Iowa’s Evolving Drug Trends
& Public Safety Implications

January 2020
Iowa Office of Drug Control Policy
Emerging Drug Issues: Overview

**PRODUCT DIFFUSION**

- Delivery/Consumption Systems: Vaping (Nicotine, THC, Heroin, etc.), smoking, oral ingestion, IV
- Forms: THC & CBD oils, waxes, edibles; Smokable hemp; Synthetics; “Ice”
- Mixtures: Heroin + Fentanyl &/or Meth &/or Marijuana; Other cocktails
- Distribution: Mail & Shipping Services

**POTENCY ESCALATION**

- Alcohol: Concentrations (craft beers)
- Nicotine: Levels (vaping pods)
- THC: Concentrations (hash oils, waxes & edibles)
- Meth: Purities (nearly 100% “ice”)
- Fentanyl, et al.: Extremely lethal

**POLICY CHANGE**

- LAWS: Medical & legal marijuana (THC &/or CBD); Hemp; Psychedelic Mushrooms (psilocybin) & Ecstasy (MDMA); Opioids; Smoking & Vaping; etc.?
Several potentially addictive substances in Iowa are much stronger today versus a few years ago. Many of these products are now available in different forms and increasingly higher potencies.

**IOWA OPIOID RELATED OVERDOSE DEATHS:**
- Heroin, Rx Methadone, Other Opioids, and Other Synthetic Narcotics

**IOWA METH PURITY:**
- Crime lab fiscal year averages

**Potency on the Rise**

**Medicines**
- Carfentanil: 10,000x
- Fentanyl: 100x
- Heroin: 1x

**Iowa Alcohol-Related Mortality**
- 59
- 137

**Potency on the Rise**

**Alcohol**
- 1 craft beer can have as much alcohol as 2 or 3 regular beers

**Potency on the Rise**

**Marijuana**
- Colorado’s average THC levels
- 68.6% concentrates
- 12.7% National average THC levels
- 19.6% hash

**Potency on the Rise**

**Nicotine**
- Higher nicotine e-cigarette products have been released in recent years and account for a large and increasing share of U.S. e-cigarette/puffing sales.

**Potency on the Rise**

**Nicotine Salts:**
- Nicotine salts allow for high levels of nicotine to be delivered more easily and with less irritation.

**Smokefree & CDC, 2017**

**Potency on the Rise**

**Iowa Binge Drinking:**
- Percentages of adult Iowans who report heavy binge drinking have remained steady higher than national averages. Nationally, 16.3% of Americans report binge drinking with 22.6% of Iowa respondents reporting binge drinking.

**Potency on the Rise**

**Marijuana’s Increasing THC Potency:**
- Seized in U.S.
- 1972: 1% 1995: 3.75% 2016: 12.7%
Rates of U.S. Illicit Drug Use, by States & DC
Map: 12+ Current (Past Month) Use

Iowa ranks:
41st in overall illicit drug use (9.39% vs. 11.43% US),
47th in marijuana use (7.04% vs. 9.83% US),
37th in heroin use (yearly) (0.26% vs. 0.31% US),
17th in pain reliever misuse (yearly) (4.13% vs. 3.85% US),
46th in the rate of drug overdoses (11.5 vs. 21.7 US per 100,000),
17th in tobacco use (25.51% vs. 21.96% US),
10th in binge alcohol drinking (28.53% vs. 24.49% US),
19th in meth use (yearly) (0.86% vs. 0.64% US),
(8th highest rate of meth treatment).

National Survey on Drug Use & Health, 2017-2018; CDC, 2017; & Treatment Episode Data Set, 2017
Iowa Youth Substance Abuse
6th, 8th and 11th Grade Users, Last 30-Days

Iowa Youth Survey, 2018
Iowans’ Most Common Drugs of Abuse
Primary Substance Cited by Iowans in Treatment

- Alcohol: 42.7%
- Marijuana: 25.4%
- Meth: 22.8%
- Other: 4.9%
- Heroin: 2.7%
- Cocaine: 1.5%

Iowa Department of Public Health, 2019
Drugged driving deaths up in Iowa after nearby states legalize marijuana

Drug-related crashes up in Iowa, while the number of alcohol-related crashes fall

Drugged Driving Deaths Spike With Spread of Legal Marijuana, Opioid Abuse

'Drugged driving' surpasses drunken driving among drivers killed in crashes, report finds

