



OrCRM

Oregon Coalition for
Responsible Use of Meds

North Coast Opioid Summit

**Prescription Drug Abuse and Heroin: Impact on
Oregon's Youth and Young Adults**

April 28, 2016

The Oregon Epidemic



- Oregon ranks #2 in Non-Medical Use of Opioids, 5% of population (2012-2013 NSDUH)
- Over 3 million opioid prescriptions in 2013 (54% of all Rx) (OHA Injury and Violence Prevention Fact Sheet)
 - 1.88 M hydrocodone
 - 1.15 M oxycodone

Over 100 million opioid pills every year

- Population: 3.9 million
- 25 pills for every man, woman and child
- Number of overdose deaths from prescription opioids in 2014: 154

Youth Rx Abuse: A Growing Problem in US & OR



Prescription medicines are now the most commonly abused drugs among 12 to 13 year olds (2012 NDUH)

- Largest proportion of non-medical prescription drug users was between the ages of 18 and 25 (2012-2013 NSDUH)
- In Oregon, about 15,000 adolescents aged 12–17 (5.3% of all adolescents) per year in 2013–2014 reported nonmedical use of pain relievers within the year prior to being surveyed (Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Surveys on Drug Use and Health, 2010–2011 to 2013–2014)
- Past 30 day use of Rx: 4.1% for 8th grade students and 6.5% for 11th grade students (2015 Oregon Healthy Teen Survey)

TEEN MEDICINE ABUSE: AN EPIDEMIC

1 in 4 teens
reports having
misused or abused
a prescription drug
at least once in
their lifetime.

That is a
33 percent increase
over a five-year period.



This translates to about
5 MILLION TEENS
almost twice the
population of Chicago.

Did you know next to marijuana, the most common illegal drug teens are abusing are prescription medicines?

(Partnership for a Drug Free America, Attitude Tracking Survey 2012)

Teen Rx Abuse: Risk of Harm & Availability



One-third of teens

say they believe "it's okay to use prescription drugs that were not prescribed to them to deal with an injury, illness or physical pain."



43 percent of teens

indicate prescription drugs are easier to get than illegal drugs.

More than four in ten teens

who have misused or abused a prescription drug obtained it from their parent's medicine cabinet.



ONE IN FIVE KIDS

who reports having misused or abused a prescription drug has done so before the age of 14.



ONE IN FIVE PARENTS

indicate that they have given their teen a prescription drug that was not prescribed for them.

Rx Drugs are Part of Teen Culture



Teens:

- Normalize this form of drug abuse.
- Take these meds for legitimate reasons – with or without a prescription – to stay awake, remain alert or to go to sleep.
- Purposely abuse these drugs to get high.
- Are often unaware that these activities can lead to disastrous results.

Perception of Risk Among Youth is Alarming



- 73% of 8th graders reported occasional use of heroin w/o a needle as high risk, however, only 26% perceived occasional Vicodin use as high risk.
 - 8th graders also perceived occasional Vicodin use as less risky as occasional marijuana and smoking 1/5 cig/day. (Trust for Americas Health 2015)
- Perception of harm is **lowest with younger students**
 - 77% of 6th grade;
 - 84% of 8th grade and
 - 89% of 11th grade students perceived moderate or great risk of harm regarding use of Rx not prescribed to them (2014 Oregon Student Wellness Survey)

Heroin Use and Youth



- Heroin use is increasing nationally – a recent study revealed that the number of people ages 12 and older who reported heroin use in the past year increased nearly **80 percent** between 2007 and 2012 (NSDUH 2012)
 - National survey data suggests that the number of new heroin users has grown while **the age of users has fallen** appreciably (*2013 National Drug Threat Assessment Summary*)
- Nearly half of young people who inject heroin start by abusing Rx drugs (Partnership for Drug-Free Kids)
- Heroin use has more than doubled among 18-25 year olds in the past decade (Trust for Americas Health 2015)

Why the Switch to Heroin?



- Law enforcement reporting indicates users of prescription opiates are increasingly switching to heroin because it is more available, less expensive, and provides a more intense high than diverted prescription opiates (2015 HIDTA Threat Assessment and Counter Drug Strategy Report)
- Heroin is relatively cheap and often easy to locate: 1/6 to 1/10 compared to prescription painkillers (Trust for Americas Health 2015)

The Opioid Epidemic in the North Coast



**DATA FROM CLATSOP,
COLUMBIA AND TILLAMOOK
COUNTIES**

The Problem of Youth Rx Abuse in the North Coast



- In Columbia County, the percent of young adults, aged 18-25, who used prescription pain relievers for non-medical reasons in the past year was 17 percent compared to the state at 15 percent. For Columbia County residents, age 26 and older, the rate was equal to the state at five percent. (Oregon's State Epidemiological Outcomes Workgroup).
- In Clatsop County, the percentage of adults, age 18-25, who used prescription pain relievers for non-medical reasons in the past year was 17 percent compared to the state at 15 percent. For Clatsop County residents, age 26 and older, the rate was equal to the state at five percent. (Clatsop County's Epidemiological Data on Alcohol, Drugs and Mental Health 2000-2012).
- In Clatsop County, youth participating in the 2015 Oregon Healthy Teens Survey were asked if they have used prescription drugs without a doctor's order in the last 30 days. Eighth- and 11th-grade respondents who reported using prescription drugs one to two times were higher than the state average.

