DRUG TRENDS IN IOWA

PROGRESS, PERIL & PERSEVERANCE

Governor's Office of Drug Control Policy

January 2016

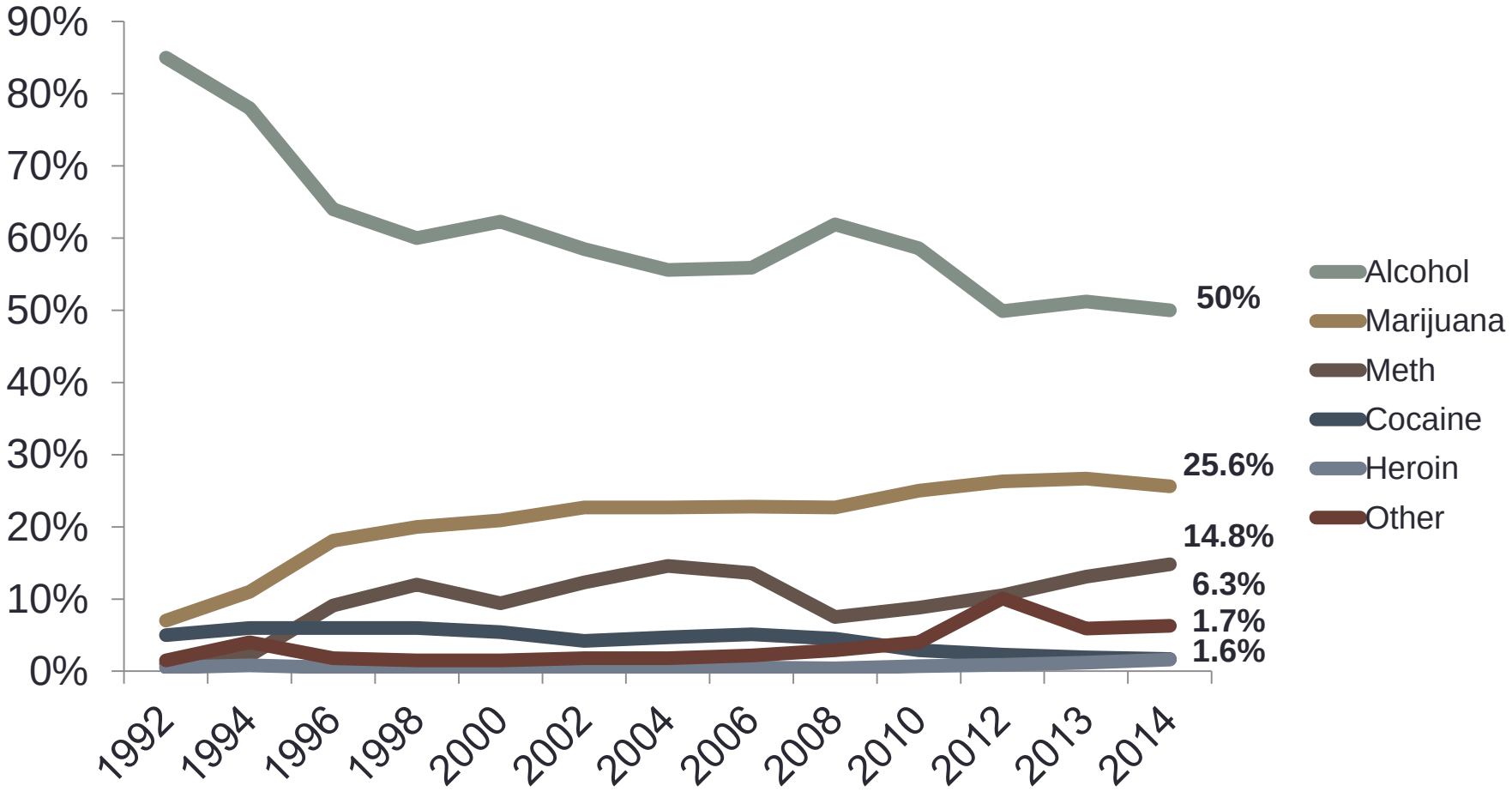
Trending in Iowa: Drug Use at a Glance

- 2nd lowest rate of illicit drug use & 13th lowest rate of Rx abuse in US.
  (NSDUH, 2013-2014)
- Youth substance abuse declined steadily over last decade.
  (IYS, 2014)
- Meth labs down ~90% vs. peak of 12 years ago (135 vs. 1,500).
  (IDPS, 2015)
- Meth use treatment rate 11th highest in US.
  (TEDS, 2012)
- Underage & binge drinking exceed national average.
  (NSDUH, 2013-2014)
- OD deaths from Rx drugs (heroin too) near all time highs. Medicine misuse/abuse fastest growing form of substance abuse.
  (ODCP, 2015)
- Marijuana “concentrates” are becoming more prevalent.
  (IDPS/ODCP, 2015)
- Synthetic drugs still evolving threat.
  (ODCP/IPCC 2015)

Most Recent Data Available

Drugs of Choice: All Iowans

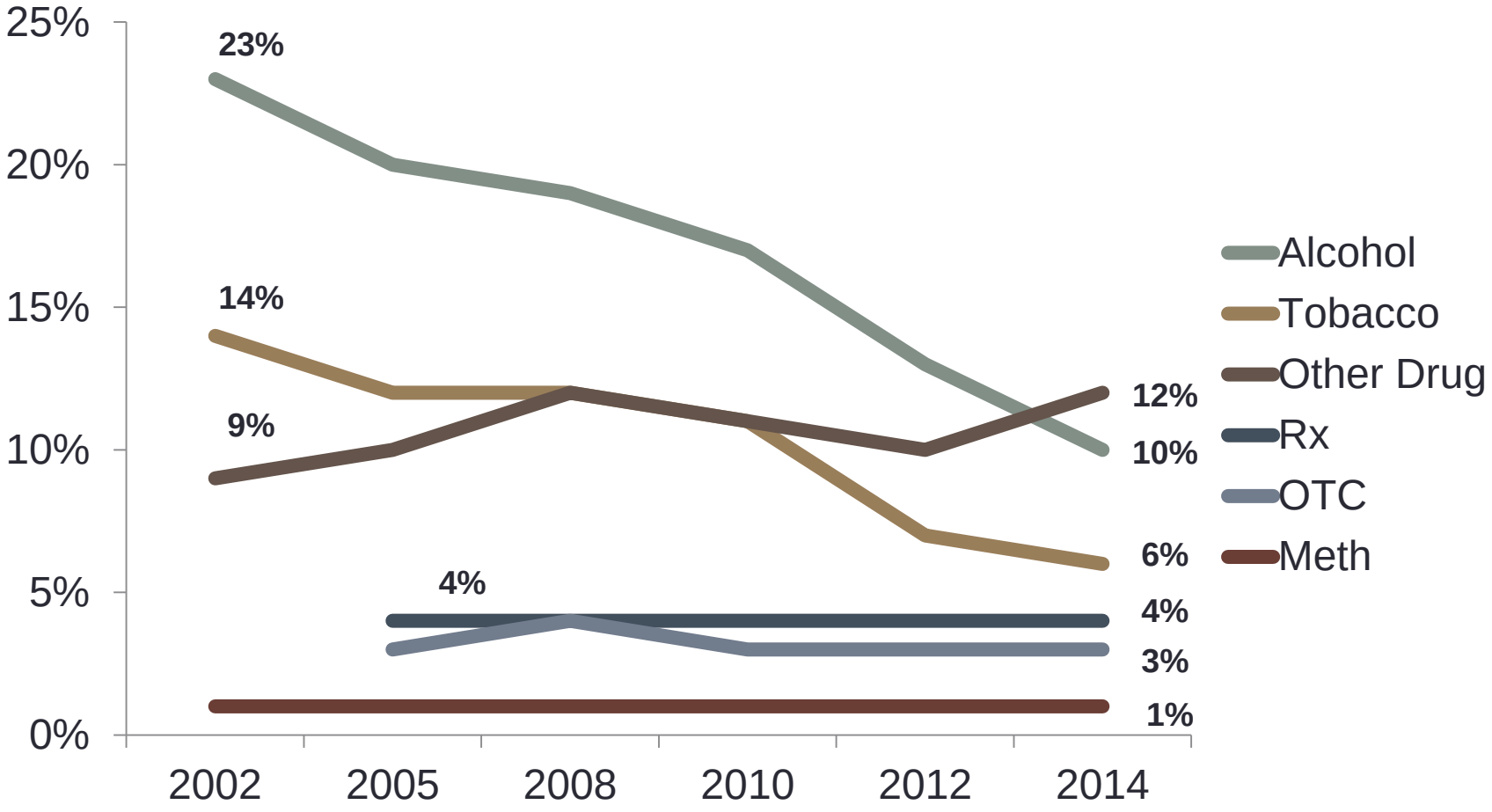
Primary Substance of Choice by Iowans in Treatment



IDPH, 2014

Iowa Youth Substance Abuse

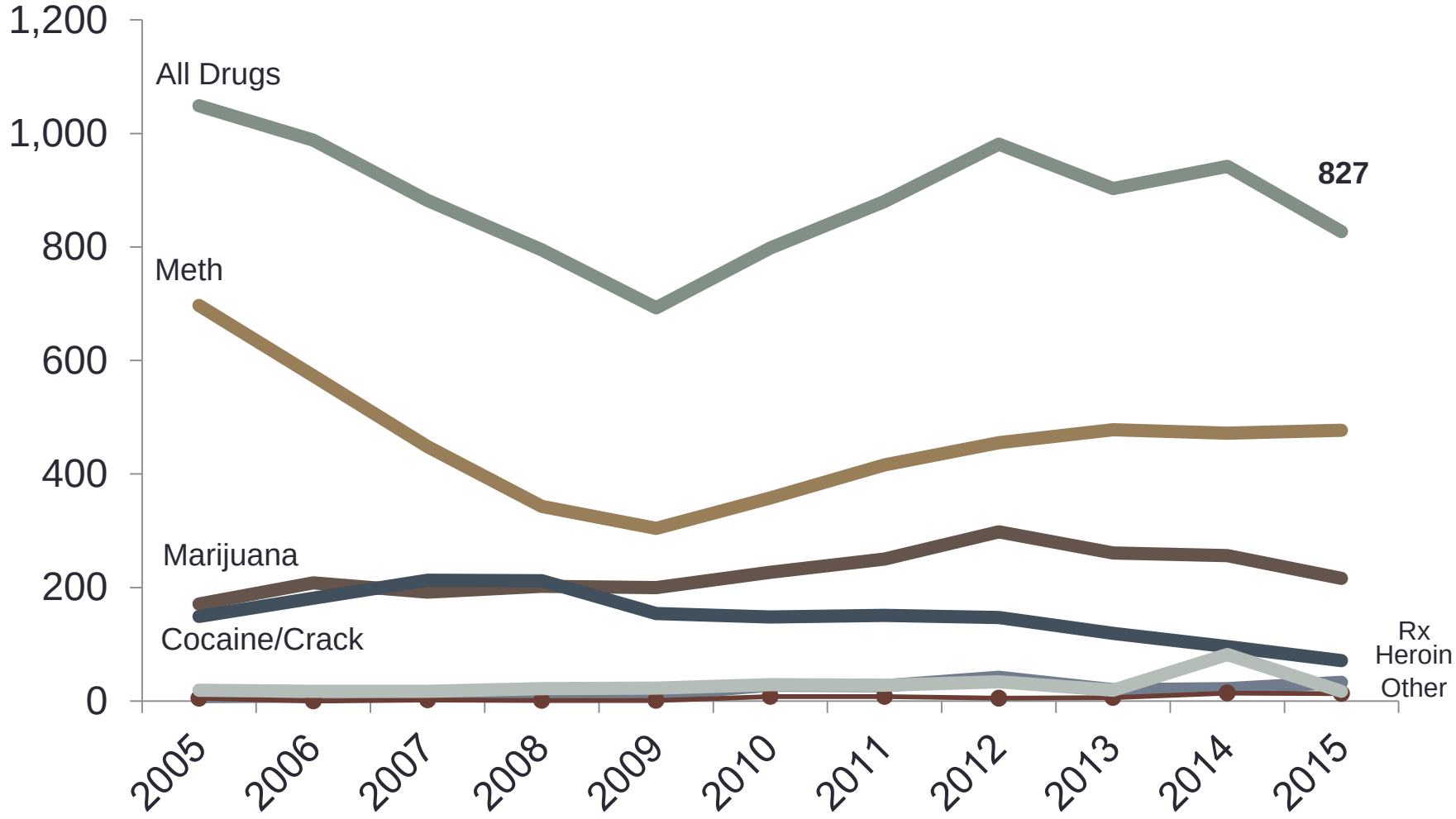
6th, 8th and 11th Grade Users, Last 30-Days