Drugged driving on the rise as marijuana, opioid use puts motorists at risk, study finds

Why It’s Difficult to Develop a Roadside Test for Marijuana

Growing number of fatal car crashes linked to drug use

Some people think marijuana or opioids don’t impair their ability to drive – and some even believe these drugs make them safer drivers.
U.S. drug-impaired fatal crashes outnumber alcohol-impaired fatalities (44% vs. 38%). In 2016, marijuana was the most-cited drug detected in fatal crashes: 41.1% in U.S. & 51% in Iowa.  
2016 GHSA & 2016 IDOT

After marijuana legalization, 26% of Canadians aged 18-34 admit to recently driving or riding with a driver under the influence of cannabis.  
Canadian Automobile Association, 2019

The number of U.S. drivers under the influence of marijuana rose 47% from 2014-2018, to 12 million.  
CDC/SAMHSA, 2019

Colorado, Washington & Oregon experienced a 5.2% higher police-reported crash rate overall than would have been expected had they not legalized marijuana.  
Insurance Institute for Highway Safety, 2018

Iowa Drug-Related Traffic Fatalities
Drug & Mixed Drug/Alcohol-Related Traffic Deaths
Iowa Drug-Related Traffic Fatalities
2018 by Drug Type (not including alcohol-only)

Drugged driving is more complicated than drunk driving.

<table>
<thead>
<tr>
<th></th>
<th>DRUGGED DRIVING</th>
<th>DRUNK DRIVING</th>
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<tbody>
<tr>
<td>Number</td>
<td>Hundreds of drugs</td>
<td>Alcohol is alcohol</td>
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<td>Use by Drivers, Presence in Crashes</td>
<td>Limited Data</td>
<td>Abundant Data</td>
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<tr>
<td>Use by Drivers</td>
<td>Increasing</td>
<td>Decreasing</td>
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<tr>
<td>Impairment</td>
<td>Varies by type</td>
<td>Well-documented</td>
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<tr>
<td>Crash Risk</td>
<td>Varies by type</td>
<td>Precise</td>
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<tr>
<td>Beliefs &amp; Attitudes</td>
<td>No strong attitudes – public indifferent</td>
<td>Socially unacceptable</td>
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</tbody>
</table>

Cannabinoids & THC

Stimulants (Amphetamines, Meth, Cocaine)

Opioids, Narcotics

Depressants

Hallucinogens

Others

Some cases involve multiple substances

Iowa Department of Transportation 2019
Iowa Driving-Related Blood Screens
DCI Lab Positive Results on Cases from Law Enforcement

Blood Positive Screens by Drug Category

*2019 year to date through November.

Iowa Department of Public Safety, 2019
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 Justice Data Warehouse, 2019
Iowa Drug-Related Child Abuse
Confirmed/Founded Cases: Presence of Illegal Drugs in Child’s System

(*Caution advised interpreting trends due to protocol changes in 2014 & 2017)
Iowa Department of Human Services, 2019
Iowa Drug & Alcohol-Related ED Visits
Use as Causal or Contributing Factor

(*Reporting methods changed in 2015, resulting in a new baseline in 2016.)

Iowa Department of Public Health, 2019
The use of meth/amphetamine, marijuana & cocaine detected in the U.S. workforce is at its highest rate in a decade, though the opiate positivity rate declined nationally. Except for meth, Iowa workplace drug detection rates are below the U.S. average.

2018 Quest Diagnostics
Substance-Involved Deaths in Iowa
Involving Alcohol, Opioids and Psychostimulants (e.g., Meth)

US deaths from alcohol, drugs & suicide in 2017 hit the highest level on record, 46.6 deaths per 100,000 people.

CDC, 2018

Alcohol

Opioids

Psychostimulants

Iowa Department of Public Health, 2019
Substance Use Disorder Precursors
Most SUDs are Rooted in Behavior that Begins in our Teens

DuPont, et al., 2018
Alcohol & Tobacco/Nicotine
Current Binge Drinking
Last 30-Days

National Survey on Drug Use & Health, 2017/2018
Current Tobacco Product Use
Last 30-Days

National Survey on Drug Use & Health, 2017/2018
25.5% of US 12th graders report currently vaping nicotine in 2019 vs. 11% in 2017. 14% of US 12th graders report currently vaping marijuana in 2019 vs. 4.9% in 2017.

