Drug Abuse in Iowa

Responding to Evolving Challenges

Iowa Office of Drug Control Policy
May 2018
Most Common Drugs Used: All Iowans

Primary Substance of Choice by Iowans in Treatment

Iowa has the lowest rate of current illicit drug use & 5th highest rate of binge alcohol drinking in the U.S.

National Survey on Drug Use & Health, 2015-2016 (12+)

Iowa Department of Public Health, 2017
Iowa Youth Substance Abuse
6th, 8th and 11th Grade Users, Last 30-Days

Iowa Youth Survey, 2016
Iowa Drug-Impaired Traffic Fatalities
Drug & Mixed Drug/Alcohol-Related Traffic Deaths

U.S. drug-impaired fatal crashes now outnumber alcohol-impaired fatalities (43% vs. 38%).
Marijuana is the most-cited drug involved in fatal crashes:
35.6% in U.S. & 51% in Iowa.
2015 NHTSA & 2016 IDOT

Rx opioids detected in fatally-injured drivers:
7.2%-2015 vs. 1.0%-1995.
2017 American Journal of Public Health

(41 of 84 also involved alcohol + 65 alcohol only fatalities) Iowa Departments of Transportation & Public Safety, 2017
Iowa “Drug-Related” Prison Admissions

Primary Drug Involved

58% of state prisoners & 63% of jail inmates in the U.S. abused drugs vs. 5% of the general population.

USDOJ, Bureau of Justice Statistics, 2017
Iowa Drug & Alcohol-Related ED Visits
Monthly Averages

(*Caution advised interpreting trends due to reporting changes in 2015)  
Iowa Department of Public Health, 2017
Iowa’s Workplace
Small Sampling of Positive Drug Tests Reported 2017 (vs. 2002)

In the general U.S. workforce, the rate of amphetamine, marijuana & heroin detection increased annually over the last 5 years in urine testing.

2016 Quest Diagnostics

Iowa Department of Public Health, 2018
Current Alcohol Use

Last 30-Days

National Survey on Drug Use & Health, 2014/2015
Current Binge Drinking
Last 30-Days

National Survey on Drug Use & Health, 2013/2014
Current Tobacco Use
Last 30-Days

National Survey on Drug Use & Health, 2014/2015
Iowa Youth Cigarette vs. E-Cigarette Use
Last 30-Days

Iowa Youth Survey 2016
Marijuana
Marijuana Laws & Use by Teens

Law types by State, including DC
CNN/Money, 2018

Past Month Use by 12-17 Year Olds
NSDUH, 2015-2016
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…&…legalization of marijuana.”
Iowans’ *Current* Marijuana Use

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

Iowa Youth 12-17 years old currently using marijuana.

- Use: 5.38%
- Do Not Use: 94.62%

6th Lowest in U.S.

Iowans 12 & older currently using marijuana.

- Use: 5.47%
- Do Not Use: 94.53%

3rd Lowest in U.S.

National Survey on Drug Use & Health, 2015/2016
Iowa Youth Marijuana Attitudes
Among Iowa 11th Graders

One in four Iowa High School Juniors Perceive No Risk
Smoking Marijuana Once or More a Week...

...and 22% of Iowa 6th Graders See No Risk.

Iowa Youth Survey, 2016
Marijuana’s Increasing THC Potency
Trends in Plant Material Seized in U.S. (<1% THC in 1972)

Colorado THC levels averaged 17.1% for plant products
(62.1% for “concentrates”)

University of Mississippi Marijuana Project, 2016
2015 Rocky Mountain HIDTA
Concentrates
Less is More

“Green Crack” wax

“Ear Wax”

Butane Hash Oil (BHO)

“Shatter”

Hash Oil Capsules

“Budder”
New Marijuana in Iowa

~1 of every 12 marijuana samples sent to Iowa’s crime lab in 2016 involved marijuana "preparations" (high-THC concentrates such as hash oils, waxes & marijuana-infused edibles).

Iowa Department of Public Safety, 2016
Meth
Iowa Meth Labs

Iowa Department of Public Safety, 2018
Iowa Meth Purity
Crime Lab Fiscal Year Averages

Iowa Department of Public Safety, 2017
Iowa’s meth treatment rate is the highest in the U.S. (213/100,000 vs. 53/100,000)

U.S. Treatment Episode Data System, 2014
Opioid & Rx Abuse
Opioid OD Death Rates
2016

2016 Iowa Drug OD Death Rate: 10.6 per 100,000, 47th in U.S.

Provisional Report: Iowa rate increased 10.2% during 12 months ending July 2017 vs. previous year.
Opioid Misuse: Top Line Trends in U.S.