Iowa Youth Survey, 2014

Iowa "Drug-Related" Prison Admissions

Primary Drug Involved

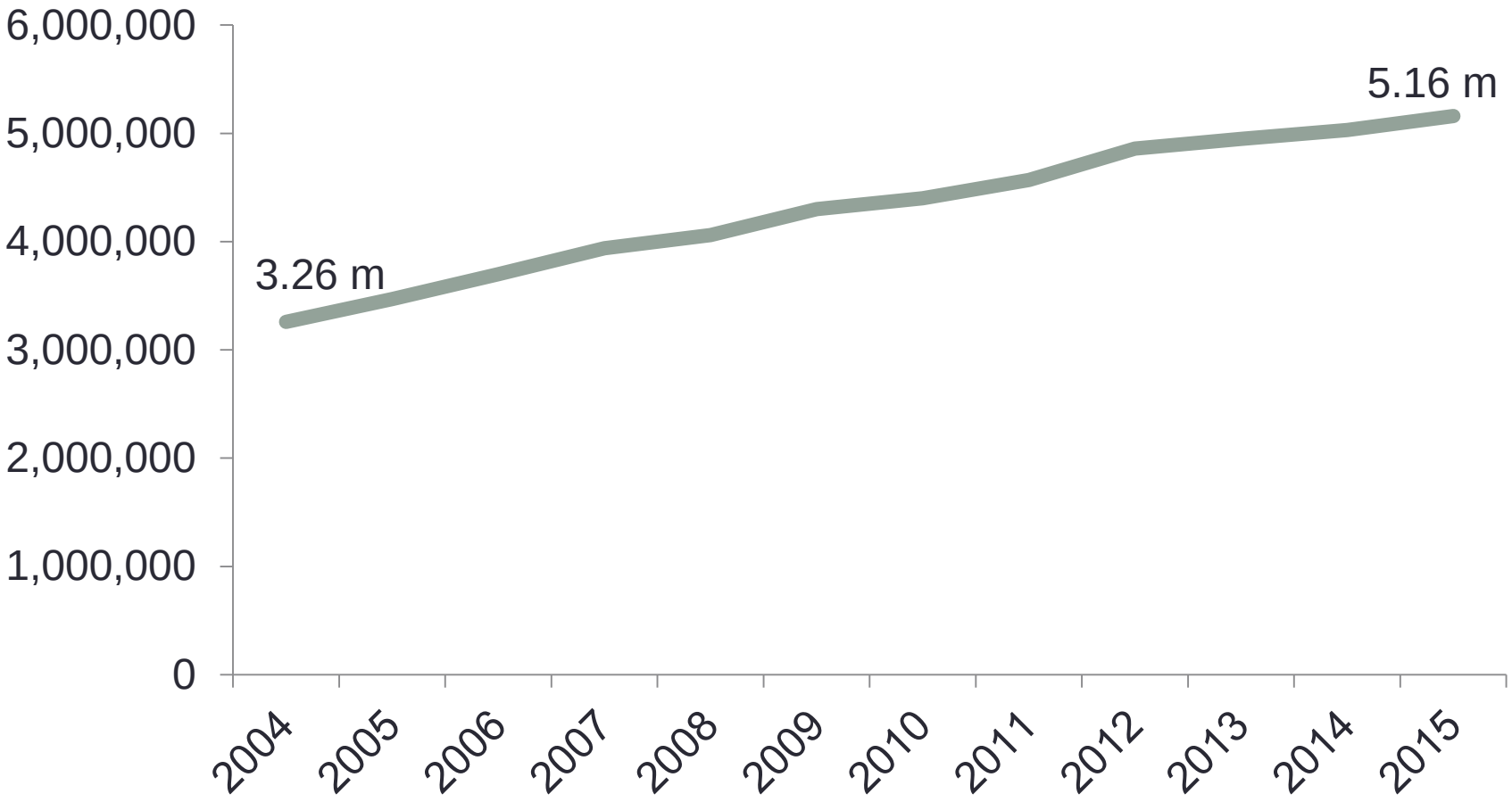


Iowa Justice Data Warehouse, 2015

Alcohol

Iowa Annual Distilled Spirits Sales

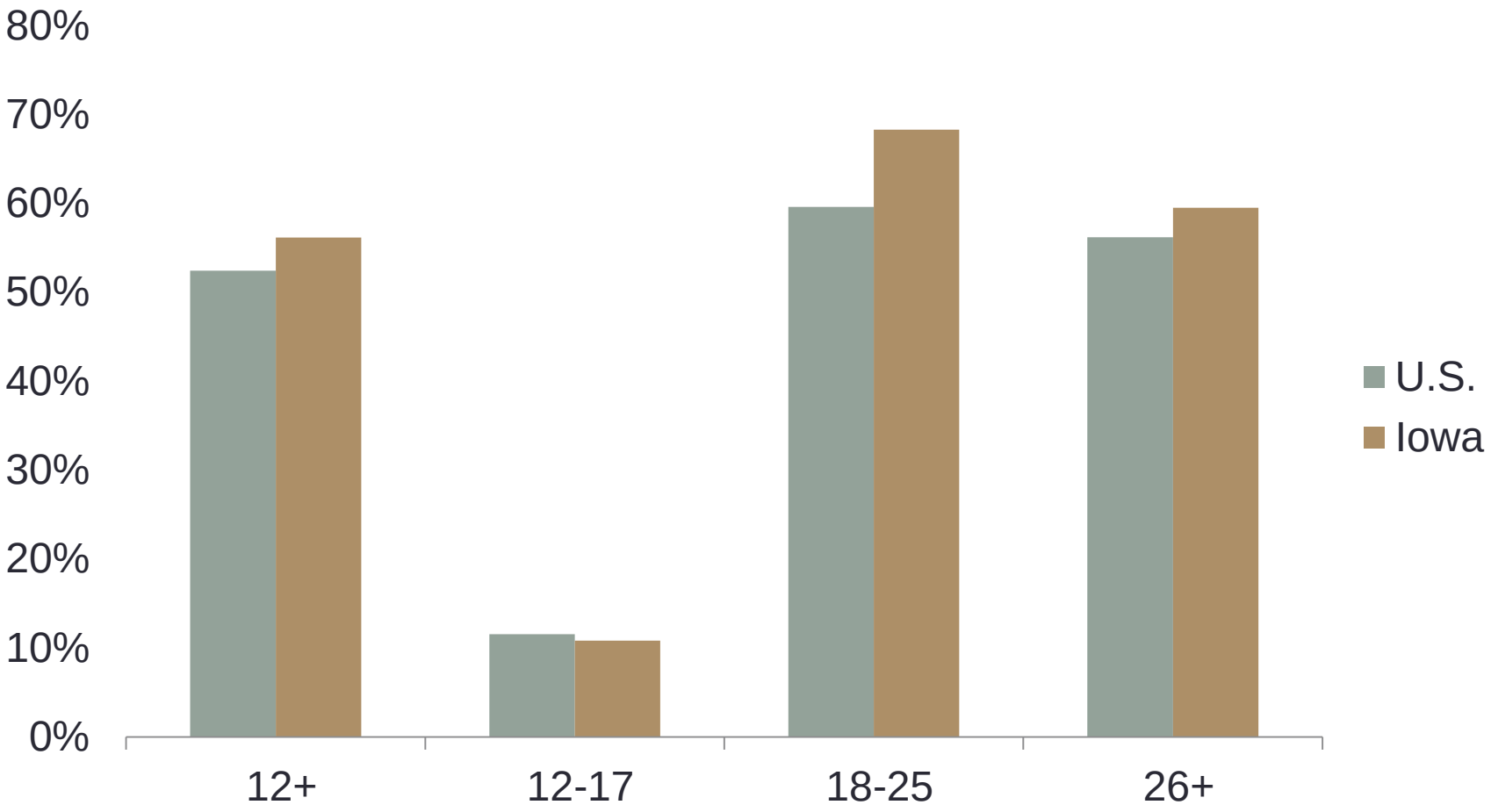
Millions of Gallons Sold to Adults



IABD, 2015

Current Alcohol Use

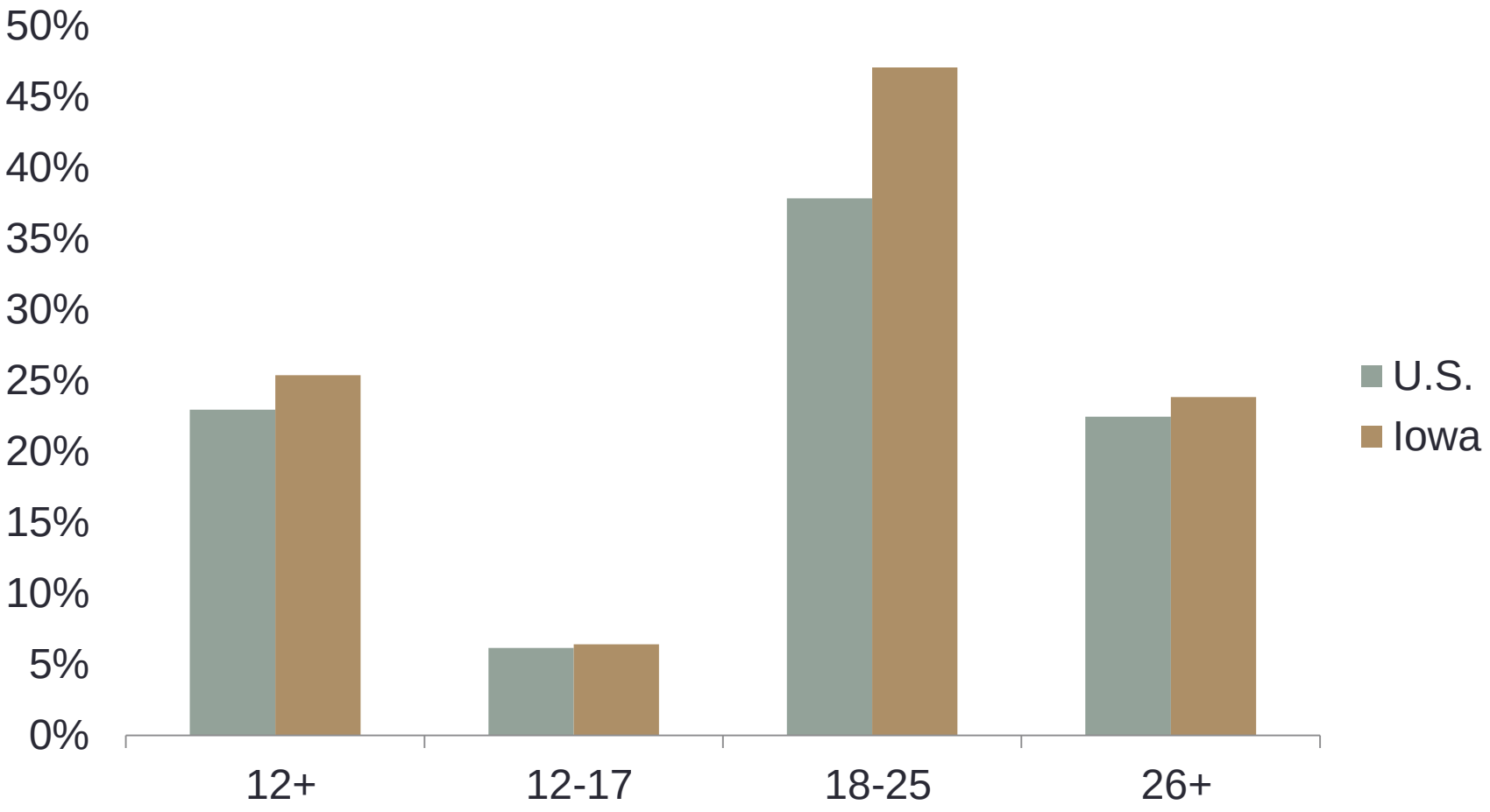
Last 30-Days



NSDUH, 2013/2014

Current Binge Drinking

Last 30-Days



NSDUH, 2013/2014

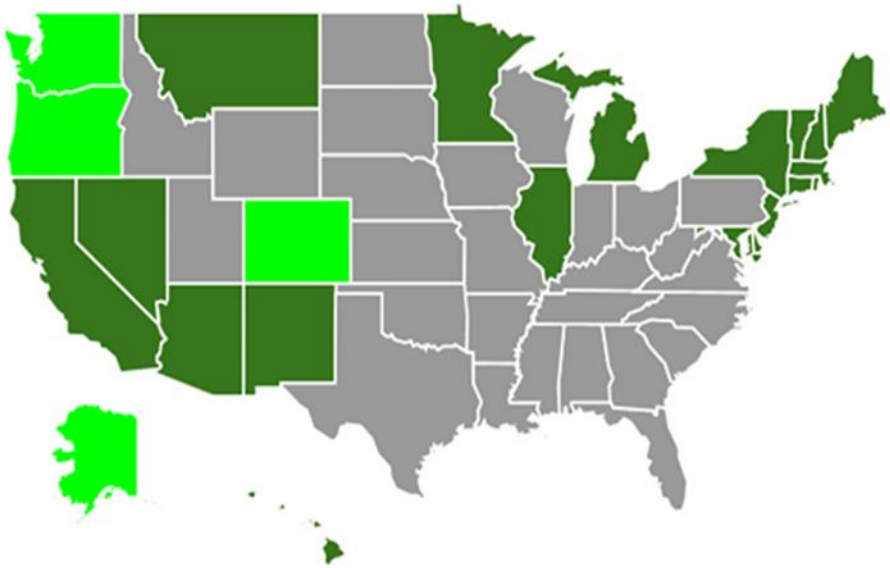
Marijuana

Marijuana Laws & Use by Teens

by State

“Medical” & “Recreational” Marijuana Laws

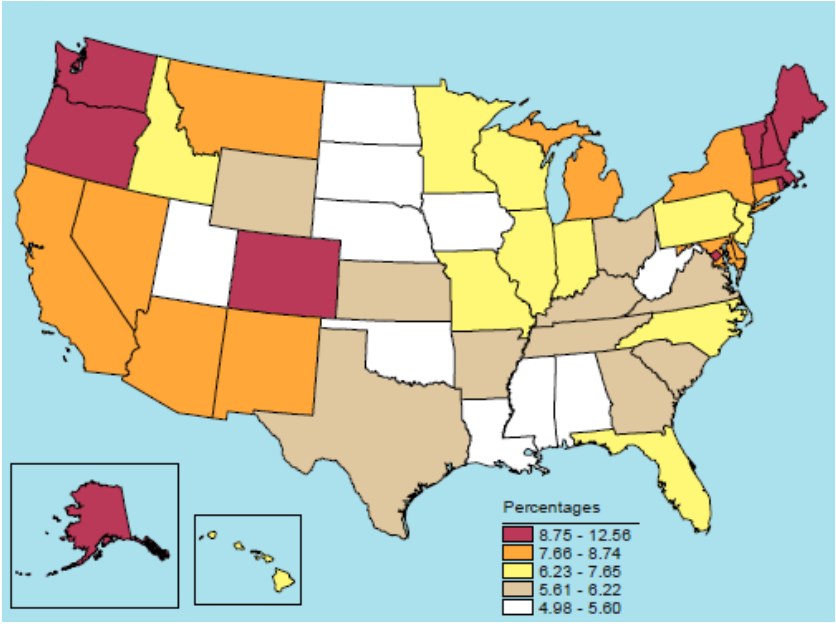
(2015 Governing.com)



- Dark Green = “Medical” marijuana (23 & DC).
- Light Green = “Medical” & “Recreational” marijuana (4).
- Not Shown: Low THC non-psychoactive “CBD” oils (16, including Iowa, where the Pharmacy Board recommended in 2015 the Legislature consider rescheduling CBD only).

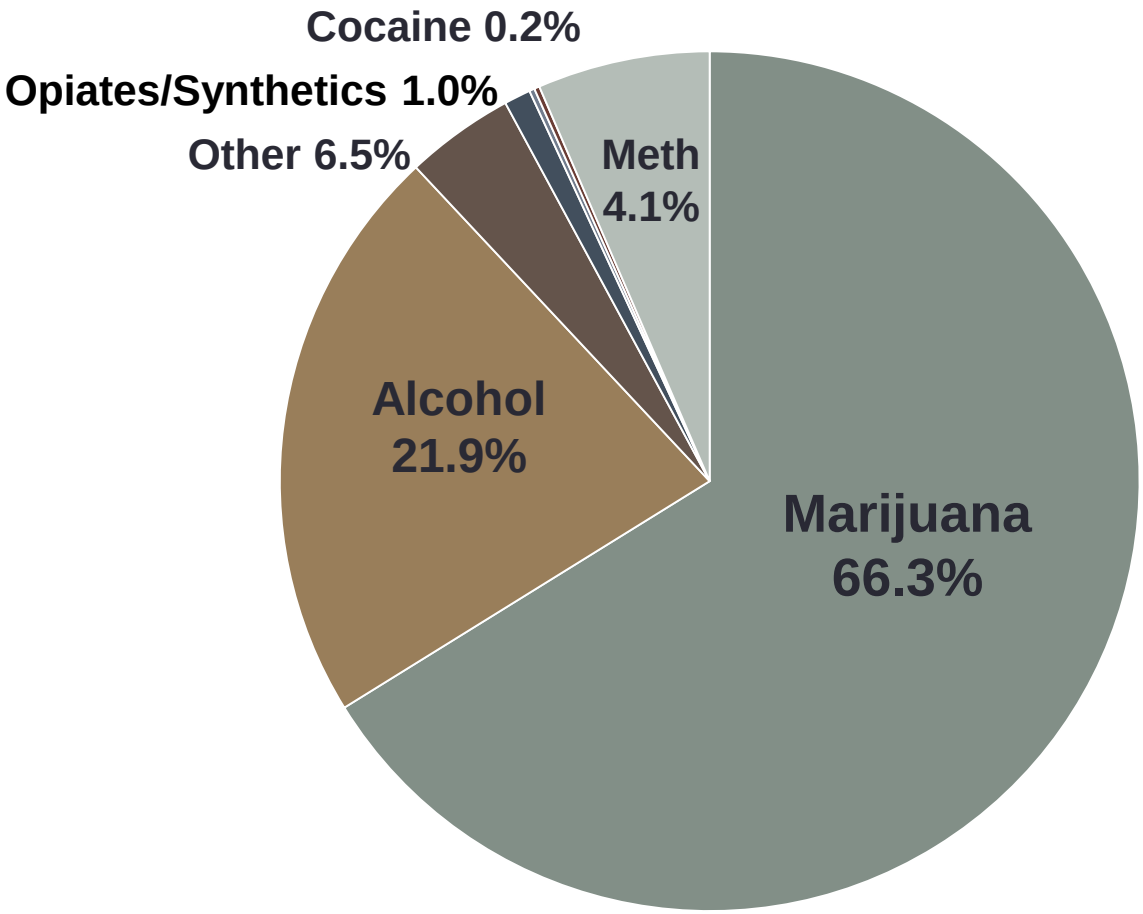
Past Month Use by 12-17 Year Olds

(2013-2014 NSDUH)



