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

POTTENCIY 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...
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

Synthetic opioids are often mixed with heroin and other IEDs, creating even more lethal drugs.

Iowa Opioid-Related Overdose Deaths:
- Heroin, Rx Methadone, Other Opioids, and Other Synthetic Narcotics

Potency on the Rise

Meth

Iowa Meth Purity: Crime lab fiscal year averages

Potency on the Rise

Alcohol

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.

Potency on the Rise

Marijuana

Marijuana's Increasing THC Potency:
- Solved in U.S.

Potency on the Rise

Nicotine

Higher Nicotine E-Cigarette Products have been introduced in recent years and account for a large and increasing share of U.S. e-cigarette/vaping sales.

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

Iowa opioid OD deaths through June 2020 are on pace to exceed 2019’s total by 126%.

Provisional IDPH, 2020
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

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

45% of Iowa SUD treatment referrals are via the justice system, down from 52% 5 years ago.
Iowa Department of Public Health, 2019
Iowa Drug-Related Traffic Fatalities

Drug & Mixed Drug/Alcohol-Related Traffic Deaths

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

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 Departments of Transportation & Public Safety, et al., 2019
Iowa Drug-Related Traffic Fatalities
2018 by Drug Type (not including alcohol-only)

Drugged driving is more complicated than drunk driving.

- **Number:** Hundreds of drugs vs. Alcohol is alcohol
- **Use by Drivers, Presence in Crashes:** Limited Data vs. Abundant Data
- **Use by Drivers:** Increasing vs. Decreasing
- **Impairment:** Varies by type vs. Well-documented
- **Crash Risk:** Varies by type vs. Precise
- **Beliefs & Attitudes:** No strong attitudes – public indifferent vs. Socially unacceptable

Some cases involve multiple substances:

- **Cannabinoids & THC**
- **Stimulants (Amphetamines, Meth, Cocaine)**
- **Opioids, Narcotics**
- **Depressants**
- **Hallucinogens**
- **Others**
Iowa Driving-Related Blood Screens
DCI Lab Positive Results on Cases from Law Enforcement

2019 cases screened (most, but not all, driving/OWI related) up 51% vs. 2018.

2019 Iowa Drug Recognition Expert Roadside Evaluations:
53.35% Cannabis, 35.5% Stimulants, 13.75% Depressants, 7.9% Narcotics, 1.49% Other.
(not including alcohol, some tested + for more than 1 drug)
Iowa DPS/GTSB, 2020
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, 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
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%

Iowa Department of Public Health, 2019

2020 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

OTC analgesics (acetaminophen, ibuprofen, etc.) were involved in 57% more suicides/attempts in 2018 vs. 2000, according to poison control center reports. 
Center for Injury Research & Policy, et al., 2020

Iowa Department of Public Health, 2020
Precursors to Substance Use Disorders (SUDs)

Most SUDs are Rooted in Behavior that Begins in Teens

DuPont, et al., 2018
Alcohol & Tobacco/Nicotine
*Current Binge Drinking

Last 30-Days

National Survey on Drug Use & Health, 2017/2018

U.S. Iowa

18-25

12+ 12-17 26+
*Iowa Alcohol-Related Deaths
As a Contributing Factor

(*2020 projection based on preliminary data through June)
Current Tobacco Product Use

Last 30-Days

National Survey on Drug Use & Health, 2017/2018
Iowa Youth Cigarette vs. E-Cigarette Use
Last 30-Days

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. Monitoring the Future Survey, 2019

Iowa’s Poison Control Center recorded a 139% increase in E-cigarette “exposure” calls in 2019 (91 vs. 38 in 2018). IPCC, 2020
Teen Vaping of Nicotine & Marijuana Surges

NICOTINE VAPING
Past month use

2017 2018 2019

35% 25% 20% 15% 10% 5%

25.5% 19.9% 9.6%

THC VAPING
Past month use

2017 2018 2019

15% 12% 9% 6% 3%

14%* 12.6% 3.9%

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

![Graph: 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): 20%
- To feel good or get high*: 10%
- Because of boredom – nothing else to do: 7%
- Because it looks cool: 5%
- Because I’m “hooked” – I have to have it: (more than doubled): 3%
- To help me quit regular cigarettes: 1%
- Because regular cigarette use is not permitted: 1%

*Up significantly from 2018

National Institute on Drug Abuse/Monitoring the Future, 2019
Marijuana in Iowa
Health & Public Safety Perspectives

“Medical”
“Extrahs” “CBD & THC” “Concentrates”
“Cannabis” “Hemp”
“Recreational”
*State Marijuana Laws in U.S.

