



---

# Drug Abuse in Iowa

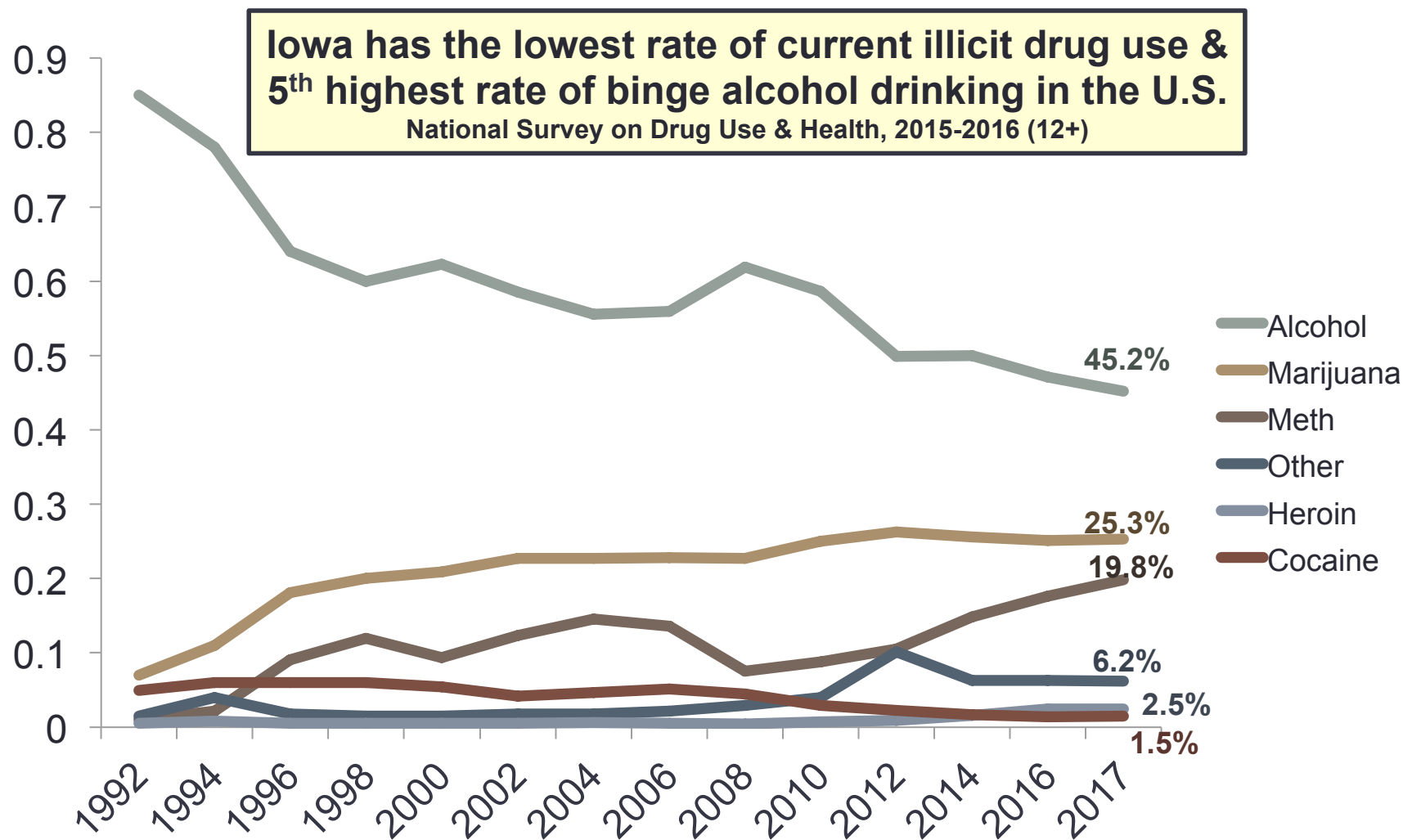
## *Evolving Threats, Impacts & Responses*