Number of Residents per 1,000 Receiving and Opioid, by Rx Type, Counties and Statewide Oregon 2013

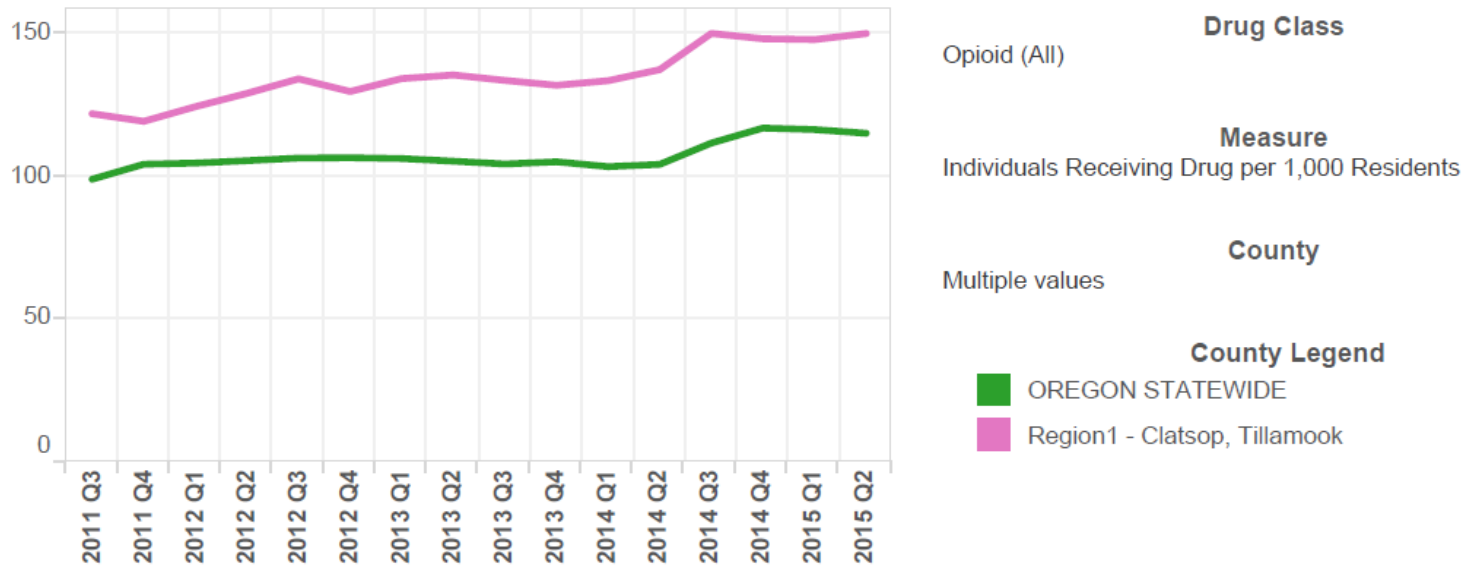


County	All Opioids	Oxycodone	Hydrocodone	Benzo+Opioid
Statewide	234.3	86.1	172.6	54.0
Clatsop	278.8	127.2	189.5	51.4
Columbia	232.7	95.3	161.7	40.0
Tillamook	269.7	94.6	198.1	51.9
Multnomah	230.4	87.3	157.5	38.6

Number of Residents per 1,000 Receiving an Opioid, by Rx Type, Clatsop/Tillamook Region and Statewide



