



# Methamphetamine in Iowa

*A Public Health Approach*

**Friday, March 6, 2020**

## A Little Housekeeping

- This meeting is being recorded
- Ask questions/comment throughout, but...
- Please mute when not speaking
- Following the presentation you will receive:
  - A copy of the presentation & link to recording
  - Links or copies of any additional resources
  - Your attendance/CEU certificate
- Please allow for up to 2 weeks to receive materials
- Contact Clare Grace with any questions  
[clare.jones@idph.iowa.gov](mailto:clare.jones@idph.iowa.gov)



**Katie Bee, CPS**

**Michele Tilotta, MPA, BSN, RN**

# Polling Question



## Learning Objectives

- Identify current prevention and treatment approaches available to Iowans and the process for connecting with available resources.
- Understand the history of methamphetamine in Iowa and learn how current data informs prevention, treatment, and recovery services throughout the State.
- Identify the impact methamphetamine has on Iowans and the strategic efforts taking place to protect and improve the health of Iowans.

# Iowa Demographics

U.S. Census, 2017

**Population: 3,130,869**

90% Caucasian White

5.7% Hispanic or Latino

3.6% African American or Black

2.4% Asian

0.3% Native Hawaiian or Pacific Islander

**Urban: 64.3%**

**Rural: 35.7%**



## Iowa's Public Health Approach

- Statewide focus and priority of the Department
- Chief Health Strategist
  - Leads
  - Collaborates
  - Supports others
- Single State Authority located in the Health Department
- Provide health expertise and influence social determinants of health
- Strategic Planning
  - Data driven process
  - Health promotion initiatives
  - Prevention and treatment approaches

# Iowa's History of Methamphetamine Impact and Data





# Methamphetamine in Iowa

- Methamphetamine seizures by Iowa law enforcement agencies dropped off following substantial reduction in labs- 10 years ago- Risen in recent years.
- In 2018, Iowan's enter SUD treatment with meth as primary substance at all time high of 21.7% in 2018.
- In 2005, the Iowa Legislature passed legislation- limited availability of pseudoephedrine. In 2009, all Iowa pharmacies that sell non-prescription pseudoephedrine products over the counter participate in an electronic tracking system.



# Methamphetamine in Iowa

- Increase related to quantity and quality of meth being brought into Iowa from other states and locations.
- Large quantities of high purity meth in many Iowa communities- Meth as pure as 99%-100% from 14%-40% ten years ago.



# Polling Question



# Iowa Average Methamphetamine Per Gram and Purity

	2010	2012	2014	2016	2018
Price	\$130	\$135	\$125	\$105	\$105
Purity	79%	87%	95%	97%	97%

## Methamphetamine Impact in Iowa

- From 2014 through 2018, the rate from methamphetamine-related treatment admissions increased 50%.
- In 2018, more than 8,500 Iowans were admitted for methamphetamine use disorder treatment, up from 6,900 in 2016.
- Iowans aged 25 to 44 had the highest rates of methamphetamine-related treatment admissions compared to other age groups.

