



OHIO'S PRESCRIPTION DRUG OVERDOSE EPIDEMIC:

NOVEMBER 5, 2014

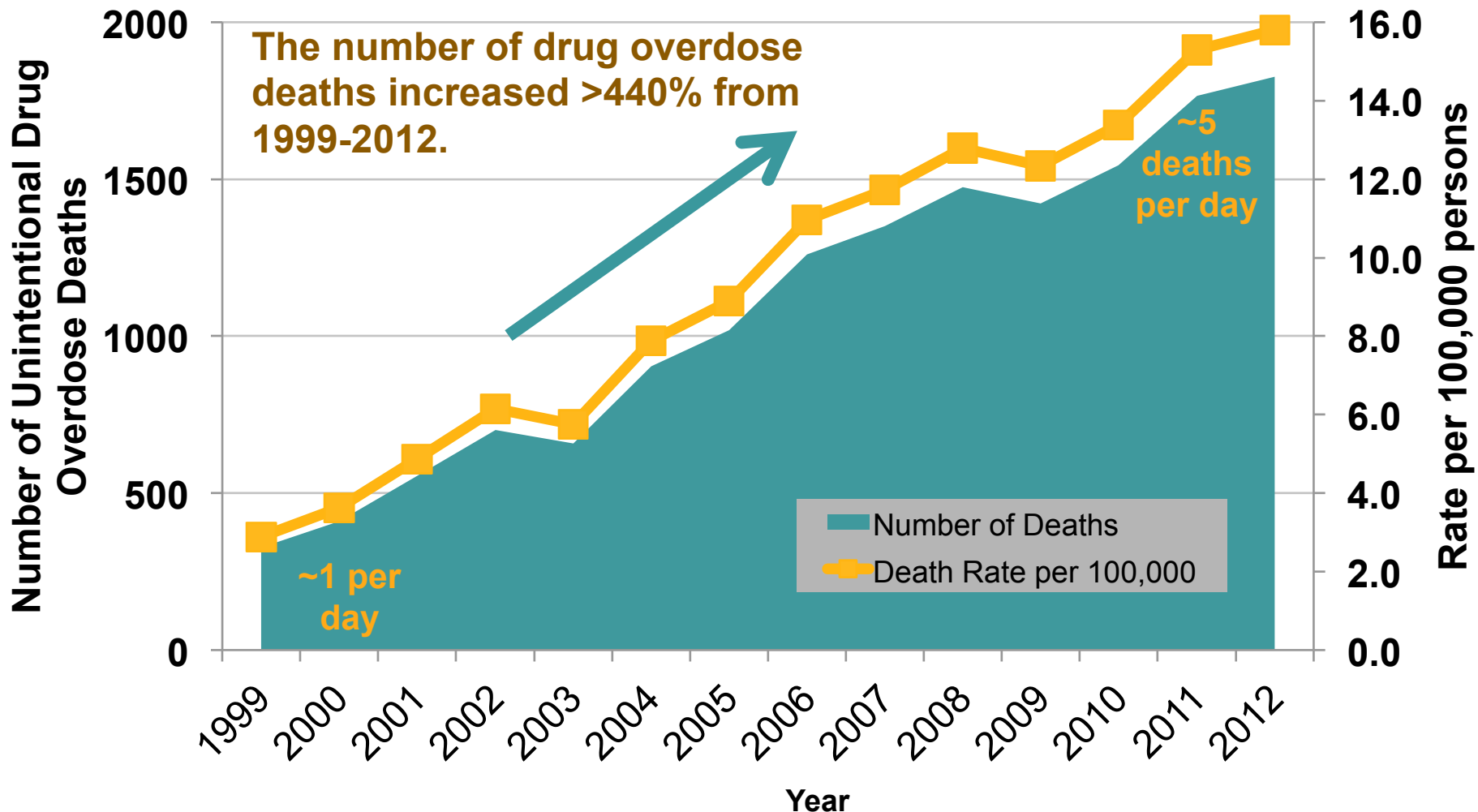
***CONTRIBUTING
FACTORS AND ONGOING
PREVENTION EFFORTS***

DEFINITIONS

- **Opiate-** originate from naturally-occurring elements found in the opium poppy plant. These drugs are best known for their ability to relieve pain symptoms. Opiate drug types include **heroin, opium, morphine and codeine.**
- **Opioid-** any chemical that resembles morphine. Can be natural or synthetic. Examples **include oxycodone (OxyContin), fentanyl, methodone, hydrocodone (Vicodin)**
- **Benzodiazepine-** a class of psychoactive drugs that work on the CNS. Most common: **Xanax**



OHIO DEATHS AND DEATH RATES PER 100,000 DUE TO UNINTENTIONAL DRUG OVERDOSE BY YEAR, 1999-2012¹



¹Source: ODH Office of Vital Statistics,

NATIONAL DATA: PUBLIC HEALTH IMPACT OF OPIOID OVERDOSE

In 2008, there were **14,800** prescription painkiller deaths.⁴

For every **1** death there are...