Iowa Youth Drugs of Choice

Primary Substance by Juvenile Clients Entering Treatment

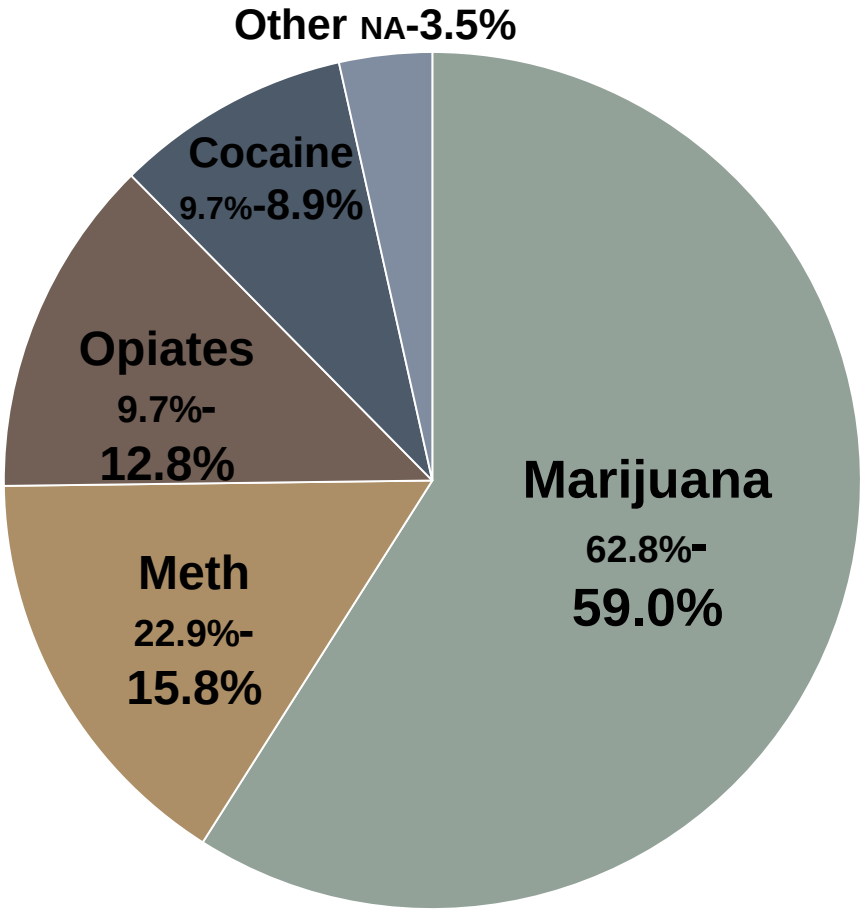


IDPH, 2014

Iowa's Workplace

Positive Drug Tests Reported 2002-2011

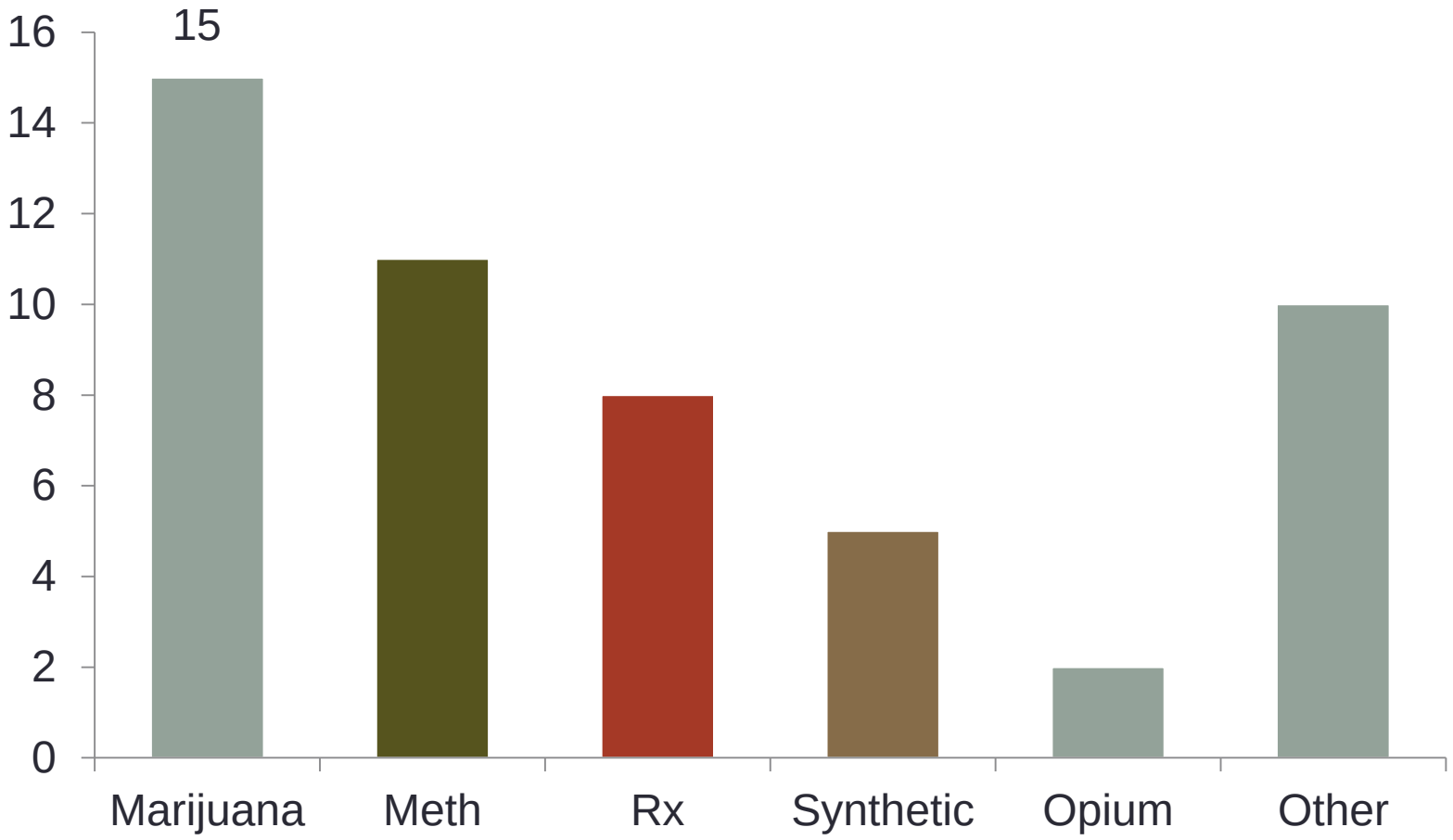
Positive drug tests for marijuana among employees in the general U.S. workforce increased in 2014 for the 3rd straight year. Marijuana was detected in 2.4% of all drug tests, a 14.3% increase vs. 2013, when a 5% increase was recorded vs. 2012.
2015 Quest Diagnostics



IDPH, 2014

Iowa Drug-Related Traffic Fatalities

Number Killed in 2014 Who Tested Positive for Illicit Drugs

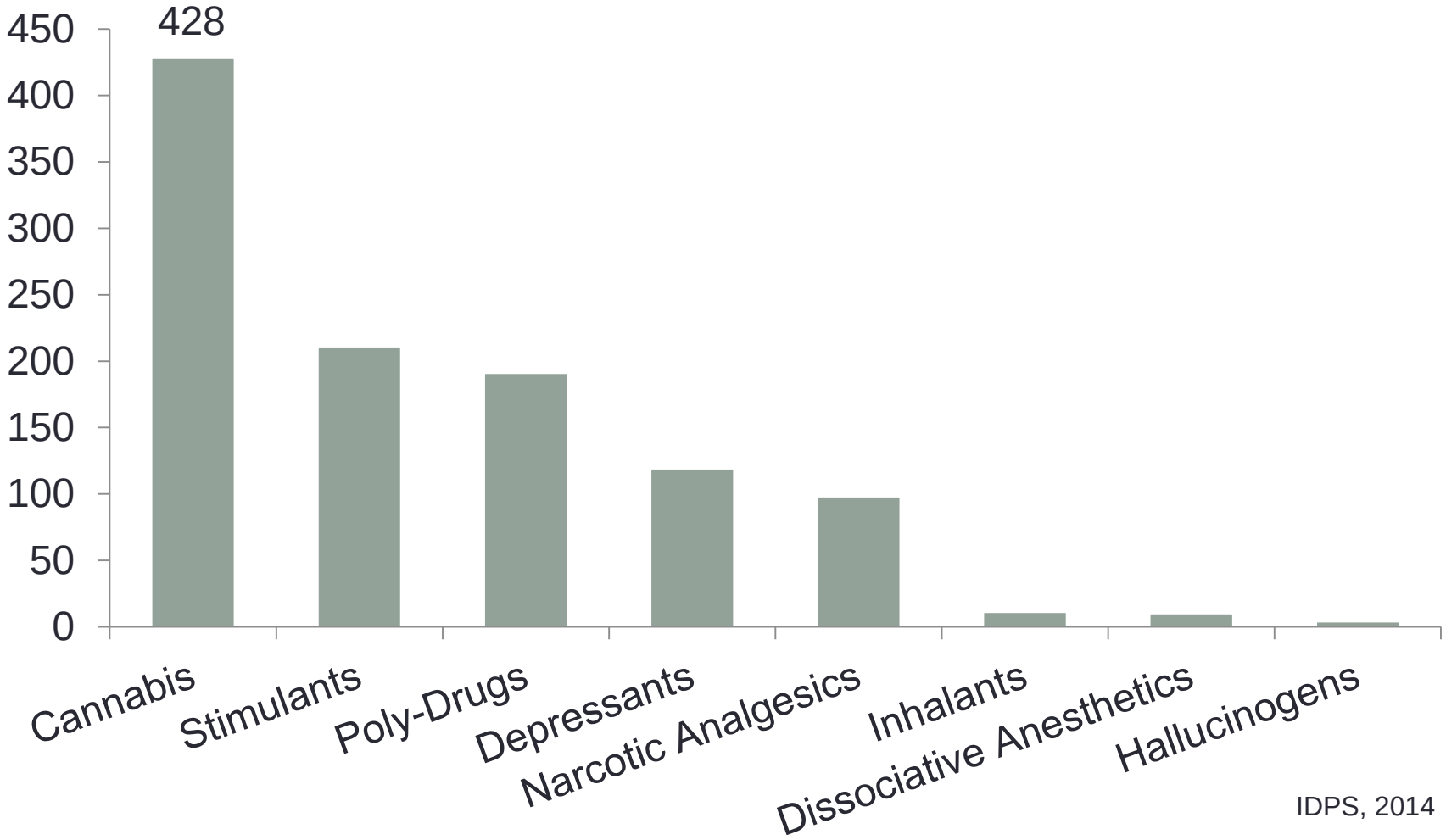


Does not include alcohol-related fatalities.
Alcohol & poly-drug combinations were detected in some crashes.

Source: IDOT, 2014

Iowa Drug-Impaired Driving

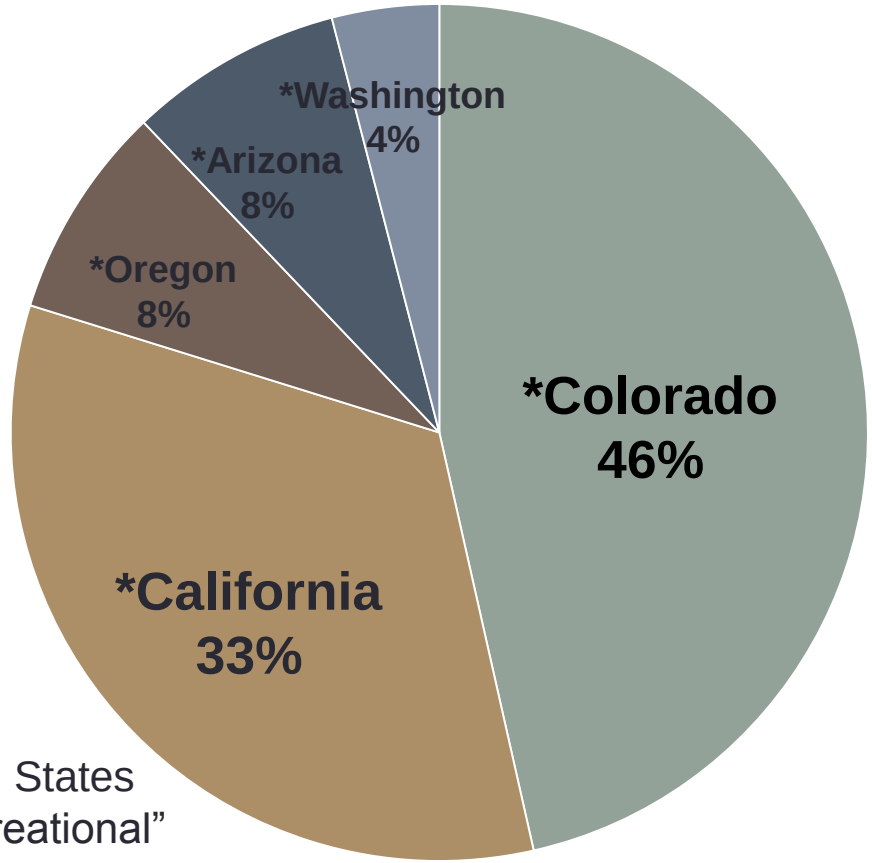
2014 Non-Alcohol Evaluations by Drug Recognition Experts



