Emerging Drug Issues: Overview

PRODUCT DIFFUSION

- **Forms:** THC & CBD oils, waxes, edibles, vapes; Synthetics; Meth “ice”
- **Mixtures:** Heroin + Fentanyl &/or Meth &/or Marijuana; Other cocktails
- **Distribution:** Mail & Shipping Services
- **Consumption:** Oral; IV; vaping (Nicotine, THC)

POTENCY ESCALATION

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

POLICY CHANGE

- **LAWS:** Marijuana (THC &/or CBD) medicalization & legalization; Hemp; Psychedelic Mushrooms (psilocybin) & Ecstasy (MDMA) legalization; Opioid regulations; Smoking & Vaping proposed restrictions; etc.?
Iowa ranks:
47th in overall illicit drug use,
45th in marijuana use,
44th in heroin use (yearly),
31st in pain reliever misuse (yearly),
46th in the rate of drug overdoses,
20th in tobacco use,
6th in binge alcohol drinking,
29th in meth use (yearly)
(8th highest rate of meth treatment).

National Survey on Drug Use & Health, 2016-2017; CDC, 2017; & Treatment Episode Data Set, 2017

National Survey on Drug Use & Health, 2016/2017
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

Iowa Department of Public Health, 2018
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

Police in Colorado and California are using tests to see if drivers are high on marijuana. But more exact testing is needed as more states legalize the drug.
U.S. drug-impaired fatal crashes now 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

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
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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</thead>
<tbody>
<tr>
<td>Number</td>
<td>Hundreds of drugs</td>
<td>Alcohol is alcohol</td>
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<tr>
<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>
</tr>
<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>
</tr>
<tr>
<td>Beliefs &amp; Attitudes</td>
<td>No strong attitudes – public indifferent</td>
<td>Socially unacceptable</td>
</tr>
</tbody>
</table>

Cannabinoids & THC
- 36 in '17

Stimulants (Amphetamines, Meth, Cocaine)
- 29 in '17

Opioids, Narcotics
- 8 in '17

Depressants
- 9 in '17

Hallucinogens
- 2 in '17

Others
- 13 in '17

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 July.
Iowa “Drug-Related” Prison Admissions

Primary Drug Involved

- **All Drugs**: (+31% vs. 2009)
- **Meth**: (+103% vs. 2009)
- **Marijuana**: (-19% vs. 2009)
- **Cocaine/Crack**
- **Rx Heroin**
- **Other**

- 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-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

2016: 32,510
2017: 34,289

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

Iowa Department of Public Health, 2018
Iowa’s Workplace
Small Sample of Positive Drug Tests Reported 2018 vs. 2001 (% of Total)

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

2018

Marijuana 37.4%
Meth/Amphetamines 42%
Opioids 10.7%
Benzodiazepines 3.3%
Cocaine 5.8%
Other 0.8%

Evolving Questions:
Zero tolerance?
Impairment thresholds?
Medical exemptions?
Selective substances?
Policy content?
Policy communication?

Iowa Department of Public Health, 2019
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

Iowa Department of Public Health, 2018
Substance Use Disorder Precursors

Most SUDs are Rooted in Behavior that Begins in our Teens

DuPont, et al., 2018
Alcohol & Tobacco/Nicotine
Current Alcohol Use

Last 30-Days

National Survey on Drug Use & Health, 2016/2017
Current Binge Drinking
Last 30-Days

U.S.
Iowa

National Survey on Drug Use & Health, 2016/2017
Current Tobacco Product Use
Last 30-Days

National Survey on Drug Use & Health, 2016/2017
21% of US 12th graders report currently vaping nicotine vs. 11% in 2017. 7.5% of US 12th graders say they currently vape marijuana vs. 4.9% in 2017. 2018 Monitoring the Future Survey
Association Between Electronic Cigarette Use & Marijuana Use Among Adolescents & Young Adults: A Systematic Review and Meta-analysis

This meta-analysis found a significant increase in the odds of past or current & subsequent marijuana use in adolescents & young adults who used e-cigarettes. Findings highlight the importance of addressing the rapid increases in e-cigarette use among youths as a means to help limit marijuana use in this population.
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>
</tr>
<tr>
<td>Grass</td>
<td>Wax or Earwax</td>
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<tr>
<td>Pot</td>
<td>Budder, Crumble, Shatter</td>
</tr>
<tr>
<td>Reefer</td>
<td>Black Glass</td>
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<tr>
<td>Hash</td>
<td>Edibles</td>
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<tr>
<td>Joints</td>
<td>Loud</td>
</tr>
<tr>
<td>Blunts</td>
<td>Tree</td>
</tr>
<tr>
<td>Buds</td>
<td>Green</td>
</tr>
</tbody>
</table>
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 marijuana use by children & adolescents…the use of ‘medical’ marijuana outside the regulatory process of the FDA…&…legalization of marijuana.”

