



DRUG TRENDS IN IOWA

PROGRESS, PERIL & PERSEVERANCE

Governor's Office of Drug Control Policy

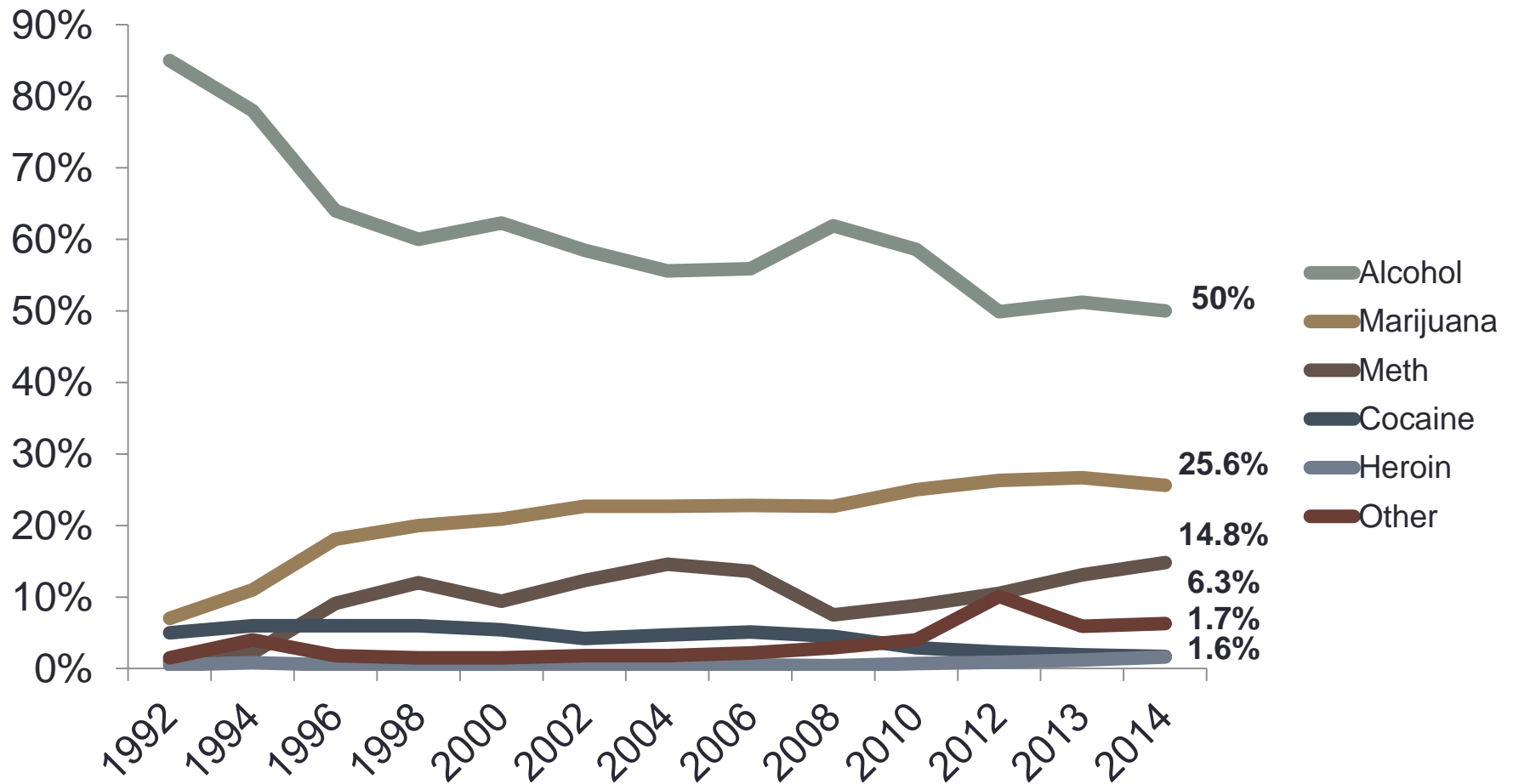
March 2016

Trending in Iowa: Drug Use at a Glance

- 2nd lowest rate of illicit drug use & 13th lowest rate of Rx abuse in US.
(NSDUH, 2013-2014)
- Youth substance abuse declined steadily over last decade.
(IYS, 2014)
- Meth labs down ~90% vs. peak of 12 years ago (135 vs. 1,500).
(IDPS, 2015)
- Meth use treatment rate 11th highest in US.
(TEDS, 2012)
- Underage & binge drinking exceed national average.
(NSDUH, 2013-2014)
- OD deaths from Rx drugs (heroin too) near all time highs. Medicine misuse/abuse fastest growing form of substance abuse.
(ODCP, 2015)
- Marijuana “concentrates” are becoming more prevalent.
(IDPS/ODCP, 2015)
- Synthetic drugs still evolving threat.
(ODCP/IPCC 2015)