IDPS, 2014

Source of Marijuana Seized in Iowa

2014 Iowa State Patrol Significant Highway Interdictions

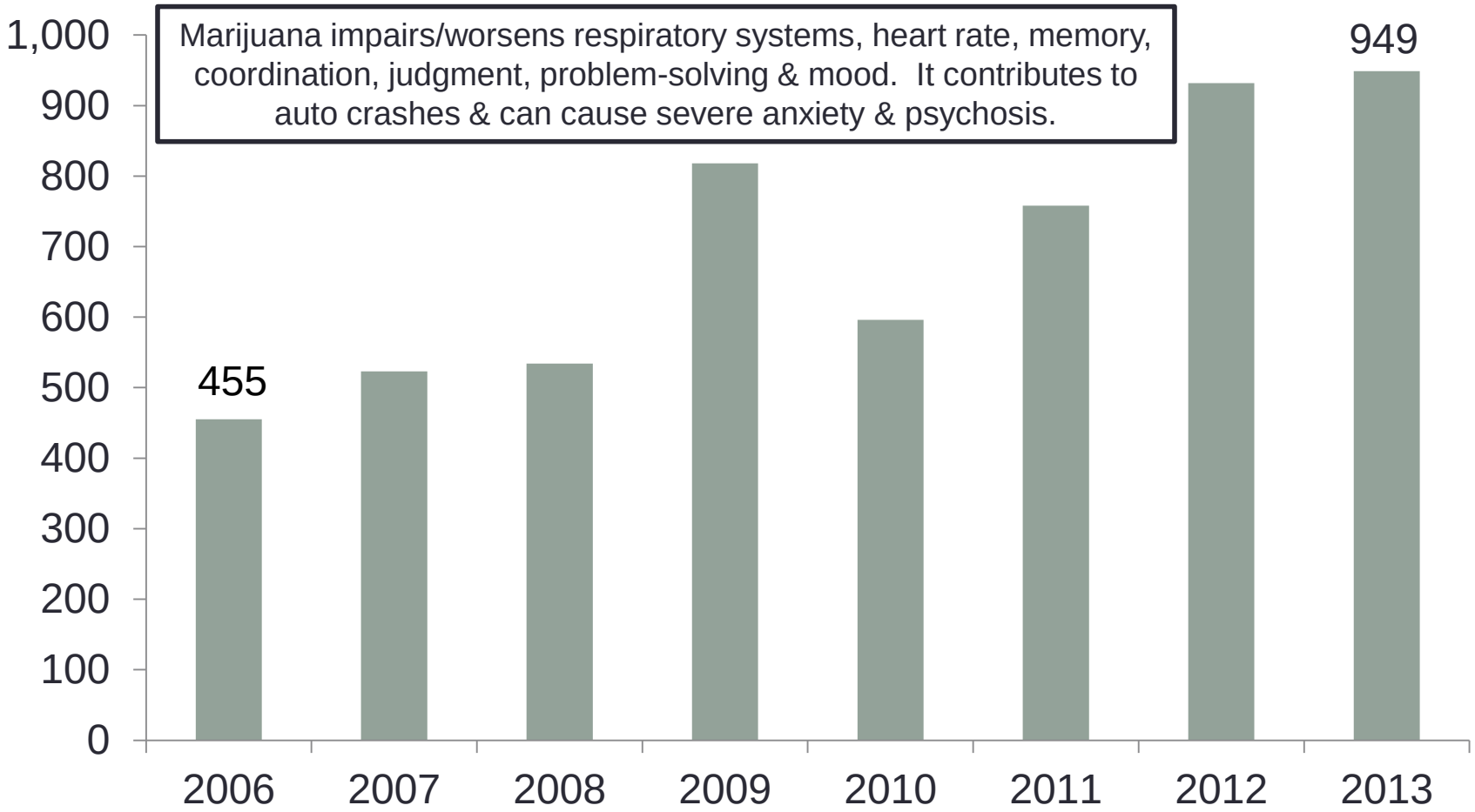


*All 24 Seizures from States with “Medical” or “Recreational” Marijuana Laws

IDPS, 2014

Iowa Marijuana ER Visits

Marijuana Use as Causal or Contributing Factor

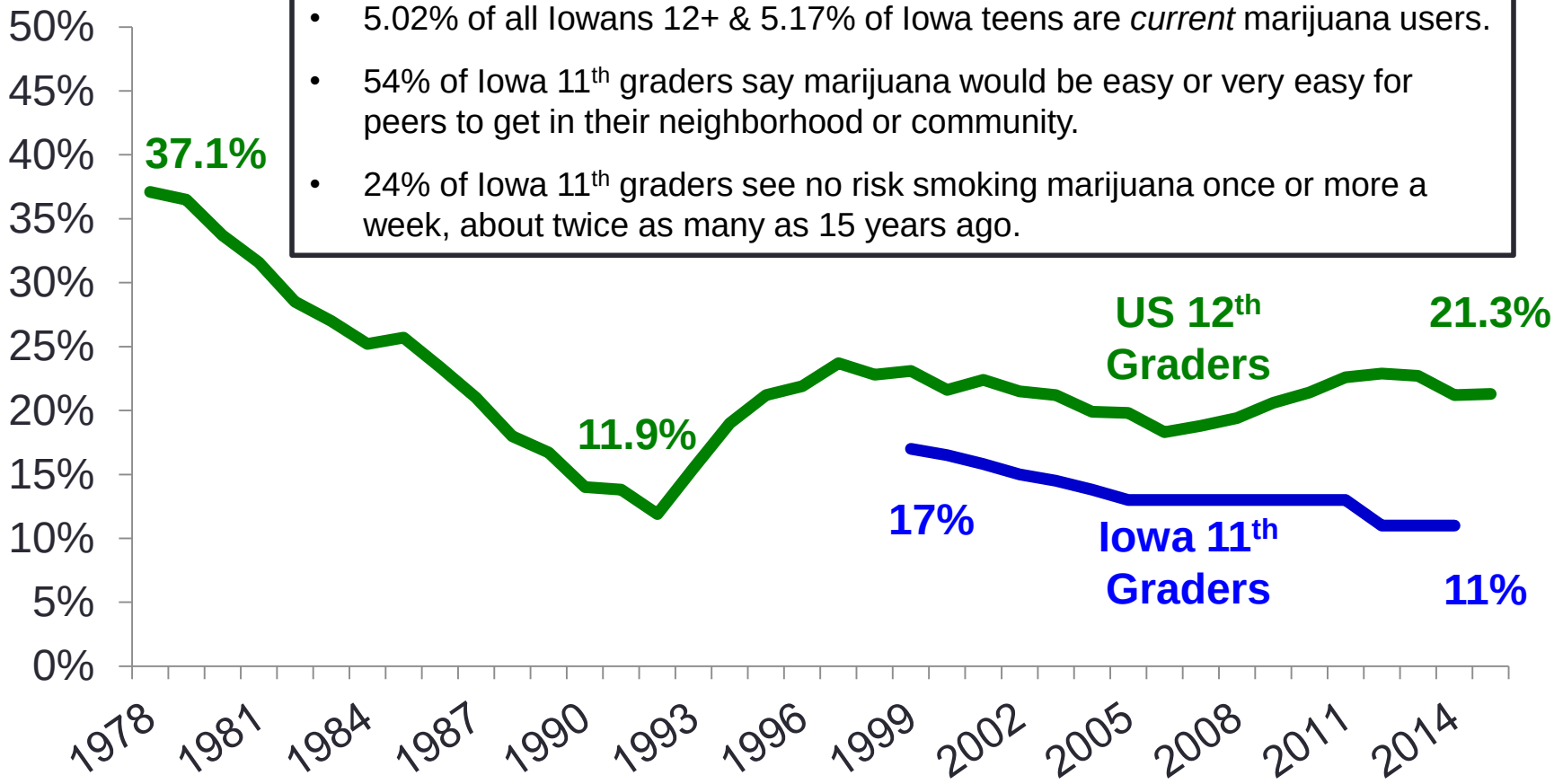


IDPH, 2014

Current Youth Marijuana Use

Past 30 Days: U.S. vs. Iowa

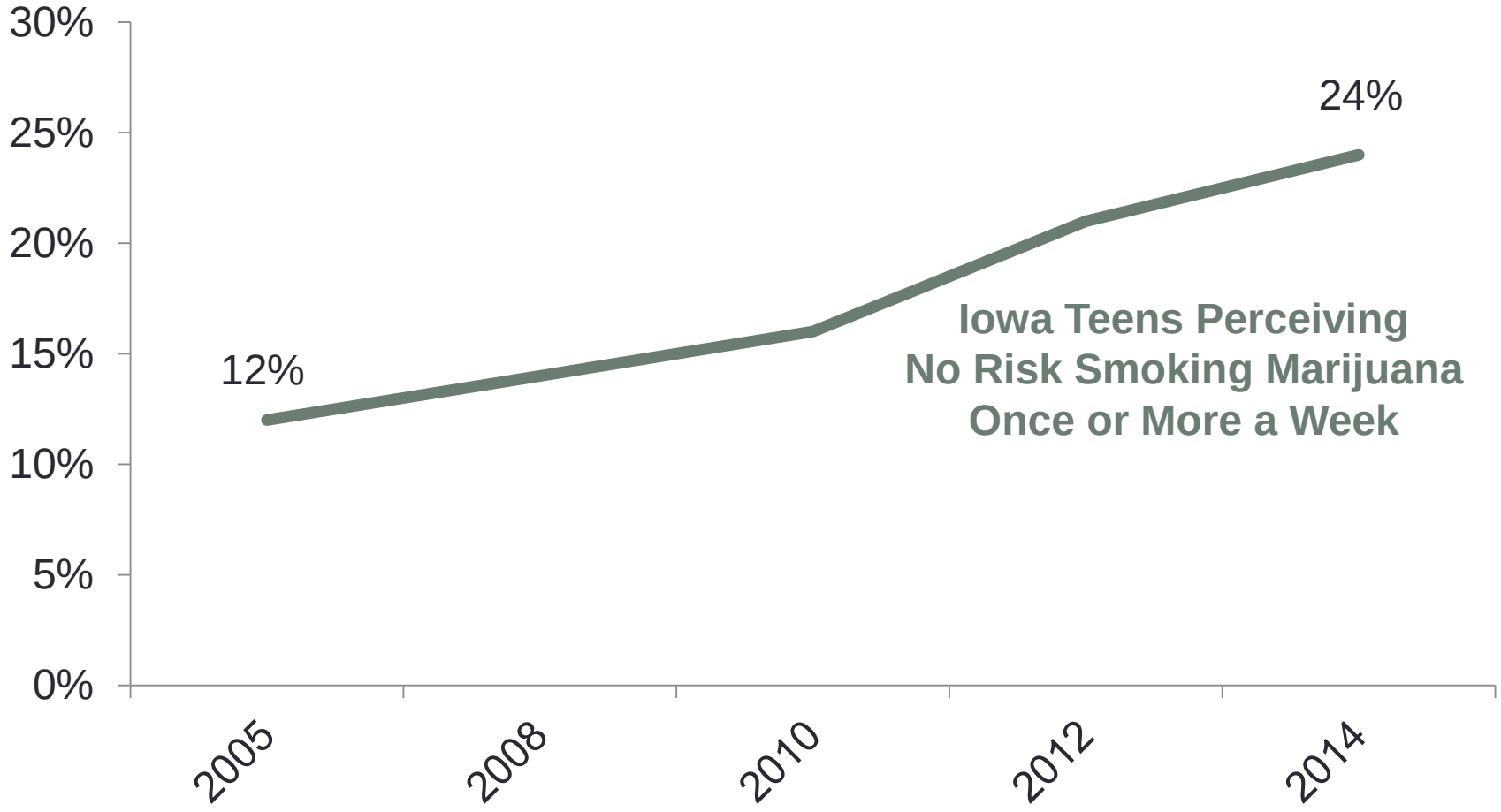
- 5.02% of all Iowans 12+ & 5.17% of Iowa teens are *current* marijuana users.
- 54% of Iowa 11th graders say marijuana would be easy or very easy for peers to get in their neighborhood or community.
- 24% of Iowa 11th graders see no risk smoking marijuana once or more a week, about twice as many as 15 years ago.



2015 Monitoring the Future Survey & 2014 Iowa Youth Survey

Youth Marijuana Attitudes

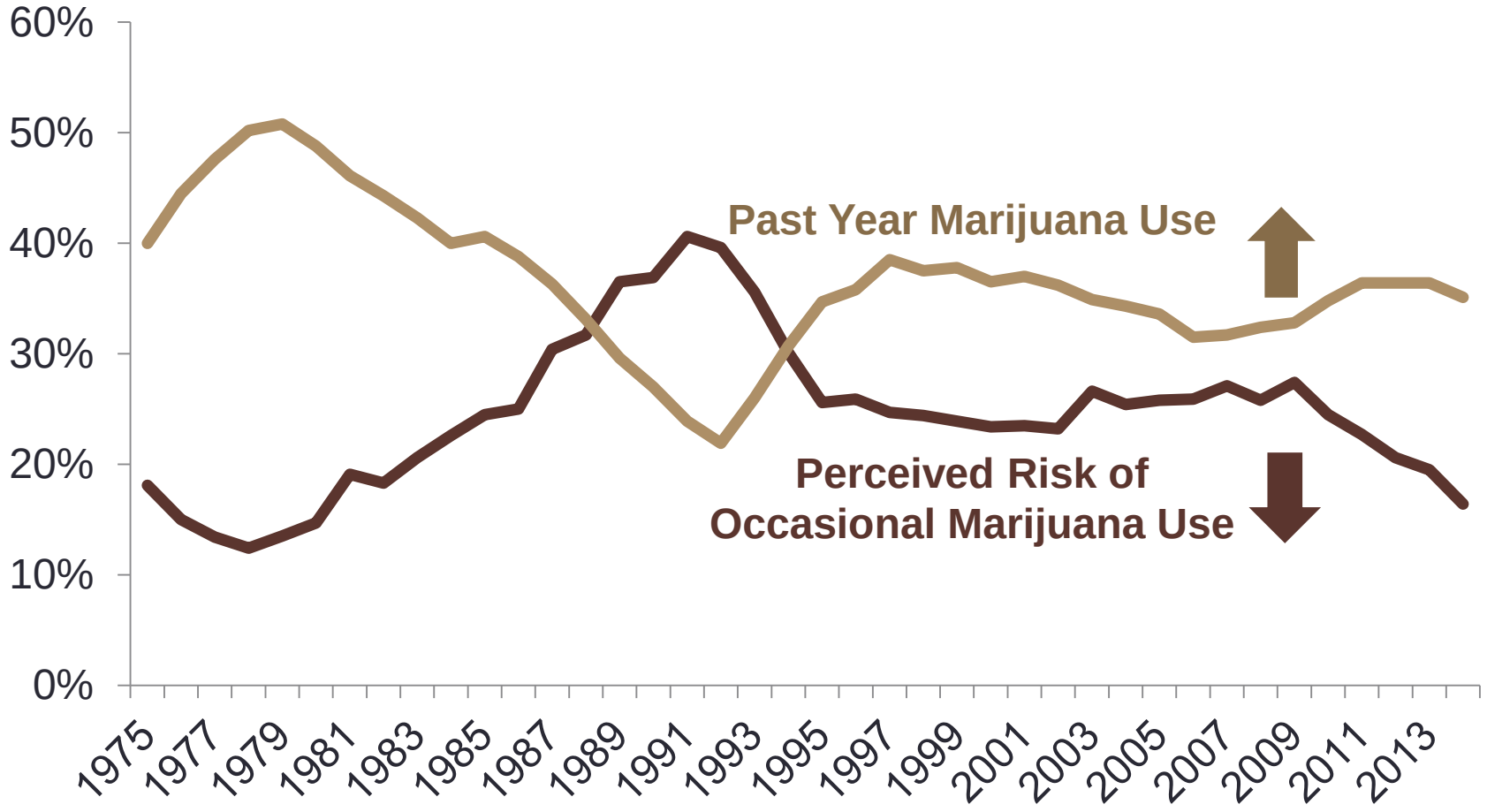
Among Iowa 11th Graders



Iowa Youth Survey, 2014

Youth Marijuana Attitudes vs. Use

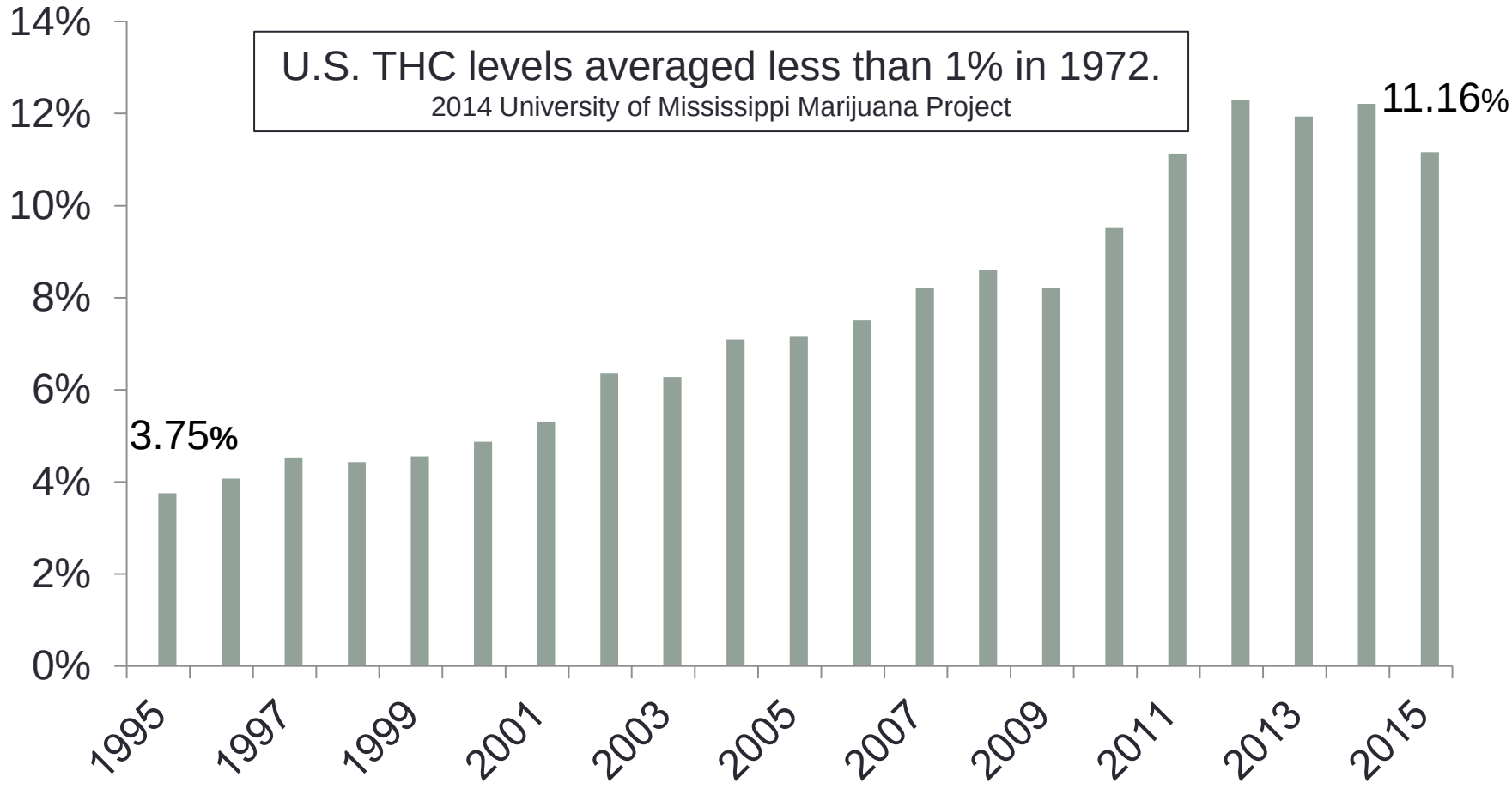
Among U.S. 12th Graders



Monitoring the Future Survey, 2014

Marijuana's Increasing THC Potency

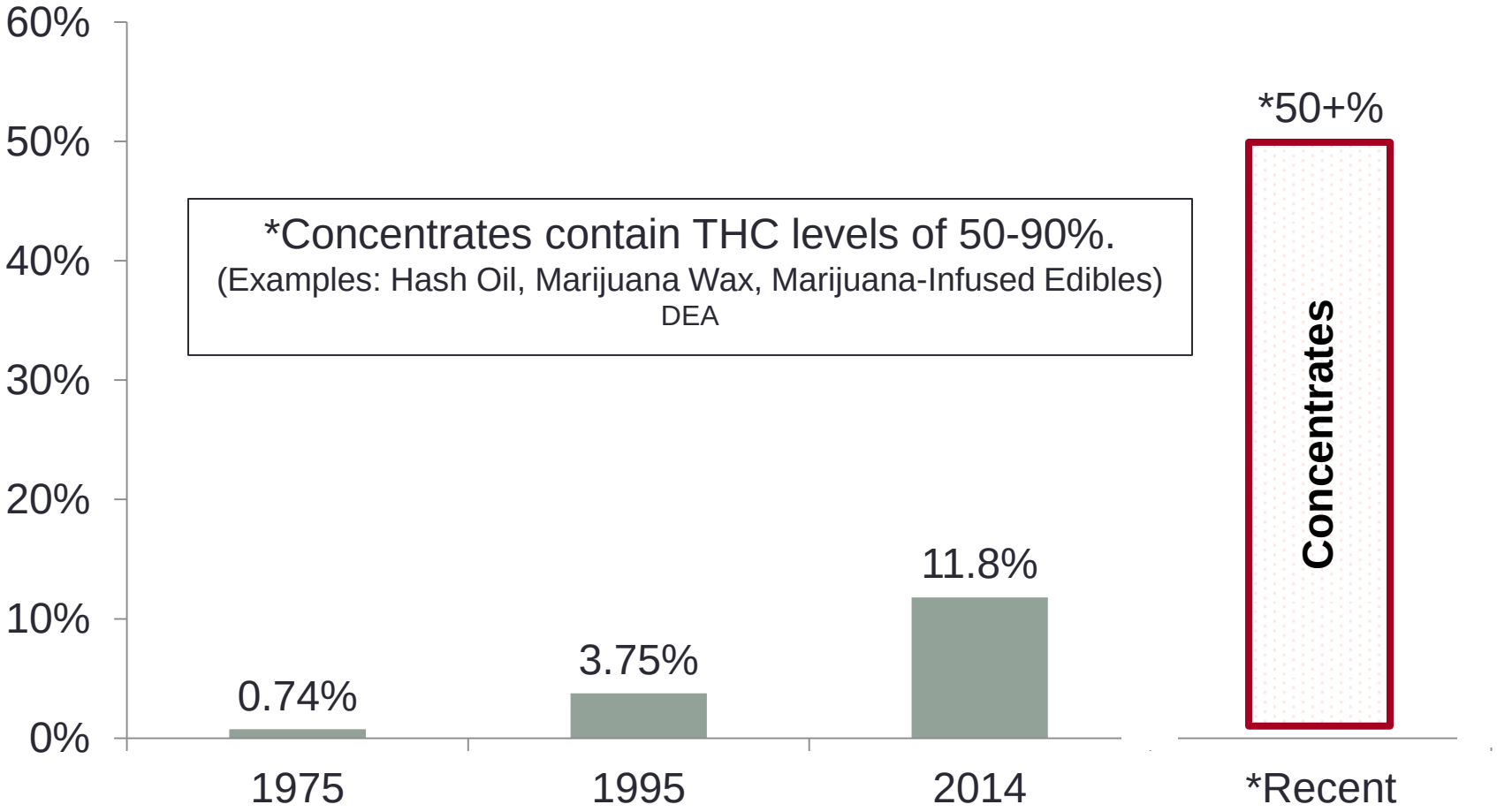
Marijuana Seized in U.S.



