OPIOID ABUSE AND PREVENTION
“Prescription Painkiller Overdoses are a Public Health Epidemic” - CDC

FOR IMMEDIATE RELEASE
October 26, 2017

HHS Acting Secretary Declares Public Health Emergency to Address National Opioid Crisis

Contact: HHS Press Office
202-690-6343
media@hhs.gov
11.8 MILLION PEOPLE WITH OPIOID MISUSE (4.4% OF TOTAL POPULATION)

11.5 MILLION Rx Pain Reliever Misusers (97.4% of opioid misusers)

Including:

6.9 MILLION Rx Hydrocodone

3.9 MILLION Rx Oxycodone

228,000 Rx Fentanyl

948,000 Heroin Users (8% of opioid misusers)

641,000 Rx Pain Reliever Misusers & Heroin Users (5.4% of opioid misusers)
THE OPIOID EPIDEMIC BY THE NUMBERS

IN 2016...

116 People died every day from opioid-related drug overdoses

11.5 m People misused prescription opioids¹

42,249 People died from overdosing on opioids²

2.1 million People had an opioid use disorder¹

948,000 People used heroin¹

170,000 People used heroin for the first time¹

2.1 million People misused prescription opioids for the first time¹

17,087 Deaths attributed to overdosing on commonly prescribed opioids²

19,413 Deaths attributed to overdosing on synthetic opioids other than methadone³

15,469 Deaths attributed to overdosing on heroin²

504 billion In economic costs³

Sources: ¹ 2016 National Survey on Drug Use and Health, ² Mortality in the United States, 2016 NCHS Data Brief No. 293, December 2017, ³ CEA Report: The underestimated cost of the opioid crisis, 2017
Opioid Overdoses Continue to Rise

- Emergency Department Visits For Opioid Overdoses Rose 30% in all Parts of the U.S. from July 2016 through September 2017
Opioids Overdoses Were Up the Most in the Midwest

The Midwestern region witnessed opioid overdoses increase 70% from July 2016 through September 2017.
The Midwest Has Among the Highest Opioid Overdose Rates in the Nation

Opioid overdose rates rose across the country

Suspected opioid overdose rate per 10,000 emergency hospital visits

Northeast: 21.4
Midwest: 20.8
West: 20.4
Southeast: 14.2
Southwest: 8.0

Source: Centers for Disease Control and Prevention
The Opioid Overdose Epidemic Affects Everyone -- From the Young ....

**Vulnerable Age**

Opioid deaths per 100,000 for both students and nonstudents between ages 15 and 24.

---

**Fatal Student Opioid Overdoses Prompt Colleges to Action**

As deaths rise, schools stock up on medicine that can reverse overdoses and establish recovery programs.

---

**Graph:**

- **Heroin**
- **Synthetic opioids including tramadol and fentanyl**
- **Natural and semi-synthetic opioids including morphine, codeine and oxycodone**

**Note:** Some individuals die with multiple drugs in their systems.

**Source:** Centers for Disease Control and Prevention

**THE WALL STREET JOURNAL.**
... to the Old

Opioid Use Soars Among Middle Aged and Elderly

JOURNAL REPORTS: RETIREMENT

Opioid Abuse Soars for the Middle-Aged and Elderly

A big part of the problem: Uninformed doctors who prescribe too many painkillers

BY LAURA LANCER

Opioid prescriptions have soared in recent years, leading to a rise in opioid addiction and overdose deaths. The problem is particularly acute among middle-aged and elderly adults. But according to the Centers for Disease Control and Prevention, Americans age 45 to 64 accounted for about 44% of deaths from drug overdoses in 2013 and 2014.

But according to the Centers for Disease Control and Prevention, Americans age 45 to 64 accounted for about 44% of deaths from overdoses in 2013 and 2014. And the proportion of adults 50 and older seeking treatment for opioid addiction has increased dramatically in recent decades.

