Drug Abuse in Iowa

*Evolving Issues & Emerging Trends*

Iowa Office of Drug Control Policy

September 2016
Rapid Changes + Mixed Messages = ???s
Evolving Risks involving Medicines, Synthetics, Marijuana, etc.

- What’s new (what is it, what’s in it, what’s it’s effect)?
- Does it heal or hurt (medicine or menace)?
- Is it legal or illegal?
- What do we tell children (or anyone else) about it?
- How is it different now, compared to what I experienced?
- What do we know about it & when will we know more?
- What’s next?
Youth Substance Use 40-Year Trends
Current Use (past 30 days) Among U.S. 12th Graders

Monitoring the Future, 1975-2015
Iowa Youth Substance Abuse
6th, 8th and 11th Grade Users, Last 30-Days

Iowa Youth Survey, 2014
Iowa Drug-Related Traffic Fatalities
Number Killed in 2014 Testing Positive for Illicit Drugs

15% of those killed in Iowa traffic fatalities in 2014 tested positive for illicit drugs.

Does not include alcohol-related fatalities. Alcohol & poly-drug combinations were detected in some crashes.

Source: IDOT, 2014
Iowa Drug-Impaired Driving
2015 Non-Alcohol Evaluation Findings by Drug Recognition Experts

- Cannabis
- Stimulants
- Depressants
- Narcotic Analgesics
- Inhalants
- Hallucinogens
- Dissociative Anesthetics

IDPS, 2015
Iowa “Drug-Related” Prison Admissions

Primary Drug Involved

Iowa Justice Data Warehouse, 2015
Iowa Drug-Related Child Abuse
Confirmed/Founded Cases: Illegal Drugs in a Child’s Body

(Differential Response initiative began in 2014)
Alcohol & Tobacco/Nicotine
Iowa Annual Distilled Spirits Sales
Millions of Gallons Sold to Adults

IABD, 2015
Excessive Drinking by Iowa Adults
Percentage of Heavy or Binge Drinking by County

Robert Wood Johnston Foundation, 2013
Iowa Alcohol-Attributed Deaths & Hospitalizations
Current Alcohol Use
Last 30-Days

<table>
<thead>
<tr>
<th>Age Group</th>
<th>U.S.</th>
<th>Iowa</th>
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<tbody>
<tr>
<td>12+</td>
<td>50%</td>
<td>50%</td>
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<tr>
<td>12-17</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>18-25</td>
<td>60%</td>
<td>60%</td>
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<tr>
<td>26+</td>
<td>50%</td>
<td>50%</td>
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NSDUH, 2013/2014
Current Binge Drinking
Last 30-Days

NSDUH, 2013/2014
Iowa Tobacco-Associated Deaths & Hospitalizations

1 Dot = 50

TobDeath
TobAtDeath

VR/HDD, 2010

Iowa Substance Abuse Epidemiological Profile, 2012
Current Tobacco Use

Last 30-Days

<table>
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</thead>
<tbody>
<tr>
<td>12+</td>
<td>25%</td>
<td>27%</td>
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<tr>
<td>12-17</td>
<td>5%</td>
<td>7%</td>
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<tr>
<td>18-25</td>
<td>35%</td>
<td>40%</td>
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<tr>
<td>26+</td>
<td>20%</td>
<td>23%</td>
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NSDUH, 2013/2014
U.S. Youth Cigarette vs. E-Cigarette Use
Last 30-Days

Monitoring the Future Survey 2015
Iowa Youth Cigarette vs. E-Cigarette Use
Last 30-Days

Iowa Youth Survey 2014
Marijuana
## Marijuana/Cannabis a.k.a.