## Methamphetamine Impact in Iowa

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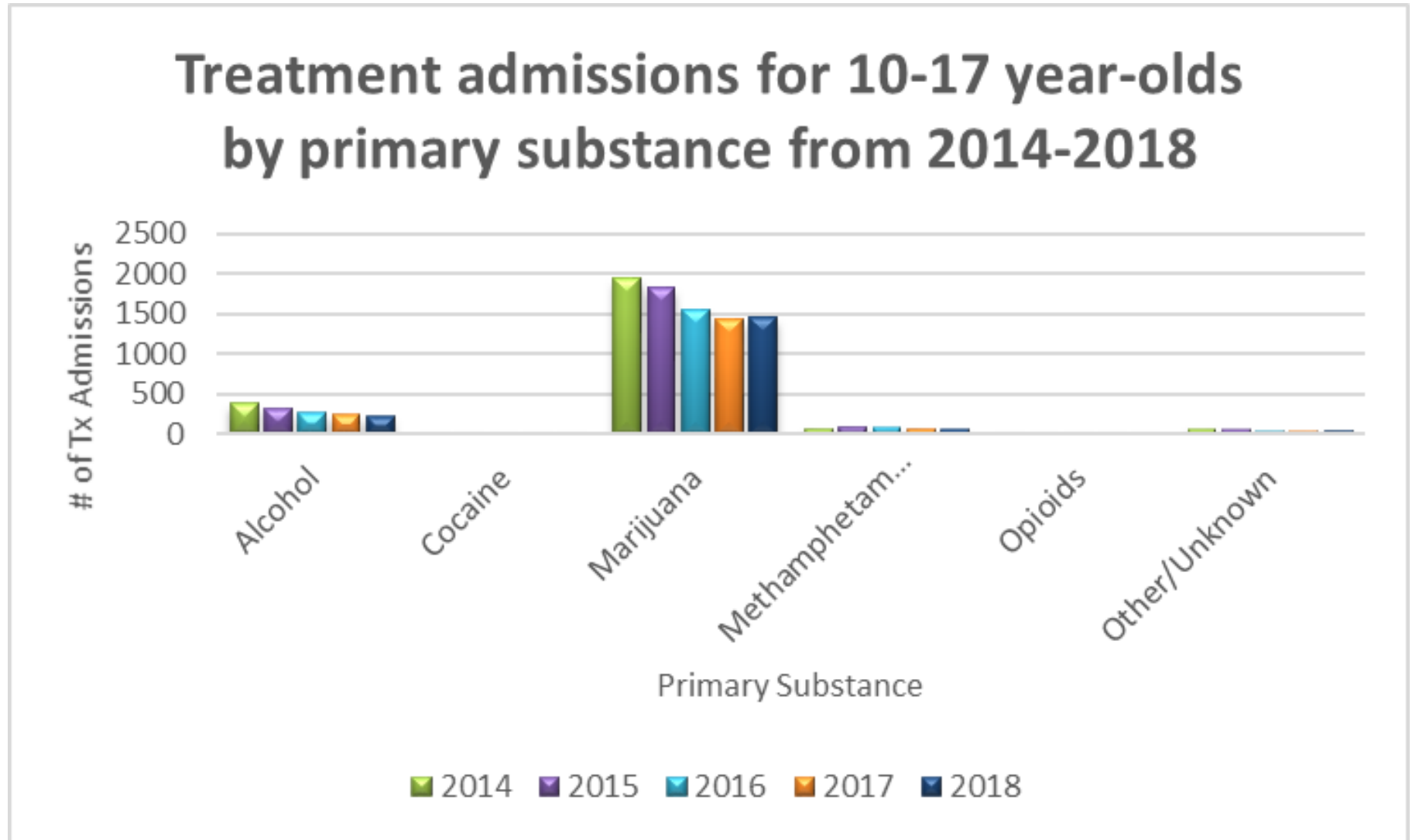
- Rates from 2014 to 2018, men (54%) and women (46%) were admitted at different, but increasing rates for methamphetamine treatment.
- From 2014 to 2018, methamphetamine-related deaths in Iowa have increased by more than 224% from 29 in 2014 to 94 in 2018.

## Methamphetamine Impact in Iowa

- The most frequently reported substances used by all women in Iowa include: marijuana (51.0%); methamphetamines (50.3%); alcohol (44.9%); and opioids, including heroin and prescription opioids (19.1%).
- While Iowa experienced a significant reduction in methamphetamine-related prison admissions (down 57.9%) from 2004-2009, admissions have steadily increased since that point, up 93% (Criminal and Juvenile Justice Planning).