The U.S. has <5% of the world’s population, but consumes ~75% of its Rx, including 81% of its oxycodone & >99% of its hydrocodone.

UN 2010

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

CDC 2016

Drug ODs claim 174 U.S. lives daily, 115 from opioids. Surging synthetic opioids (e.g., fentanyl/analogues) are now the leading cause of opioid OD deaths in the U.S., followed by heroin & Rx.

CDC 2016
Opioid OD Deaths: 1999-2016
By Type of Opioid (Rx, Heroin, Fentanyl, etc.)

U.S. deaths = 1 every 12.5 minutes (42,249 in 2016).
Iowa deaths = 1 every 2.1 days (180 in 2016).
CDC & IDPH

(CDC, 2017)
Most-Prescribed Iowa Controlled Substances
CIIs-CIVs per Iowa’s Prescription Monitoring Program (PMP) in 2017

- **Hydrocodone** - 23% (opioid)
- **Tramadol** - 17% (opioid)
- **Oxycodone** - 5% (opioid)
- **Morphine** - 2% (opioid)
- **Alprazolam** - 11% (anti-anxiety)
- **Clonazepam** - 7% (anti-anxiety)
- **Lorazepam** - 7% (anti-anxiety)
- **Clonazepam** - 7% (anti-anxiety)
- **Methylphenidate** - 6% (stimulant)
- **Zolpidem** - 5% (sedative)
- **Amphetamines** - 9% (stimulant)
- **Diazepam** - 2% (anti-anxiety)
- **Clonazepam** - 7% (anti-anxiety)
- **All Others** - 6% (various)

2017 C2-4 Rx doses dropped 9.7% to 271,499,890 vs. 2016
Iowa Board of Pharmacy/PMP, 2017
Iowa Opioid Treatment Admissions
Heroin + Non-Heroin Opiates/Synthetics Primary at Admission

2017 Iowa Opioid Treatment Admits:
3,261…up 436% vs. 608 in 2005.
Iowa Department of Public Health, 2017

Iowa 12+ Pain Reliever Misuse (4.05%) 44th in U.S.
National Survey on Drug Use & Health, 2015-2016

U.S. Treatment Episode Data System, 2017
Iowa Opioid-Related Hospital ED Visits
Opioid Use as Causal or Contributing Factor: Monthly Averages

- Heroin exposure calls to Iowa’s Poison Hotline more than tripled in 6 years, from 10 in 2011 to 36 in 2017.
  Iowa Poison Control Center, 2018

- Cost of Iowa opioid abuse health care: $121m ($39 per-capita).
  Matrix Global Advisors, LLC, 2015

- Iowa had lowest rate of opioid-related hospital ED admissions & inpatient stays, but hospitalizations rose 11% from 2009-2014.
  Agency for Healthcare Research & Quality, 2014

- 2017 Midwest opioid OD ED visits rose 70% (avg.) vs. 30% in most states vs. 2016.
  CDC, 2018

(*Caution advised interpreting trends due to reporting changes in 2015)
Iowa Opioid OD Deaths
Primary Cause of Deaths vs. Contributing Factor (Related) Deaths

13 OD deaths were caused by heroin mixed with other drugs (meth, cocaine, fentanyl).
Iowa State Medical Examiner, 2017

*205 (63 Heroin-Related)

*2017 provisional year-end data. “Related” totals include “caused” deaths.
Iowa Department of Public Health, 2018
Iowa Opioid Deaths
2016 by County
Iowa Opioid Hospital Admissions
2013-2016 by County
Iowa Opioid Treatment Admissions
2014-2017 by County
Iowa Illicit Opioid Law Enforcement Seizures
Cases Submitted to the DCI Lab in 2017
Naloxone Use by Iowa EMS Providers

# Times Administered to Reverse Opioid-Related ODs

Some Iowa EMS crews carry 2x-3x doses due to powerful illicit synthetic opioids
(~1 naloxone “save”/month in Dubuque in 2017)

*2017 year-end data preliminary.

Iowa Department of Public Health, Emergency & Trauma Services, 2017
Heroin

& Non-Medical Synthetic Opioids
(e.g., fentanyl analogs)
Opioid Misuse: Precursors

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
- Marijuana
- Cocaine
- Rx Opioid Painkillers

...more likely to be addicted to heroin.