University of Mississippi Marijuana Project, through 9-22-15

Marijuana's Increasing Potency

U.S. Seizures, Concentration of THC by % of Weight



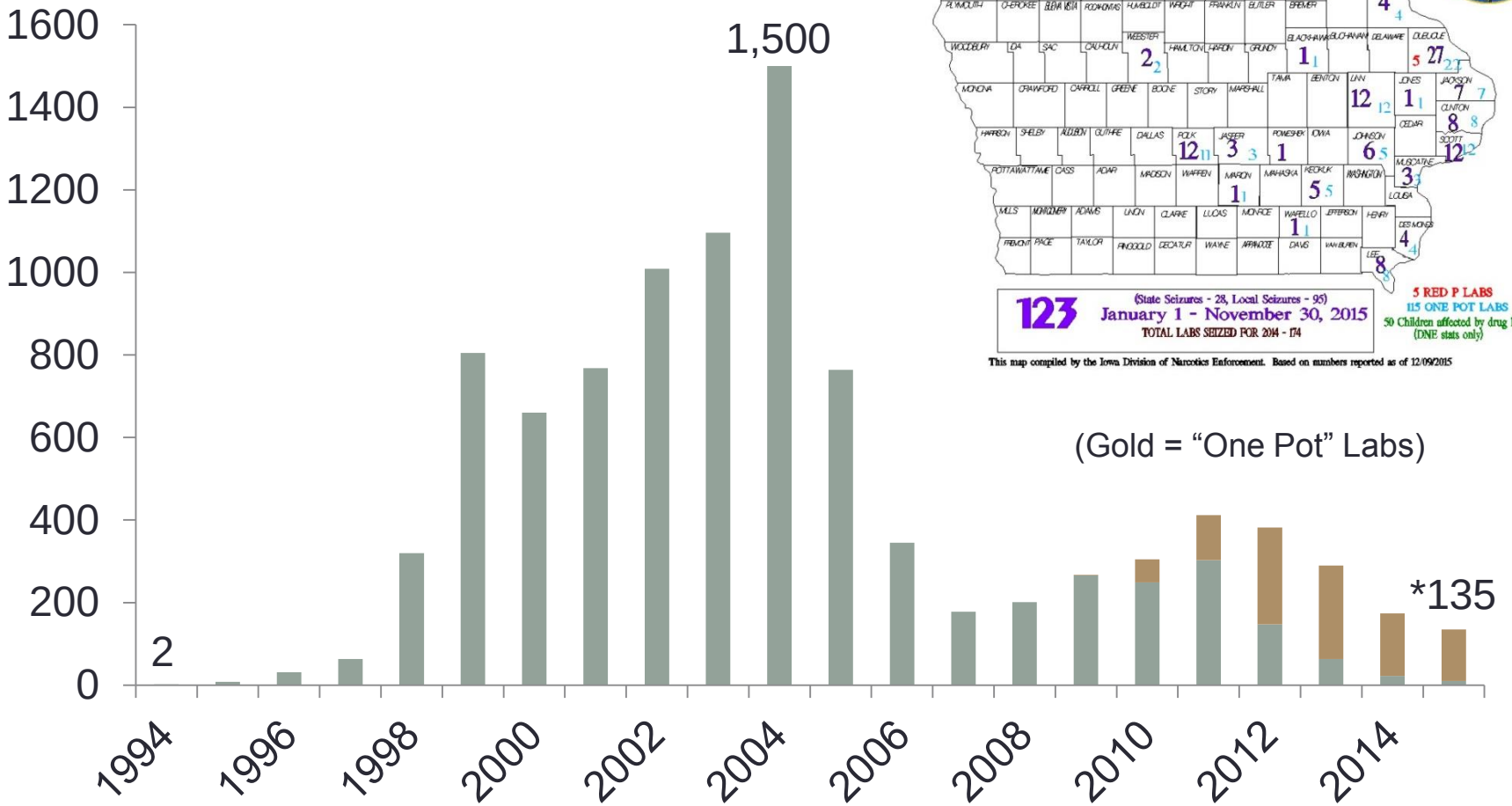
Source: NIDA & DEA

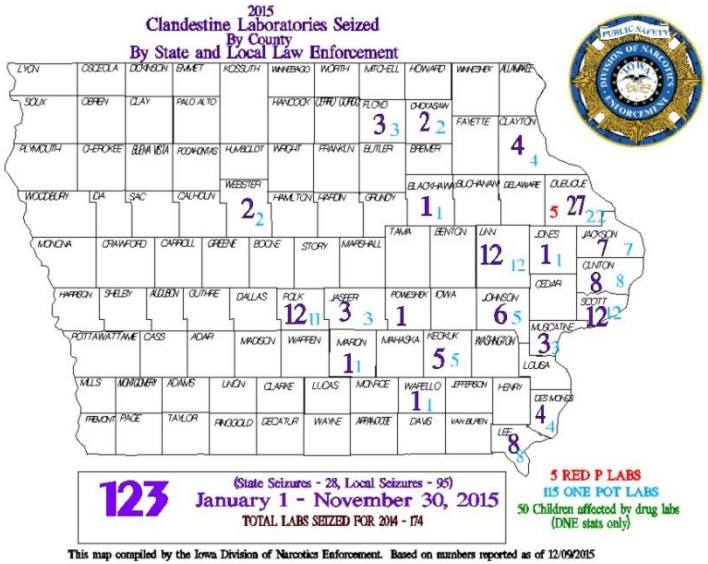
New Marijuana

Examples of High THC Concentrates Found in Iowa

Meth

Iowa Meth Labs





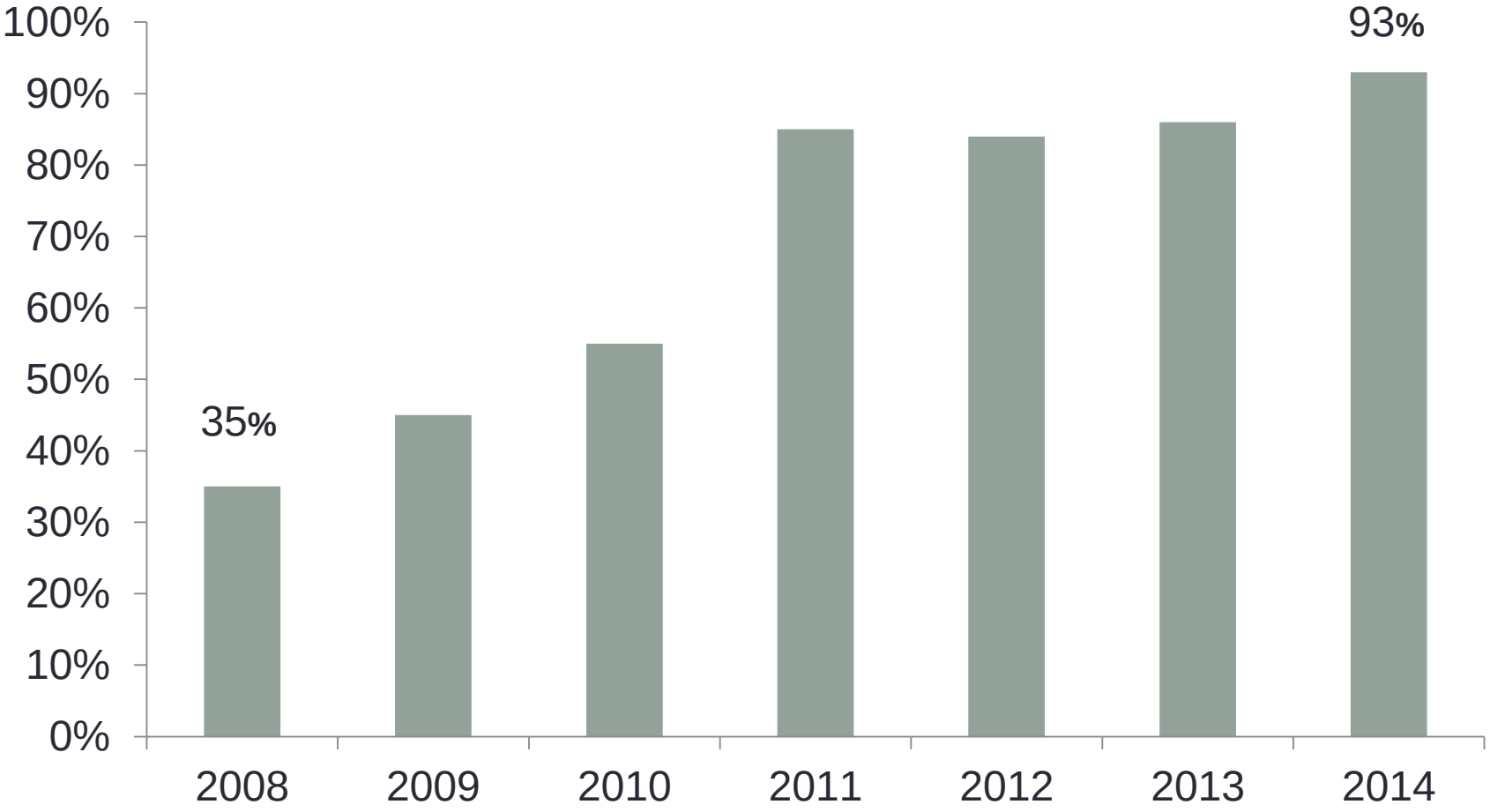
(Gold = “One Pot” Labs)

(*2015 Projection as of 11-30-15)

IDPS, 2015

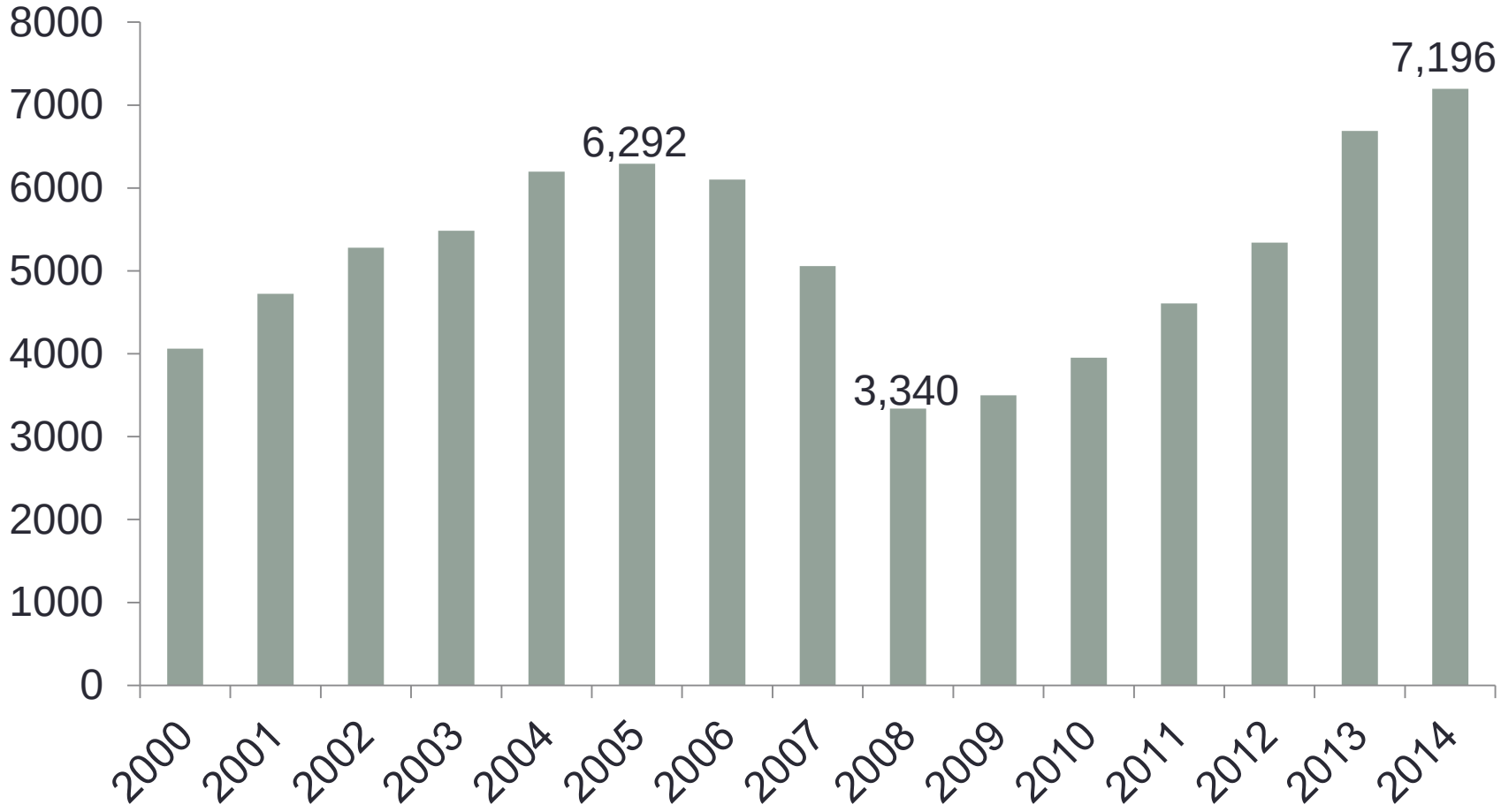
Iowa Meth Purity

Crime Lab Fiscal Year Averages



IDPS, 2014

Iowa Meth Treatment Admissions



IDPH, 2014

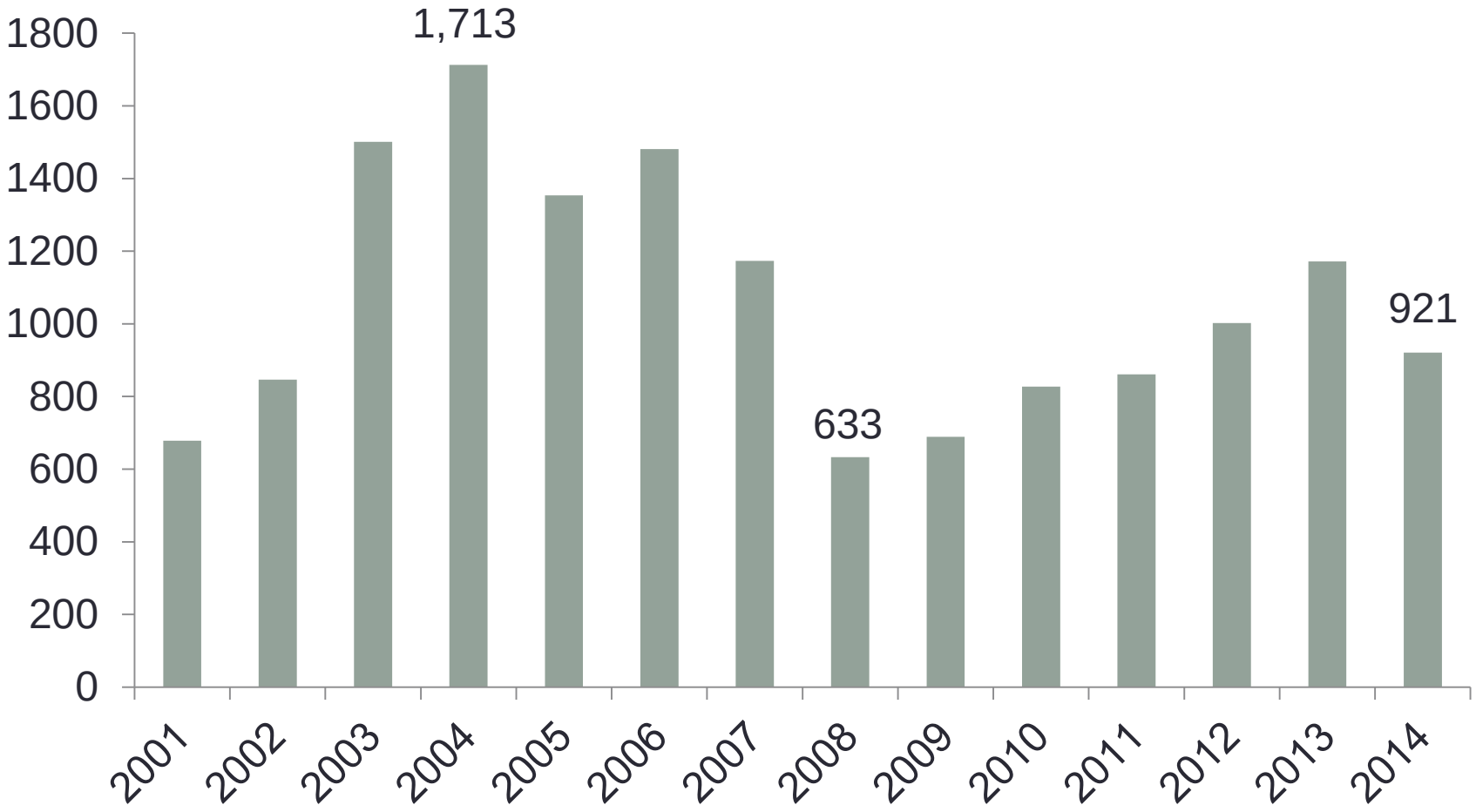
Rate of Meth Treatment

% of 12+ Substance Abuse Treatment Admissions Primarily for Meth

TEDS, 2012

Iowa Drug-Related Child Abuse

Confirmed/Founded Cases: Illegal Drugs in a Child's Body



(Differential Response initiative began in 2014)

IDHS, 2015

Opioid & Rx Abuse

Types of Medicines Abused

- Opioids (*Pain Relievers)
  - OxyContin®, Vicodin®, Percocet®

- Stimulants
  - Ritalin®, Adderall®, Sudafed®

- Anti-Anxieties
  - Xanax®, Valium®

- Anti-Depressants
  - –Prozac®, Zoloft®

- Sedatives
  - Rohypnol®, Nembutal®, Seconal®
- Etc.

