

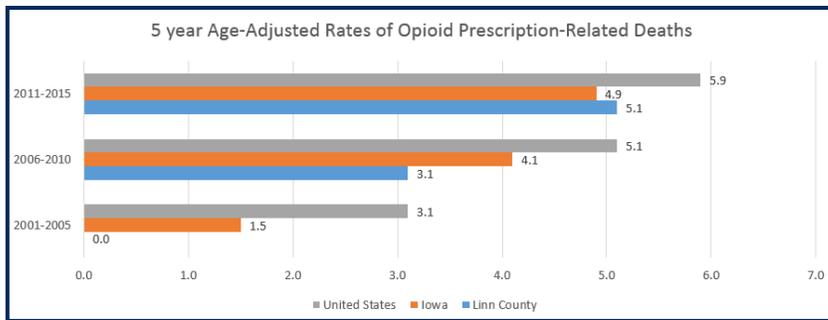
# The Opioid Epidemic

## Linn County, Iowa

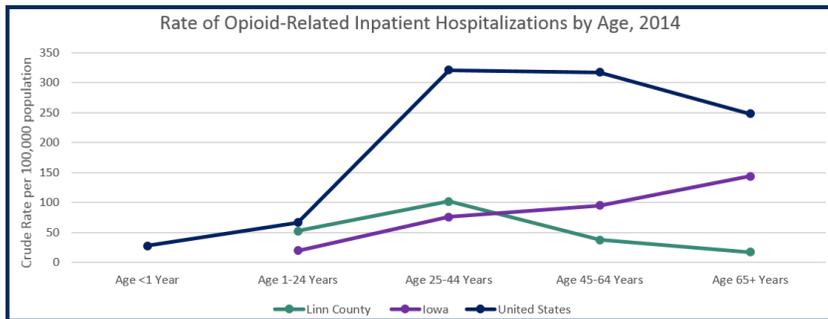
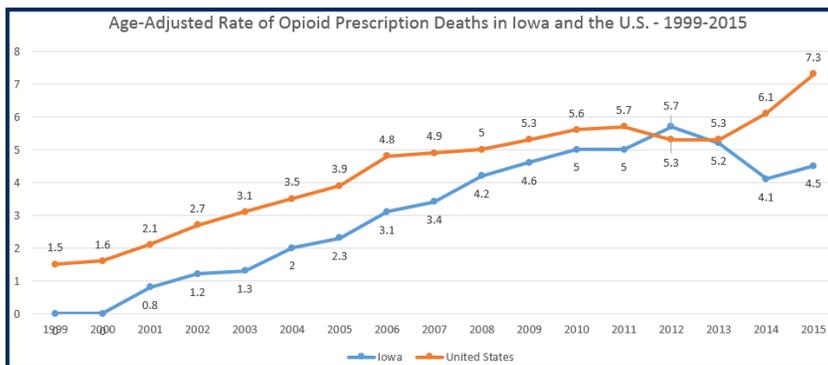
Overdoses and deaths related to opioid and synthetic opioid use have increased significantly over the last decade. In 2015, more people died from drug overdoses than in any year on record, and the majority of these national drug overdose deaths (more than six out of ten) involved an opioid.<sup>1</sup> Although the state saw a slight decline in opioid related deaths in 2014, deaths related to opioid use in Linn County and Iowa are increasing overall.

Opioid related deaths in our county are far too high and are a top public health concern for Linn County Public Health and related agencies. Our community must take steps to respond to this epidemic and focus efforts on prevention and treatment.

*Opioids are a class of drugs that include heroin as well as prescription painkillers such as oxycodone, hydrocodone, codeine, morphine, and fentanyl*



Drug Poisoning Death Rate per 100,00 by County, 2010-2014<sup>2</sup>



IYS Question C17	6th Grade						8th Grade			11th Grade			All Grades		
	TOTAL	M	F	TOTAL	M	F	TOTAL	M	F	TOTAL	M	F			
	How much do you think you risk harming yourself (physically or otherwise) if you: Use prescription medication (that were prescribed for you by your doctor) different from the directions?	47%	47%	47%	59%	59%	59%	54%	52%	56%	53%	53%	54%		
Great Risk	17%	16%	18%	18%	17%	18%	25%	25%	25%	20%	19%	20%			
Moderate Risk	6%	7%	6%	6%	5%	6%	8%	8%	7%	6%	7%	6%			
Slight Risk	21%	21%	22%	15%	14%	15%	9%	9%	9%	15%	15%	15%			
No Risk	8%	9%	7%	3%	4%	3%	4%	6%	3%	5%	6%	4%			
Don't Know	94%	94%	95%	97%	98%	97%	98%	98%	98%	96%	97%	96%			
Percent who answered question	94%	94%	95%	97%	98%	97%	98%	98%	98%	96%	97%	96%			

# The Opioid Epidemic Prevention & Treatment in Linn County

- > **Heroin** is a highly addictive opioid drug with a high risk of overdose and death
- > **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<sup>3</sup>



## Prevention

- > Continue **evidence-based programming** in the schools to increase perception of harm related to prescription medication misuse
- > The majority of people who abuse prescription drugs obtain them from a friend or relative. **Count, Lock, and Dispose** is an important step to take if someone in your home is prescribed prescription painkillers

**Count:** Pay close attention to the amount of pills remaining

**Lock:** Store prescription medication in a secure location or lock box

**Dispose:** Take unused/expired prescription medication to the county drop box

- > Promote the **Iowa Prescription Drug Monitoring Program (PMP)** that provides authorized prescribers and pharmacists with information regarding their patients' use of controlled substances
- > Promote **CDC Guidelines for Prescribing** that includes prescribing only 3 days worth of prescription painkillers for acute short-term pain and explore other medication and treatment for chronic long-term pain

*Most first time abusers of painkillers obtain them from a friend or relative<sup>4</sup>*



## Treatment

Promote **Medication Assistant Treatment (MAT)**. MAT is the use of pharmacological medications (Naloxone, Suboxone, Vivitrol) in combination with therapy to provide a whole person approach to the treatment of substance use disorders. Research has shown that MAT substantially increases the odds of successful recovery from opioid addiction. Area Substance Abuse Council (ASAC) offers MAT services in Linn County for adult opioid use disorders

1. CDC, MMWR, 2016; 65; 50-51.
2. CDC NVSS Multiple Cause of Death File, 2010-2014.
3. National Survey on Drug Use and Health (NSDUH), 2011-2013.
4. SAMHSA, National Survey on Drug Use and Health, 2014.