# Treatment Admissions Data | 10-17 Year Olds

Year	Tx Admissions
2014	2485
2015	2346
2016	1985
2017	1821
2018	1832

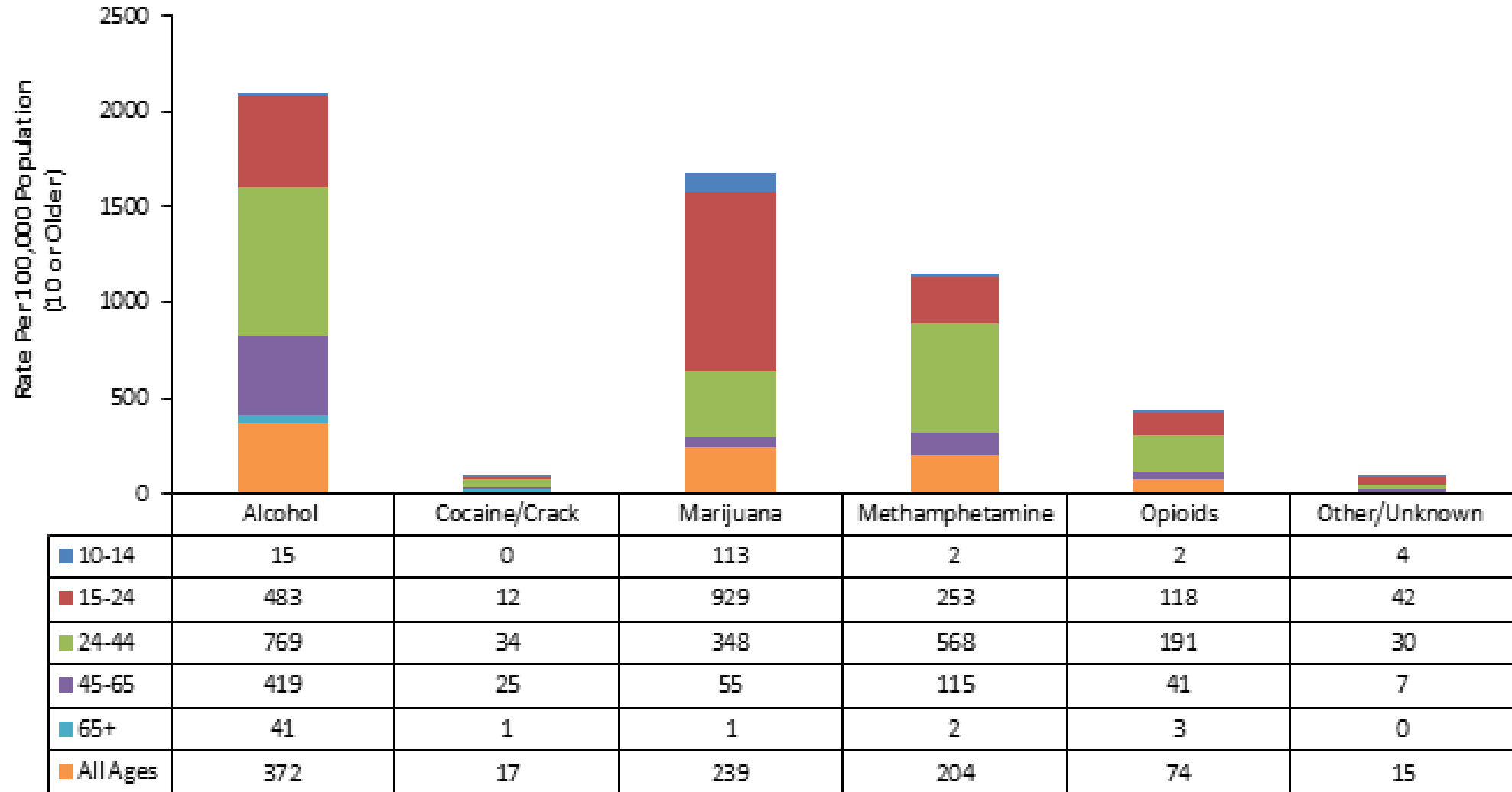




# Polling Question



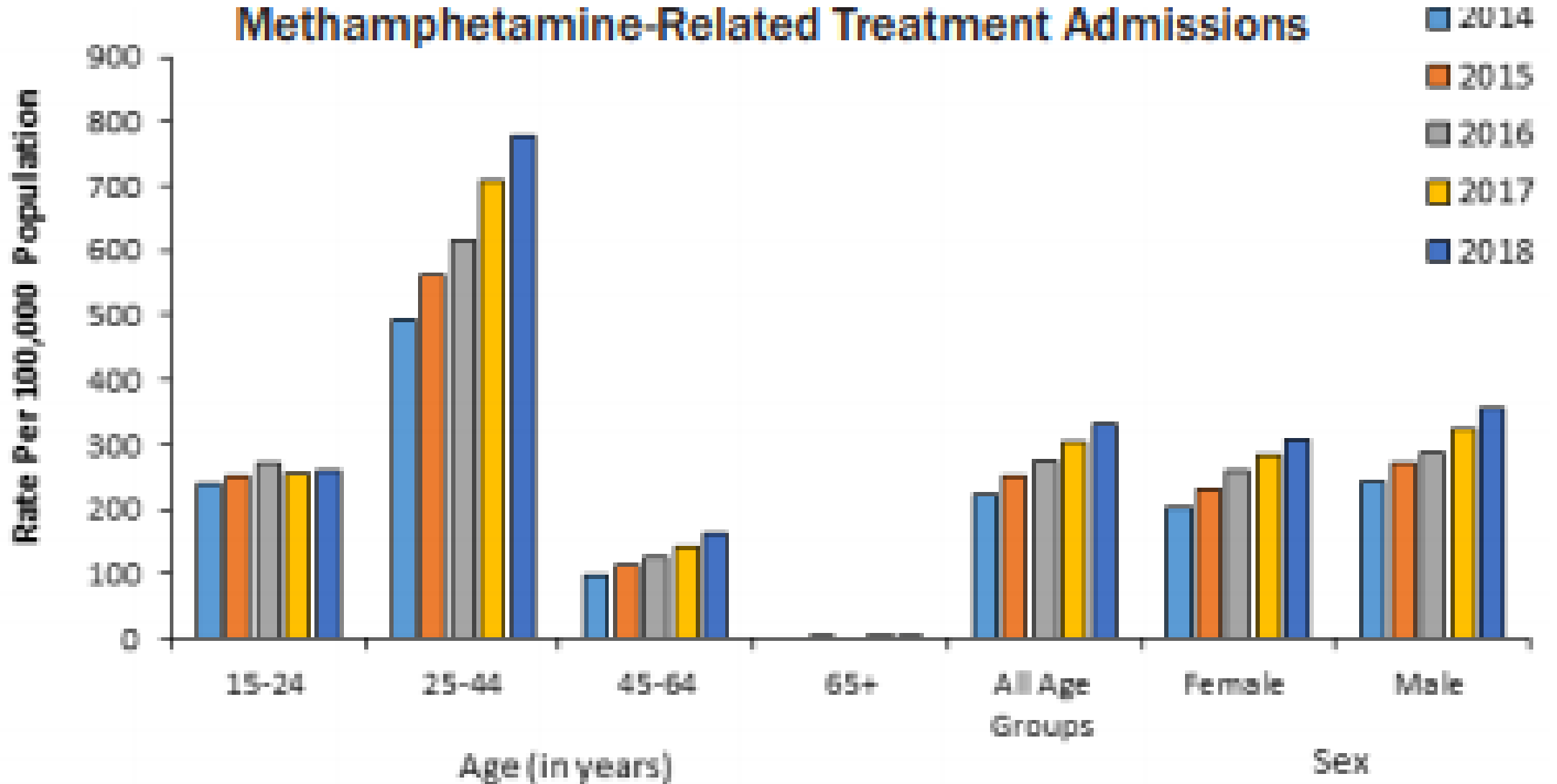
# Primary Substance of Choice for Treatment Admission



Rate of Treatment Admission Primary Substance of Choice by Substance Type, Iowans 10 years of age and older, IDPH, 2013-2017

# Treatment Admissions by Sex

## Methamphetamine-Related Treatment Admissions



# Iowa's Resources and Strategies




## Strategic Plan

- Capacity building to include state partners, prevention and treatment providers, medical providers, etc.
- Education to lowan's- current and ongoing media and health promotion campaigns
- Distribution of Infographics and Data Briefs- [Yourlifeiowa.org/other](http://Yourlifeiowa.org/other)
- Analysis of data for development of health equity strategies
- Stakeholder meetings/taskforces/advisory meetings
- Community Assessment Workbooks - collaboration and participation of all community providers
- Statewide conferences
- Project Echo trainings