NSC Drug-Free Workplace: September 18, 2018

Dale Woolery, Iowa Office of Drug Control Policy

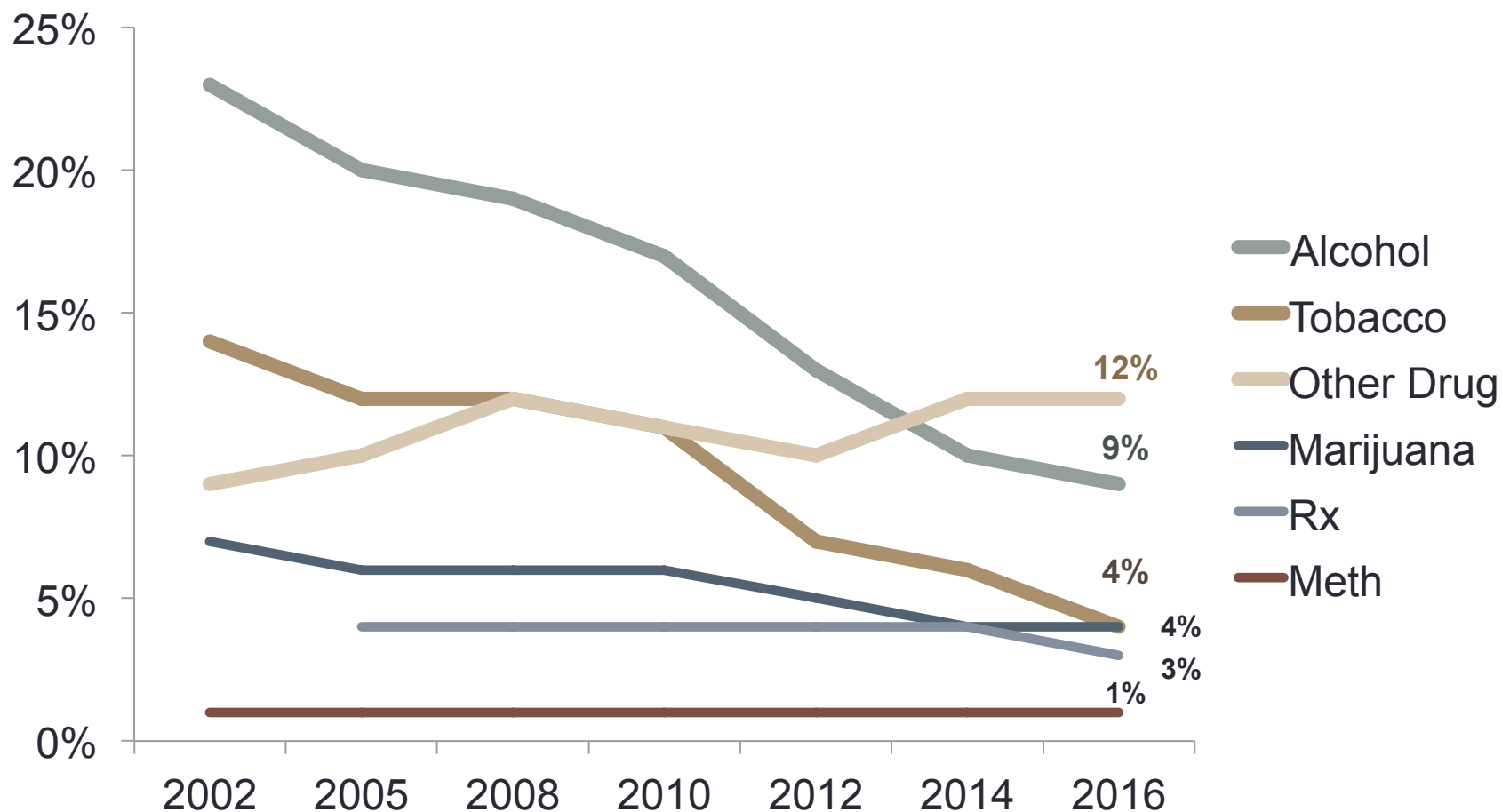
# Iowans' Most Common Drugs of Abuse

Primary Substance of Choice by Iowans in Treatment



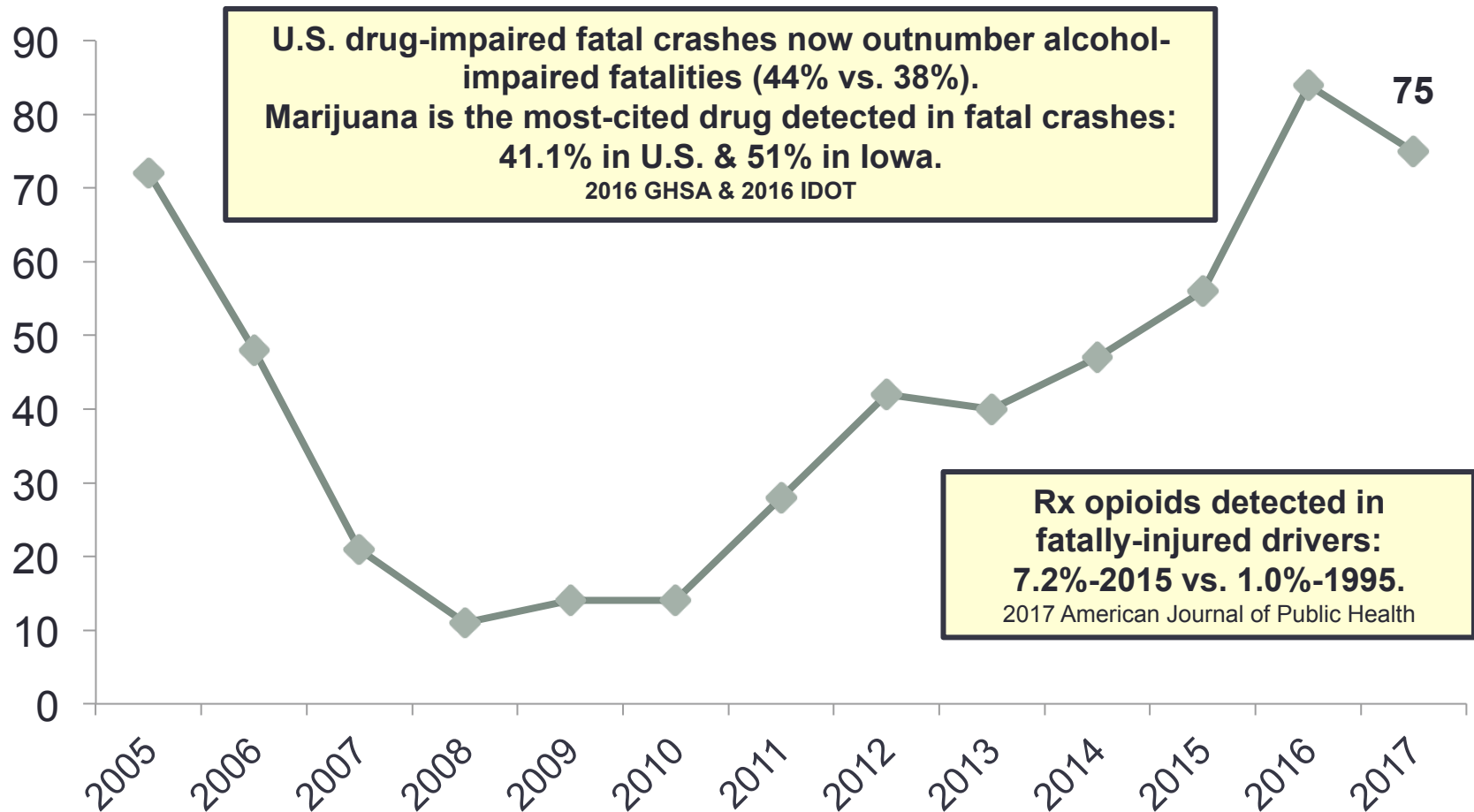
# Iowa Youth Substance Abuse

6<sup>th</sup>, 8<sup>th</sup> and 11<sup>th</sup> Grade Users, Last 30-Days

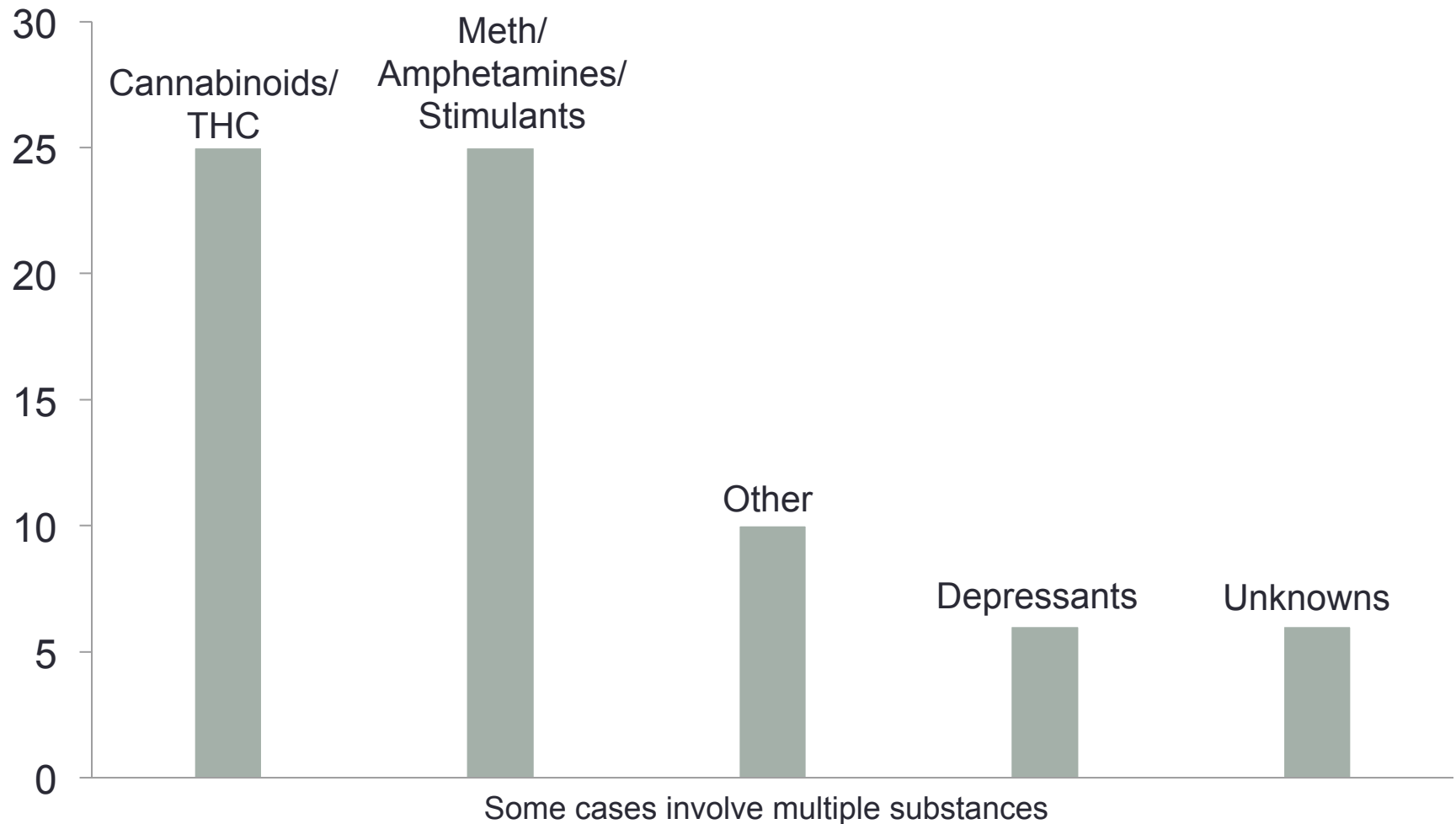


# Iowa Drug-Related Traffic Fatalities

## Drug & Mixed Drug/Alcohol-Related Traffic Deaths

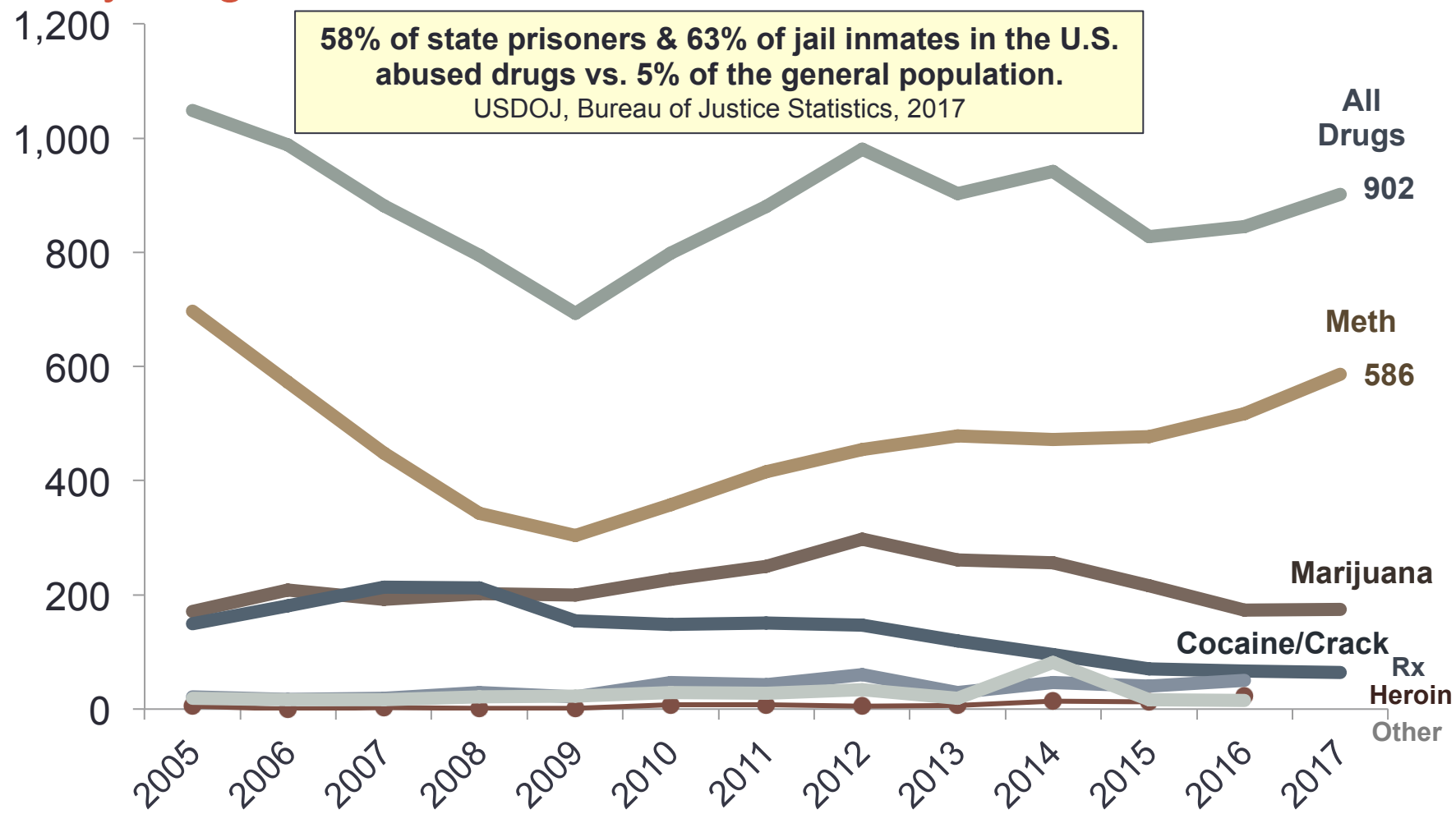


# Iowa Drug-Related Traffic Fatalities 2015 by Drug Type (not including alcohol-only)



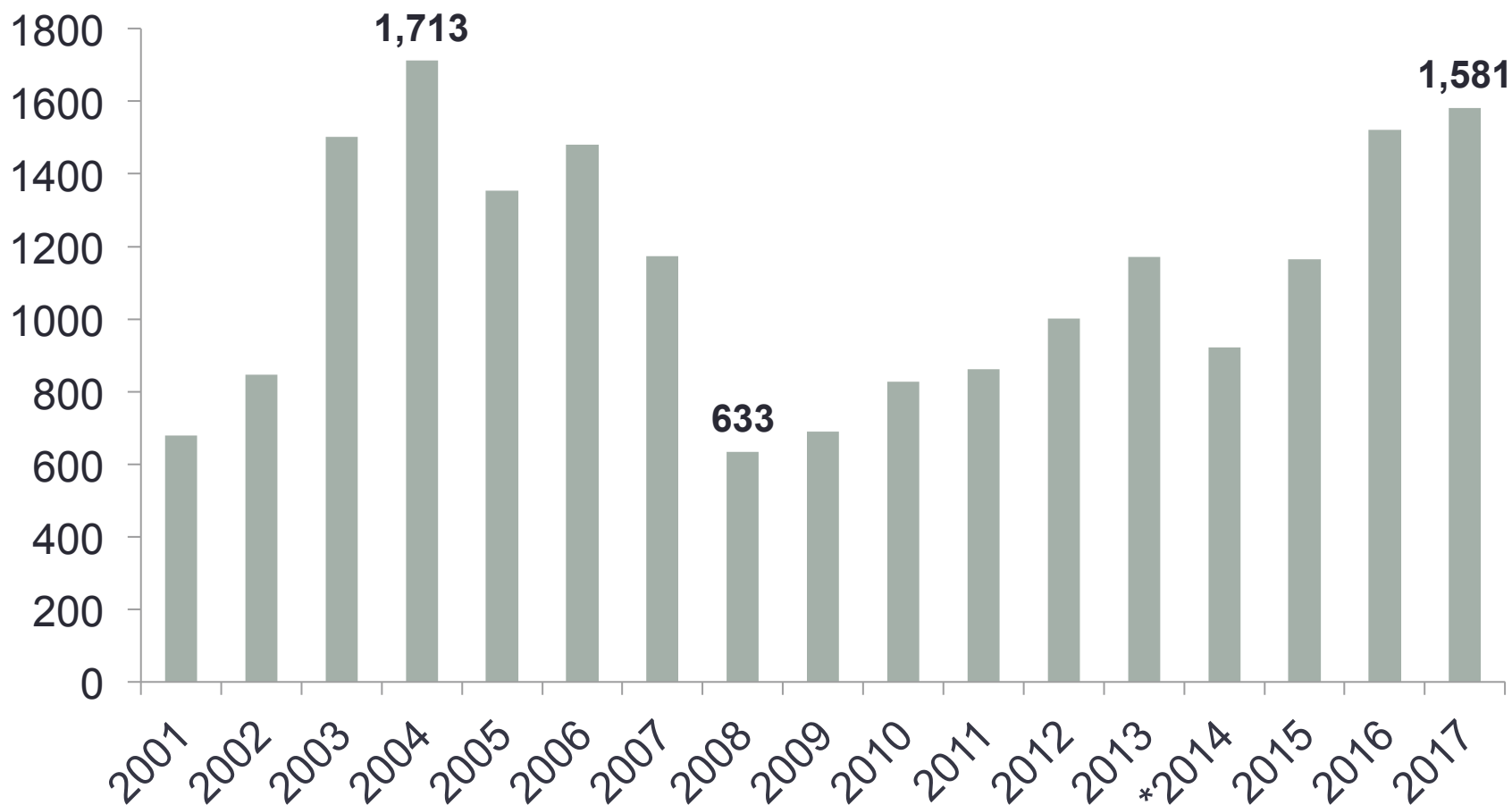
# Iowa “Drug-Related” Prison Admissions

## Primary Drug Involved



# Iowa Drug-Related Child Abuse

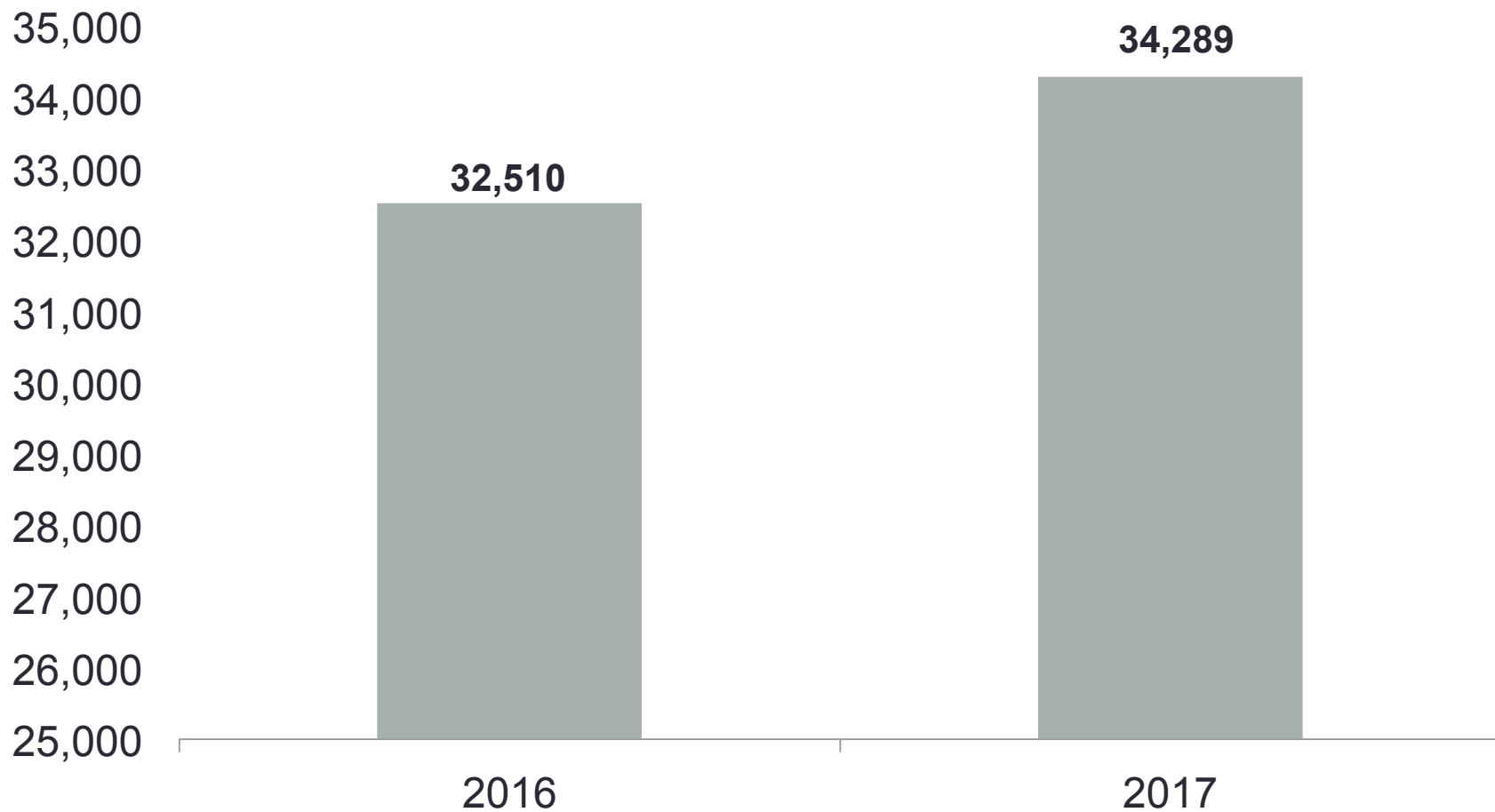
Confirmed/Founded Cases: Illegal Drugs in a Child's Body



(\*Caution advised interpreting trends due to protocol changes in 2014 & 2017) Iowa Department of Human Services, 2018

# Iowa Drug & Alcohol-Related ED Visits

## Use as Causal or Contributing Factor



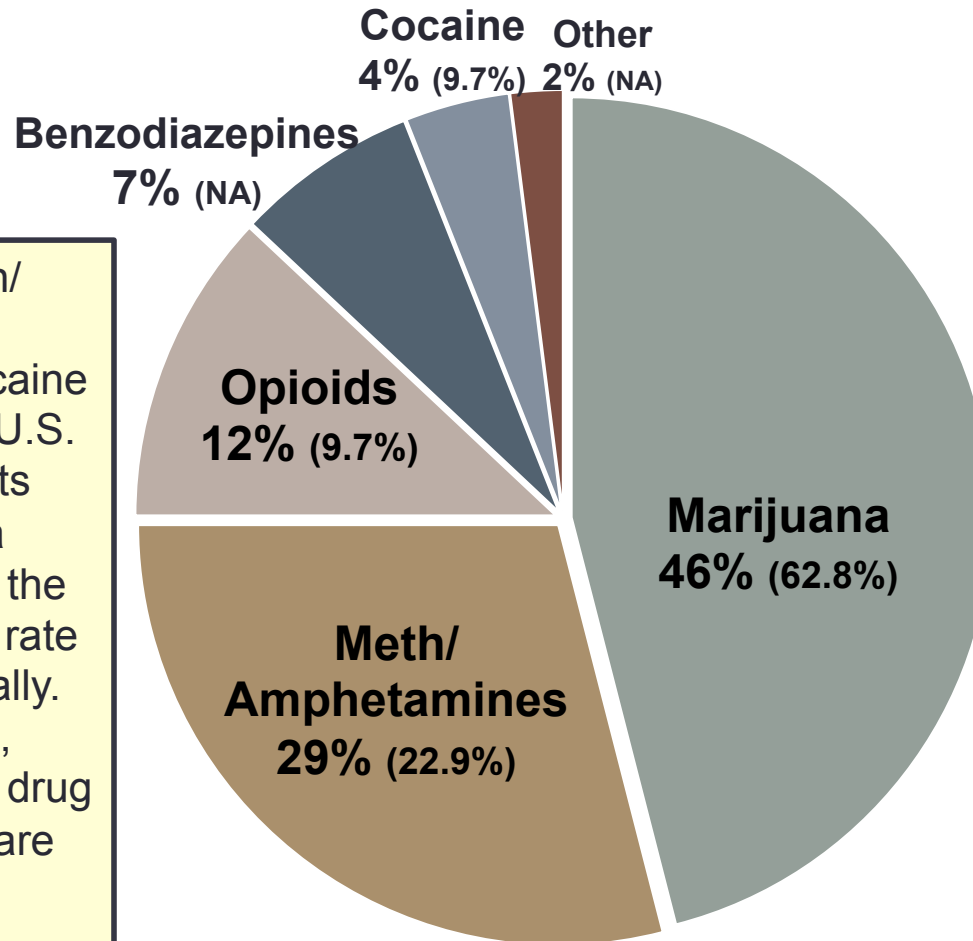
(\*Reporting methods changed in 2015, resulting in a new baseline in 2016.)

Iowa Department of Public Health, 2018



# Iowa's Workplace

Small Sampling of Positive Drug Tests Reported 2017 (vs. 2002)