(4%) in 2016

Iowa’s Poison Control Center was on pace for a 147% increase in E-cigarette “exposure” calls in 2019 (94 vs. 38 in 2018).

IPCC, 2019

Iowa Youth Survey, et al., 2018
Source of vaping products containing THC among those in the U.S. contracting vaping-related lung injuries in 2019:

- 78%: informal (family, friends, dealers & online),
- 16%: commercial (recreational &/or medical marijuana dispensaries),
- 6%: both informal & commercial sources.

CDC, 2020
Teen Vaping of Nicotine & Marijuana Surges

NICOTINE VAPING
Past month use

THC VAPING
Past month use

National Institute on Drug Abuse/Monitoring the Future, 2019
Why do Teens Vape?

TEENS REPORT REASONS FOR VAPING

- To experiment – to see what it’s like: 60%
- Because it tastes good: 40%
- To have a good time with my friends: 30%
- To relax or relieve tension*: increased by more than 1/3
- To feel good or get high*: 20%
- Because of boredom – nothing else to do: 10%
- Because it looks cool: 10%
- Because I’m "hooked" – I have to have it*: more than doubled
- To help me quit regular cigarettes: 5%
- Because regular cigarette use is not permitted: 5%

*Up significantly from 2018

National Institute on Drug Abuse/Monitoring the Future, 2019
Marijuana
Potential to Heal or Hurt?

“Medical”
“Extracts”  “CBD & THC”  “Concentrates”
“Recreational”
Marijuana or Cannabis Plant:
Dried leaves, flowers, stems & seeds from the plant, Cannabis sativa.

Concentrates:
High THC marijuana products (e.g., hash oils, waxes & edibles).

Cannabinoids:
Chemical compounds found in marijuana. Scientists say marijuana consists of more than 100 cannabinoids (& over 500 chemicals in total).

Cannabinoid Receptors:
Brain neuron molecules to which cannabinoids attach, disrupting mental & physical functions (memory, coordination, concentration, etc.).

Cannabidiol (CBD):
A non-psychoactive marijuana compound that may have medical value.

Delta-9-tetrahyrdocannabinol (THC):
Marijuana’s main psychoactive compound that may have therapeutic value.
## Language Changes

<table>
<thead>
<tr>
<th>Then</th>
<th>Now</th>
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<tbody>
<tr>
<td>Weed</td>
<td>Hash or Honey Oil</td>
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<tr>
<td>Grass</td>
<td>Wax or Earwax</td>
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<tr>
<td>Pot</td>
<td>Budder, Crumble, Shatter</td>
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<tr>
<td>Reefer</td>
<td>Black Glass</td>
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<tr>
<td>Hash</td>
<td>Edibles</td>
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<td>Joints</td>
<td>Loud</td>
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<tr>
<td>Blunts</td>
<td>Tree</td>
</tr>
<tr>
<td>Buds</td>
<td>Green</td>
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Marijuana Laws & Use by Teens

Marijuana remains an illegal Schedule I controlled substance under federal law.

- CBD Only Medicinal Use = 14 States (e.g., Iowa)
- No Legal Use = 3 States
Health Group Positions on Marijuana

• Major public health organizations do not support smoked marijuana.

• The American Academy of Pediatrics “opposes medical marijuana outside the regulatory process of the US FDA. Notwithstanding this opposition to use, the AAP recognizes that marijuana may currently be an option for cannabinoid administration for children with life-limiting or severely debilitating conditions and for whom current therapies are inadequate.”

Marijuana impairs/worsens respiratory systems, heart rate, coordination, judgment, memory, problem-solving & mood. It contributes to auto crashes & can cause severe anxiety & psychosis.
National Institute of Drug Abuse, 2018

Between 9 & 30% of those who use may develop some degree of marijuana use disorder. People who begin using before age 18 are 4 to 7 times more likely than adults to develop a disorder.
National Institute of Drug Abuse, 2018
Iowans’ *Current* Marijuana Use

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

**Iowa Youth 12-17 years old currently using marijuana.**

- Use 5.36%
- Do Not Currently Use 94.64%

11th Lowest in U.S.

**Iowans 12 & older currently using marijuana.**

- Use 7.04%
- Do Not Currently Use 92.96%

4th Lowest in U.S.