Studies find that uninformed doctors prescribe too many painkillers for their patients.
Michigan Continues to Have One of the Highest Overdose Rates in the Nation
Michigan Has One of the Highest Drug Overdose Death Rates in the Nation

Figure 3. Age-adjusted drug overdose death rates, by state: United States, 2016

U.S. rate is 19.8 per 100,000 standard population.
- Green: Statistically lower than U.S. rate
- Blue: Statistically the same as U.S. rate
- Dark blue: Statistically higher than U.S. rate

Centers for Disease Control and Prevention
CDC 24/7 Saving Lives, Protecting People™
With 2,347 Drug Overdose Deaths in 2016, Michigan Had One of the Highest Drug Overdose Death Rates in the Nation – 24.4 per 100,000 people.
Michigan’s Overdose Death Rate Increased 19% Between 2015 and 2016
There is a Direct Correlation Between the Amount of Opioid Prescriptions and the Number of Overdoses ...
And in 2016, Michigan had one of the highest opioid prescribing rates in the nation – 84.9 opioid prescriptions per 100 residents. Only 9 states were higher.
19 Counties Had Prescribing Rates of more than 112.5 Opioid Scripts per 100 residents in 2016

- Alpena 118.8
- Calhoun 120.4
- Cheboygan 121.5
- Clare 125.3
- Crawford 127
- Emmet 127.1
- Gogebic 113
- Iosco 124.5
- Luce 132.8
- Mason 124.5
- Montcalm 115.9
- Muskegon 126.7
- Newaygo 116
- Ogemaw 148.3
- Otsego 150.3
- Roscommon 147.5
- Van Buren 112.8
- Wexford 144.7
Total Drug Poisoning Deaths in Michigan, 1999-2016*

Source: Michigan Death Certificates, Division for Vital Records and Health Statistics, MDHHS
Drug Poisoning Death by Opioids vs All Other Drugs, Michigan, 1999-2016*

Source: Michigan Death Certificates, Division for Vital Records and Health Statistics, MDHHS
Opioid Overdoses Continue to Rise in Kent County

Figure 18: Drug Deaths by Drug of First Mention, 2012-2016

<table>
<thead>
<tr>
<th>Year: Cases</th>
<th>Alcohol</th>
<th>Heroin</th>
<th>Cocaine</th>
<th>Methadone</th>
<th>Narcotic Analgesic</th>
<th>Anti-depressant</th>
<th>Anti-psychotic</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012: 97</td>
<td>4.1</td>
<td>19.6</td>
<td>5.1</td>
<td>18.6</td>
<td>37.1</td>
<td>6.2</td>
<td>2.1</td>
<td>7.2</td>
</tr>
<tr>
<td>2013: 77</td>
<td>3.9</td>
<td>23.4</td>
<td>5.2</td>
<td>23.4</td>
<td>27.2</td>
<td>6.5</td>
<td>1.3</td>
<td>9.1</td>
</tr>
<tr>
<td>2014: 75</td>
<td>1.3</td>
<td>25.3</td>
<td>4.0</td>
<td>13.3</td>
<td>37.5</td>
<td>5.3</td>
<td>4.0</td>
<td>9.3</td>
</tr>
<tr>
<td>2015: 109</td>
<td>0.9</td>
<td>29.6</td>
<td>9.3</td>
<td>13.9</td>
<td>36.1</td>
<td>4.6</td>
<td>2.8</td>
<td>2.8</td>
</tr>
<tr>
<td>2016: 93</td>
<td>1.1</td>
<td>21.5</td>
<td>8.6</td>
<td>10.8</td>
<td>41.9</td>
<td>2.2</td>
<td>3.2</td>
<td>10.7</td>
</tr>
</tbody>
</table>
### Southwest Michigan Overdoses Continue to Rise

<table>
<thead>
<tr>
<th>County/Area</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barry</td>
<td>4</td>
<td>0</td>
<td>7</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Berrien</td>
<td>3</td>
<td>1</td>
<td>21</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Branch</td>
<td>2</td>
<td>0</td>
<td>7</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Calhoun</td>
<td>6</td>
<td>0</td>
<td>35</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Cass</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Kazoo</td>
<td>14</td>
<td>3</td>
<td>27</td>
<td>23</td>
<td>7</td>
</tr>
<tr>
<td>St. Joe</td>
<td>1</td>
<td>0</td>
<td>6</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Van Buren</td>
<td>5</td>
<td>1</td>
<td>12</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>SWMBH (total)</td>
<td>35</td>
<td>5</td>
<td>117</td>
<td>45</td>
<td>11</td>
</tr>
<tr>
<td>State Total</td>
<td>426</td>
<td>222</td>
<td>1300</td>
<td>472</td>
<td>369</td>
</tr>
</tbody>
</table>