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

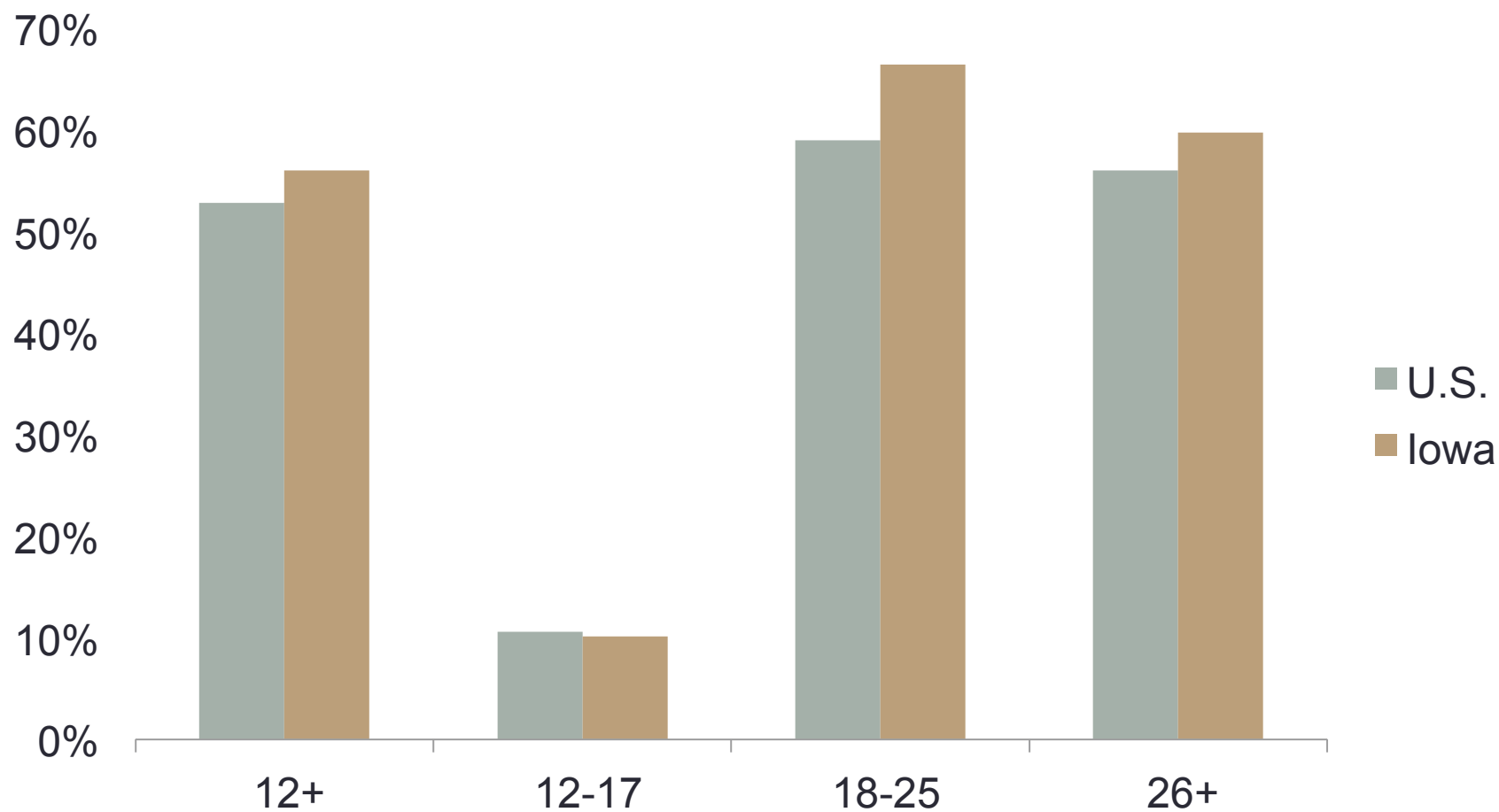
Iowa Department of Public Health, 2018

# Alcohol & Tobacco/Nicotine

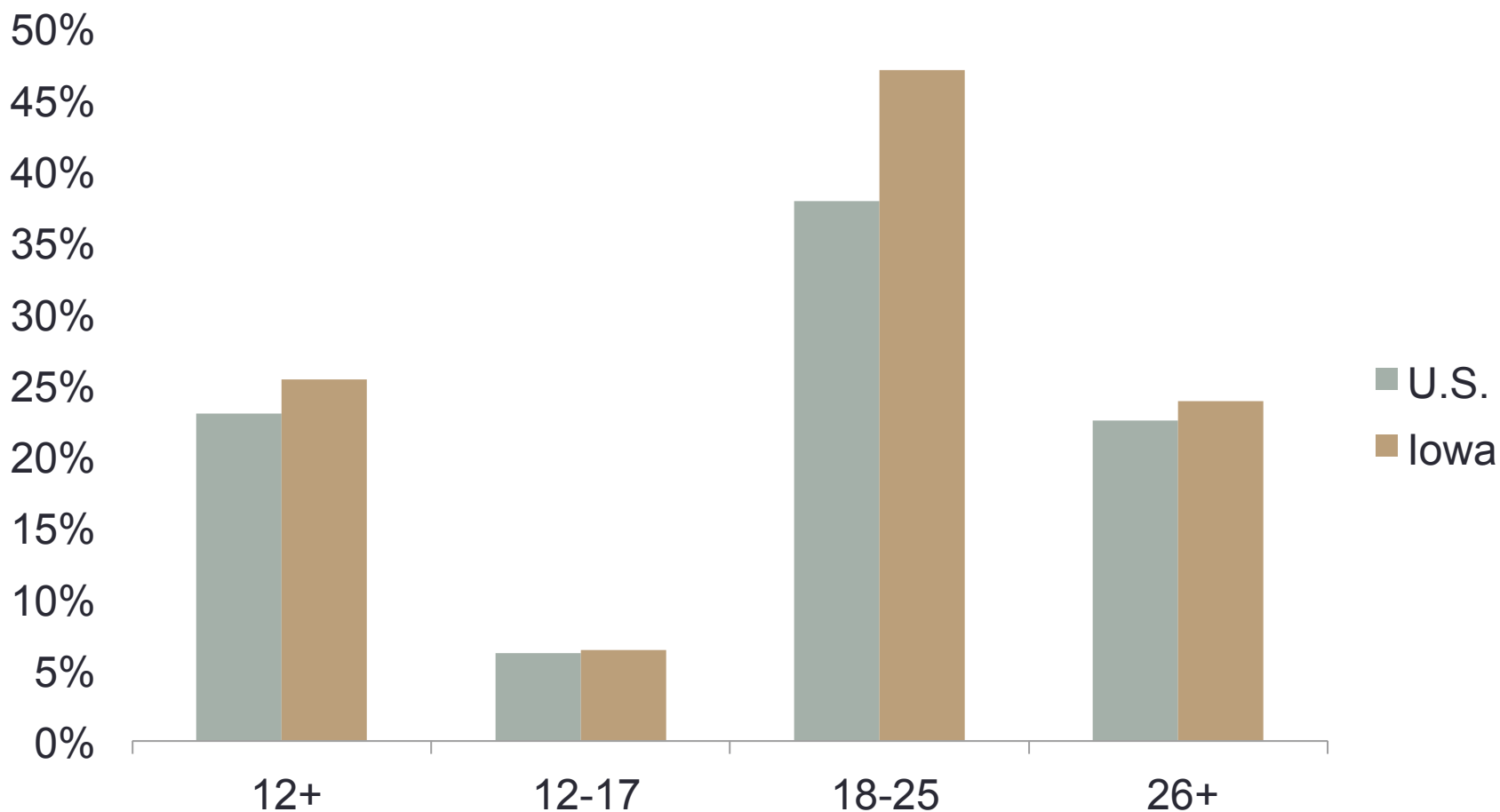


# Current Alcohol Use

## Last 30-Days

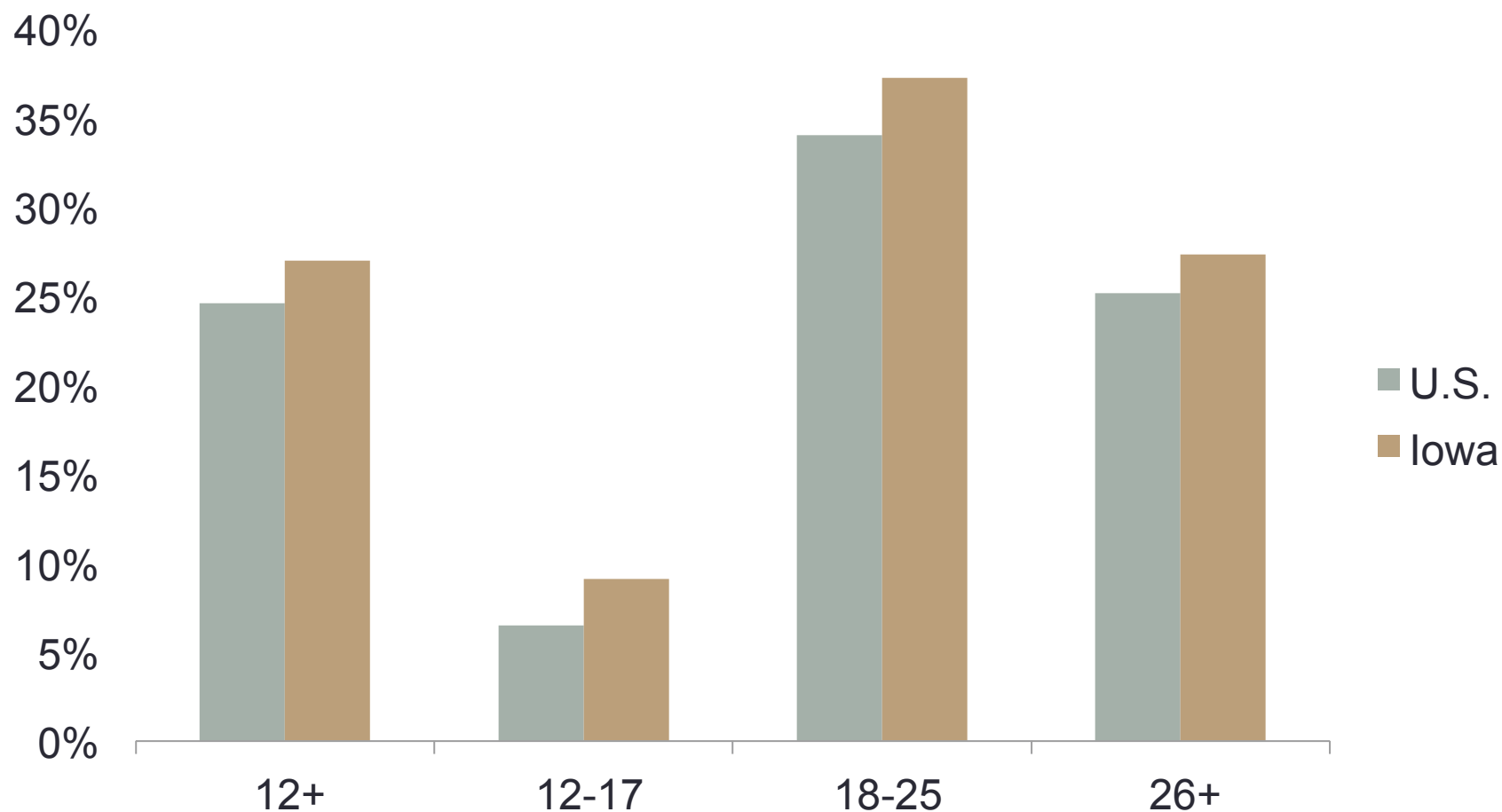


# Current Binge Drinking Last 30-Days



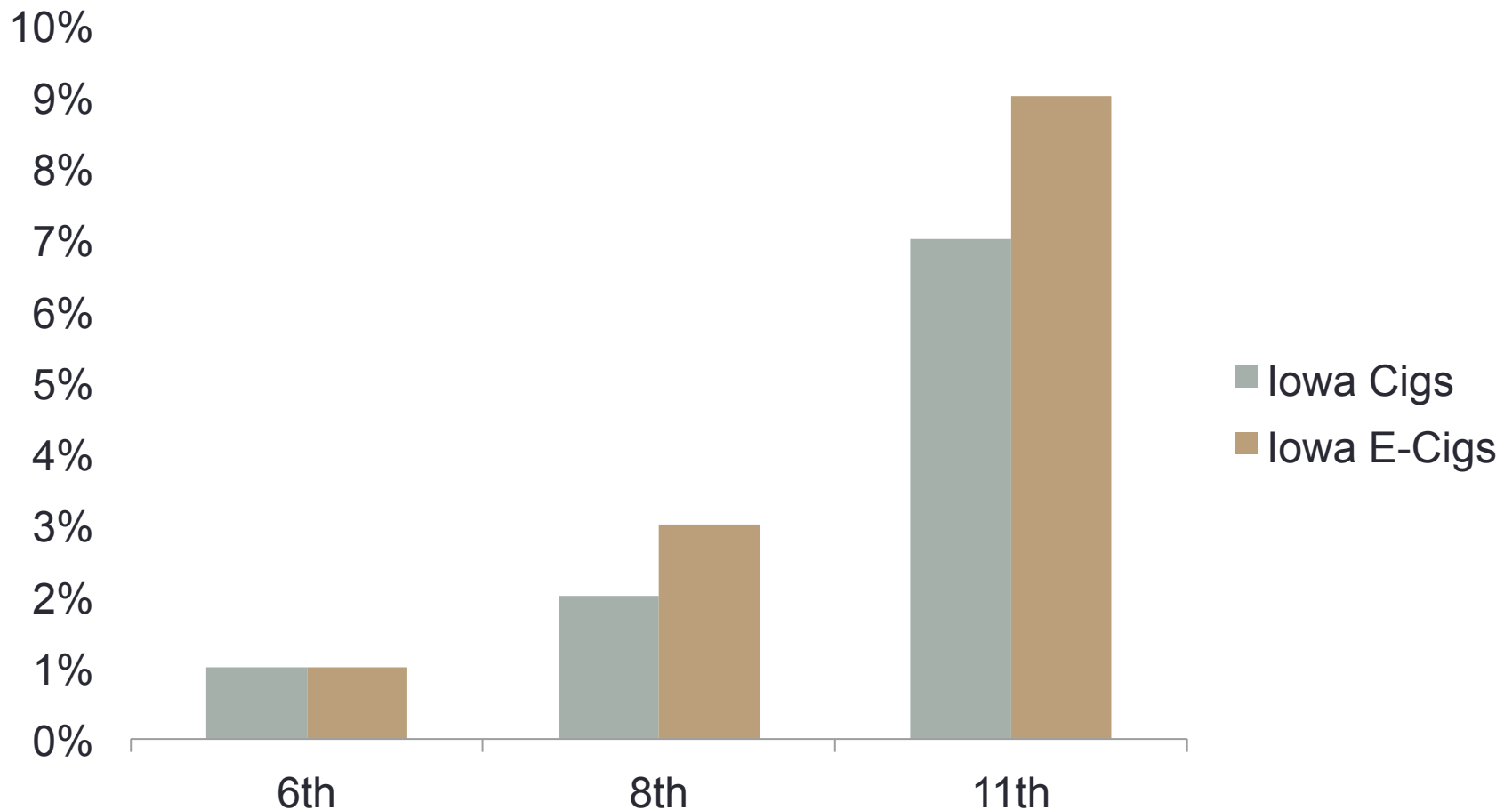
# Current Tobacco Use

## Last 30-Days



# Iowa Youth Cigarette vs. E-Cigarette Use

## Last 30-Days





# Marijuana

“Concentrates”

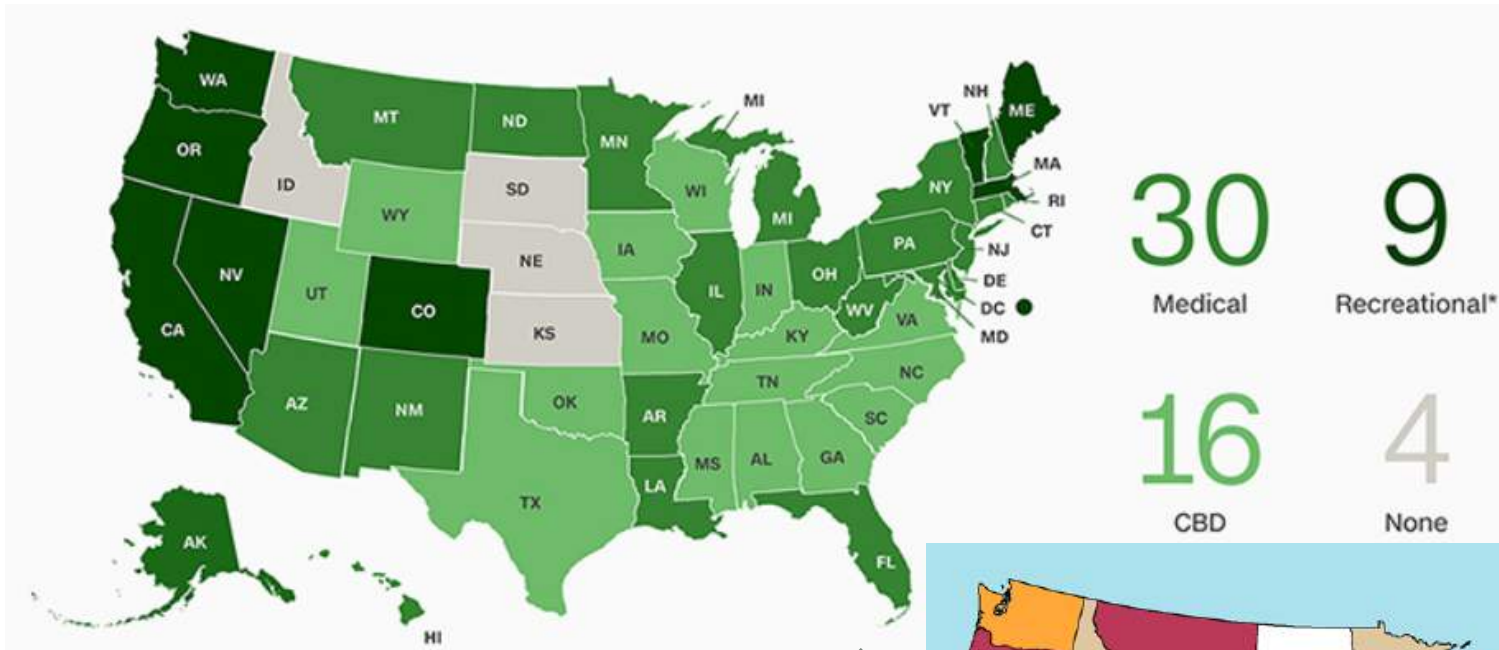
“Medical Marijuana”

“Medical CBD”  
(cannabidiol)

FDA-Approved Extracts  
& Synthetics

Legalization

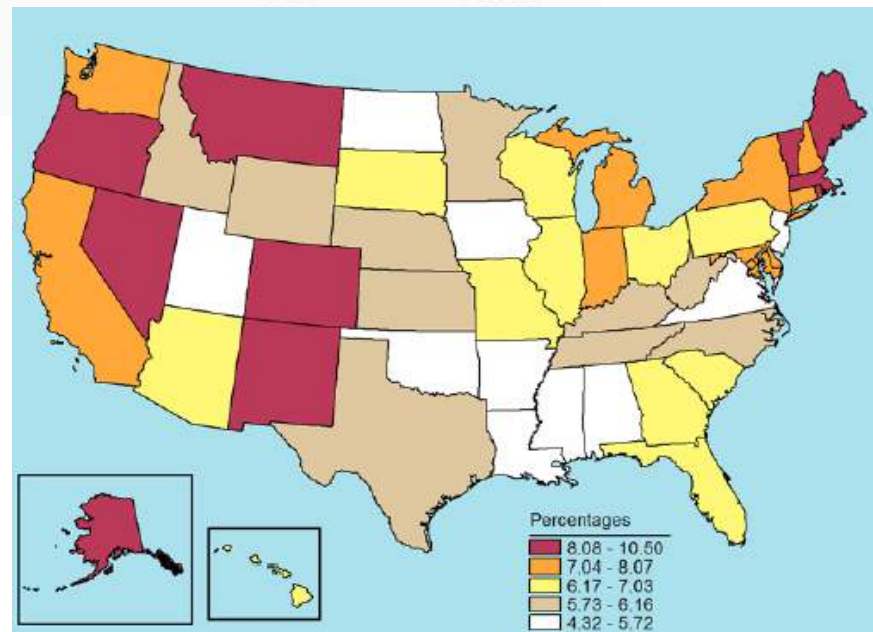
# Marijuana Laws & Use by Teens



**Law types by State, including DC**  
 CNN/Money, 2018

(\*OK recently voted to change from CBD to Medical.)

**Past Month Use by 12-17 Year Olds**  
 NSDUH, 2015-2016





# 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

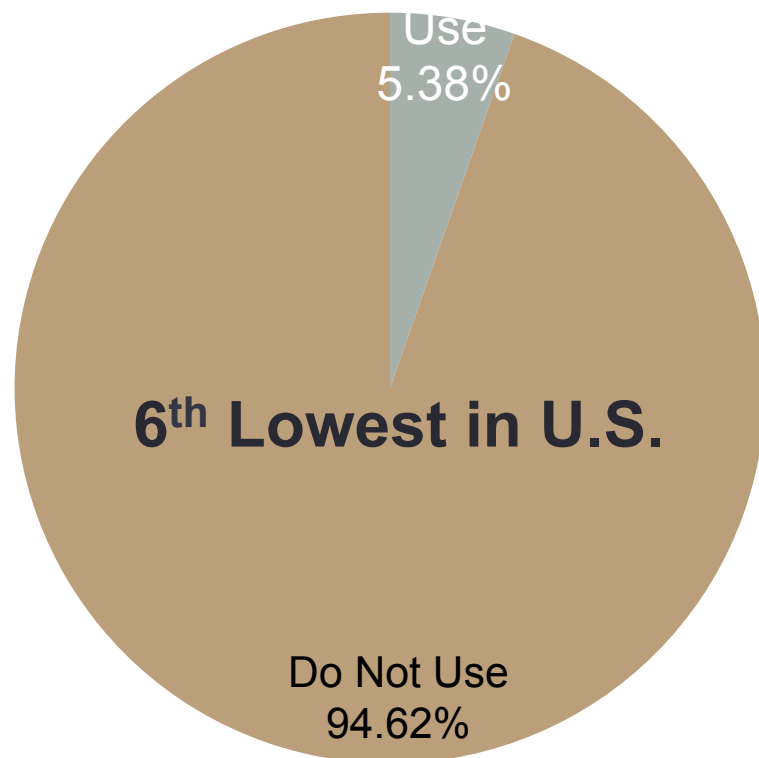
**Between 9 & 30% of those who use may develop some degree of marijuana use disorder. People who begin using before age 18 are 4 to 7 times more likely than adults to develop a disorder.**