*Synthetic Opioid Examples: Oxycodone, Morphine, Methadone, Codeine, Fentanyl & Hydrocodone. Hydrocodone combination products became Schedule II Controlled Substances in October 2014.

Rx Diversion/Abuse in Iowa: *Summary*

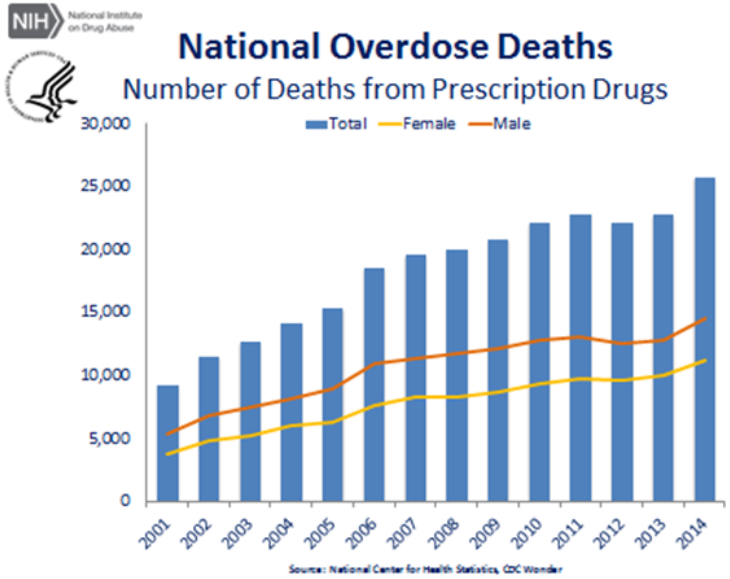
- Iowa's Rx abuse rate is lower than the U.S. average
  (past year nonmedical use of Rx pain relievers = 3.65%...13th lowest)

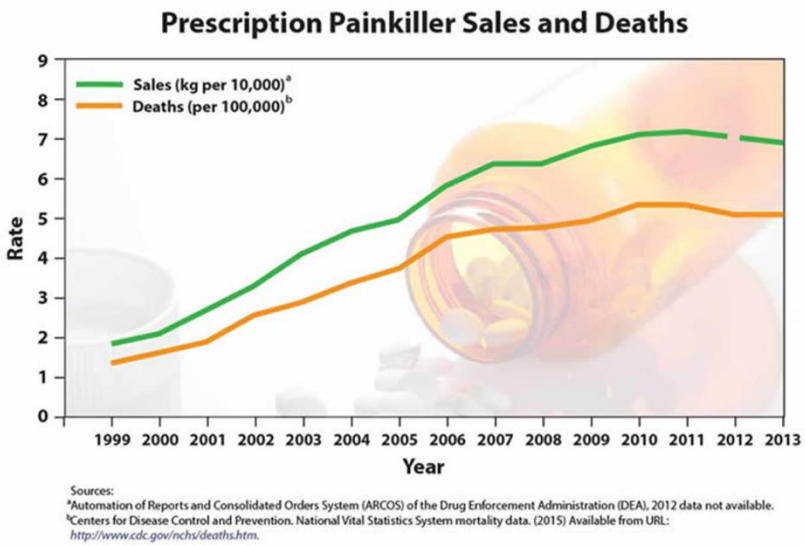
- Opioid abuse is one of the fastest growing forms of substance abuse in the U.S. & Iowa
  (OD deaths at or near all time highs)

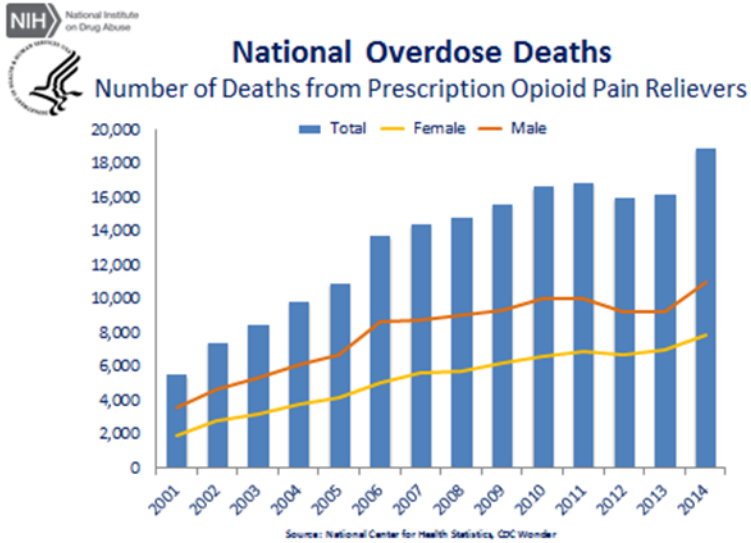
- Prescription Monitoring Program (PMP) utilization rates by health care professionals are slowly rising

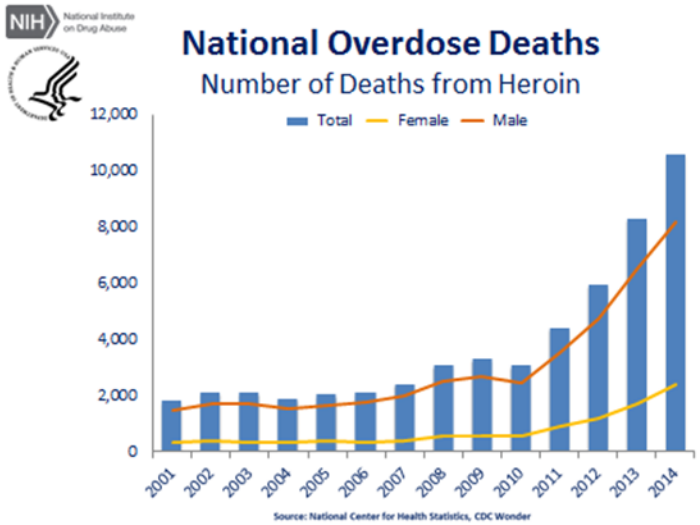
- Cases of suspected "doctor shopping" detected by the PMP may be decreasing

