



Iowa Drug Trends

**During a Time of Social Change*

Iowa-Illinois Safety Council

September 24, 2020

Dale Woolery, 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...

POTENCY ON THE RISE

ODCP.IOWA.GOV



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.

POTENCY ON THE RISE

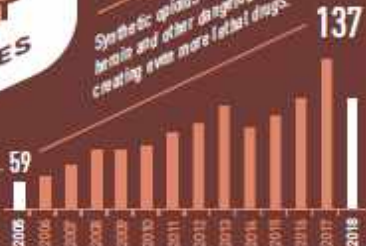


MEDICINES

FENTANYL: 100X
HEROIN: 2X
MORPHINE: 1X
CARFENTANYL: 10,000X

SYNTHETIC OPIOID POTENCY
Synthetic opioids are often mixed with heroin and other dangerous substances, creating even more lethal drugs.

IOWA OPIOID RELATED OVERDOSE DEATHS:



Heroin, Rx Methadone, Other Opioids, and Other Synthetic Narcotics¹

¹Iowa Department of Public Health, 2018

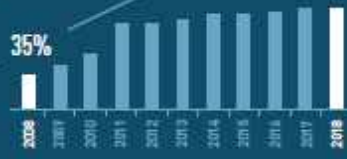
POTENCY ON THE RISE



METH

IOWA METH PURITY:

35%



PSYCHOSTIMULANT-RELATED DEATHS¹

11

61

91

¹Iowa Department of Public Health, 2018

²Iowa Department of Public Safety, 2018

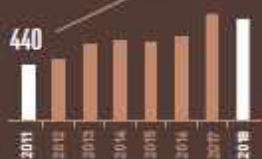
POTENCY ON THE RISE



1 CRAFT BEER CAN HAVE AS MUCH ALCOHOL AS 3 OR 3.0 DOMESTIC BEERS

ALCOHOL

IOWA ALCOHOL-RELATED MORTALITY rates have risen steadily in recent years.¹



IOWA BINGE DRINKING:



Percentages of adult Iowans who report heavy and binge drinking have remained steadily higher than national averages. Nationally, 16.2% of Americans report binge drinking while 22.6% of Iowans report binge drinking.²

¹Iowa Public Health Tracking Portal, 2018

²CDC Behavioral Risk Factor Surveillance Survey, 2014

POTENCY ON THE RISE



MARIJUANA

60.95%

6.77%

2018

MARIJUANA'S INCREASING THC POTENCY:



4.93%

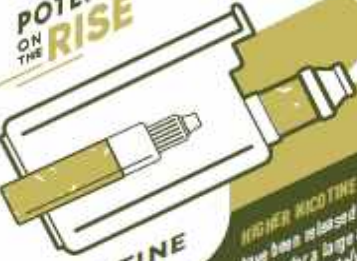
16.16%



Seized in U.S.¹

¹USA National Drug Threat Assessment 2015

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 vaping sales.

NICOTINE SALTS:

Along with nicotine concentration, the use of nicotine salts increases the efficiency of e-cigarette nicotine delivery. Nicotine salts allow for high levels of nicotine to be delivered more easily and with less irritation.

¹Truth Initiative & CDC, 2017

ODCP.IOWA.GOV

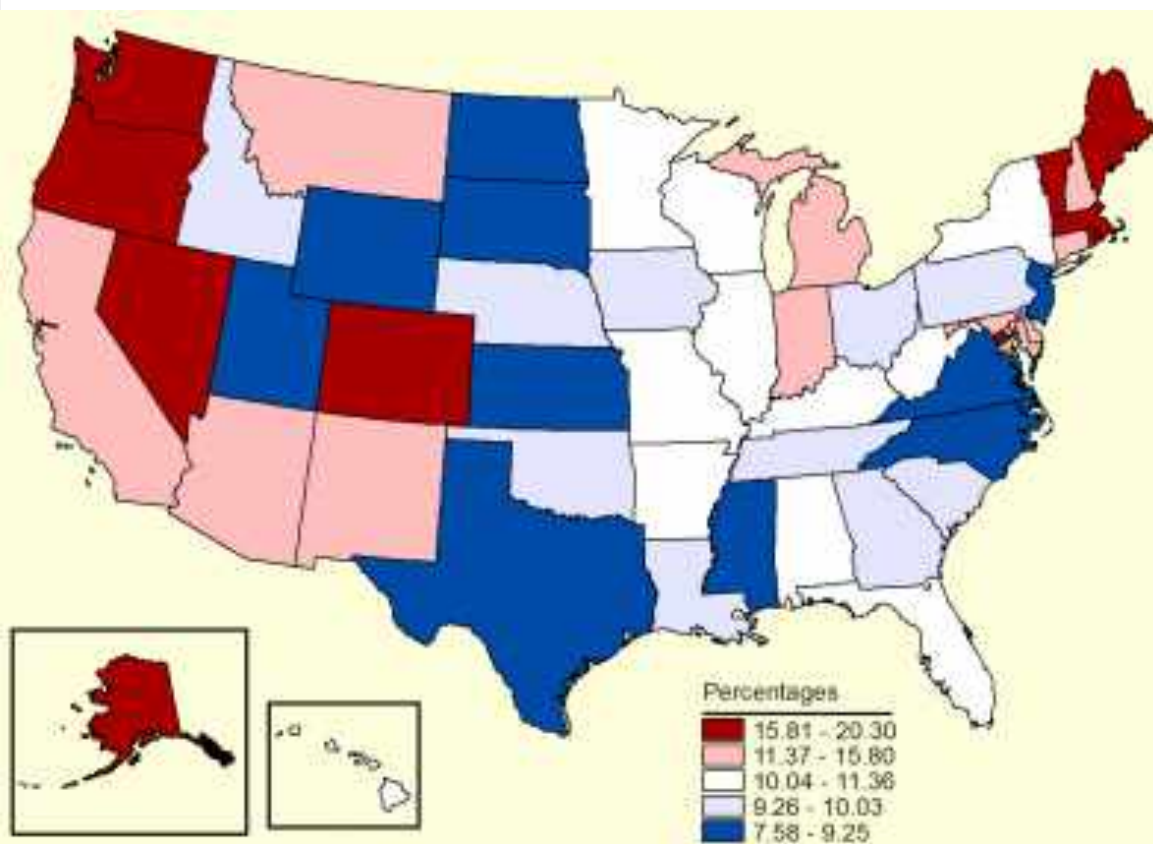
Rates of U.S. Illicit Drug Use, by States

Map: 12+ Current (Past Month) Use

lowa 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),
- 16th in pain reliever misuse (yearly)**
(4.13% vs. 3.85% US),
- 48th in the *rate* of drug OD deaths**
(9.6 vs. 20.7 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, 2018; & Treatment Episode Data Set, 2017



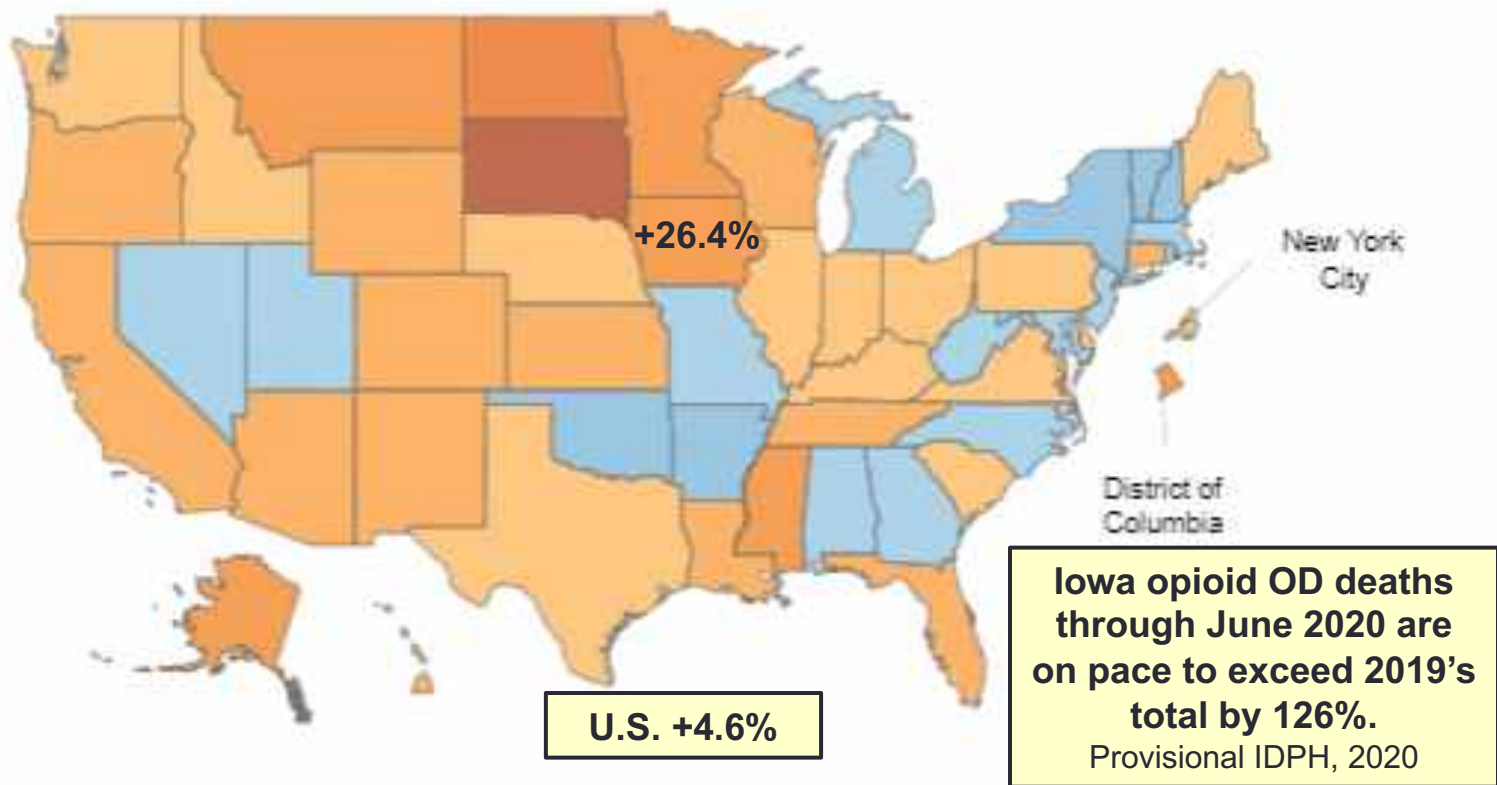
National Survey on Drug Use & Health, 2017/2018

Change in Drug OD Deaths, by States

Percent Change December 2018 to December 2019 (U.S. +4.6%)

Iowa has one of the lowest *overall rates* of drug OD deaths (48th in 2018) in the U.S., but one of the highest *rates of increase* of drug OD deaths (4th in 2019).

CDC, 2020



Legend for Percent Change in Drug Overdose Deaths Between 12-Month Ending Periods

-18.1

72.4

Drug ODs: Latest U.S. Trends (2019)

Source: U.S. Centers for Disease Control (CDC), 2020

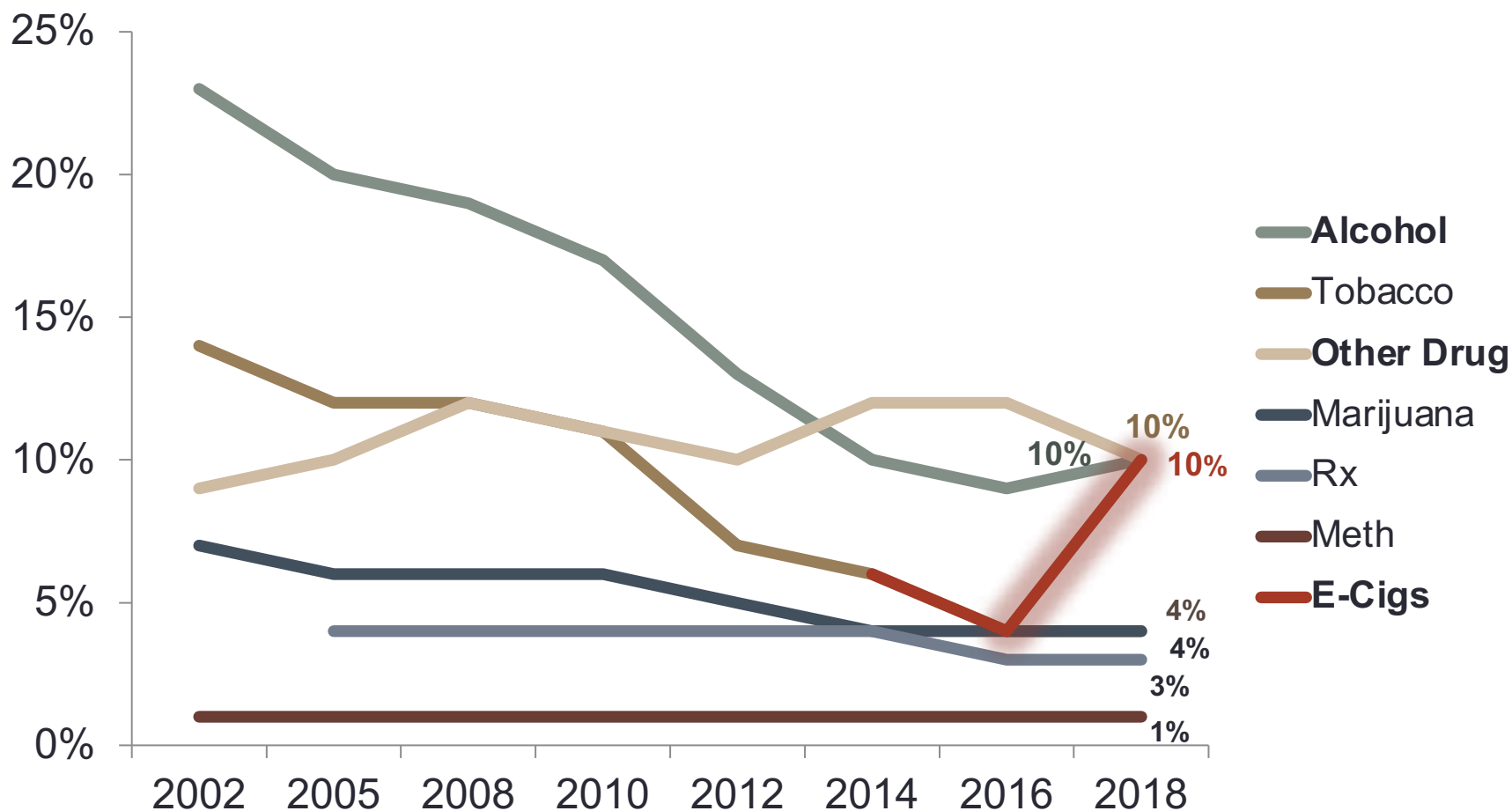
In 2019, U.S. drug OD deaths reversed 2018's historic decline & increased 4.6% to 70,980, claiming over 194 lives per day.

37 states report a rise in 2019 drug OD deaths vs. 2018 (Iowa +26%).

From 2012-2018, U.S. psychostimulant (e.g., meth) involved OD deaths increased nearly 5-fold. In 2019, Iowa psychostimulant/meth OD deaths surpassed rising opioid deaths, 157 vs. 156. (2019 Iowa alcohol-involved deaths increased to 662.)