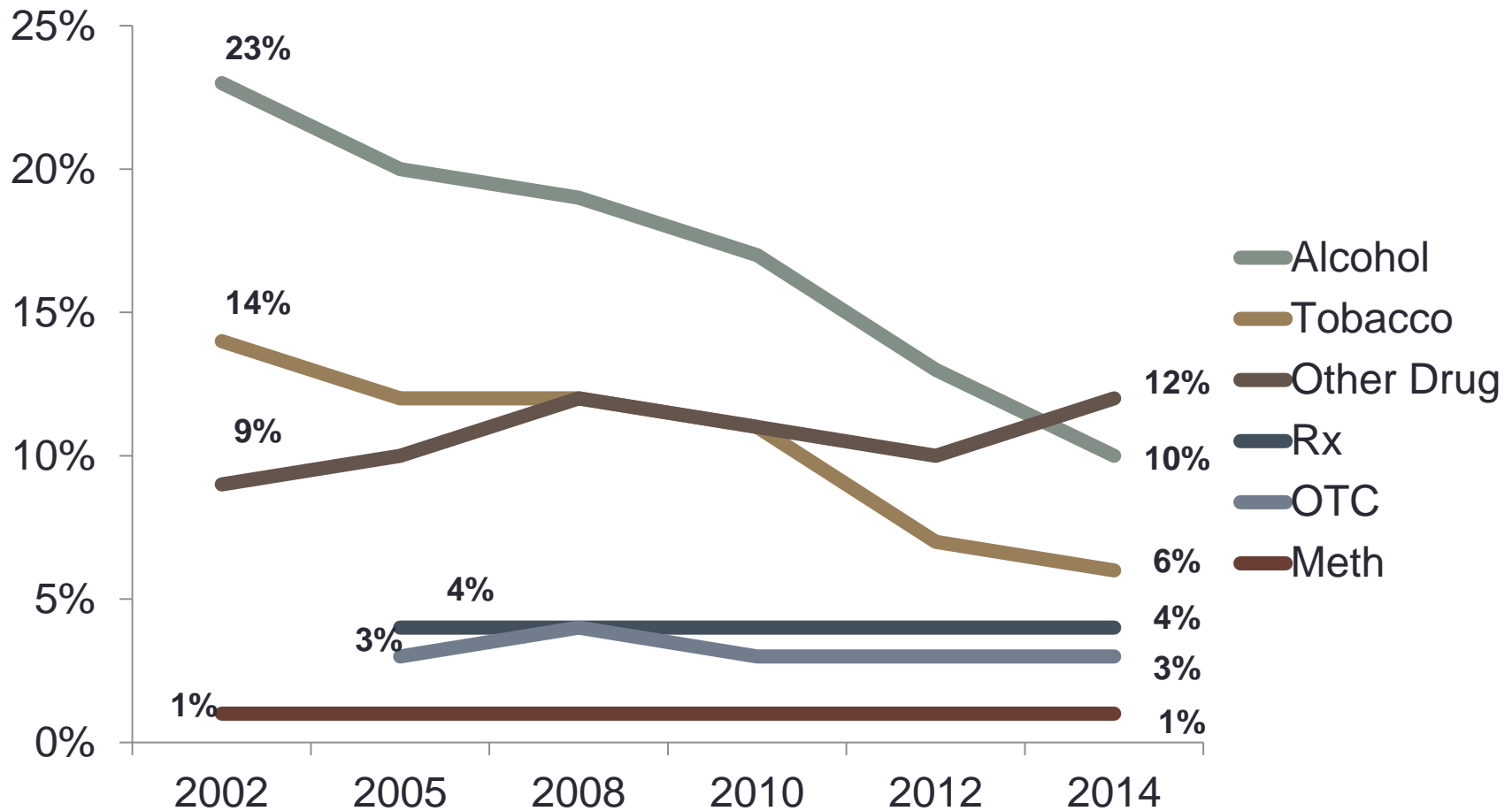
Drugs of Choice: All Iowans

Primary Substance of Choice by Iowans in Treatment



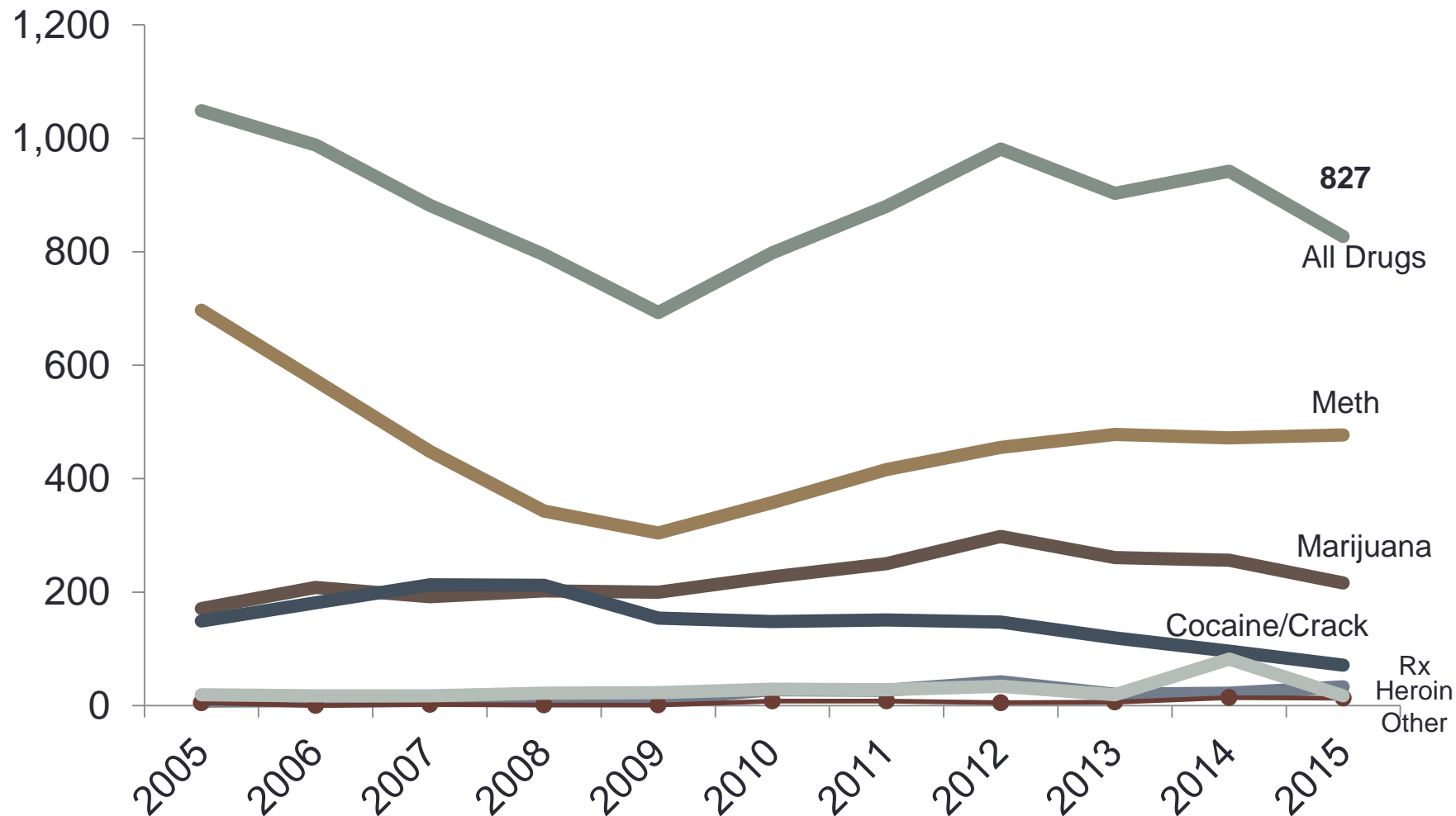
Iowa Youth Substance Abuse

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



Iowa “Drug-Related” Prison Admissions

Primary Drug Involved

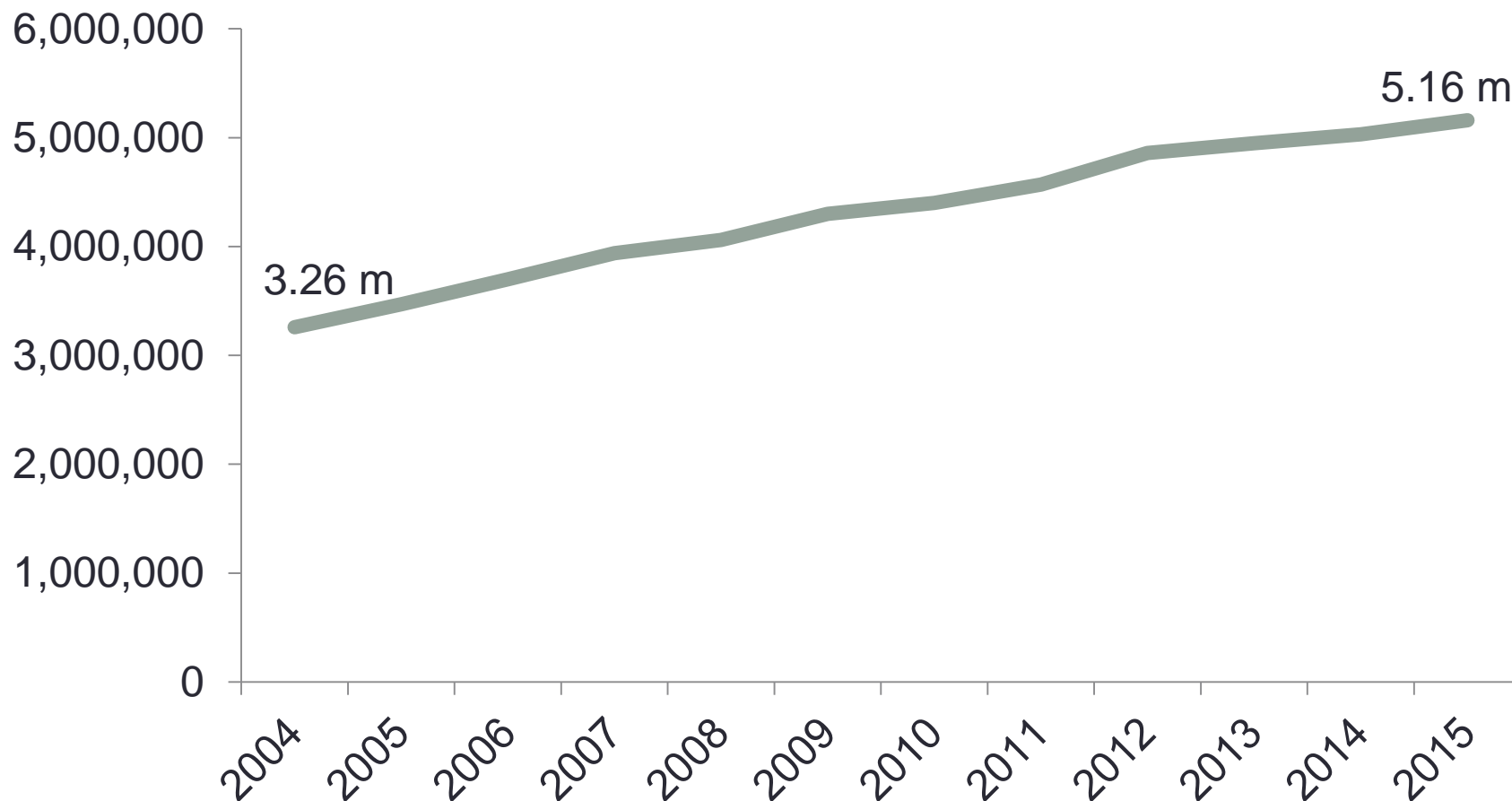


Alcohol



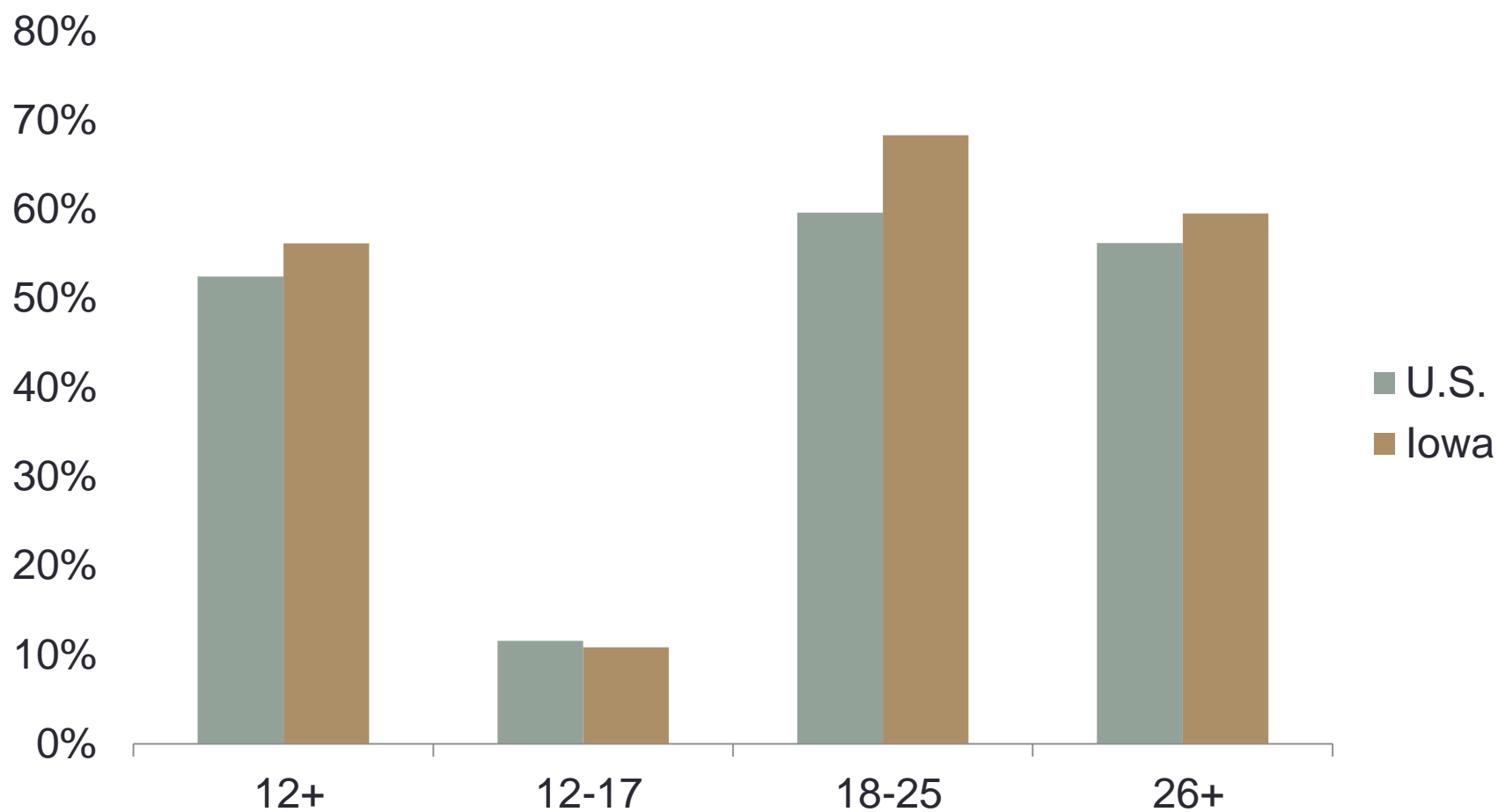
Iowa Annual Distilled Spirits Sales

Millions of Gallons Sold to Adults



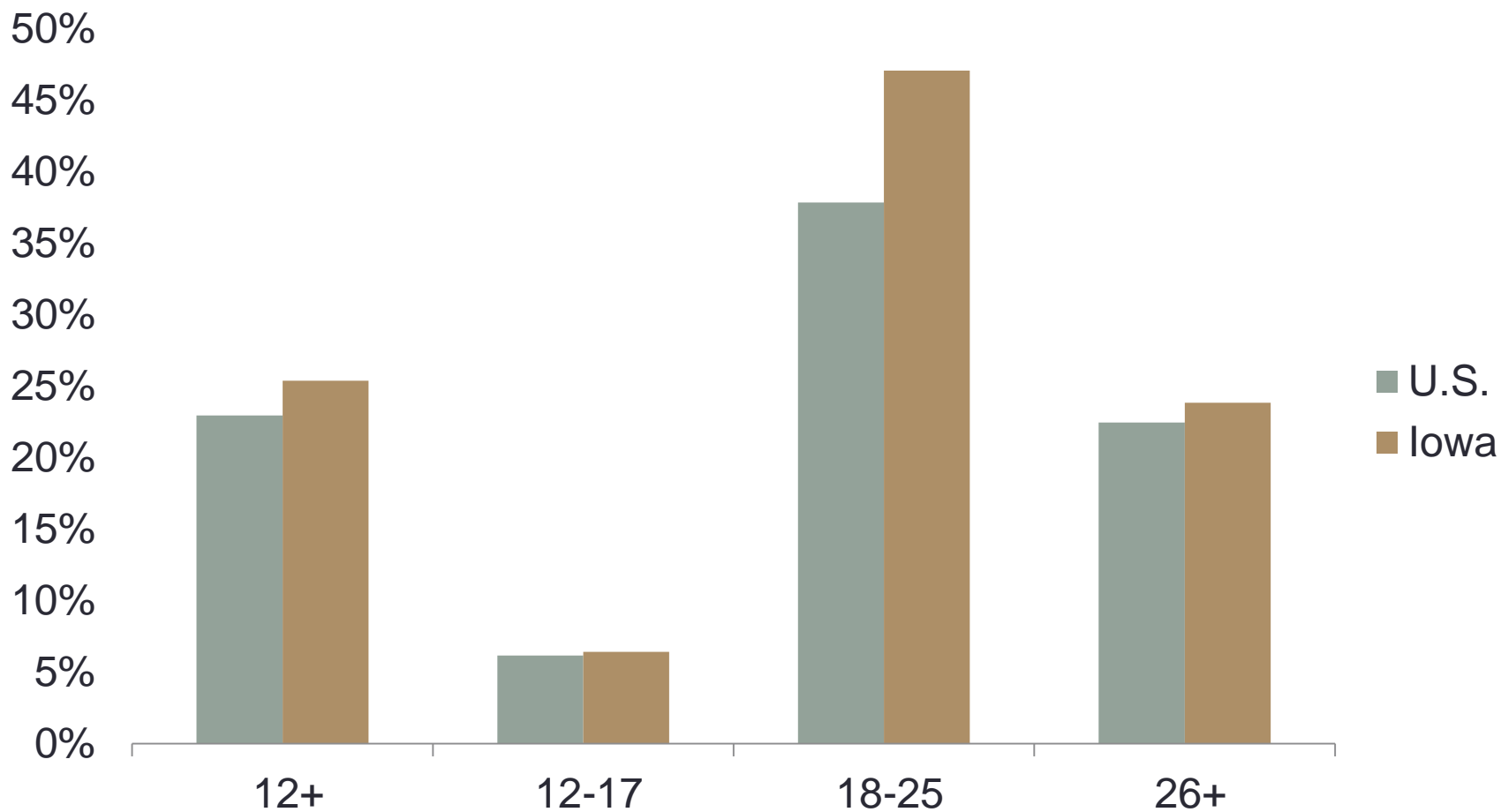
Current Alcohol Use

Last 30-Days



NSDUH, 2013/2014

Current Binge Drinking Last 30-Days



NSDUH, 2013/2014

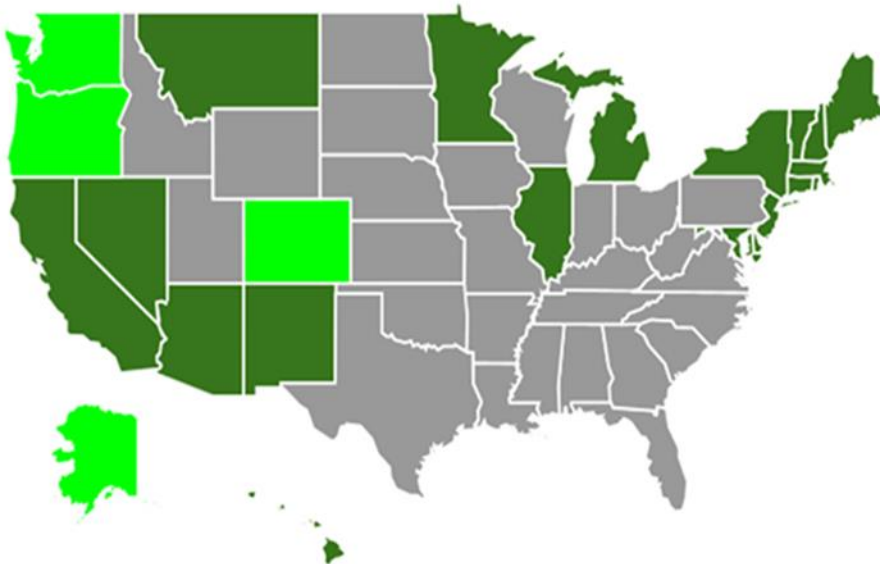


Marijuana

Marijuana Laws & Use by Teens

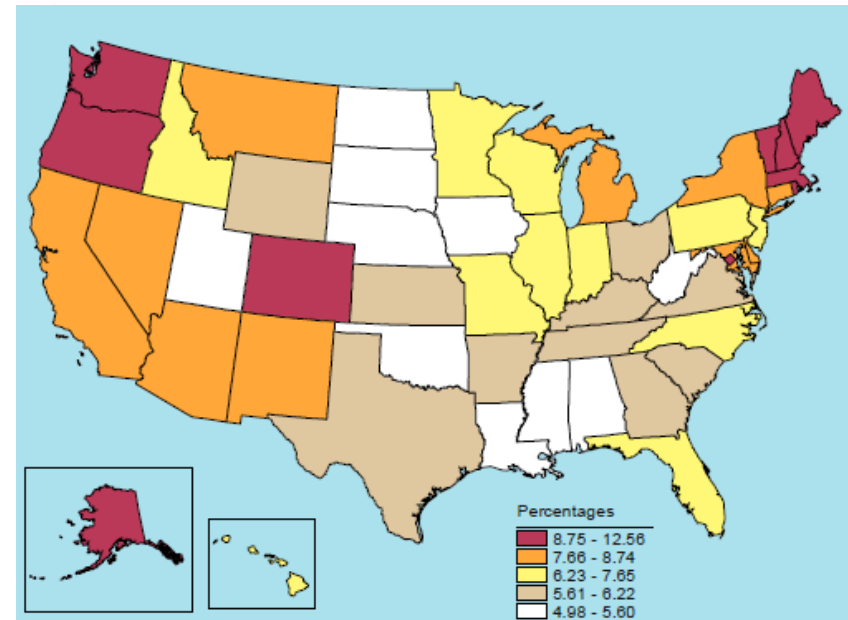
by State

“Medical” & “Recreational” Marijuana Laws
(2015 Governing.com)



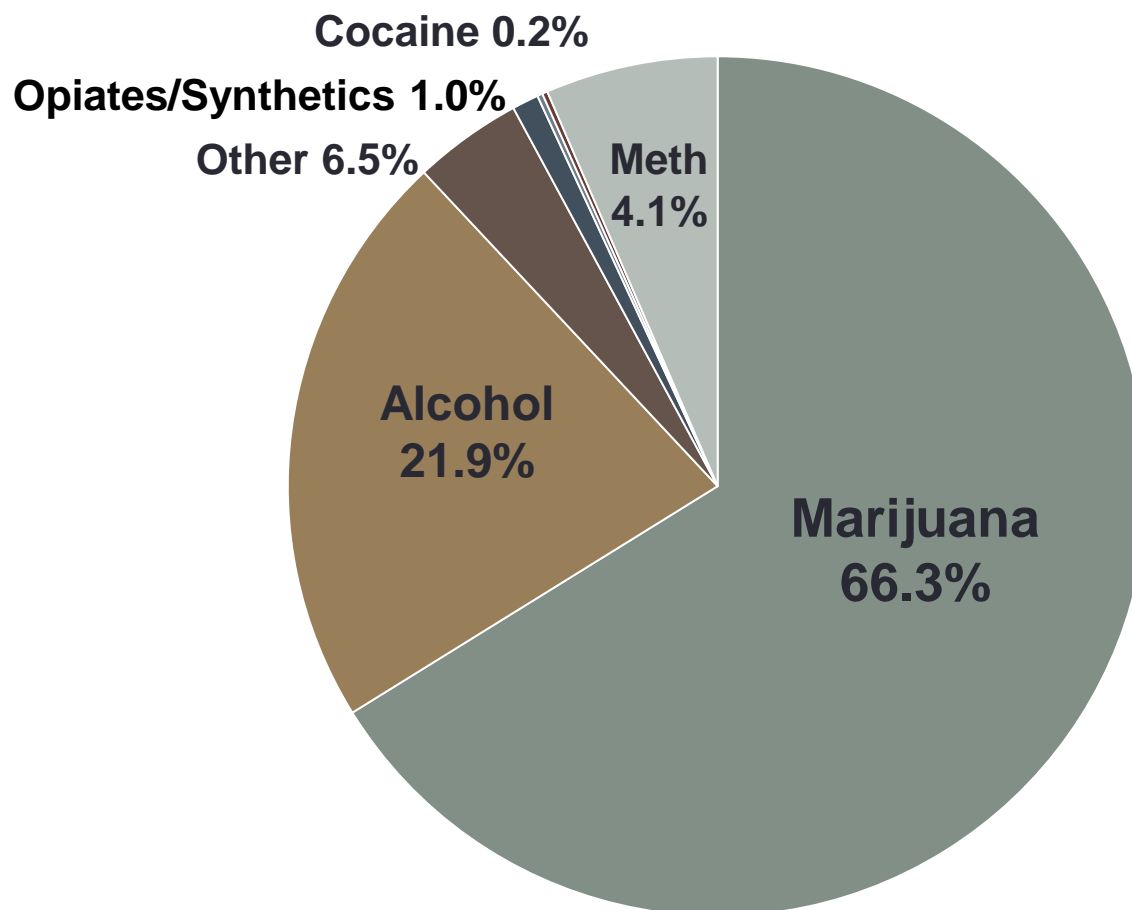
- Dark Green = “Medical” marijuana (23 & DC).
- Light Green = “Medical” & “Recreational” marijuana (4).
- Not Shown: Low THC non-psychoactive “CBD” oils (16, including Iowa, where the Pharmacy Board recommended in 2015 the Legislature consider rescheduling CBD only).

Past Month Use by 12-17 Year Olds
(2013-2014 NSDUH)



Iowa Youth Drugs of Choice

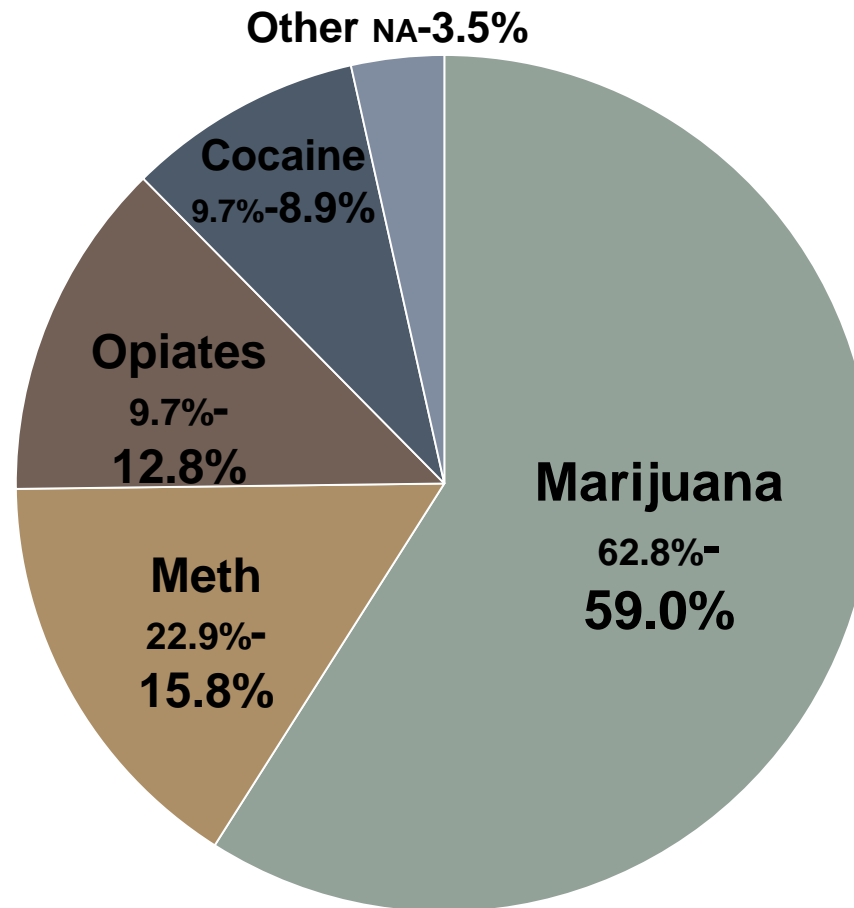
Primary Substance by Juvenile Clients Entering Treatment



Iowa's Workplace

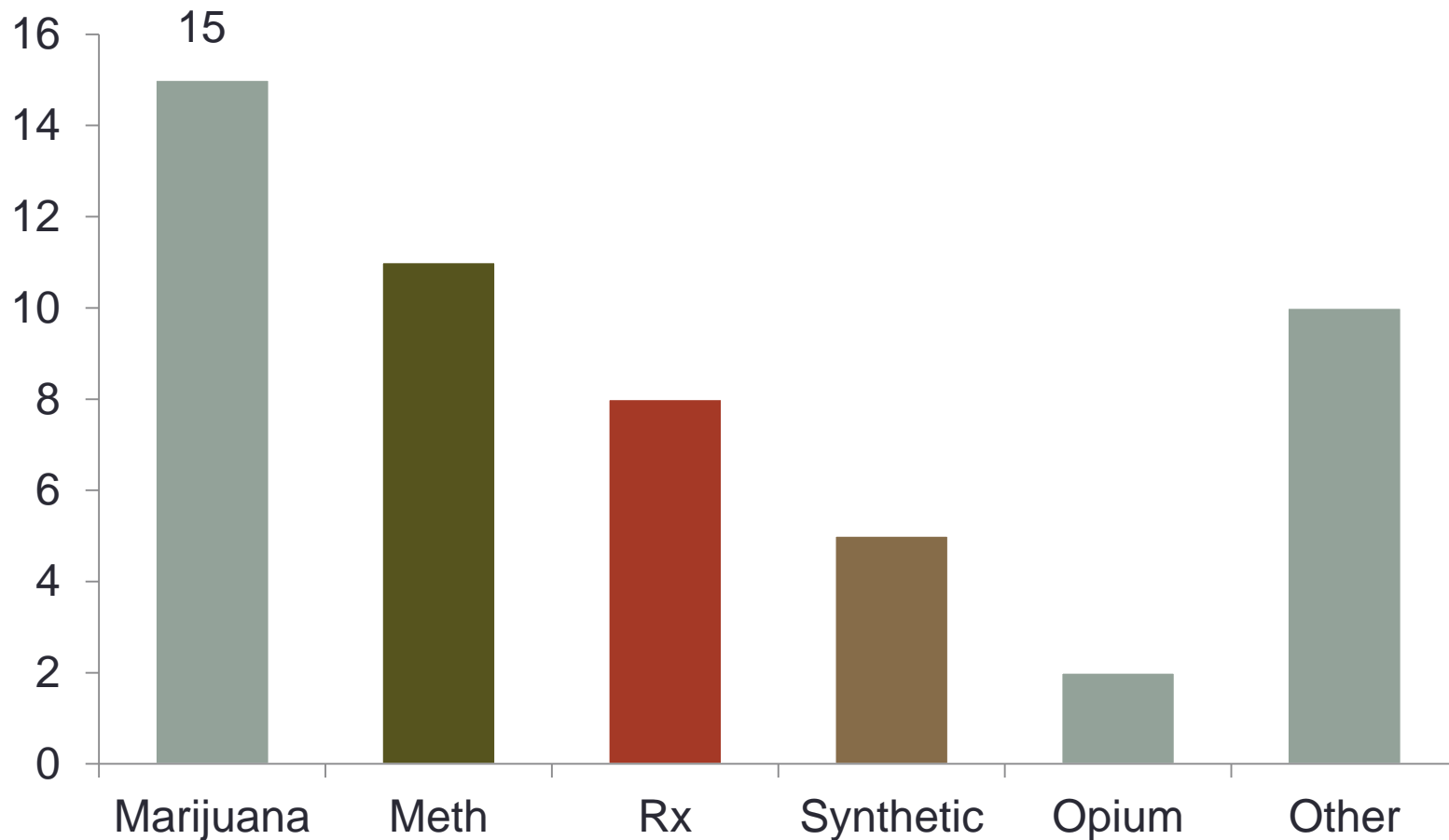
Positive Drug Tests Reported 2002-2011

Positive drug tests for marijuana among employees in the general U.S. workforce increased in 2014 for the 3rd straight year. Marijuana was detected in 2.4% of all drug tests, a 14.3% increase vs. 2013, when a 5% increase was recorded vs. 2012. 2015 Quest Diagnostics



Iowa Drug-Related Traffic Fatalities

Number Killed in 2014 Who Tested Positive for Illicit Drugs



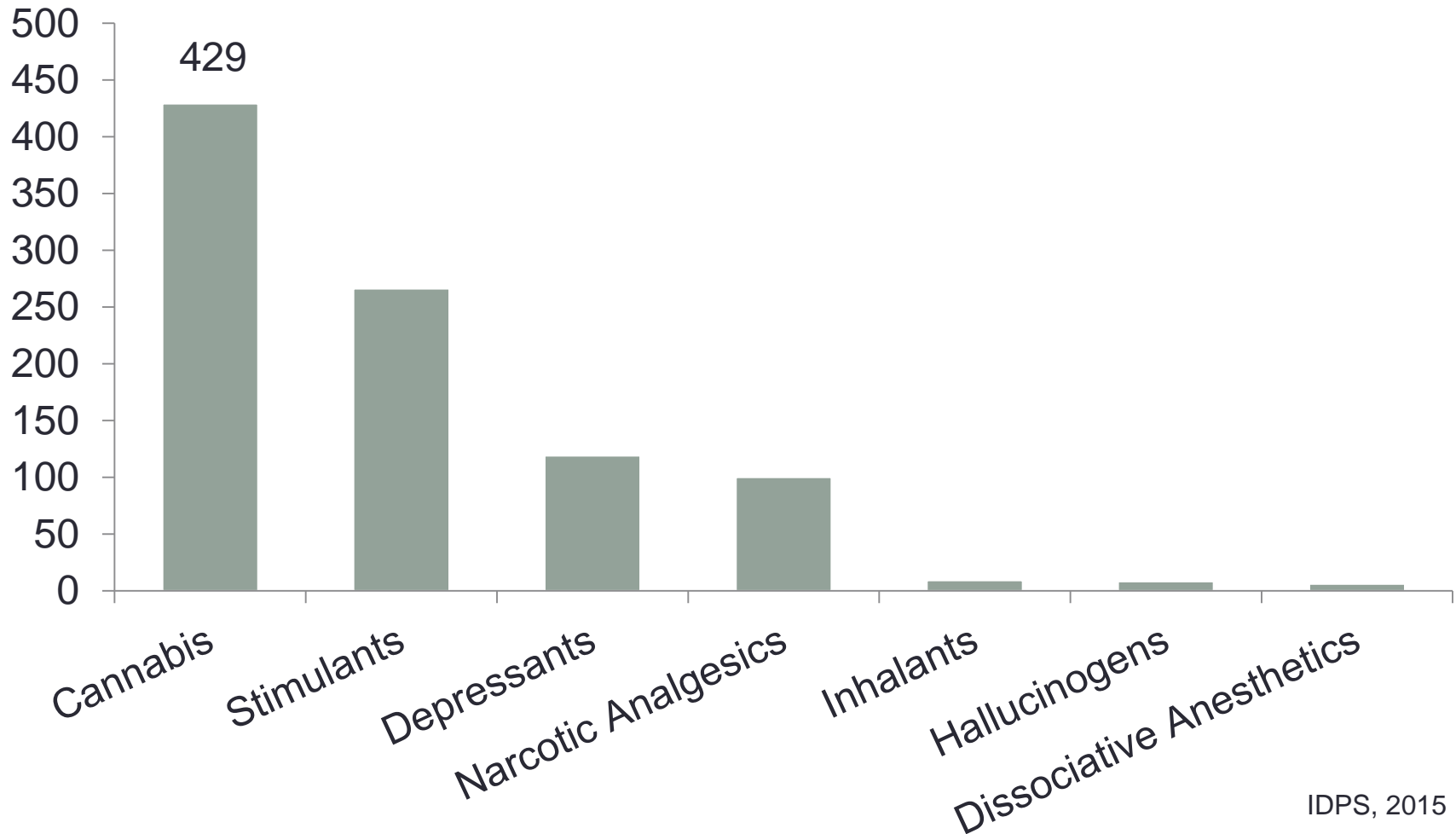
Does not include alcohol-related fatalities.