National Institute of Drug Abuse, 2018

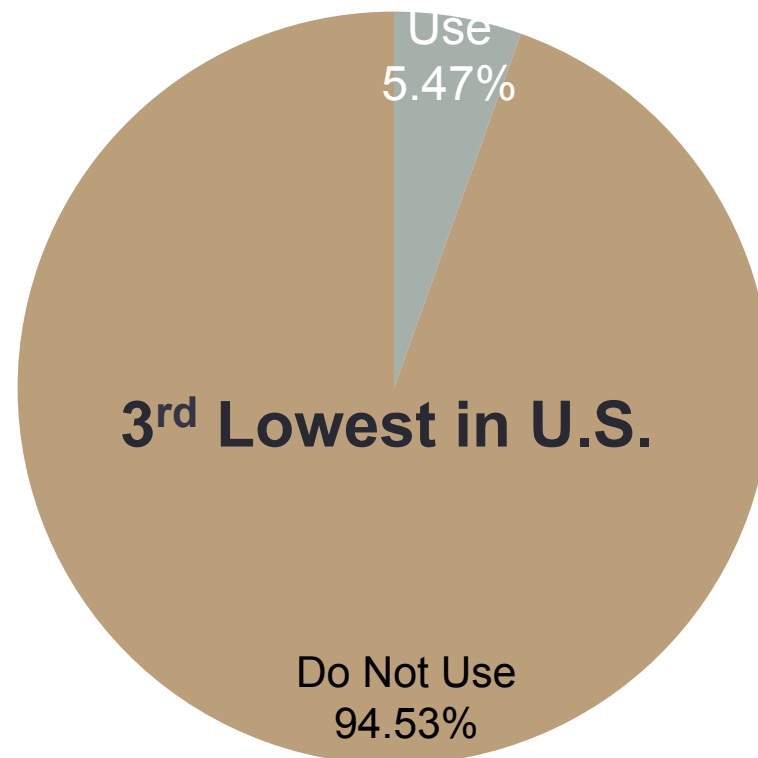
# Iowans' *Current* Marijuana Use

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.**

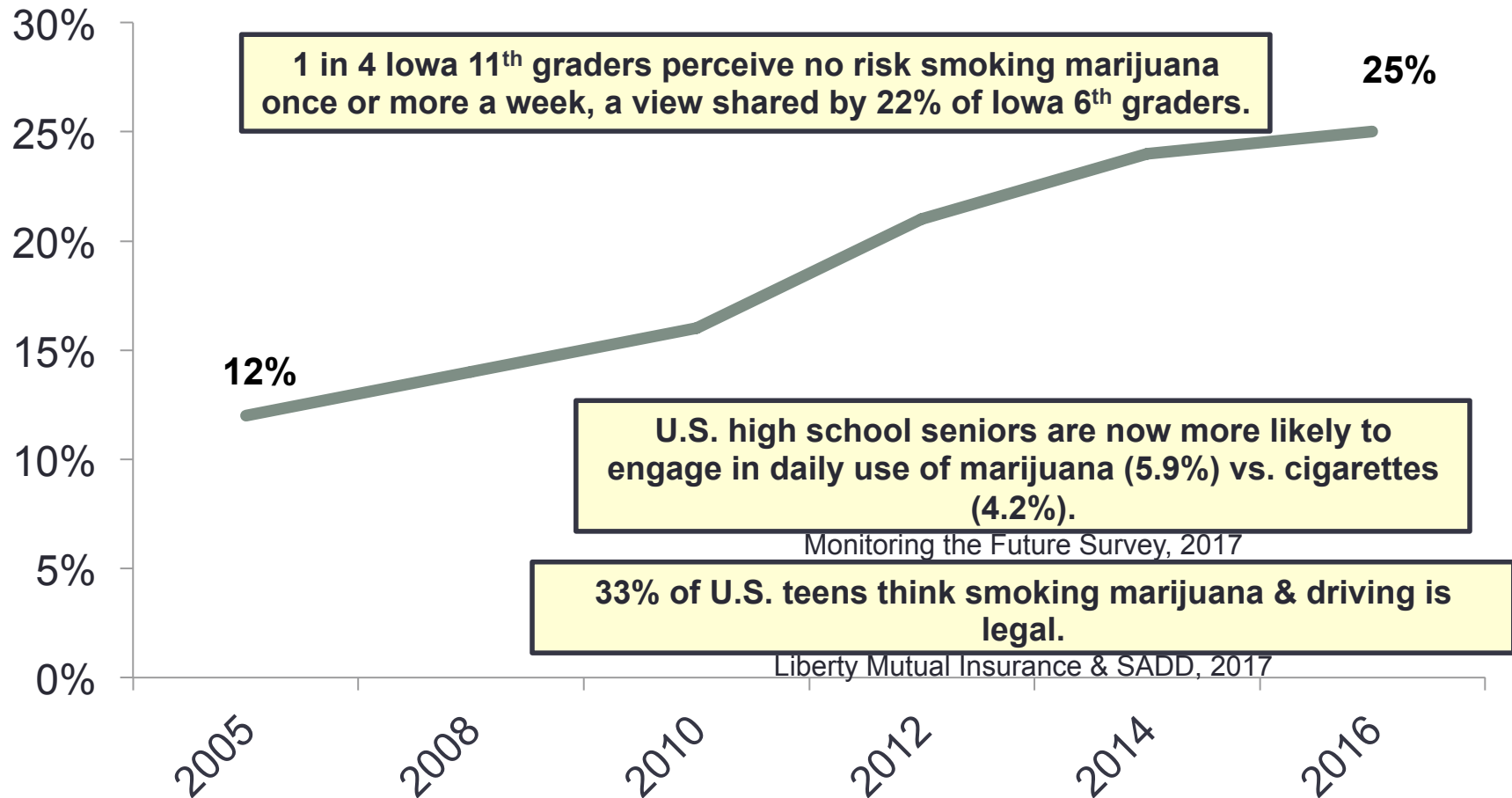


(Marijuana is the primary drug for 76% of Iowa juveniles in treatment.  
Iowa Department of Public Health, 2017)

National Survey on Drug Use & Health,  
2015/2016

# Iowa Youth Attitudes about Marijuana

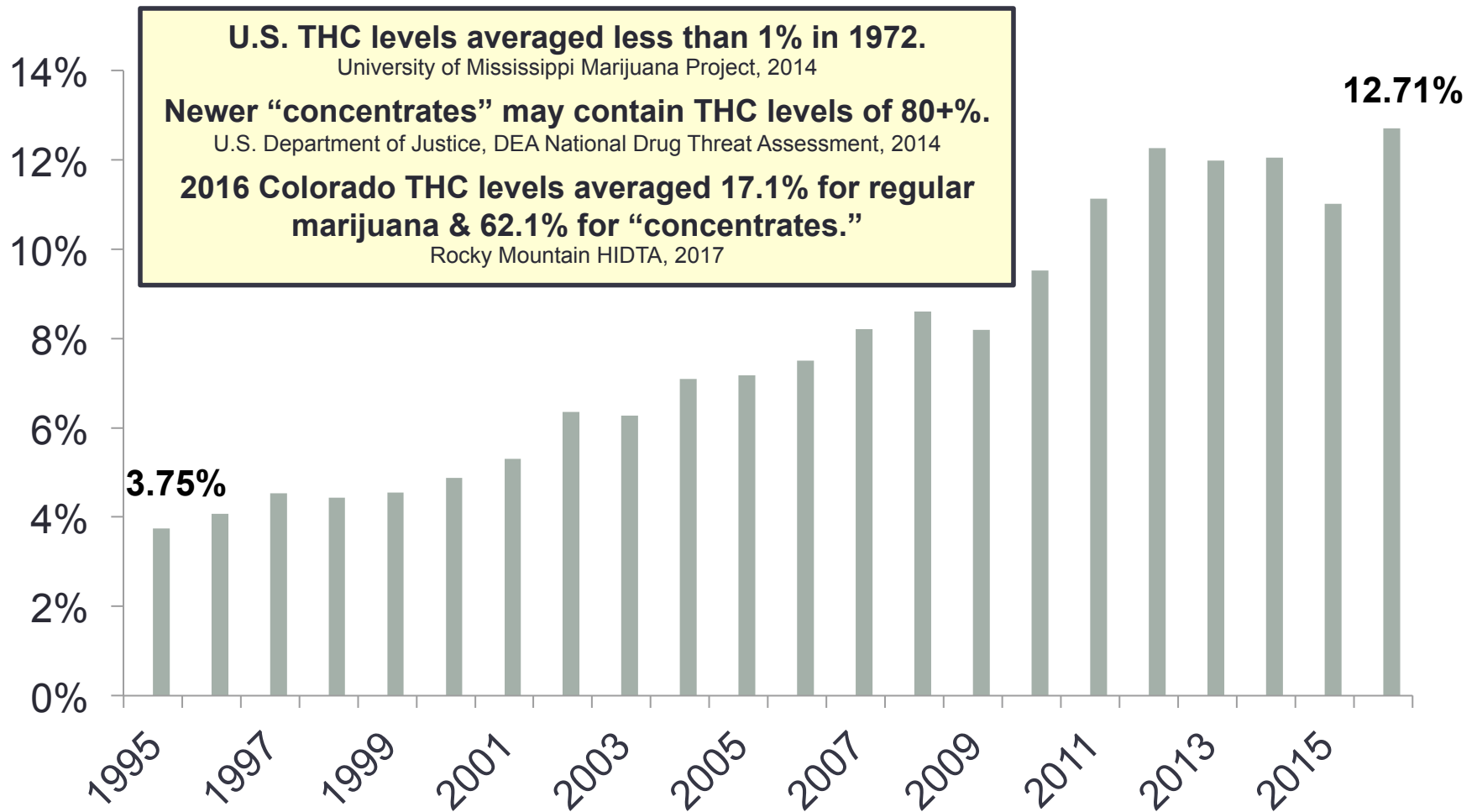
Lower Perceived Risk Coincides with Higher U.S. Rates of Use



Iowa Youth Survey, 2016

# Marijuana's Increasing THC Potency

## Plant Material ("Weed") Seized in U.S.



University of Mississippi Marijuana Project, through 12-22-16

# Concentrates

Less is More...THC



*"Green Crack"*  
wax



*"Ear Wax"*



Butane Hash Oil  
(BHO)

*"Diamonds"*



Hash Oil Capsules



*"Budder"*

*"Shatter"*



# Concentrates

Less is More...THC

NOW AVAILABLE AT

**Peak**  
DISPENSARY

REC 21+

3RD & BROADWAY, DENVER  
720-390-7804 • PEAKMJ.COM

HUNDREDS OF EXTRACTS  
AND EDIBLES  
50+ STRAINS OF FLOWER

**THE CLEAR**  
**95%**  
**THC**

THE CLEAR

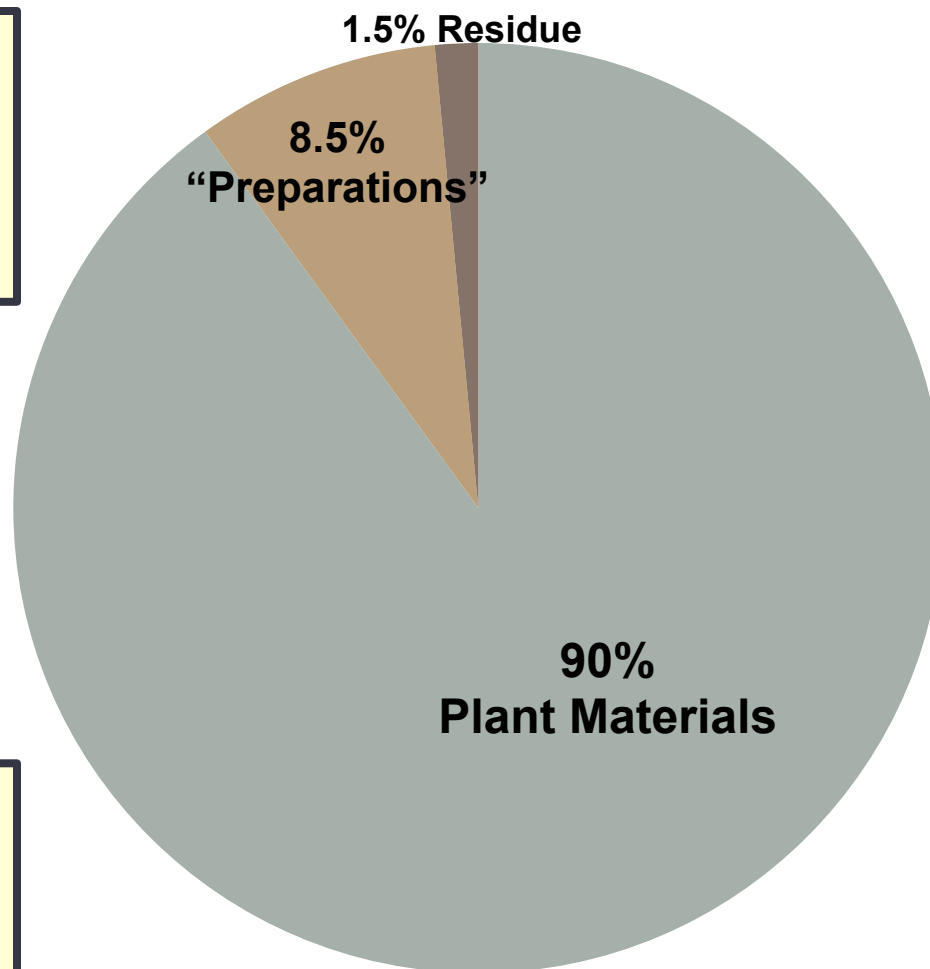
The Clear & Clear - Highest Purity Flavors

# New Marijuana in Iowa

~1 of every 12 marijuana samples sent to Iowa's crime lab in 2016 involved marijuana "preparations" (high-THC concentrates such as hash oils, waxes & marijuana-infused edibles).

Iowa's leading marijuana interdiction "source" states: Colorado (64%), California (18%), Wyoming (9%) & Nevada (9%).  
2016 Iowa State Patrol

Iowa was the 4<sup>th</sup> most frequent state destination for Colorado marijuana seized in highway interdictions in 2015.  
2016 El Paso Intelligence Center



Iowa Department of Public Safety, 2016

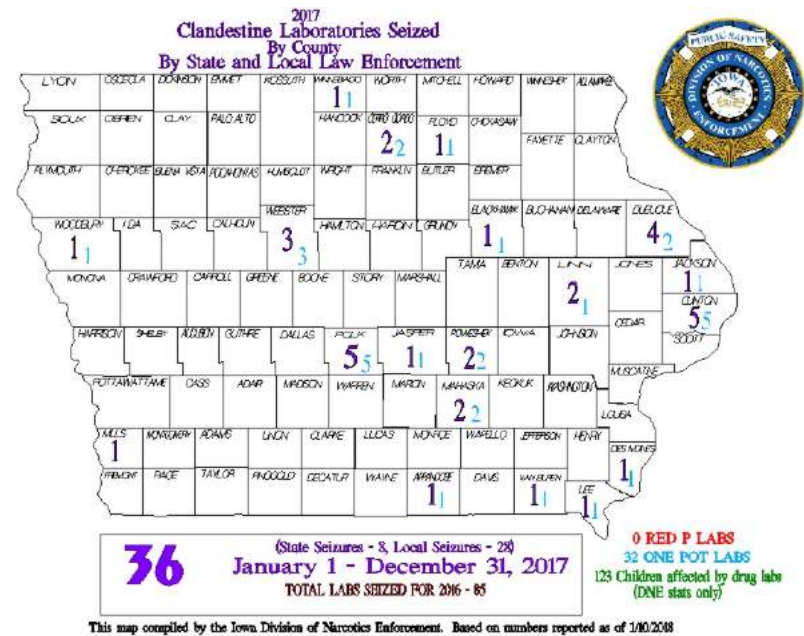
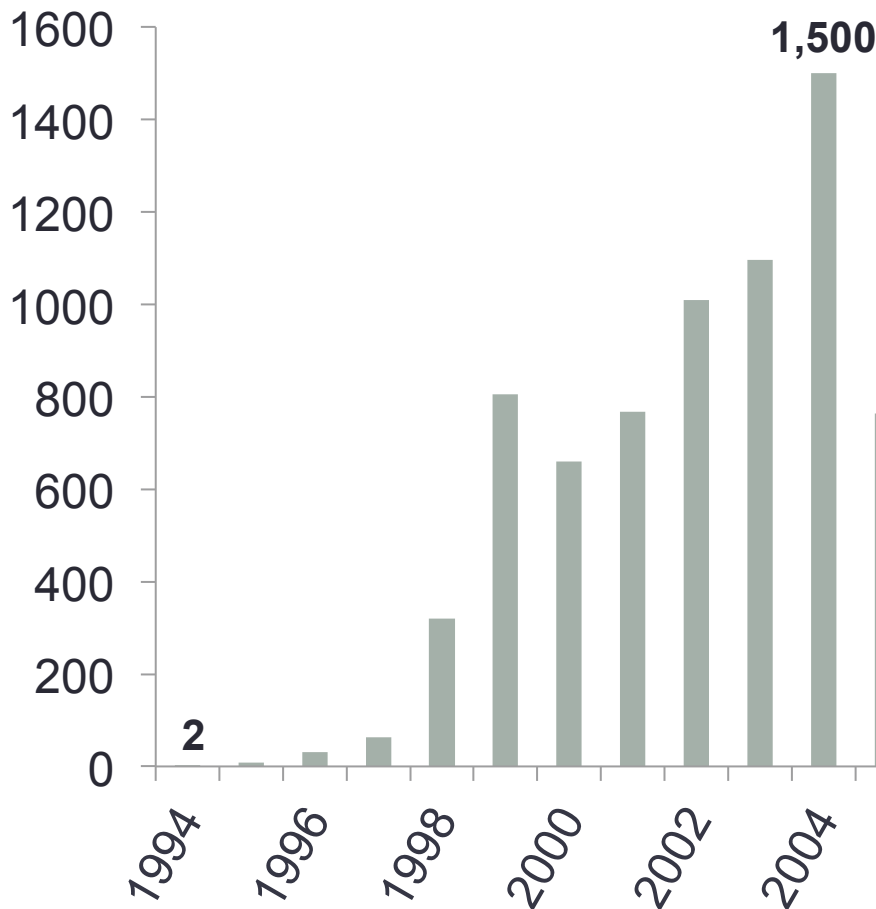