<table>
<thead>
<tr>
<th>Then</th>
<th>Now</th>
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<tbody>
<tr>
<td>Weed</td>
<td>Hash or Honey Oil</td>
</tr>
<tr>
<td>Grass</td>
<td>Wax or Earwax</td>
</tr>
<tr>
<td>Pot</td>
<td>Budder</td>
</tr>
<tr>
<td>Reefer</td>
<td>Crumble</td>
</tr>
<tr>
<td>Hash</td>
<td>Shatter</td>
</tr>
<tr>
<td>Hemp</td>
<td>Black Glass</td>
</tr>
<tr>
<td>Joints</td>
<td>Edibles</td>
</tr>
<tr>
<td>Blunts</td>
<td>Reggie</td>
</tr>
<tr>
<td>Buds</td>
<td>Loud</td>
</tr>
</tbody>
</table>
Distinction with a Difference

**Cannabis-Based Medicine:**
Cannabis derivatives that test safe & effective as research-based medicines for use by health care professionals in treating patients with valid medical needs, & regulated to reduce public safety risks.

**Medical Marijuana:**
Differing forms of cannabis approved by legislative or popular vote in some states for treating various health conditions, with fewer controls & safeguards than FDA-approved medicines.

**Iowa Law:**
Permits regulated use of limited quantities of CBD oil to treat qualified patients with intractable epilepsy.
Marijuana Laws & Use by Teens by State

“Medical” & “Recreational” Marijuana Laws
(2016 Governing.com)

Past Month Use by 12-17 Year Olds
(2013-2014 NSDUH)

- Olive = “Medical” marijuana (25 & DC). [OH June 2016]
- Lime = “Medical” & “Recreational” marijuana (4).
- Not Shown: Low THC non-psychoactive “CBD” oils (18, including Iowa, where the Pharmacy Board recommended in 2015 the Legislature consider rescheduling CBD only).
Health Group Positions on Marijuana


• The American Academy of Pediatrics “opposes marijuana use by children & adolescents…the use of ‘medical’ marijuana outside the regulatory process of the FDA…and legalization of marijuana.”
Marijuana: R&D of Derivatives

Mariol (Dronabinol) & Cesamet (Nabilone): FDA-approved synthetic cannabinoids—containing THC & CBD—legally available as prescription pills to treat cancer chemotherapy nausea & appetite loss.

Sativex (mouth spray): A product with 2 cannabinoids extracted from the cannabis plant failed FDA-authorized tests for cancer pain, but may be tested on spasticity problems.

Epidiolex (oral liquid): Contains the non-psychoactive cannabis extract Cannabidiol (CBD), & is an FDA orphan drug in a fast-track study to treat severe seizures. If all goes well, an Rx product could be available by end of 2017?
Iowa Youth Drugs of Choice
Primary Substance by Juvenile Clients Entering Treatment

Marijuana 66.3%
Alcohol 21.9%
Other 6.5%
Meth 4.1%
Opiates/Synthetics 1.0%
Cocaine 0.2%

IDPH, 2014
Iowa was the 4th most frequent state destination for Colorado marijuana seized in highway interdictions in 2015.

Source of Marijuana Seized in Iowa
2015 Iowa State Patrol Significant Highway Interdictions

- California: 53.3%
- Colorado: 40%
- Wyoming: 6.7%

Iowa Department of Public Safety, 2015
Iowa Marijuana ER Visits
Cannabis Use as Causal or Contributing Factor

Marijuana impairs/worsens respiratory systems, heart rate, coordination, judgment, memory, problem-solving & mood. It contributes to auto crashes & can cause severe anxiety & psychosis.

Iowa Department of Public Health, 2014
Iowans’ *Current* Marijuana Use

Most Iowans are not *current* marijuana users (past 30 days).

Iowa Youth 12-17 years old currently using marijuana.

- **Use**: 5.17%
- **Do Not Use**: 94.83%

Iowans 12 & older currently using marijuana.

- **Use**: 5.02%
- **Do Not Use**: 94.98%

2013-2014 National Survey on Drug Use & Health
Youth Marijuana Attitudes
Among Iowa 11th Graders

Iowa Teens Perceiving No Risk Smoking Marijuana Once or More a Week

Iowa Youth Survey, 2014
Youth Marijuana Attitudes vs. Use
Among U.S. 12th Graders

College students daily marijuana use surpassed cigarette smoking for the 1st time in 2014.

