Opioid Abuse in Iowa
Rx to Heroin & Beyond

Iowa Governor’s Office of Drug Control Policy
September 2016
U.S. Opioid OD Death Rates: 2002-2014

2002

2014

© OpenStreetMap contributors

NLC-CDC, 2014
National Rx-Heroin Trends

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

About 3 out of 4 new heroin users report previous Rx opioid abuse.

NIH, 2015
Iowa Opioid OD Death Rates: 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
National Rx Painkiller Trends

Prescription Painkiller Sales and Deaths

- Sales (kg per 10,000)$^a$
- Deaths (per 100,000)$^b$

Year

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


CDC, 2013
Opioid Rx Claims: 2013 Medicare Part D

Blue
% of opioid Rx claims higher than national average.

Brown
% of opioid Rx claims lower than national average.
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.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013

NSDUH, 2013
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
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.
• 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

![Map showing pain reliever prescriptions by state, indicating the number of painkiller prescriptions per 100 people.](image)

CDC, 2014
Pain Reliever Prescriptions: By State
Drugs of Choice: All Iowans
Primary Substance by Clients Entering Treatment in 2014

IDPH Treatment Admissions, 2015
Drugs of Choice: All Iowans
Primary Substance of Choice by Iowans in Treatment in 2014

IDPH Treatment Admissions, 2015
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, 2015
Iowa Drug-Impaired Driving
2015 Non-Alcohol Evaluations by Drug Recognition Experts

IDPS, 2016
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 (including Opiates & Others) as Causal or Contributing Factor

IDPH, 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
Iowa Drug Treatment: *Numbers*
Heroin as Primary Substance of Abuse Upon Admission/Screening

- 2004: 0.6%
- 2005: 0.6%
- 2006: 0%
- 2007: 1%
- 2008: 1%
- 2009: 1%
- 2010: 1%
- 2011: 1%
- 2012: 1%
- 2013: 2%
- 2014: 1.6%

IDPH, 2014
Iowa Drug Treatment: *Percentages*

Any Abuse of Non-Heroin Opiates & Synthetics as a % of All Admissions

- 2.69% (2005)
- 8.98% (2012)

Treatment Episode Data System, 2012
Iowa Poison Center Toxic Exposure Calls
All Substances

- Pharmaceuticals = 60.59% (Analgesic Pain Meds #1)
- Nonpharmaceuticals = 38.62%
- Other = 0.79%

January-July 2015

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*

*2015 Preliminary Data*  
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 Preliminary Data

Iowa Department of Public Health, Bureau of Health Statistics, 2016
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

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
The heroin epidemic: 'It's going to get worse and worse'

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

Lee Hermlston, 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.
Almost 66% of 2015 Cases Occurred in 30 Central & East Central Iowa Counties
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: Iowa Plan

Education & Intervention
Secure Storage & Safe Disposal
Monitoring
Enforcement

**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.
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

Rx TLC
Talk Lock Connect
Prevent medicine misuse in Iowa.

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 (495) 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.

Partnership Attitude Tracking Survey, 2012
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 unneeded pharmaceutical controlled prescription drugs from patients. Others offer a mail back option.

**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.

Twice as many parents with no provider guidance kept leftover pain pills at home compared to parents whose providers discussed safe disposal options. 2016 University of Michigan Health System
**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

11 Events, 5.5 Years = 69,019 Pounds
( > 34 Tons! )

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

DEA, 2016
Iowa Permanent Rx “Take Back” Sites
Controlled Prescription Drugs

Sites doubled to 93 vs. year ago & are on pace to double again by January 2017.

odcp.iowa.gov/rxtakebacks
State Prescription Monitoring Programs

National Alliance of Model State Drug Laws, 2014

[Map of the United States showing state prescription monitoring programs. States with operational PDMPs are marked in green. States with enacted PDMP legislation but not yet operational are marked in blue. States with legislation pending are marked in yellow.]
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

- Data integration with EHRs & research OK
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: Most Prescribed CII-CIVs

Hydrocodone-20% (opioid) *1st year as federal CII

Tramadol-15% (opioid) *1st year as federal CIV

Oxycodone-8% (opioid)

Alprazolam-9% (anti-anxiety)

Clonazepam-6% (anti-anxiety)

Lorazepam-6% (anti-anxiety)

Diazepam-2% (anti-anxiety)

Methylphenidates-5% (stimulant)

Vyvanse-2% (stimulant)

Zolpidem-4% (sedative)

All Others-23% (various)

Iowa Department of Public Health, Board of Pharmacy, 2016
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.

UN

Iowa Department of Public Health, Board of Pharmacy, 2016
PMP Registrants: *Prescribers & Pharmacists*

![Graph showing the number of registrants over years 2009 to 2015.](image)

- **Prescribers**:
  - 2009: 1,436 (11%)
  - 2015: 5,909 (36.9%)

- **Pharmacists**:
  - 2009: 758 (23.2%)
  - 2015: 2,692 (75.4%)

Iowa Department of Public Health, Board of Pharmacy, 2016
PMP Registrants: Enforcement & Regulators

Iowa Department of Public Health, Board of Pharmacy, 2016
Iowa PMP: *Health Care Queries*

% of Controlled Drug Prescriptions Resulting in Prescriber or Pharmacist PMP Query

- Yes: 6.8%
- No: 93.2%

Iowa Department of Public Health, Board of Pharmacy, 2015
Iowa PMP: *Health Care Queries*

% of Controlled Drug Prescriptions Resulting in Prescriber or Pharmacist PMP Query

- 2009: 0.5%
- 2010: 1%
- 2011: 2%
- 2012: 3%
- 2013: 4%
- 2014: 5%
- 2015: 6.3%

Iowa Department of Public Health, Board of Pharmacy, 2016
Iowa PMP: “Doctor Shopping?”
Patients Receiving C II, III, & IVs from 5 or More Prescribers or Pharmacies

Iowa Department of Public Health, Board of Pharmacy, 2016
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, personal responsibility & family prevention

Medication Assisted Treatment

Increased access to naloxone opioid overdose “rescue” drug
Challenges

Medicines can work wonders & are perceived as safe…or “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

New powerful non-medical synthetic opioids (fentanyl analogs)
STAY SAFE!

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