# Meth





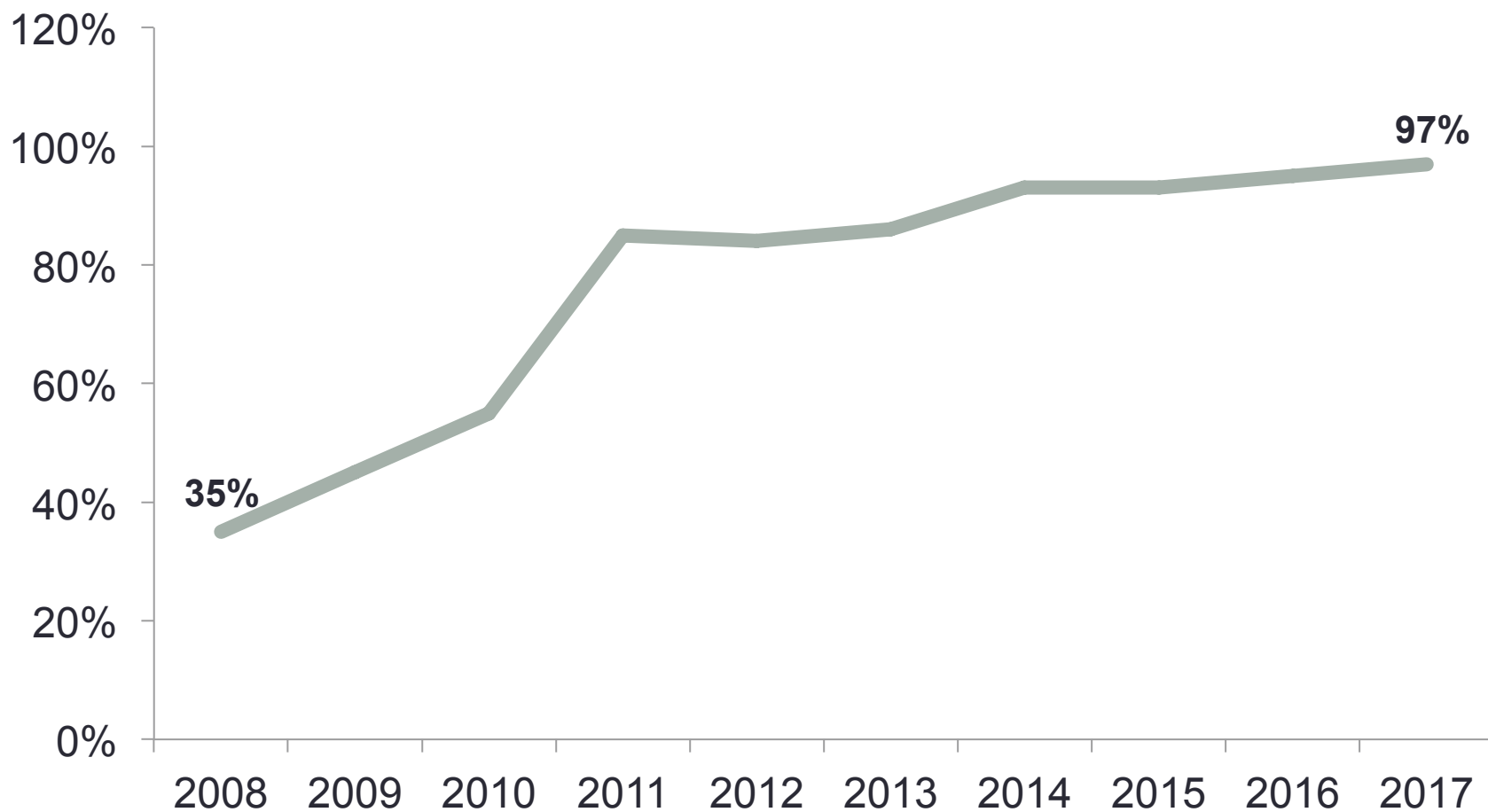
# Iowa Meth Labs



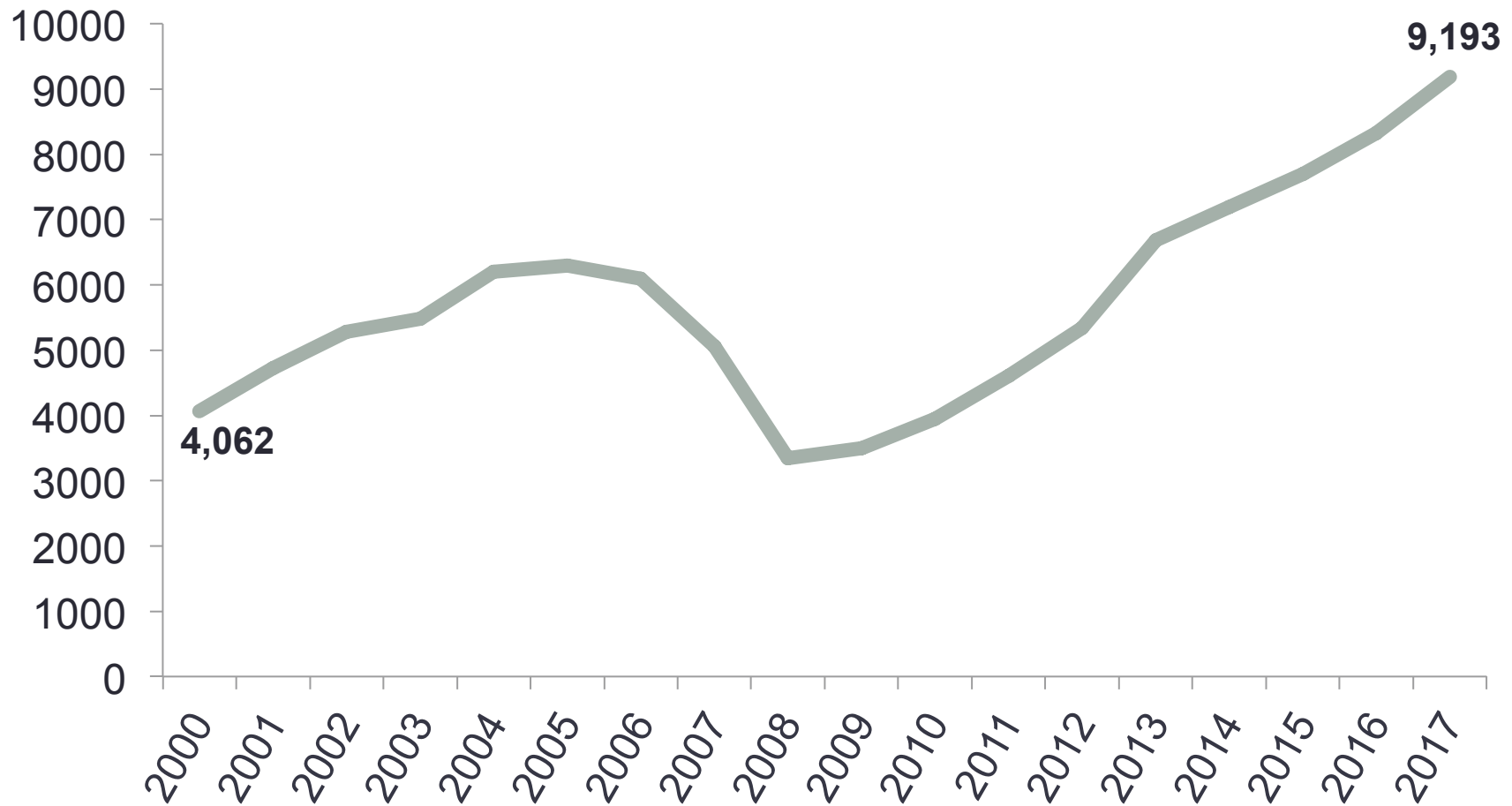
(Gold = "One Pot" Labs)