Past Year Marijuana Use

Perceived Risk of Occasional Marijuana Use

Monitoring the Future Survey, 2014
Marijuana Matters

• About 9% of marijuana users become addicted. That number increases to 1 in 6 among users who start in adolescence, & to 25-50% among those who use daily. 2012 National Institute on Drug Abuse, NIH, Drug Facts

• Drug-related student suspensions & expulsions increased 40% in Colorado schools from 2008/2009-2013/2014. 2015 Colorado Department of Education

• Persistent marijuana use during adolescence can cause a long-term 8-point drop in IQ, & harm attention span & memory. 2012 National Academy of Sciences, Dunedin Study

• College student daily marijuana use surpassed cigarette smoking for the 1st time, increasing to 5.9%, the highest level since 1980. 2014 Monitoring the Future Survey/University of Michigan
Marijuana’s Increasing Potency

U.S. Seizures, Concentration of THC by % of Weight

Concentrates contain THC levels of 50-90%.
(Examples: Hash Oil, Marijuana Wax, Marijuana-Infused Edibles)

Sources: University of Mississippi Marijuana Project, NIDA & DEA
Concentrates
Beyond the Plant…
Concentrates
Beyond the Plant...

“Green Crack”
wax

“Ear Wax”

Butane Hash Oil (BHO)

Hash Oil Capsules

“Budder”

“Shatter”
New Marijuana in Iowa

Approximately 9.5% of all 2015 marijuana samples submitted to the Iowa crime lab involved marijuana “preparations,” or “concentrates” (e.g., hash oils, waxes & marijuana-infused edibles).

2015 Iowa Department of Public Safety, Division of Criminal Investigation
Iowa Marijuana Policy

• Marijuana, or a substance with *any amount of THC, is illegal as a Schedule I Controlled Substance in Iowa (similar to federal law).

• The 2014 Iowa Medical Cannabidiol Act (SF 2360) permits very limited use of CBD oils that are *low in THC (<3%) to treat intractable epilepsy.

• 25 states & DC have voter approved or legislated “medical” marijuana; 4 states have voter approved “recreational” marijuana; & 18 states, including Iowa, have CBD laws.

• Congress is considering proposals, including a Marijuana Effective Drug Studies (MEDS) Act to promote research on the medical effectiveness & safety of marijuana components.
Meth
Iowa Meth Labs Down 90% vs. Peak of 10 Years Ago. Source: IDPS, 2015
Iowa Meth Purity
Crime Lab Fiscal Year Averages

Source: IDPS, 2014
Iowa Meth Treatment Admissions

Source: IDPH, 2014
Rate of Meth Treatment

*ALL 12+ Substance Abuse Treatment Admissions for Meth

Iowa Meth Use Treatment Rate 3rd Highest in US (& 8th Highest Number). Source: TEDS 2012
Opioid & Rx Abuse
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.

*Synthetic Opioid Examples: Oxycodone, Morphine, Methadone, Codeine, Fentanyl & Hydrocodone. Hydrocodone combination products became Schedule II Controlled Substances in October 2014.
National Rx-Heroin Trends

Drug overdoses, led by opioids, claim 78 U.S. lives daily.
CDC 2016

About 3 out of 4 new heroin users report previous Rx opioid abuse.
CDC 2016
Opioid OD Death Rates: 2002-2014

2002

2014

NLC-CDC, 2014
Drug Poisoning Death Rate per 100,000

Iowa state rate of drug poisoning deaths ranks 44th (8.8/100,000)

CDC, 2010-1014
Pain Reliever Prescriptions: By State

Map showing the number of painkiller prescriptions per 100 people by state, with states color-coded to indicate prescription rates.

CDC, 2014
Controlled Prescription Drug Seizures
In Dosage Units by Iowa Division of Narcotics Enforcement Agents

IDPS, 2015
Iowa Drug Treatment: Numbers
Any Abuse of Non-Heroin Opiates & Synthetics Reported at Admission

#1 “Exposure” call category: Pain Medicines.
Iowa Poison Control Center, 2016

TEDS, 2012
Iowa Opioid-Related ER Visits
Opioid Use (including Opiates & Others) as Causal or Contributing Factor

IDPH, 2014
Iowa Drug-Related OD Deaths: *All Drugs*

*2015 Data is Preliminary

Iowa Department of Public Health, Bureau of Health Statistics, 2016
Iowa Opioid-Related OD Deaths: *Rx & Heroin*