Alcohol & poly-drug combinations were detected in some crashes.

Source: IDOT, 2014

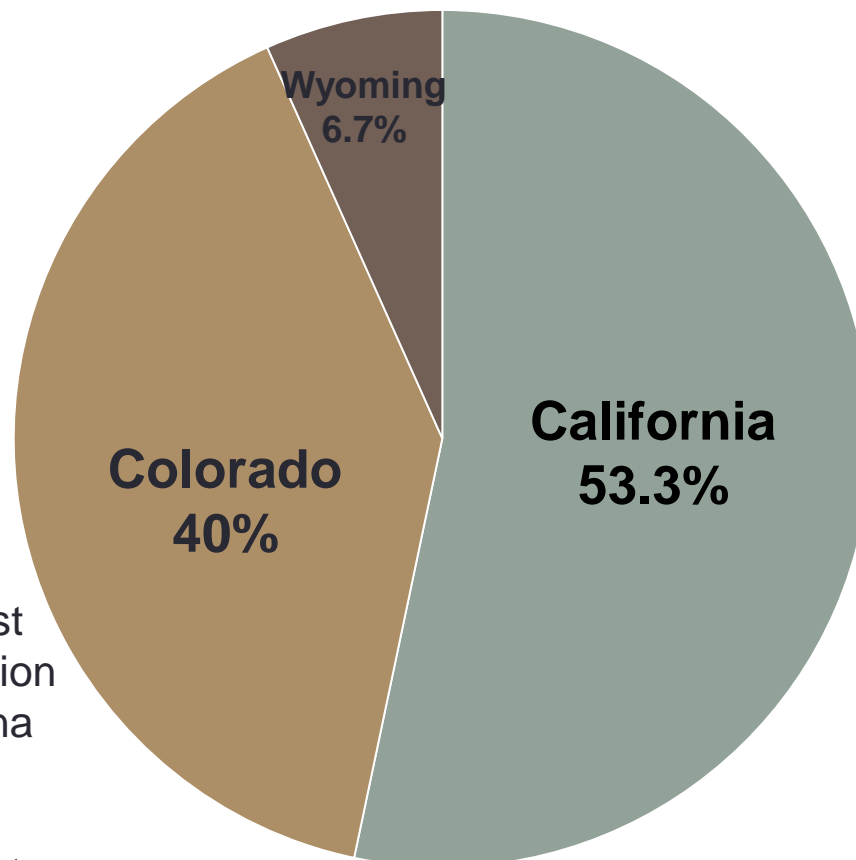
Iowa Drug-Impaired Driving

2015 Non-Alcohol Evaluation Findings by Drug Recognition Experts



Source of Marijuana Seized in Iowa

2015 Iowa State Patrol Significant Highway Interdictions

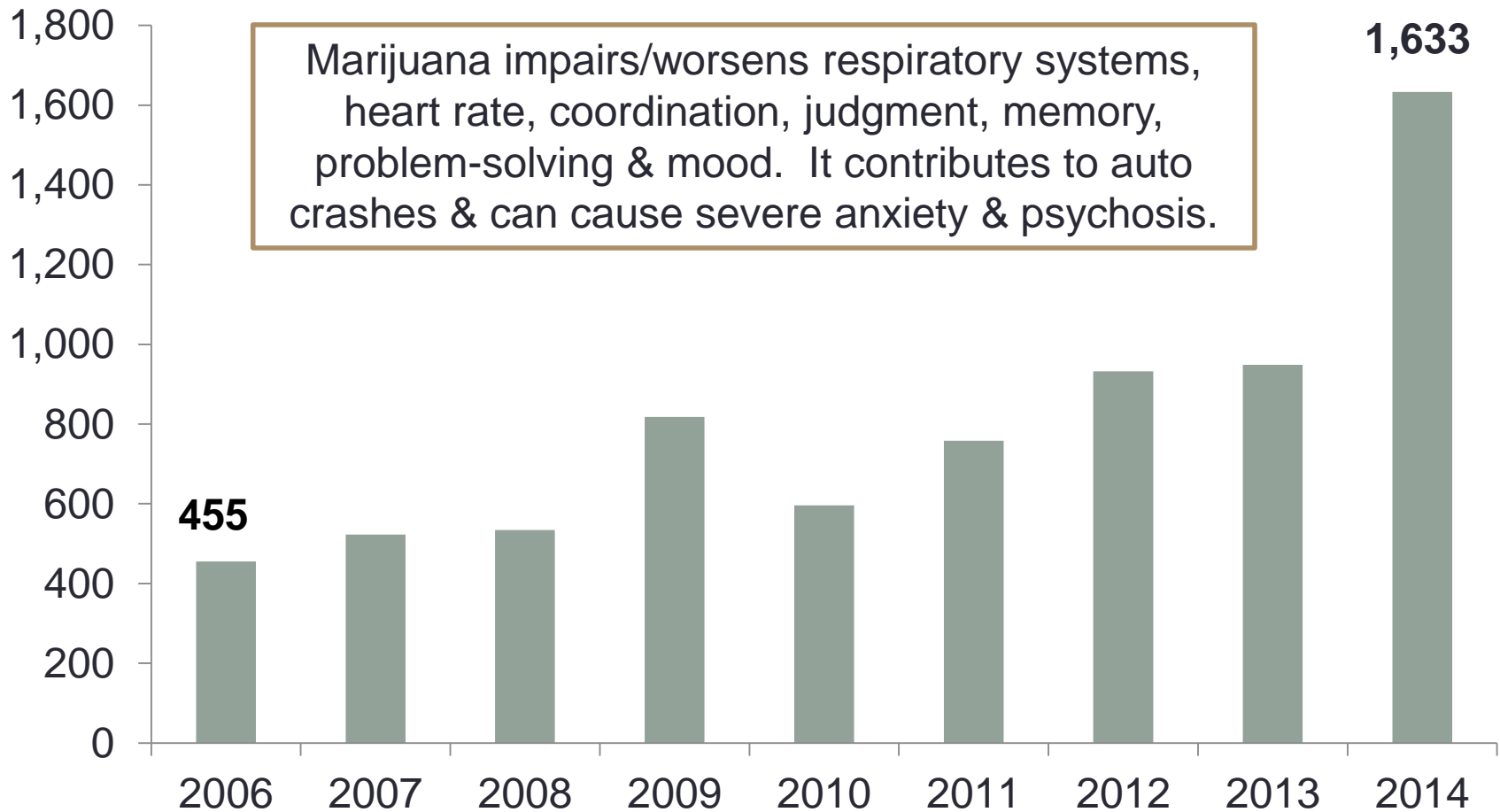


Iowa was the 6th most frequent state destination for Colorado marijuana seized in highway interdictions.