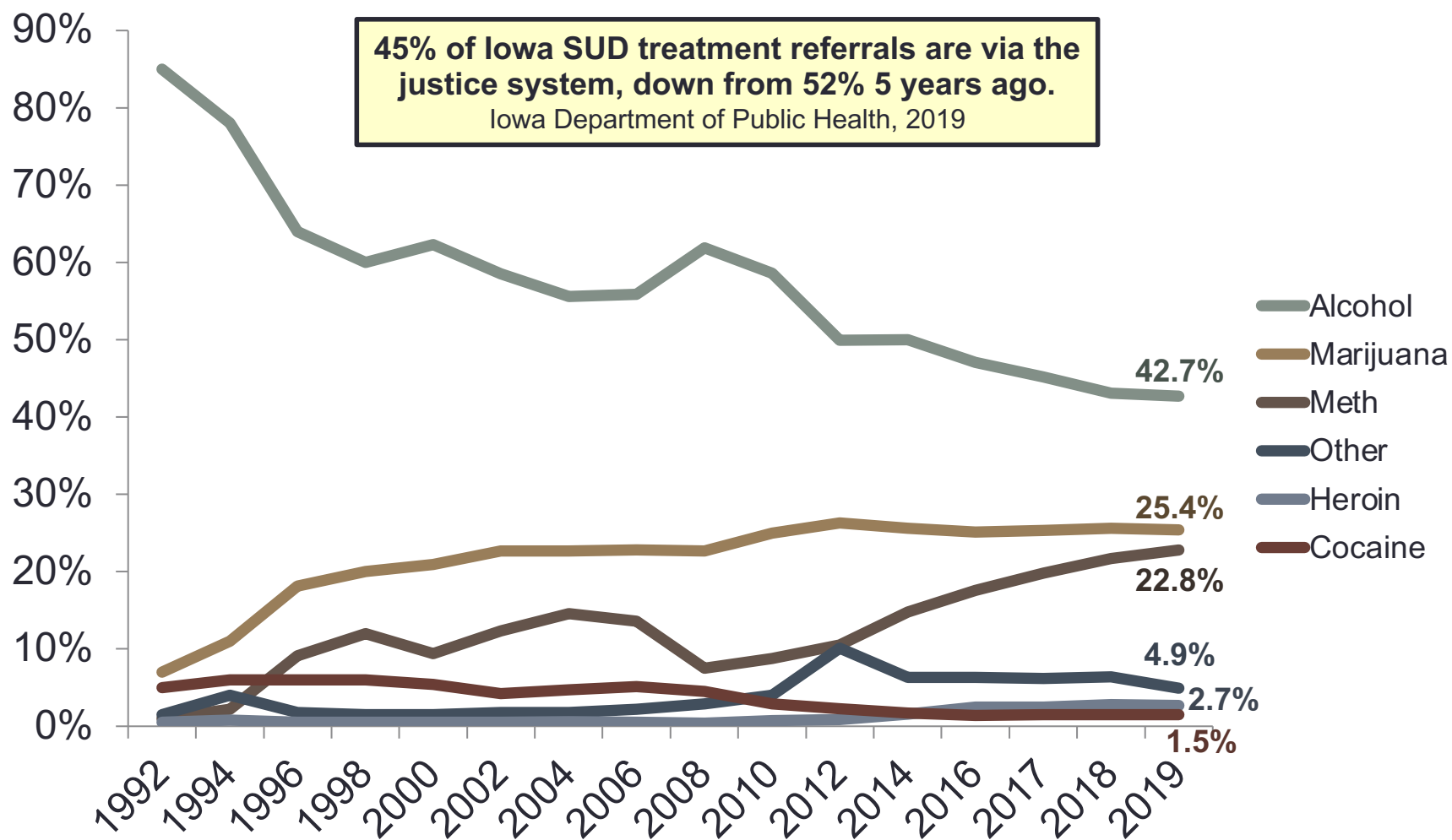
Iowa Youth Substance Abuse

6th, 8th and 11th Grade Users, Last 30-Days



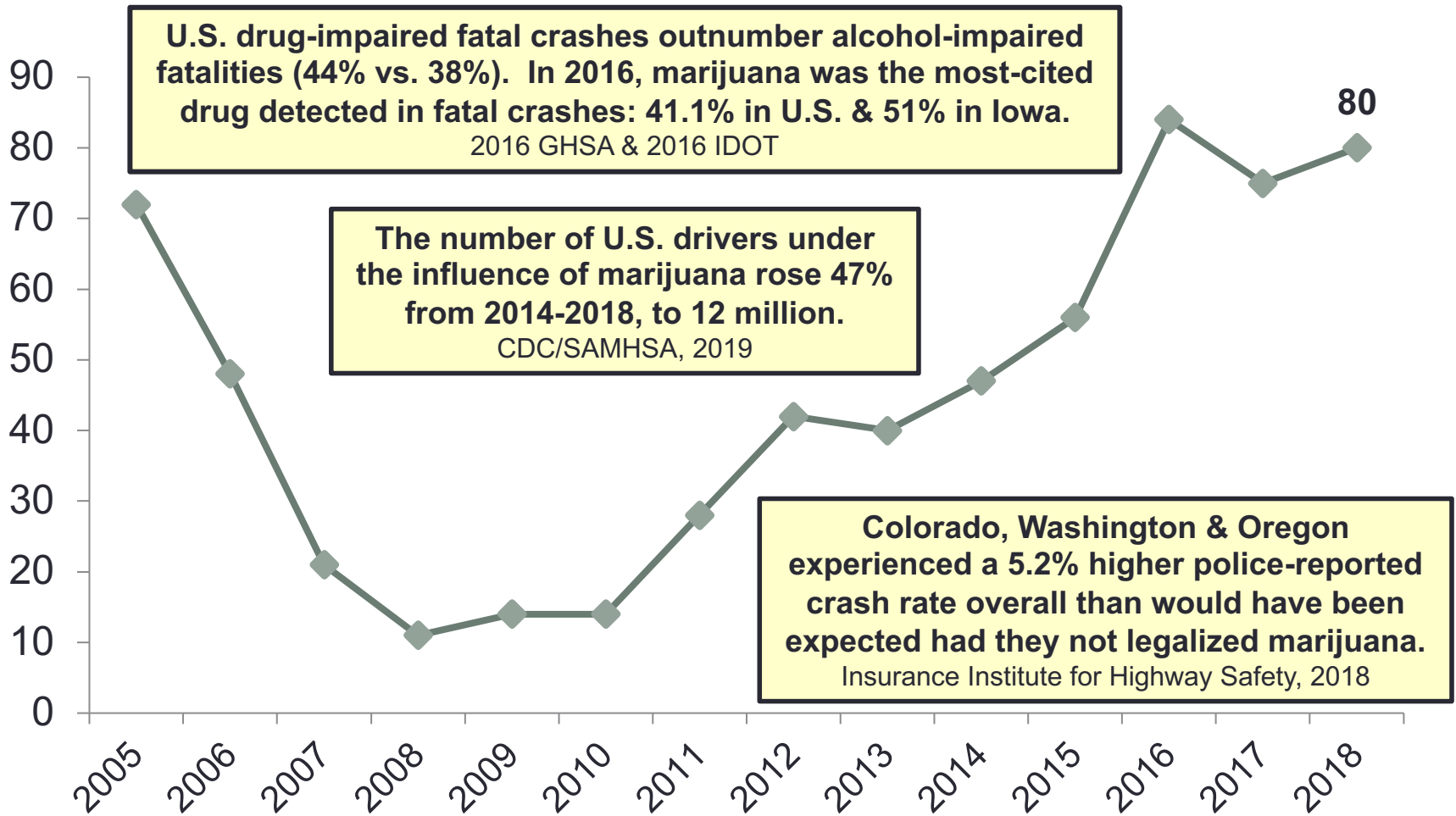
Iowans' Most Common Drugs of Abuse

Primary Substance of Iowans in Substance Use Disorder Treatment



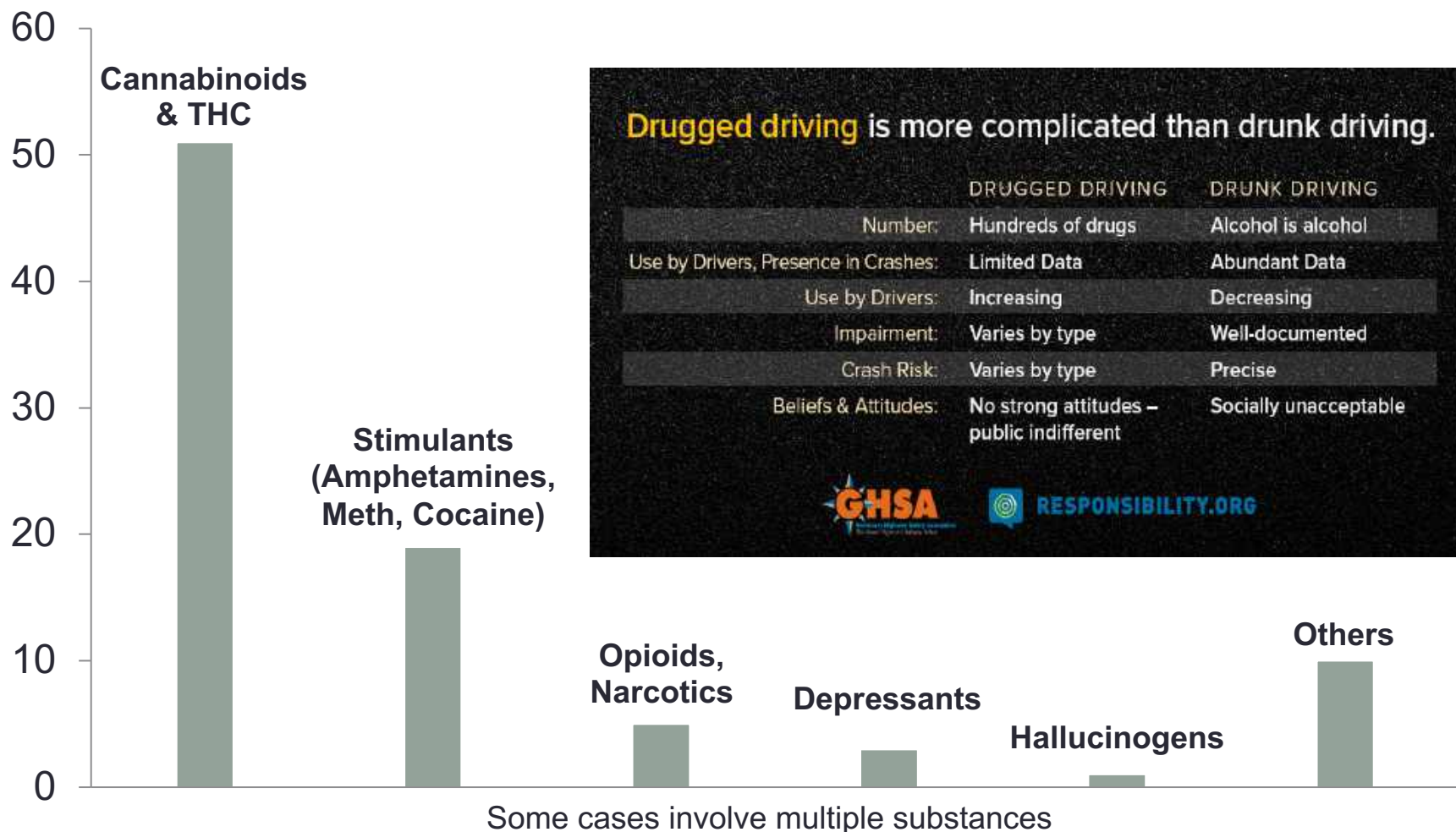
Iowa Drug-Related Traffic Fatalities

Drug & Mixed Drug/Alcohol-Related Traffic Deaths



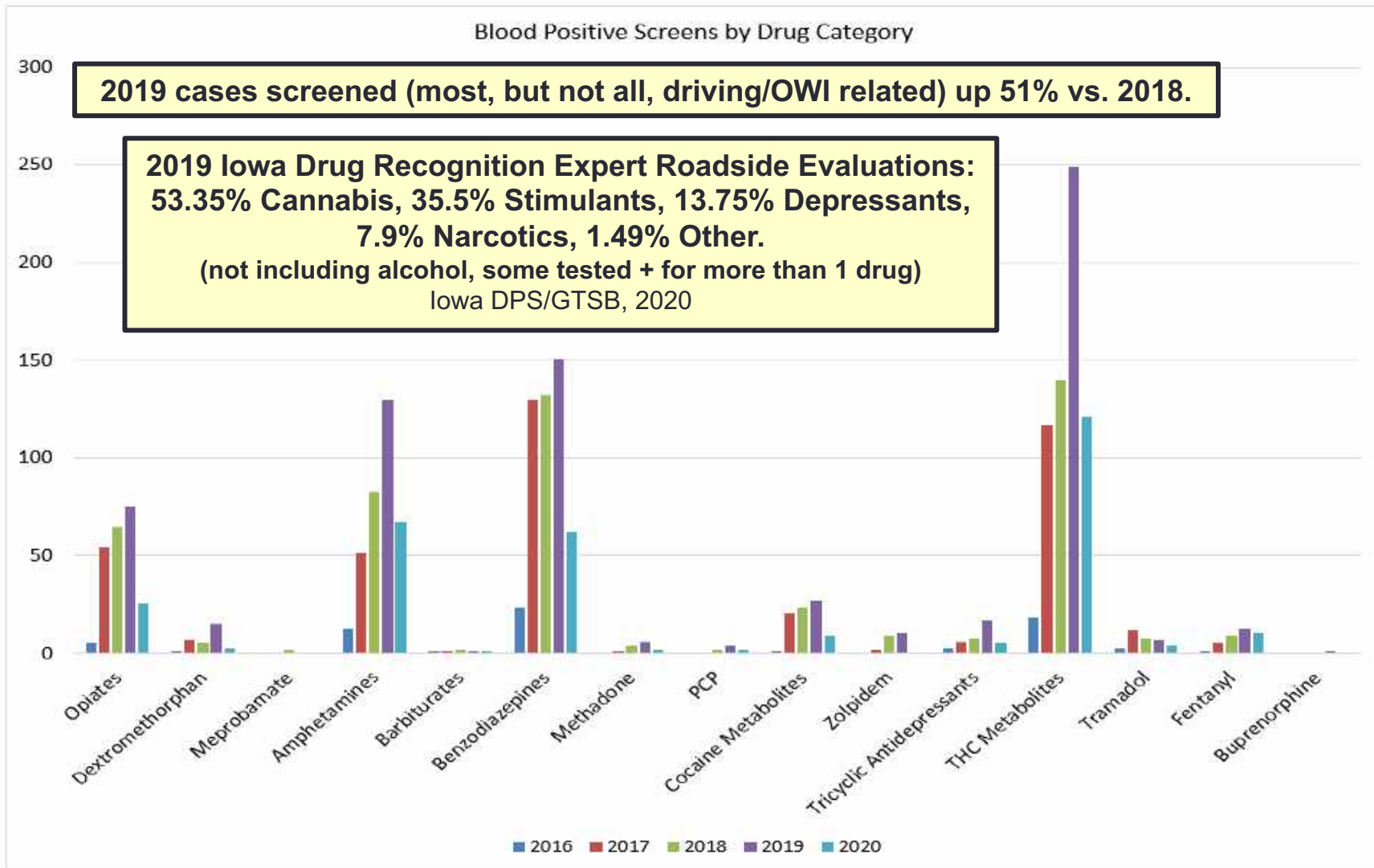
Iowa Drug-Related Traffic Fatalities

2018 by Drug Type (not including alcohol-only)



Iowa Driving-Related Blood Screens

DCI Lab Positive Results on Cases from Law Enforcement

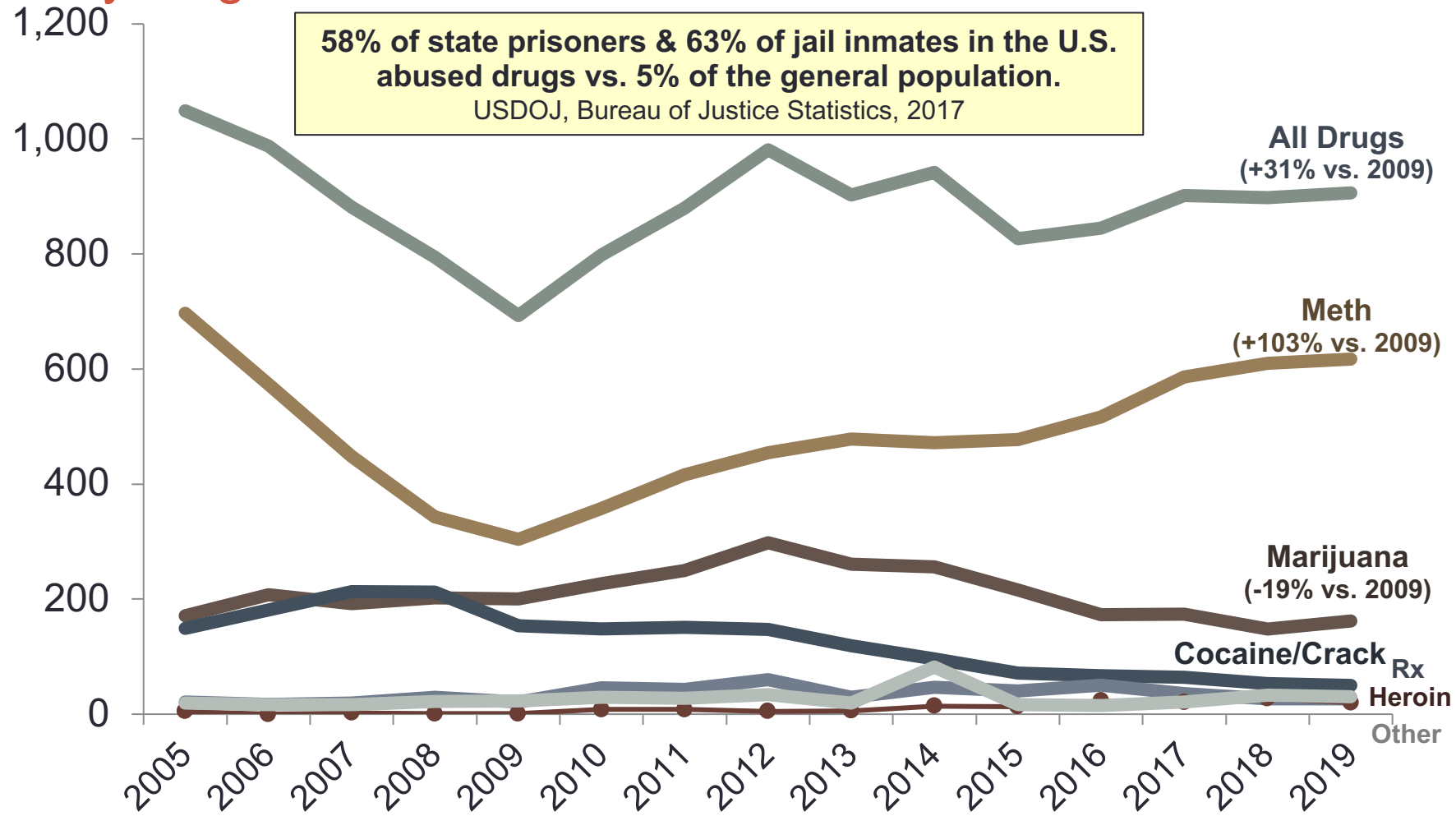


(2020 YTD through June)

Iowa Department of Public Safety, 2020

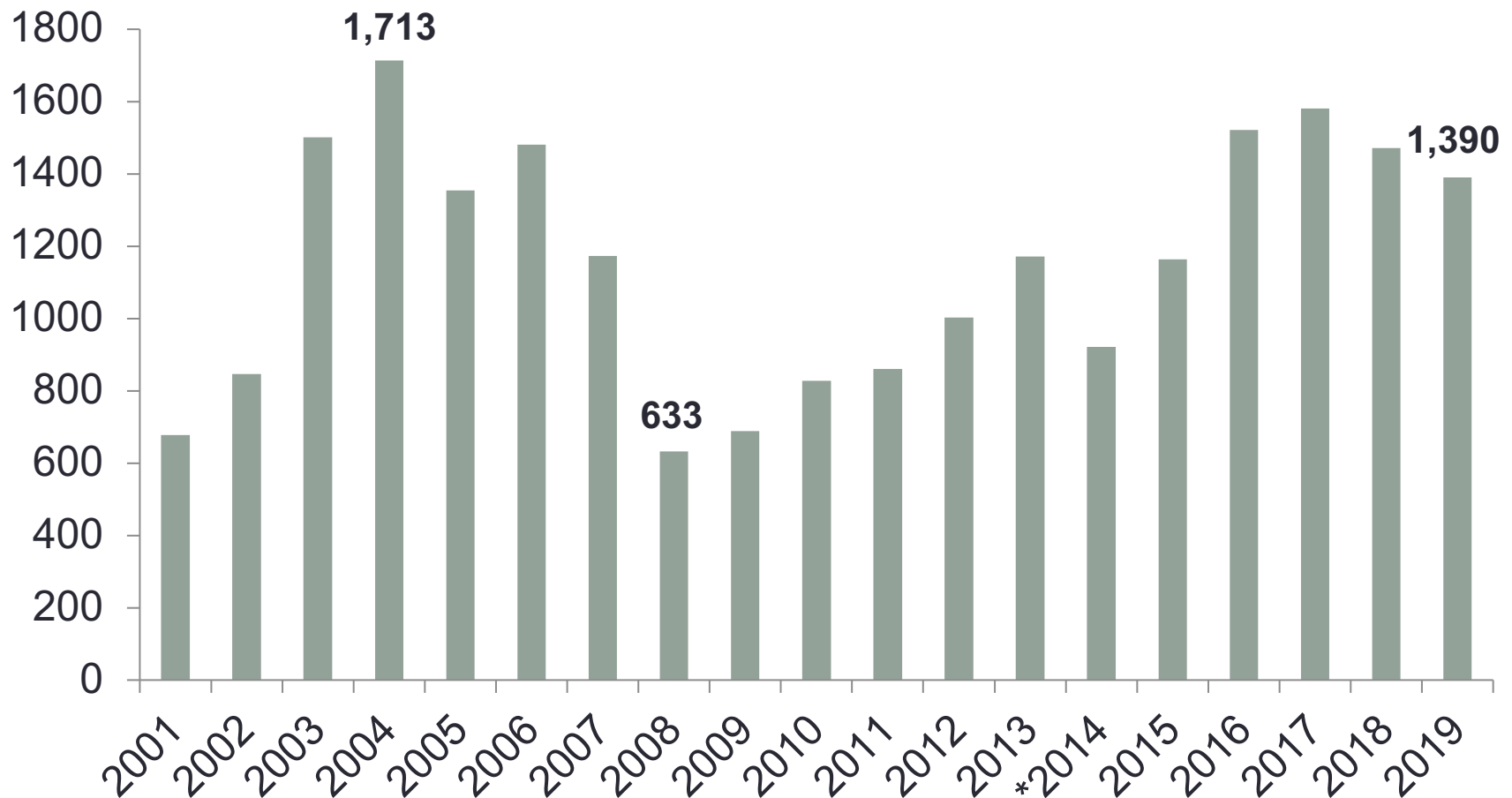
Iowa “Drug-Related” Prison Admissions

Primary Drug Involved



Iowa Drug-Related Child Abuse

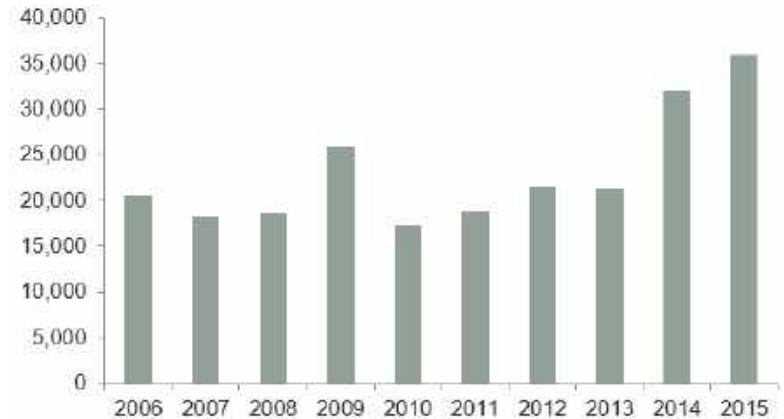
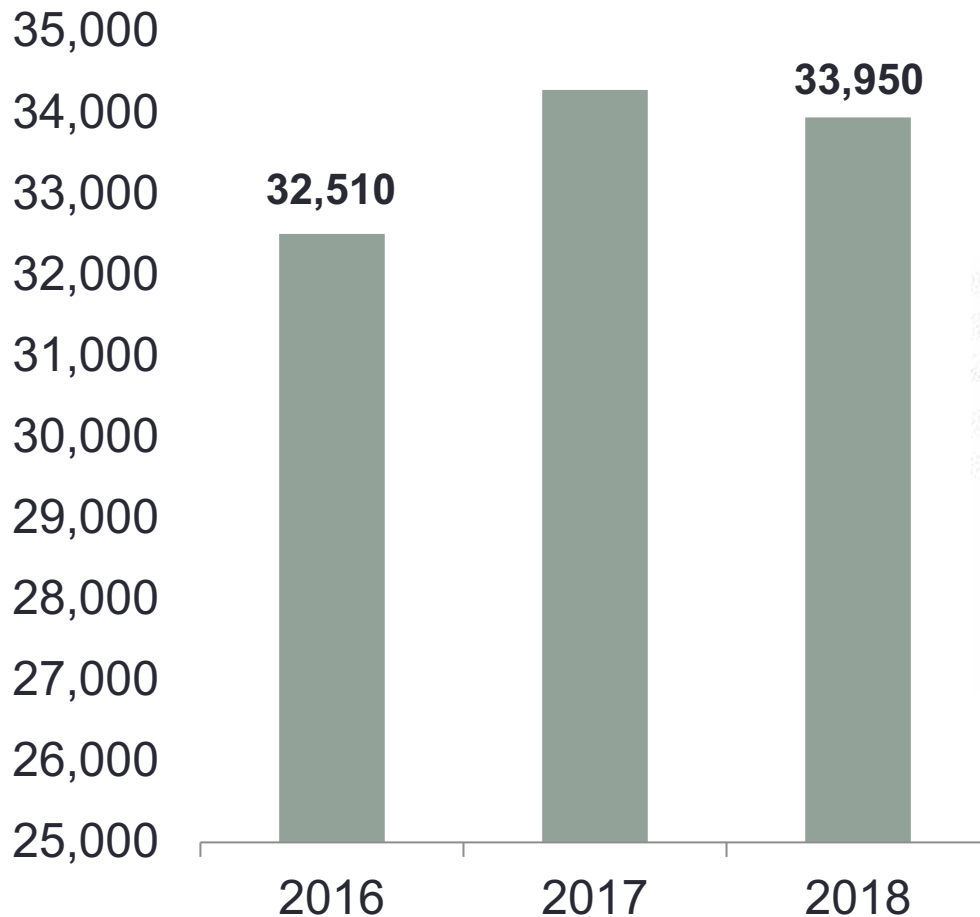
Confirmed/Founded Cases: Presence of Illegal Drugs in Child's System