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

Iowa Youth 12-17 years old currently using marijuana.

- Use: 5.11%
- Do Not Use: 94.89%

6th Lowest in U.S.

Iowans 12 & older currently using marijuana.

- Use: 6.65%
- Do Not Use: 93.35%

3rd 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, 2016/2017
Drugs of Choice: Iowa Youth
Primary Substance for Juveniles in Treatment

Marijuana 77%
Alcohol 16%
Other 2%
Meth 3%
Opioids 1%
Cocaine ~0.5%
Inhalants ~0.5%

Iowa Department of Public Health, 2018
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 Marijuana Use
Current Use (Past Month) by Iowans 12+

National Survey on Drug Use & Health, 2017
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 12-22-16
Concentrates
Less is More…THC

“Green Crack” wax

“Ear Wax”

Hash Oil Capsules

“Budda"

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

Aroma Dispensary
Home of the 30 Strains Over 30% THC Club!
Up to 39.5% THC! Wow!

Cannabis
This is The New School
Not What You Smoked In The 70's

Now Available At Peak Dispensary
3rd & Broadway, Denver
720-390-7804 • PeakMJ.com
Hundreds of Extracts and Edibles
50+ Strains of Flower

The Clear 95% 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

…it’s illegal to introduce drug ingredients like these into the food supply, or to market them as dietary supplements.”

“local law enforcement agencies retain the authority and discretion to take criminal enforcement action against people who sell or possess OTC CBD products…the Office of the Attorney General has the authority to take enforcement action against any person for false or misleading advertisements or deceptive sales practices related to CBD products.”

“Iowans who dispense, sell, possess or use such products are not protected from criminal prosecution…..”

*A 2017 University of Pennsylvania School of Medicine study found ~70% of CBD products sold online are mislabeled, posing potential harm to consumers.*
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.
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

Crystal methamphetamine
Iowa Meth Labs

Iowa Department of Public Safety, 2019
Iowa Meth Purity
Crime Lab Fiscal Year Averages

Iowa Department of Public Safety, 2018
Iowa Meth Treatment Admissions

Iowa Department of Public Health, 2018
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

224 / 100k

70 / 100k

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

(*Preliminary total for 2018.)

Iowa Department of Public Health, 2018
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.  

CDC 2017

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%

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
CIIs-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
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 2018 “Exposure” Calls:
#1 Analgesics (Pain Meds),
#2 Sedatives,
#3 Antidepressants.
Iowa Poison Control Center, 2018

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
Opioid Misuse: Potential 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

are

2x

3x

15x

40x

...more likely to be addicted to heroin.

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
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.
Iowans with Chronic HCV (Hepatitis C)
Confirmed Diagnoses possibly due to IV Drug Use, etc.

*2018 data are preliminary.

Iowa Department of Public Health, 2018
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).

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

CDC & IDPH

CDC/FDA, 2019

CDC, 2018
Kratom: Drug of Concern?

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

Iowa Department of Public Health, 2019
Iowa Opioid OD-Related Naloxone Use

# Annual Cases of Administration by Iowa EMS Providers

Effective July 1, 2018: Iowa hospitals are required to report all naloxone administrations.

(Reporting process changed in 2015.)

Iowa Department of Public Health, Emergency & Trauma Services, 2019
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 17 one-day events:
Iowa: 67+ tons (30+ pounds/minute)
&
US: 5,468+ tons or ~11 million pounds (2+ tons/minute).

Next National Prescription Drug Take Back Day:
October 26, 2019!

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

238 Sites in all 99 Counties (121 Pharmacies & 117 Law Enforcement Centers) vs. 47 in January 2016

Search: Iowa Rx Takebacks
odcp.iowa.gov/rxtakebacks
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%

Drugs not under int’l control

Drugs under int’l control

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

Monitoring the Future, 1975-2018

- Alcohol: 30.2%
- Cigarettes: 7.6%
- Marijuana: 22.2%
- Vaping: Any
Lessons Learned
To Address Opioids & Other Controlled/Addictive Substances

- **Prescribers & Patients**: Start “slow and low.”
- **Prescribers & Dispensers**: The PMP is a valuable tool, when used.
- **First Responders & Others**: Naloxone can save lives.
- **Health Care Professionals**: Peer, patient & partner education is required (e.g., prescribing guidelines, Rx safety & Take Backs, SUD referrals, etc.).
- **Behavioral Health Providers**: Medication Assisted Therapy works.
- **Health & Enforcement Professionals**: More robust data reporting & sharing (e.g., Iowa Data Exchange) improves surveillance & response.
- **Parents**: Talking with children helps prevent drug abuse before it starts.
- **Everyone** has a role to help reduce substance abuse in Iowa!

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

Iowa Governor’s Office of Drug Control Policy

Visit Our Website: https://odcp.iowa.gov

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