2014 El Paso Intelligence Center

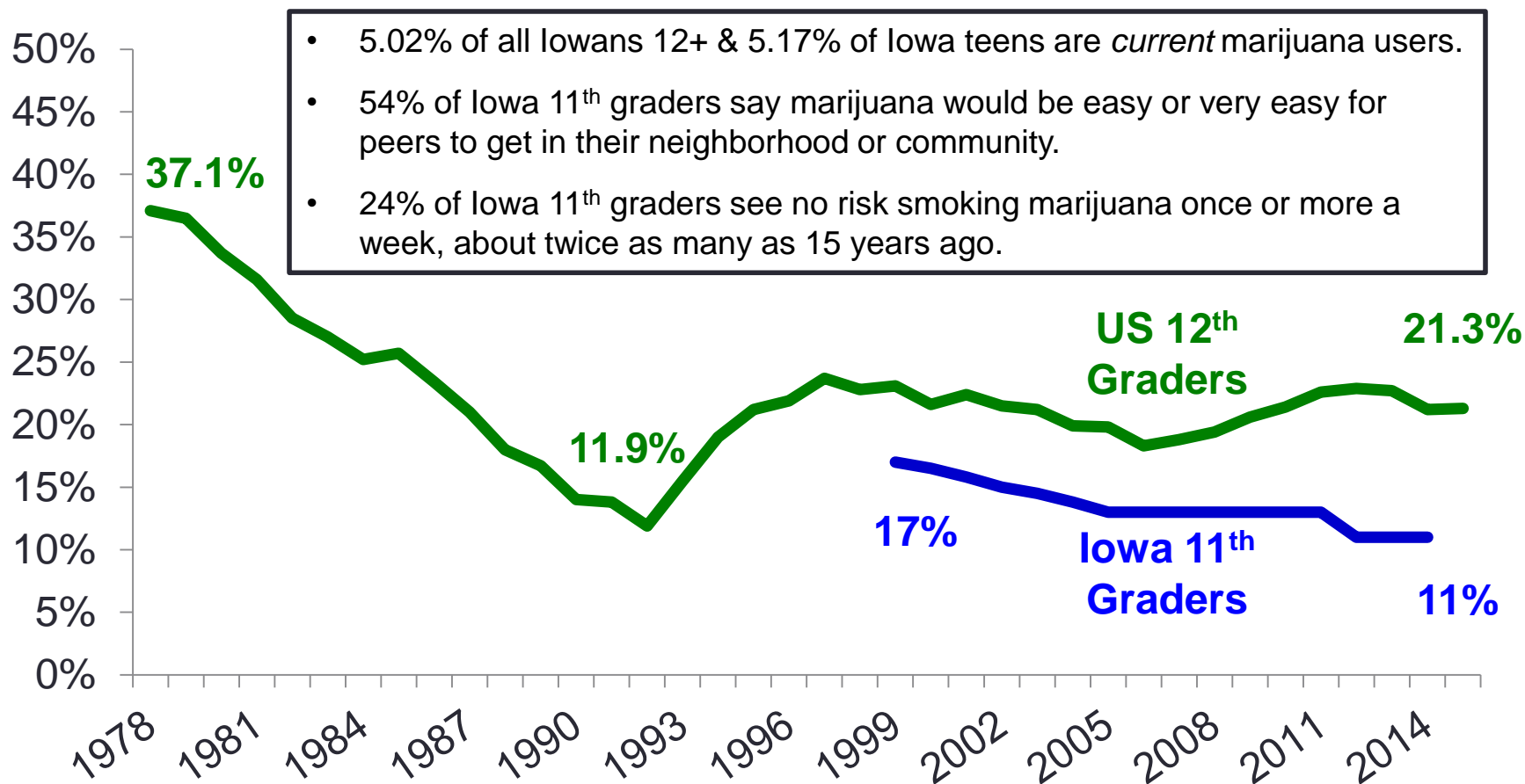
Iowa Marijuana ER Visits

Cannabis Use as Causal or Contributing Factor



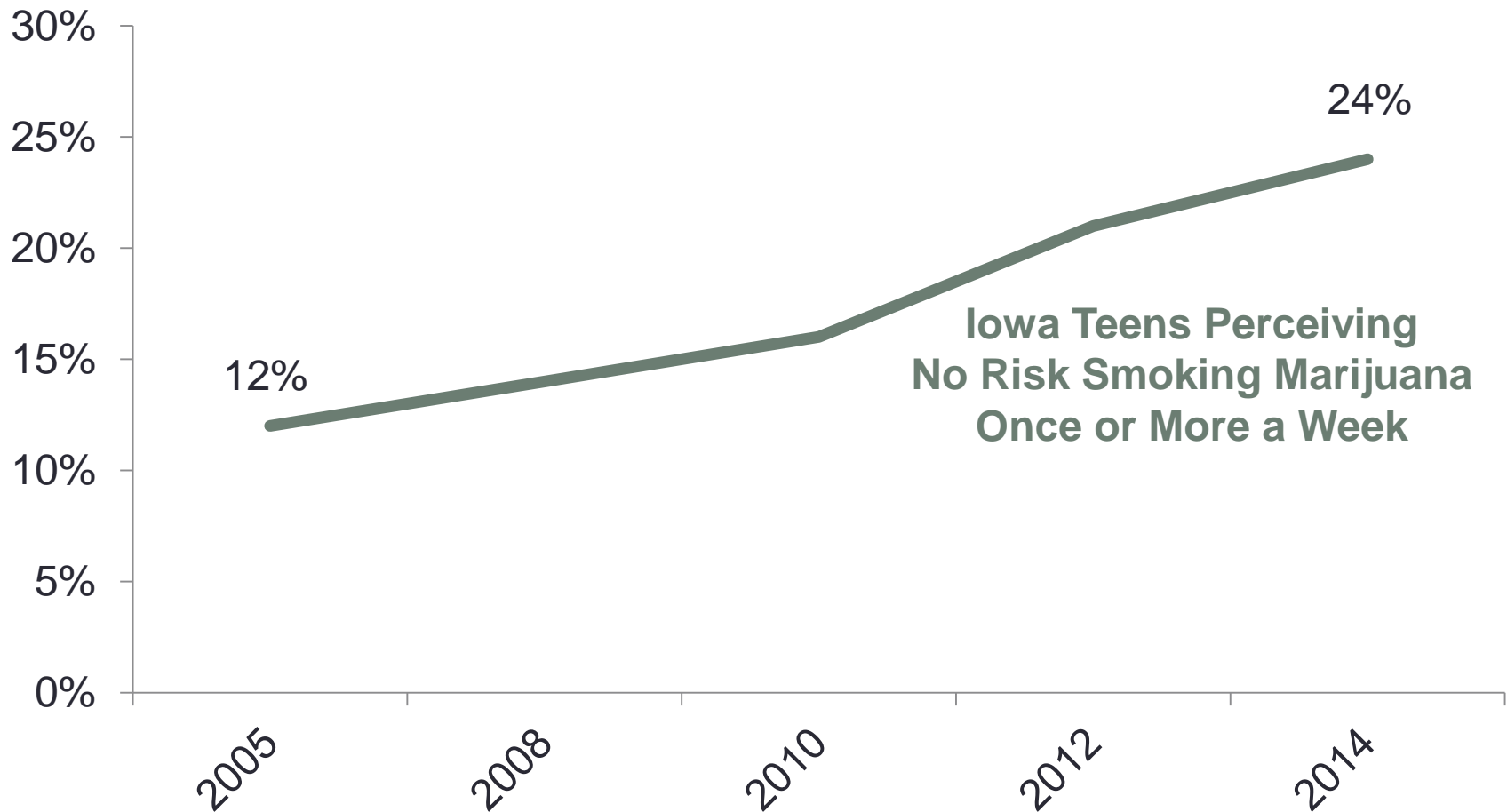
Current Youth Marijuana Use

Past 30 Days: U.S. vs. Iowa



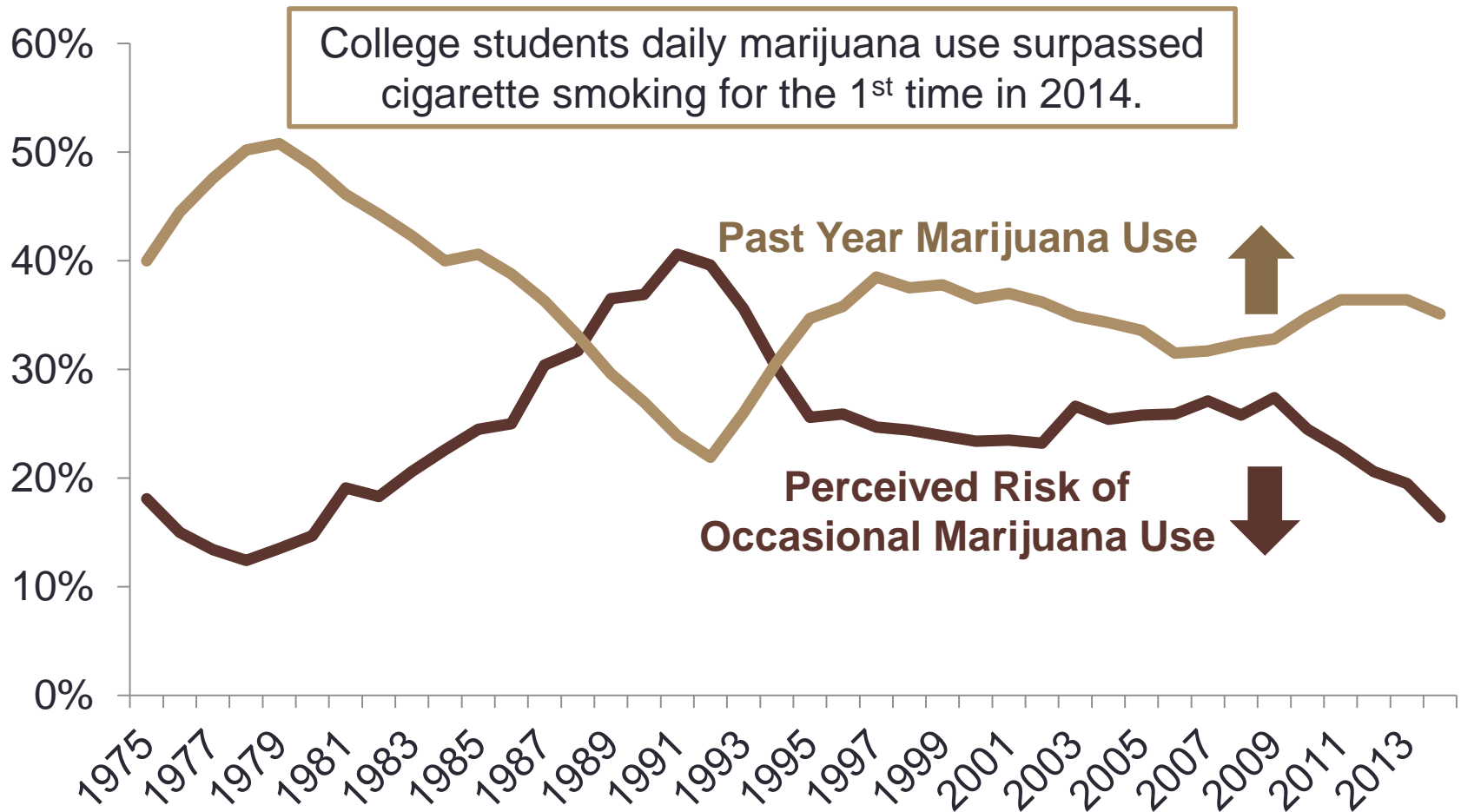
Youth Marijuana Attitudes

Among Iowa 11th Graders



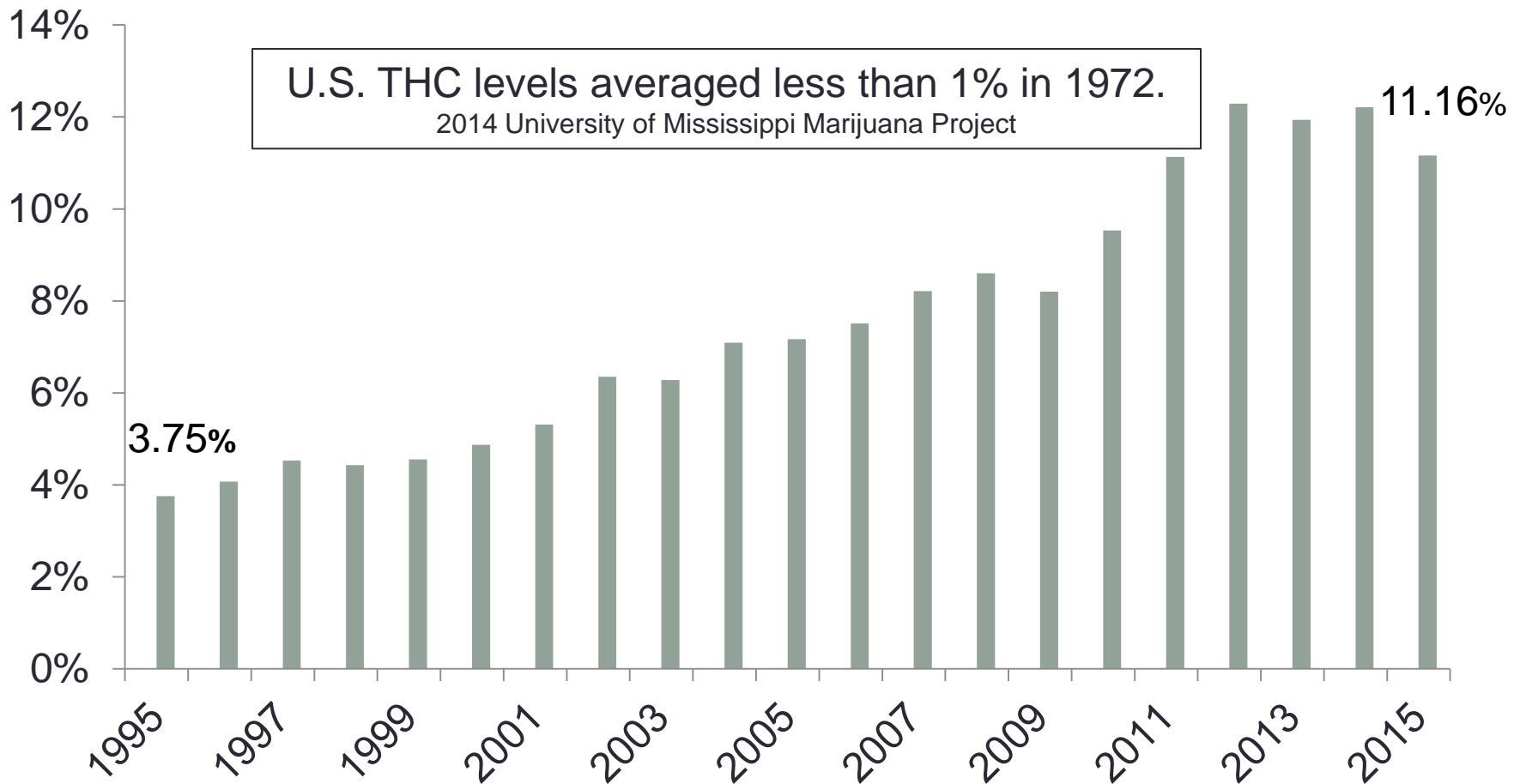
Youth Marijuana Attitudes vs. Use

Among U.S. 12th Graders



Marijuana's Increasing THC Potency

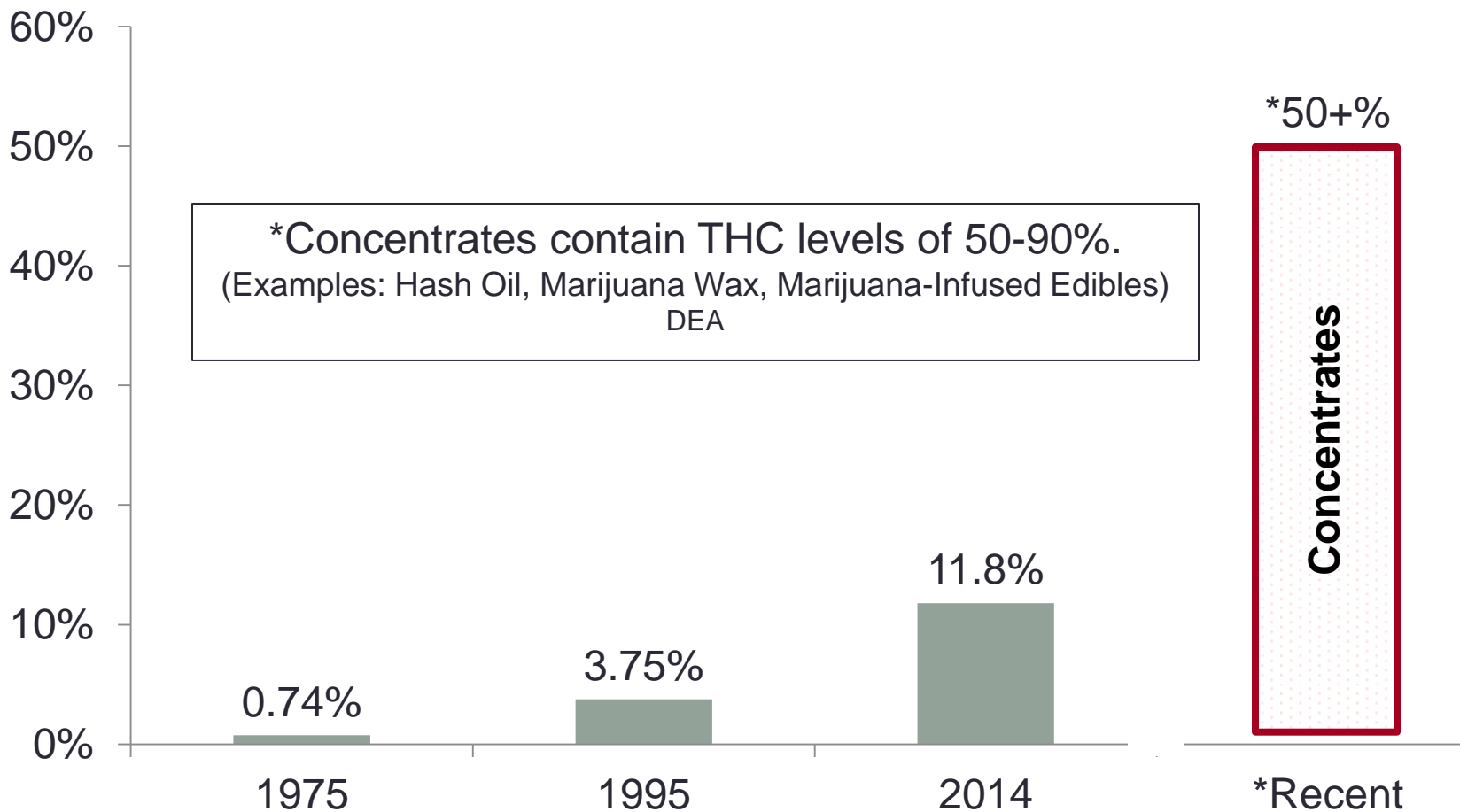
Marijuana Seized in U.S.



University of Mississippi Marijuana Project, through 12-22-15

Marijuana's Increasing Potency

U.S. Seizures, Concentration of THC by % of Weight



Source: NIDA & DEA

New Marijuana

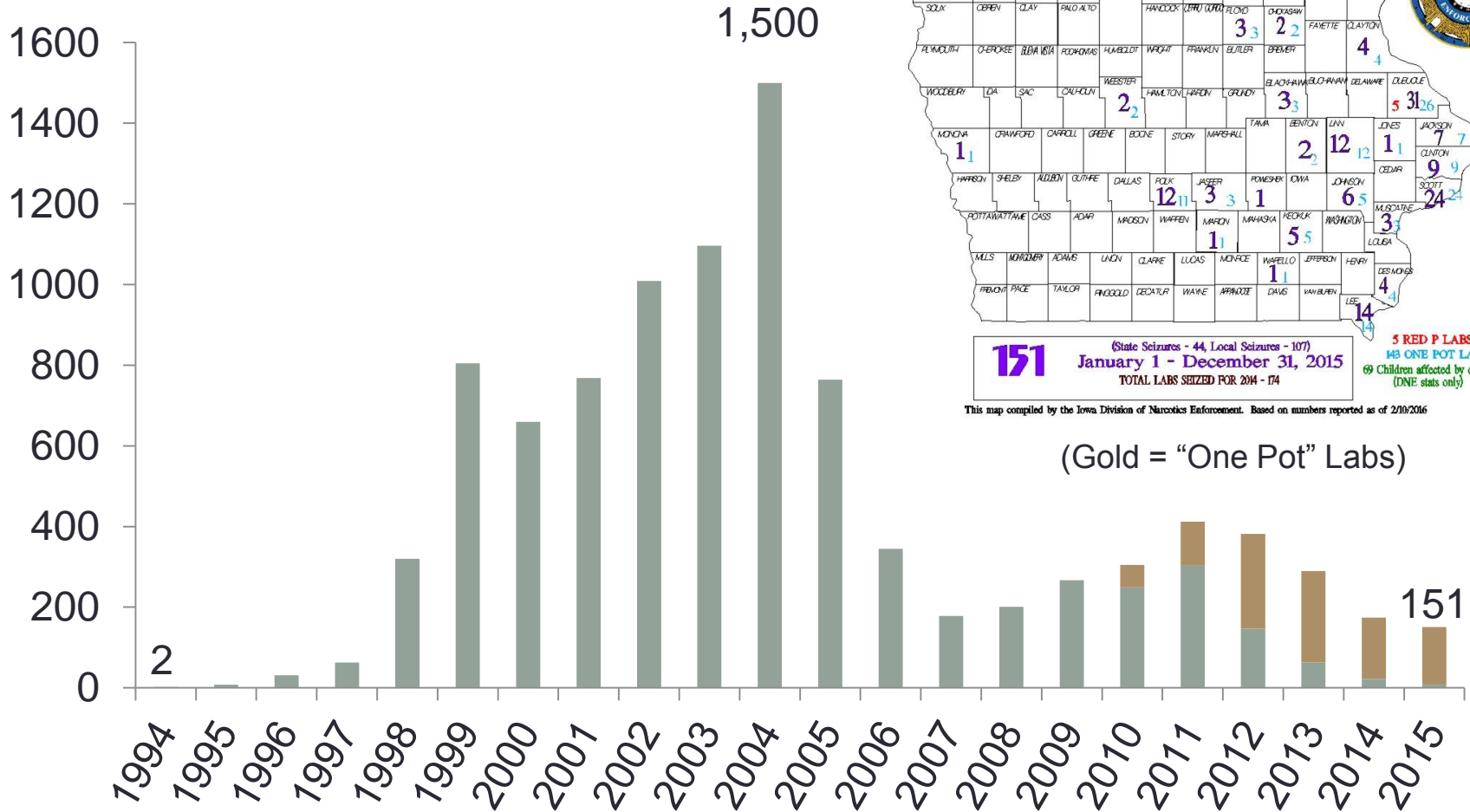
Examples of High THC Concentrates Found in Iowa