(Caution advised interpreting trends due to protocol changes in 2014 & 2017) Iowa Department of Human Services, 2020

Iowa Drug & Alcohol-Related ED Visits

Use as Causal or Contributing Factor

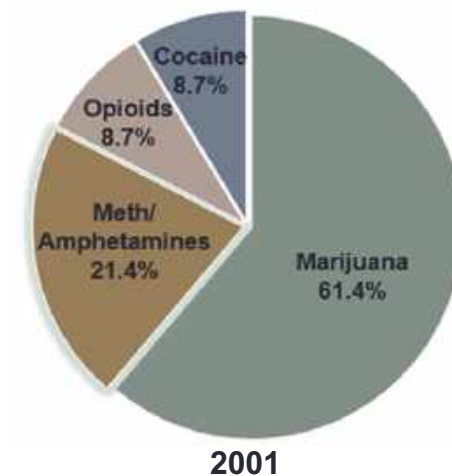
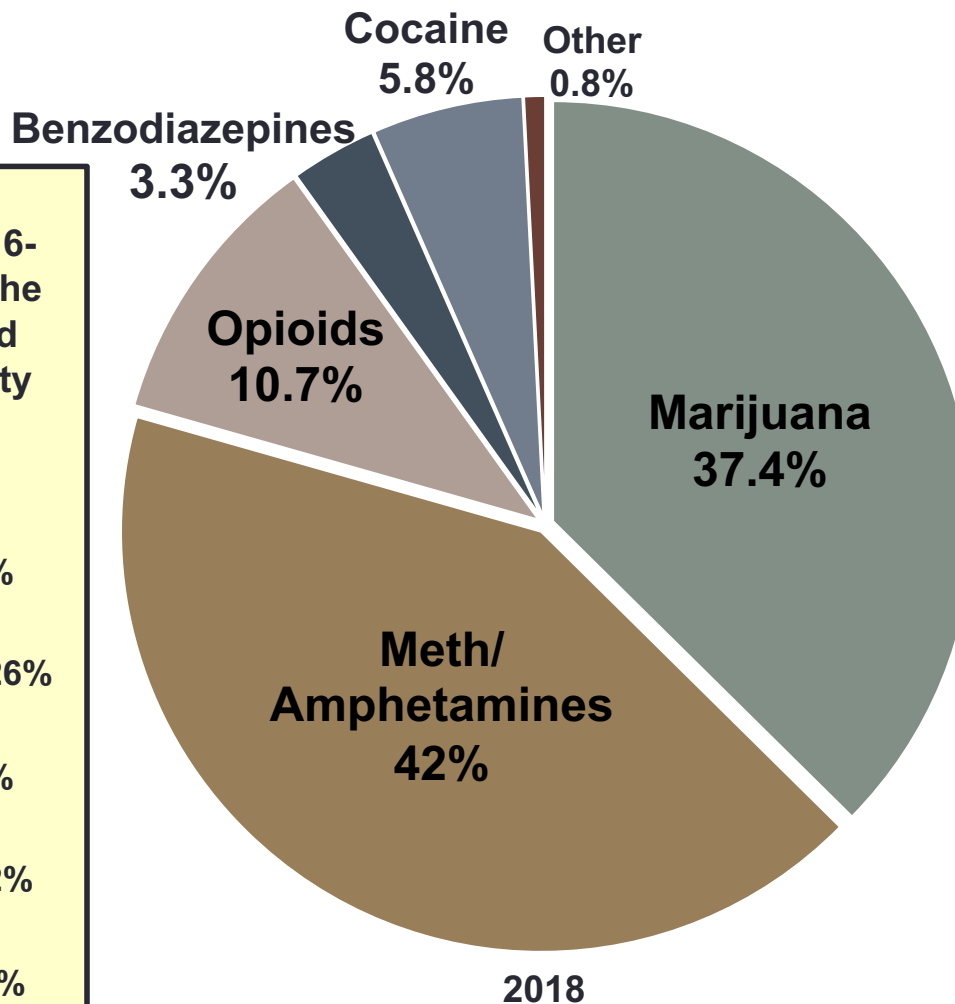


(Reporting methods changed in 2015, resulting in a new baseline in 2016)

Iowa Department of Public Health, 2019

Iowa's Workplace

Small Sample of Positive Drug Tests in 2018 vs. 2001 (% of Total)



The workforce drug positivity rate hit a 16-year high in 2019. The Midwest experienced increases in positivity for cocaine, meth & marijuana.

Meth:
Iowa 1.6% vs. US 1.1%

Cocaine:
Iowa 0.16% vs. US 0.26%

Marijuana:
Iowa 1.6% vs. US 2.5%

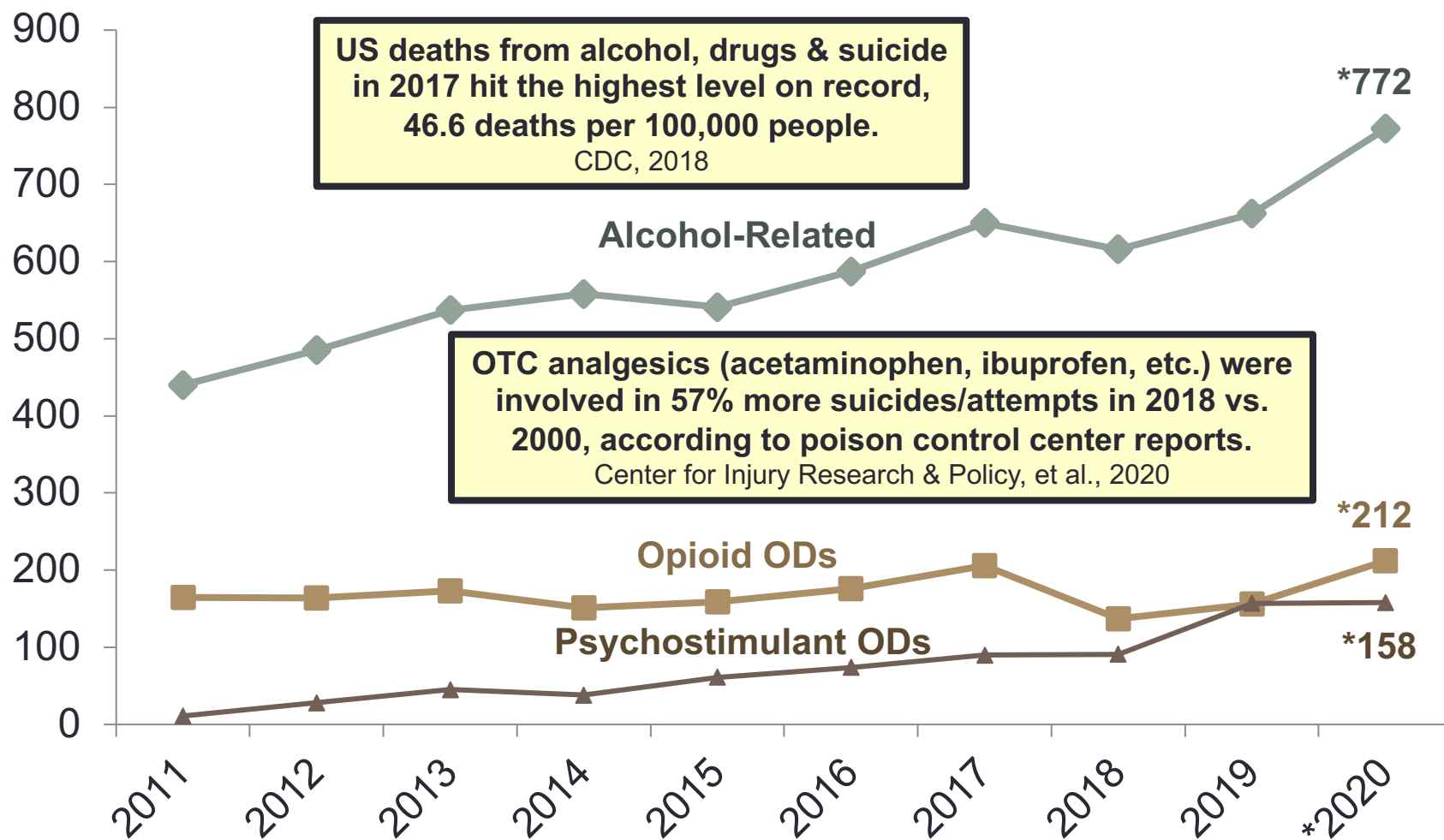
Opiates:
Iowa 0.2% vs. US 0.22%

Overall:
Iowa: 3.9% vs. US 4.5%

2020 Quest Diagnostics

*Substance-Involved Deaths in Iowa

Involving Alcohol, Opioids and Psychostimulants (e.g., Meth)

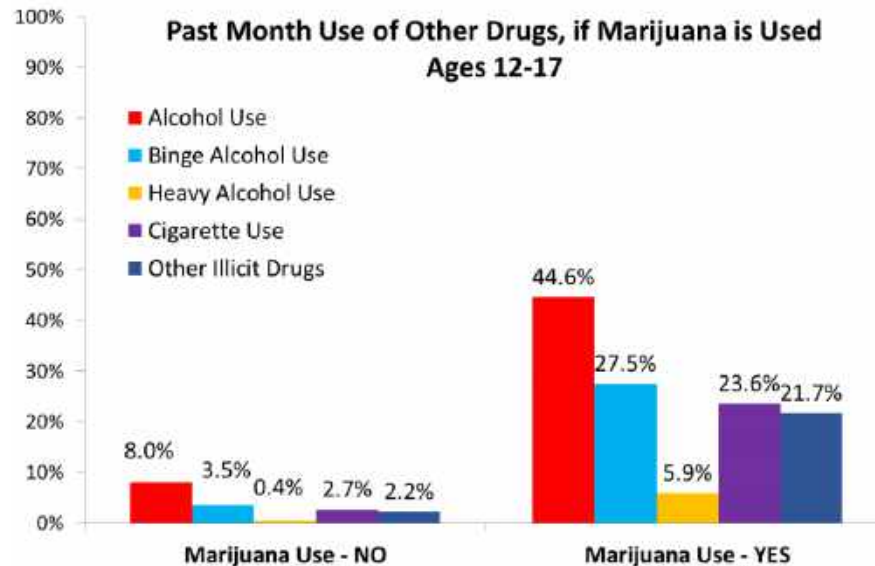
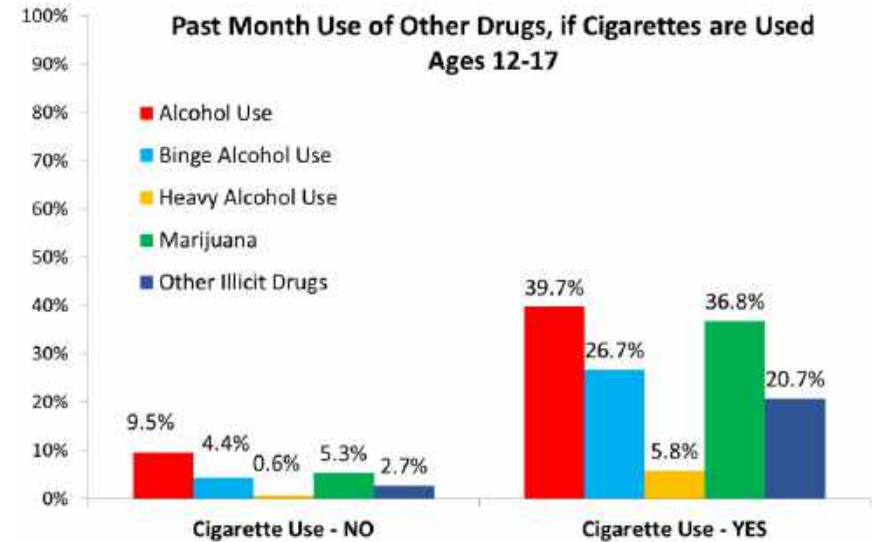
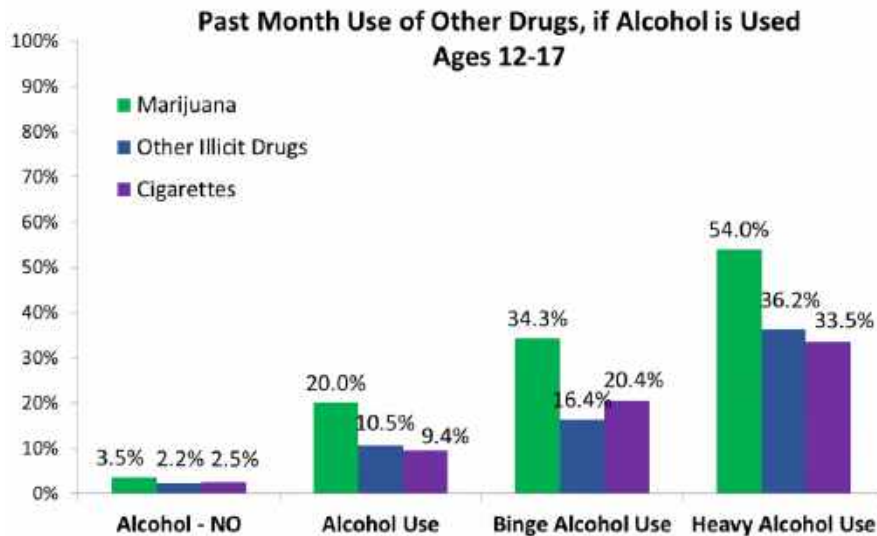


(*2020 Projections Based on Year-To-Date Data Through June)

Iowa Department of Public Health, 2020

Precursors to Substance Use Disorders (SUDs)

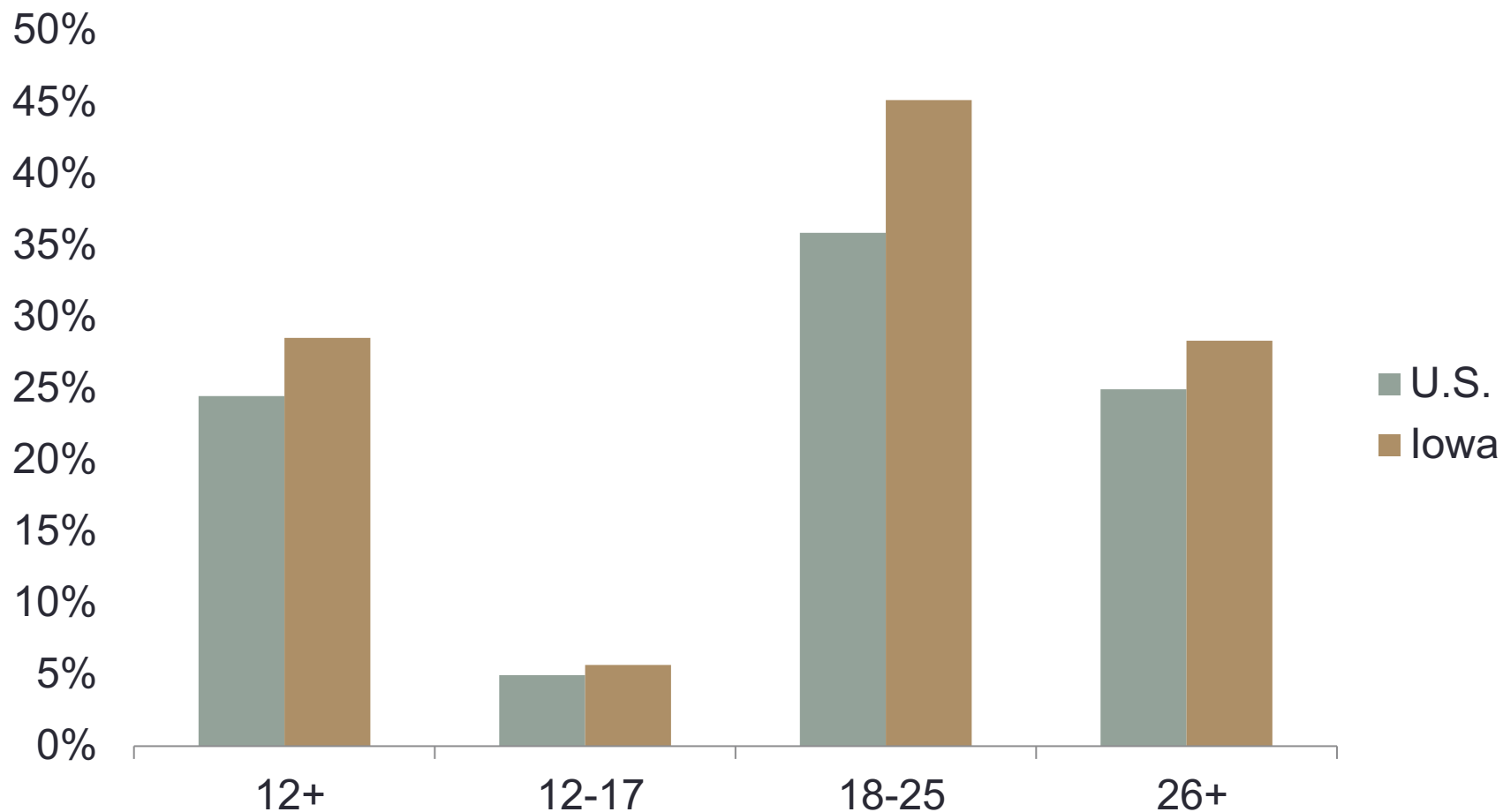
Most SUDs are Rooted in Behavior that Begins in Teens