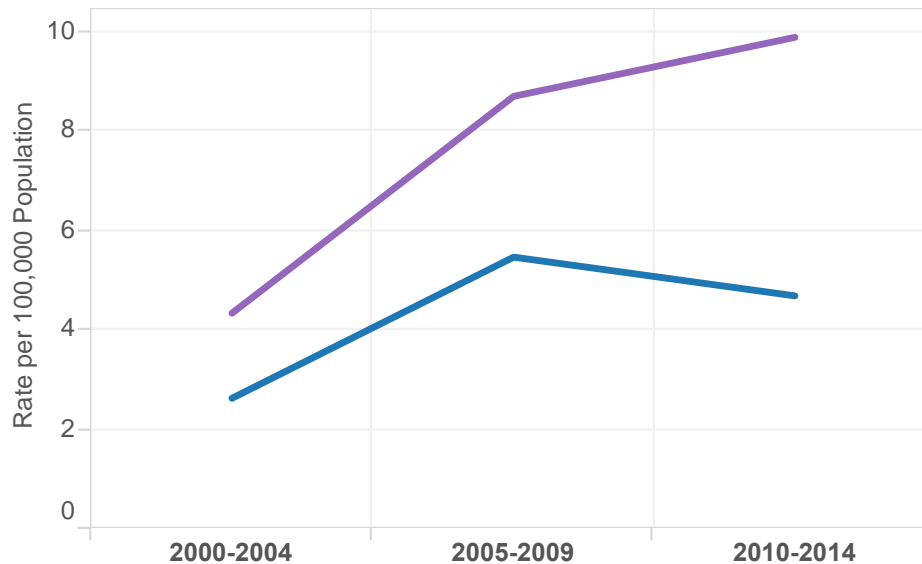
Prescribing Measures by County



Pharmaceutical Opioid Deaths in Clatsop/Tillamook Region and Statewide



Overdose Deaths by County



Overdose Death Drug Type
Pharmaceutical Opioid

County or Grant Region
Multiple values

3 or 5 Year Rates
5 Year Rates

* Technical Note: Counties with smaller populations may have rates suppressed due to small numbers. 5 year rates may be more reliable.

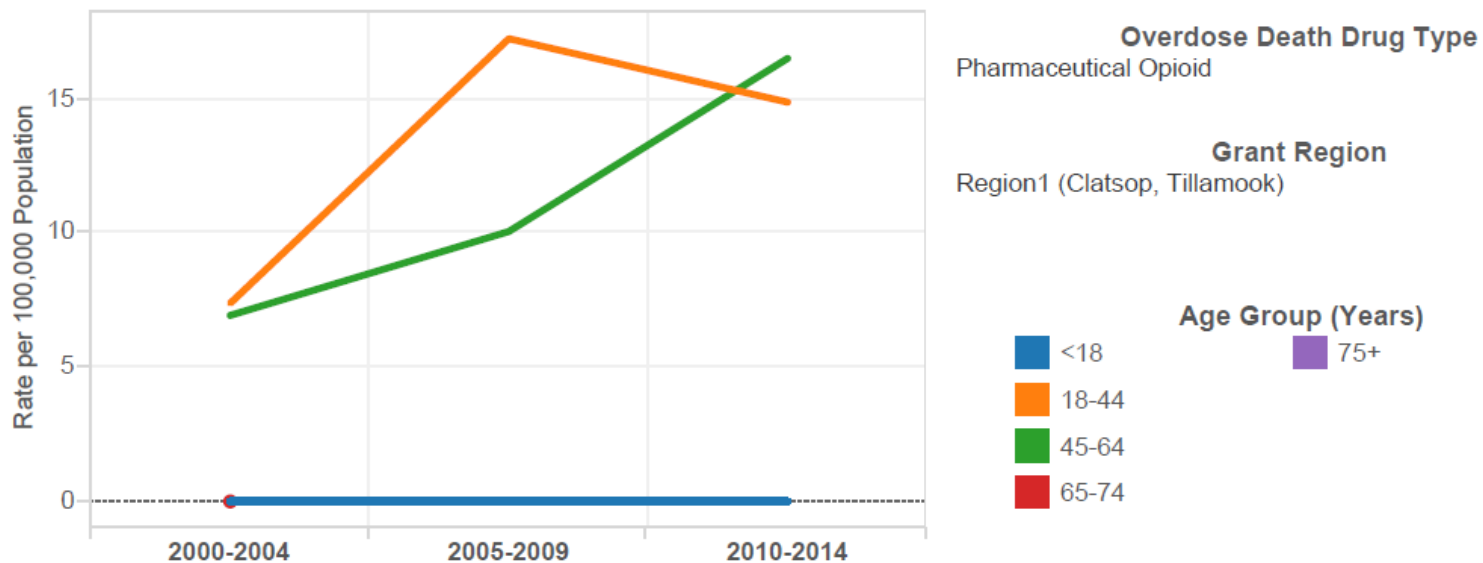
County

- Oregon Statewide
- Region1 (Clatsop, Tillamook)