Meth



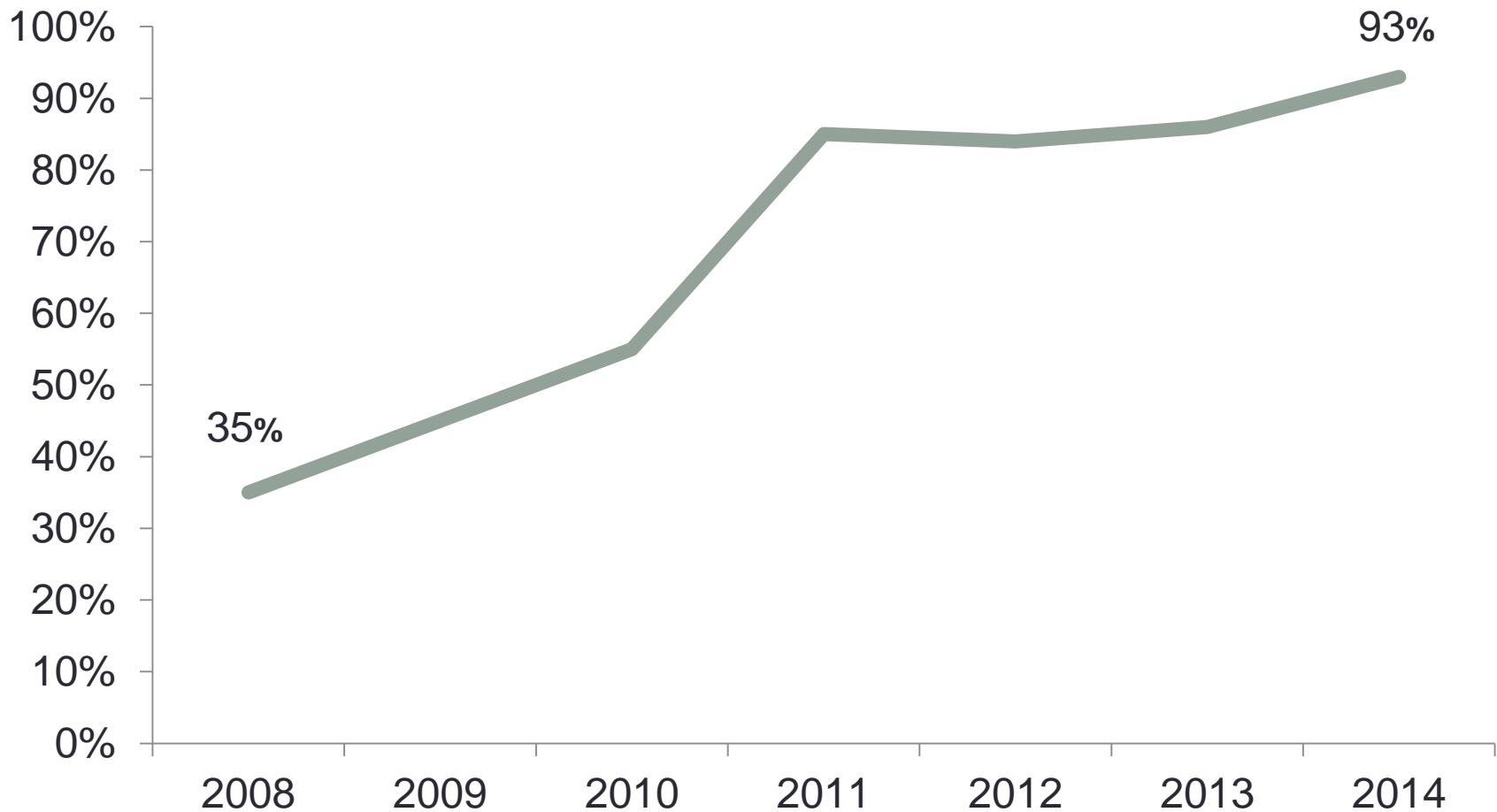
Iowa Meth Labs



Iowa Meth Labs Down 90% vs. Peak of 10 Years Ago. Source: IDPS, 2015

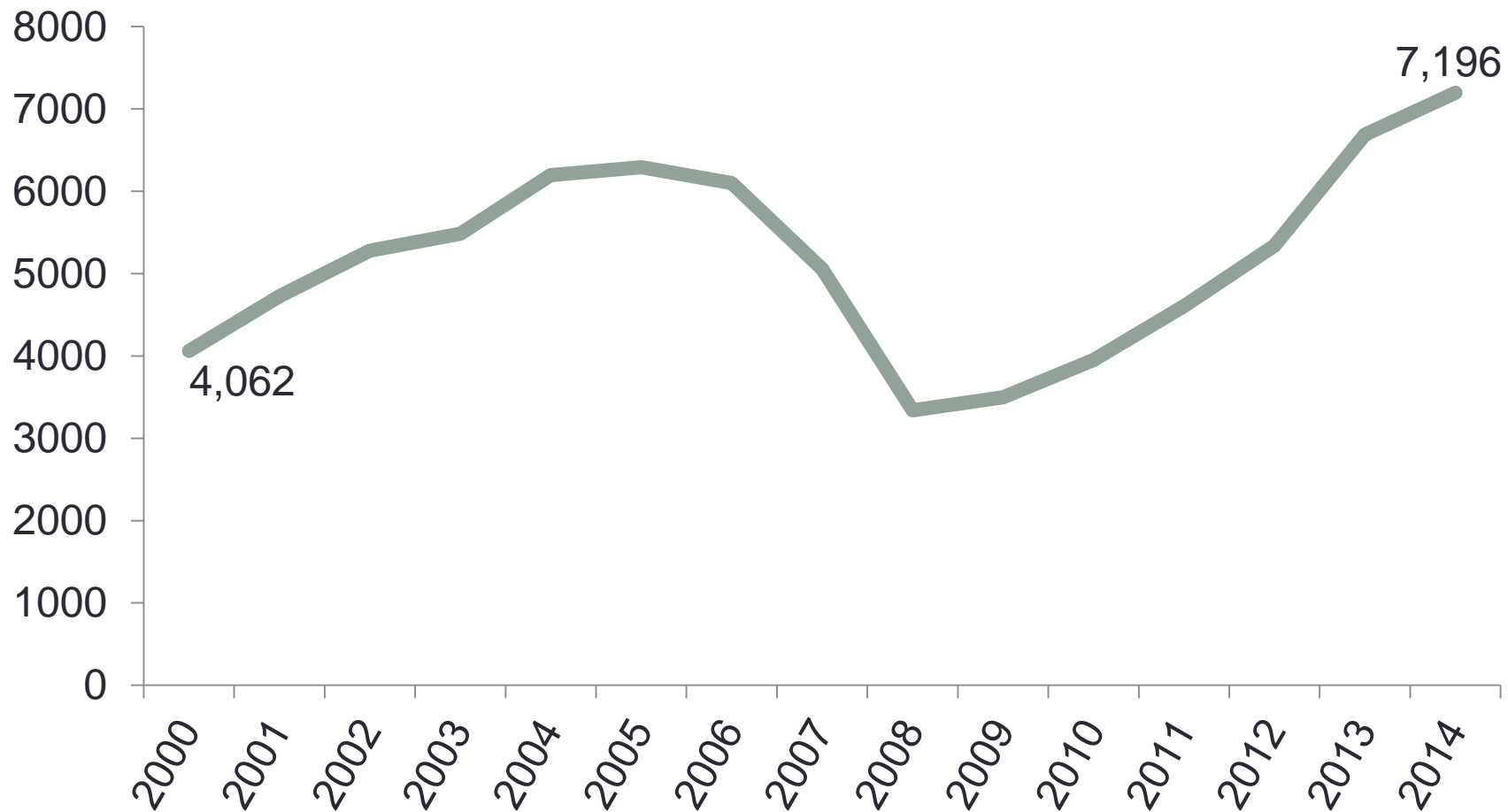
Iowa Meth Purity

Crime Lab Fiscal Year Averages



Source: IDPS, 2014

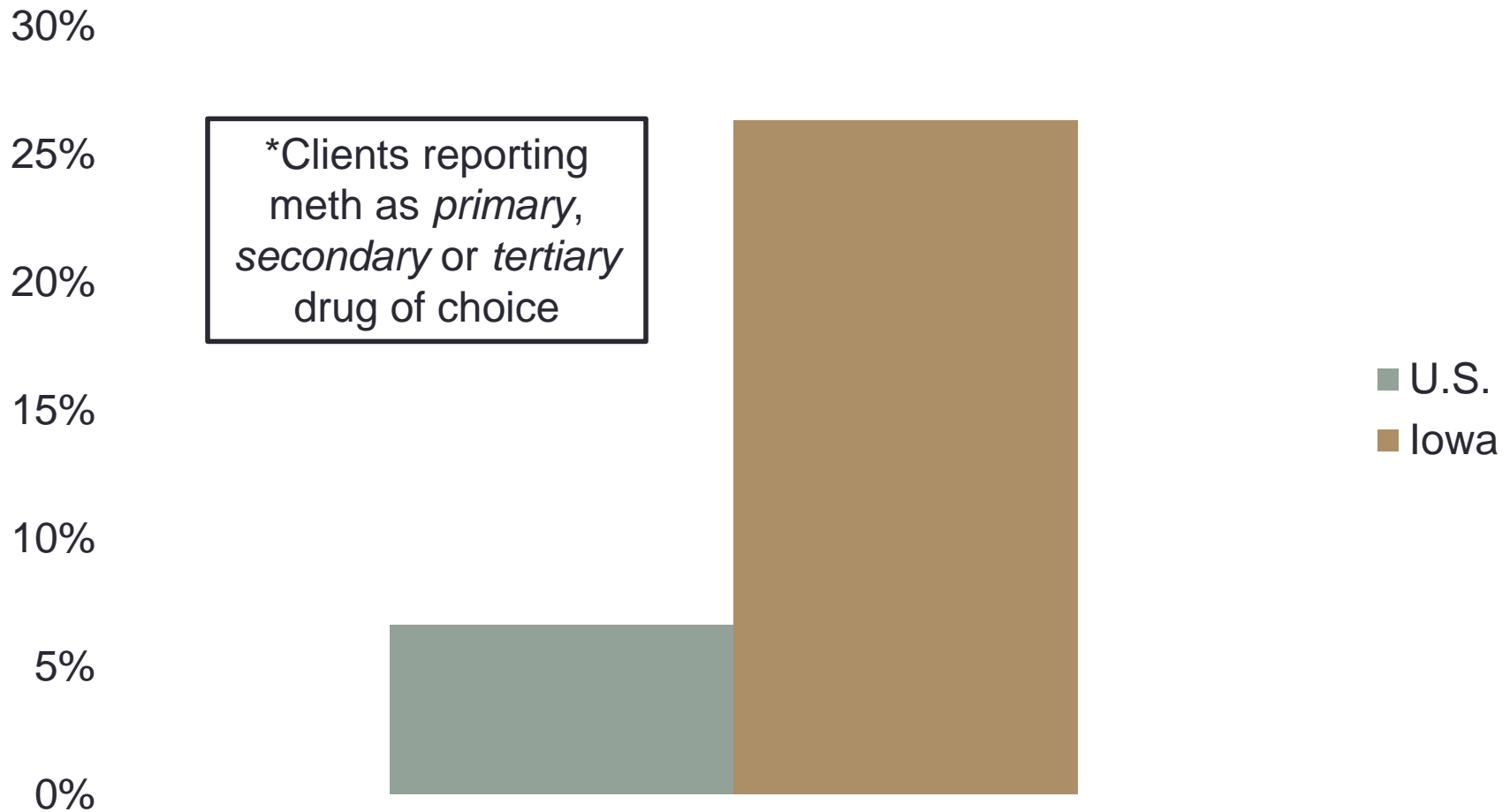
Iowa Meth Treatment Admissions



Source: IDPH, 2014

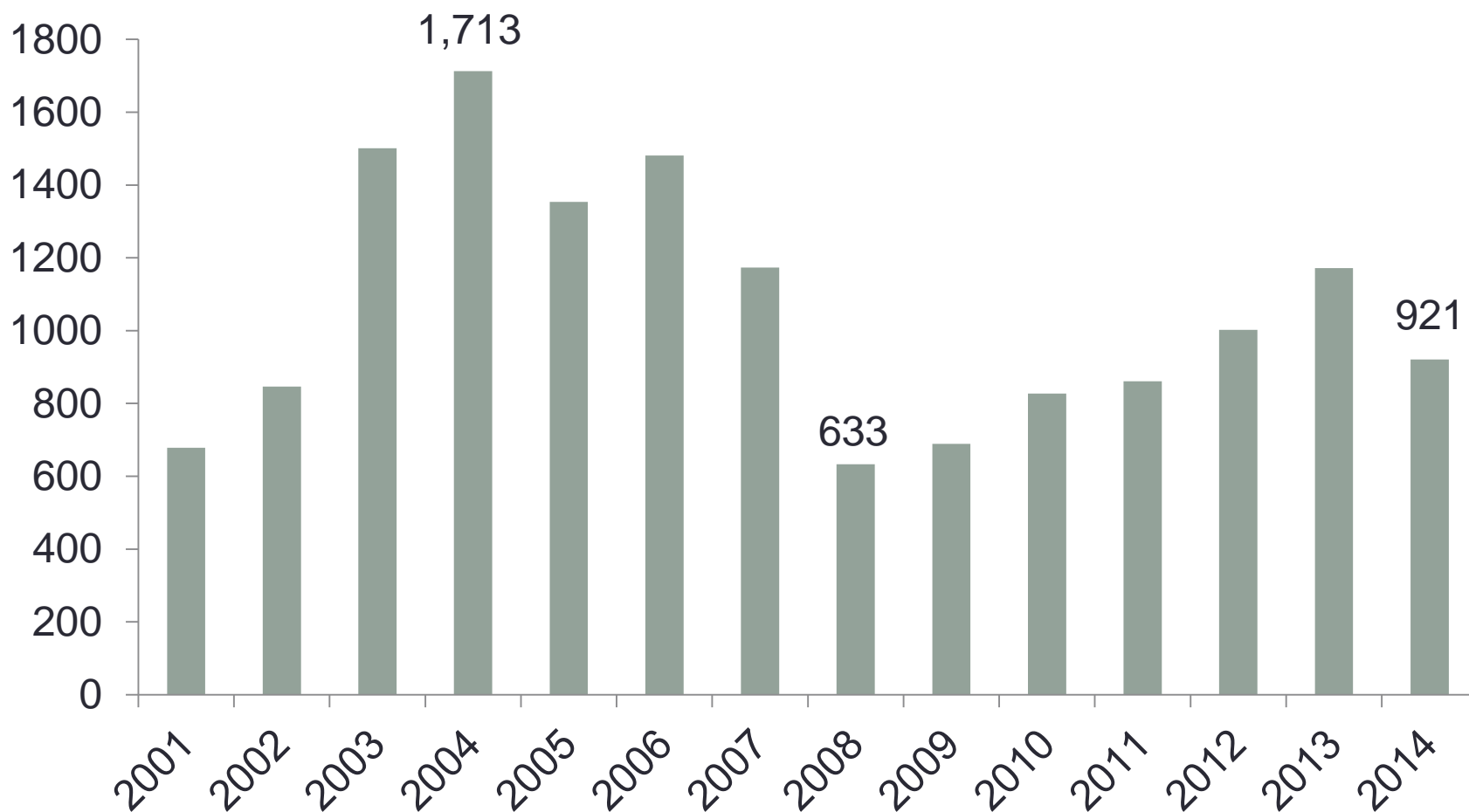
Rate of Meth Treatment

% of 12+ Substance Abuse Treatment Admissions Primarily for Meth



Iowa Drug-Related Child Abuse

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



(Differential Response initiative began in 2014)

IDHS, 2015

Opioid & Rx Abuse



Types of Medicines Abused

- Opioids (*Pain Relievers)
 - OxyContin®, Vicodin®, Percocet®



- Stimulants
 - Ritalin®, Adderall®, Sudafed®



- Anti-Anxieties
 - Xanax®, Valium®



- Anti-Depressants
 - Prozac®, Zoloft®



- Sedatives
 - Rohypnol®, Nembutal®, Seconal®



- Etc.

*Synthetic Opioid Examples: Oxycodone, Morphine, Methadone, Codeine, Fentanyl & Hydrocodone. Hydrocodone combination products became Schedule II Controlled Substances in October 2014.

Rx Diversion/Abuse in Iowa: *Summary*

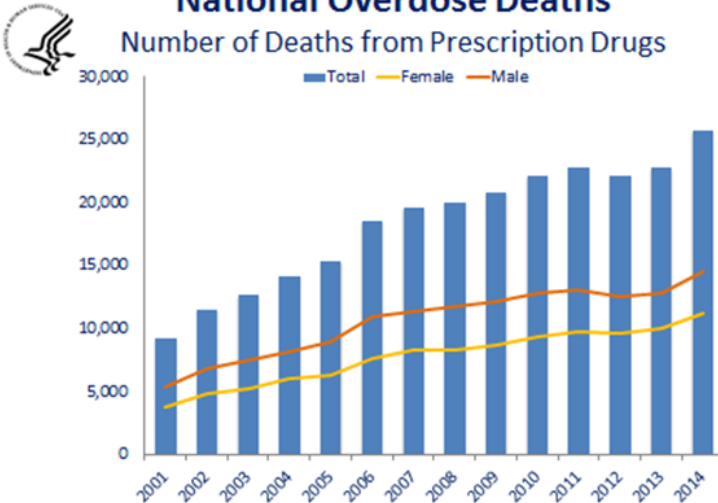
- Iowa's Rx abuse rate is lower than the U.S. average (past year nonmedical use of Rx pain relievers = 3.65%...13th lowest)
- Opioid abuse is one of the fastest growing forms of substance abuse in the U.S. & Iowa (OD deaths at or near all time highs)
- Prescription Monitoring Program (PMP) utilization rates by health care professionals are slowly rising
- Cases of suspected "doctor shopping" detected by the PMP may be decreasing

National Rx Painkiller Trends



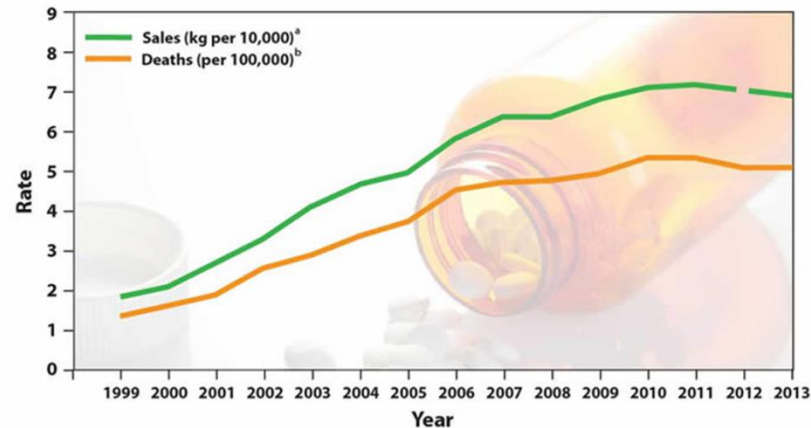
National Overdose Deaths

Number of Deaths from Prescription Drugs



Source: National Center for Health Statistics, CDC Wonder

Prescription Painkiller Sales and Deaths

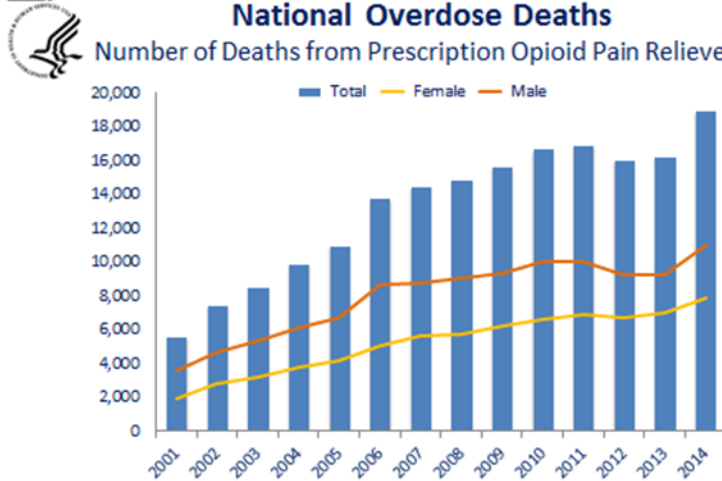


Sources:
^aAutomation of Reports and Consolidated Orders System (ARCOS) of the Drug Enforcement Administration (DEA), 2012 data not available.
^bCenters for Disease Control and Prevention, National Vital Statistics System mortality data. (2015) Available from URL: <http://www.cdc.gov/nchs/deaths.htm>.