Source: Michigan Death Certificates, Division for Vital Records and Health Statistics / MDHHS

Calhoun County 2018 – the Upward Trend Continues

NON-FATAL OVERDOSE BY MONTH - Calhoun County 2018

Heroin Overdose
Opiate Overdose (excludes heroin)
Kalamazoo County Drug Deaths Up Sharply

Drug-Related Deaths, Kalamazoo County 2011 - 2016

- Accident
- Suicide
- Indeterminate

Office of the Medical Examiner
Muskegon County Drug Deaths Remain High
Early Opioid Prescribing Patterns Are Associated With Long Term Use

• In a March 2017 Study, the Centers for Disease Control Found:
  
  – Even One Prescription for an Opioid Can Be a Trigger For Opioid Abuse
  
  – The Likelihood of Chronic Opioid Use Increases Most Sharply When:
    
    • Patients Are Given a Long-Acting Pain Reliever
    
    • Patients Are Given an initial 10 to 30 Day Supply of Opioids,
    
    • Patients Are Given More than 700 Morphine Milligrams Cumulative Dose, or
    
    • A Second Prescription or Refill
Doctor Shopping

 Trafficking Organizations

- Recruit individuals to obtain narcotics
  - Patients with legitimate medical conditions (elderly/homeless)

  - False identification, obtained from consenting individuals, used to “create” medical records and obtain scripts

  - Pay patients for their narcotics and services (with $$ or narcotics)

  - Bring patients to distant locations
Prescription Drugs that Are Especially Risky
Most Commonly Overdosed Opioids

The most common drugs involved in prescription opioid overdose deaths include:

- Methadone
- Oxycodone (such as OxyContin®)
- Hydrocodone (such as Vicodin®)³
Oxycodone

• Schedule II – Most Potential for Abuse
• Brand names: OxyContin, Tylox, Percocet, Percodan
Hydrocodone

• Schedule II – Most Potential for Abuse

• Brand Names Vicodin, Lorcet, Lortab, Norco

• Since 2007, hydrocodone has been the most prescribed drug in the United States
Methadone Is Particularly Lethal

Methadone accounted for approximately 1% of all opioids prescribed for pain but accounted for approximately 23% of all prescription opioid deaths in 2014.

Methadone is an opioid prescribed for pain management and is also provided through opioid treatment programs to treat opioid use disorders.

Because methadone might remain in a person’s system long after the pain-relieving benefits have been exhausted, it can cause slow or shallow breathing and dangerous changes in heartbeat that might not be perceived by the patient.
The Combination of an Opioid with a Benzodiazepine (Xanax, Klonopin, Ativan) is Deadly

- Increased risk of overdose
- CDC Recommends against the concurrent prescribing of an opioid with a benzodiazepine “unless absolutely necessary”
- FDA Black Box Warning
- Sought by addicts
Fentanyl – Found in Almost 100% of Heroin Seizures
Fentanyl is Increasingly Responsible for Opioid Overdose Deaths

Figure 4. Age-adjusted drug overdose death rates, by opioid category: United States, 1999–2016

- Synthetic opioids other than methadone
- Natural and semisynthetic opioids
- Heroin
- Methadone
Michigan Has More Fentanyl Than Other States

Change in Reported Law Enforcement Fentanyl Encounters 2014-2015
Prescription Drugs Are A Gateway to Heroin Abuse
HEROIN DEATHS HAVE SKYROCKETED

HEROIN PAST YEAR USE

<table>
<thead>
<tr>
<th>Year</th>
<th>Heroin Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002</td>
<td>404,000</td>
</tr>
<tr>
<td>2015</td>
<td>828,000</td>
</tr>
<tr>
<td>2016</td>
<td>948,000</td>
</tr>
</tbody>
</table>

- 2002: 0.2% (900K)
- 2015: 0.3% (600K)
- 2016: 0.4% (300K)

The number of heroin users increased 2.35 fold (135%)

Source: SAMHSA

HEROIN DEATHS

<table>
<thead>
<tr>
<th>Year</th>
<th>Heroin Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002</td>
<td>2,089</td>
</tr>
<tr>
<td>2015</td>
<td>13,101</td>
</tr>
<tr>
<td>2016</td>
<td>13,219*</td>
</tr>
</tbody>
</table>