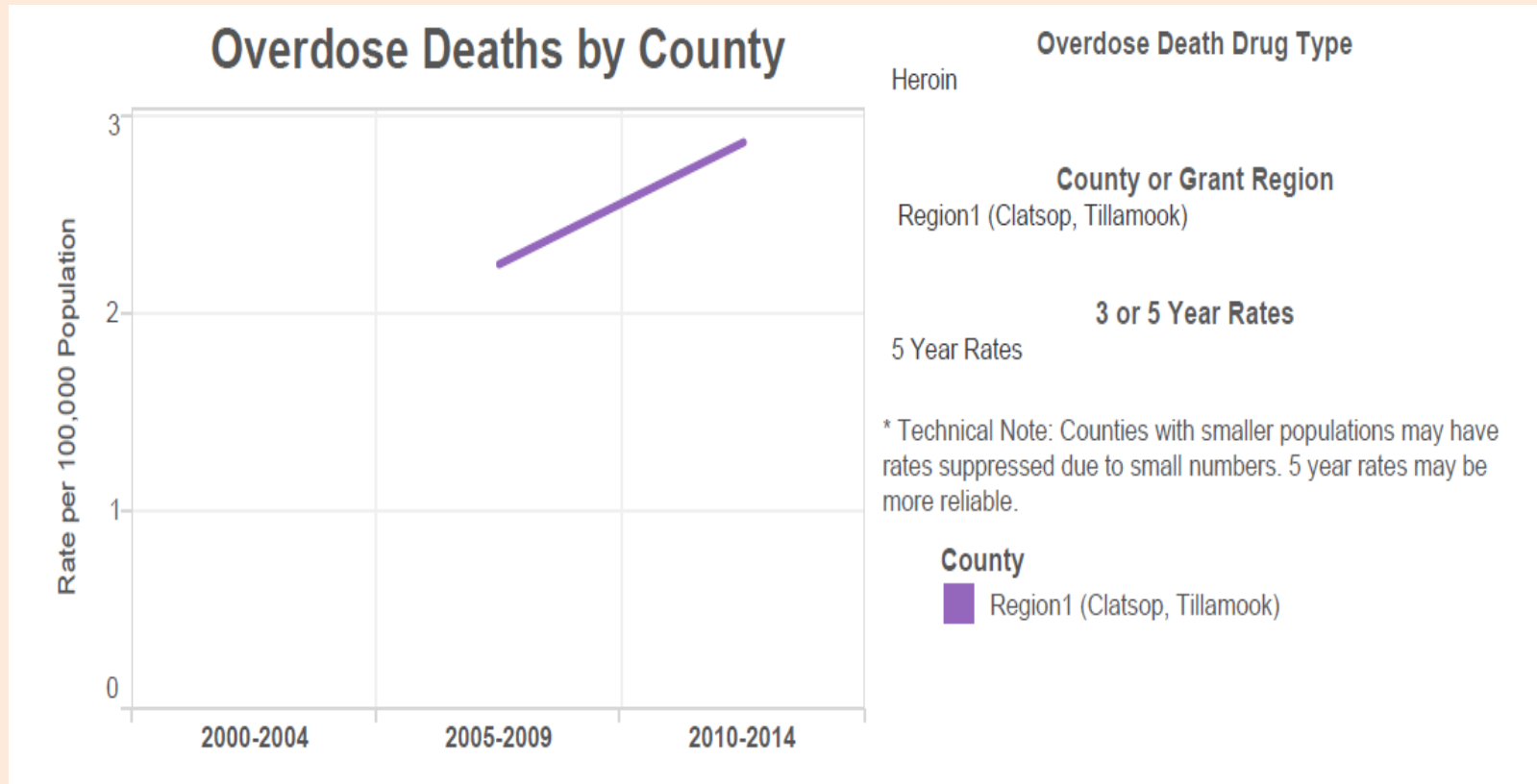
Pharmaceutical Opioid Deaths By Age in Clatsop/Tillamook Region



Overdose Deaths by Age



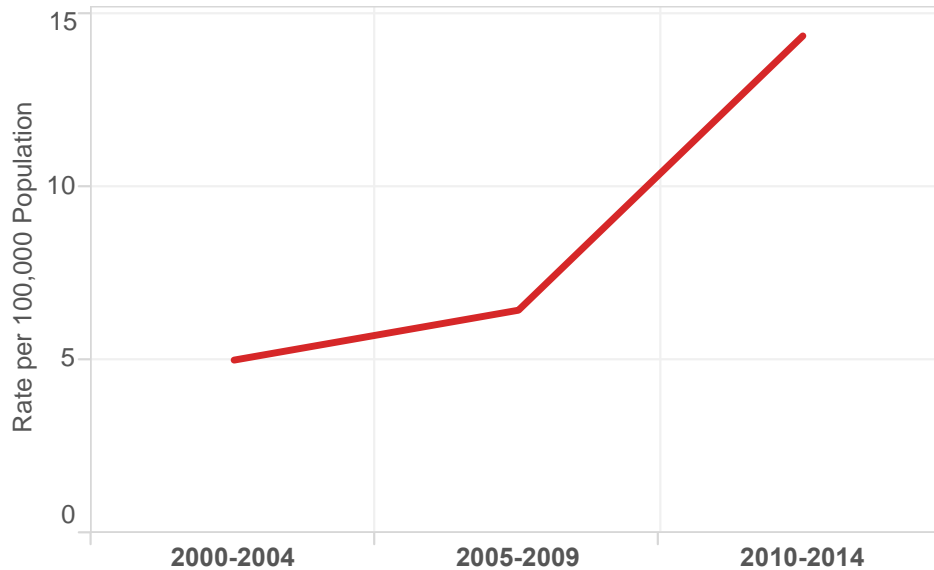
Heroin Overdose Deaths in Clatsop/Tillamook Region



Pharmaceutical Opioid Hospitalizations in Clatsop/Tillamook Region



Overdose Hospitalizations by County



Overdose Hospitalization Drug Type
Pharmaceutical Opioids

County or Grant Region

Region1 (Clatsop, Tillamook)

