Opioid Abuse in Iowa

Rx to Heroin

Iowa Governor’s Office of Drug Control Policy
January 2016
Why Is This Important?
National Rx Painkiller Trends

Prescription Painkiller Sales and Deaths

Sources:

\(^a\) Automation of Reports and Consolidated Orders System (ARCOS) of the Drug Enforcement Administration (DEA), 2012 data not available.


CDC, 2013
National Rx-Heroin Trends

National Overdose Deaths
Number of Deaths from Prescription Drugs

National Overdose Deaths
Number of Deaths from Prescription Opioid Pain Relievers

National Overdose Deaths
Number of Deaths from Heroin

Source: National Center for Health Statistics, CDC Wonder

NIH, 2015
National Rx-Heroin Trends

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least 3 other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and death for users.

People who are addicted to...

- Alcohol are 2x more likely to be addicted to heroin.
- Marijuana are 3x more likely to be addicted to heroin.
- Cocaine are 15x more likely to be addicted to heroin.
- Rx Opioid Painkillers are 40x more likely to be addicted to heroin.

Rx Pain Reliever-Heroin Connection

Oxycodone Combinations (Percocet®) = $7-$10/tab

OxyContin® = $80/tab

Roxicodone® Oxycodone IR 15mg, 30mg = $30-$40/tab

Heroin = $10/bag

Hydrocodone (Lorcet®) = $5-$7/tab

DEA, 2013
Types of Medicines Abused

• Opioids (*Pain Relievers)
  – OxyContin®, Vicodin®, Percocet®

• Stimulants
  – Ritalin®, Adderall®, Sudafed®

• Anti-Anxieties
  – Xanax®, Valium®

• Anti-Depressants
  – Prozac®, Zoloft®

• Sedatives
  – Rohypnol®, Nembutal®, Seconal®

• Etc.

*Hydrocodone combination products became Schedule II Controlled Substances in October 2014.
Rx Diversion/Abuse in Iowa: *Summary*

- Iowa’s Rx abuse rate is lower than the U.S. average (past year nonmedical use of Rx pain relievers = 3.65%...13th lowest)

- Opioid abuse is one of the fastest growing forms of substance abuse in the U.S. & Iowa (OD deaths at or near all time highs)

- Prescription Monitoring Program (PMP) utilization rates by health care professionals are slowly rising

- Cases of suspected “doctor shopping” detected by the PMP may be decreasing
Pain Reliever Prescriptions: By State

[Color-coded map of the United States showing the number of painkiller prescriptions per 100 people by state, with states shaded in different colors indicating varying prescription rates.]
Pain Reliever Prescriptions: By State

CDC, 2014
Drugs of Choice: All Iowans

Primary Substance by Clients Entering Treatment

IDPH Treatment Admissions, 2014
Drugs of Choice: All Iowans

Primary Substance of Choice by Iowans in Treatment

IDPH Treatment Admissions, 2014
Iowa Youth Substance Abuse
6th, 8th and 10th Grade Users, Last 30-Days

IDPH Iowa Youth Survey, 2014
Iowa Drug-Related Traffic Fatalities

Iowa Department of Transportation & Iowa Department of Public Safety, Governor’s Traffic Safety Bureau, 2014
Iowa Drug-Impaired Driving

2014 Non-Alcohol Evaluations by Drug Recognition Experts

IDPS, 2014
Iowa’s Workplace
Positive Drug Tests Reported 2002-2011

- Marijuana: 62.8%–59.0%
- Meth: 22.9%–15.8%
- Cocaine: 9.7%–8.9%
- Opiates: 9.7%–12.8%
- Other: NA–3.5%

IDPH, 2014
Iowa Opioid-Related ER Visits

Opioid Use (Opiates & Others) as Causal or Contributing Factor

IDPH, 2014
Iowa Drug Treatment: *Numbers*

Heroin as Primary Substance of Abuse Upon Admission/Screening

<table>
<thead>
<tr>
<th>Year</th>
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<tbody>
<tr>
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<td>2014</td>
<td>1.6%</td>
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</tbody>
</table>