National Overdose Deaths

Number of Deaths from Prescription Opioid Pain Relievers

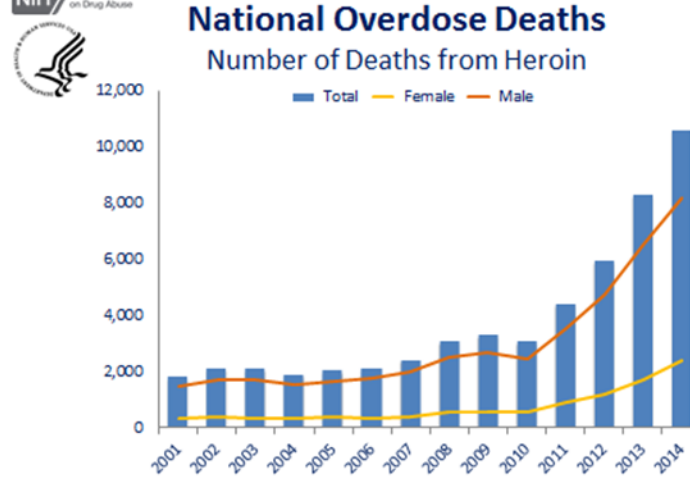


Source: National Center for Health Statistics, CDC Wonder



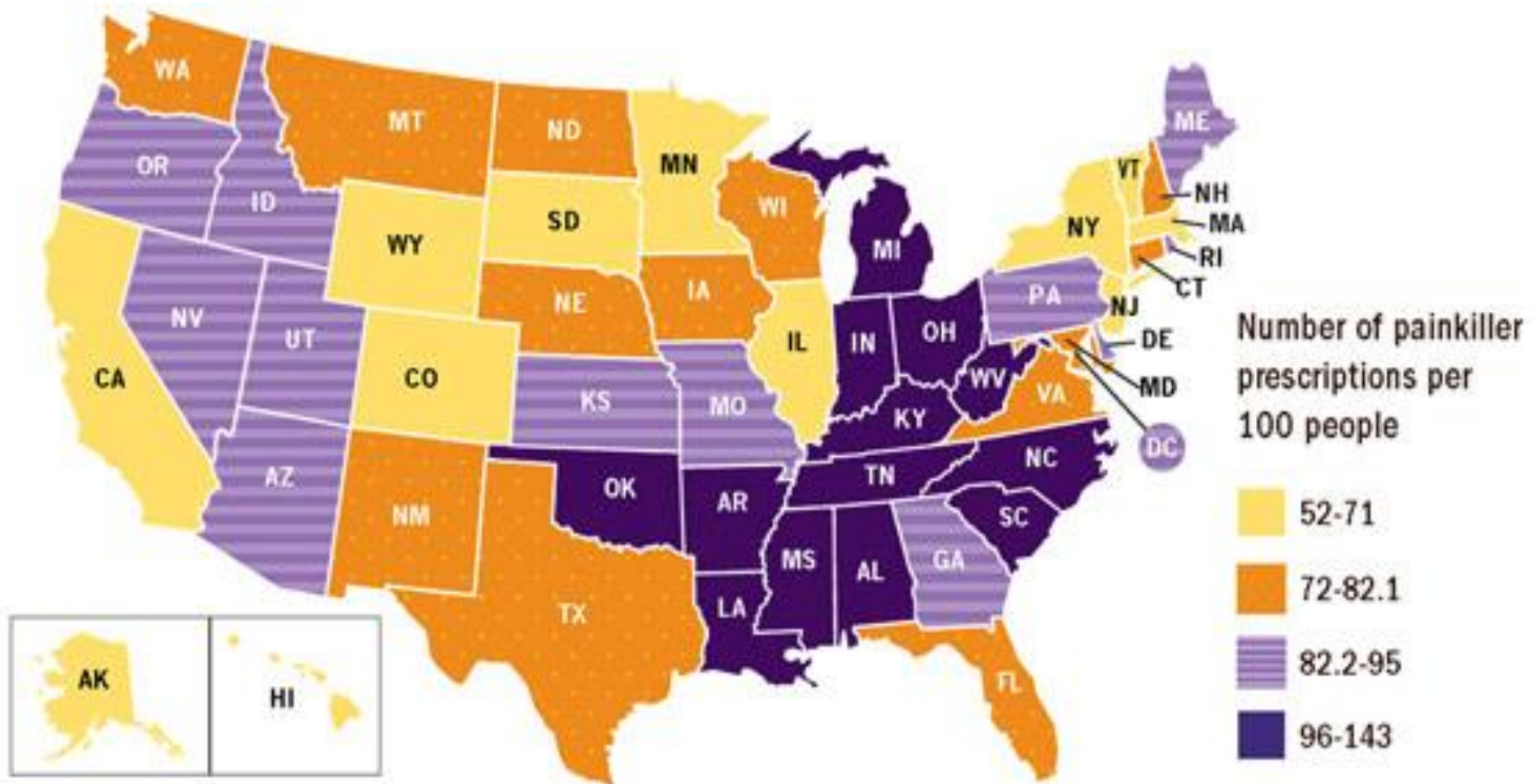
National Overdose Deaths

Number of Deaths from Heroin



Source: National Center for Health Statistics, CDC Wonder

Pain Reliever Prescriptions: By State



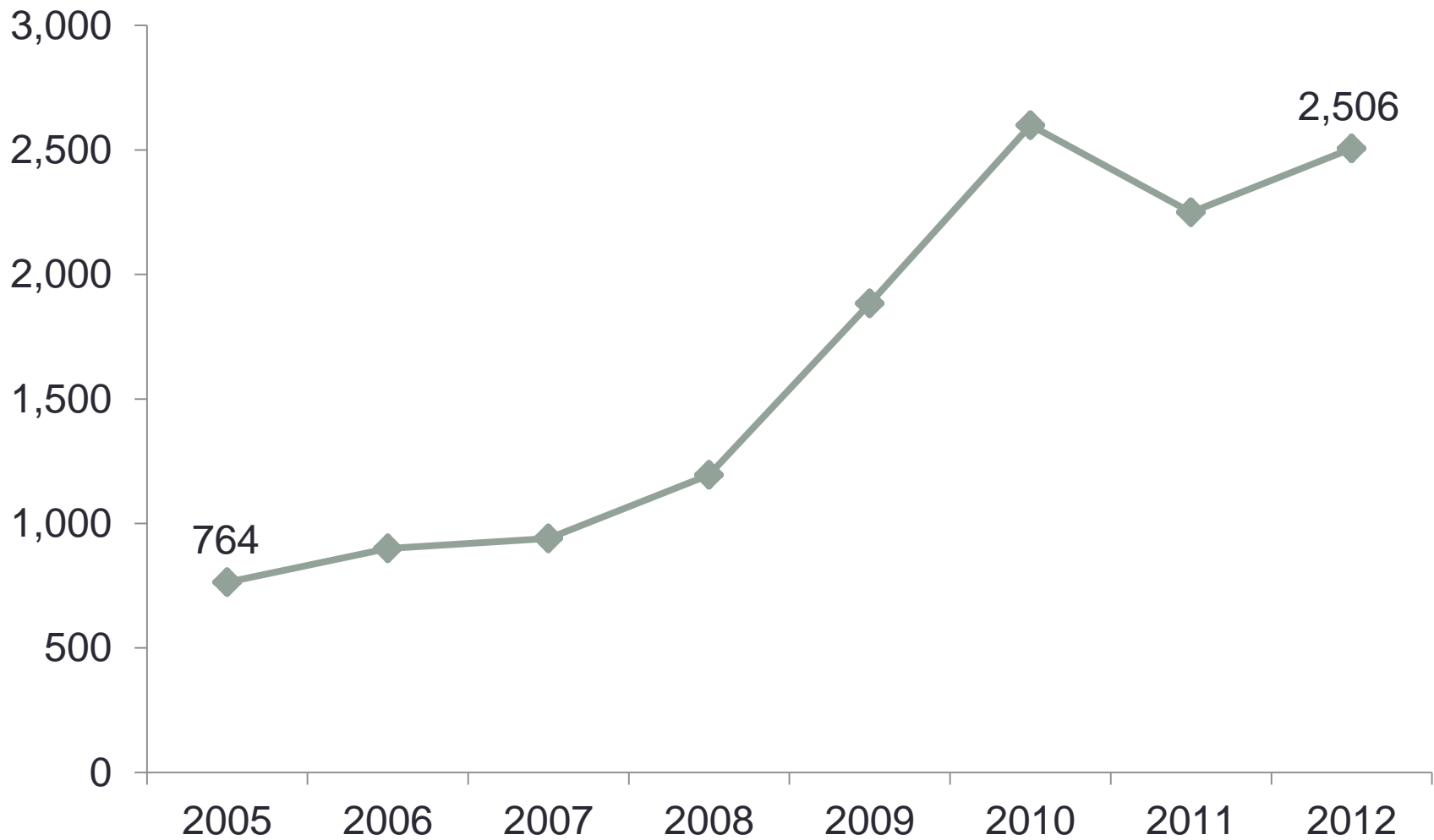
Controlled Prescription Drug Seizures

In Dosage Units by Iowa Division of Narcotics Enforcement Agents



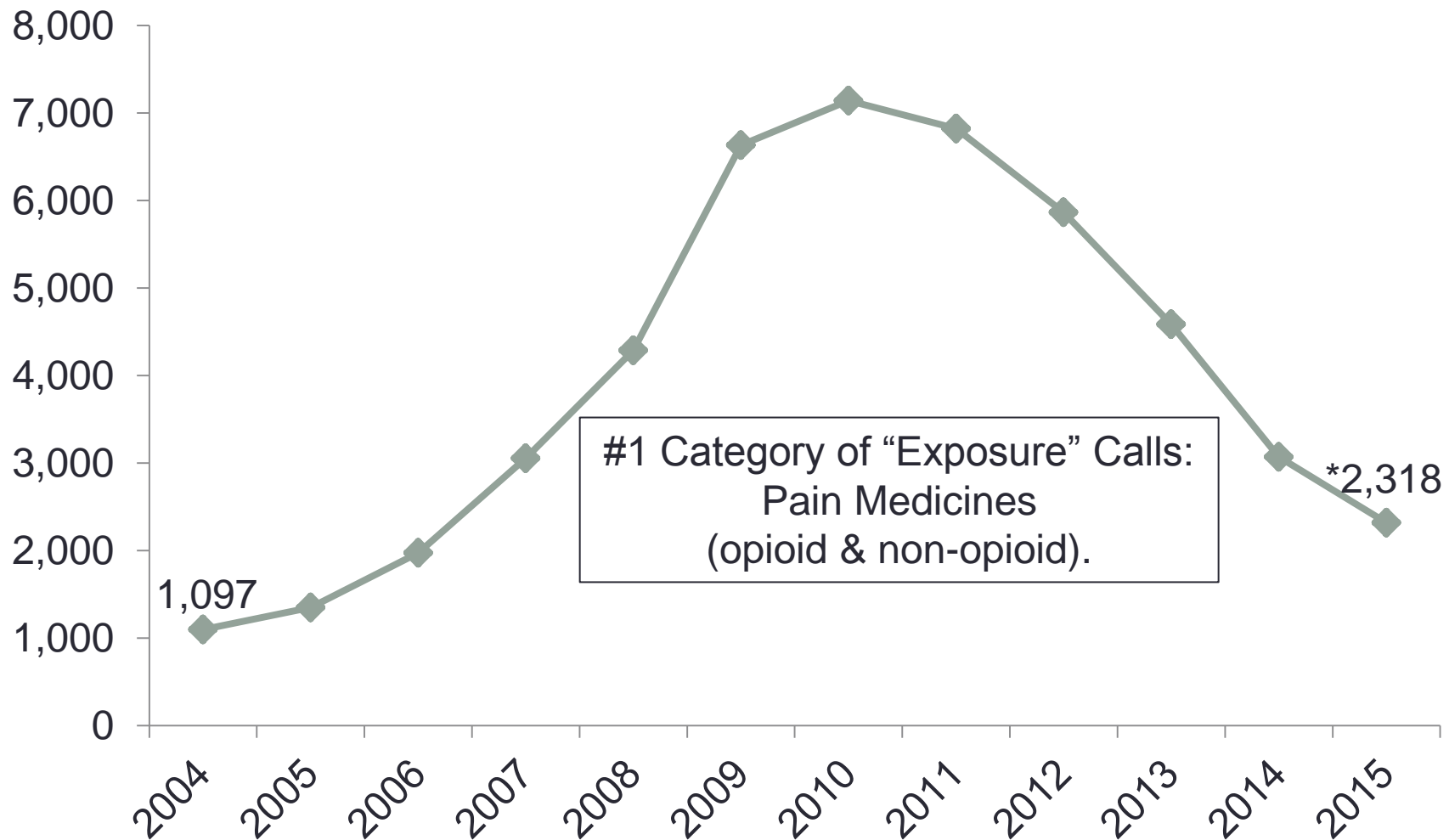
Iowa Drug Treatment: *Numbers*

Any Abuse of Non-Heroin Opiates & Synthetics Reported at Admission



Poison Center: *Public “Help” Calls*

Exposure, ID & Info Calls re: Painkillers Hydrocodone & Oxycodone

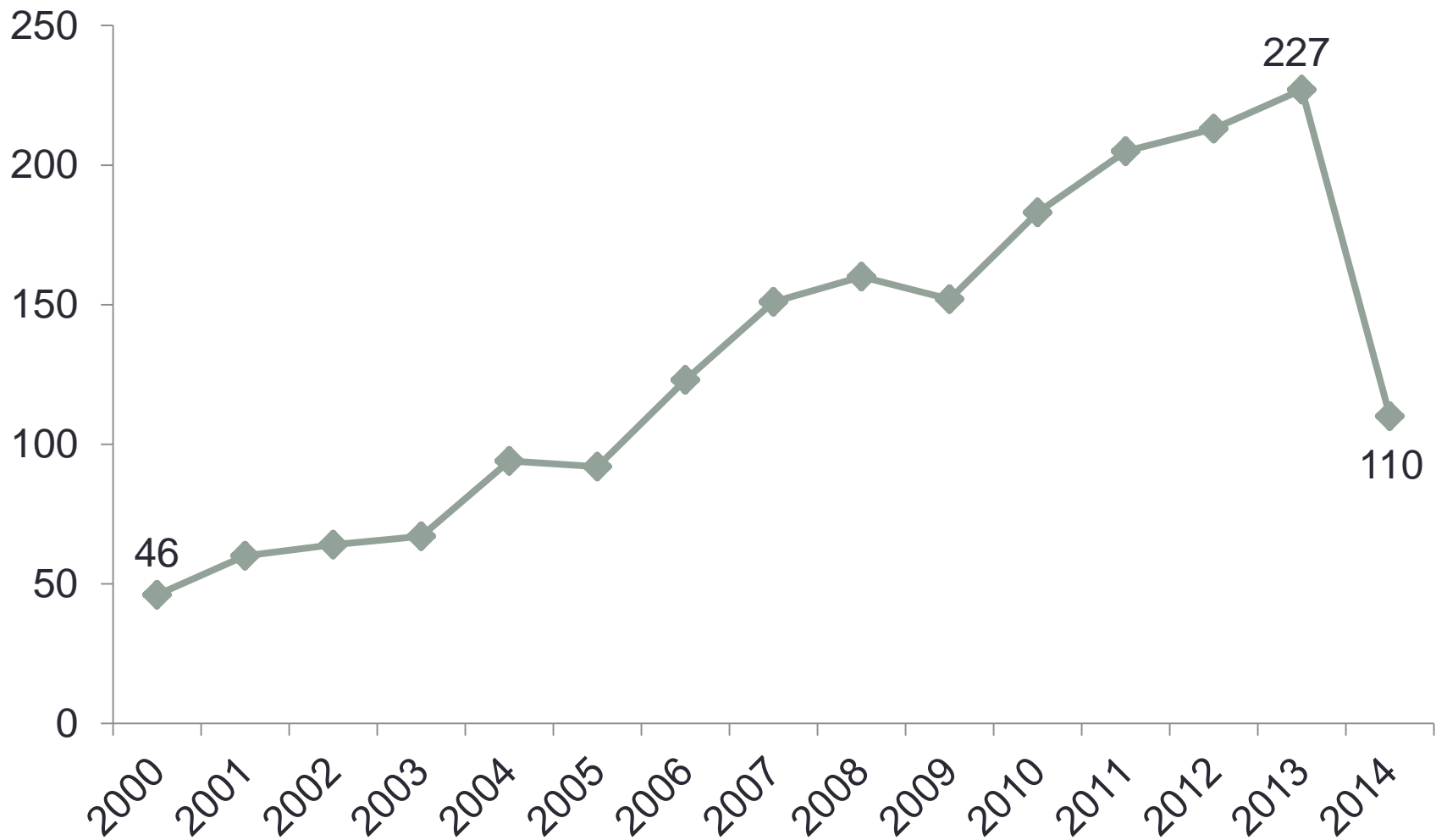


Iowa Opioid-Related ER Visits

Opioid Use (including Opiates & Others) as Causal or Contributing Factor

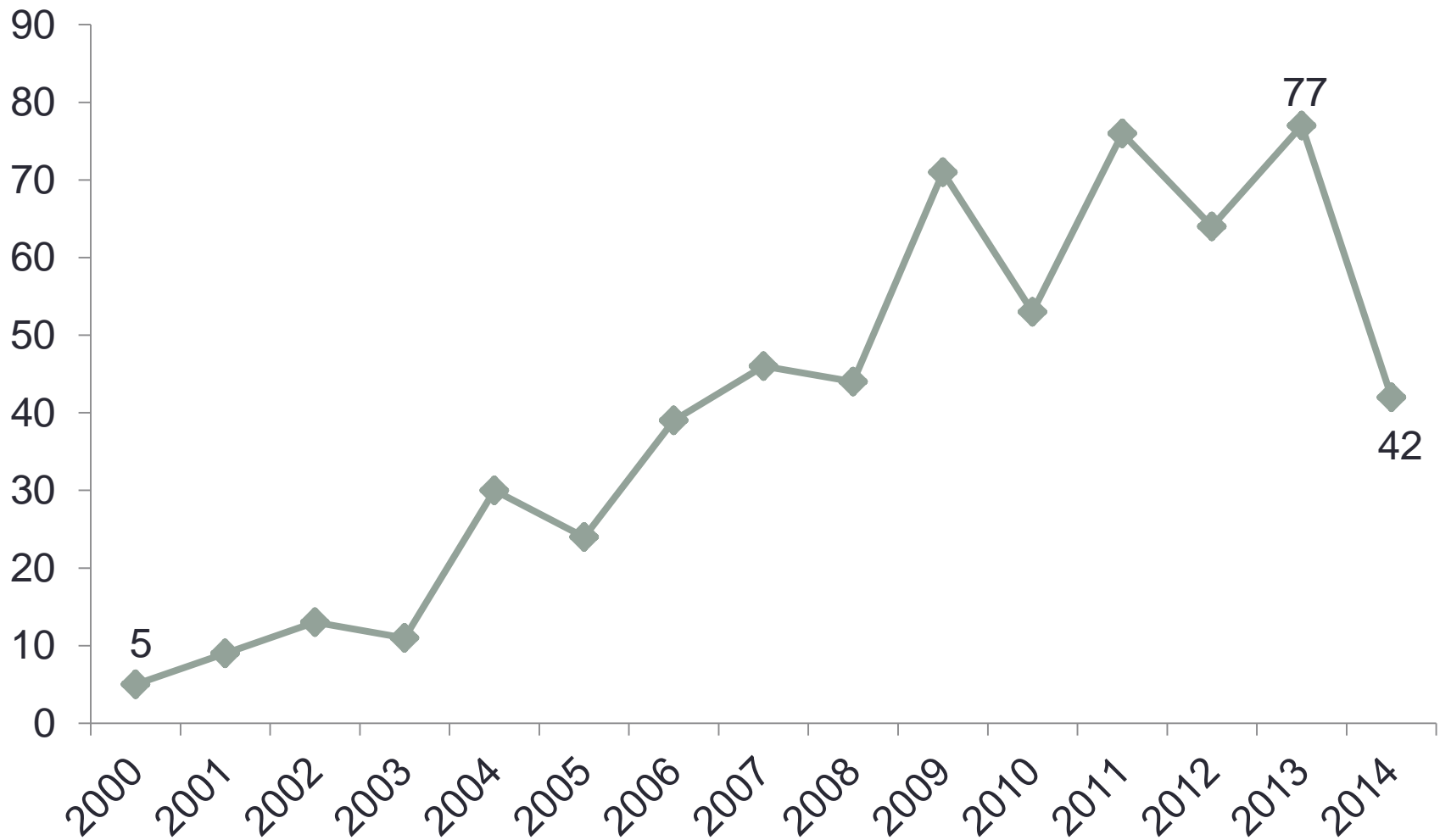


Iowa Drug-Related OD Deaths: *All Drugs*



Iowa Drug-Related OD Deaths: *Pain Relievers*

Rx Methadone, Other Opioids & Other Synthetic Narcotics




Heroin



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The heroin epidemic: 'It's going to get worse and worse'

Cedar Rapids saw 44 heroin-related overdoses so far this year

[Lee Hermiston, The Gazette](#)

AUGUST 23, 2015 | 5:00 AM

CEDAR RAPIDS — One narcotics law enforcement officer says taking heroin is similar to grabbing a loaded gun and spinning the chamber.

Even worse, he added, heroin use is spreading in Iowa, and its deadly reach is likely to continue to grow.

Heroin overdoses, for example, have surged in Cedar Rapids in the past five years.

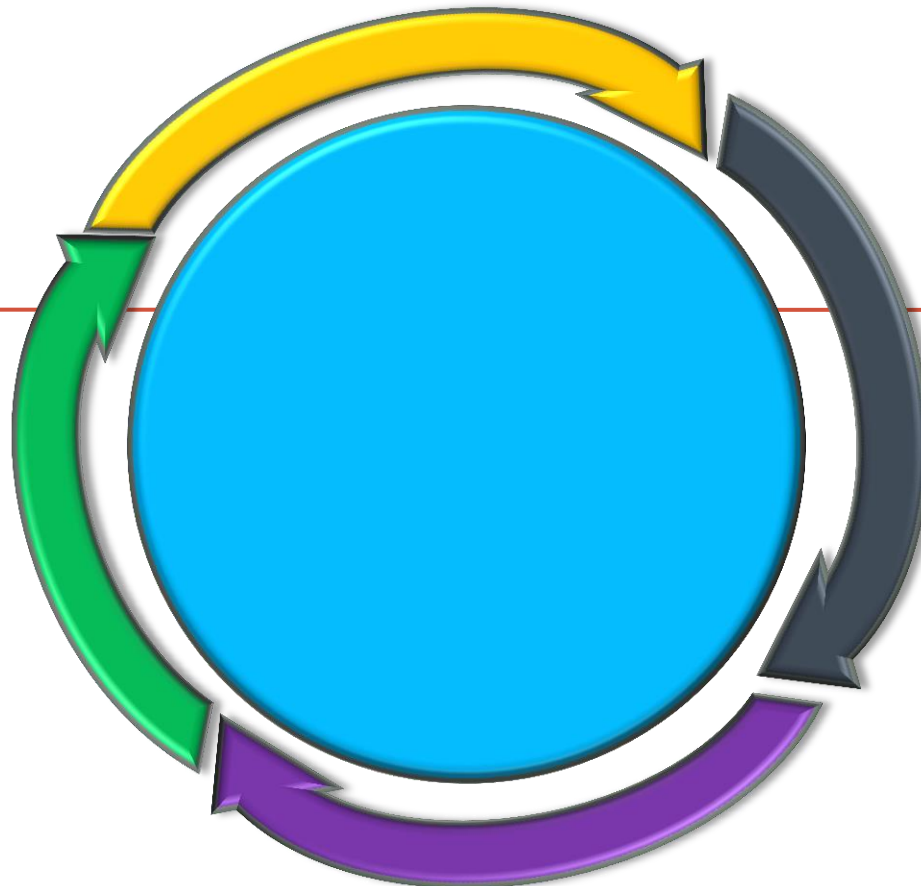
In 2009, authorities responded to nine reported heroin-related deaths and non-fatal overdoses, which represented 45 percent of all overdoses in Cedar Rapids.



Rx Pain Reliever-Heroin Connection

Oxycodone Combinations (Percocet®) = \$7-\$10/tab

Hydrocodone
(Lorcet®)
= \$5-\$7/tab



OxyContin®
= \$80/tab

Roxicodone®
Oxycodone IR
15mg, 30mg
= \$30-\$40/tab

Heroin = \$10/bag

DEA, 2013

Rx-Heroin Trends

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

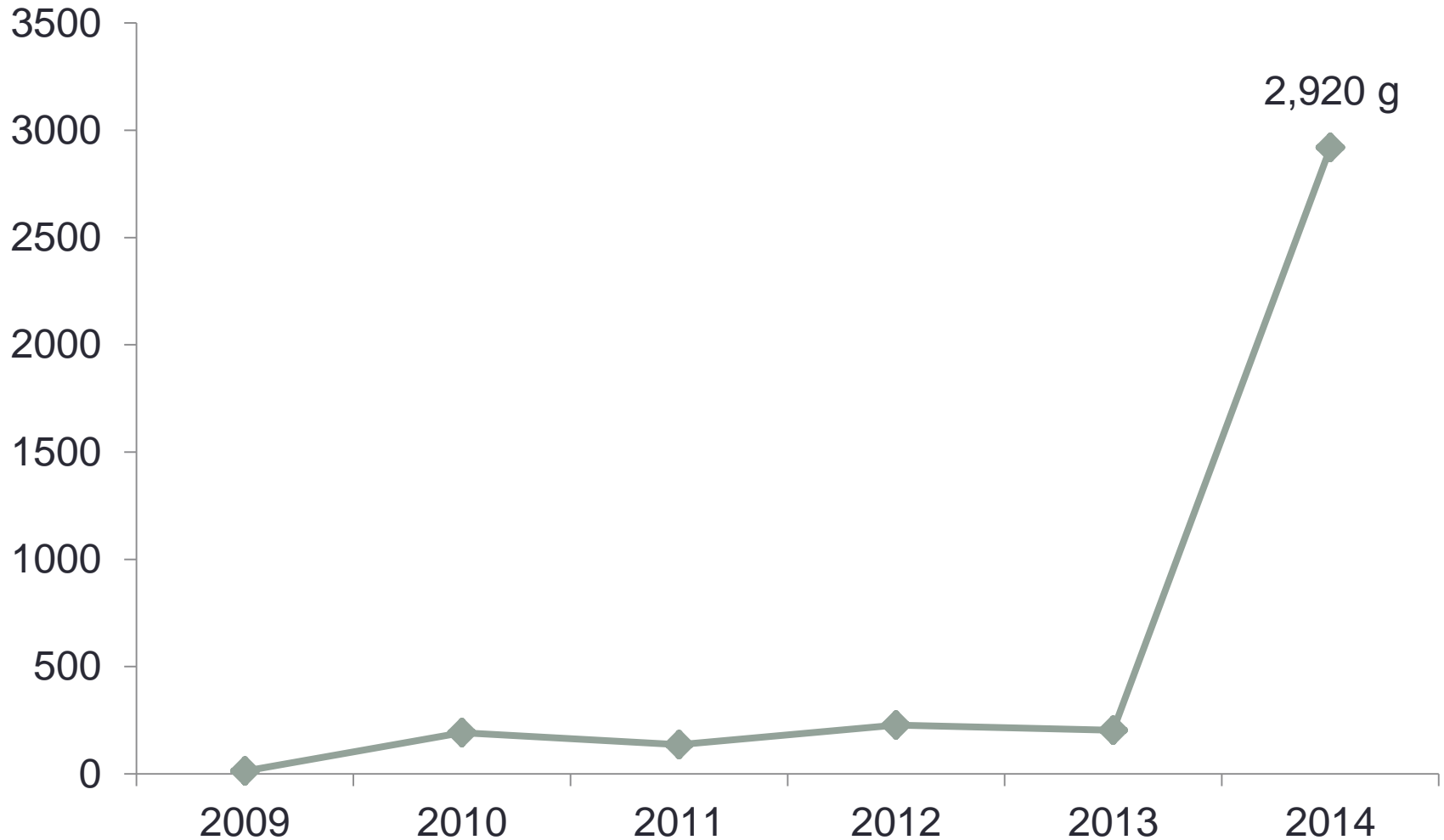
40x

...more likely to be addicted to heroin.

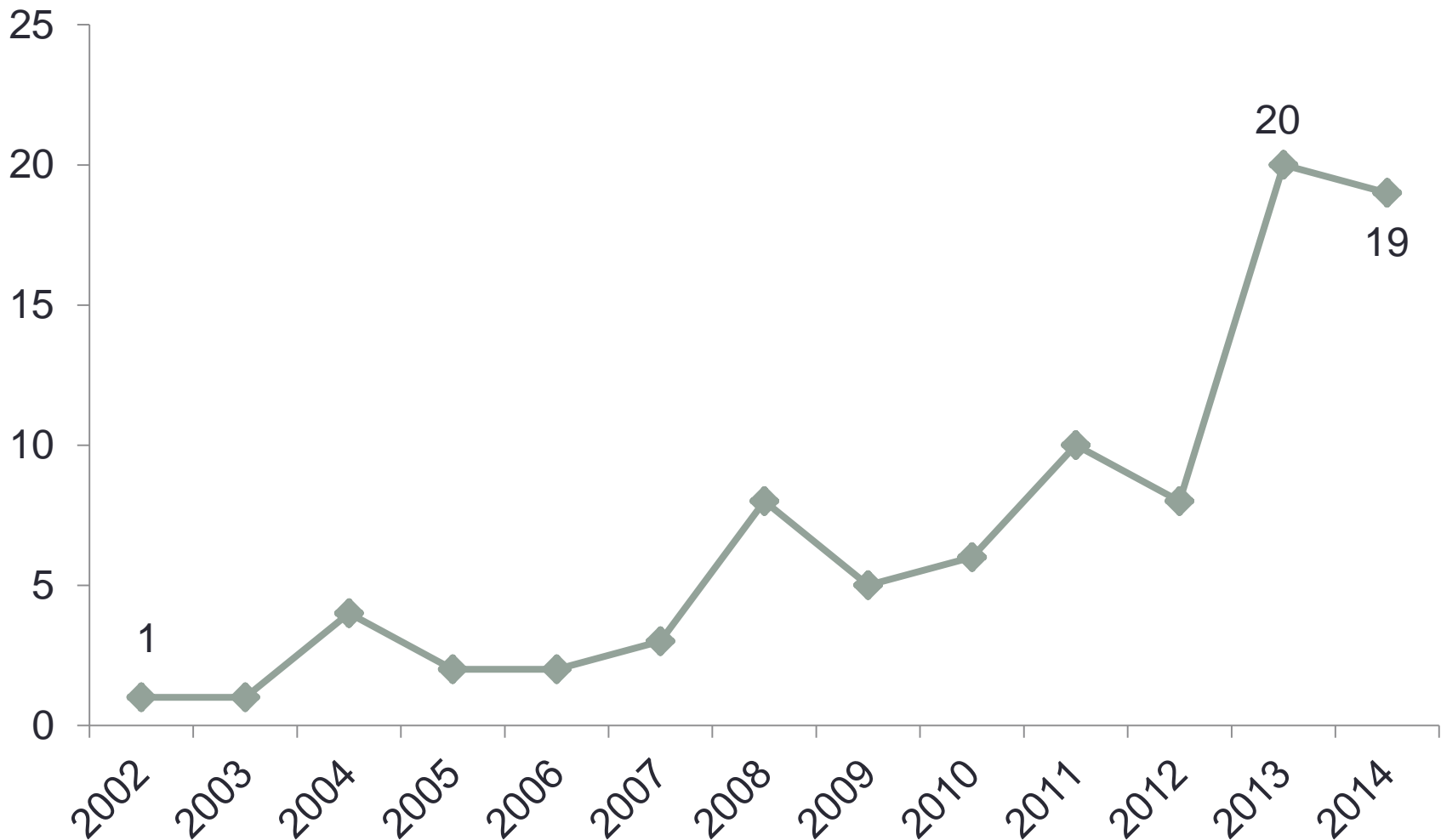
SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