National Rx Painkiller Trends

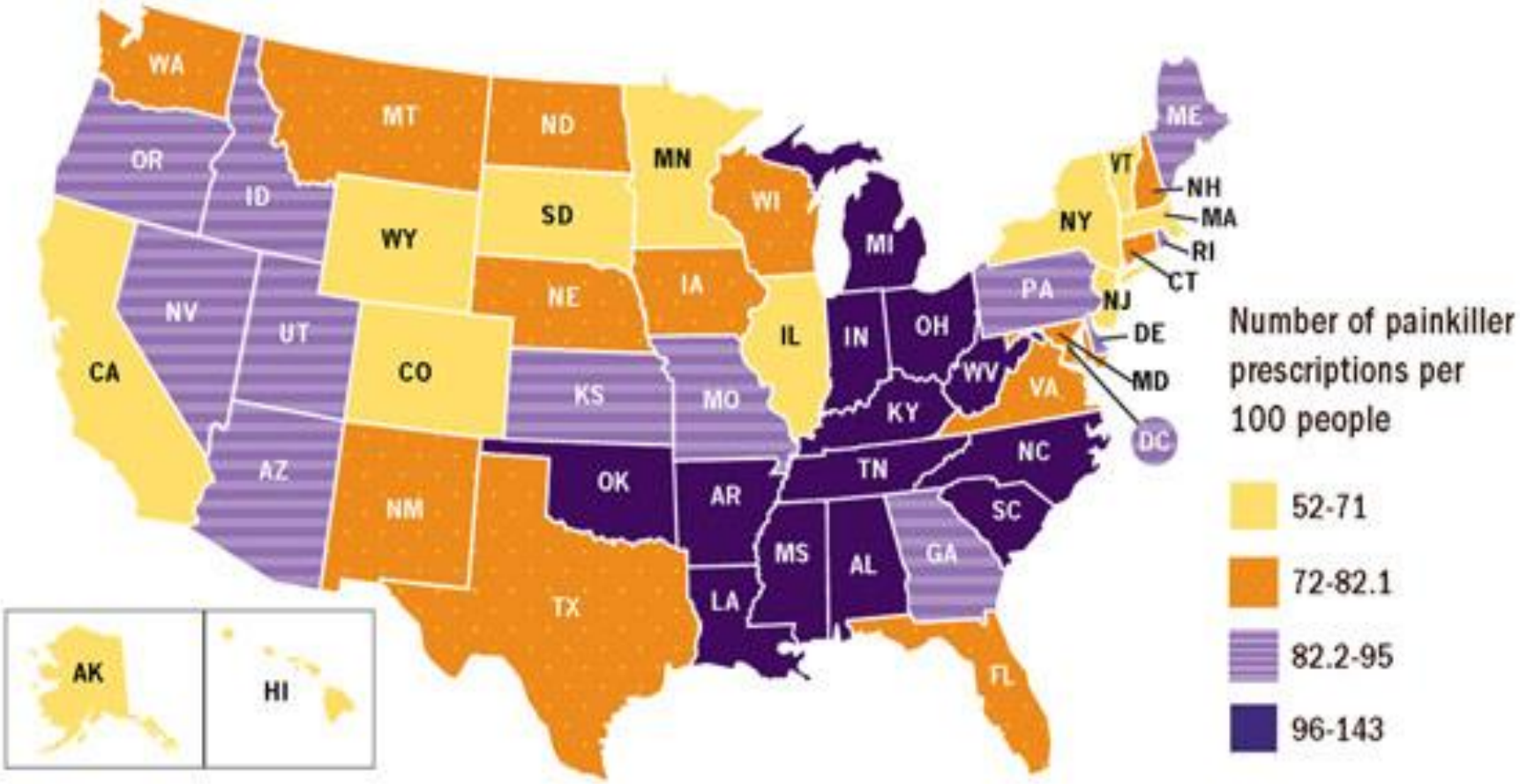








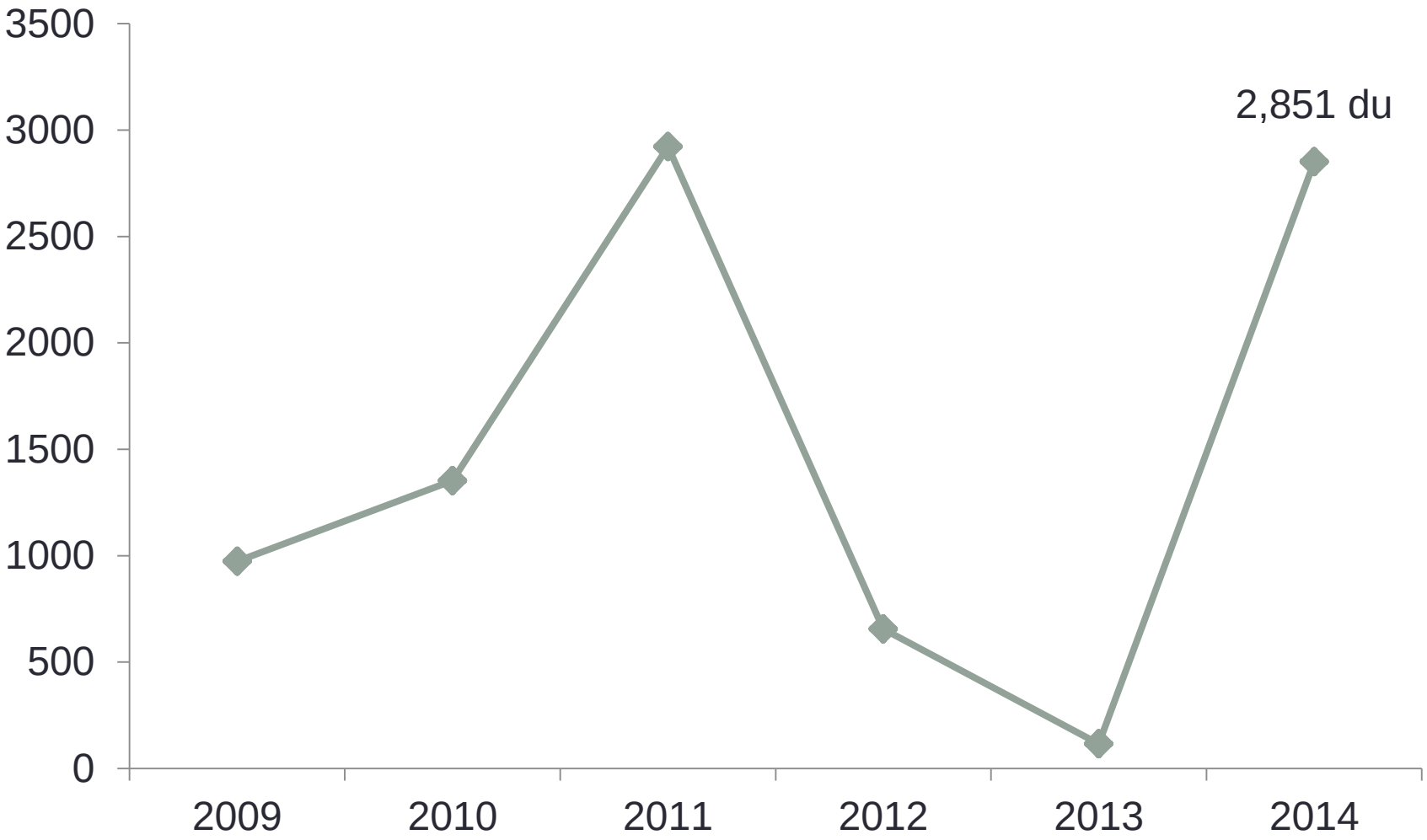
Pain Reliever Prescriptions: By State



CDC, 2014

Controlled Prescription Drug Seizures

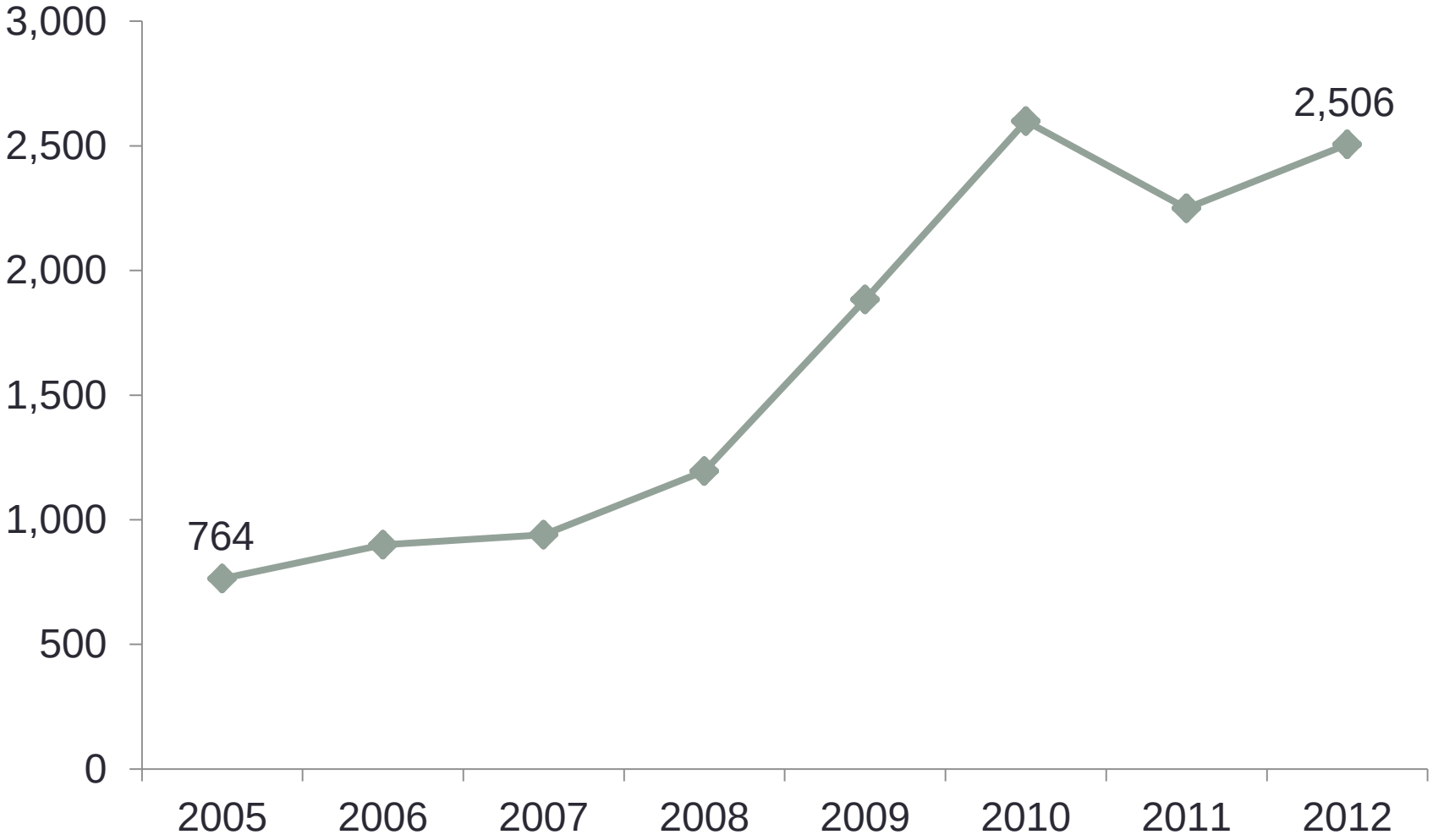
In Dosage Units by Iowa Division of Narcotics Enforcement Agents



IDPS, 2015

Iowa Drug Treatment: *Numbers*

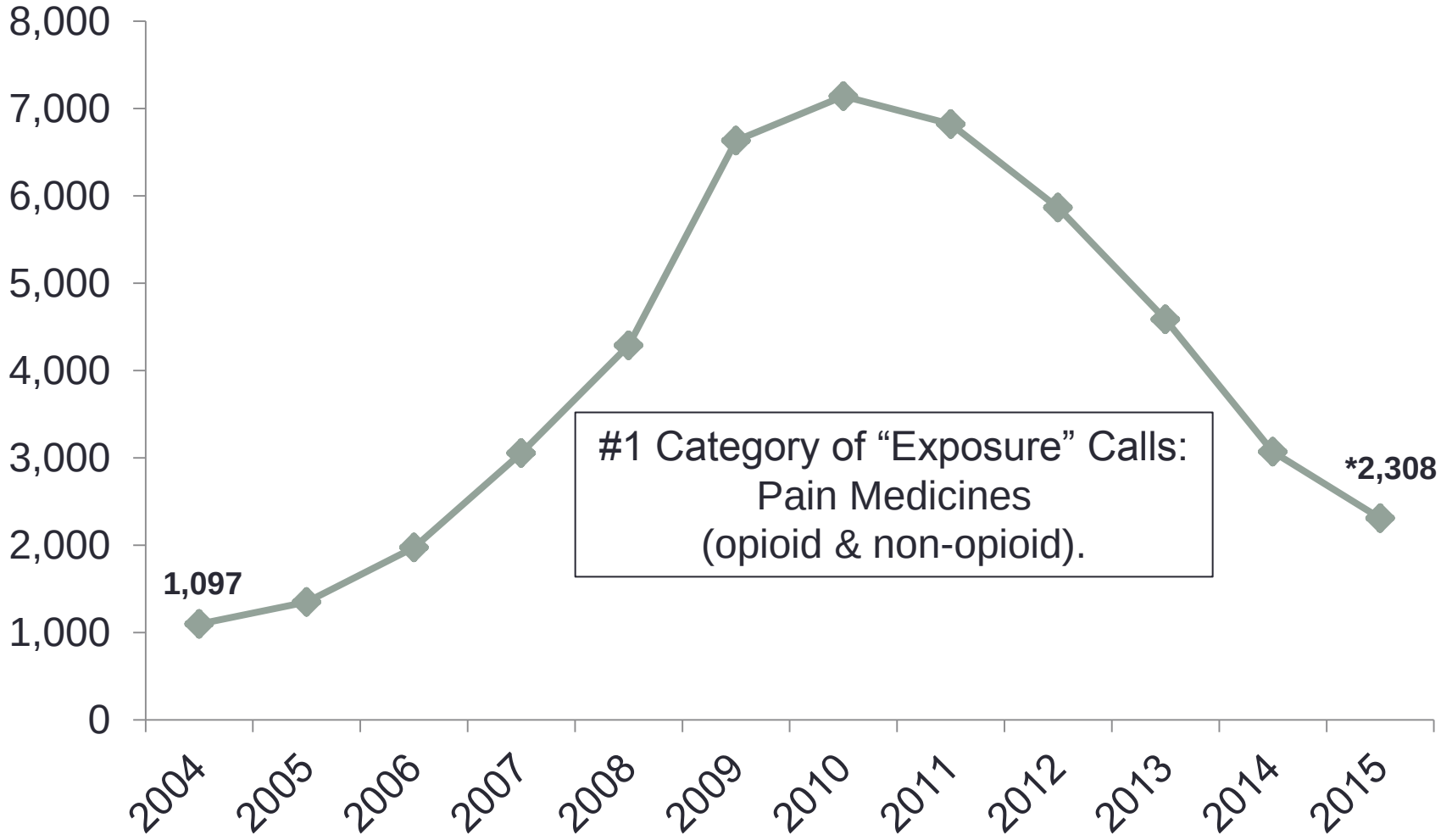
Any Abuse of Non-Heroin Opiates & Synthetics Reported at Admission



TEDS, 2012

Poison Center: *Public "Help" Calls*

Exposure, ID & Info Calls re: Painkillers Hydrocodone & Oxycodone



(*2015 Projection as of 9-30-15)

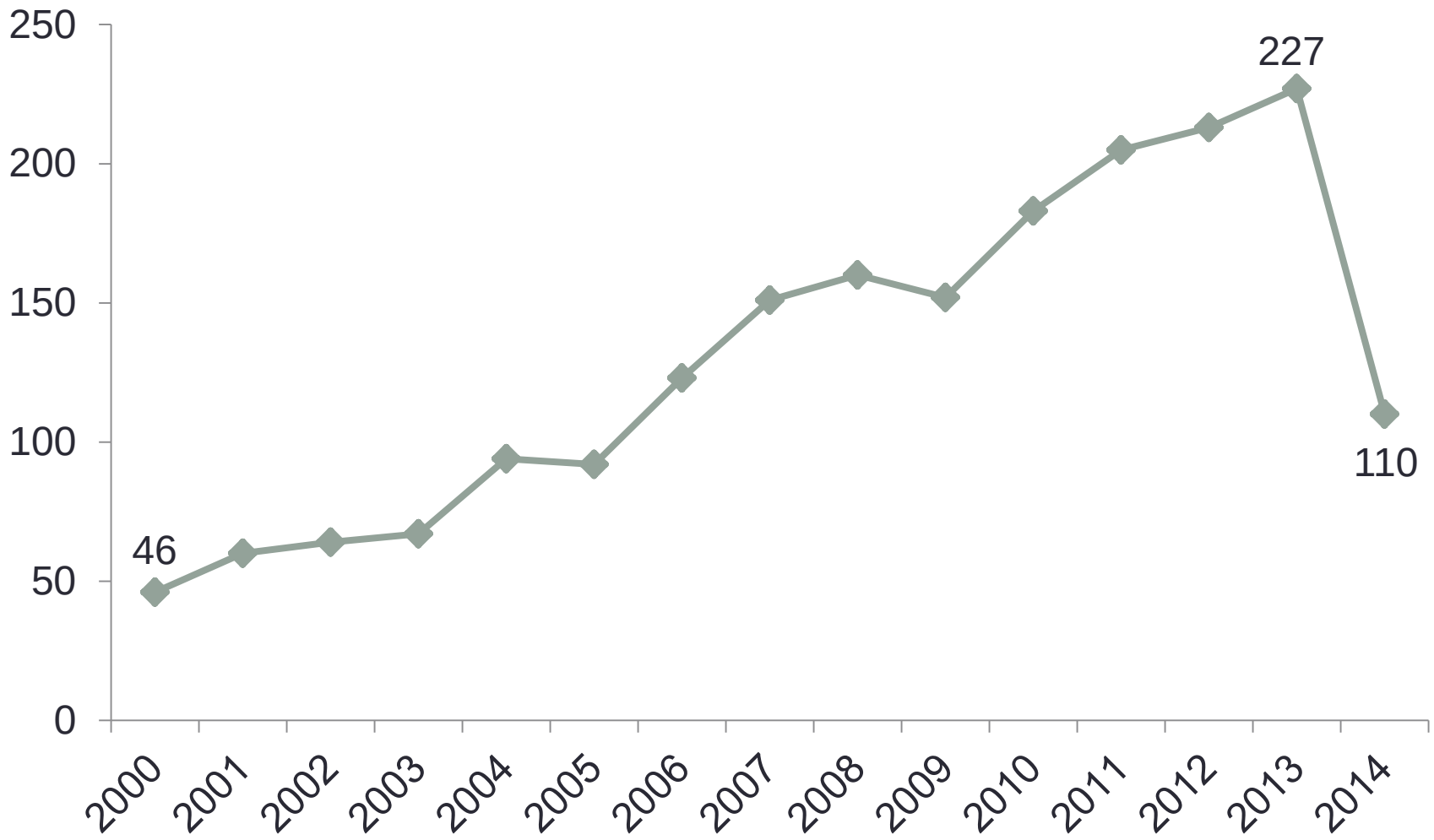
Iowa Poison Control Center, 2015

Iowa Opioid-Related ER Visits

Opioid Use as Causal or Contributing Factor

IDPH, 2014

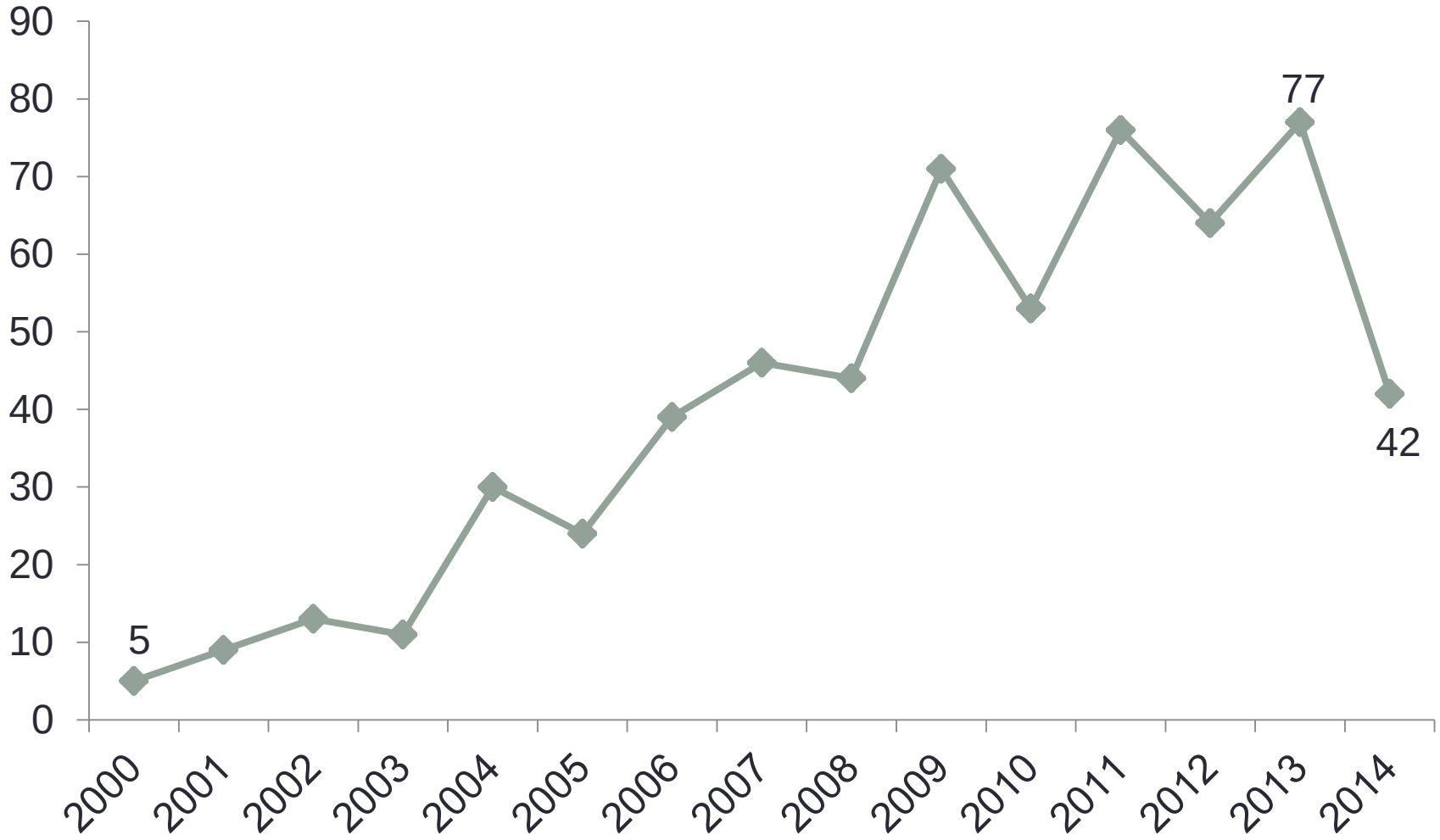
Iowa Drug-Related OD Deaths: *All Drugs*



IDPH, 2015

Iowa Drug-Related OD Deaths: *Pain Relievers*

Rx Methadone, Other Opioids & Other Synthetic Narcotics



IDPH, 2015

Heroin

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The heroin epidemic: 'It's going to get worse and worse'

Cedar Rapids saw 44 heroin-related overdoses so far this year

Lee Hermiston, The Gazette
AUGUST 23, 2015 | 5:00 AM

CEDAR RAPIDS — One narcotics law enforcement officer says taking heroin is similar to grabbing a loaded gun and spinning the chamber.

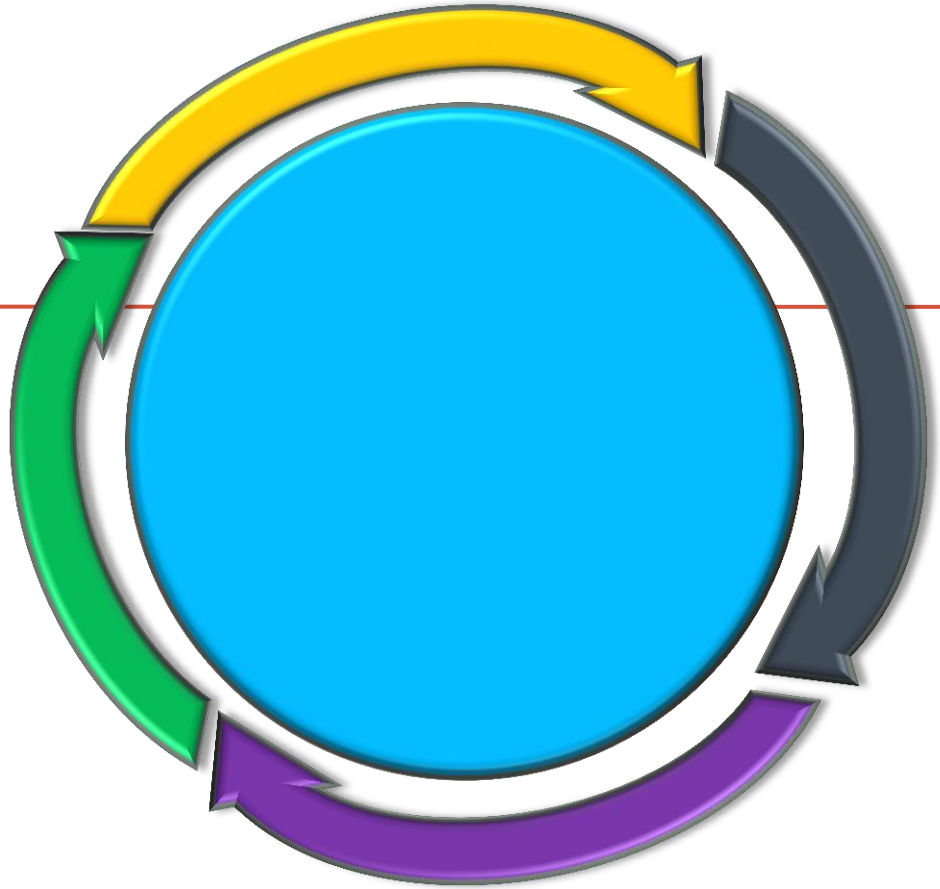
Even worse, he added, heroin use is spreading in Iowa, and its deadly reach is likely to continue to grow.