Alcohol & Tobacco/Nicotine

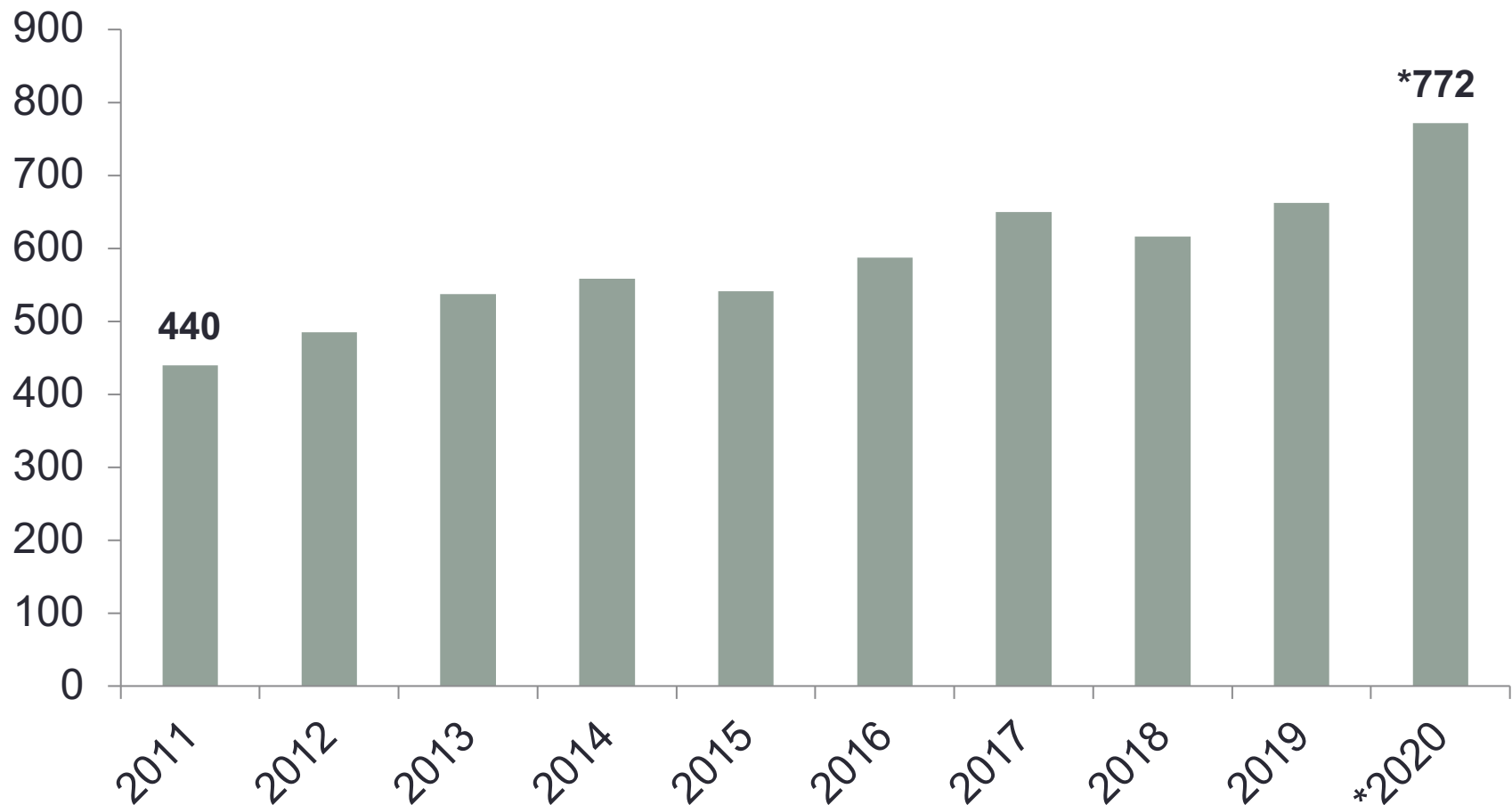


*Current Binge Drinking Last 30-Days



*Iowa Alcohol-Related Deaths

As a Contributing Factor

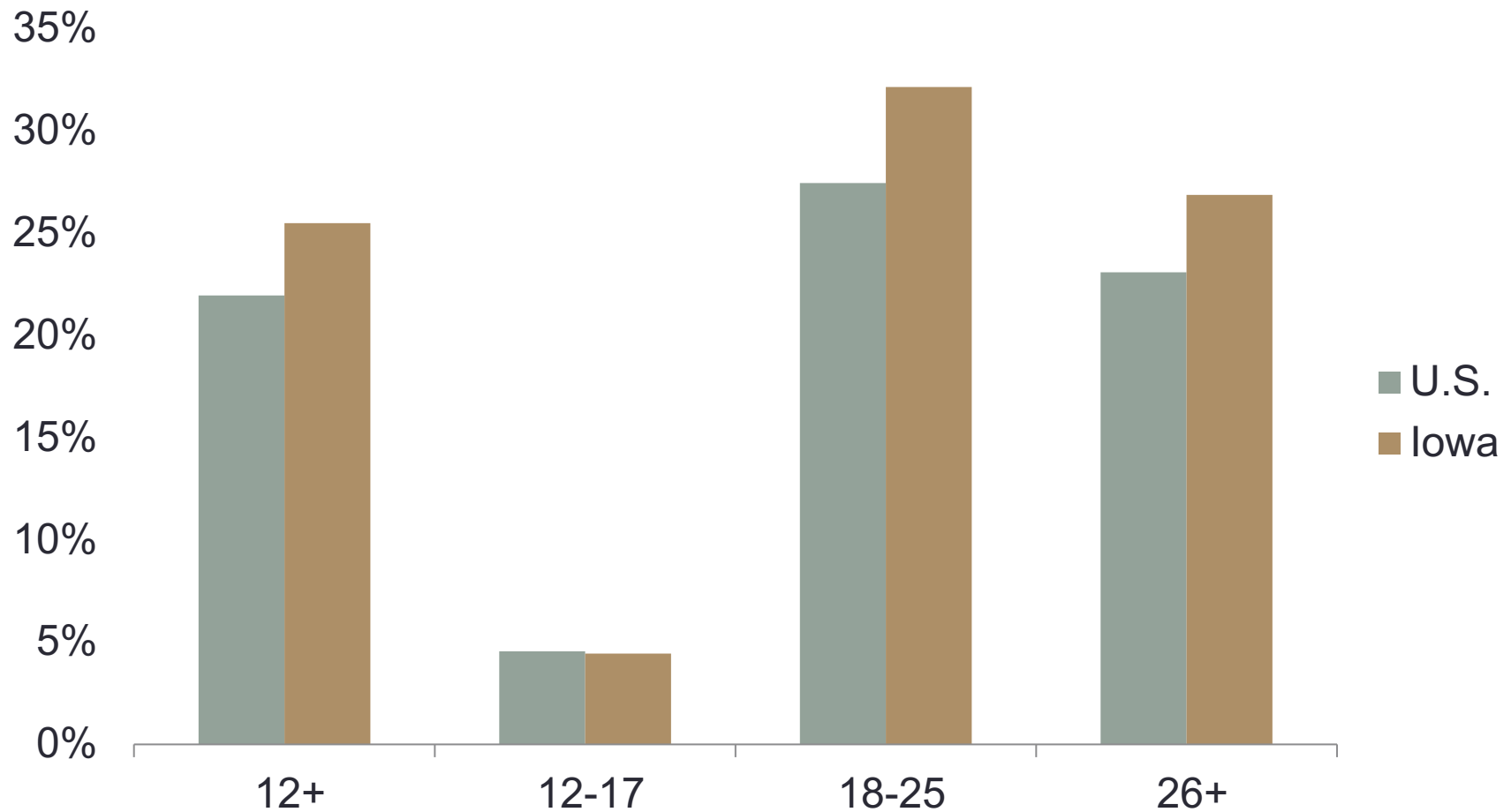


(*2020 projection based on preliminary data through June)

Iowa Department of Public Health, 2020

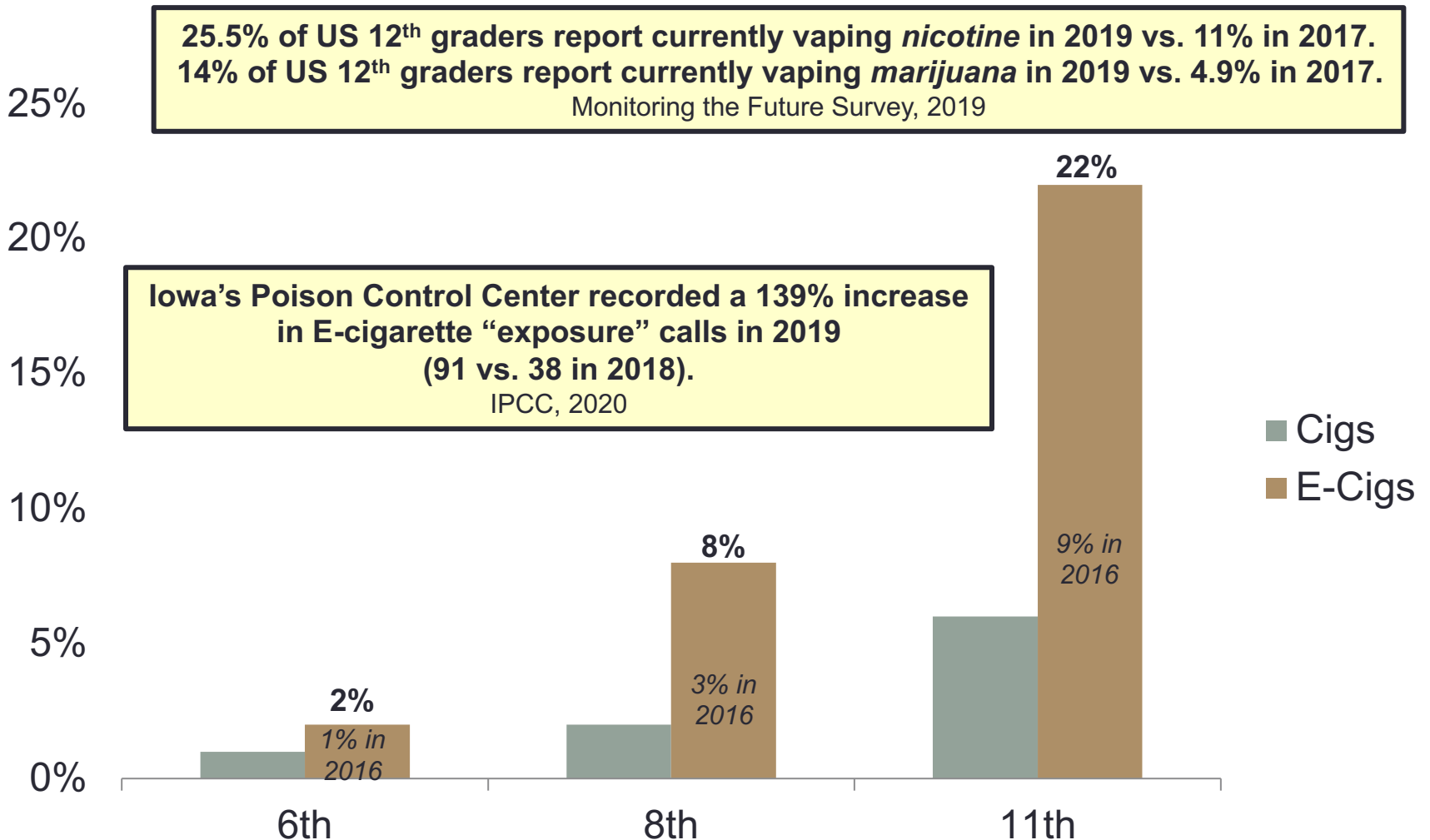
Current Tobacco Product Use

Last 30-Days

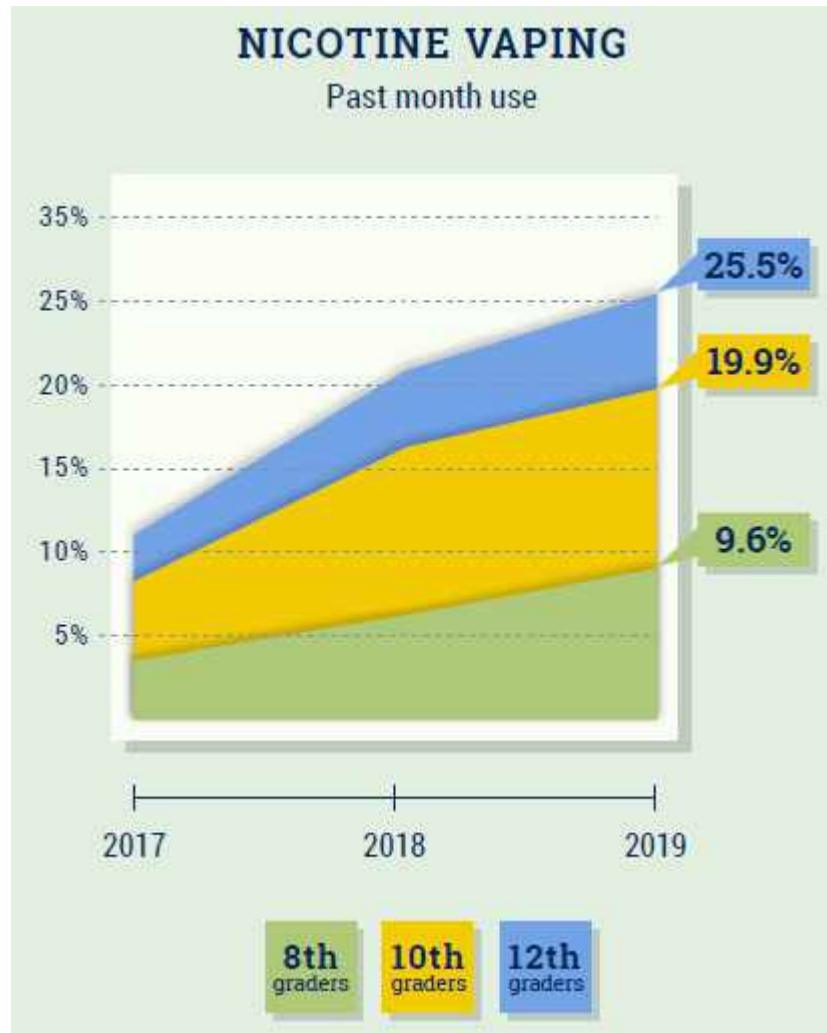


Iowa Youth Cigarette vs. E-Cigarette Use

Last 30-Days

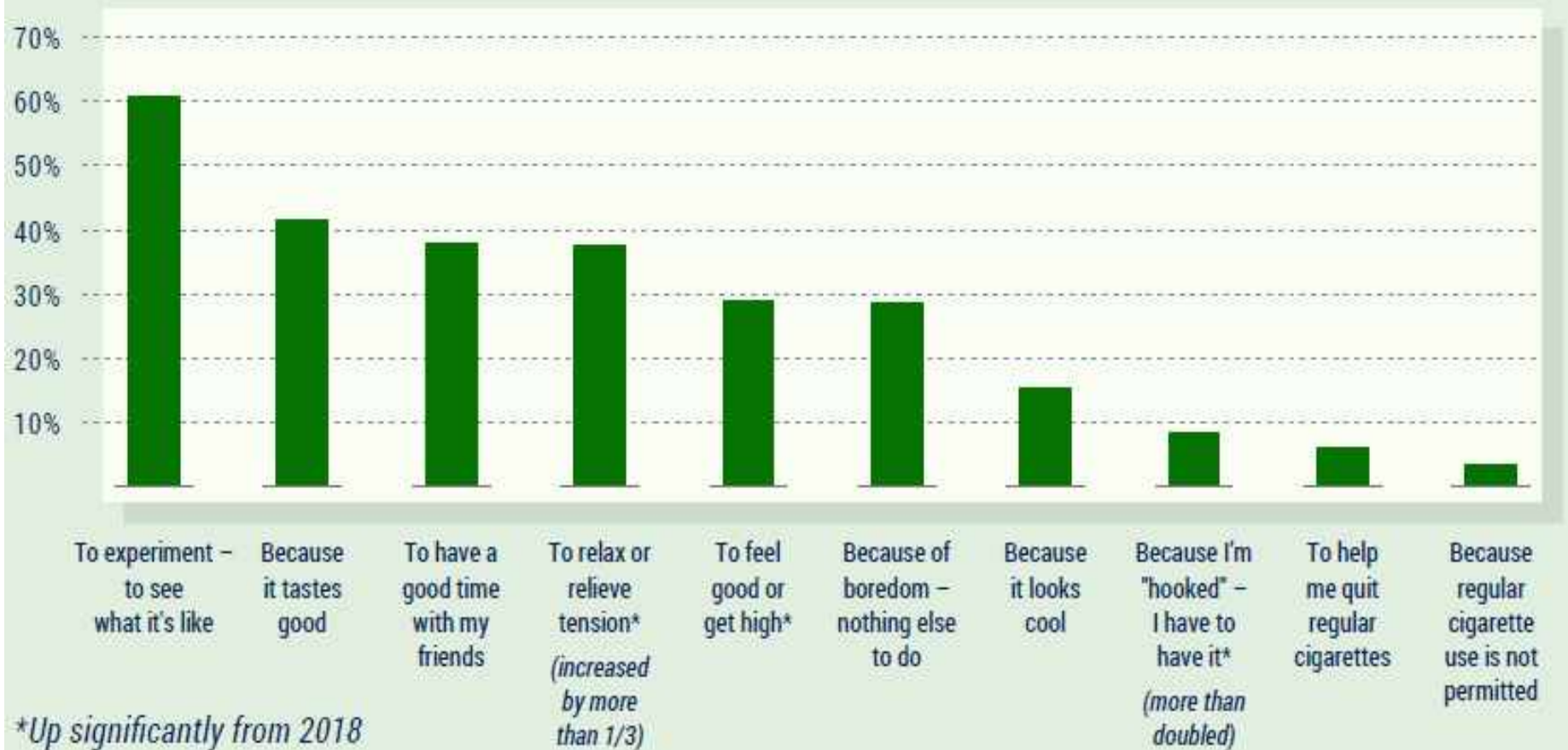


Teen Vaping of Nicotine & Marijuana Surges



Why do Teens Vape?

TEENS REPORT REASONS FOR VAPING





Marijuana in Iowa

Health & Public Safety Perspectives

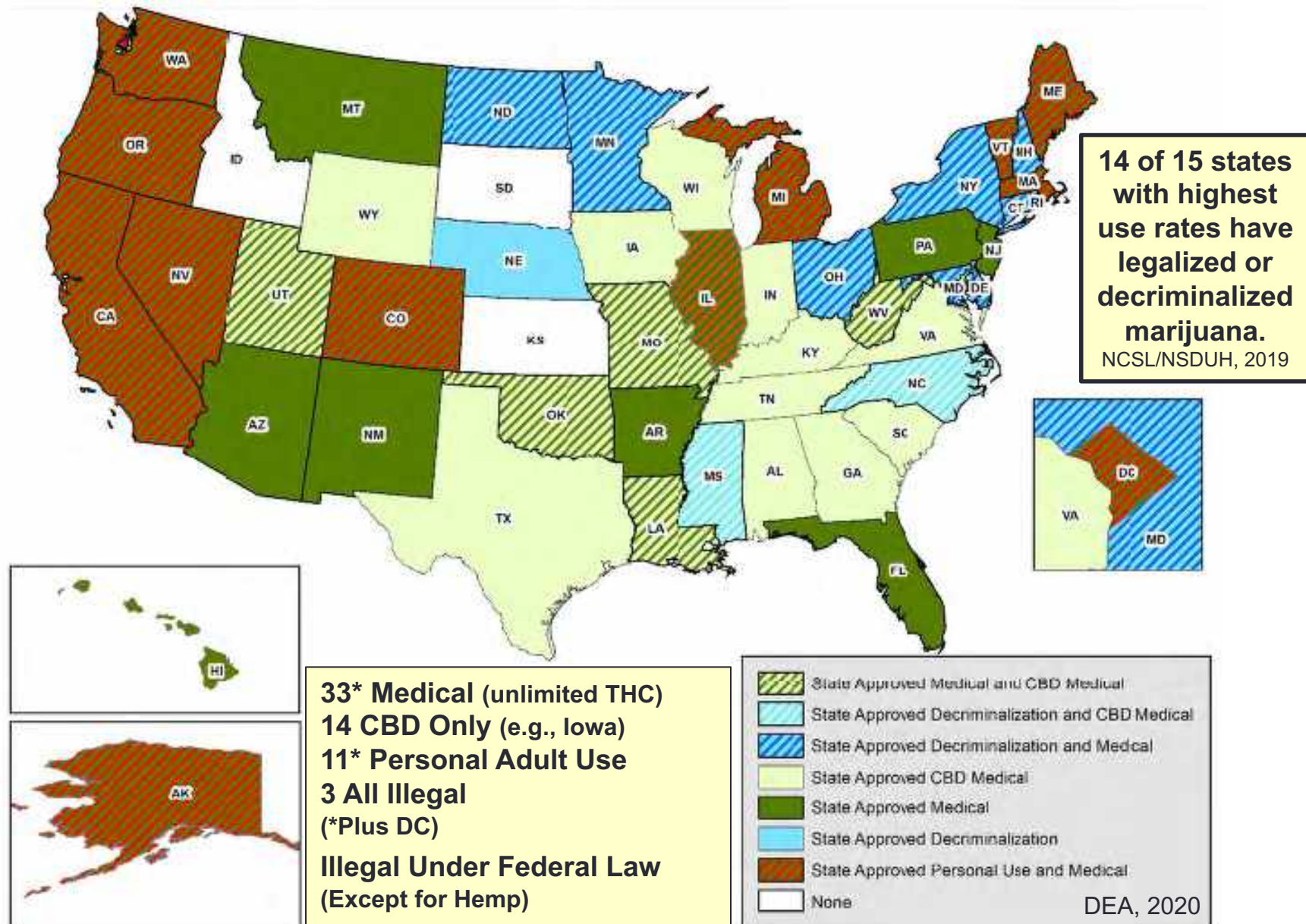
"Medical"

"Extracts" "CBD & THC" "Concentrates"

"Cannabis" "Hemp"

"Recreational"

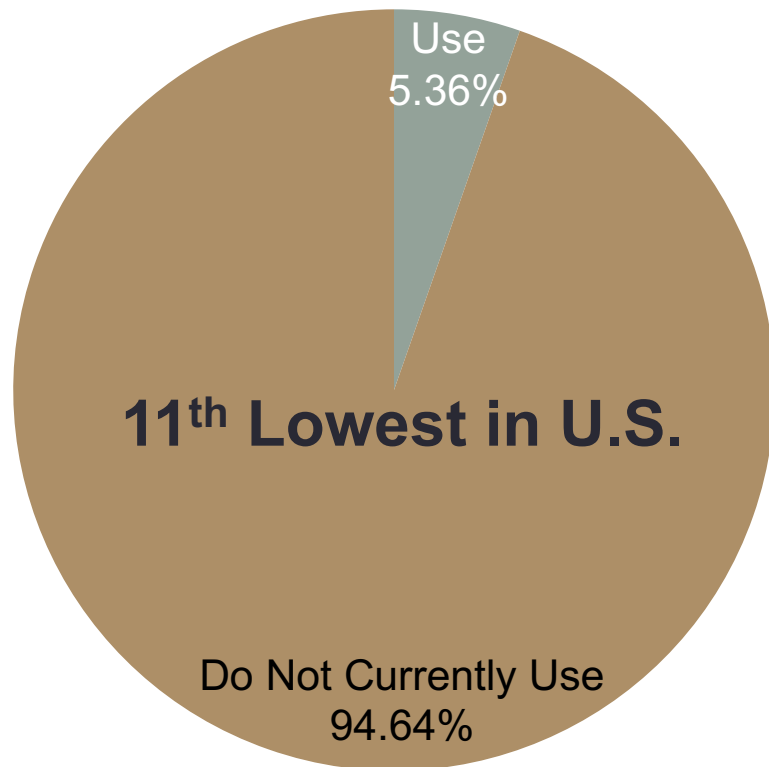
*State Marijuana Laws in U.S.