IDPH, 2014
Iowa Drug Treatment: *Percentages*
Any Abuse of Non-Heroin Opiates & Synthetics as a % of All Admissions

- 2.69% in 2005
- 2.69% in 2006
- 3.08% in 2007
- 4.02% in 2008
- 5.78% in 2009
- 6.16% in 2010
- 7.09% in 2011
- 8.98% in 2012

*Treatment Episode Data System, 2012*
Poison Center: Public “Help” Calls
Exposure, ID & Info Calls re: Painkillers Hydrocodone & Oxycodone

#1 Category of “Exposure” Calls: Pain Medicines (opioid & non-opioid).

(“2015 Projection as of 9-30-15)
Iowa Poison Center Toxic Exposure Calls
All Substances

January - July 2015

Pharmaceuticals = 60.59%
(Analgesic Pain Meds #1)

Nonpharmaceuticals = 38.62%

Other = 0.79%

Iowa Poison Control Center, 2015
Controlled Prescription Drug Seizures
In Dosage Units by Iowa Division of Narcotics Enforcement Agents

Iowa Department of Public Safety, Division of Narcotics Enforcement, 2015
Iowa Drug-Related OD Deaths: *All Drugs*

Iowa Department of Public Health, Bureau of Health Statistics, 2015
Iowa Drug-Related OD Deaths: *Pain Relievers*
Rx Methadone, Other Opioids & Other Synthetic Narcotics

Iowa Department of Public Health, Bureau of Health Statistics, 2015
Iowa Drug-Related Overdose Deaths: *Heroin*

Iowa Department of Public Health, Bureau of Health Statistics, 2015
Drug-Related OD Incidents: Cedar Rapids

Cedar Rapids, Iowa Police Department, September 29, 2015
Heroin Seizures
In Grams by Iowa Division of Narcotics Enforcement Agents

Iowa Department of Public Safety, Division of Narcotics Enforcement, 2015
The heroin epidemic: 'It's going to get worse and worse'

Cedar Rapids saw 44 heroin-related overdoses so far this year

Lee Hermiston, The Gazette
AUGUST 23, 2015 | 5:00 AM

CEDAR RAPIDS — One narcotics law enforcement officer says taking heroin is similar to grabbing a loaded gun and spinning the chamber.

Even worse, he added, heroin use is spreading in Iowa, and its deadly reach is likely to continue to grow.

Heroin overdoses, for example, have surged in Cedar Rapids in the past five years.

In 2009, authorities responded to nine reported heroin-related deaths and non-fatal overdoses, which represented 45 percent of all overdoses in Cedar Rapids.
Naloxone Use by Iowa EMS Providers

# Times Administered

2010 161
2011 190
2012 189
2013 97
2014 231

58% of 2014 Cases Occurred in 14 East Central Iowa Counties

Iowa Department of Public Health, Emergency & Trauma Services, 2015
Iowa Drug-Related Prison Admissions

Primary Drug Involved

Prescription Pain Relievers/Opioids

Heroin/Opiates

Iowa Justice Data Warehouse, 2015
Rx Abuse: Teen Behavior

• 1 in 4 teens (24%) reports having misused or abused a prescription drug at least once in their lifetime.

• Of those kids who said they abused prescription medications, 1 in 5 (20%) has done so before age 14.

• Almost 1 in 4 teens (23%) say their parents don’t care as much if they are caught using prescription drugs without a doctor’s prescription, compared to getting caught with illegal drugs.

Partnership Attitude Tracking Survey, 2013
Rx Abuse: Teen Attitudes

• One-third of teens (33%) say they believe “it’s okay to use prescription drugs that were not prescribed to them to deal with an injury, illness, or physical pain.”

• 1 in 5 teens (20%) says prescription pain relievers are not addictive.