# Iowa Meth Purity

## Crime Lab Fiscal Year Averages

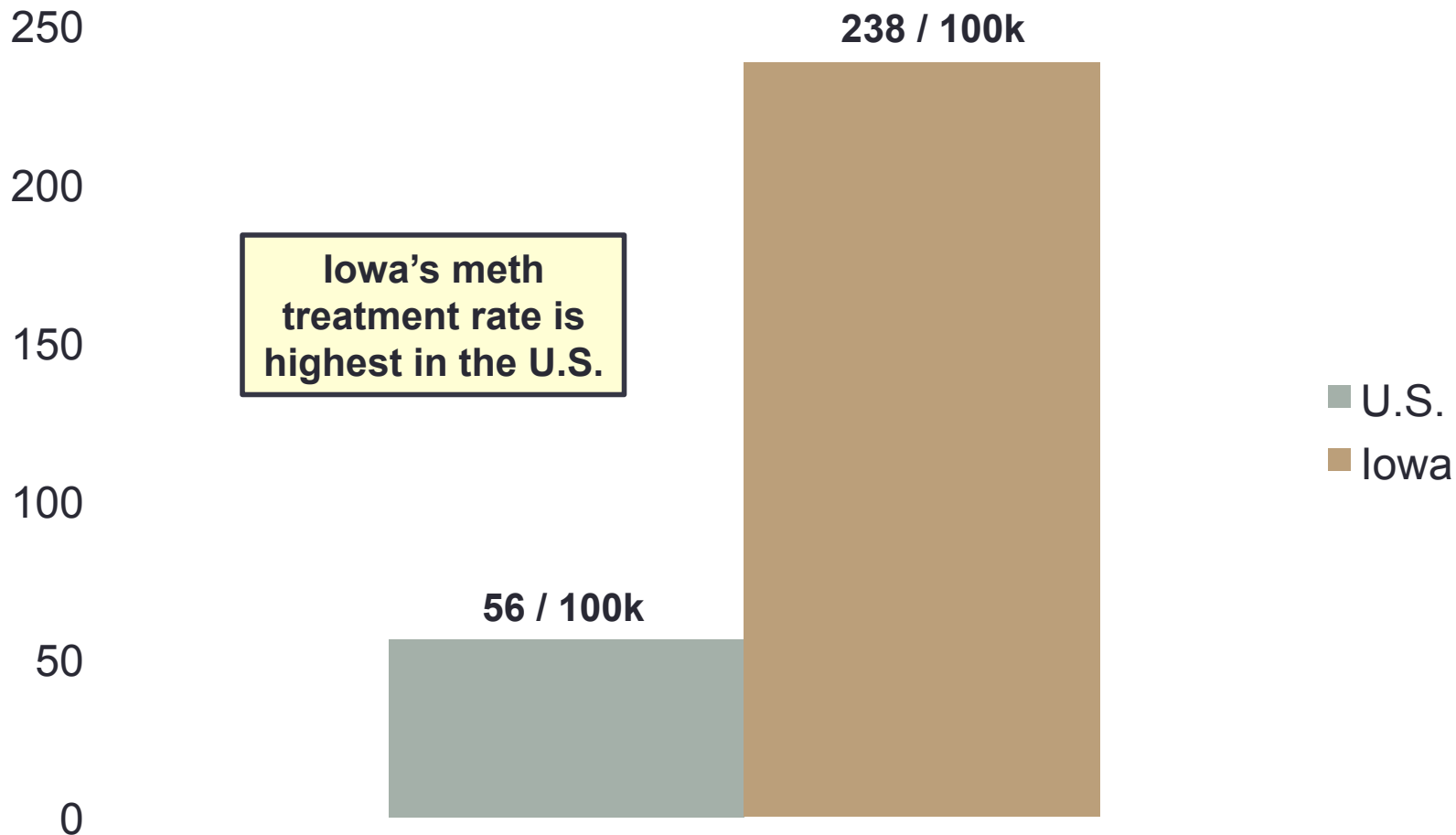


# Iowa Meth Treatment Admissions



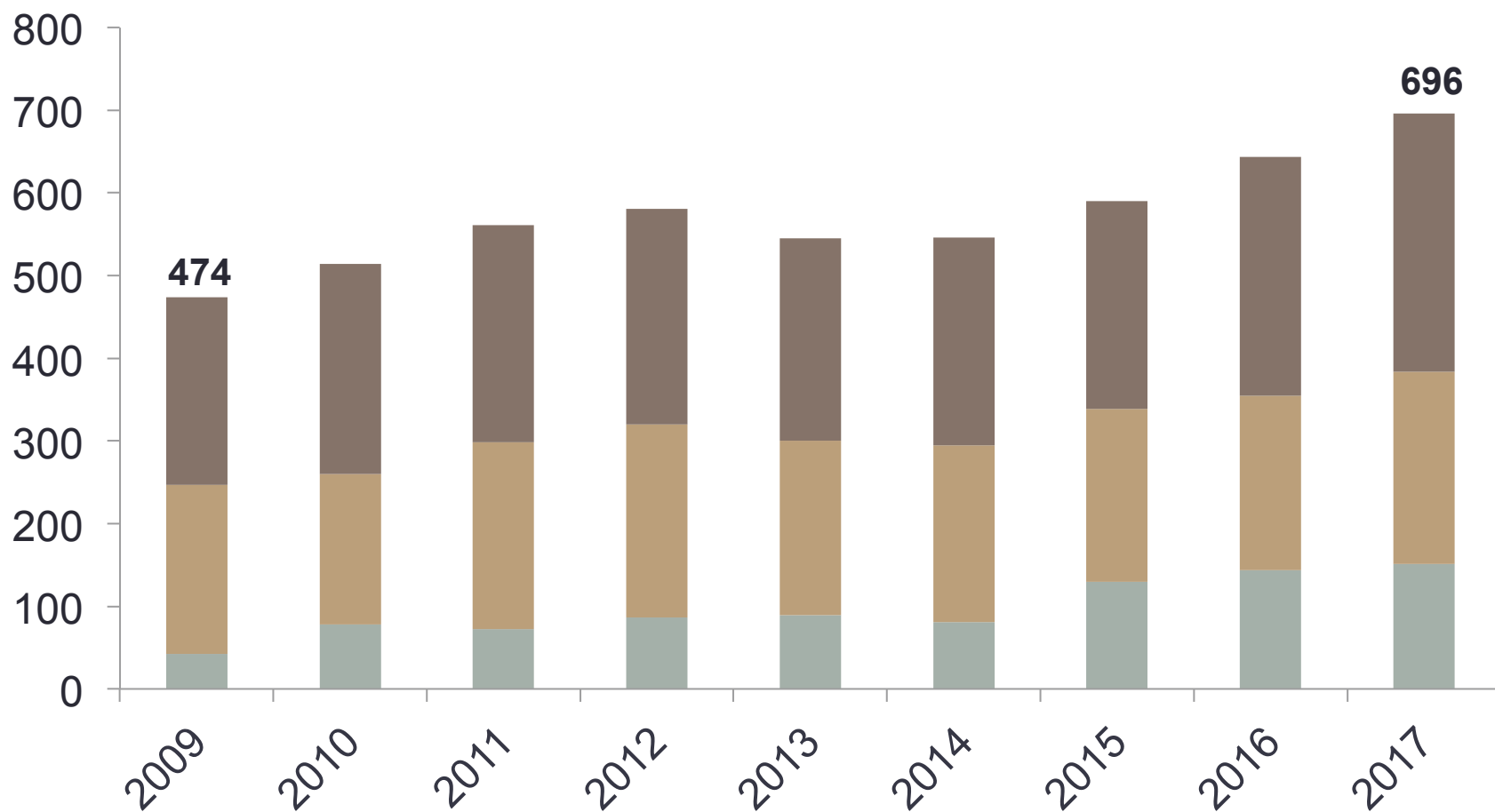
# Rate of Primary Meth Treatment

12+ Substance Use Disorder Treatment Admissions for Meth



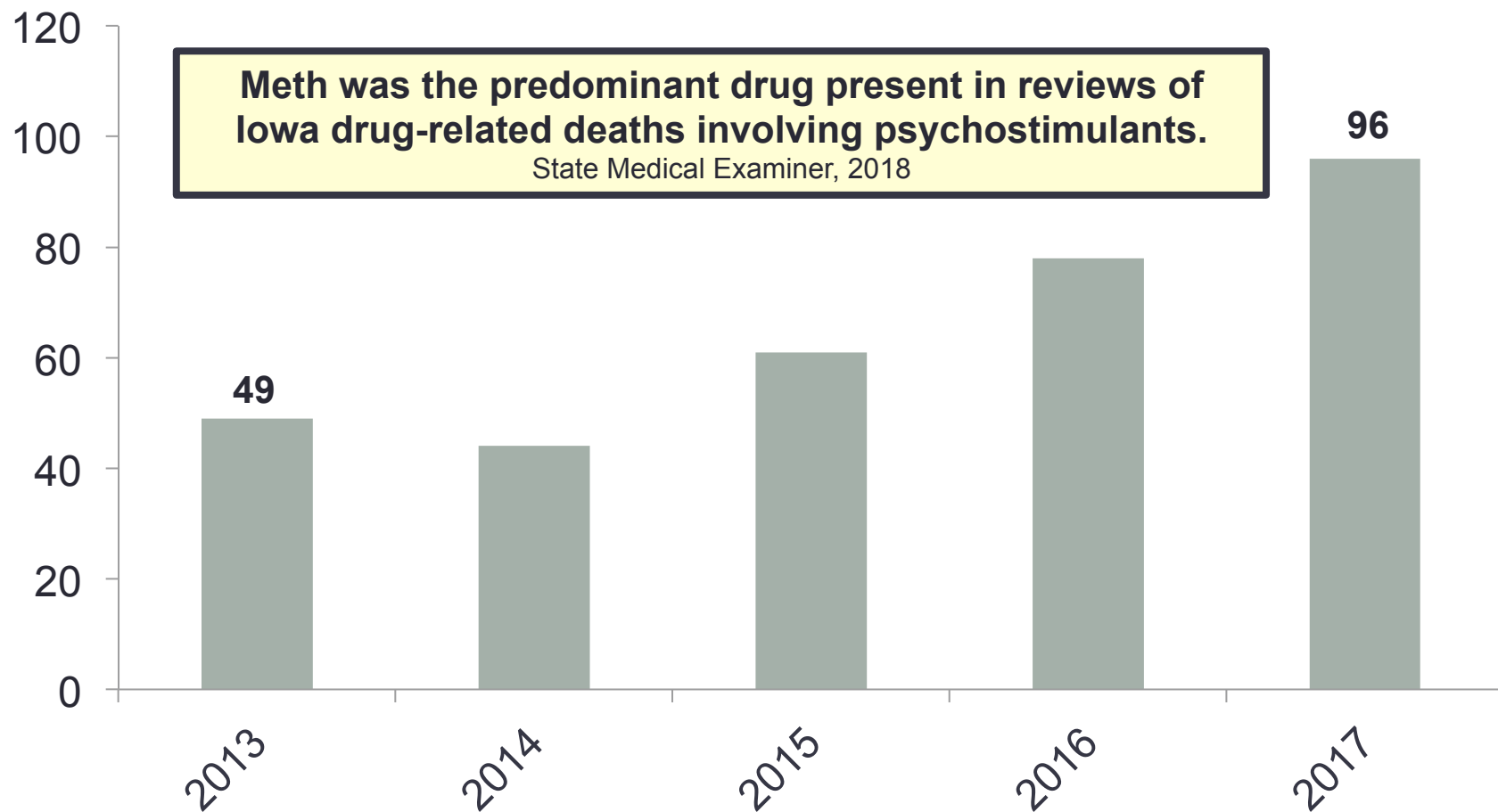
# Stimulant Calls to Iowa Poison Center

Exposures to Methamphetamine, Methylphenidate & Amphetamine



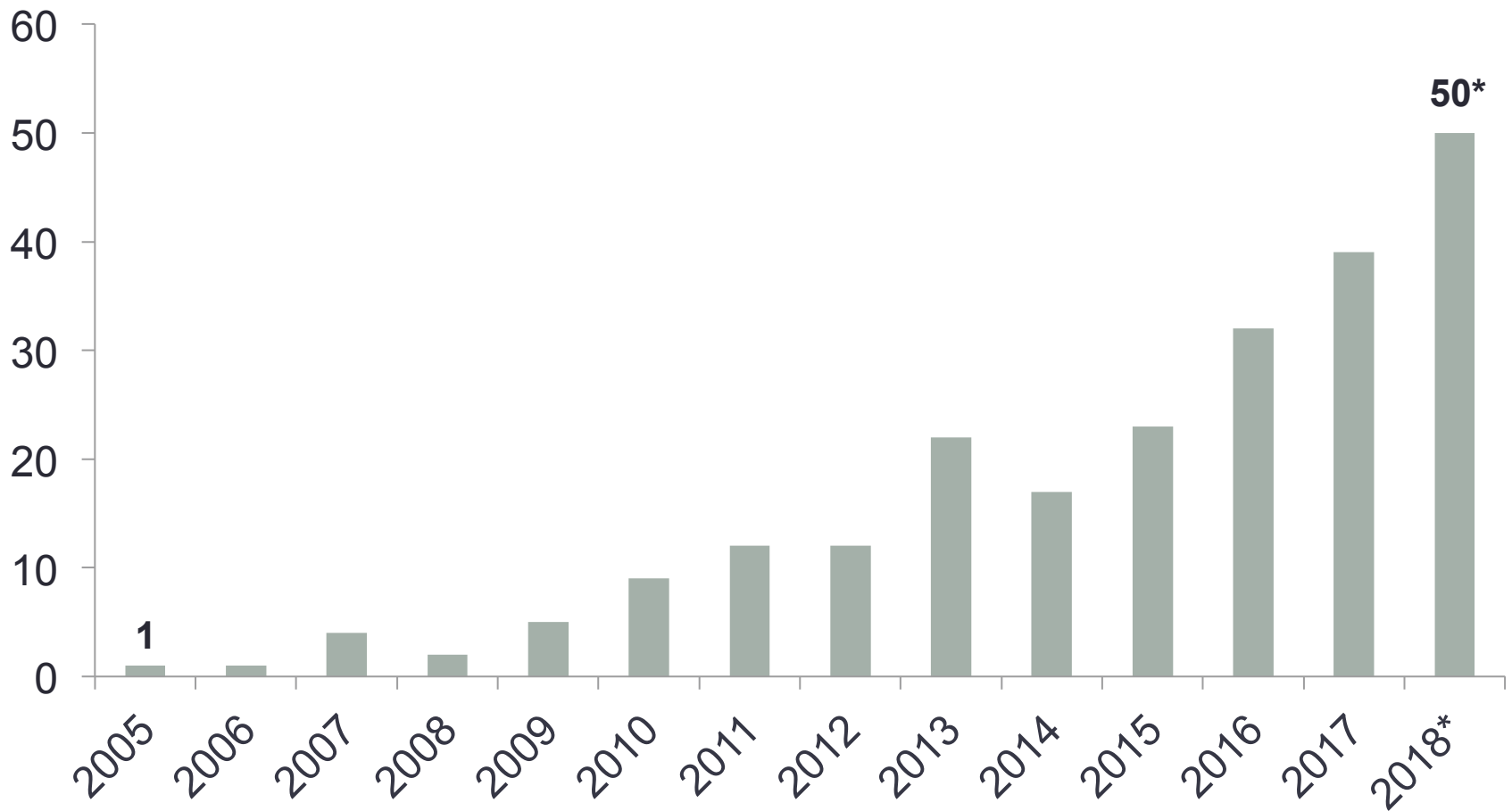
# Iowa Psychostimulant-Related Deaths

## As a Contributing Factor



# Stimulant-Related Deaths in Polk County

## Meth or Amphetamine as a Contributing Factor



(\*2018 extrapolation based on YTD reporting through July.)

Polk County Medical Examiner, 2018

# 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

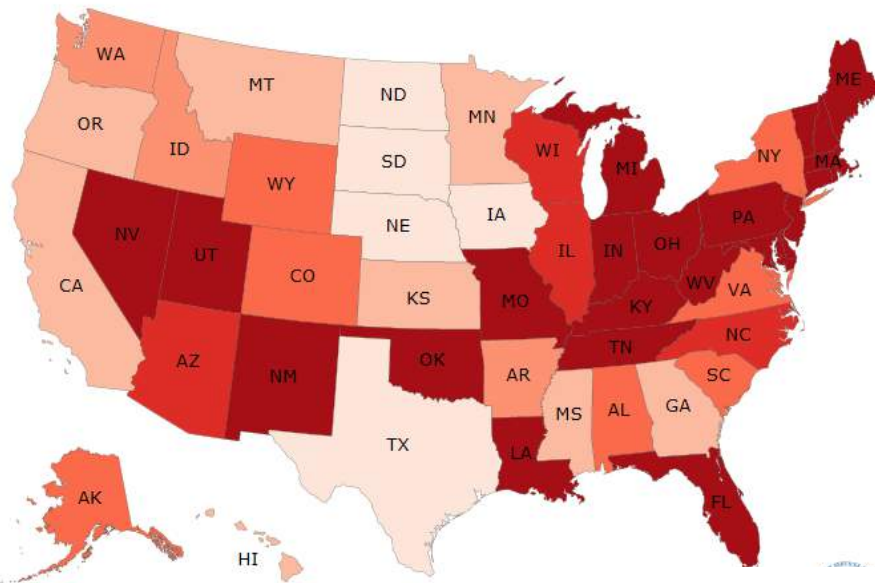
**About 3 out of 4 new heroin users report previous Rx opioid misuse.**

CDC 2016

**Drug ODs claim 174 U.S. lives daily, 115 from opioids. Surging synthetic opioids (e.g., fentanyl/analogues) are now the leading cause of opioid OD deaths in the U.S., followed by heroin & Rx.**

CDC 2016

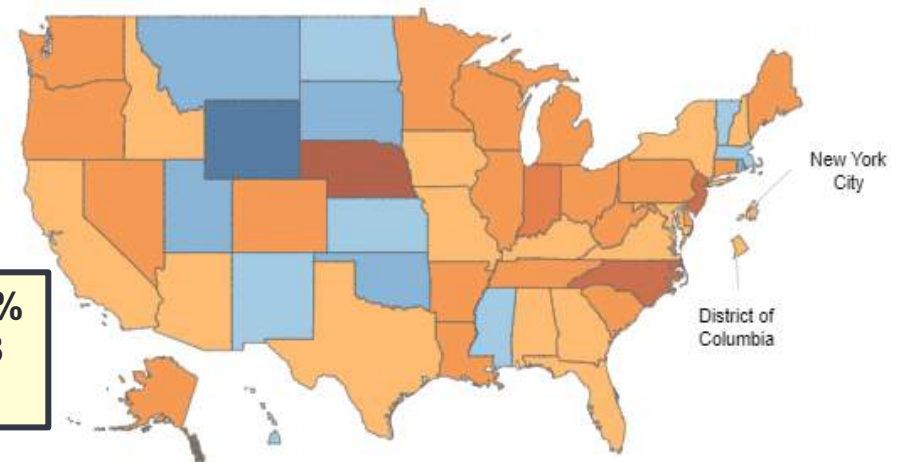
# Opioid OD Death Rates & Rates of Change



**2016 Iowa Drug OD Death Rate:  
10.6 per 100,000, 47<sup>th</sup> in U.S.**

CT  
DC  
DE  
MD  
NH  
NJ  
RI  
VT

**Provisional: Iowa rate increased 3.7%  
for 12 months ending January 2018  
vs. previous year (+6.3% for U.S.)**



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



# Types of Rx Abused

- Opioids (\*Pain Relievers)
  - OxyContin®, Vicodin®, Percocet®
- Stimulants
  - Ritalin®, Adderall®, Sudafed®
- Anti-Anxieties
  - Xanax®, Valium®
- Anti-Depressants
  - Prozac®, Zoloft®
- Sedatives
  - Rohypnol®, Nembutal®, Seconal®
- Etc.

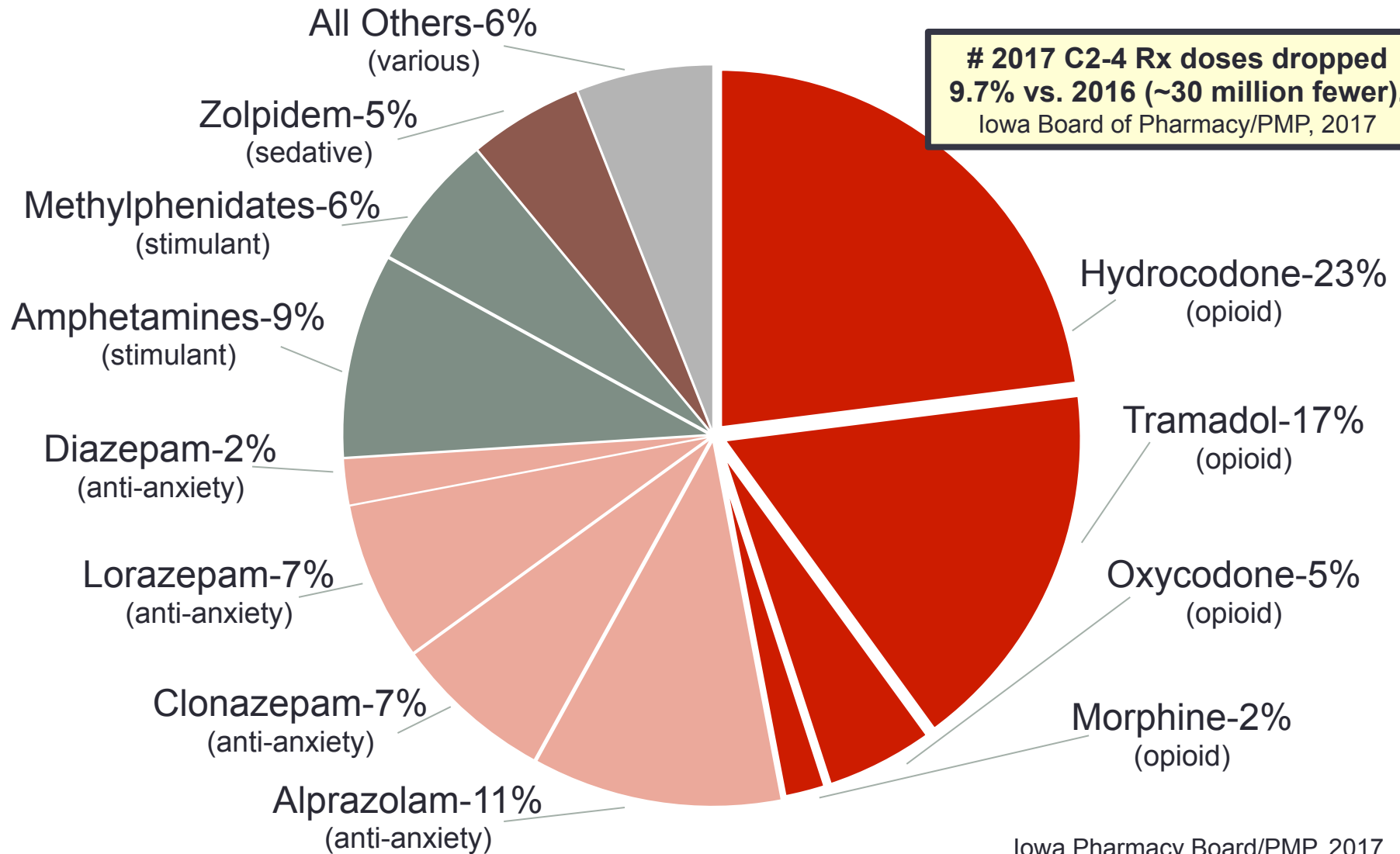


**63.4% of Rx opioid misusers report doing so to relieve pain.  
41% of misusers obtain free Rx opioids from a friend or relative.**

2017 American Journal of Public Health

# Most-Prescribed Iowa Controlled Substances

## CIIs-CIVs per Iowa's Prescription Monitoring Program (PMP) in 2017



# Ease of Access & Perception of Safety



## Classmates hospitalized after sharing medication

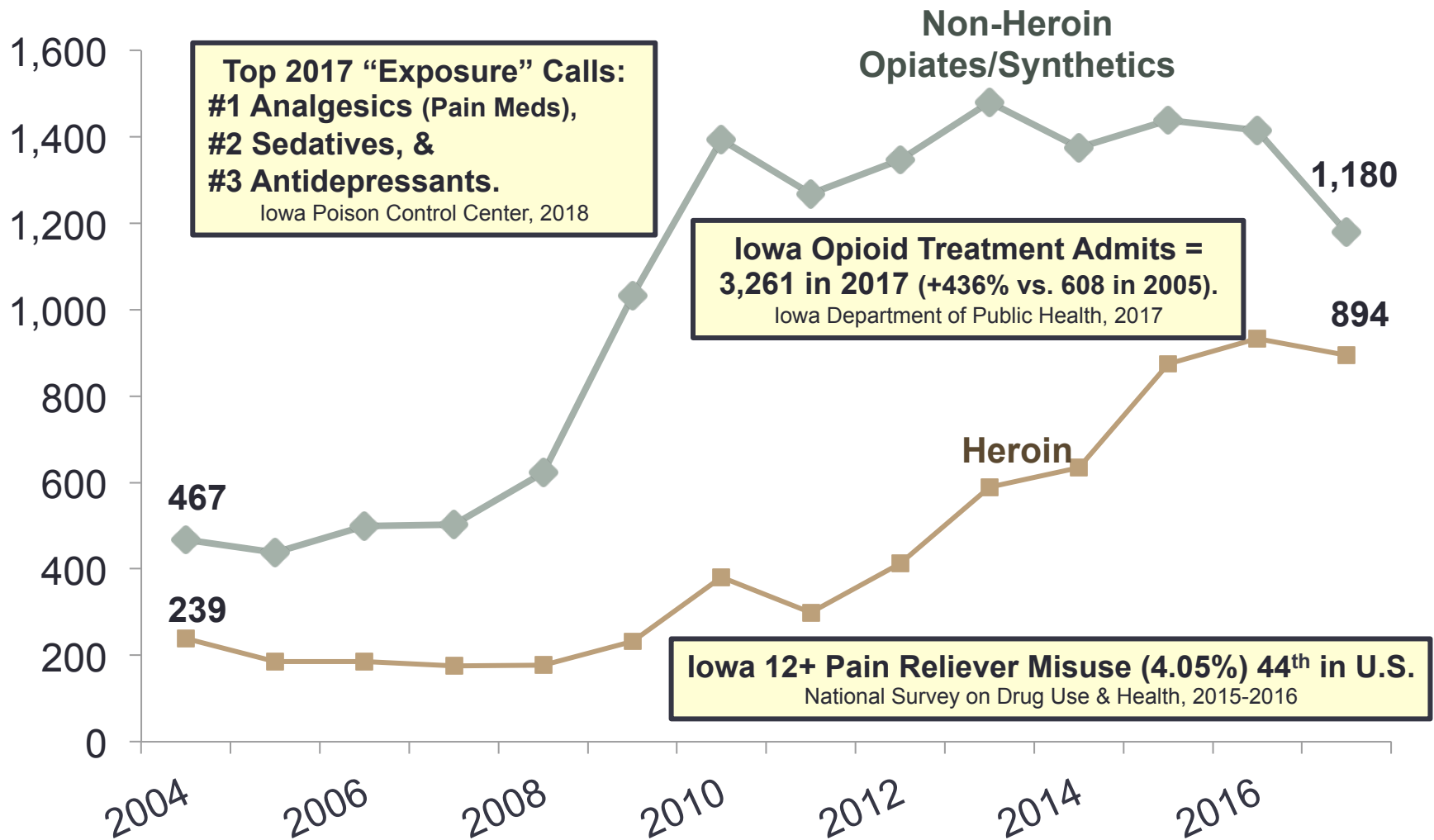
The Hoyt Middle School students had taken the unidentified drug at school. Teachers noticed their odd behavior.

## Girl's overdose should be 'lesson,' stepfather says

She and four other Des Moines middle-schoolers took a parent's prescription drug; one of them remains hospitalized.

# Iowa Opioid Treatment Admissions

Heroin + Non-Heroin Opiates/Synthetics Primary at Admission





# Opioid Misuse: 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**

are

**2x**



**MARIJUANA**

are

**3x**



**COCAINE**

are

**15x**



**Rx OPIOID PAINKILLERS**

are

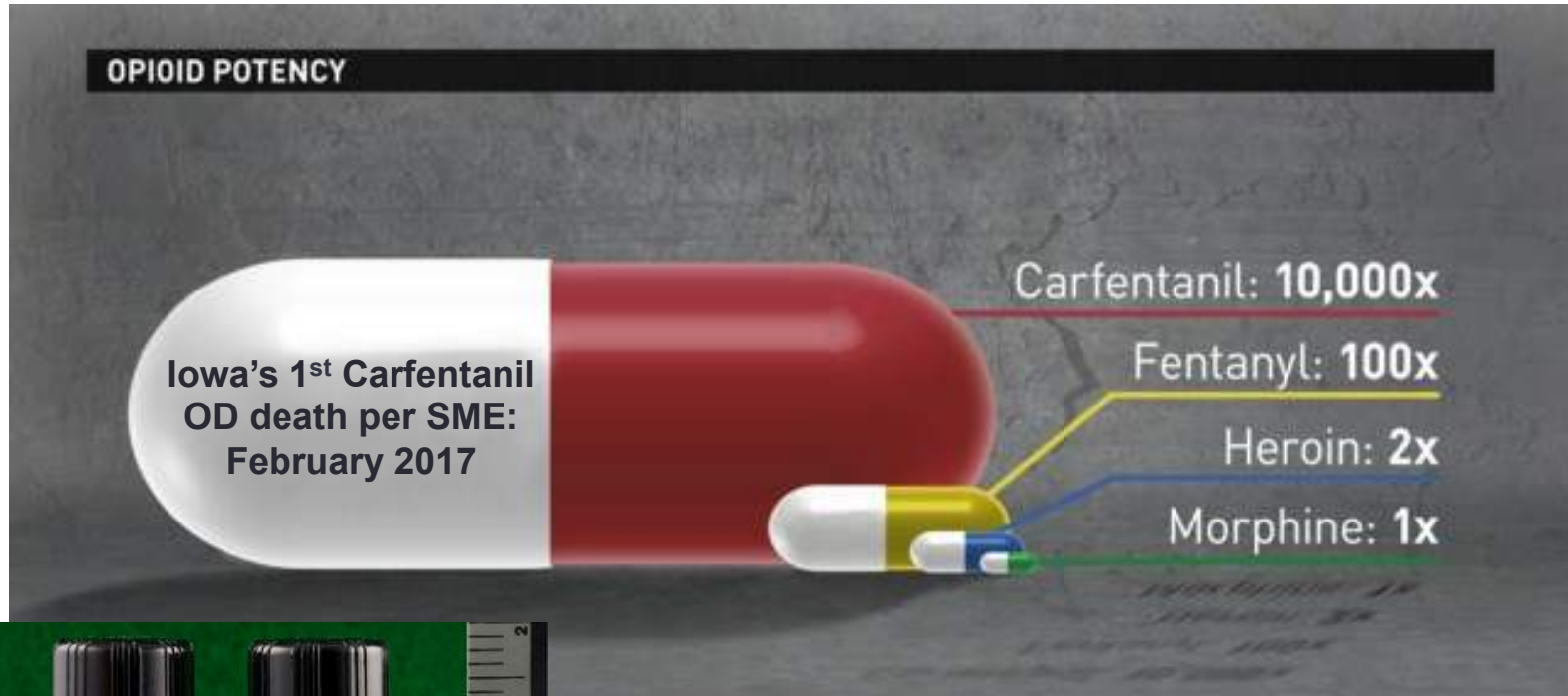
**40x**

**...more likely to be addicted to heroin.**

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

**(Marijuana use appears to increase—>2x—rather than decrease, the risk of developing nonmedical prescription opioid use & opioid use disorder. Offson, Wall, Liu, Blanco/American Journal of Psychiatry, September 2017)**