10 treatment admissions for abuse⁹

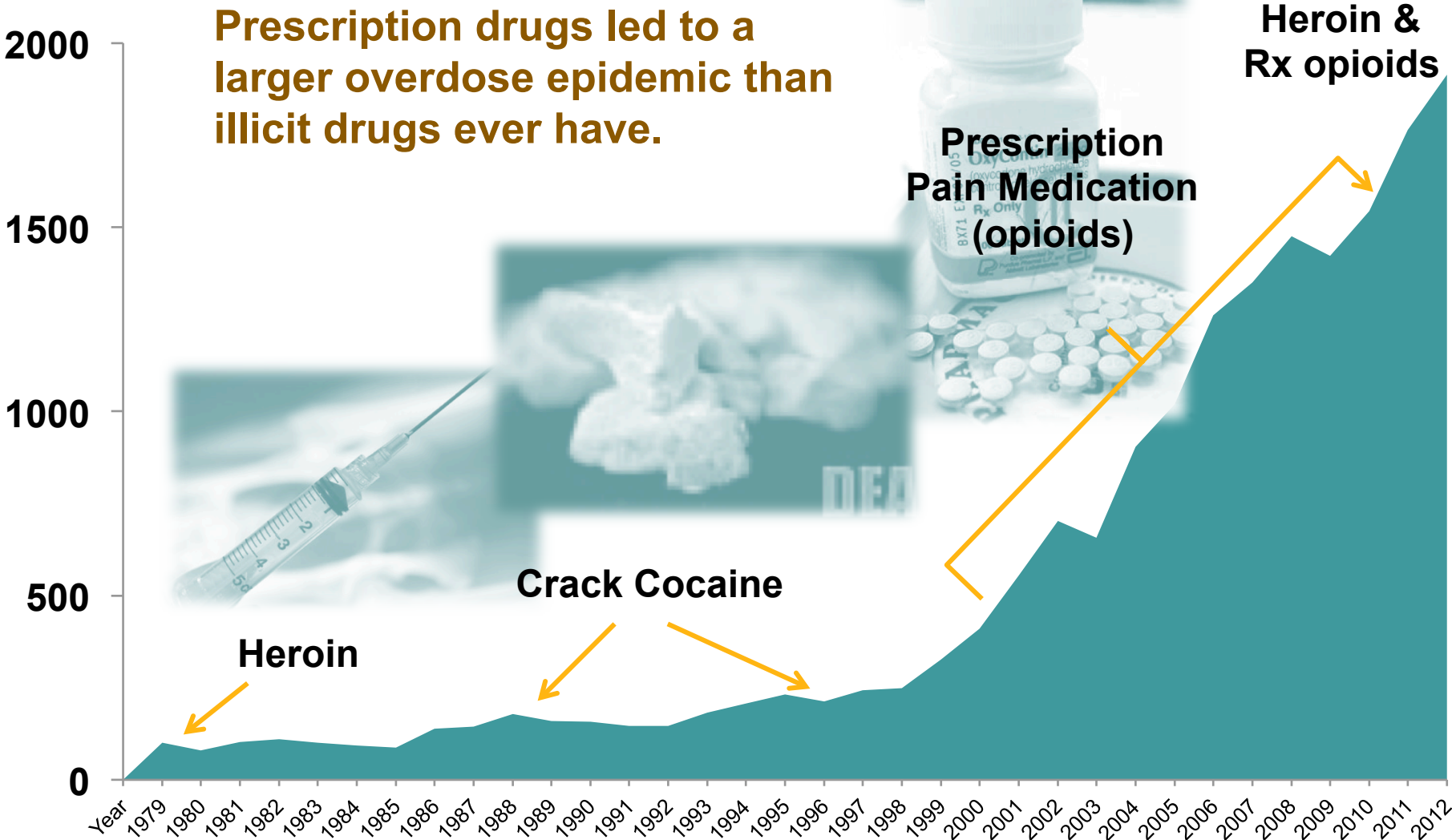
32 emergency dept visits for misuse or abuse⁶