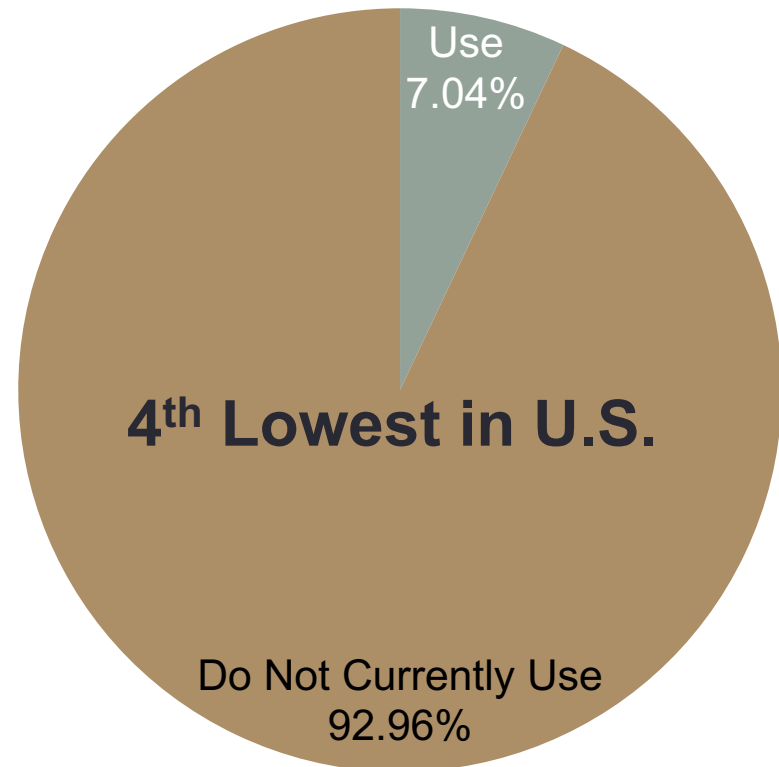
Iowans' *Current* Marijuana Use

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

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



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

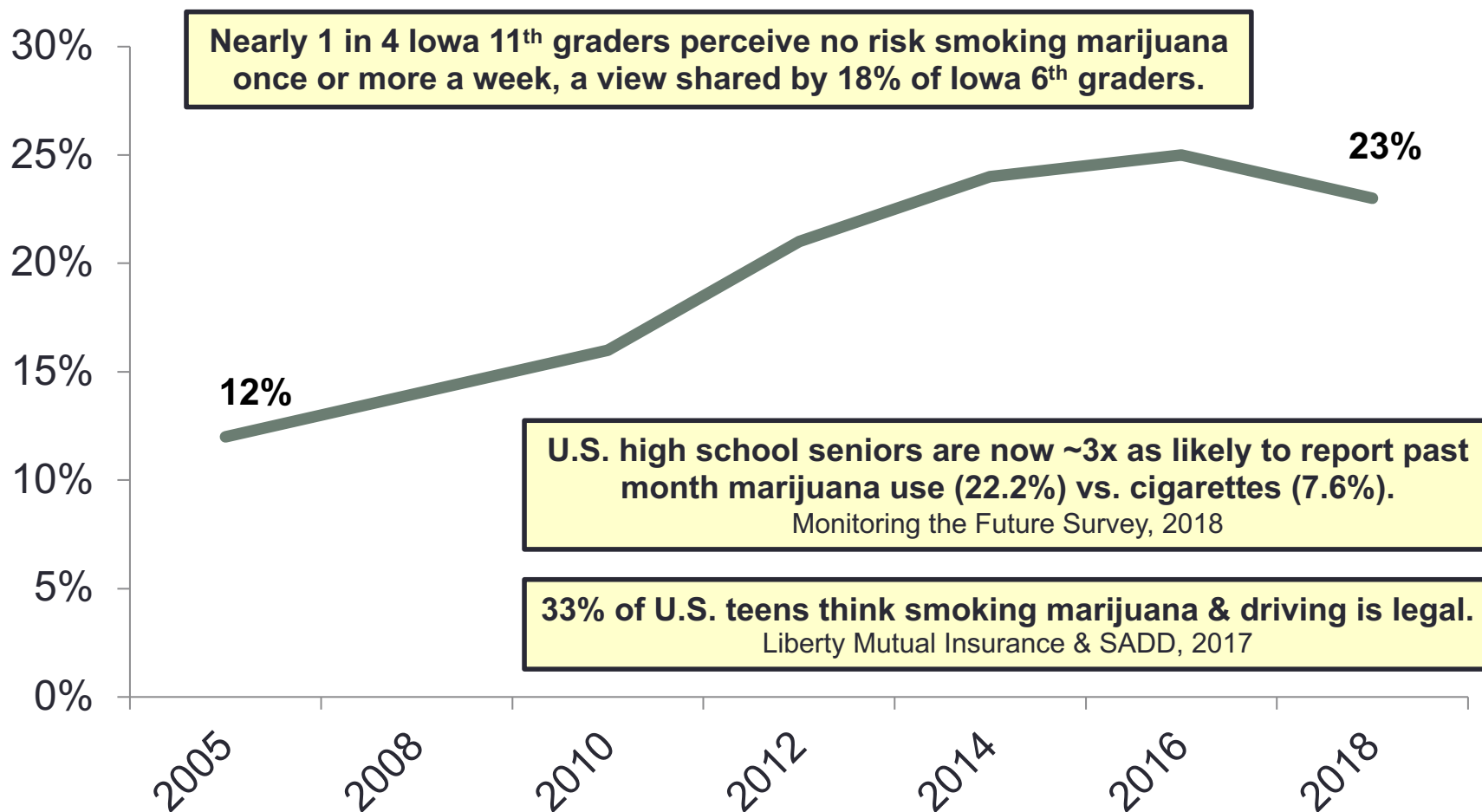


(Marijuana is primary drug for 77% of Iowa juveniles in treatment.)
Iowa Department of Public Health, 2018

National Survey on Drug Use & Health, 2017/2018

Iowa Youth Attitudes about Marijuana

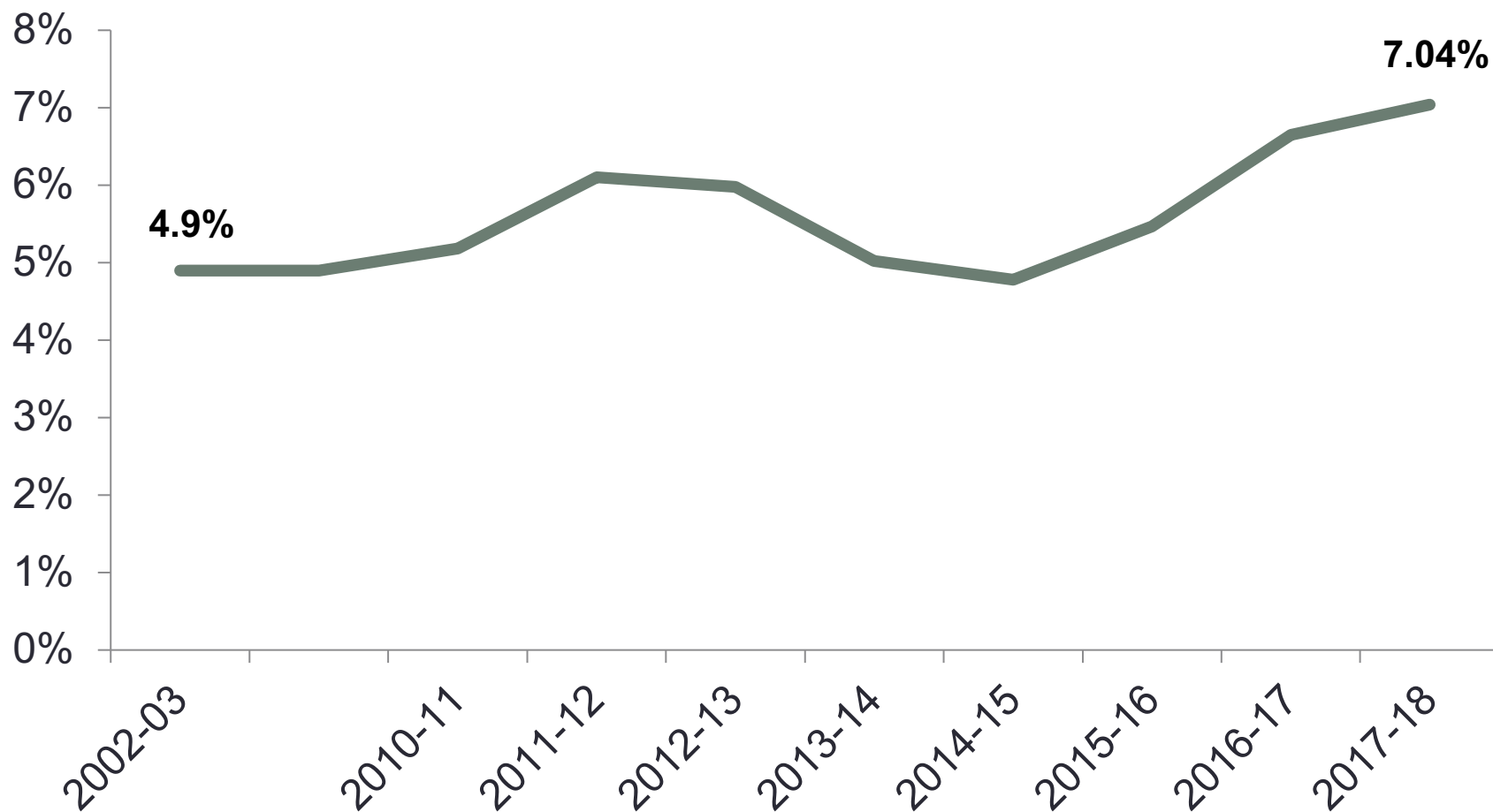
Lower Perceived Risk Coincides with Higher U.S. Rates of Use



Iowa Youth Survey, 2018

Iowa Marijuana Use

Current Use (Past Month) by Iowans 12+

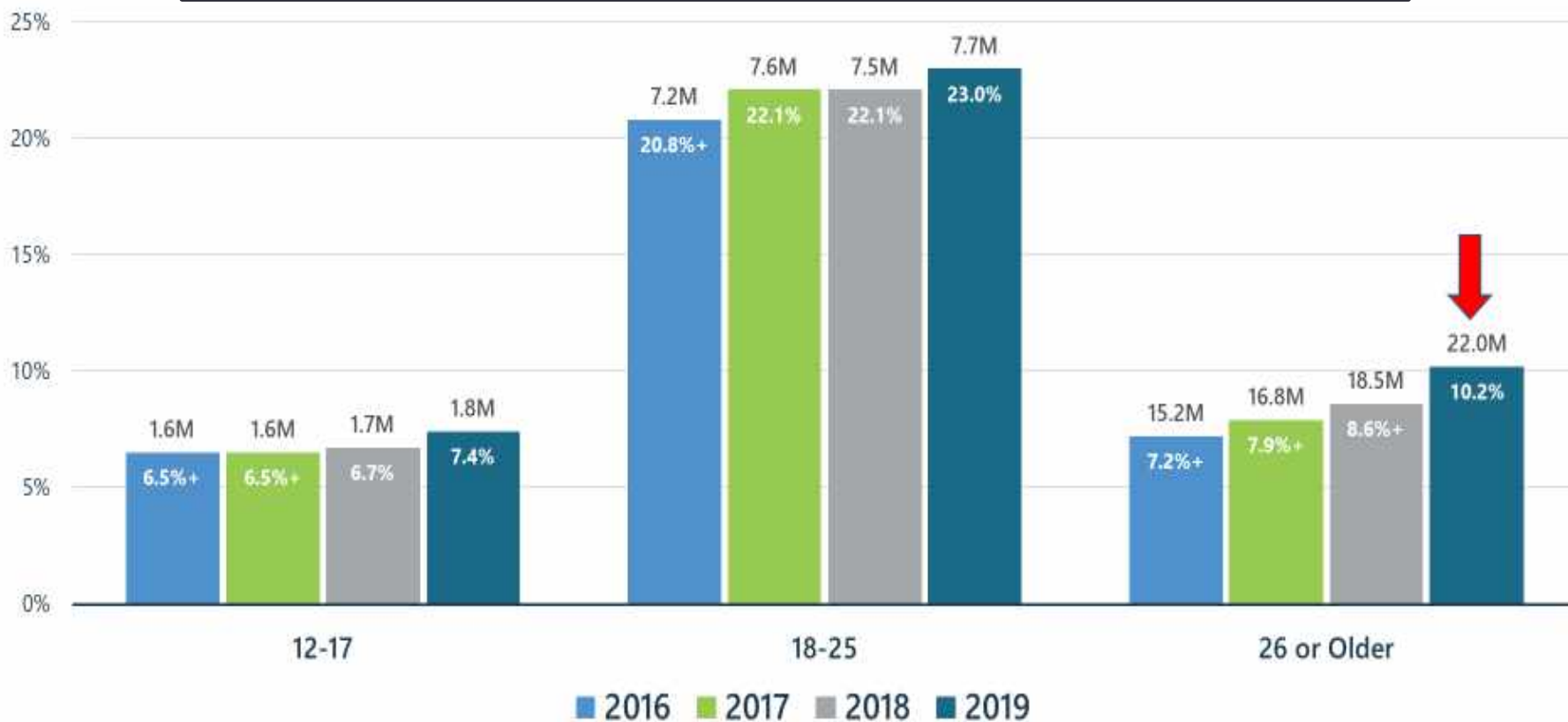


U.S. Marijuana Use

Current Use (Past Month) by Age Group

Past month marijuana use in the U.S. grew more than 31% over the last 4 years, with the largest increase among adults. Marijuana use disorder among 12-17 year olds rose nearly 20% during the same time.

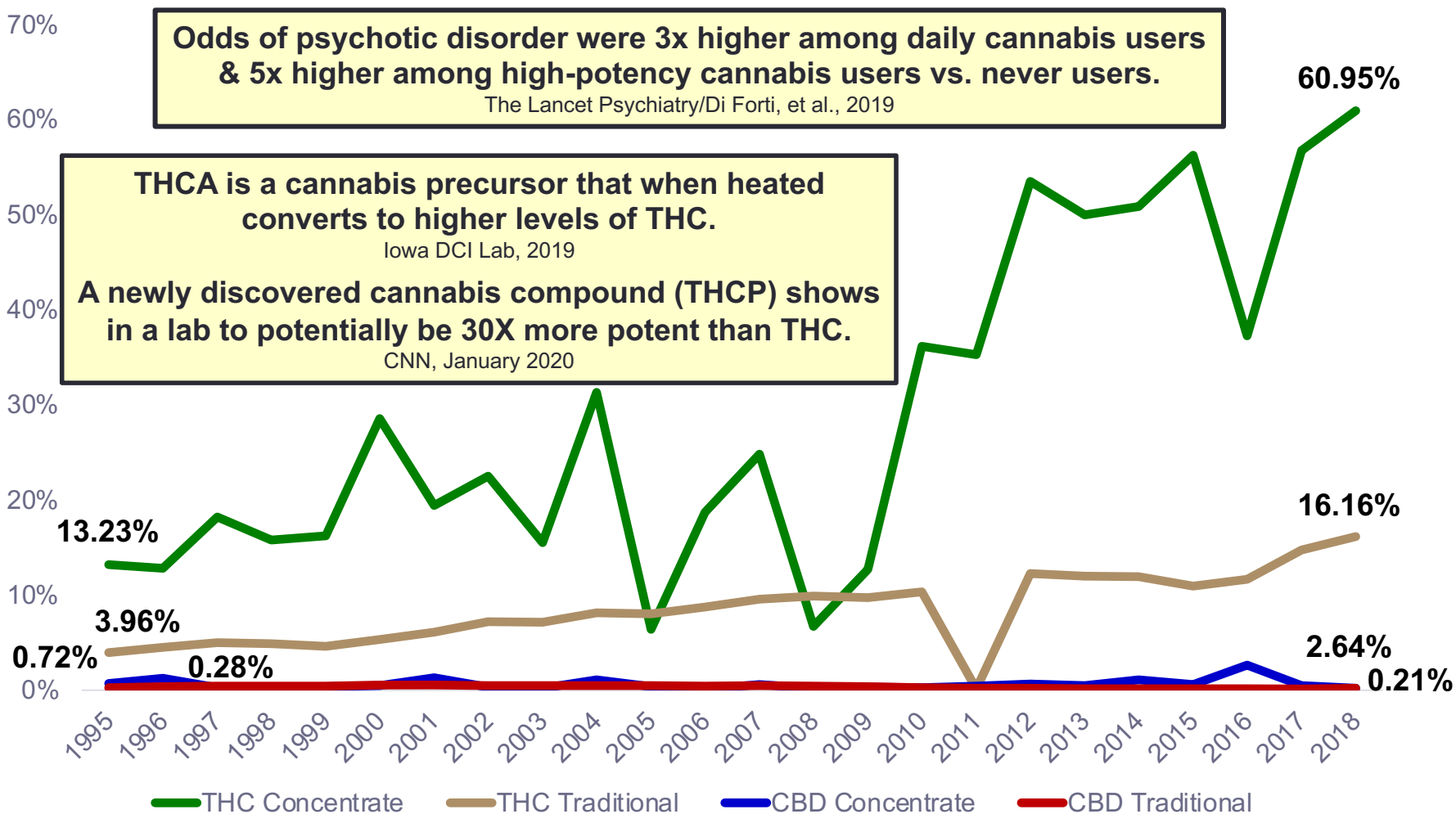
National Survey on Drug Use & Health, 2019



National Survey on Drug Use & Health, 2019

Marijuana's Increasing Potency

Average THC & CBD Levels in U.S. Marijuana Samples



Concentrates

Less is More...THC



"Green Crack" wax



Hash Oil Capsules

"Diamonds"



"Ear Wax"



Butane Hash Oil (BHO)

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HUNDREDS OF EXTRACTS
AND EDIBLES
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95%
THC

THE CLEAR
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Logos for various brands: Dixie, Koolhaas, DRX, evelab, and Mary's Marijuana.



"Budder"

"Shatter"

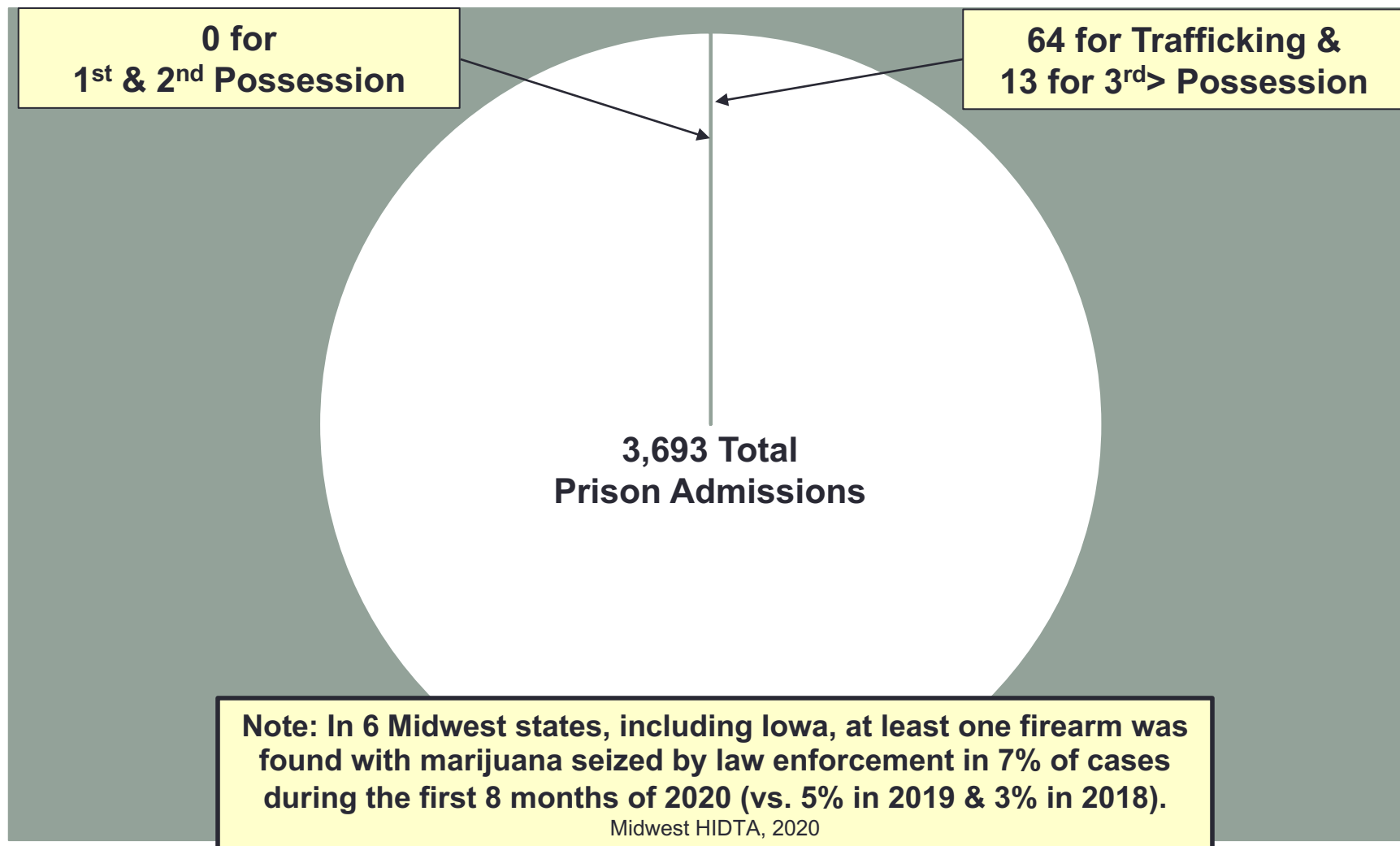


[Register](#) HOME NEWS SPORTS USA TODAY JOBS ARCHIVES MORE

Des Moines area man arrested in Nebraska with hundreds of vape cartridges filled with THC oil