- **33* Medical** (unlimited THC)
- **14** CBD Only (e.g., Iowa)
- **11* Personal Adult Use**
- **3** All Illegal
  (*Plus DC)

Illegal Under Federal Law
(Except for Hemp)

14 of 15 states with highest use rates have legalized or decriminalized marijuana. NCSL/NSDUH, 2019
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
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, 2017/2018
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
Marijuana’s Increasing Potency
Average THC & CBD Levels in U.S. Marijuana Samples

THCA is a cannabis precursor that when heated converts to higher levels of THC.
Iowa DCI Lab, 2019

A newly discovered cannabis compound (THCP) shows in a lab to potentially be 30X more potent than THC.
CNN, January 2020

Odds of psychotic disorder were 3x higher among daily cannabis users & 5x higher among high-potency cannabis users vs. never users.
The Lancet Psychiatry/Di Forti, et al., 2019

University of Mississippi Marijuana Project, 2020
Concentrates
Less is More…THC

“Green Crack” wax
Hash Oil Capsules

“Ear Wax”

Butane Hash Oil (BHO)

“Budder”

“ Diamonds”

“Shatter”

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

3,693 Total Prison Admissions

0 for 1\textsuperscript{st} & 2\textsuperscript{nd} Possession

64 for Trafficking & 13 for 3\textsuperscript{rd}> Possession

Note: In 6 Midwest states, including Iowa, at least one firearm was found with marijuana seized by law enforcement in 7\% of cases during the first 8 months of 2020 (vs. 5\% in 2019 & 3\% in 2018).

Midwest HIDTA, 2020
Marijuana Arrest Rates & Minority Contacts

States with Highest Black Arrest Rates for Marijuana Possession

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An ACLU analysis of 2018 Uniform Crime Reports ranks Iowa 5th for racial disparities in arrests 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)

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

**Medscape**
Artisanal CBD May Provide Less Seizure Control Than Pharma CBD

**The Washington Times**
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.”

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“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.

“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*
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 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.

NIDA/Proceedings of the National Academy of Sciences, June 2019
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

NIDA/Proceedings of the National Academy of Sciences, June 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

Crystal methamphetamine

Photo by DEA
Iowa Meth Labs

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 Psychostimulant-Related (OD) Deaths As a Contributing Factor

(*2020 projection based on preliminary data through June)
U.S. Psychostimulant Trends

U.S. Psychostimulant OD Deaths
CDC, 2020

U.S. Law Enforcement Meth Seizures
NFLIS, 2020

CDC/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**

CIls-CIVs per Iowa’s Prescription Monitoring Program (PMP) in 2019

- Hydrocodone-19% (opioid)
- Tramadol-16% (opioid)
- Zolpidem-5% (sedative)
- Alprazolam-11% (anti-anxiety)
- Methylphenidate-6% (stimulant)
- Lorazepam-8% (anti-anxiety)
- Clonazepam-8% (anti-anxiety)
- Dextroamphetamine-11% (stimulant)
- Oxycodone-8% (opioid)
- Amphetamine-8% (stimulant)

*In 2019 Iowa C2-4 Rxs & doses dropped to lowest levels since 2013 (down 3.5% & 8.6% respectively).* 
Iowa Board of Pharmacy/PMP, 2020
Iowa Rates of Opioid Rx & Treatment
By County in 2018 & 2017, Respectively

2018 Opioid Prescribing
&
2017 Opioid Use Disorder Treatment

Iowa Department of Public Health/Board of Pharmacy, 2020
Iowa Opioid Treatment Admissions
Heroin + Non-Heroin Opiates/Synthetics Primary at Admission

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

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

(*2020 projection based on YTD pace through July)
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)

Iowa Department of Public Health, 2019
*Iowa Opioid OD Deaths

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

Iowa drug OD death rate: 9.6 per 100,000, 48th in U.S.

CDC, 2018

13 OD deaths were caused by heroin mixed with other drugs (meth, cocaine, fentanyl).

Iowa State Medical Examiner, 2017

13 OD deaths were caused by heroin mixed with other drugs (meth, cocaine, fentanyl).

Iowa State Medical Examiner, 2017

(*2020 projection based on preliminary data through June)
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:
October 24, 2020!

(*April 2020 Event Canceled Due to Pandemic)
Iowa Permanent Rx “Take Back” Sites
Controlled Prescription Drug Disposal Locations

Search: Iowa Rx Takebacks

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+)

- 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, 1975-2019

- 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%)
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!

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

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