Heroin Seizures

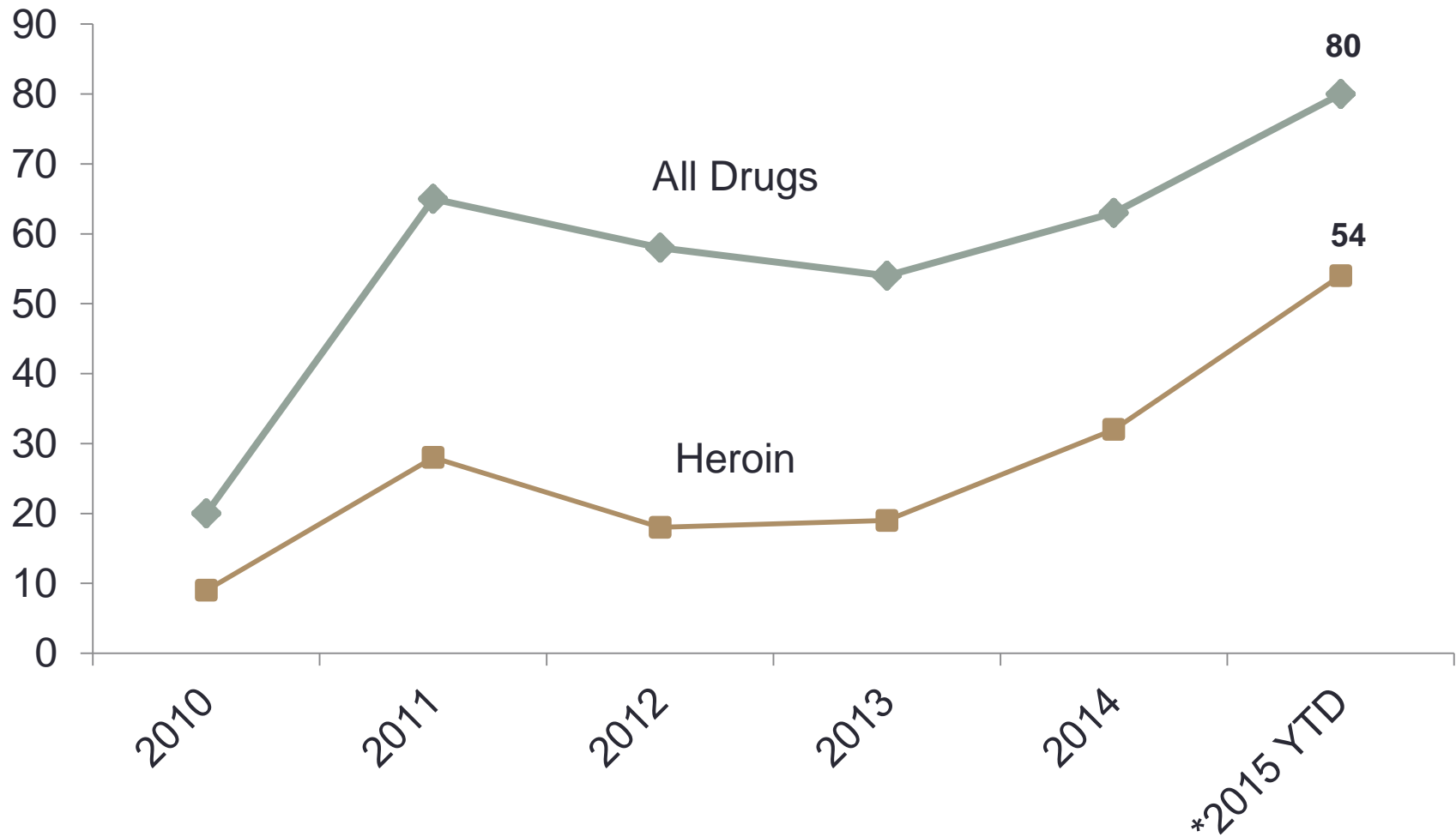
In Grams by Iowa Division of Narcotics Enforcement Agents



Iowa Drug-Related Overdose Deaths: *Heroin*

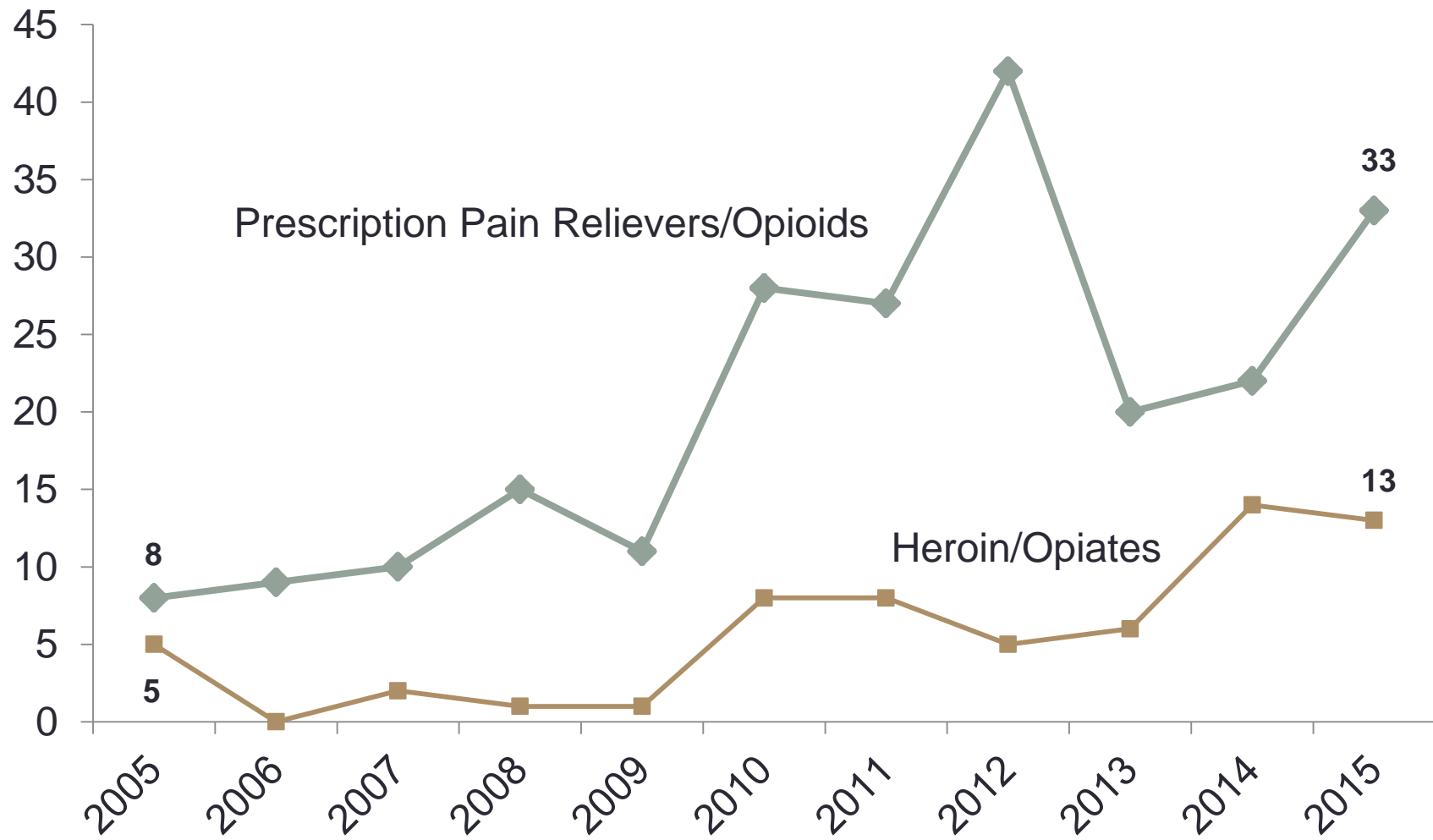


Drug-Related OD Incidents: *Cedar Rapids*



Iowa Drug-Related Prison Admissions

Primary Drug Involved



Ease of Access & Perceptions of Safety



Classmates hospitalized after sharing medication

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

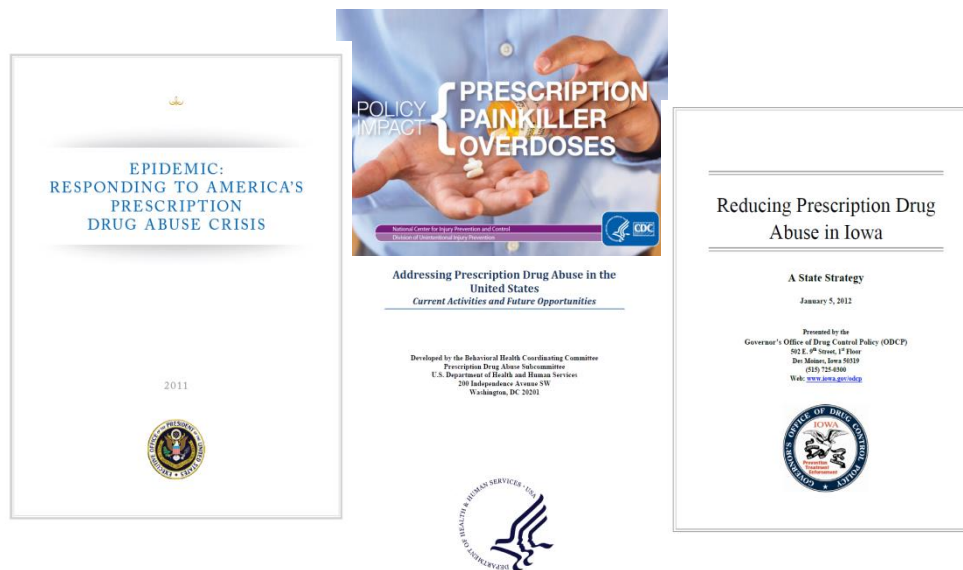
Girl's overdose should be 'lesson,' stepfather says

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

Attitudes Drive Behavior

- 56% say it's easy to get prescription drugs from their parent's medicine cabinet.
- 42% who have misused or abused a prescription drug obtained it from their parent's medicine cabinet.
- 49% of teens who misuse or abuse prescription medicines obtained them from a friend.
- 27% of teens mistakenly believe abusing prescription drugs is safer than using street drugs.
- 16% of parents believe using prescription drugs to get high is safer than using street drugs.

Response to Reduce Rx Abuse: Iowa Plan



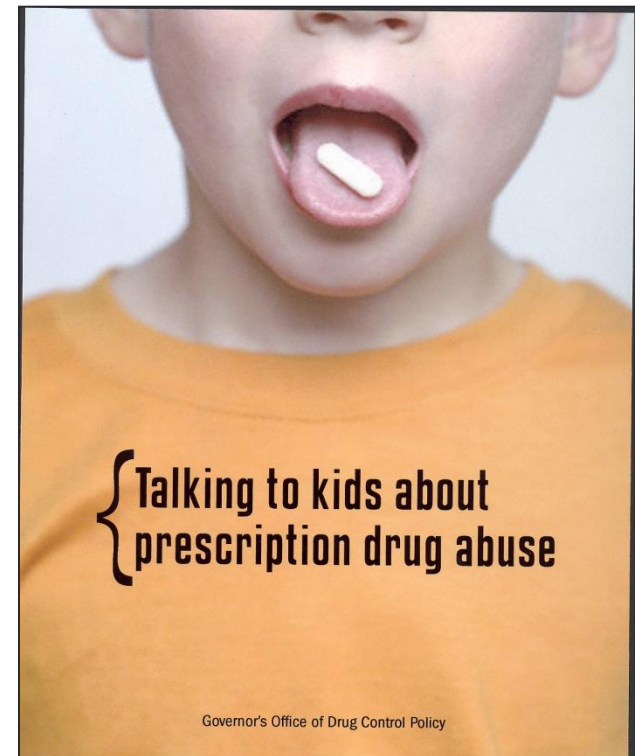
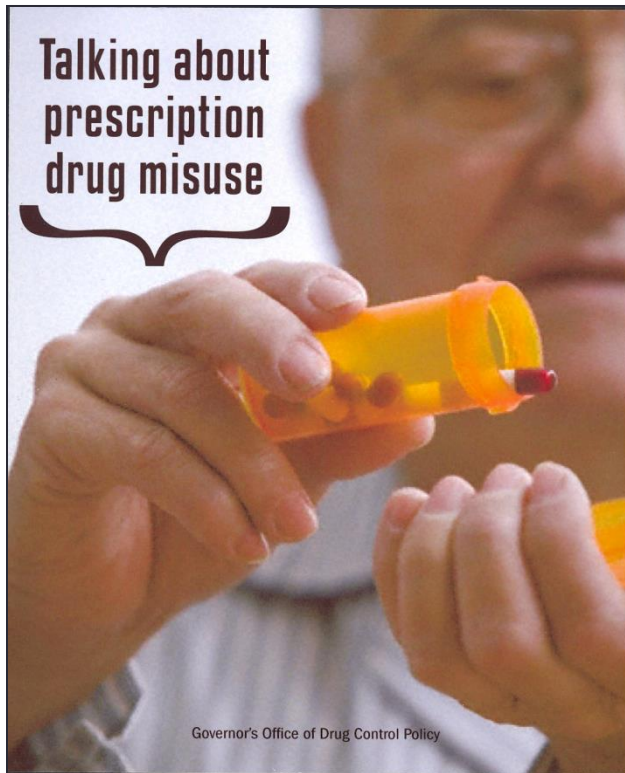
Education & Intervention

Secure Storage & Safe Disposal

Monitoring

Enforcement

Rx Abuse Prevention = Heroin Prevention



Safe Medicine Disposal



National Take-Back Events: Special take-back events are a good way to remove expired, unwanted, or unused medicines from the home.

Law Enforcement Collection: A growing number of law enforcement agencies collect expired, unwanted, or unused pharmaceutical controlled prescription drugs on an ongoing basis via secure drop-off boxes.



Pharmacy Collection: Some pharmacies collect expired, unwanted, or unused pharmaceutical controlled prescription drugs from patients.

Disposal in Household Trash: You may carefully mix medicines with substances such as kitty litter or used coffee grounds and place them in a container such as a sealed plastic bag to throw in your household trash.

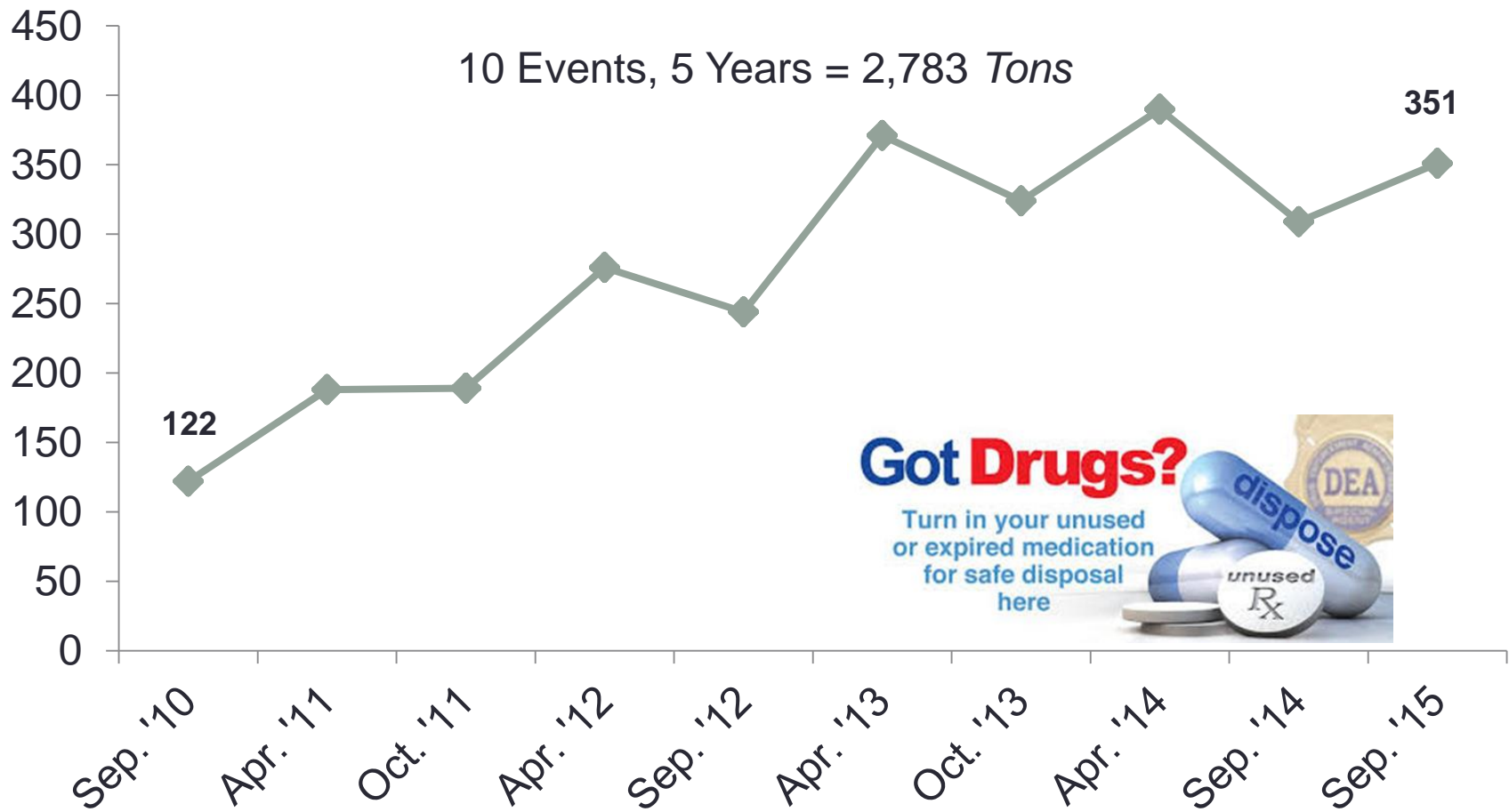


Disposal by Flushing: A few medicines have specific instructions to flush them down the sink or toilet when they are no longer needed.



