



When the Prescription Becomes the Problem

A Community Response to the Opioid Epidemic



TURNING THE TIDE*

Prevent

Treat

Reverse

Working together, we are the agents of change.

Definition:

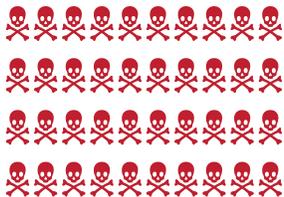
Opioids are a class of drugs that include legal painkillers such as oxycodone and hydrocodone, as well as illicit drugs such as heroin. Opioids work by attaching themselves to the body's natural opioid receptors and numbing pain. There are four broad classes of opioids:

- Endorphins naturally produced in the body.
- Naturally occurring opioids such as morphine and codeine.
- Semi-synthetic opioids such as heroin, oxycodone, and Buprenorphine.
- Synthetic opioids such as methadone.



>>Scope: How large is the problem?

78 people die every day in the US from opioid overdoses.



CDC, June 2016



The US makes up less than 5% of the world's population, yet uses 81% of the opioid supply.

CDC, June 2016



259,000,000 opioid prescriptions are written every year, enough for every American adult to have an around-the-clock supply for a month.

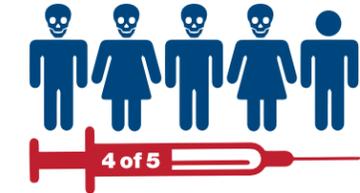
Vital Sign, CDC 2016

“We need to recognize that everyone is potentially at risk, nobody is protected. Every 24 minutes, someone in the United States dies of an overdose.” — Vivek Murthy, Surgeon General

*** Visit turnthetiderx.org to read the Surgeon General's unprecedented call-to-action.**



“More Americans now die every year from drug overdoses than they do in motor vehicle crashes. In 2013 alone, overdoses from prescription pain medications killed more than 16,000 Americans.” — President Barack Obama



Four in five new heroin users first misused prescription painkillers.

Opioid Addiction 2016 Facts & Figures, ASAM

2014

21,500,000 Americans struggled with a Substance Use Disorder. Of those, **2.1 million (9.7%)** were addicted to pain medication, and **467,000 (2.2%)** struggled with heroin addiction.

47,055 deaths were reported due to drug overdoses. Of those, **18,893 (63%)** were related to opioid prescription medication, and **10,574 (22%)** were related to heroin.

10,300,000 people reported using prescription opioids nonmedically (i.e. using medications that were not prescribed for them or were taken only for the experience or feeling that they caused).

Opioid Addiction 2016 Facts & Figures, ASAM

4X

Between 2000 and 2014, the rate of death from prescription opioid overdose nearly quadrupled, increasing from 1.5 to 5.9 deaths per 100,000 persons.

*Relationship between Nonmedical Prescription-Opioid Use and Heroin Use, New England Journal of Medicine, January 2016

According to national surveillance data, 914,000 people reported heroin use in 2014, a 145% increase since 2007.

Mortality due to heroin overdose more than quintupled from 1,842 deaths in 2000 to 10,574 deaths in 2014.

Behavioral Health Statistics and Quality (2015). Behavioral health trends in the United States: Results from the 2014 National Survey on Drug Use and Health (HHS Publication No. SMA 15-4927, NSDUH Series H-50). <http://www.samhsa.gov/data/>



As many as one in four people who receive prescription opioids long term for noncancer pain in primary care settings struggle with addiction, yet American medical students receive only seven hours of instruction about addiction.

Prescription Opioid Overdose Data, CDC 2016 | NIDA, 2016



In 2014, an estimated 28,000 adolescents used heroin.

Opioid Addiction 2016 Facts & Figures, ASAM

>>Special Populations: Who is affected?



One baby is born addicted to some sort of opiate every hour in the U.S.

Dramatic Increases in Maternal Opioid Use and Neonatal Abstinence Syndrome, National Institute of Drug Abuse, 2015

In 2014, **467,000** adolescents were current non-medical users of prescription pain relievers, with **168,000** or

36% having an addiction to prescription pain relievers.

Opioid Addiction 2016 Facts & Figures, ASAM



The average hospital stay for a baby with Neo-Natal Abstinence Syndrome (NAS) is 16 days, and the average cost of the stay is \$53,000.

Lee, J., Hulman, S., Musci, M., & Stang, E. (2015). Neonatal Abstinence Syndrome: Influence of a Combined Inpatient/Outpatient Methadone Treatment Regimen on the Average Length of Stay of a Medicaid NICU Population. Population Health Management, 18(5), 392-397. <http://doi.org/10.1089/pop.2014.0134>



The 55 million opioid prescriptions written [in 2013] for people 65 and older marked a 20 percent increase over five years — nearly double the growth of the senior population itself.