3 or 5 Year Rates

5 Year Rates

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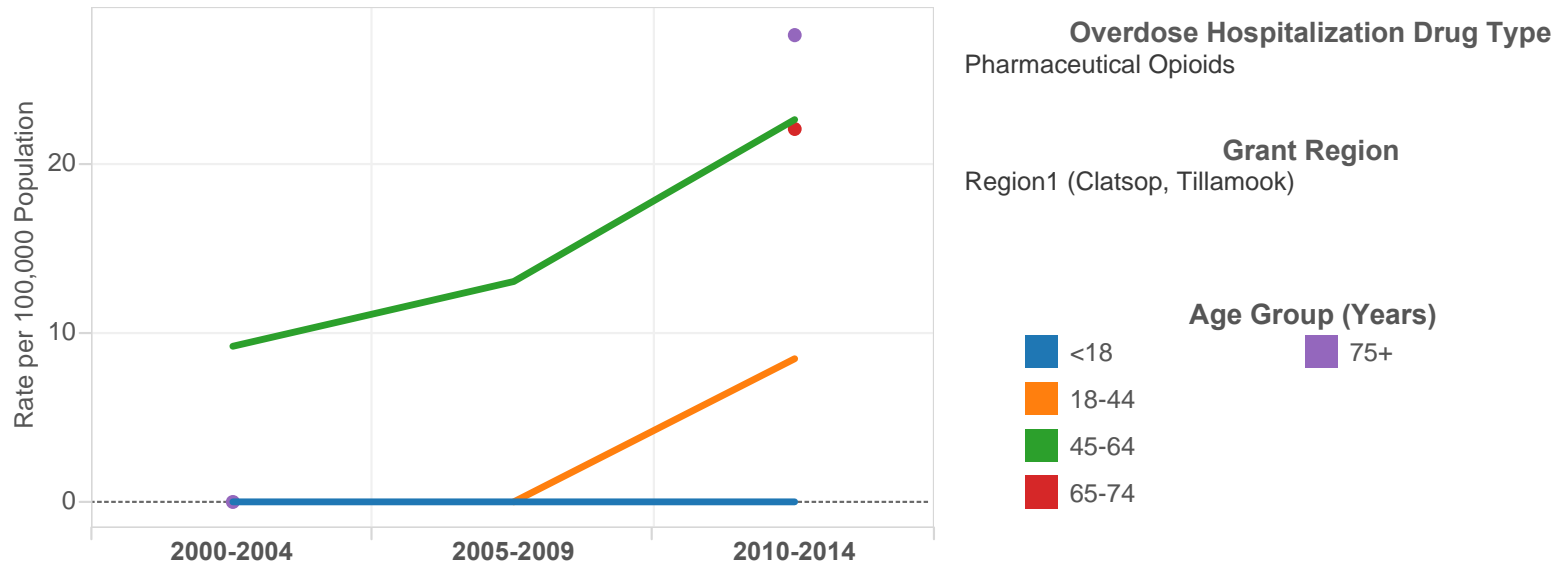
County Legend

 Region1 (Clatsop, Tillamook)