• More than a quarter of teens (27%) mistakenly believe that misusing & abusing prescription drugs is safer than using street drugs.

• 1 in 4 teens (25%) says there is little or no risk in using prescription pain relievers without a prescription.

Partnership Attitude Tracking Survey, 2013
Rx Abuse: Parent Attitudes & Behavior

- 29% of parents say they believe ADHD medication can improve a child’s academic or testing performance, even if the teen does not have ADHD.

- 1 in 6 parents (16%) believes that using prescription drugs to get high is safer than using street drugs.

- Teens say parents do not discuss prescription drug misuse or abuse with them as frequently as other drug use.

- 1 in 5 parents (20%) report that they have given their teen a prescription drug that was not prescribed for them.

- 17% of parents do not throw away expired medications, & 14% say they have misused or abused prescription drugs in the last year.

Partnership Attitude Tracking Survey, 2013
Online Drug Awareness
Ease of Access & Perceptions of Safety
Response to Reduce Rx Abuse

Addressing Prescription Drug Abuse in the United States
Current Activities and Future Opportunities

Reducing Prescription Drug Abuse in Iowa
A State Strategy
January 5, 2012

Developed by the Behavioral Health Coordinating Committee
Prescription Drug Abuse Subcommittee
U.S. Department of Health and Human Services
200 Independence Avenue SW
Washington, DC 20201
The Iowa Plan

• Education & Intervention
  ➢ Media campaigns; student & parent materials; continuing education for health care professionals & medical students; substance abuse helpline

• Secure Storage & Safe Disposal
  ➢ Take Backs & Take Aways; more user-friendly disposal methods; management of home medicines & medicine cabinets at home

• Monitoring
  ➢ PMP enhancements, including: enhanced reporting; easier & faster process; greater info sharing; training; increased utilization

• Enforcement
  ➢ Training on investigating Rx diversion, including using the PMP as a tool
Rx Abuse Prevention = Heroin Prevention

Talking about prescription drug misuse

Governor's Office of Drug Control Policy

IowaMedicineTLC.org

Talking to kids about prescription drug abuse

Governor's Office of Drug Control Policy
Medicine Cabinets: Easy Access

- More than half of teens (56%) indicate that it’s easy to get prescription drugs from their parent’s medicine cabinet.

- Half of parents (49%) say anyone can access their medicine cabinet.

- More than four in 10 teens (42%) who have misused or abused a prescription drug obtained it from their parent’s medicine cabinet.

- Almost half (49%) of teens who misuse or abuse prescription medicines obtained them from a friend.

Safe Medicine Disposal

**National Take-Back Events:** Special take-back events are a good way to remove expired, unwanted, or unused medicines from the home.

**Law Enforcement Collection:** A growing number of law enforcement agencies collect expired, unwanted, or unused pharmaceutical controlled prescription drugs on an ongoing basis via secure drop-off boxes.

**Pharmacy Collection:** Some pharmacies collect expired, unwanted, or unused pharmaceutical controlled prescription drugs from patients.

**Disposal in Household Trash:** You may carefully mix medicines with substances such as kitty litter or used coffee grounds and place them in a container such as a sealed plastic bag to throw in your household trash.

**Disposal by Flushing:** A few medicines have specific instructions to flush them down the sink or toilet when they are no longer needed.
U.S. “Take-Back” Initiative

Amount (in Tons) of Rx Drugs Collected

10 Events, 5 Years = 2,783 Tons

DEA, 2015
Iowa “Take-Back” Initiative

Amount (in Pounds) of Rx Drugs Collected

10 Events, 5 Years = 59,935 Pounds
(~30 Tons)

DEA, 2015
Iowa PMP: *Summary*
Prescription Monitoring Program

- Emphasis on patient health care & privacy since 2009
- All pharmacies must report all Schedule II, III & IV CSs dispensed within 7 days
- PMP queries by pharmacies & prescribers voluntary
- Access may be delegated to registered agents
- Law enforcement & regulator PMP access requires “probable cause”
- Limited interstate sharing/connectivity
Iowa PMP: Results