Analysis of data collected from IMS Health, USA Today, 2014

>>Local Stats: Texas >>Tarrant County



The CDC reported that in 2013 Texas had 2,446 deaths due to drug overdose and 2,601 deaths due to drug overdose in 2014.

*Increases in Drug and Opioid Overdose Deaths — United States, 2000-2014, CDC, January 2016



Medstar, the ambulance service for 15 Tarrant County cities, reports a high increase in patients receiving naloxone: 77 received doses in July of 2016 as compared to only 15 in July of 2015.

*Overdose drug more available in Texas as need increases in Tarrant County, Fort Worth Star Telegram, August 16, 2016

In 2013, the Tarrant County Medical Examiner's office reported **44** deaths from prescription pain medication and **57** deaths from a combination of drugs.

The Effects of Drugs on Driving, Presentation- Robert D. Johnson, PhD, F-ABFT, Chief Toxicologist Tarrant County Medical Examiner's Office June 8, 2016, College Station, TX

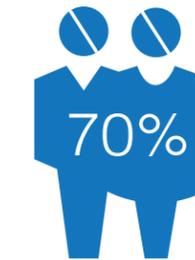


>>Access: Where are they getting opioids?



Six out of 10 Americans keep unused prescription opioids in their medicine cabinet, suggesting that doctors often prescribe more medication than necessary and that patients don't know how to properly dispose of extra drugs.

*6 Out Of 10 Americans Taking Opioids Keep Leftovers, Consumer Reports, June 2016



Over 70% of Americans misusing painkillers obtain them from friends or relatives.

*National Survey Shows Friends and Family Are Primary Sources of Abused Painkillers, ONDCP, 2012



Eighty percent of people don't lock up their narcotic painkillers, even though nearly three-quarters say they have children living at home.

*6 Out Of 10 Americans Taking Opioids Keep Leftovers, Consumer Reports, June 2016



Less than half of respondents in the JAMA study recall receiving information on the safe storage (49%) or proper disposal (45%) of prescription medication from their doctors.

*Six in Ten Adults Prescribed Opioid Painkillers Have Leftover Pills, John Hopkins-Bloomberg School of Public Health, June 13, 2016

>>Unintended Consequences: What goes wrong?

1 DAY = X 100

Every day, over 1,000 people are treated in emergency departments after misusing prescription opioids.

Prescription Opioid Overdose Data, CDC 2016



Over 70% of new Hepatitis C infections are concentrated in areas with high rates of opioid abuse.

CDC, 2015



Non-medical use of prescription painkillers costs health insurers up to **72.5 billion** annually in direct health care costs.

Vital Signs, CDC 2015

>> Treatment & Reversal of Overdose Death: Naloxone



According to the CDC, more than **26,000 opioid overdoses** have been reversed with Naloxone.

Increases in Drug and Opioid Overdose Deaths United States, 2000-2014, CDC, January 2016

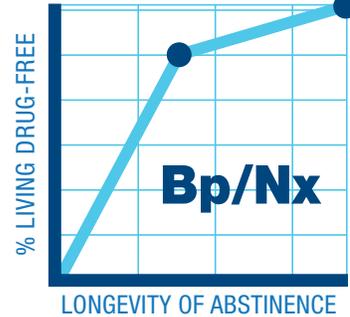


Studies show that buprenorphine and other forms of “Medication-Assisted Treatment” such as methadone cut their risk of death in half.

CDC Guideline for Prescribing Opioids for Chronic Pain — United States, 2016

Of the 653 patients treated with buprenorphine/naloxone (Bp/Nx) during the Prescription Opioid Addiction Treatment Study, half reported that they were abstinent from the drugs 18 months after starting the therapy. After 3.5 years, 61 percent remained abstinent.

“Long-Term Follow-Up of Medication-Assisted Treatment for Addiction to Pain Relievers Yields ‘Cause for Optimism,’” National Institute of Drug Abuse, November 2015



Those receiving **Medication-Assisted Treatment (MAT)** were 75 percent less likely to experience death related to their addiction than those not receiving MAT.

“Confronting an Epidemic: The Case for Eliminating Barriers to Medication Assisted Treatment of Heroin and Opioid Addiction,” Legal Action Center, March 2015

>> What Will Help: We are the agents of change.

The National Safety Council has determined six key indicators with which to evaluate America’s progress in changing the drug epidemic. In 2014, each of the fifty states were evaluated according to the presence of these indicators and given a rating of **Making Progress, Lagging Behind or Failing**. Texas received a **Lagging Behind** rating. The following are the six key indicators of a progressive state and areas Texas must bolster to create change:

- Mandatory Prescriber Education
- Prescription Drug Monitoring Programs (PDMPs)
- Opioid Prescribing Guidelines
- Increased Access to Naloxone
- Elimination of “Pill Mills”
- Availability of Opioid Use Disorder (OUD) Treatment

CDC Guideline for Prescribing Opioids for Chronic Pain — United States, 2016



Change is created by ChallengeSM