(Marijuana is primary drug for 77% of Iowa juveniles in treatment.)
Iowa Department of Public Health, 2018

National Survey on Drug Use & Health, 2017/2018
Drugs of Choice: Iowa Youth
Primary Substance for Juveniles in Treatment

- Marijuana: 77%
- Alcohol: 15%
- Meth: 3%
- Cocaine: ~0.5%
- Opioids: 1%
- Inhalants: ~0.5%
- Other: 3%

Iowa Department of Public Health, 2019
Iowa Youth Attitudes about Marijuana
Lower Perceived Risk Coincides with Higher U.S. Rates of Use

Nearly 1 in 4 Iowa 11th graders perceive no risk smoking marijuana once or more a week, a view shared by 18% of Iowa 6th graders.

U.S. high school seniors are now ~3x as likely to report past month marijuana use (22.2%) vs. cigarettes (7.6%).
Monitoring the Future Survey, 2018

33% of U.S. teens think smoking marijuana & driving is legal.
Liberty Mutual Insurance & SADD, 2017

Iowa Youth Survey, 2018
Iowa Marijuana Use
Current Use (Past Month) by Iowans 12+

National Survey on Drug Use & Health, 2017/2018

2002-03: 4.9%
2010-11: 5%
2011-12: 6%
2012-13: 6%
2013-14: 5%
2014-15: 4%
2015-16: 5%
2016-17: 6%
2017-18: 7.04%
Marijuana’s Increasing THC Potency
Plant Material (“Weed”) Seized in U.S.

U.S. THC levels averaged less than 1% in 1972.
University of Mississippi Marijuana Project, 2014

Newer “concentrates” may contain THC levels of 80+%. 
USDOJ, DEA National Drug Threat Assessment, 2014

2017 CO THC levels ~ 19.6%-“flower,” 68.6%-“concentrates.”
Rocky Mountain HIDTA, 2018

2016 WA THC levels ~ 21.6%-“flower,” 71.7%-“concentrates.”
Northwest HIDTA, 2017

University of Mississippi Marijuana Project, through 2016
Concentrates
Less is More…THC

“Green Crack” wax

“Ear Wax”

Hash Oil Capsules

“Budder”

Butane Hash Oil (BHO)

“Shatter”

“Diamonds”

Des Moines area man arrested in Nebraska with hundreds of vape cartridges filled with THC oil
Concentrates
Less is More…THC
Marijuana from Colorado to Other States
2017 State Destinations for Colorado Marijuana (WA to IA too)

Of all Iowa marijuana seizures, ~3.4% are suspected high-THC concentrates (wax, oil, etc.) & over 2,000 were edible items (food, drink, etc.).
2018 Iowa Division of Criminal Investigation Lab

Iowa was the 3rd most frequent state destination for Colorado marijuana seized in highway interdictions.
2017 El Paso Intelligence Center

Rocky Mountain High Intensity Drug Trafficking Area, 2018
“Medical” Marijuana Derivatives & Extracts

Marinol, Syndros (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 is being tested for spasticity & other treatments.

Epidiolex (oral liquid):
Contains the non-psychoactive cannabis extract Cannabidiol (CBD). Recently approved by the FDA & reclassified as a Schedule V controlled substance by the DEA after clinical trials, this Rx product is now available in pharmacies.

Iowa “Medical Cannabidiol” (mCBD):
State law authorizes products regulated by the Iowa Department of Public Health to be used by qualified patients for eligible conditions.
“Other” CBD (Hemp-Based, Non-Medical)

CBD Goes Mainstream
CR surveyed more than one thousand CBD users nationwide to find out whether it’s changing their lives—and how

CBD hype: Is this hemp-plant derivative snake oil or a legit remedy?

These hemp farmers are making a killing on the CBD industry

Quantitative Lab Testing?
Advisories on other (OTC) CBD Products

- “The FDA has approved only one CBD product, a prescription drug product to treat two rare, severe forms of epilepsy.
- It is currently illegal to market CBD by adding it to a food or labeling it as a dietary supplement.
- The FDA has seen only limited data about CBD safety and these data point to real risks that need to be considered before taking CBD for any reason.
- Some CBD products are being marketed with unproven medical claims and are of unknown quality.”

“When the Iowa Hemp Act becomes fully implemented and effective, these products will remain illegal under the newly enacted Iowa Code Section 204.7(9) and under Iowa Code Chapter 126, the Iowa Drug, Device, and Cosmetic Act.”