Pharmaceutical Opioid Hospitalizations By Age in Clatsop/Tillamook Region



Overdose Hospitalization by Age

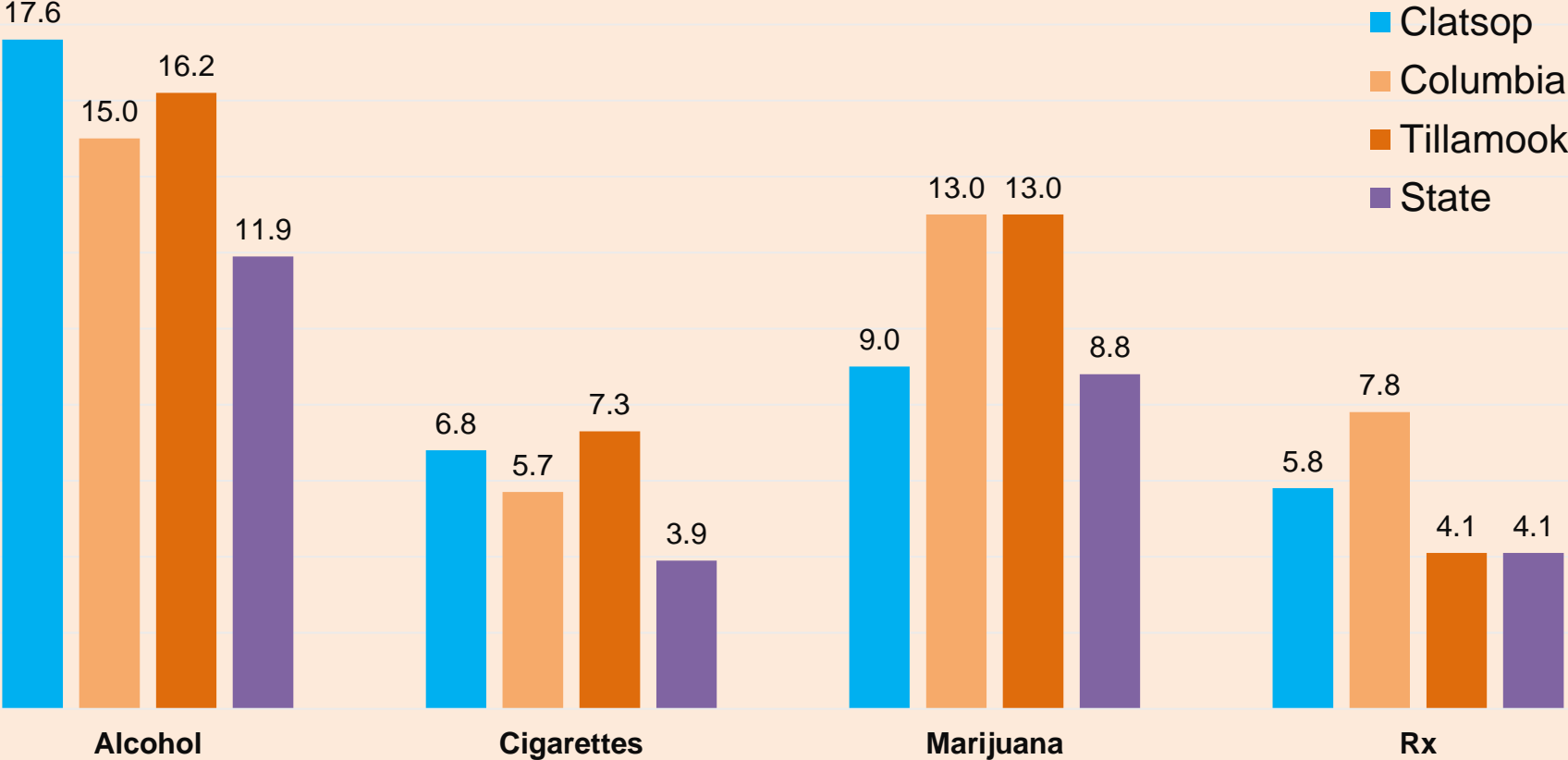


Past 30 Day Use: 8th Grade, 11th Grade

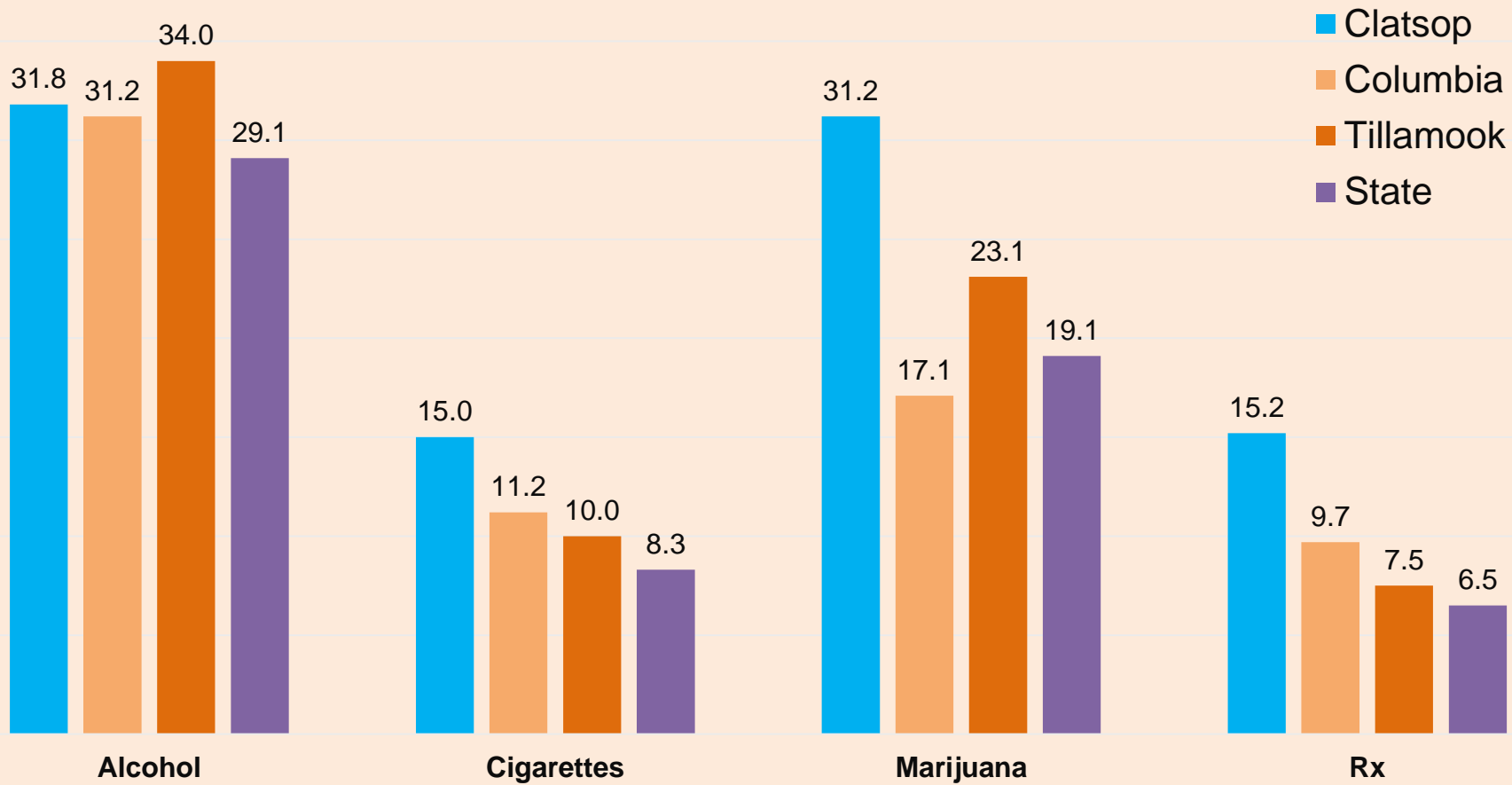


	Clatsop		Columbia		Tillamook		State	
	2013	2015	2013	2015	2013	2015	2013	2015
Past 30 Day Use: 8th Grade	2013	2015	2013	2015	2013	2015	2013	2015
Alcohol	9.7	17.6	11.9	15.0	18.2	16.2	13.8	11.9