# Methamphetamine Data Brief

An updated data brief was developed and issued in October 2019. This data brief highlighted the following:

- Methamphetamine-related treatment admissions;
- Increases in methamphetamine use by Iowans;
- Youth perception of risk;
- Youth access to methamphetamine;
- Methamphetamine labs seized and production of methamphetamine in the presence of a minor;
- Amphetamine-related emergency department visits and hospitalizations;
- Methamphetamine-related deaths

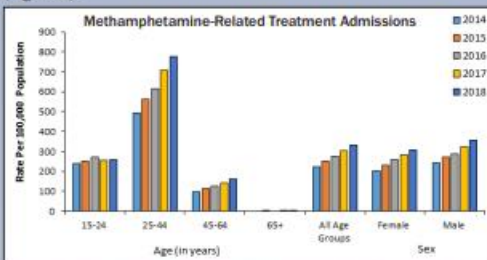


## IOWA Substance Abuse Brief

IOWA DEPARTMENT OF PUBLIC HEALTH | OCTOBER 2019 • ISSUE 9


### Methamphetamine-Related Treatment Admissions

Methamphetamine-related treatment admissions continue to increase in Iowa. In 2018, more than 8,500 Iowans were admitted for methamphetamine use treatment. The rate of methamphetamine-related treatment admissions increased from 223 per 100,000 population in 2014 to 334 in 2018 (Figure 1). People aged 25 to 44 had the highest rates of methamphetamine-related treatment admissions compared to other age groups. Rates were higher for males than females and the increase from 2012 to 2016 was similar for both sexes. For males, the rate increased from 243 per 100,000 population in 2014 to 358 in 2018; and for females, the rate increased from 203 per 100,000 population in 2014 to 309 in 2018 (Figure 1).



**Figure 1: Methamphetamine-Related Treatment Admissions, by Age and Sex, IDPH, 2014-2018**

Figure 2 maps the average annual rates for methamphetamine-related treatment admissions by Iowa county. County rates varied greatly, from 35.7 per 100,000 population in Cedar County to 779.2 in Wapello County. The five counties with the lowest rates of methamphetamine-related treatment admissions include Cedar (35.7 per 100,000 population), Johnson (44.7), Lyon (40.7), Winneshiek (57.8), and Ringgold (64.1). The five counties with the highest rates include Wapello (779.2 per 100,000 population), Webster (705.5), Cerro Gordo (532.1), Appanoose (487.8), and Montgomery (470.4).



**Figure 2: Average Annual Rate of Methamphetamine-Related Treatment Admissions, Iowa, IDPH, 2014-2018**

Methamphetamine-related treatment admission rates varied greatly from 35.7 to 779.2.

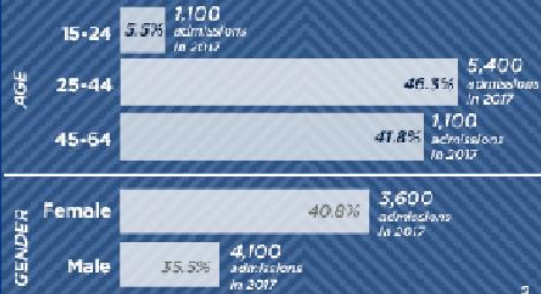
If you or someone you know is impacted by methamphetamine use, contact **YourLifelowa** for assistance:  
Call: (855) 581-8111 Text: (855) 895-8398 (standard data rates may apply)  
Chat and Website: <https://yourlifelowa.org/>.

# METH

GLASSICE  
CHALK CRANK  
TWEAK CRYSTAL

From 2014-2017, there was a **38% INCREASE** in methamphetamine treatment admissions in **IOWA**

## Increase in Iowa's Methamphetamine Treatment Admissions Since 2014



## BEFORE YOU RISK IT

**GET THE FACTS** Meth causes brain changes that make it difficult to stop using.

**KNOW THE RISKS** Meth use can cause a "crash" after the effects wear off. Meth use can cause long-lasting damage to the brain. Meth users who inject drugs and share needles are at risk for acquiring HIV and hepatitis.