- 2002: 0
- 2015: 12k
- 2016: 8k

The number of heroin deaths increased 6.33 fold (533%)

Source: CDC National Vital Statistics System (NCHS)

*Estimated
### Heroin Use Has INCREASED Among Most Demographic Groups

<table>
<thead>
<tr>
<th></th>
<th>2002-2004*</th>
<th>2011-2013*</th>
<th>% CHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEX</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>2.4</td>
<td>3.6</td>
<td>50%</td>
</tr>
<tr>
<td>Female</td>
<td>0.8</td>
<td>1.6</td>
<td>100%</td>
</tr>
<tr>
<td><strong>AGE, YEARS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12-17</td>
<td>1.8</td>
<td>1.6</td>
<td>--</td>
</tr>
<tr>
<td>18-25</td>
<td>3.5</td>
<td>7.3</td>
<td>109%</td>
</tr>
<tr>
<td>26 or older</td>
<td>1.2</td>
<td>1.9</td>
<td>58%</td>
</tr>
<tr>
<td><strong>RACE/ETHNICITY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Hispanic white</td>
<td>1.4</td>
<td>3.0</td>
<td>114%</td>
</tr>
<tr>
<td>Other</td>
<td>2.0</td>
<td>1.7</td>
<td>--</td>
</tr>
<tr>
<td><strong>ANNUAL HOUSEHOLD INCOME</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less than $20,000</td>
<td>3.4</td>
<td>5.5</td>
<td>62%</td>
</tr>
<tr>
<td>$20,000–$49,999</td>
<td>1.3</td>
<td>2.3</td>
<td>77%</td>
</tr>
<tr>
<td>$50,000 or more</td>
<td>1.0</td>
<td>1.6</td>
<td>60%</td>
</tr>
<tr>
<td><strong>HEALTH INSURANCE COVERAGE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>4.2</td>
<td>6.7</td>
<td>60%</td>
</tr>
<tr>
<td>Medicaid</td>
<td>4.3</td>
<td>4.7</td>
<td>--</td>
</tr>
<tr>
<td>Private or other</td>
<td>0.8</td>
<td>1.3</td>
<td>63%</td>
</tr>
</tbody>
</table>
Prescription opioid misuse is a major risk factor for heroin use.

- **3 out of 4 people** who used heroin in the past year misused opioids first.

- **7 out of 10 people** who used heroin in the past year also misused opioids in the past year.

Nearly 80% of heroin users reported misusing prescription opioids prior to heroin.

Prescription Drugs Are A Gateway to Heroin Abuse

People who are addicted to...

- Alcohol: 2x more likely
- Marijuana: 3x more likely
- Cocaine: 15x more likely
- RX Opioid Painkillers: 40x more likely

What Can Be Done
Responding to the Heroin Epidemic

PREVENT People From Starting Heroin
Reduce prescription opioid painkiller abuse.
Improve opioid painkiller prescribing practices and identify high-risk individuals early.

REDUCE Heroin Addiction
Ensure access to Medication-Assisted Treatment (MAT).
Treat people addicted to heroin or prescription opioid painkillers with MAT which combines the use of medications (methadone, buprenorphine, or naltrexone) with counseling and behavioral therapies.

REVERSE Heroin Overdose
Expand the use of naloxone.
Use naloxone, a life-saving drug that can reverse the effects of an opioid overdose when administered in time.

SOURCE: CDC Vitalsigns, July 2015
What Can Be Done

What can be done?

We need to improve prescribing of opioids, expand treatment of addiction, and reduce access to illegal opioids.

- **Improve opioid prescribing** to reduce exposure to opioids, prevent abuse, and stop addiction.
- Expand access to evidence-based substance abuse treatment, such as Medication-Assisted Treatment, for people already struggling with opioid addiction.
- Expand access and use of naloxone—a safe antidote to reverse opioid overdose.
- Promote the use of state prescription drug monitoring programs, which give health care providers information to improve patient safety and prevent abuse.
- Implement and strengthen state strategies that help prevent high-risk prescribing and prevent opioid overdose.
- Improve detection of the trends of illegal opioid use by working with state and local public health agencies, medical examiners and coroners, and law enforcement.