130 people who abuse or are dependent⁷

825 nonmedical users⁷

Sources: ¹SAMHSA Treatment Episode Data Set (TEDS); ²Drug Abuse Warning Network (DAWN); ³National Survey of Drug Use in Households (NSDUH)

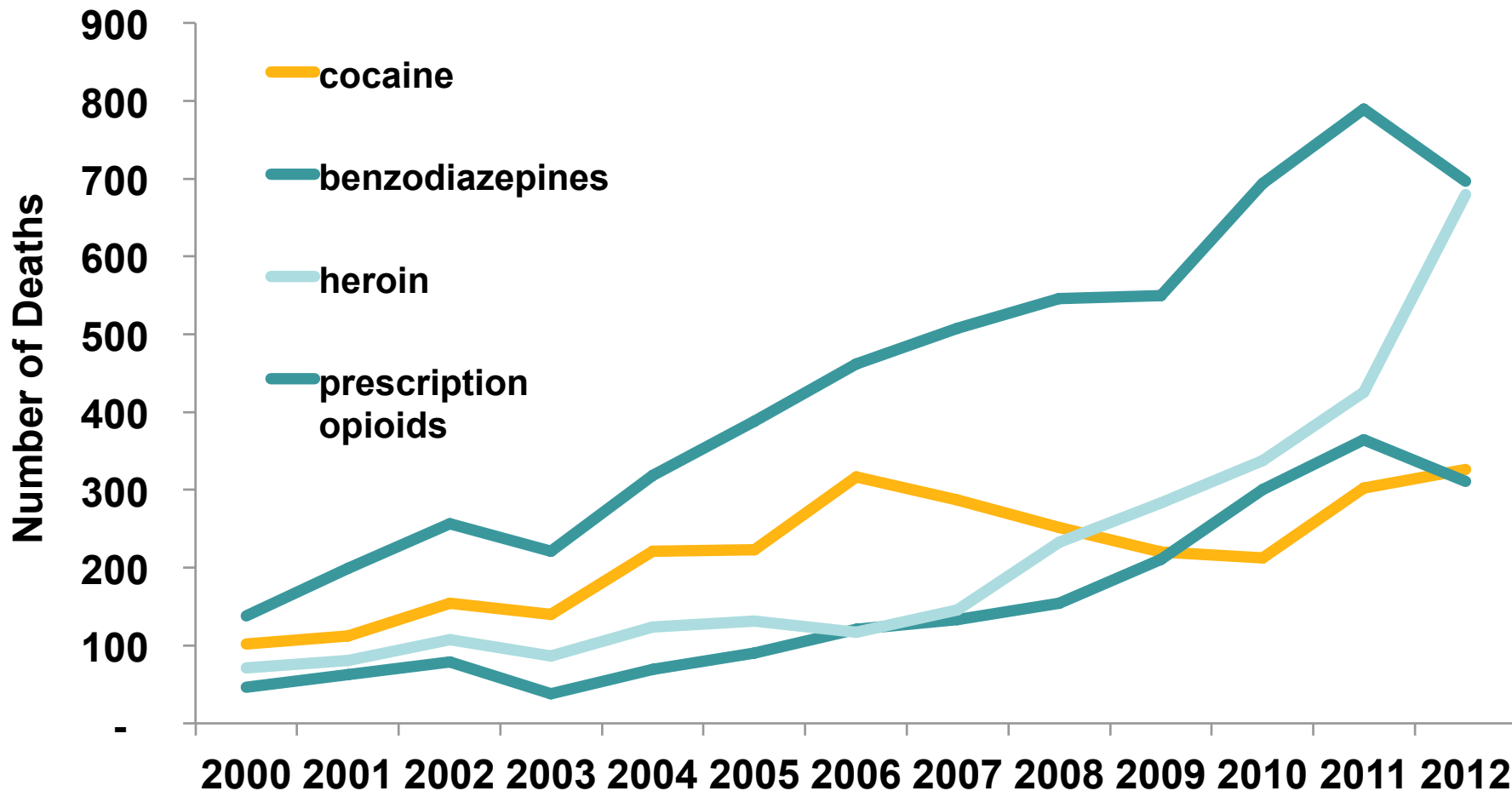
EPIDEMICS OF UNINTENTIONAL DRUG OVERDOSES IN OHIO, 1979-2012^{1,2,3}



Source: ¹WONDER (NCHS Compressed Mortality File, 1979-1998 & 1999-2005) ²2006-2011 ODH Office of Vital Statistics, ³Change from ICD-9 to ICD-10 coding in 1999 (caution in comparing before and after 1998 and 1999)

Unintentional drug overdose deaths of Ohio residents by specific drug(s) involved, by year, 2000-2012^{1,2}

Still more deaths from prescription opioids than from cocaine, heroin, and marijuana combined.