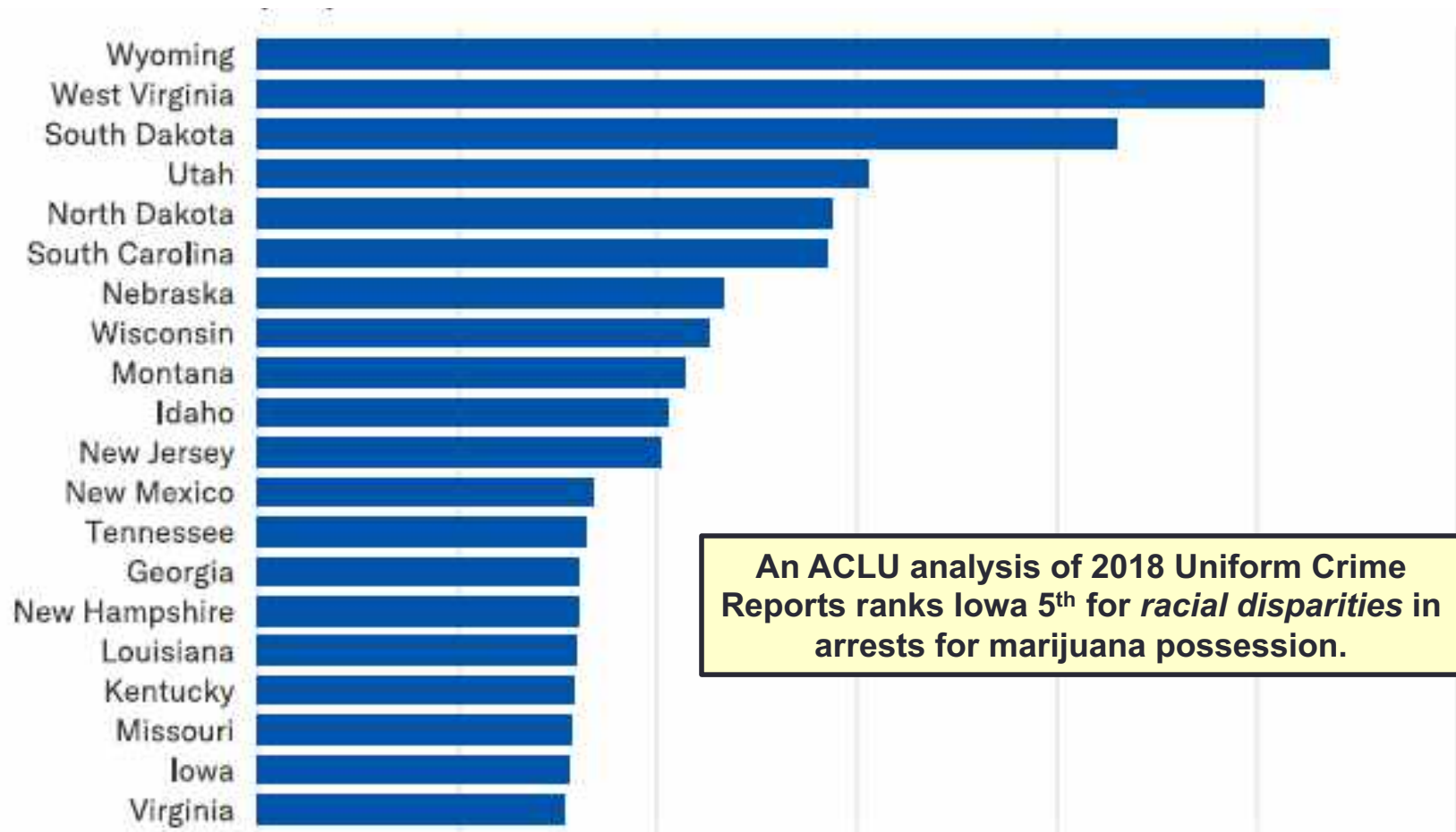
Iowa Marijuana Prison Admissions in 2019

In which Marijuana Violations were the Most Serious Offense



Marijuana Arrest Rates & Minority Contacts

States with Highest Black Arrest Rates for Marijuana Possession



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

Medical *Derivatives & Extracts* of Cannabis

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 continues undergoing clinical study 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, OTC, Non-Medical)

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CBD Goes Mainstream

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



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

Medscape

Artisanal CBD May Provide Less Seizure Control Than Pharma CBD

CNN BUSINESS | Markets | Tech | Media | Success | Perspectives | Video | U.S. Edition +

These hemp farmers are making a killing on the CBD industry

The Washington Times

Reliable Reporting. The Right Opinion.

Confusion with THC makes CBD a potential gateway to marijuana addiction

The FDA is working to answer questions about the science, safety, and quality of products containing cannabis and cannabis-derived compounds, particularly CBD.

*Advisories on *Other* 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.”

FDA-March 2020



“Now that the Iowa Hemp Act is fully effective, CBD products containing no more than 0.3% THC are no longer controlled substances under Iowa law. This does not mean that all CBD products are now legal...Section 7 of the Act clarifies that hemp derived CBD can only be added to products intended for human consumption to the extent consistent with applicable federal law.”

Iowa Attorney General-May 2020

A 2020 FDA review found less than half of CBD products contained the amount of CBD listed on the label, plus other labeling inaccuracies. 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



Interpret with CAUTION!

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 recent 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.

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 times higher than for never users, whereas odds among high-potency cannabis users were 5 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

Meth





Cheap and powerful 'meth 2.0' is ravaging communities and slowly killing its victims

Christine Vestal Pew/Stateline

Published 10:36 a.m. ET Nov. 2, 2019 | Updated 2:02 p.m. ET Nov. 4, 2019

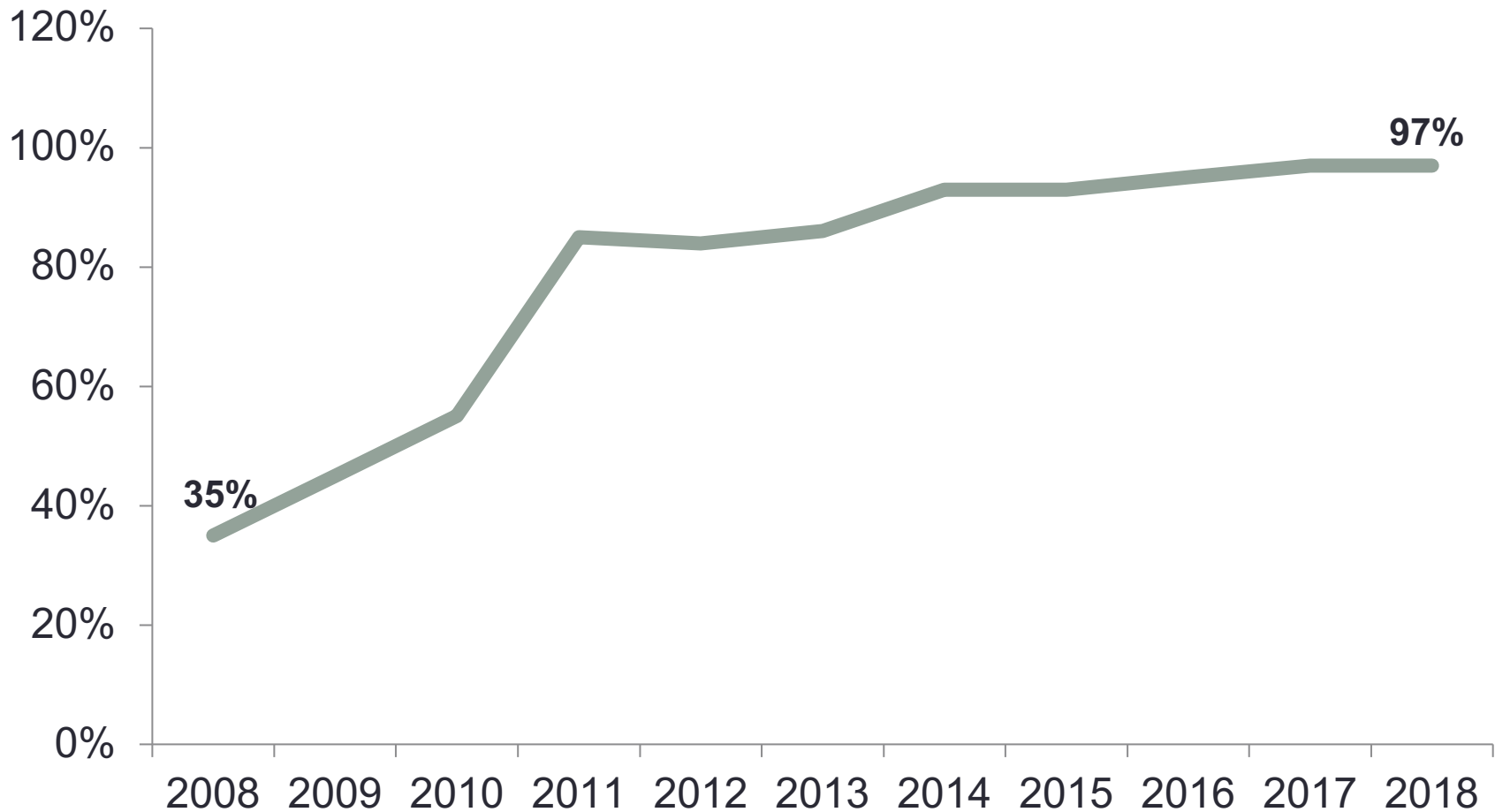


Photo by DEA

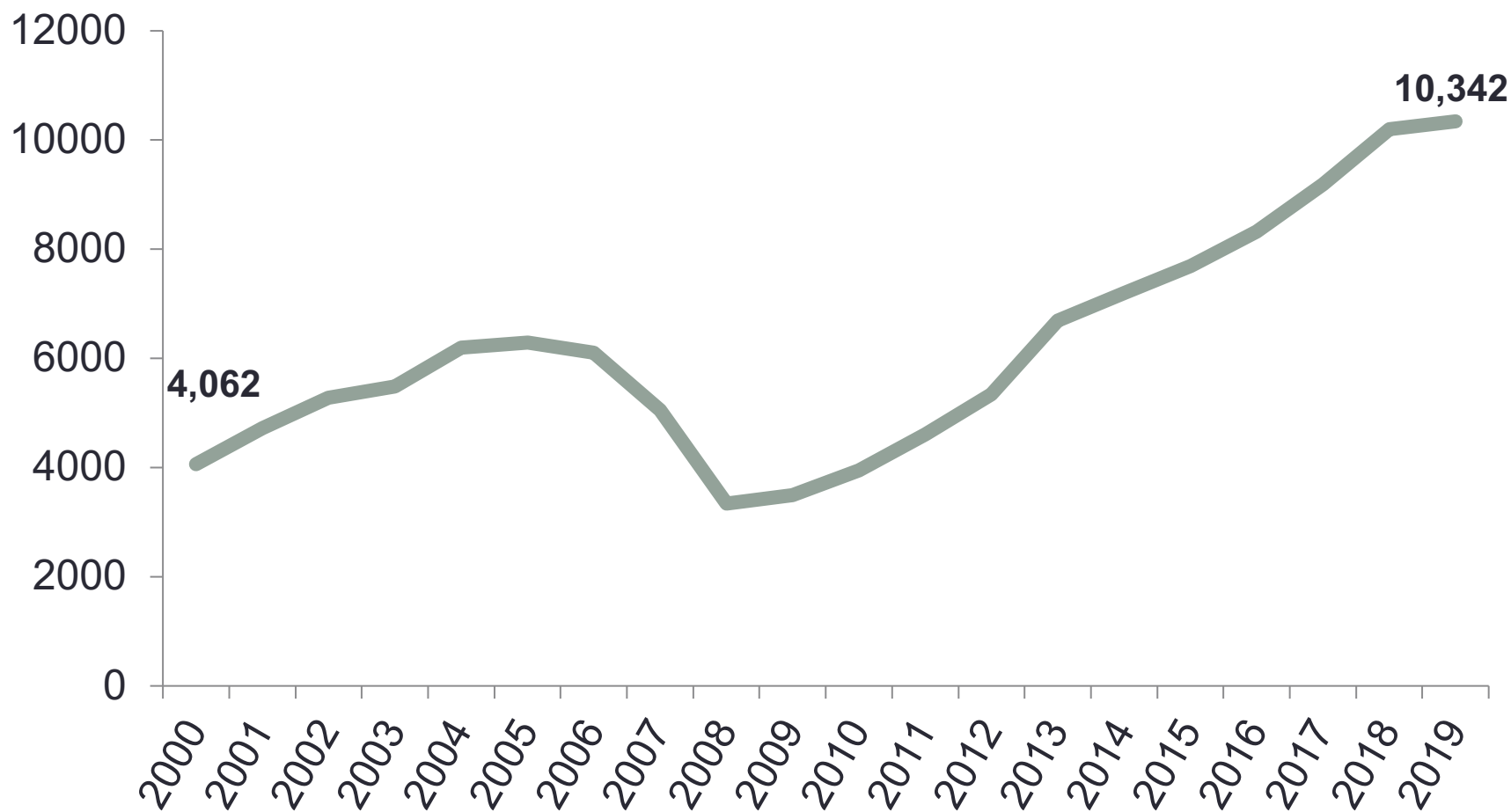
Crystal methamphetamine

Iowa Meth Purity

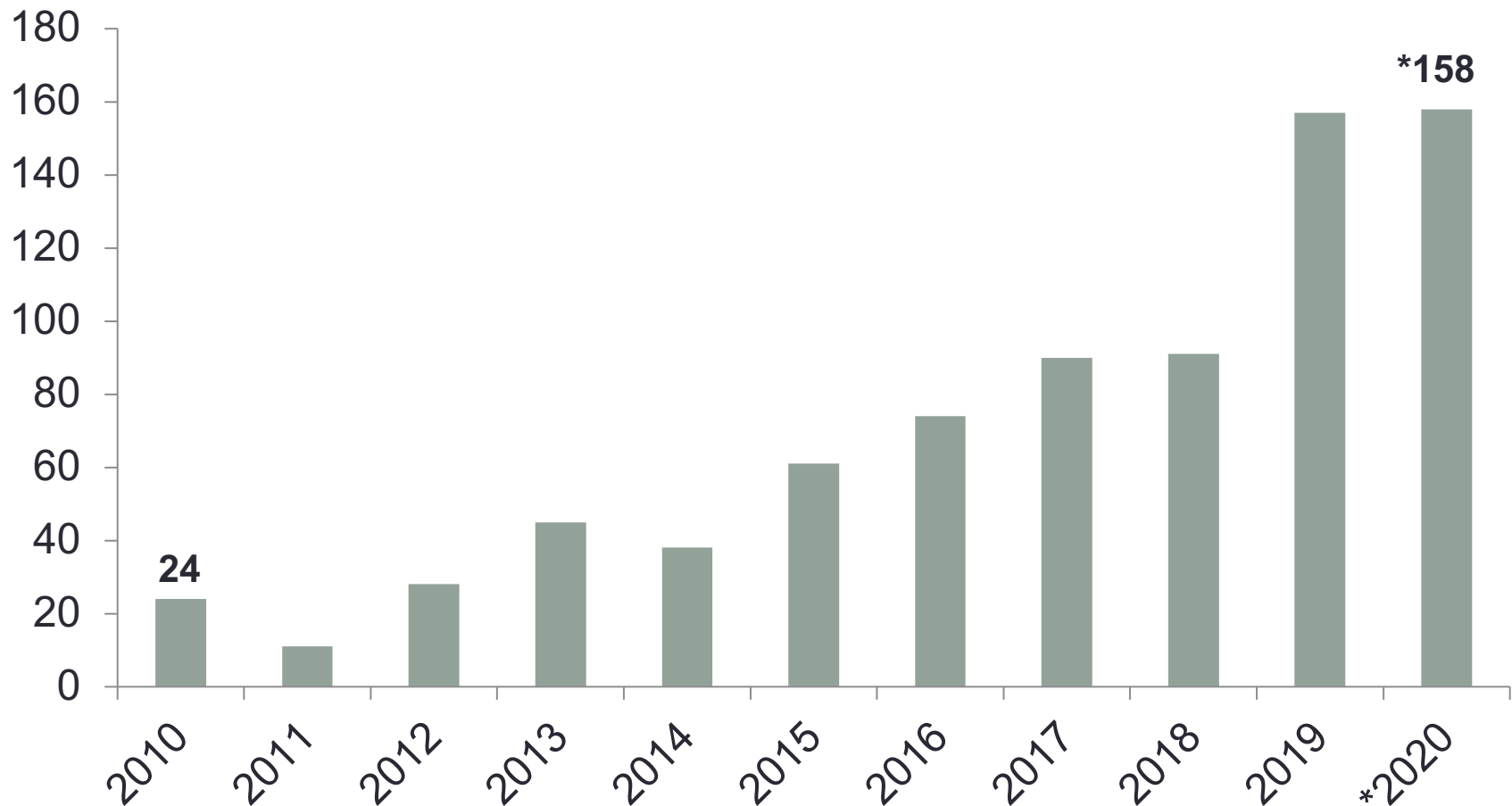
Crime Lab Fiscal Year Averages



Iowa Meth Treatment Admissions



*Iowa Psychostimulant-Related (OD) Deaths As a Contributing Factor

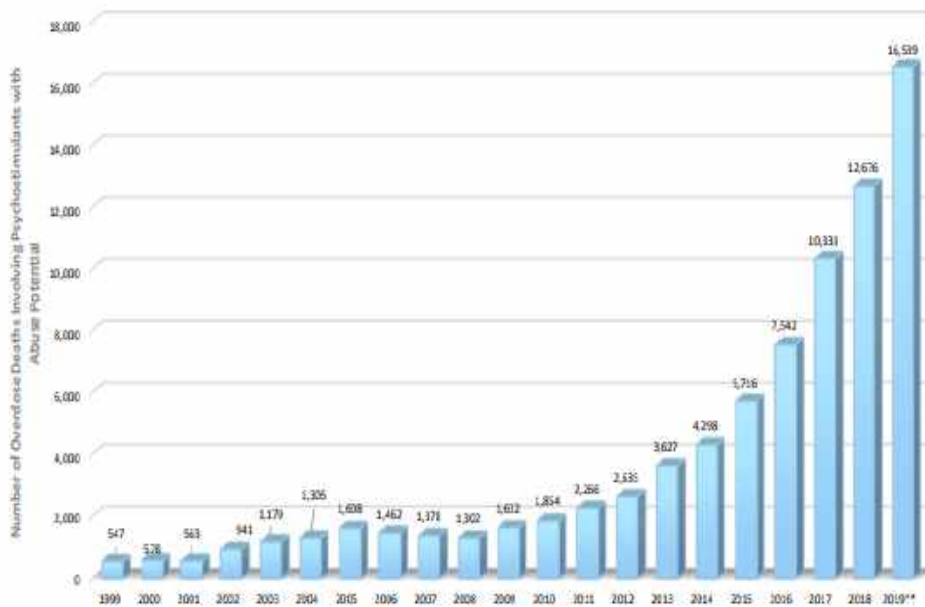


(*2020 projection based on preliminary data through June)