Rx = Pain Relievers (Rx Methadone, Other Opioids & Other Synthetic Narcotics)

*2015 Data is Preliminary

Iowa Department of Public Health, Bureau of Health Statistics, 2016
Heroin & Non-Medical Synthetic Opioids (e.g., fentanyl analogs)
Rx Pain Reliever-Heroin Connection

- Hydrocodone (Lorcet®) = $5-$7/tab
- Oxycodone Combinations (Percocet®) = $7-$10/tab
- OxyContin® = $80/tab
- Roxicodone® Oxycodone IR 15mg, 30mg = $30-$40/tab
- Heroin = $10/bag

DEA, 2013
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
- Marijuana are 3x
- Cocaine are 15x
- Rx Opioid Painkillers are 40x

...more likely to be addicted to heroin.


NSDUH, 2013
Heroin Seizures
In Grams by Iowa Division of Narcotics Enforcement Agents

Often mixed with heroin, black market synthetic opioids (fentanyl, fentanyl acetyl-fentanyl, furanyl-fentanyl, W-18, U-47700, etc.) can be more potent & lethal than heroin …& may be legal.

DEA, 2016
Drug-Related OD Incidents: *Cedar Rapids*

**All Drugs**

**Heroin**

CRPD, September 29, 2015
Naloxone Use by Iowa EMS Providers

# Times Administered

Almost 66% of 2015 Cases Occurred in 30 Central & East Central Iowa Counties
Ease of Access & Perceptions of Safety
Iowa PMP: *Doses Dispensed*

*Controlled Prescription Drugs, Schedule II-IV*

The U.S. makes up < 5% of the world’s population, but consumes about 75% of its prescription drugs… including 81% of its oxycodone & 99% of its hydrocodone.

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Iowa Department of Public Health, Board of Pharmacy, 2016
Response to Reduce Rx Abuse: Iowa Plan

**NEW…Iowa Laws to Reduce Opioid Abuse & Deaths:**

- SF 2218 & HF 2460 expand use of opioid overdose rescue drug Naloxone.
- SF 2102 allows Prescription Monitoring Program & EHR integration.
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

11 Events, 5.5 Years = 6,463,026 Pounds ( < 3,232 Tons!)

Next National Prescription Drug Take Back Day:
October 22, 2016

DEA, 2016
Iowa “Take-Back” Initiative
Amount (in Pounds) of Rx Drugs Collected

Next National Prescription Drug Take Back Day:
October 22, 2016
Iowa Permanent Rx “Take Back” Sites
Controlled Prescription Drugs

odcp.iowa.gov/rxtakebacks

Sites doubled to 93 vs. year ago & are on pace to double again by January 2017.
Synthetic Drugs
Synthetic Cannabinoids & Cathinones
Hallucinogens & Stimulants by State

2010

2012

DEA, 2013
Dangers of Fentanyl & Fentanyl Analogues/Compounds

Fentanyl is commonly laced in heroin, causing significant problems across the country, particularly as heroin abuse has increased.

Drug incidents & overdoses related to fentanyl are occurring at an alarming rate throughout the U.S. & represent a significant threat to public health & safety.

Often laced in heroin, fentanyl & fentanyl analogues produced in illicit clandestine labs are up to 100 times more powerful than morphine & 30-50 times more powerful than heroin.
Drug Trends in Iowa: Summary

• Alcohol remains Iowa’s most abused addictive substance.
• Iowans’ appetite for meth remains strong, fed by cartels.
• Marijuana is Iowa’s most used illicit substance, & is morphing into new more potent forms.
• Medicine/Opioid abuse is Iowa’s fastest growing form of substance abuse…leading to more heroin use too.
• Synthetic drugs are a fast-changing threat to Iowa youth.
• With exceptions, Iowans generally abuse drugs at rates below many other states…& Iowa youth substance abuse is declining. Challenges remain, now & in the future.
SHARE THE NEWS & STAY SAFE!

Iowa Governor’s Office of Drug Control Policy
Visit Our New Website: https://odcp.iowa.gov