²Multiple substances are usually involved in one death.

OHIO'S OPIOID EPIDEMIC

WHO IS IMPACTED?



TEENS AND PRESCRIPTION DRUG ABUSE

According to surveys:

- In 2011, more than 1 in 5 (21%) Ohio high school students reported using a prescription drug without a doctor's prescription one or more times during their life. Of these teens, nearly half (49%) used narcotic pain relievers, 8 percent used multiple drugs and another 19 percent were unsure what they took.¹
- Every day, 2,700 teens abuse a prescription drug for the first time.²
- 8 out of 10 teens who misuse prescription drugs get the drugs from friends or relatives²

Sources: 1. ODH, Ohio Youth Risk Behavior Survey, 2011

2. SAMHSA's National Survey on Drug Use and Health

OHIO'S OPIOID EPIDEMIC

HOW DID THIS OCCUR?



CONTRIBUTING FACTORS

SUPPLY



DEMAND

“Legal”

- Growth in Overall Rx Drug Use
- New Clinical Rx Pain Management Guidelines
- Aggressive marketing of new extended-release opioids
- General over prescribing
- Pressure to satisfy “customers” in HC

“Illegal”

- Widespread Diversion of Rx Drugs through multiple channels:
 - Internet “pharmacies”
 - “Pill mills” and unscrupulous prescribers