Iowa Attorney General-July 2019

*A 2017 Penn. Univ. School of Medicine study found ~70% of CBD products sold online are mislabeled, posing potential harm to consumers.
Medical Marijuana Opioid Misuse

Despite cautions against corollary conclusions from a study that found states with medical marijuana laws from 1999-2010 experienced a slower increase in opioid OD deaths (-21%), medical marijuana was touted as an opioid epidemic solution.

A new study, using the same methods to extend the original analysis through 2017 & include more medical marijuana states, finds an increase in opioid OD deaths (+23%).

According to the lead author, “We don’t think cannabis was saving lives…10 years ago, & we don’t think it’s killing people now.” Researchers urge caution & more study.

NIDA/Proceedings of the National Academy of Sciences, June 2019
Other Recent Marijuana Studies
With Health or Public Safety Implications

The number of Americans who admit driving under the influence of marijuana increased 47% from 2014 to 2018.  

CDC/SAMHSA, 2019

14% of U.S. 12th graders report vaping marijuana in the last month during 2019, up from 4.9% in 2017.  

Monitoring the Future Survey, 2019

The odds of psychotic disorder among daily cannabis users were 3-2 times higher than for never users, whereas odds among high-potency cannabis users were 1-6 times higher than never users.  

The Lancet Psychiatry/Di Forti, et al., 2019

Young adults who are heavy marijuana users are more likely to seek medical marijuana cards. 19% of those studied received a card within a year, even though physical & mental health problems were not significant predictors.  

Journal of Studies on Alcohol & Drugs/RAND, 2019

NIDA/Proceedings of the National Academy of Sciences, June 2019
Meth
Number of new heroin users drops dramatically, but meth, marijuana use up, survey says

Jayne O'Donnell and Terry DeMio, USA TODAY NETWORK  
Published 10:37 a.m. ET Sept. 14, 2018 | Updated 6:44 a.m. ET Sept. 15, 2018
Iowa Meth Labs

1,500

(Gold = “One Pot” Labs)

Iowa Department of Public Safety, 2020
Iowa Meth Purity
Crime Lab Fiscal Year Averages

Iowa Department of Public Safety, 2019
Iowa Meth Treatment Admissions

Iowa Department of Public Health, 2019
Iowa has the 29th highest rate of meth use in the U.S. (2016-2017 NSDUH).

Iowa’s meth treatment rate was 8th highest in the U.S. (2017 TEDS).

Rate of Primary Meth Treatment
12+ Substance Use Disorder Treatment Admissions for Meth

- Iowa: 224 / 100k (2016-2017 TEDS)
- U.S.: 70 / 100k (2016-2017 NSDUH)

Treatment Episode Data System, 2016
Iowa Psychostimulant-Related Deaths
As a Contributing Factor

Meth was predominant drug in Iowa drug-related deaths involving psychostimulants.
State Medical Examiner, 2018

Polk County Stimulant-Related Deaths
Meth or Amphetamine as a Contributing Factor

Iowa Department of Public Health, 2019
Alert: Meth Conversion Labs

Drug traffickers have been identified as utilizing meth in solution as a concealment method to transport the drug from the Southwest Border to market areas around the U.S. Meth in solution is not an end-user product; the solution must be converted into usable form, crystal meth, following transport. **Meth conversion labs** typically utilize highly flammable materials and a heat source to convert the meth in solution into crystal meth, presenting a significant risk to law enforcement and other members of the community who may come into contact with these labs.
Opioids

- Rx
- Heroin
- Illicit Synthetics (fentanyl analogs, etc.)
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 2018

Drug ODs claimed 70,237 U.S. lives in 2017, 192 daily ...68% or 130 from opioids. Over 700,000 Americans have died from drug ODs since 1999.

Surging synthetic opioids (e.g., fentanyl/analogs) are now the leading cause of opioid OD deaths in the U.S., followed by heroin & Rx.

CDC 2017
Sources of Opioids being Misused in U.S.
Among those 12+ Misusing Rx Pain Relievers in the Past Year

- **Friends or Family** given by, bought from, or took from 53.7%
- **Rx or Theft** from health care provider 36.4%
  
  (34% Rx from 1 source)
- **Drug Dealer or Stranger** 4.9%
- **Other** 5.0%

Heroin initiation was 19x higher among those with prior non-medical pain reliever use.
2002-2012 National Institute on Drug Abuse

63.4% of Rx opioid misusers report doing so to relieve pain.
2017 American Journal of Public Health

National Survey on Drug Use & Health, 2015
Top 10 Iowa Rx Controlled Substances
CII-CIVs per Iowa’s Prescription Monitoring Program (PMP) in 2018