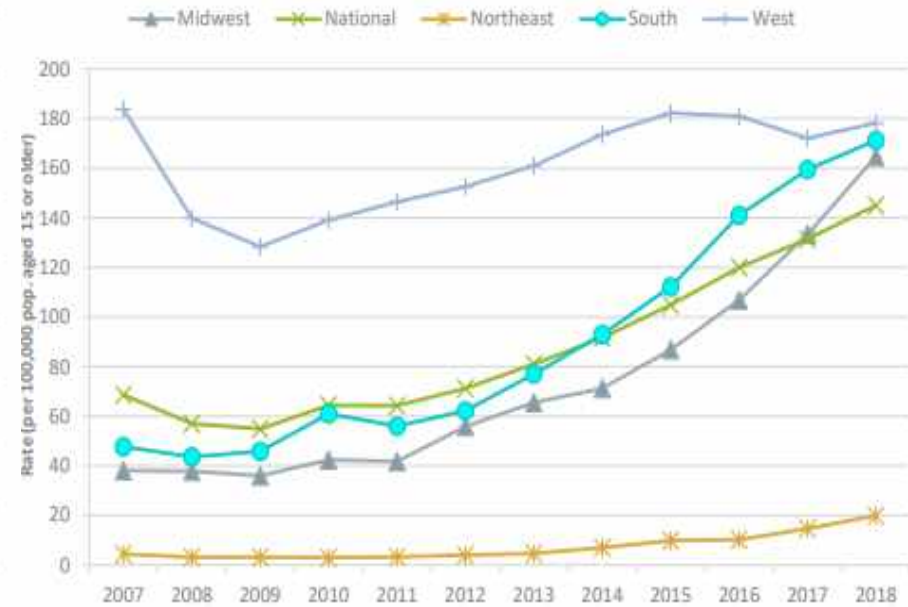
Iowa Department of Public Health, 2020

*U.S. Psychostimulant Trends

U.S. Psychostimulant OD Deaths
CDC, 2020



U.S. Law Enforcement Meth Seizures
NFLIS, 2020



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

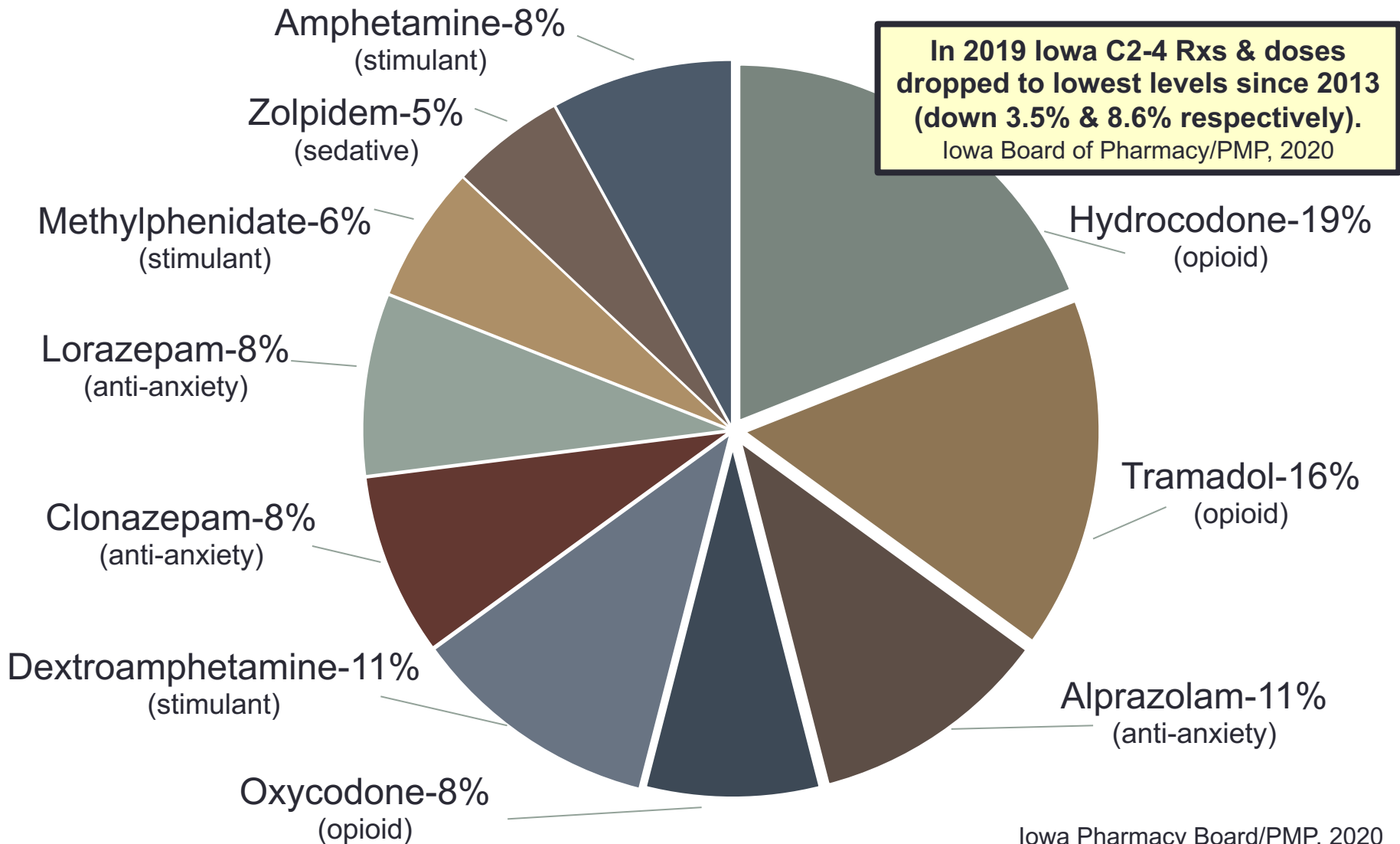
In 2019, U.S. drug OD deaths—fueled largely by opioids—reversed 2018's decline & increased 4.6% to 70,980, claiming over 194 lives per day.

Opioid-involved deaths in Iowa increased to 156 in 2019, up from 137 in 2018.

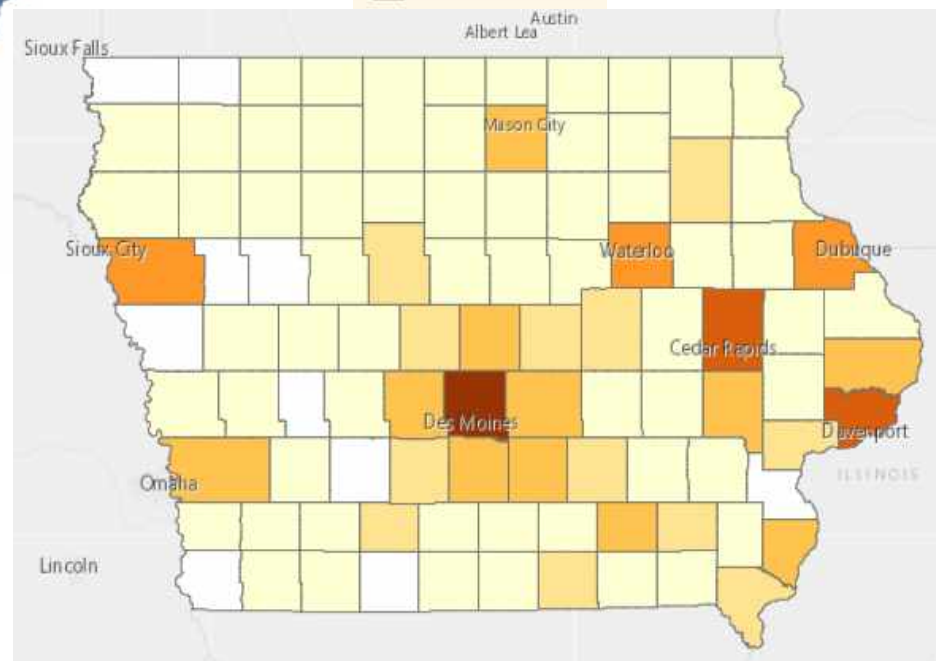
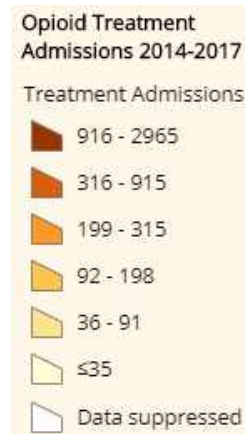
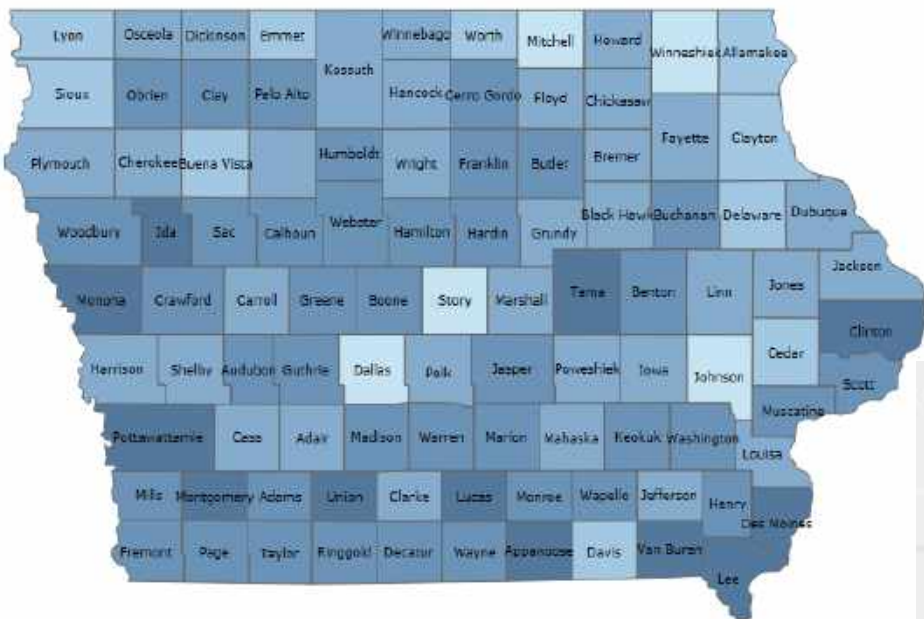
CDC & IDPH 2020

*Top 10 Iowa Rx Controlled Substances

CII-CIVs per Iowa's Prescription Monitoring Program (PMP) in 2019



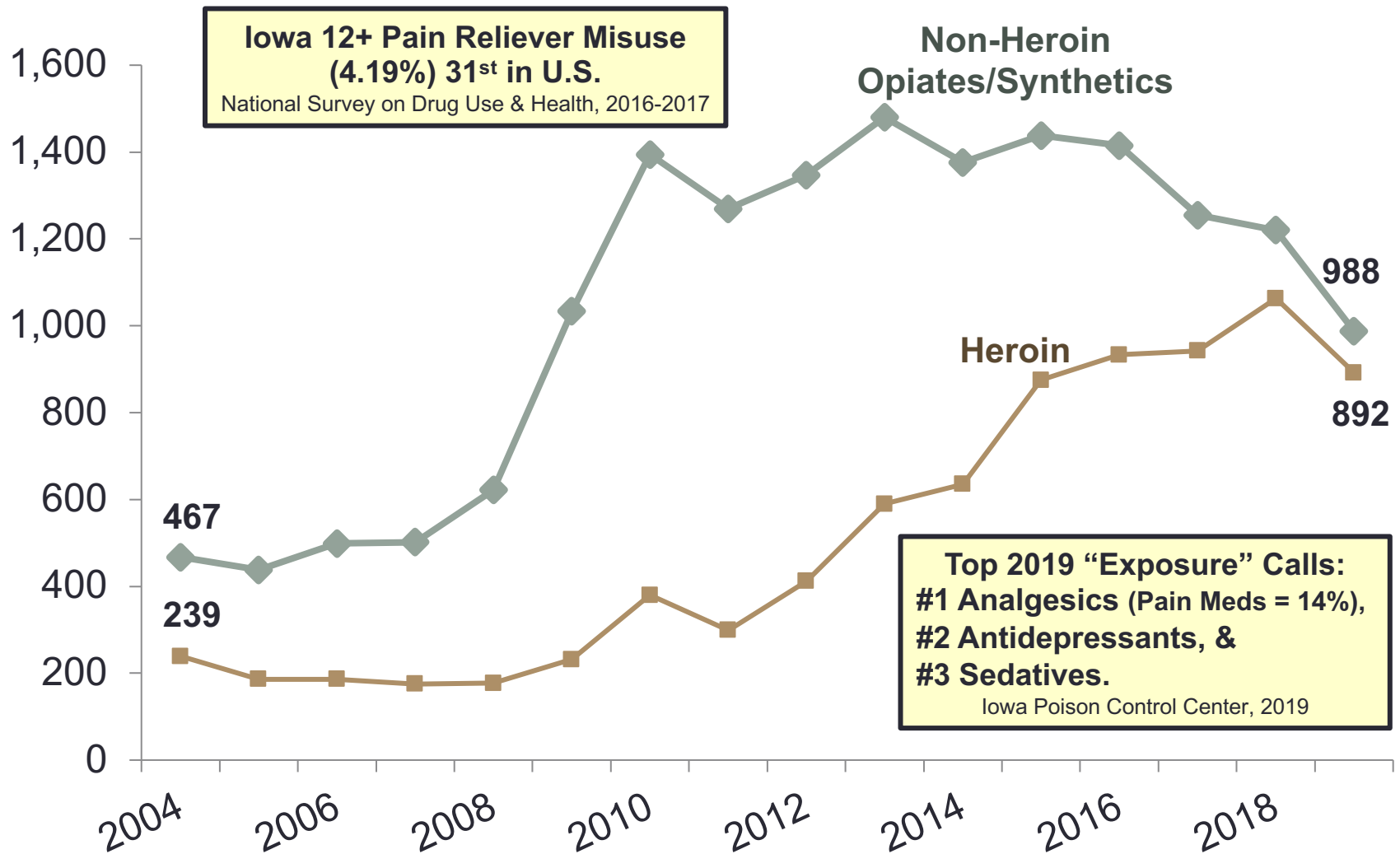
Iowa Rates of Opioid Rx & Treatment By County in 2018 & 2017, Respectively



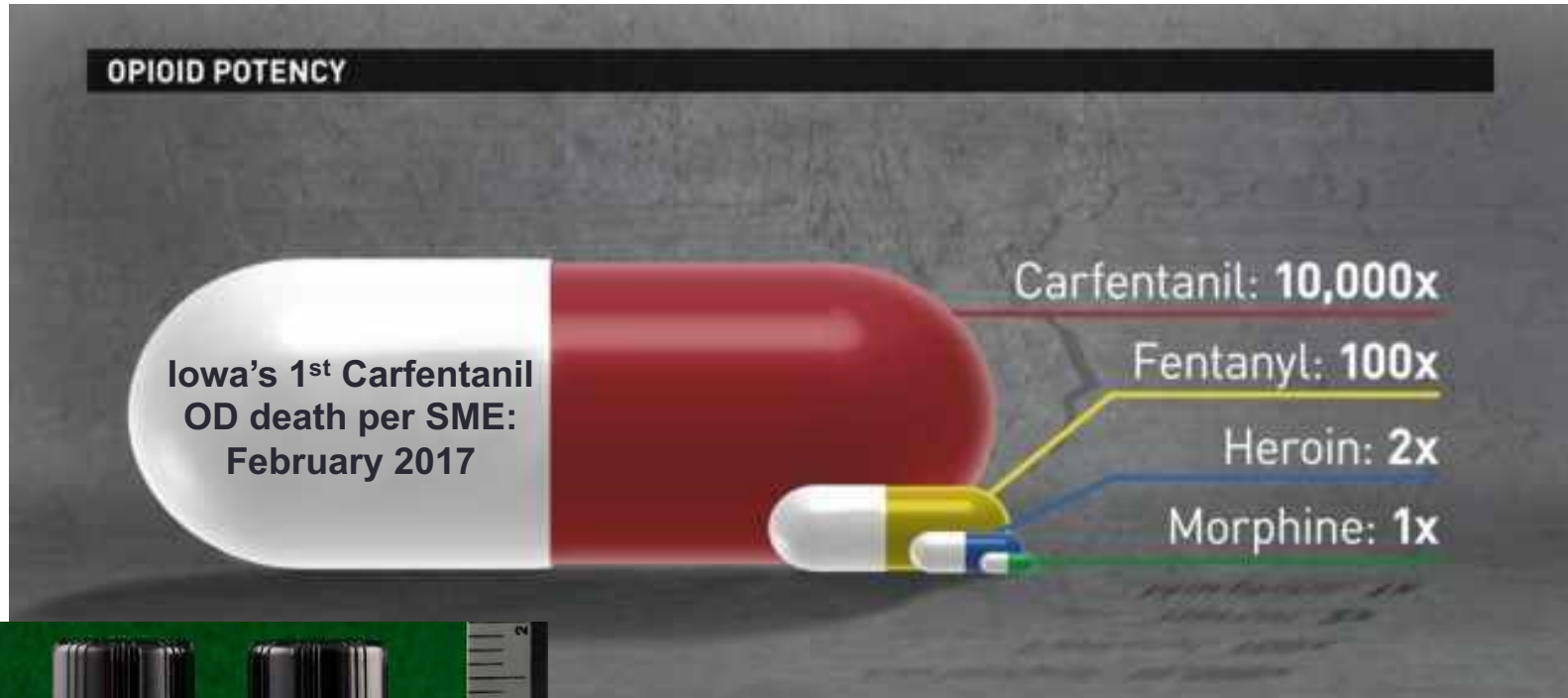
2018 Opioid Prescribing
&
2017 Opioid Use Disorder Treatment

Iowa Opioid Treatment Admissions

Heroin + Non-Heroin Opiates/Synthetics Primary at Admission



Illicit Synthetic Opioids: Less is More

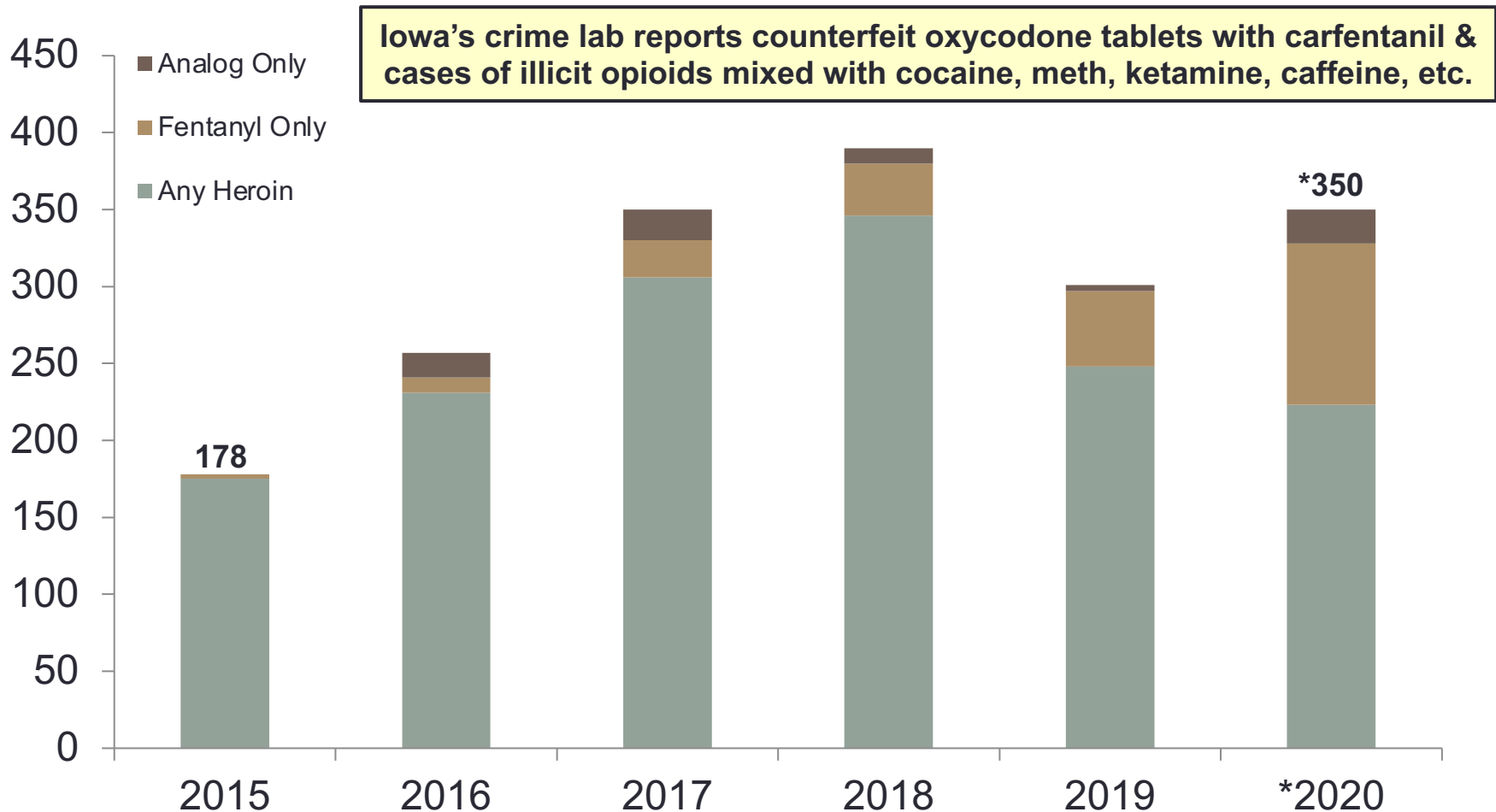


Often mixed with heroin, illicit *synthetic opioids* (e.g., fentanyl analogs)—in tiny amounts—can be much more lethal vs. heroin.