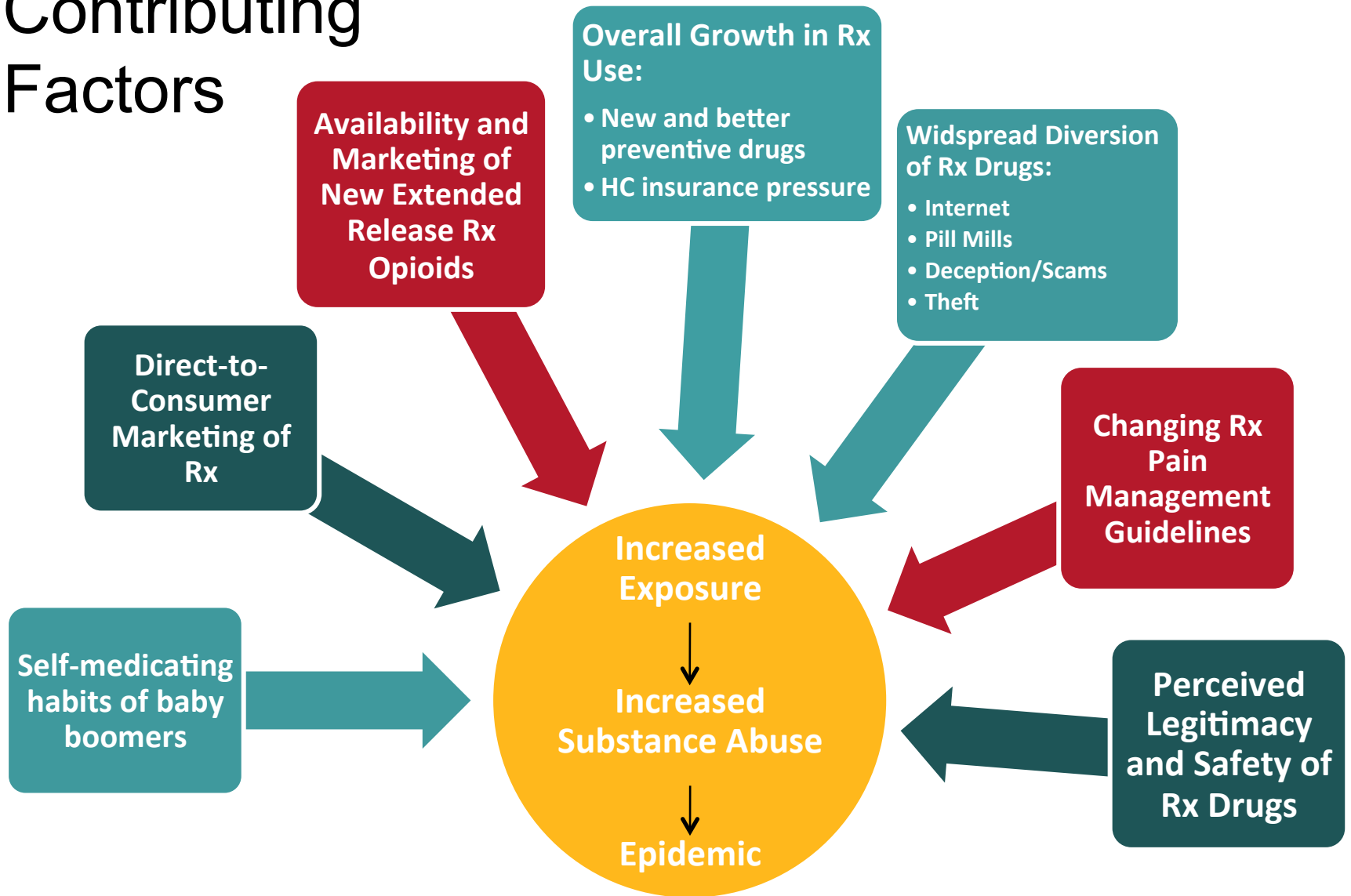
Perceived Safety of Prescription Drugs

Substance Misuse/ Abuse

- Diversion
- Doctor Shopping

HC consumers seen as “customers”