• No adverse impacts on prescribing or dispensing (prescriptions & doses continue increasing)

• Prescriber, pharmacy, regulator & law enforcement utilization/consultation rates slowly increasing

• PMP appears to be working to detect & deter “doctor shopping,” with future potential benefits even greater

• Perception of PMP slowly evolving from “useful option” to essential tool, though many still not aware
Iowa PMP: *Total Prescriptions Dispensed*

![Graph showing the increase in total prescriptions dispensed from 2009 to 2014. The numbers represent the total prescriptions dispensed each year, with a steady increase from 4,239,890 in 2009 to 4,800,912 in 2014.](image)
Iowa PMP: *Prescription Doses Dispensed*

- 200,000,000
- 210,000,000
- 220,000,000
- 230,000,000
- 240,000,000
- 250,000,000
- 260,000,000
- 270,000,000
- 280,000,000

- 2009: 228,149,732
- 2010: 228,149,732
- 2011: 228,149,732
- 2012: 228,149,732
- 2013: 228,149,732
- 2014: 269,466,402

Iowa Department of Public Health, Board of Pharmacy, 2014
Iowa PMP: *Prescribers Registered*

- Yes: 33.2%
- No: 66.8%

Iowa Department of Public Health, Board of Pharmacy, 2014
Iowa PMP: Prescribers Registered

Iowa Department of Public Health, Board of Pharmacy, 2014
Iowa PMP: Pharmacists Registered

- Yes: 67.8%
- No: 32.2%
Iowa PMP: *Pharmacists Registered*

- 2009: 758 (23.2%)
- 2010:  
- 2011:  
- 2012:  
- 2013:  
- 2014: 2,390 (67.8%)

Iowa Department of Public Health, Board of Pharmacy, 2014
Iowa PMP: Regulators Registered

Iowa Department of Public Health, Board of Pharmacy, 2014
Iowa PMP: Law Enforcement Registered

Iowa Department of Public Health, Board of Pharmacy, 2014
Iowa PMP: “Doctor Shopping?”
Patients with 5 or More Prescribers or Pharmacies

Iowa Department of Public Health, Board of Pharmacy, 2014
Iowa PMP: *Health Care Queries*

% of Controlled Drug Prescriptions Resulting in PMP Info Request

2009: 0.5%
2010: 1%
2011: 1%
2012: 2%
2013: 3%
2014: 3.6%

Iowa Department of Public Health, Board of Pharmacy, 2014
Iowa PMP: *Health Care Queries*

% of Controlled Drug Prescriptions Resulting in PMP Info Request

- **Yes**: 3.6%
- **No**: 96.4%

Iowa Department of Public Health, Board of Pharmacy, 2014
Progress

PMP enhancements to deter “doctor shopping”

Continuing opioid education for health care professionals

Expanded options for safe medicine disposal

Increasing awareness of potential Rx/Opioid abuse dangers promotes family prevention

Medication Assisted Treatment

Naloxone opioid overdose “reversal” drug
Challenges

Medicines can work wonders & are perceived as safe (& “safer than other drugs”)

Opioids can be very addictive, & even lethal when misused

The abuse of Rx opioids can lead to heroin use & addiction

Tons of Rx opioids go unused, creating easy access for diverters or abusers

Pain is real, but subjective
What’s Next?

Increase utilization of more user-friendly PMP to coordinate & improve care (patient medication “air traffic control system”)

Improve system for safe medication disposal

Continue training & education for professionals, parents, etc.

Expand use of other new tools (e.g., Medication Assisted Treatment, Naloxone OD reversal kits, etc.)

Change policies to deter drug diversion & abuse, & promote alternative therapies & personal responsibility
STAY SAFE!

Iowa Governor’s Office of Drug Control Policy

www.iowa.gov/odcp