- Hydrocodone - 22% (opioid)
- Tramadol - 18% (opioid)
- Alprazolam - 12% (anti-anxiety)
- Oxycodone - 9% (opioid)
- Methylphenidate - 8% (stimulant)
- Zolpidem - 5% (sedative)
- Lorazepam - 8% (anti-anxiety)
- Clonazepam - 8% (anti-anxiety)
- Dextroamphetamine - 8% (stimulant)
- Amphetamine - 3% (stimulant)

# 2017 C2-4 Rx doses dropped 9.7% vs. 2016 (~30 million fewer).
Iowa Board of Pharmacy/PMP, 2017

Iowa Pharmacy Board/PMP, 2019
Ease of Access & Perception of Safety

74% of farmers say they’ve been directly impacted by opioid misuse & 77% say it’s easy to get a large amount of Rx opioids in their community w/o a prescription.

American Farm Bureau & National Farmers Union, 2017
Iowa Opioid Treatment Admissions
Heroin + Non-Heroin Opiates/Synthetics Primary at Admission

Top 2019 “Exposure” Calls:
#1 Analgesics (Pain Meds = 14%),
#2 Antidepressants, &
#3 Sedatives.
Iowa Poison Control Center, 2019

Iowa 12+ Pain Reliever Misuse (4.19%) 31st in U.S.
National Survey on Drug Use & Health, 2016-2017

U.S. Treatment Episode Data System, 2017
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.

Iowa’s 1st Carfentanil OD death per SME: February 2017

Drug Enforcement Administration, 2017
Heroin, Fentanyl & Illicit Synthetic Opioids
Law Enforcement Seizure Cases per Iowa’s Crime Lab

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

*2019 projection based on YTD pace through July.

Iowa Department of Public Safety, 2019
Iowans with Chronic HCV (Hepatitis C)
Confirmed Diagnoses possibly due to IV Drug Use, etc.

All Iowans: 220% increase.
Iowans Under Age 40: 1,042% increase.
(2018 vs. 2000)
Opioid OD Deaths: 1999-2016
By Type of Opioid (Rx, Heroin, Fentanyl, etc.)

U.S. deaths = 1 every 11 minutes
(47,761 in 2017).
Iowa deaths = 1 every 2 days
(206 in 2017).
CDC & IDPH

New research finds 91 Americans died of ODs related to the herbal drug “kratom” during an 18-month period ending December 2017.
CDC/FDA, 2019

CDC, 2018
What is kratom?
A tropical tree native to Southeast Asia. Consumption of leaves produces both stimulant effects (low doses) & sedative effects (high doses), & can lead to psychological & physiological dependence.

How is it used?
Kratom leaves typically are crushed & smoked, brewed into tea, or placed into gel capsules or tablets. Leaves may be dried or powdered, & chewed.

What are the effects?
Low doses: Stimulant effects such as increased alertness, physical energy & talkativeness.
High doses: Sedative effects that can lead to addiction. Several cases of psychosis have been reported, including delusion, confusion & hallucinations. Effects on the body include nausea, itching, sweating, dry mouth, constipation, increased urination, tachycardia, vomiting, drowsiness, loss of appetite, etc.

*At least 1 kratom-related Iowa OD death has been reported, in 2017.

Legal status?
Currently unregulated federally, though some states have imposed regulations or prohibitions on kratom possession & use. The FDA & DEA have listed kratom as a “drug & chemical of concern.”
Iowa Opioid OD Deaths
Primary Cause of Deaths vs. Contributing Factor (Related) Deaths

Iowa drug OD death rate: 11.5 per 100,000, 46th in U.S.
CDC, 2017

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

137 (36 Heroin-Related)

201 (64 Heroin-Related)
Iowa Opioid OD-Related Naloxone Use

# Annual Cases of Administration by Iowa EMS Providers

(Reporting process changed in 2015.)

Iowa Department of Public Health, Emergency & Trauma Services, 2019

Effective July 1, 2018: Iowa hospitals are required to report all naloxone administrations.
Iowa Medication Assisted Treatment
Provider Locations

107 Iowa MAT Providers in 2018 vs. 31 in 2015

Iowa Department of Public Health, 2018
Iowa “Take-Back” Initiative
Amount (in Pounds) of Rx Drugs Collected

Total collected in first 18 one-day events:
Iowa = 72+ tons (144,225 pounds)
US = 6,300+ tons (12.7 million pounds)

Next National Prescription Drug Take Back Day:
April 25, 2020!