Contributing Factors

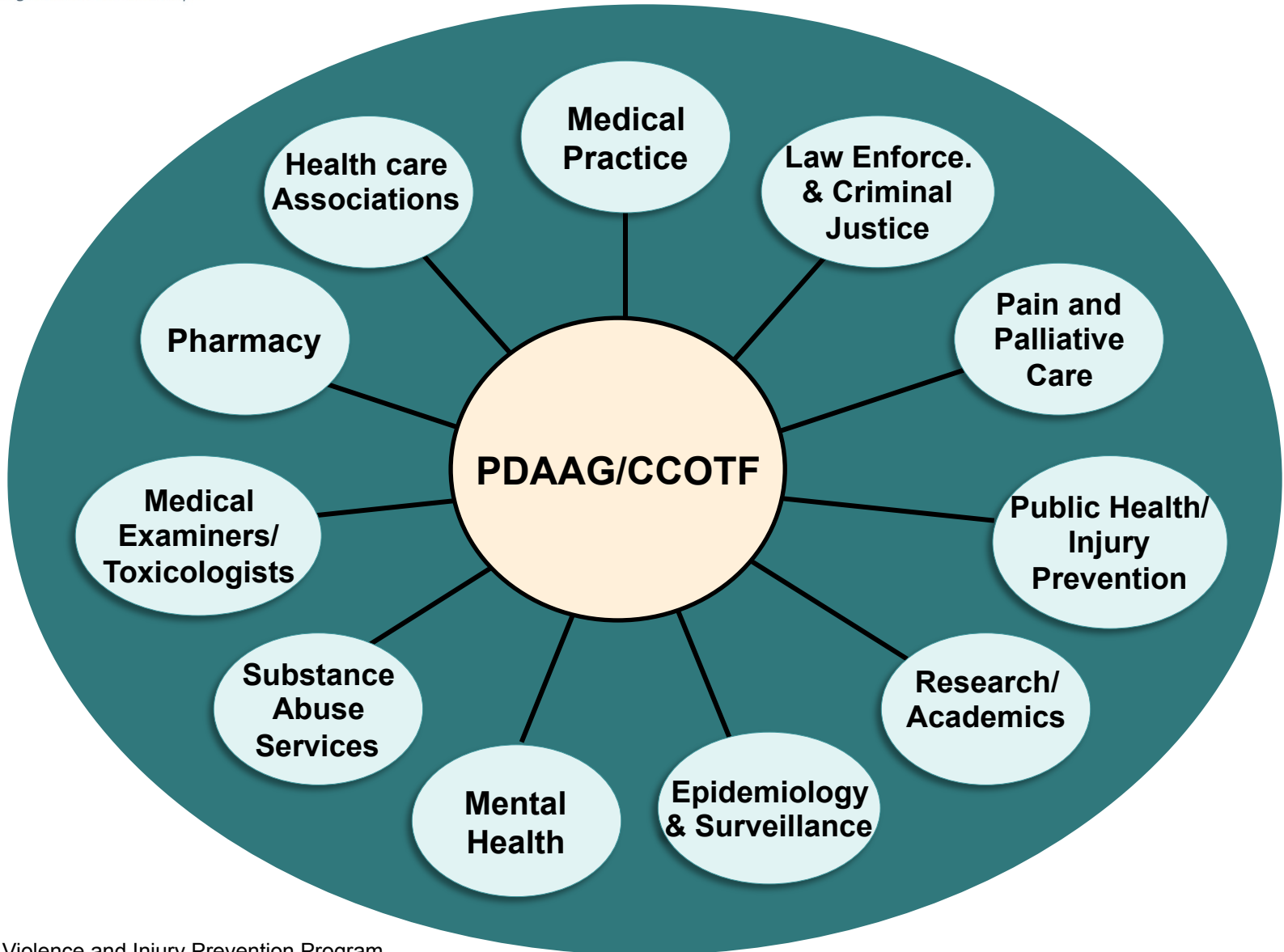


LOCAL STEPS TAKING TO ADDRESS THE ISSUE

- **Cuyahoga County Opiate Task Force**
- **Heroin and Other Opioid Action Committee**
- **Recognizing addiction as a disease**
- **Project DAWN**
- **Drug Court**
- **Medication Collection Events/Permanent Disposal Methods**
- **Prevention Messaging**
- **Proper prescribing guidelines**
- **PDR Committee**



PARTNERS



POISON DEATH REVIEW COMMITTEE

Demographics

Male:Female 73:27

White:Non-White 85:15

Ages

- 19-29 25%
- 30-44 31%
- 45-60 40%

Urban (Cleveland)/Suburban (non-Cleveland) 50:50

Historical data

- Previous history of illicit drug use 95%
- OARRS report on file 73%
- History of intravenous drug use 62%
- Period of abstinence prior to death 31%
- Mental health history 45%
- Veteran status 12%
- Physical labor and trades 40% (current vs. prior employment?)

CHALLENGES

- **Stigma**
 - Individuals made a decision to use
 - Moral view that substance abuse is a sin
- **Prescribing Practices**
 - A pill for everything culture
 - Pain is the Fifth vital sign
- **Treatment Availability**
 - Resources & beds are limited
 - IMD exclusion limits the number of beds for facilities billing Medicaid
 - New treatment options for those dealing with opioid abuse
- **Limited education on addiction medicine**
 - Increase awareness for physicians on the impact of current prescribing practices
 - Understanding that chronic pain is a valid medical issue that need to be addressed



RESOURCES

[National Association of School Nurses - Smart Moves, Smart Choices Campaign](#) – This website has an animated video focused on teens and prescription drug misuse and toolkits and other resources for parents, teens, educators and schools. In order to receive the free School Tool Kit you must be a school professional, substance abuse counselor or prevention specialist, or parent of a middle or high school-aged teen in the United States.

[National Institute on Drug Abuse - "Drugs, Brains, and Behavior - The Science of Addiction"](#) – This website contains extensive information about findings from research on the brain that have revolutionized understanding of compulsive drug use and contributed to identifying approaches to prevent and treat the problem.

<http://pharmacy.osu.edu/outreach/generation-rx-toolkits> - This website of the College of Pharmacy at the Ohio State University contains videos, toolkits and other resources developed for elementary students, teens, college students, the community, health care professionals and seniors. The materials are ready to use and can easily be adapted to many groups and settings.

<http://starttalking.ohio.gov/> - This website provides information about an educational effort initiated by Governor Kasich and First Lady Karen Kasich and focuses on a variety of ways to address the prevention of prescription drug abuse among young people. Per the website, a majority of substance-free adolescents credit their parents for the decision not to use illegal substances. Likewise, teachers and other authority figures can have a similar influence on youth and their decision-making. Materials and other resources on the website are designed to give parents, guardians, educators and community leaders the tools to start the conversation with Ohio's youth about the importance of living healthy, drug-free lives.

<http://www.healthyohioprogram.org/vipp/data/rxdata.aspx> - Here you will find State and County level factsheets, presentations, and resources.

www.opiatecollaborative.cuyahogacounty.us

[Twitter.com/OpiateTaskForce](https://twitter.com/OpiateTaskForce)

[Facebook.com/CuyahogaCountyOpiateTaskForce](https://www.facebook.com/CuyahogaCountyOpiateTaskForce)

www.ccbh.net

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