Cigarettes	6.4	6.8	4.8	5.7	6.7	7.3	4.1	3.9
Marijuana	11.2	9.0	5.9	13.0	8.0	13.0	9.7	8.8
Rx	5.6	5.8	4.0	7.8	1.0	4.1	3.9	4.1
Past 30 Day Use: 11th Grade	2013	2015	2013	2015	2013	2015	2013	2015
Alcohol	37.6	31.8	33.5	31.2	29.1	34.0	31.0	29.1
Cigarettes	10.6	15	15.5	11.2	11.7	10.0	9.4	8.3
Marijuana	26.7	31.2	22.6	17.1	16.7	23.1	20.9	19.1
Rx	9.3	15.2	6.5	9.7	5.1	7.5	6.4	6.5

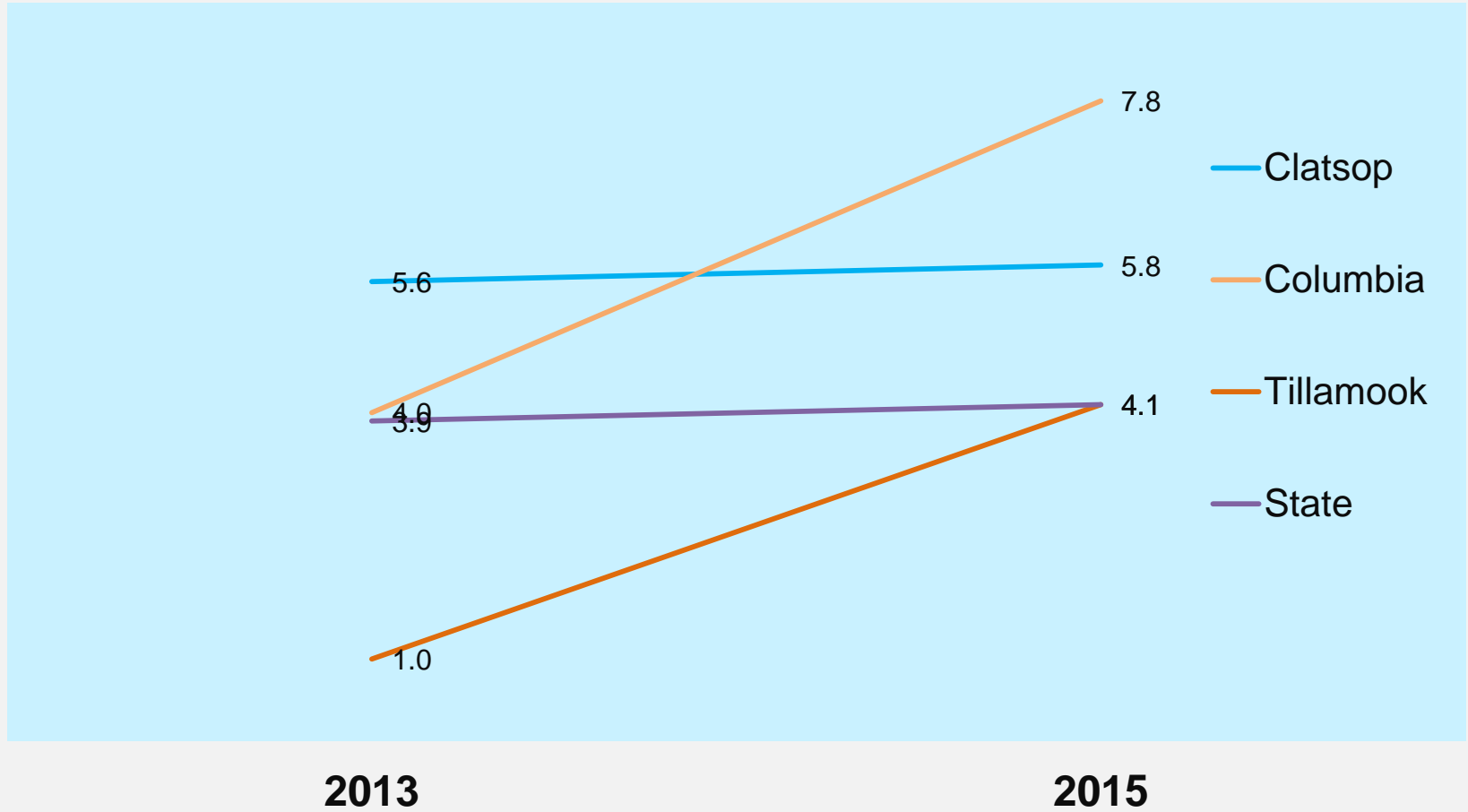
Past 30 Day Use: 8th Grade (2015)