# Illicit Synthetic Opioids: Less is More



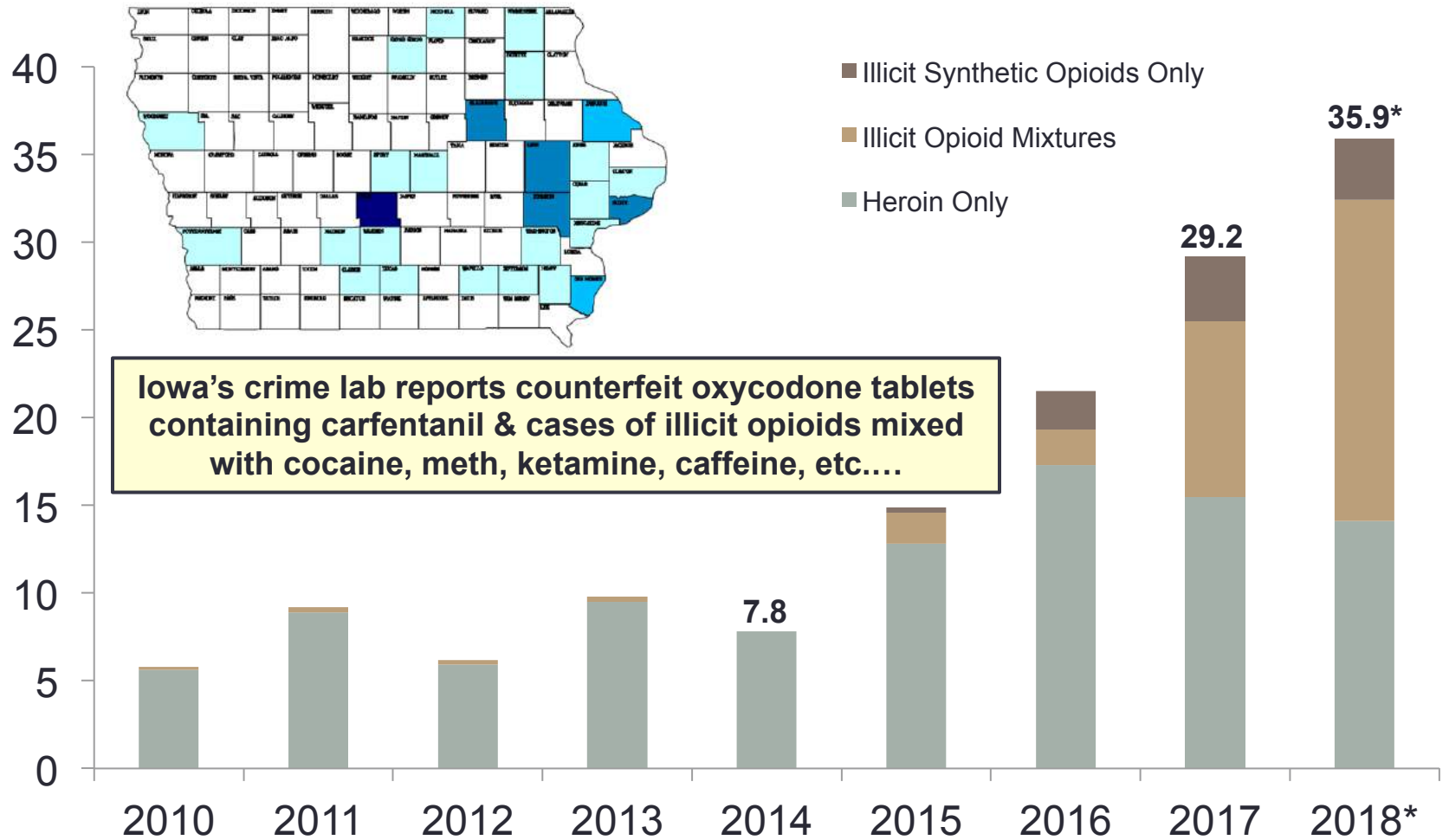
Often mixed with heroin, illicit *synthetic opioids* (e.g., fentanyl analogs)—in tiny amounts—can be much more lethal vs. heroin.





# Heroin, Fentanyl & Illicit Synthetic Opioids

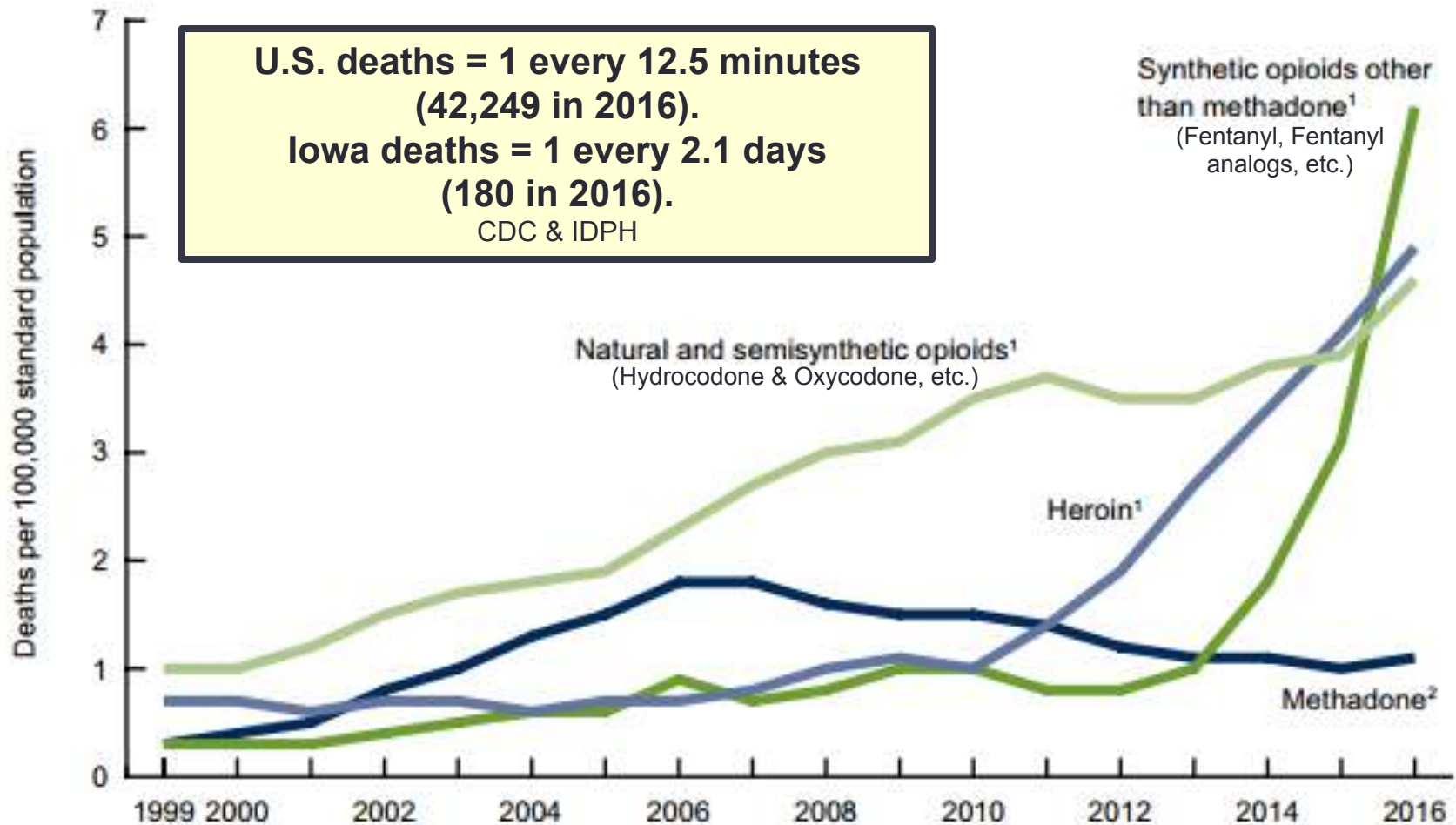
Law Enforcement Seizure Cases/Month per Iowa's Crime Lab (average)



(\*2018 year-to-date data through August.)

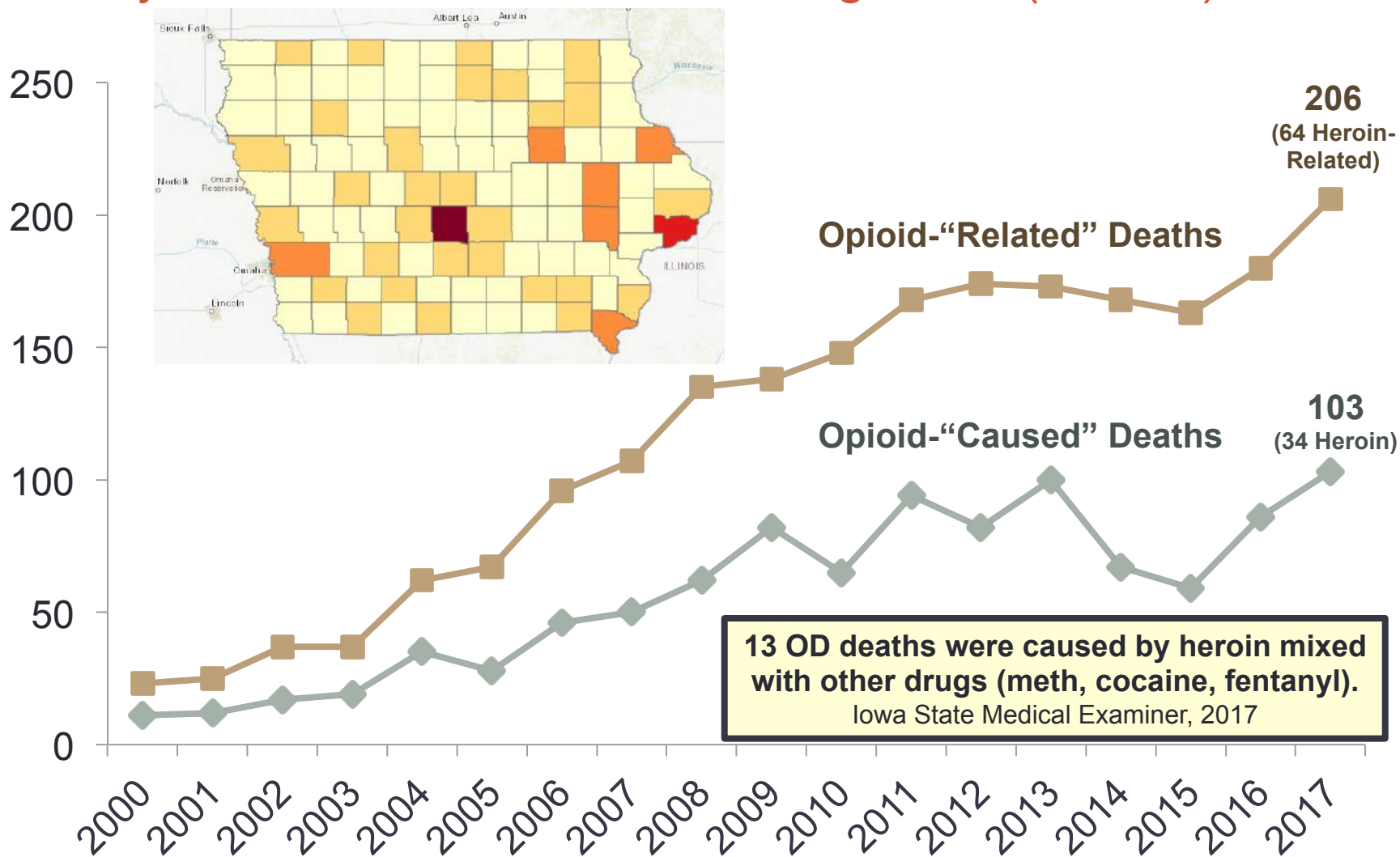
# Opioid OD Deaths: 1999-2016

By Type of Opioid (Rx, Heroin, Fentanyl, etc.)



# Iowa Opioid OD Deaths

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

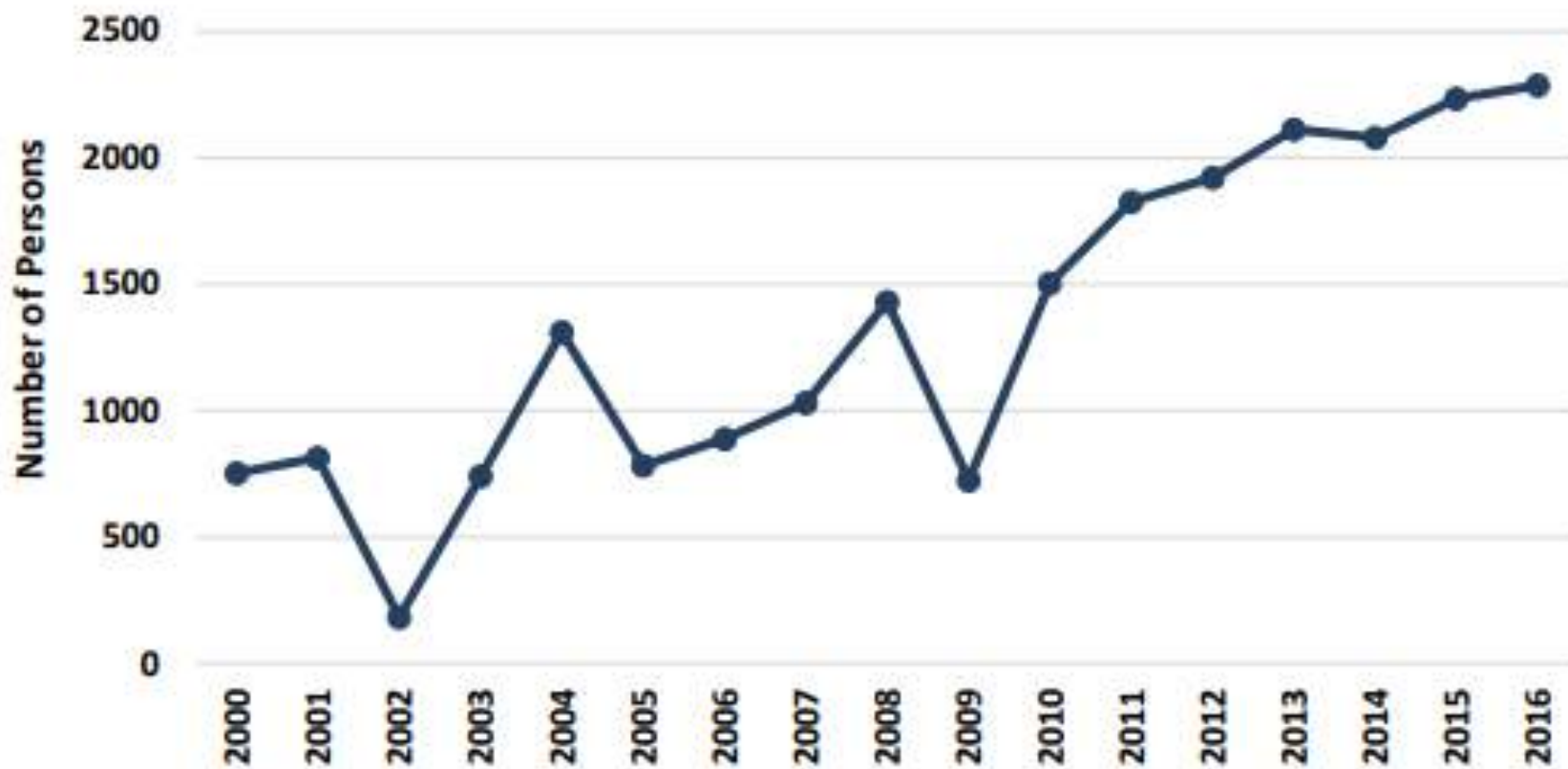


("Related" totals include "caused" deaths.)