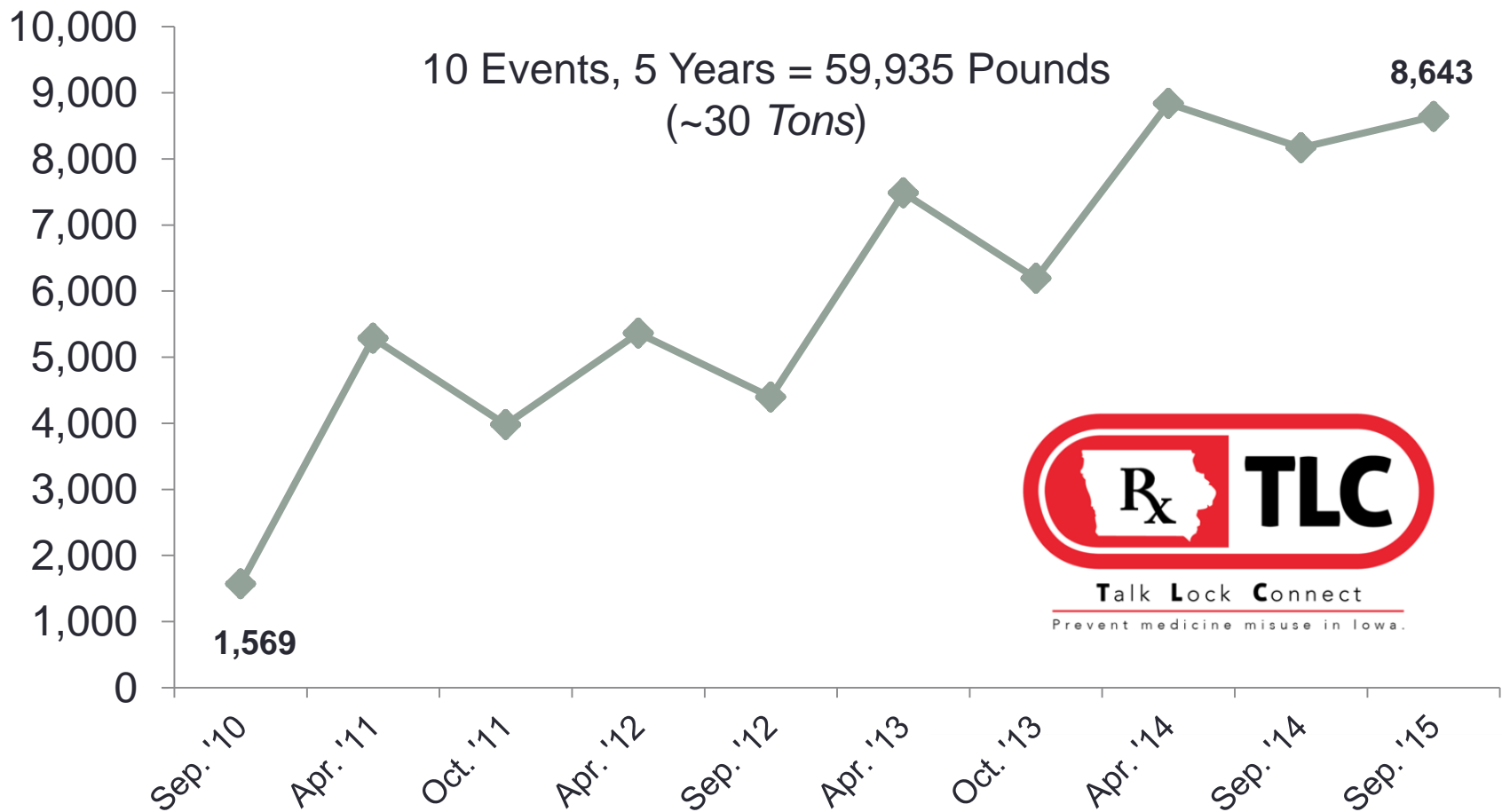
U.S. “Take-Back” Initiative

Amount (in Tons) of Rx Drugs Collected

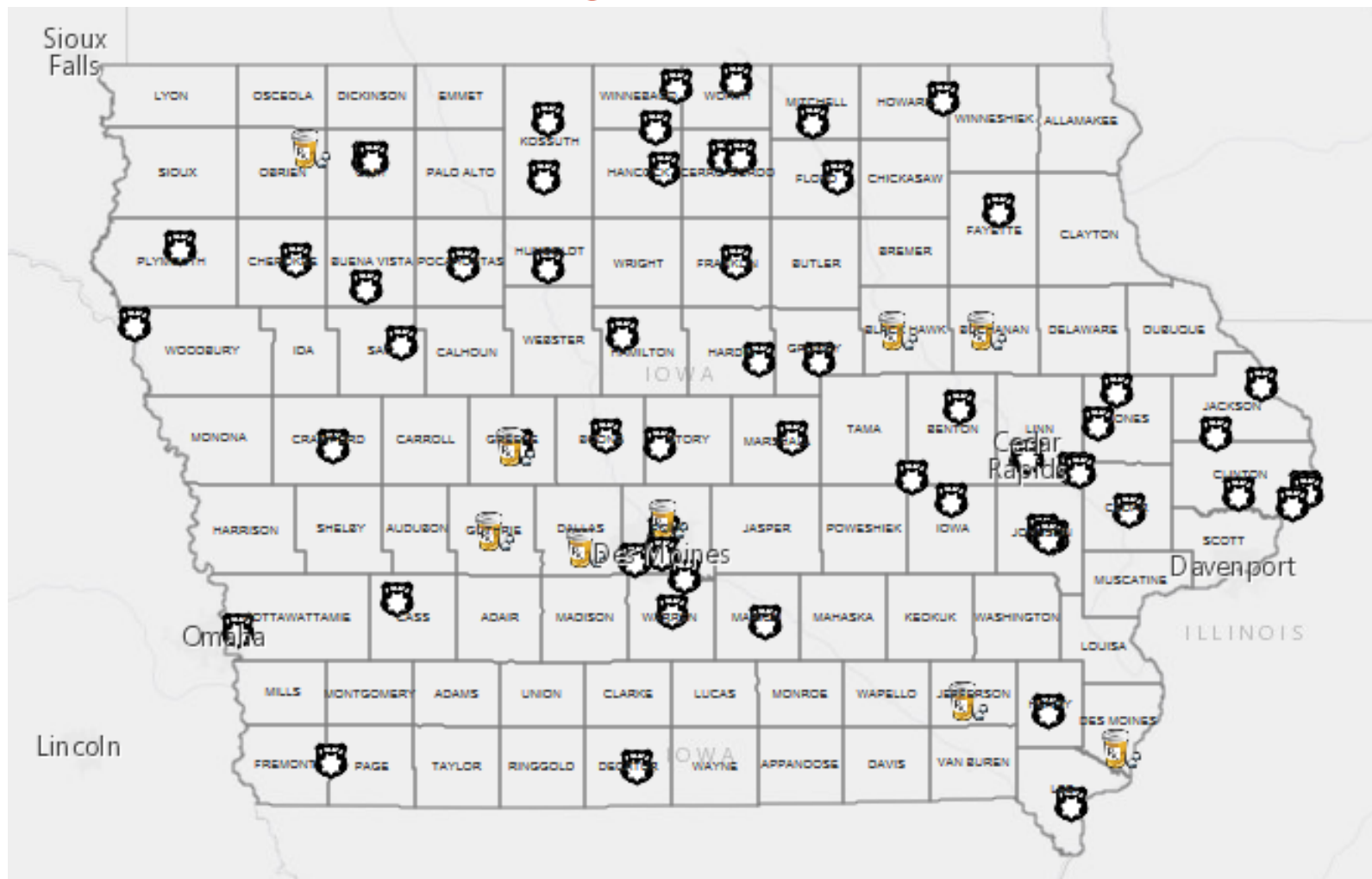


Iowa “Take-Back” Initiative

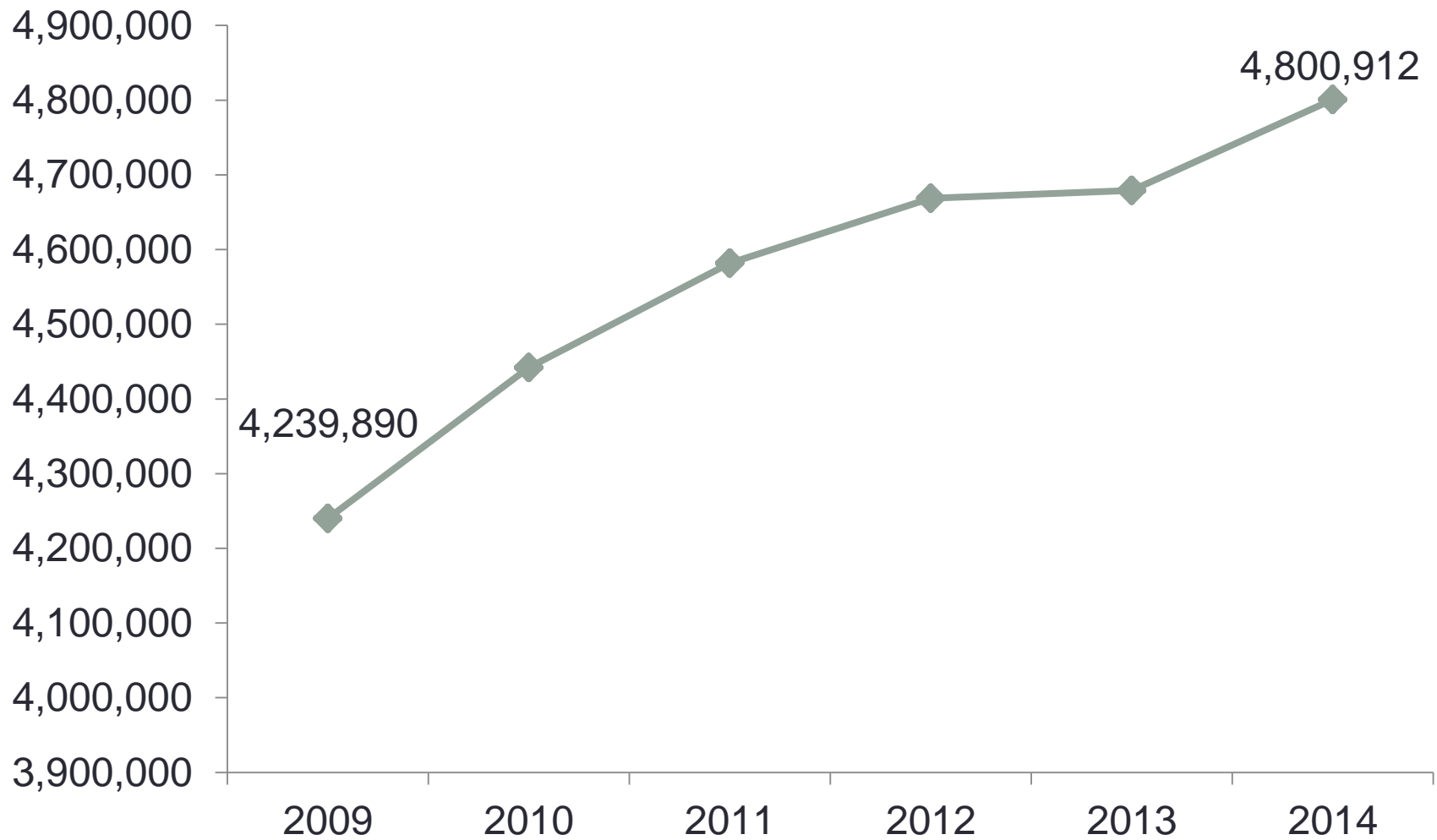
Amount (in Pounds) of Rx Drugs Collected



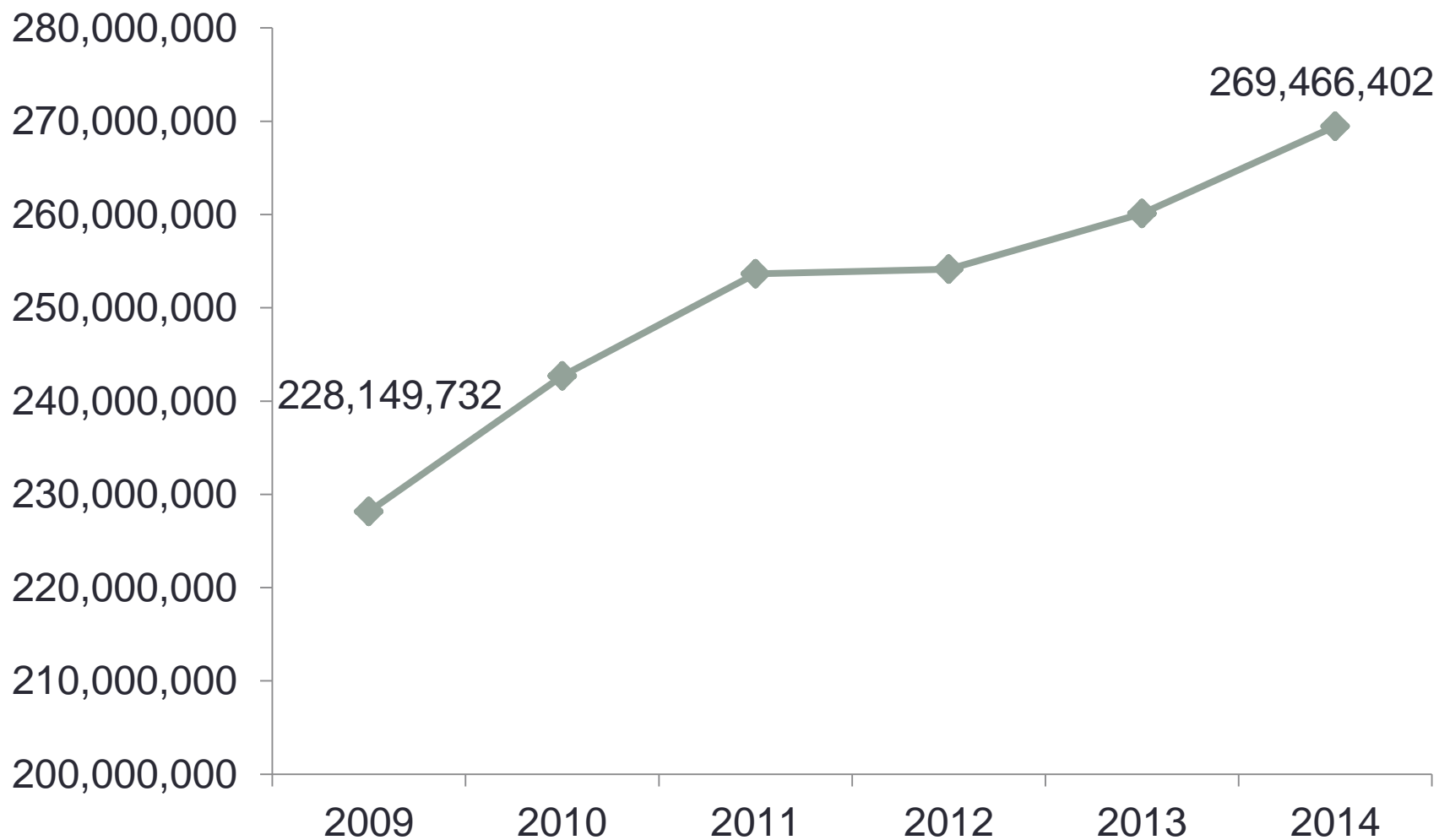
Iowa Permanent Rx "Take Back" Sites Controlled Prescription Drugs



Iowa PMP: *Total Prescriptions Dispensed*



Iowa PMP: *Prescription Doses Dispensed*





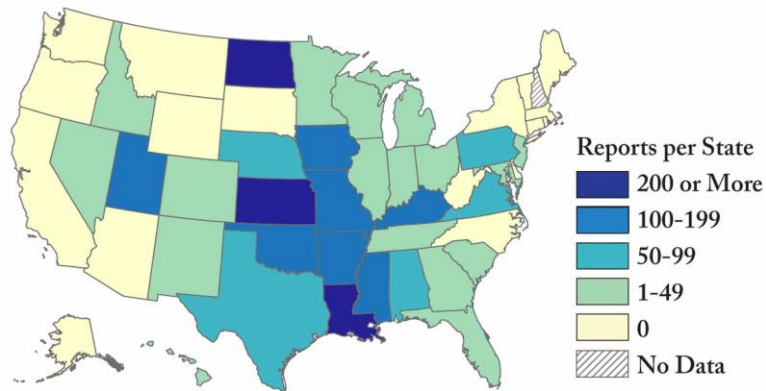
Synthetic Drugs



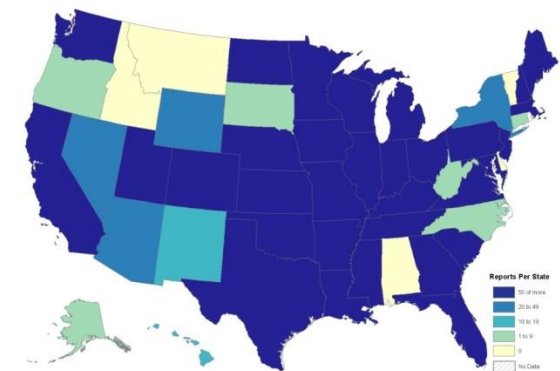
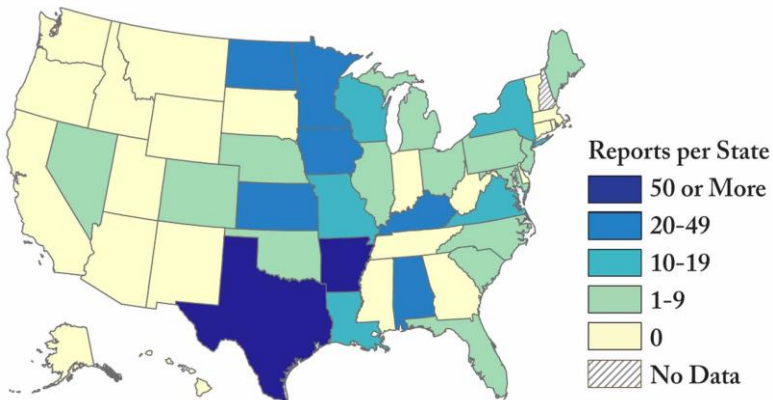
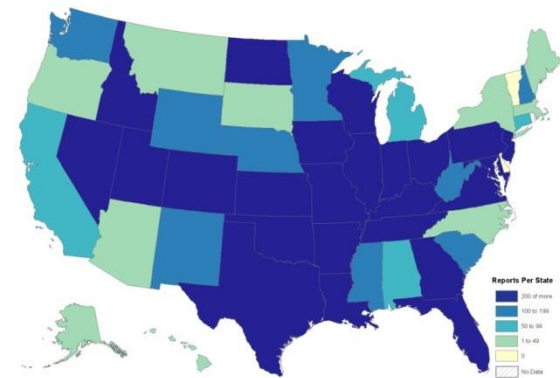
Synthetic Cannabinoids & Cathinones

Hallucinogens & Stimulants by State

2010



2012



Signs & Symptoms

Synthetic Cannabinoids



- Nausea, Vomiting
- Drowsiness
- Agitation
- Dyspnea (shaking)
- Palpitations
- Headache, Dizziness
- Seizures
- Panic, Anxiety
- Hallucinations
- Hypertension
- Tachycardia
- Paranoia
- Aggressive Behavior
- Suicidal Tendencies

Signs & Symptoms

Synthetic Cathinones

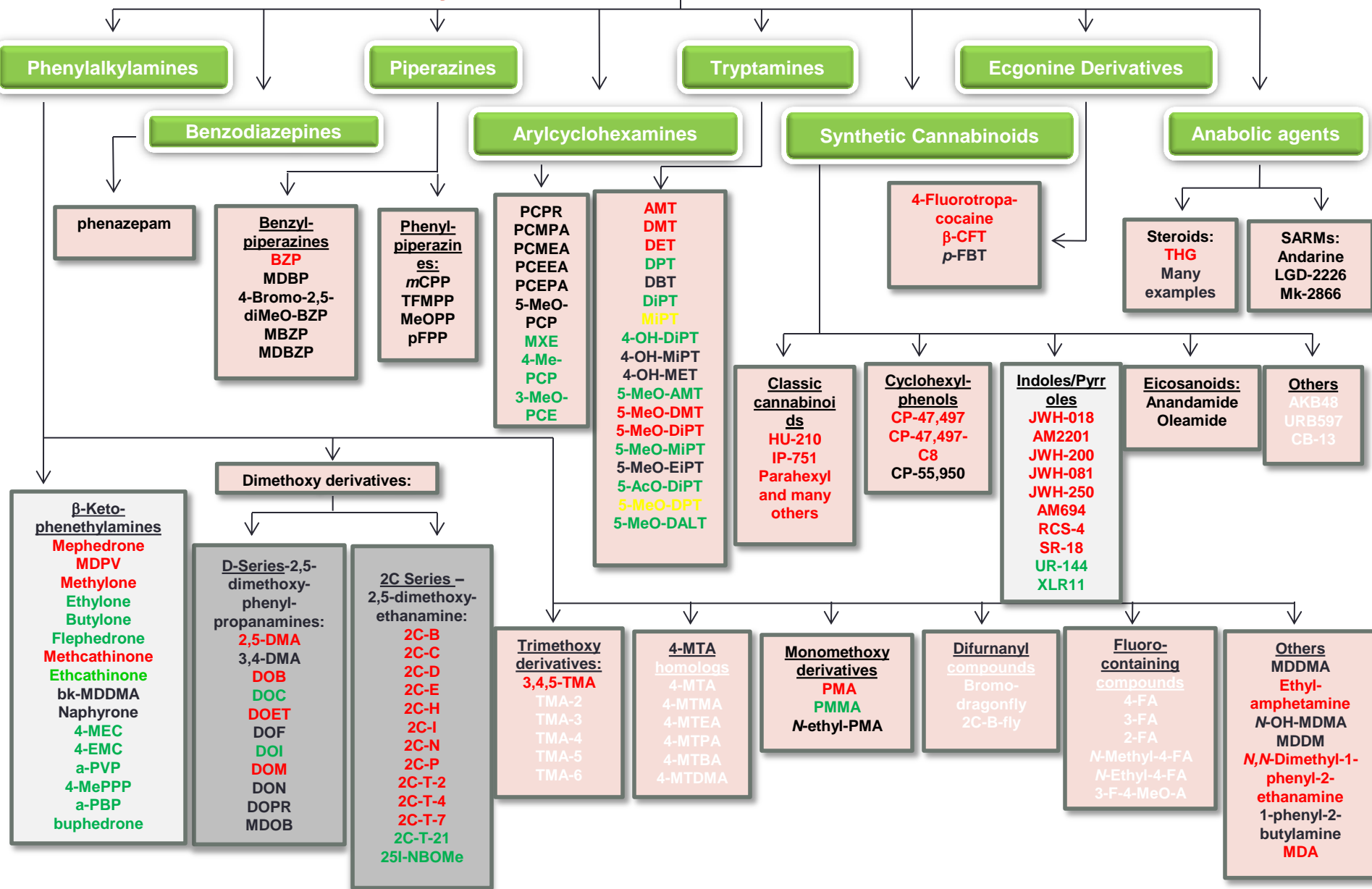


- Nausea, Vomiting
- Sleeplessness
- Agitation
- Palpitations
- Shortness of Breath
- Headache, Dizziness
- Seizures
- Panic, Anxiety
- Hallucinations, Delusions
- Hypertension
- Tachycardia
- Paranoia
- Violence
- Suicidal Tendencies

The Chemistry

Designer Drugs

Red = Controlled substance
 Yellow = Positional isomer, controlled by definition
 Green = Determined to be controlled substance analogue



Parents & Key Influencers Make a Difference

- Drug use is a preventable behavior.
Drug addiction is a treatable disease.
- Teenagers who learn about the dangers of drugs through ongoing dialogue at home are up to 50% less likely to ever use drugs.
- Illegal means unsafe, but legal substances can also be unsafe when not used as intended.
- One of the most frequent reasons cited by drug free teenagers for their decision to not use drugs is the fear of disappointing their parents.



Drug Trends in Iowa: *Summary*

- Alcohol remains Iowa's most abused addictive substance.
- Iowans' appetite for meth remains strong, fed by cartels.
- Marijuana is Iowa's most used illicit substance, & is morphing into new more potent forms.
- Medicine/Opioid abuse is Iowa's fastest growing form of substance abuse...leading to more heroin use too.
- Synthetic drugs are a fast-changing threat to Iowa youth.
- With exceptions, Iowans generally abuse drugs at rates below many other states...& Iowa youth substance abuse is declining. Challenges remain, now & in the future.

SHARE THE NEWS & STAY SAFE!

Iowa Governor's Office of Drug Control Policy

www.iowa.gov/odcp