DEA, 2019
Iowa Permanent Rx “Take Back” Sites
Controlled Prescription Drug Disposal Locations

306 Sites Statewide (189 Pharmacies & 117 Law Enforcement Centers) vs. 47 in January 2016
Iowa Drug-Related Legislation

2019: Enacted
• Children's’ Mental Health Services Reform (HF 690)
• Medicaid Preauthorization Waiver-Medication Assisted Treatments (HF 623)
• Medicaid Temporary Suspension for Iowans in Public Institutions (HF 423)
• Hemp Legalization (SF 599)

2019: Vetoed
• Medical CBD Expansion (HF 732)

2019: Did Not Pass
• Needle Exchange Pilot Program (SF 500 / HF 580)
• Controlled Substance Schedule & PMP Enhancements (SF 572 / HF 728)
• Raise Legal Age for Tobacco Product Use (SF 607)
• Alcohol Poisoning 911 Good Samaritan Immunity (SF 342)
• Marijuana Possession Reduced Penalty for Small Amounts (SF 378)
• Legal Marijuana (SF 469), Psychedelic Mushrooms & MDMA (HF 248/249)
Other Recent Legislation

2018 Enacted
- Comprehensive 13-Phase Opioid Response (HF 2377)
  PMP auto-registration, required opioid-related use, proactive notices, near real-time reporting, reporting non-pharmacy transactions, first responder naloxone reporting, prescriber report cards, & surcharge; plus continuing education per CDC guidelines, penalties for inappropriate prescribing, electronic prescribing, banning new illicit drugs & Good Samaritan OD protections.

2017: Enacted in Iowa
- Controlled Substance Act Enhancement (SF 332)
- Prescription Drug “Take Back” Fees (SF 484)
- Drug Endangered Children Protections (HF 543)
- Synthetic Drug Controls (HF 296)
- Prescription Monitoring Program Medical Examiner Access (HF 523)
- Medical CBD Production & Distribution (HF 524)

2016: Enacted in Iowa
- Naloxone Access
- Prescription Monitoring Program Integration

Enacted Federally
- 2016: U.S. Comprehensive Addiction & Recovery Act (CARA)
- 2016, etc.: U.S. 21st Century Cures Act
Do Drug Control Laws Work?

**Percentage of people worldwide who used drugs in the past year (ages 15+)**

- Alcohol: 38%
- Tobacco: 21%
- Illegal drugs: 5%

**New Paradigm: Reject False Choices?**

- Health Care vs. Criminal Justice
- Addiction Treatment vs. Drug Enforcement
- Harm Reduction vs. Drug-Free Lifestyle

WHO & UNODC, 2014/2012/2013
Youth Substance Use 40+ Year Trends

Current Use (past 30 days) Among U.S. 12th Graders

- **Alcohol**: 68.2%-29.3%
- **Cigarettes**: 36.7%-5.7%
- **Marijuana**: 27.1%-22.3%
- **Marijuana Vaping**: 4.9%-14.0%
- **Any Vaping**: 16.6%-30.9%

Monitoring the Future, 1975-2019
Iowa News & Tools: Examples
Prevention, Intervention, Treatment & Enforcement

Prevention/Education
• “What You Don’t See” mobile drug education exhibit powered by INOA.
• “Take Five” to talk with children (56% of youth say the main reason teens choose not to drink or use drugs is concern about disappointing or getting in trouble with their parents).
• Iowa Prescription Monitoring Program (PMP).

Intervention
• Good Samaritan training for law enforcement officers (IDPH).
• Expanded access to naloxone & use by first responders & other Iowans.
• Opioid prescribing practices & patient education re: alternatives, etc.
• Diversion to treatment for low-risk persons with SUD disorders (pre/post-arrest).

Treatment/Recovery
• Expanded access to Medication Assisted Treatment in Iowa.
• Aftercare, peer recovery coaches, support groups & safe homes.

Enforcement+
• Drug Task Forces investigate traffickers/diverters, to curb black market supplies.
• Iowa Opioid/Drug Data Exchange (IODE).
• Investigations & litigation involving Rx opioid makers & distributors.

Get Help 24/7: Call 855-581-8111, Text 855-895-8398 or go to YourLifelowa.org
STAY SAFE!

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

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