Iowa Department of Public Health, 2018

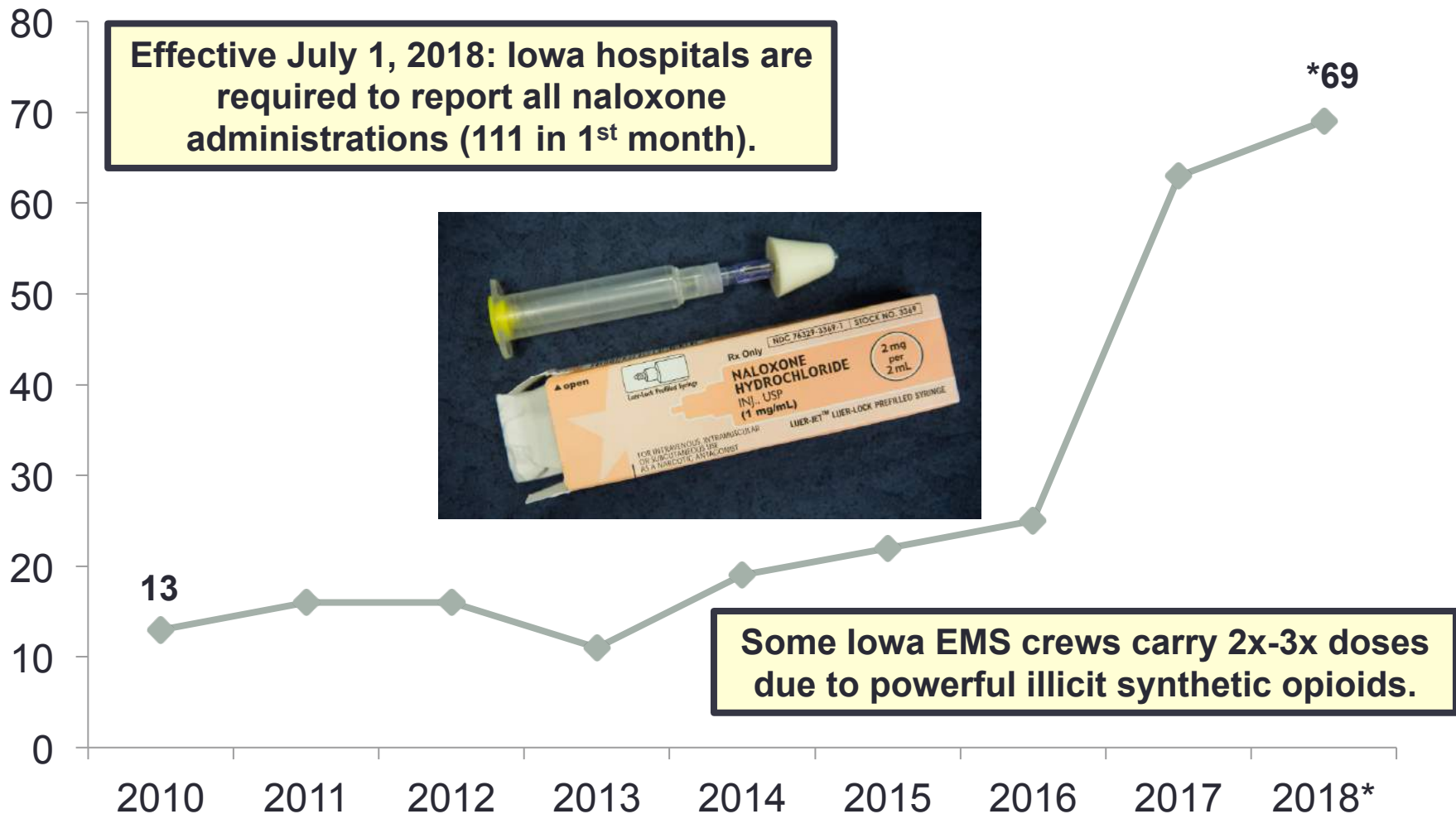
# Iowans with Hepatitis C (HCV)

Number Diagnosed with HCV, due to IV Drug Use, etc.



# Opioid-Related Naloxone Use

## # Monthly OD Cases of Administration by Iowa EMS Providers



\*Provisional monthly averages through June 2018, do not include dose amounts or multiple doses.

Iowa Department of Public Health, Emergency & Trauma Services, 2018

# Response to Opioid Misuse

## “3 Rs” to Curb Supply & Demand

### ➤ Rescue (Intervention)

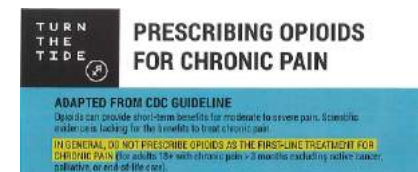
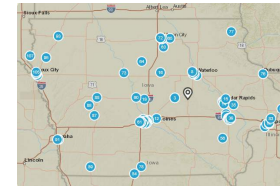
- PMP: Mandates, dashboard & other enhancements
- Naloxone: Access improving to reverse ODs
- Good Samaritan incentives for OD 911 calls

### ➤ Recovery (Treatment & Aftercare)

- Substance Use Disorder & Medication Assisted Treatment: MAT
- Recovery Coach Mentors: Training underway for OD referrals
- Support: CRUSH & other groups forming

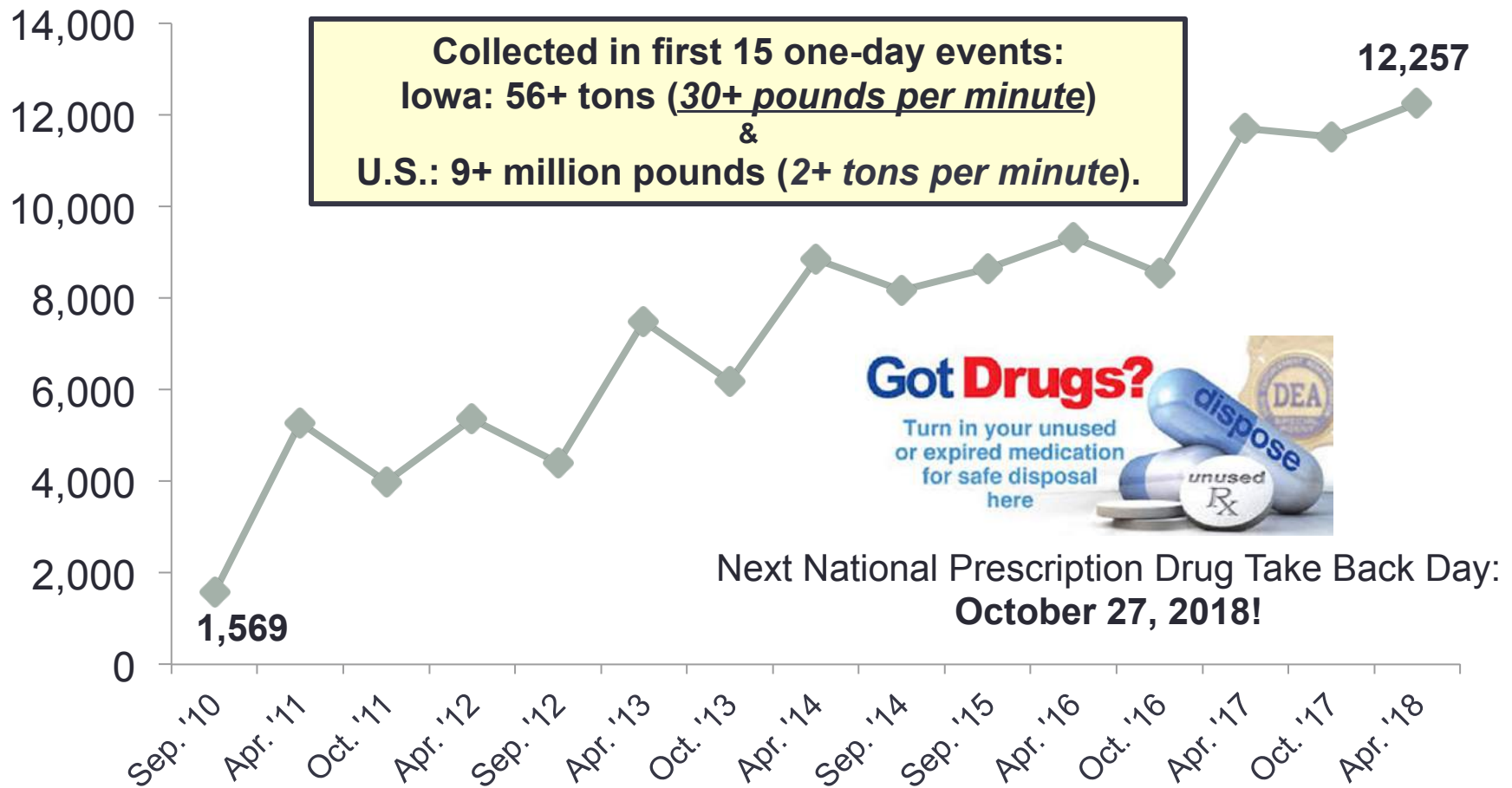
### ➤ Reduction (Prevention & Enforcement)

- CDC Opioid Prescribing Guidelines: More prescribers adopting
- Patient Instruction: Take as directed & respect medicines
- Education: Information for youth & adults
- Safe Storage & Disposal: “Take Backs”
- Enforcement: Diversion, heroin & synthetics



# Iowa "Take-Back" Initiative

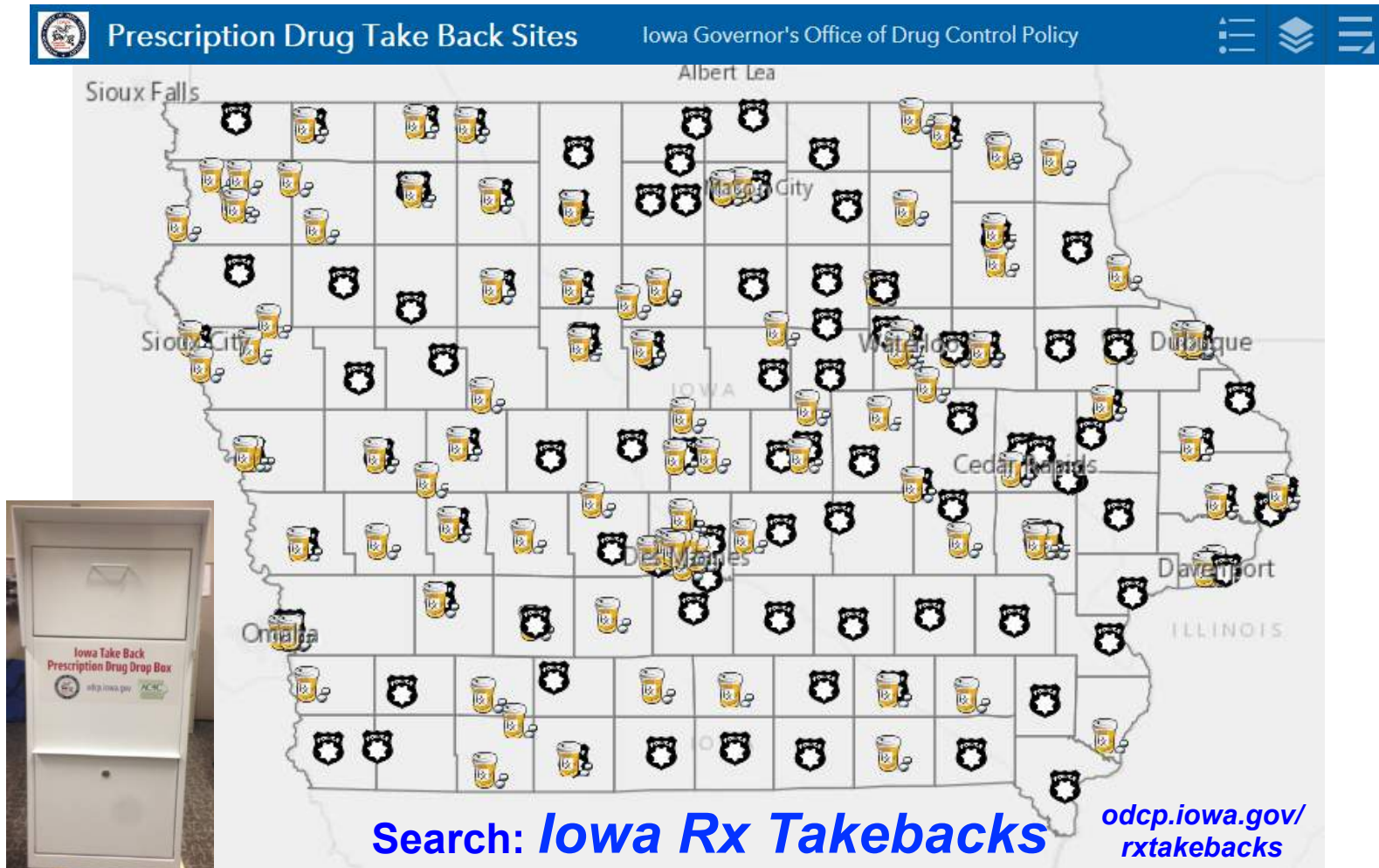
Amount (in Pounds) of Rx Drugs Collected





# Iowa Permanent Rx "Take Back" Sites

## Controlled Prescription Drug Disposal Locations



233 Sites in all 99 Counties (117 Law Enforcement Centers, 116 Pharmacies) vs. 47 in January 2016



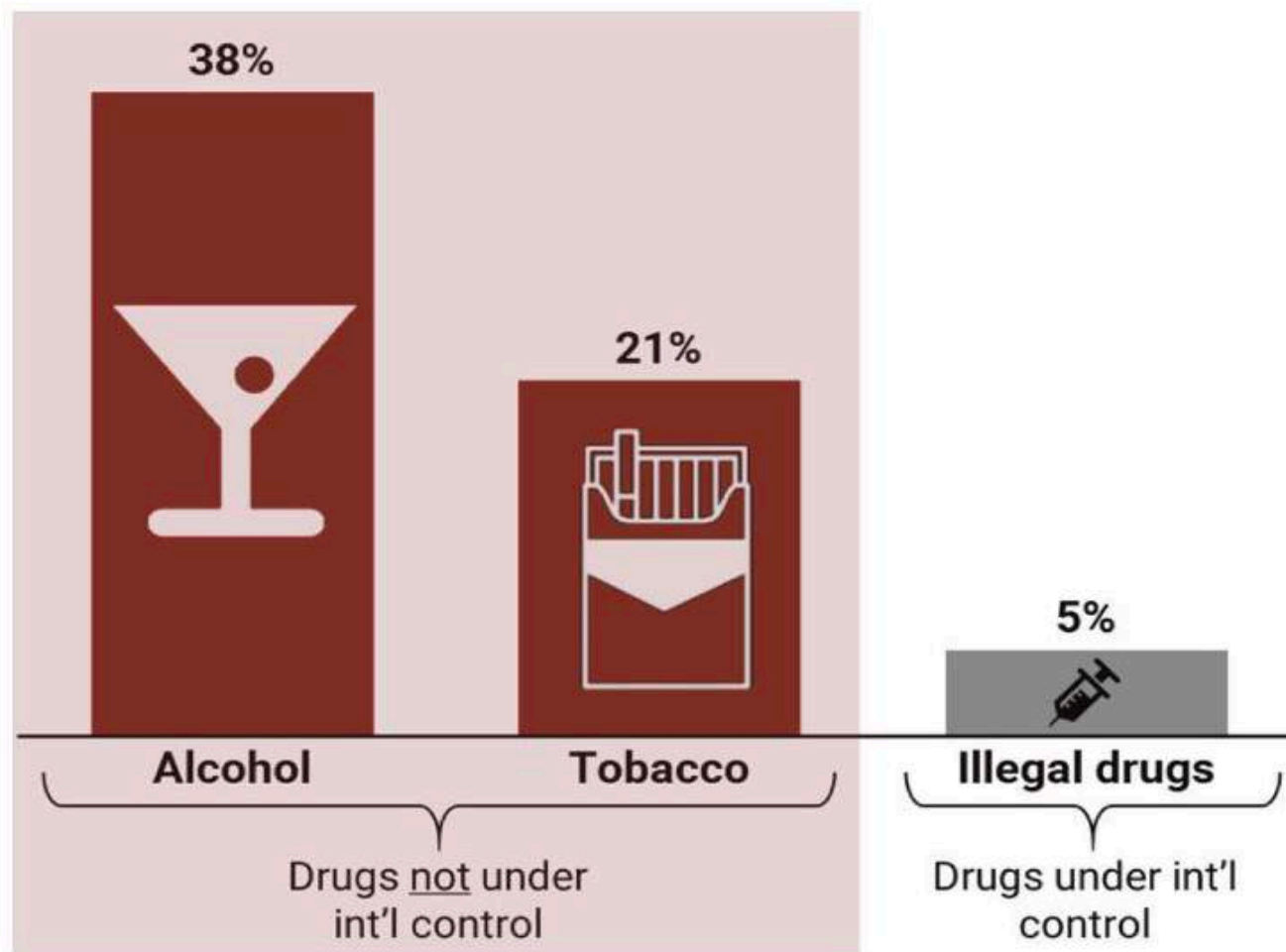
# Iowa Medication Assisted Treatment Provider Locations



107 Iowa MAT Providers in 2018 vs. 31 in 2015

# Do Drug Control Laws Work?

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



# 2018 Iowa Drug-Related Legislation

## **HF 2377: Comprehensive Opioid Response**

1. Automatic PMP registration at time of professional licensure or license renewal.
2. Mandatory PMP queries on patients when prescribing opioids.
3. Proactive PMP notices of possible improper use of controlled substances.
4. Next business day controlled substance dispensing to PMP.
5. PMP reporting of all non-pharmacy controlled substances, except veterinarians.
6. PMP reporting of naloxone use by first responders.
7. Annual PMP prescriber “report cards.”
8. License surcharge of up to 25% to pay for PMP enhancements.
9. Continuing education requirements for all opioid prescribers re: CDC guidelines.
10. Penalties for inappropriate opioid prescribing.
11. Universal electronic prescribing of all prescriptions by January 2020.
12. Banning new illicit synthetic opioids, similar to emergency federal action.
13. Good Samaritan protection to encourage 911 calls to report overdoses.

### **Opioid Proposals NOT Passed:**

- Monitoring CS5s.
- Opioid prescription limits.
- Needle exchanges.
- Rx opioid surcharge.
- Additional treatment resources.

### **Other Proposals NOT Passed:**

- M-CBD expansion/medical marijuana.
- Industrial hemp legalization.
- Justice/Sentencing reform.
- Tobacco tax increase.
- Beer tax increase.

# Iowa News & Tools

## Prevention, Intervention, Treatment & Enforcement

### Prevention/Education

- “What You Don’t See” mobile opioid/drug education exhibit via INOA.
- “Take Five” to talk with children.

### Intervention

- Good Samaritan training for law enforcement officers (TBA by IDPH).
- Price discounts for improved naloxone access by first responders & other Iowans.
- Diversion to treatment (pre & post-arrest, recovery coaches, etc.).

### Treatment/Recovery

- More prescribers signing up to provide Medication Assisted Treatment in Iowa.
- “Safe Homes” pursued in some communities for addiction treatment recovery.

### Enforcement+

- Drug Task Forces investigate illicit opioid traffickers, to curb black market supplies.
- Iowa Opioid Data Exchange (IODE)...
- Several state Attorneys General—including Iowa AG Miller—and the USDOJ continue investigating Rx opioid makers.
- Nearly 50 Iowa counties & others sue opioid makers alleging deceptive marketing (Adair, Adams, Audubon, Benton, Bremer, Buchanan, Buena Vista, Calhoun, Carroll, Cedar, Clay, Clayton, Clinton, Dallas, Delaware, Fayette, Hamilton, Hardin, Humboldt, Johnson, Lee, Mahaska, Marion, Mitchell, Monroe, Montgomery, O’Brien, Plymouth, Polk, Pottawattamie, Sac, Scott, Shelby, Sioux, Taylor, Winneshiek...).

# Iowa's Workplace

Iowa Drug/Alcohol Testing Law & Rules:

<https://www.legis.iowa.gov/docs/code/730.5.pdf>

<https://www.legis.iowa.gov/docs/iac/chapter/641.12.pdf>

<https://odcp.iowa.gov/document/guide-workplace-drug-testing-iowa>



# 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](https://YourLifelowa.org)