High doses can elevate body temperature to dangerous, sometimes lethal, levels and cause convulsions and even cardiovascular collapse and death. Meth use may also cause extreme anorexia, memory loss and severe dental problems.

The use of methamphetamine during pregnancy carries significant risks. Research shows increased rates of premature delivery and placental abruption. Effects on babies include small size, lethargy, and heart and brain abnormalities.



**1,713,000**

persons in the U.S. aged 12 years or older reported using methamphetamine

## FIND HELP NEAR YOU

Call (855) 582-8111. Text (855) 895-8398  
You can contact Your Life Iowa 24/7 with questions and concerns.  
Your call/text/chat is free and confidential.



1) Source: Iowa Department of Public Health (Disclaimer: Based on data reported by Iowa licensed treatment programs.) 2) Source: Iowa Department of Public Health (Disclaimer: Based on data reported by Iowa licensed treatment programs.) 3) Source: SAMHSA (Substance Abuse and Mental Health Service Administration) Tips for Teens 4) Source: DSHSS (Iowa State Department of Health Services) 5) Source: Annual Surveillance Report of Drug-Related Deaths and Outcomes CDC National Center for Injury Prevention and Control, 2017 by SAMHSA, National Institute on Drug Abuse

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Source: Iowa Department of Public Health (Disclaimer: Based on data reported by Iowa licensed treatment programs.)

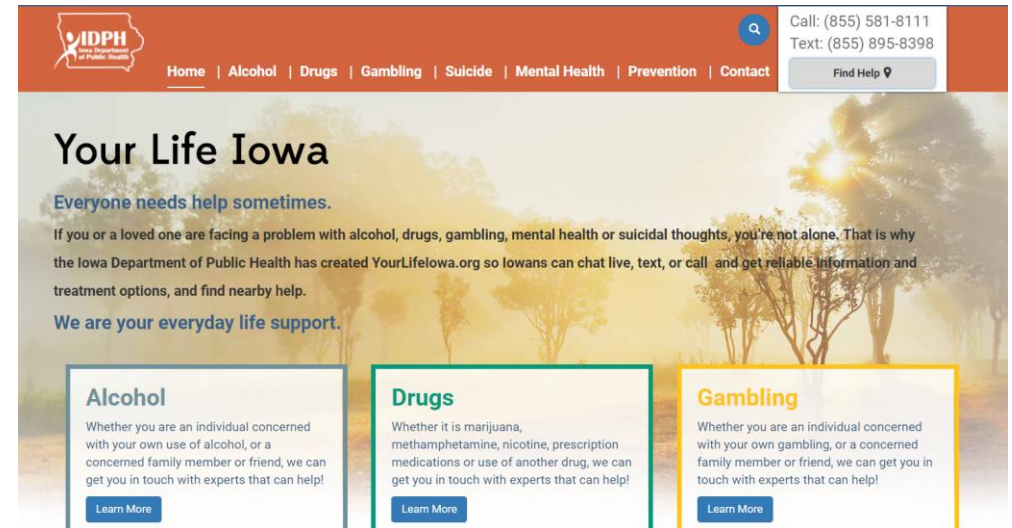
The use of methamphetamine during pregnancy carries significant risks. Research shows increased rates of premature delivery and placental abruption. Effects on babies include small size, lethargy, and heart and brain abnormalities.



Source: National Institute on Drug Abuse

## Your Life Iowa

- Single statewide 24 hour crisis line
- **Access to information, resources and help, 24/7, 365 days a year via . . .**
  - Website and Online Chat
  - Call Center (855-581-8111 and 1-800-BETS OFF)
  - Texting (855-895-8398)
- Collaboration with state mental health authority for inclusion of mental health resources.