*Heroin, Fentanyl & Illicit Synthetic Opioids

Law Enforcement Seizure Cases per Iowa's Crime Lab

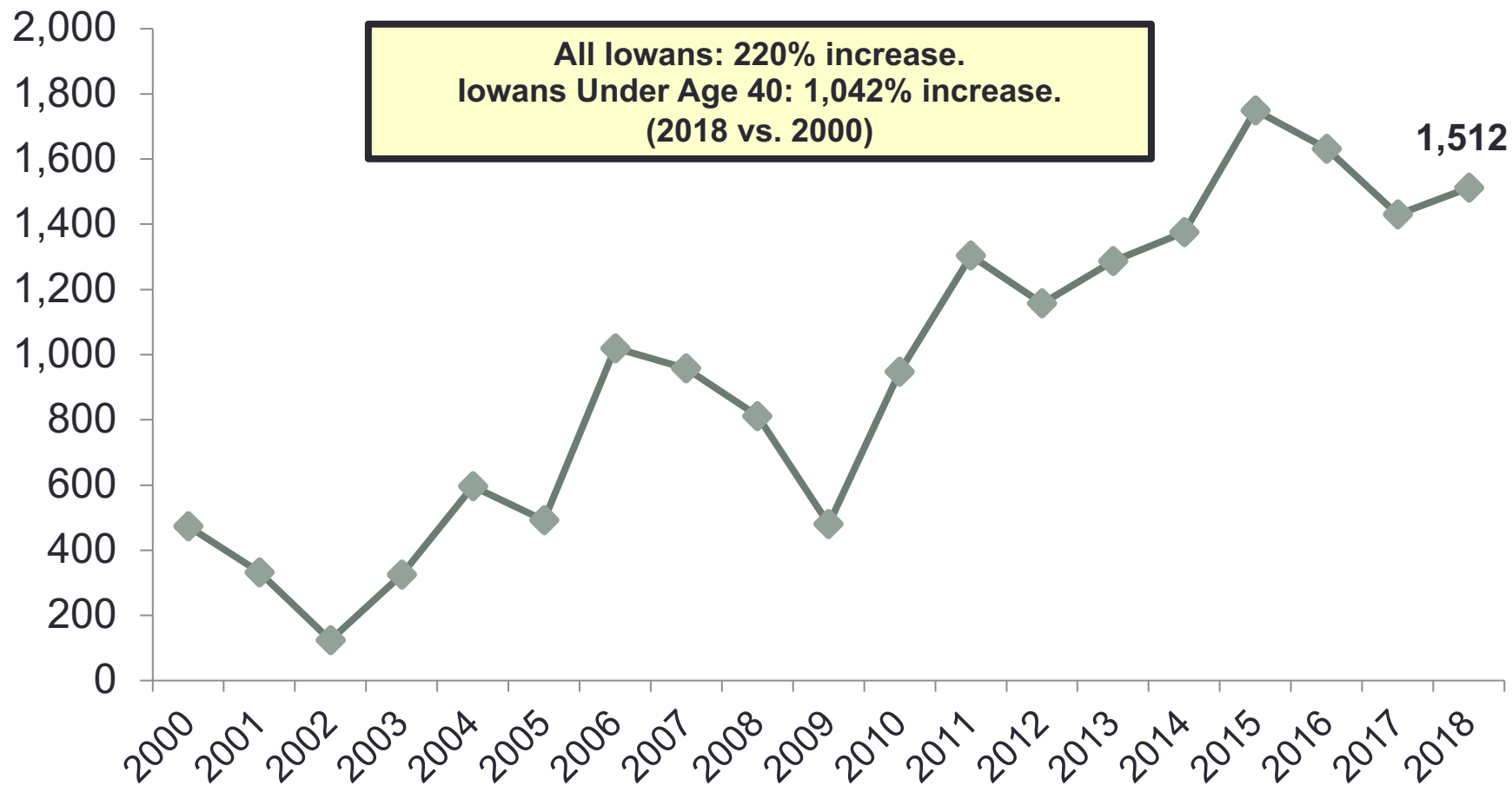


(*2020 projection based on YTD pace through July)

Iowa Department of Public Safety, 2020

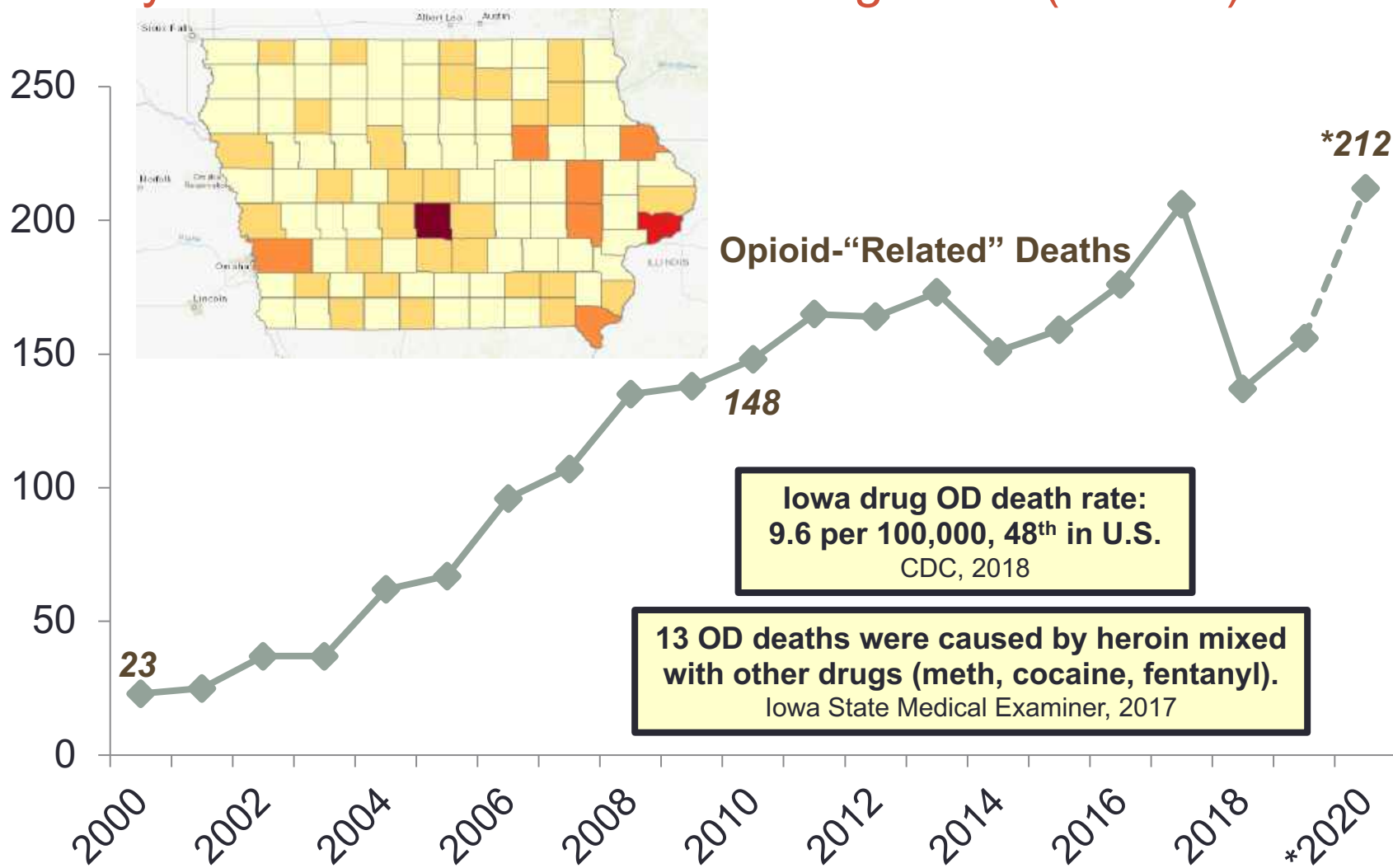
Iowans with Chronic HCV (Hepatitis C)

Confirmed Diagnoses possibly due to IV Drug Use, etc.



*Iowa Opioid OD Deaths

Primary Cause of Deaths vs. Contributing Factor (Related) Deaths

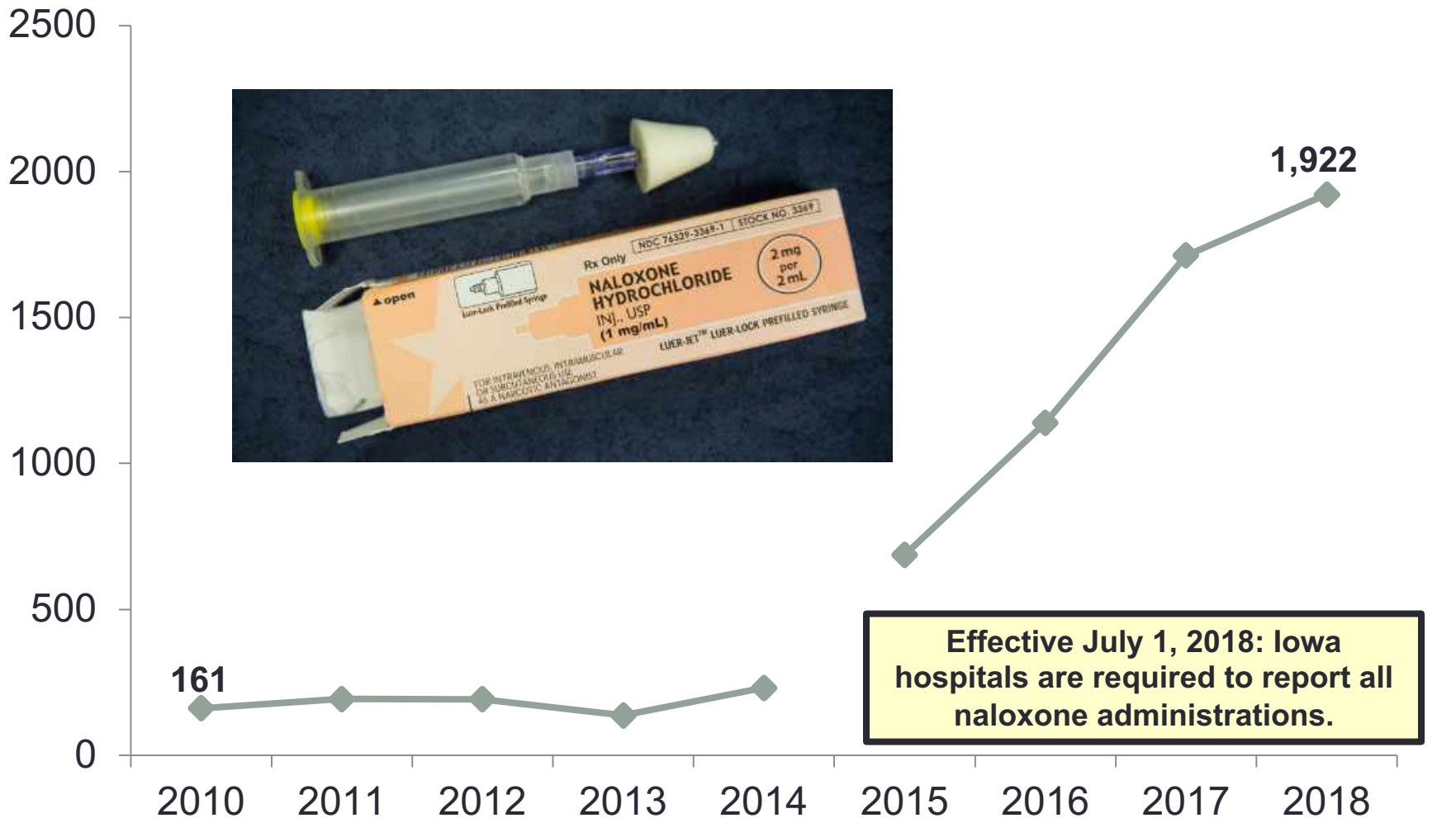


(*2020 projection based on preliminary data through June)

Iowa Department of Public Health, 2020

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

Iowa Medication Assisted Treatment Provider Locations



107 Iowa MAT Providers in 2018 vs. 31 in 2015

*Iowa "Take-Back" Initiative

Amount (in Pounds) of Rx Drugs Collected



(*April 2020 Event Canceled Due to Pandemic)

DEA, 2020

Iowa Permanent Rx "Take Back" Sites

Controlled Prescription Drug Disposal Locations



392 Sites Statewide (273 Pharmacies & 119 Law Enforcement Centers) vs. 47 in January 2016

Iowa Drug-Related Legislation



2020: Enacted

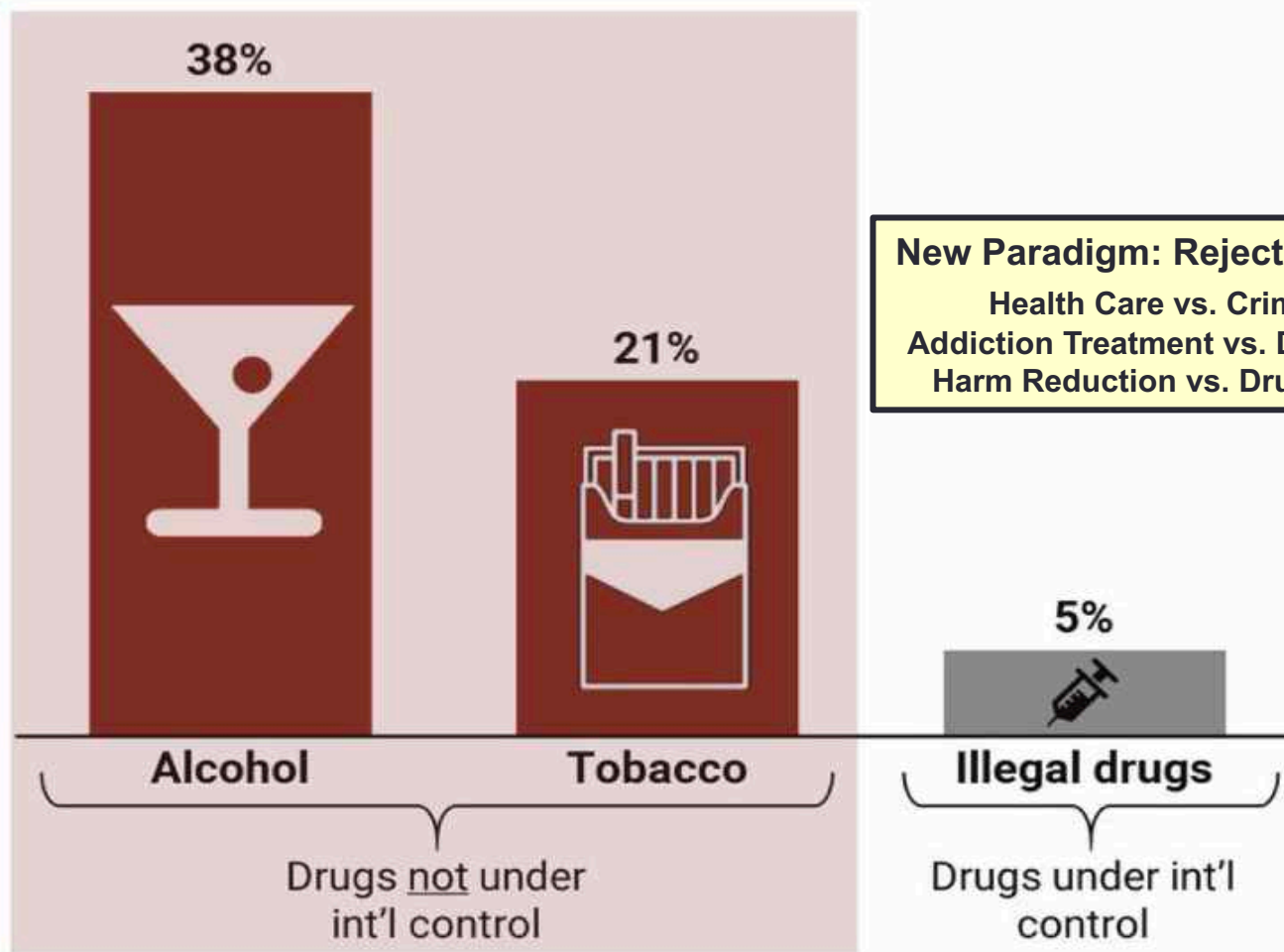
- Legal Smoking/Vaping Age Raised to 21 (SF 2268)
- New Synthetic Drugs Banned & Authority for Assigning Medical Properties to Marijuana Shifted from Pharmacy Board to U.S. FDA (SF 2119)
- Prescription Monitoring Program Enhanced by Adding Schedule V Controlled Substances & Requiring Veterinarian Reports (SF 2120)
- Alcohol Poisoning Calls Made Eligible for Good Samaritan Immunity (HF 684)
- Consumable Hemp (e.g., CBD) Legalized, but No Inhaling, subject to Regulatory Rules (HF 2581)
- Medical Cannabidiol Program Revised to Change THC Content Limit & Patient Access/Use (HF 2589)
- Cocktails To Go Legalized, subject to Regulatory Rules (HF 2540)

Recent Bills Introduced, but Did Not Pass (2019-2020)

- Medical CBD/Marijuana Expansion (HF 732-Vetoed)
- Needle Exchange Pilot Program (SF 500 / HF 580)
- Marijuana Possession Reduced Penalty for Small Amounts (SF 378)
- Legal Marijuana (SF 469), Psychedelic Mushrooms & MDMA (HF 248/249)

Do Drug Control Laws Work?

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



New Paradigm: Reject False Choices?

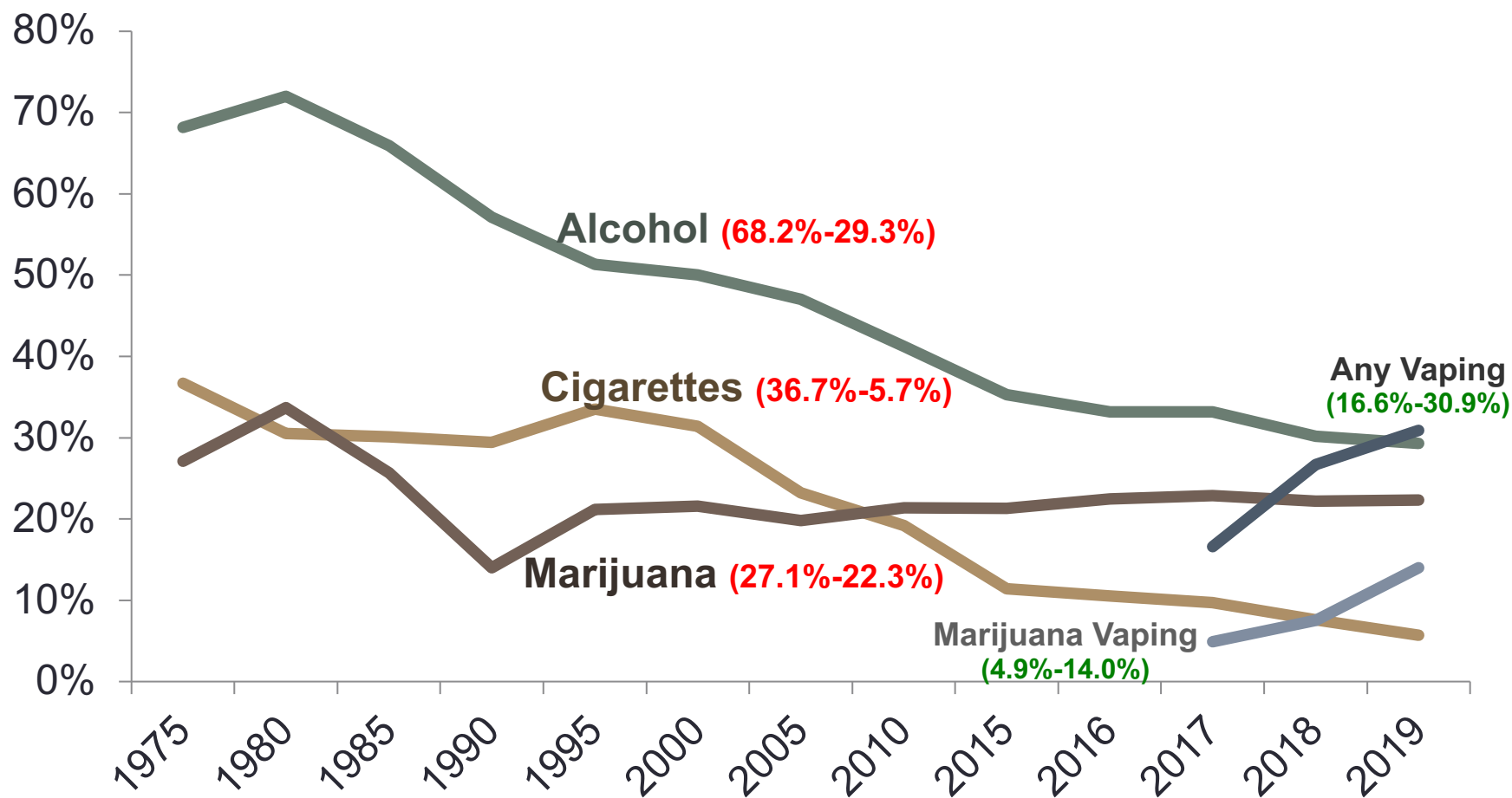
Health Care vs. Criminal Justice

Addiction Treatment vs. Drug Enforcement

Harm Reduction vs. Drug-Free Lifestyle

Youth Substance Use 40+ Year Trends

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



Iowa Drug Control Strategy

2020 Goals

- Reduce drug-related deaths involving Iowans.
- Reduce drug-related injuries involving Iowans, including those involving electronic smoking/vaping.
- Reduce the number of Iowa youth who are current users of alcohol, tobacco & other drugs.
- Increase the number of Iowans who find employment during or after substance use disorder (SUD) treatment.
- Reduce the number of Iowans incarcerated for drug-related offenses.



COVID-19 in Iowa: Possible Impacts?

- Surge in alcoholic beverage sales & legal “cocktails to go.”
- Reports of excessive drinking, withdrawal & treatment admissions.
- Reports of substance use disorder (SUD) rise, as positive non-pharmaceutical fentanyl & meth drug test results increase.
- ~80% of SUD treatment shifts from in-person to telehealth.
- Unused medicines accumulate, due to limited Take Backs. One option: contactless drive-thru drop off. Next Take Back Day is October 24.
- Reports of suicides/attempts with OTC medicines are up.
- Opioid overdose deaths rise (~155 first half of ‘20 vs. 137 all of ‘19 or +126%).
- Fewer drug & alcohol fatal traffic crashes (-23% 1st half of ‘20 vs. ‘19).
- Alternatives to arrest & incarceration (e.g., diversion, tele-supervision).
- “Smoke-free” policies in some casinos, upon reopening.
- Some drug trafficking pipelines slow, resulting in tighter supplies.
- Federal resources to prevent, prepare for & respond to COVID-19.
- To be continued...

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