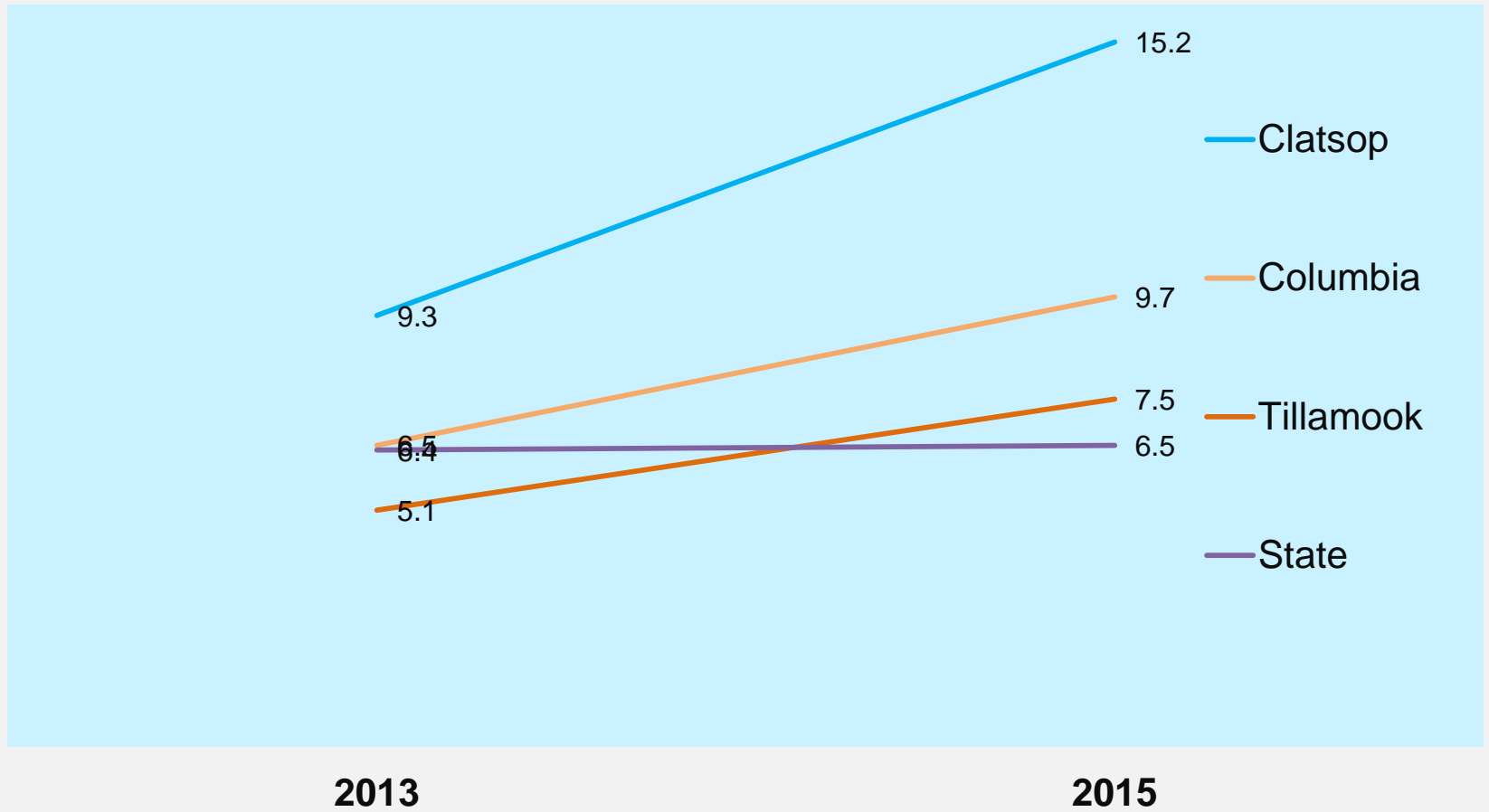
Past 30 Day Use: 11th Grade (2015)



Past 30 Day Rx Use: 8th Grade



Past 30 Day Rx Use: 11th Grade



Past 30 Day Heroin Use: 11th Grade

