph.state.ia.us/bh](http://www.idph.state.ia.us/bh)

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