The screenshot shows the top portion of the 'Your Life Iowa' website. At the top left is the IDPH logo. To its right is a navigation menu with links for Home, Alcohol, Drugs, Gambling, Suicide, Mental Health, Prevention, and Contact. Further right are contact numbers: Call: (855) 581-8111 and Text: (855) 895-8398, along with a 'Find Help' button. The main heading is 'Your Life Iowa' with the tagline 'Everyone needs help sometimes.' Below this is a paragraph explaining the service: 'If you or a loved one are facing a problem with alcohol, drugs, gambling, mental health or suicidal thoughts, you're not alone. That is why the Iowa Department of Public Health has created YourLifelow.org so Iowans can chat live, text, or call and get reliable information and treatment options, and find nearby help.' A sub-heading reads 'We are your everyday life support.' Below are three columns for 'Alcohol', 'Drugs', and 'Gambling', each with a brief description and a 'Learn More' button.





## Prevention Training

The Iowa Department of Public Health, in conjunction with state and national professionals, has hosted training webinars on prevention topics ranging from substance misuse, suicide prevention, and problem gambling. Continuing Education Credits will not be provided for viewing recorded webinars.

To view available prevention webinar recordings, click on the chosen link below.

### Alcohol & Other Drugs

- [Alcohol Enforcement Strategies for Iowa Communities](#)
- [Iowa's Medical Cannabidiol program](#)
- [Not Your Grandpa's Cigarette : 21st Century Nicotine Products and Cessation Services](#)
- [Opioid Prevention Strategies](#)

### Assessment & Data Sources

- [Finding and Using Data Sources in Iowa: Substance Abuse Prevention Practitioners](#)
- [Measuring Media Metrics & Low-Cost Implementation of a Media Campaign](#)
- [Unpacking the IDPH Prevention Workforce Development Survey: Overview and Discussion](#)

### Capacity Building, CLAS Standards and Health Equity

- [Increasing Community Coalition Impact Through Best Practice](#)
- [Increasing Community Coalition Impact Through Shared Responsibility](#)
- [Leveraging Your Leadership: Utilizing Individual Management Styles to Get the Most From Your Staff, Coalition Members, and Volunteers](#)

## Methamphetamine

### What is it?

Methamphetamine is a seriously addictive stimulant and is most commonly a white, odorless and crystalline powder. Based on substance use disorder admissions and prison admissions, methamphetamine continues to be one of the primary drugs of choice in Iowa.

### Side effects:

Common short term effects include increased attention and activity, decreased appetite, euphoria or “rush,” rapid heartbeat and an increased body temperature. In the long term, consequences include addiction, paranoia, hallucinations, repetitive involuntary movements, brain structure changes, reductions in thinking and motor skills, memory loss, aggression, mood swings and severe dental problems.

### Names:

Crank, crystal, meth, and ice are common slang terms for methamphetamines.

### Resources:

- [Iowa Substance Abuse Brief \(June 2018\)](#) - This Iowa Substance Abuse Brief from June 2018 (Issue 6) provides information about the prevention, use and treatment of methamphetamine in Iowa.
- [In The Know Zone: Amphetamine](#) - Comprehensive site with amphetamine photos, history, statistics, street Names.
- [Just Think Twice](#) - A youth oriented site created by the DEA's Demand Reduction Program.
- [Meth Awareness](#) - A USDOJ site that includes a images of meth, meth labs, photos of users, effect on users, more.
- [Methamphetamine Infographic \(NEW\)](#) - An infographic highlighting current Iowa and national statistics on methamphetamine use
- [The Meth Project](#) - The Meth Project is a large-scale prevention program aimed at reducing first-time meth use through public service messaging, public policy, and community outreach.
- Methamphetamine Radio PSA's (NEW) - [Radio PSA #1](#) [Radio PSA #2](#)
- [National Indian County Methamphetamine Initiative](#) - There are lots of cool things about being native. Meth isn't one of them. An anti-methamphetamine ad campaign for a Native American audience.
- [Tips for Teens - Methamphetamine \(SAMHSA\)](#) - This fact sheet for teens provides facts about methamphetamine.

## Next Steps

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- 43<sup>rd</sup> Annual Governors Conference on Substance Abuse | April 21 – 22, 2020 in Des Moines, IA
- Collecting local data to inform future prevention efforts

# Questions



## Contact Information

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**Please provide your feedback**



<https://www.surveymonkey.com/r/26LX7BJ>