(Marijuana use appears to increase—>2x—rather than decrease, the risk of developing nonmedical prescription opioid use & opioid use disorder. Offson, Wall, Liu, Blanco/American Journal of Psychiatry, September 2017)
Heroin, Fentanyl & Illicit Synthetic Opioids
Law Enforcement Seizure Cases/Month per Iowa’s Crime Lab (average)

Iowa’s crime lab reports counterfeit oxycodone tablets containing carfentanil & cases of illicit opioids mixed with cocaine, meth, ketamine, caffeine, etc....

The DEA reports a 117% increase in U.S. illicit synthetic opioid lab submissions in 2017 vs. 2016, including 7 new fentanyl analog compounds.

(*2018 year-to-date data through March)
Illicit Synthetic Opioids: Less is More

Often mixed with heroin, illicit *synthetic opioids* (e.g., fentanyl analogs)—in tiny amounts—can be much more lethal vs. heroin.

Drug Enforcement Administration, 2017
Response to Opioid Misuse

“3 Rs” to Curb Supply & Demand

- **Rescue** (Intervention)
  - PMP: Enhancements ongoing & more proposed
  - Naloxone: Access improving to reverse ODs

- **Recovery** (Treatment & Aftercare)
  - Substance Use Disorder & Medication Assisted Treatment: MAT expansion continues
  - Peer Recovery Mentors: Training underway for OD referrals
  - Support: CRUSH & other groups forming

- **Reduction** (Prevention & Enforcement)
  - CDC Opioid Prescribing Guidelines: More prescribers adopting
  - Patient Instruction: Take as directed & respect medicines
  - Education: Information for youth & adults
  - Safeguards: Secure storage & proper disposal

Get Help 24/7: Call 855-581-8111, Text 855-895-8398 or go to YourLifelowa.org
Iowa “Take-Back” Initiative
Amount (in Pounds) of Rx Drugs Collected

Collected in first 15 one-day events:
56+ tons (30+ pounds per minute) in Iowa
&
9+ million pounds (2+ tons per minute) in U.S.

Next National Prescription Drug Take Back Day:
Fall 2018!
Iowa Permanent Rx “Take Back” Sites
Controlled Prescription Drug Disposal Locations

Search: **Iowa Rx Takebacks**

231 Sites in all 99 Counties (117 Law Enforcement Centers, 114 Pharmacies) vs. 47 in January 2016
Iowa Medication Assisted Treatment Provider Locations

84 Iowa MAT Providers in 2018 vs. 31 in 2015

Iowa Department of Public Health, 2018
Governor’s Priorities to Curb Opioid Misuse

1. Increase Prescriber Use of the Prescription Monitoring Program (e.g., faster, friendlier & more complete PMP database; proactive notices to prescribers & dispensers of inappropriate patient use; integration)

2. Reduce Opioid Prescribing to Prevent Misuse (e.g., partial prescriptions; CDC guidelines to reduce opioids for certain chronic pain; electronic Rx; prescriber activity reports; education/prevention)

3. Strengthen Interventions for Iowans Misusing or Addicted to Opioids (e.g., naloxone access & use; Good Samaritan incentive for reporting ODs; peer coaches & mentors)

4. Enhance Medication Assisted Treatment for Opioid Addicted Iowans (e.g., expand MAT providers & access; reduce insurance barriers)
Iowa Opioid-Related Legislation & News

**HF 2377: Comprehensive Opioid Response** *(Passed House & Senate, with *amendment)*

1. Automatic PMP registration at time of professional licensure or license renewal.
2. Mandatory PMP queries on patients when prescribing opioids.
3. Proactive PMP notices of possible improper use of controlled substances.
4. Next business day controlled substance dispensing to PMP.
5. Reporting to PMP of non-pharmacy controlled substance dispensing (*veterinarians exempt)*.
6. Reporting to PMP of naloxone use by first responders.
7. Annual PMP prescriber “report cards.”
8. License surcharge of up to 25% to pay for PMP enhancements.
9. Continuing education requirements for all opioid prescribers re: CDC guidelines.
12. Banning new illicit synthetic opioids, similar to emergency federal action.
13. Good Samaritan protection to encourage 911 calls to report overdoses.

**Proposals Not in HF 2377:**
- Monitoring Schedule V controlled substances.
- Opioid prescription limits.
- Needle exchanges.
- Rx opioid surcharge.
- Additional treatment resources.

**Other News:** ~50 Iowa counties join suit; state AGs probe; USDOJ targets...Rx opioid makers.
STAY SAFE!

Iowa Governor’s Office of Drug Control Policy
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