Heroin overdoses, for example, have surged in Cedar Rapids in the past five years.

In 2009, authorities responded to nine reported heroin-related deaths and non-fatal overdoses, which represented 45 percent of all overdoses in Cedar Rapids.

Rx Pain Reliever-Heroin Connection

Oxycodone Combinations (Percocet®) = $7-$10/tab



OxyContin®
= $80/tab

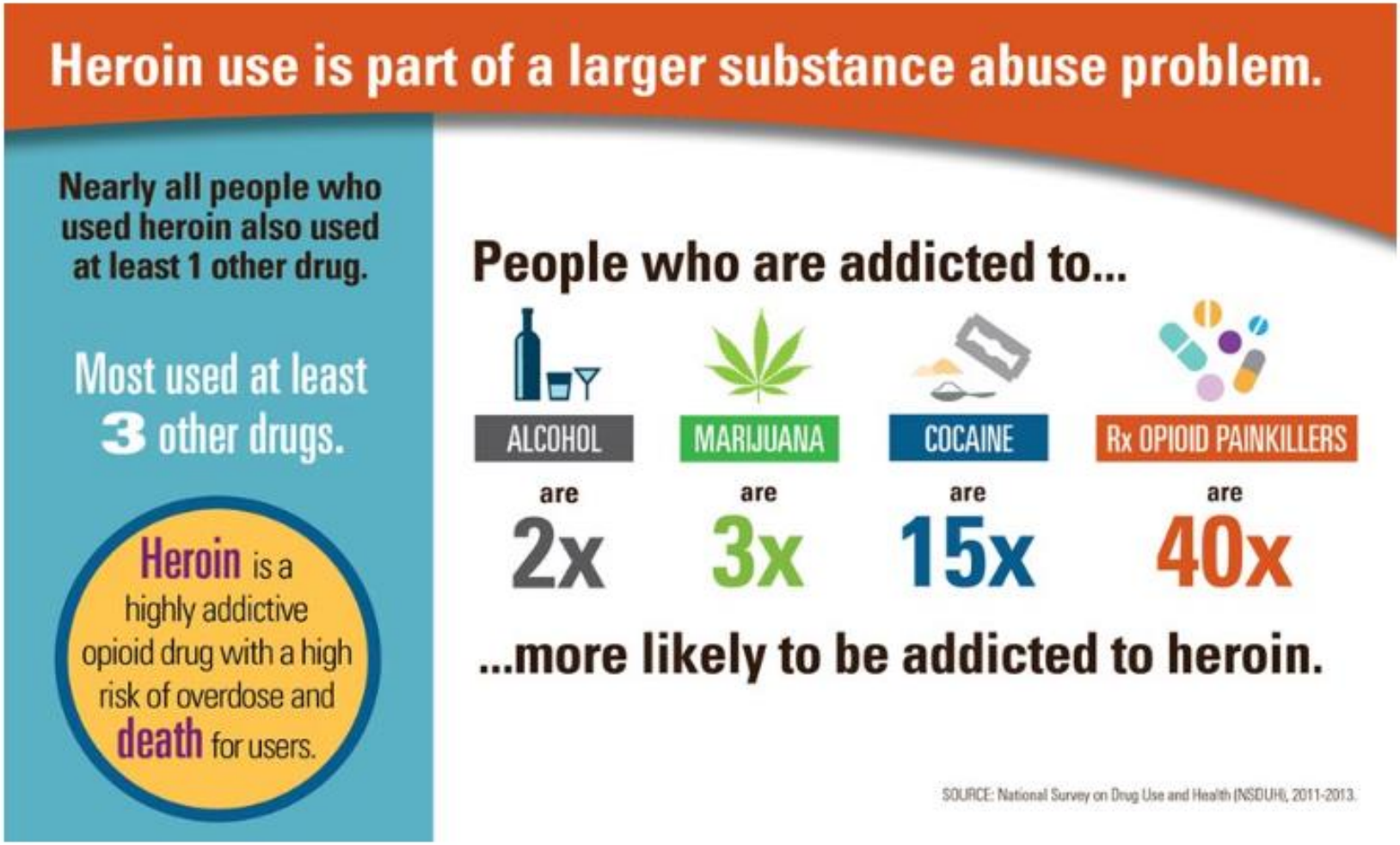
Hydrocodone
(Lorcet®)
= $5-$7/tab

Roxicodone®
Oxycodone IR
15mg, 30mg
= $30-$40/tab

Heroin = $10/bag

DEA, 2013

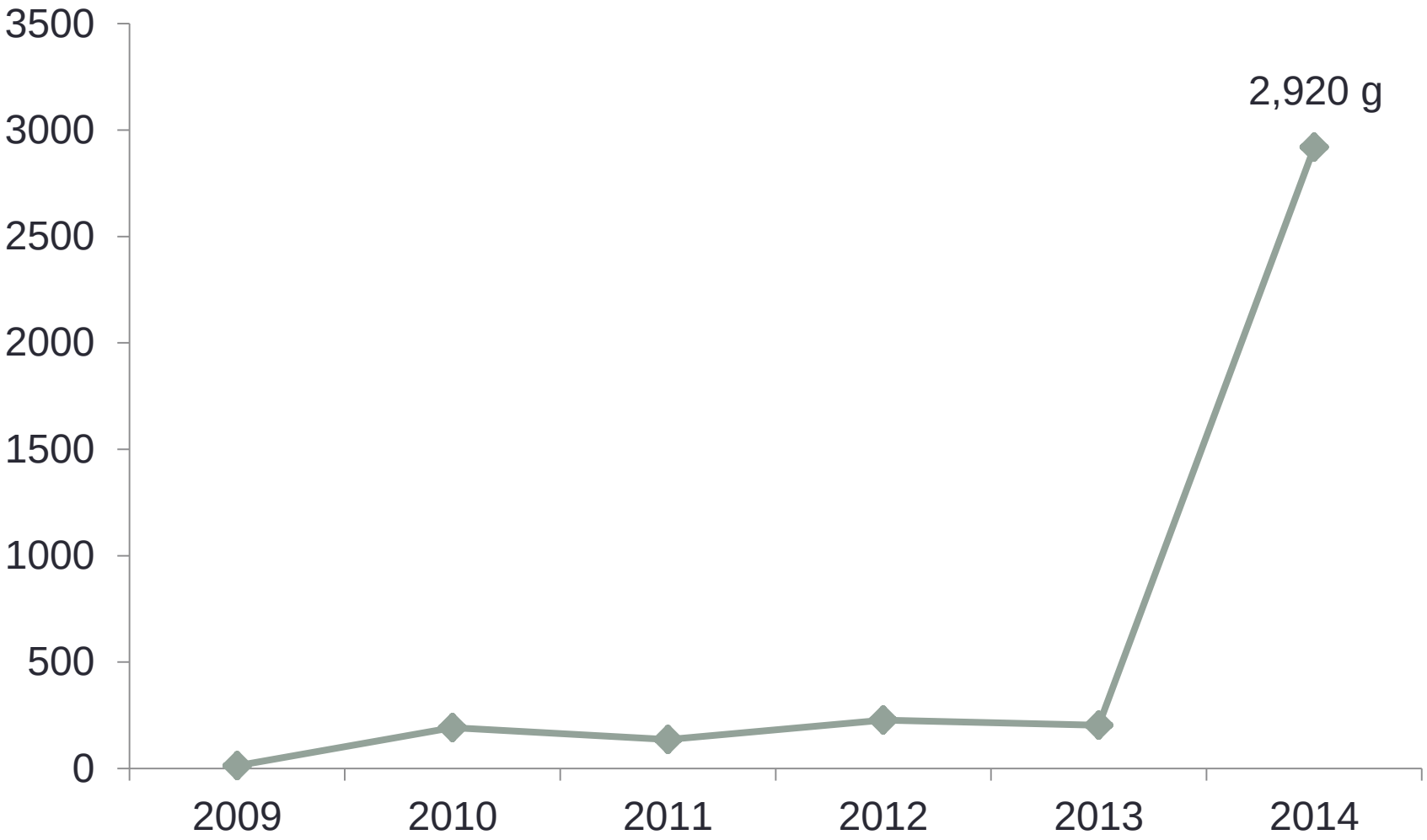
Rx-Heroin Trends



NSDUH, 2013

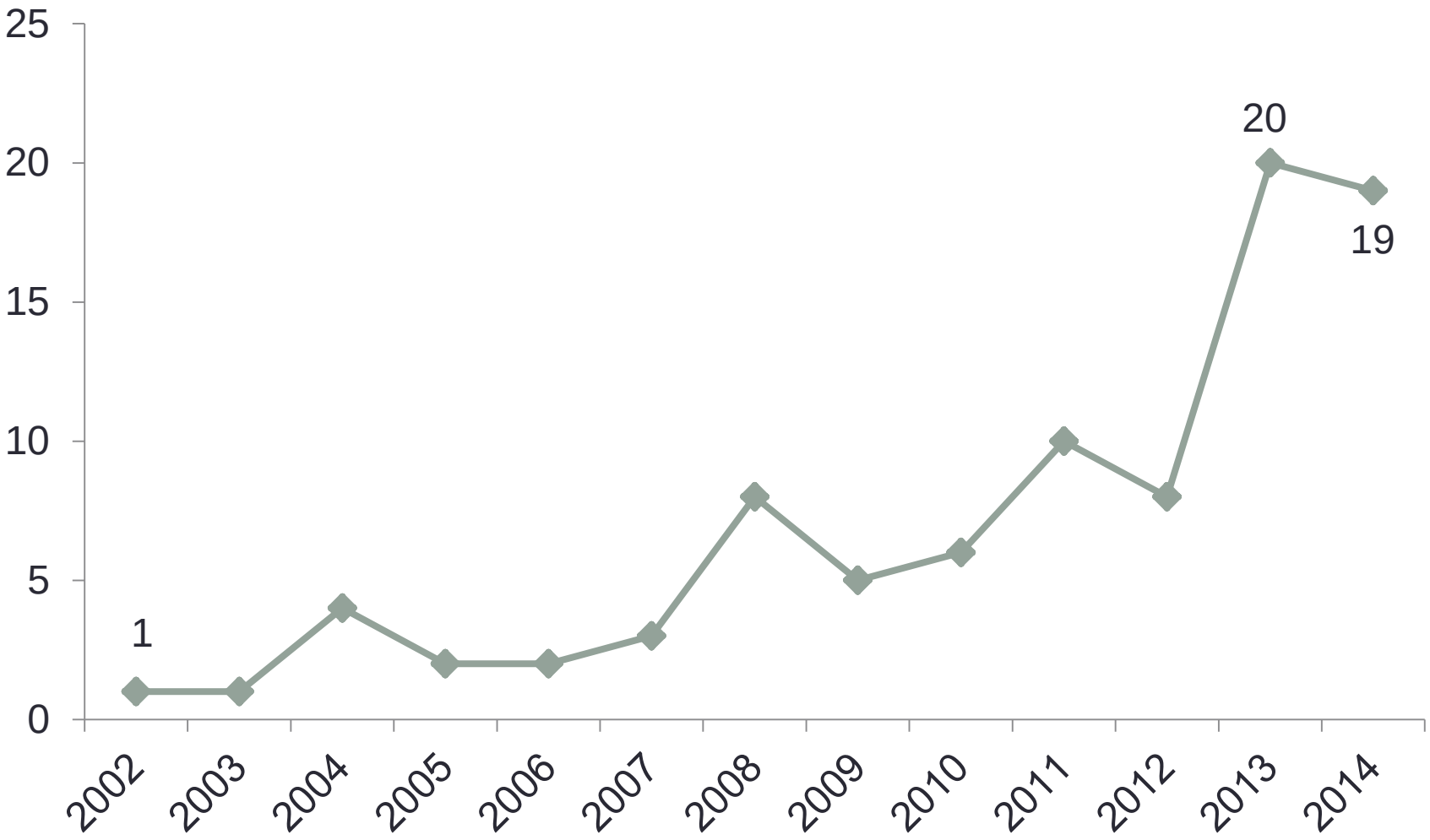
Heroin Seizures

In Grams by Iowa Division of Narcotics Enforcement Agents



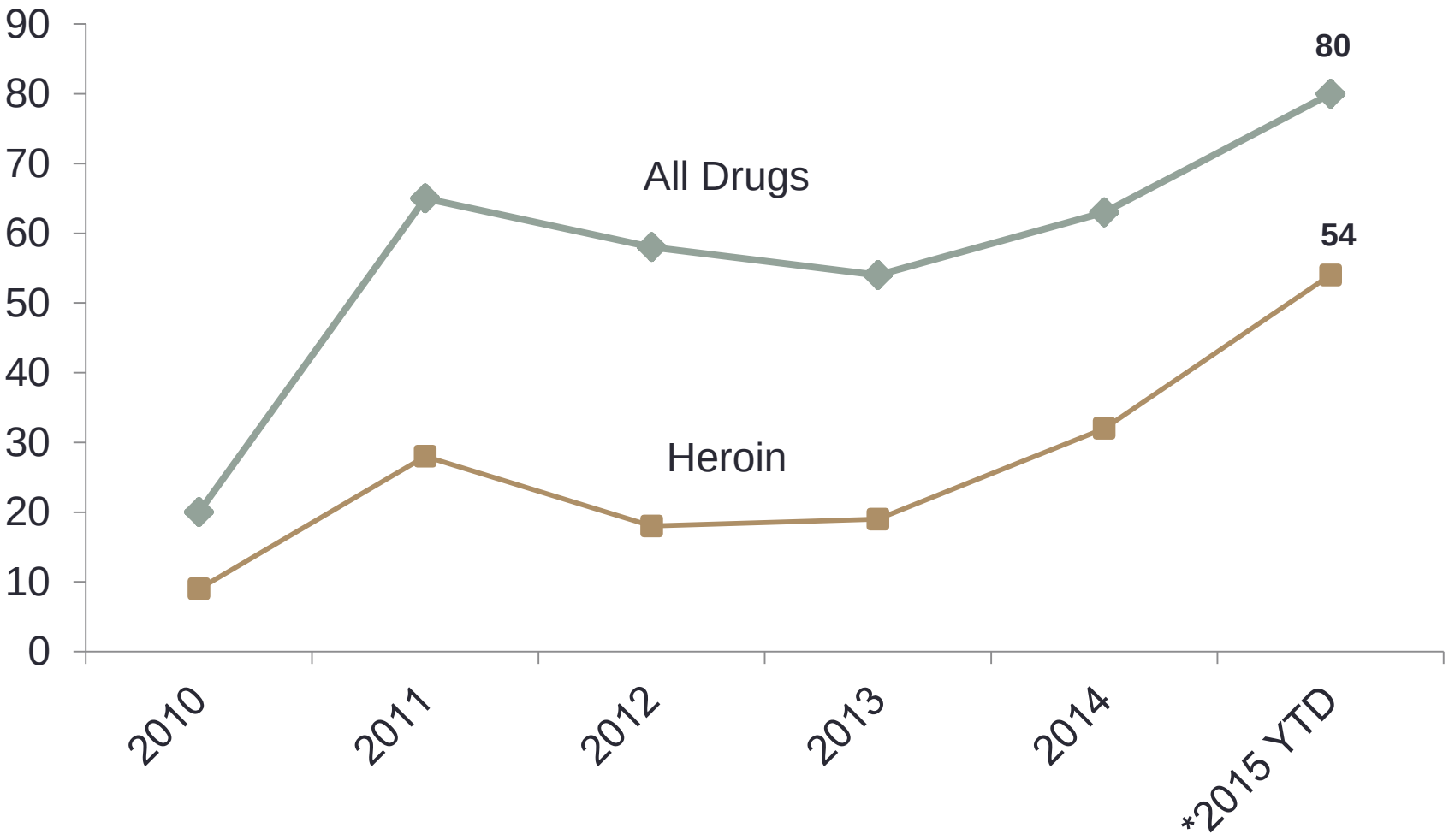
IDPS, 2015

Iowa Drug-Related Overdose Deaths: *Heroin*



IDPH, 2015

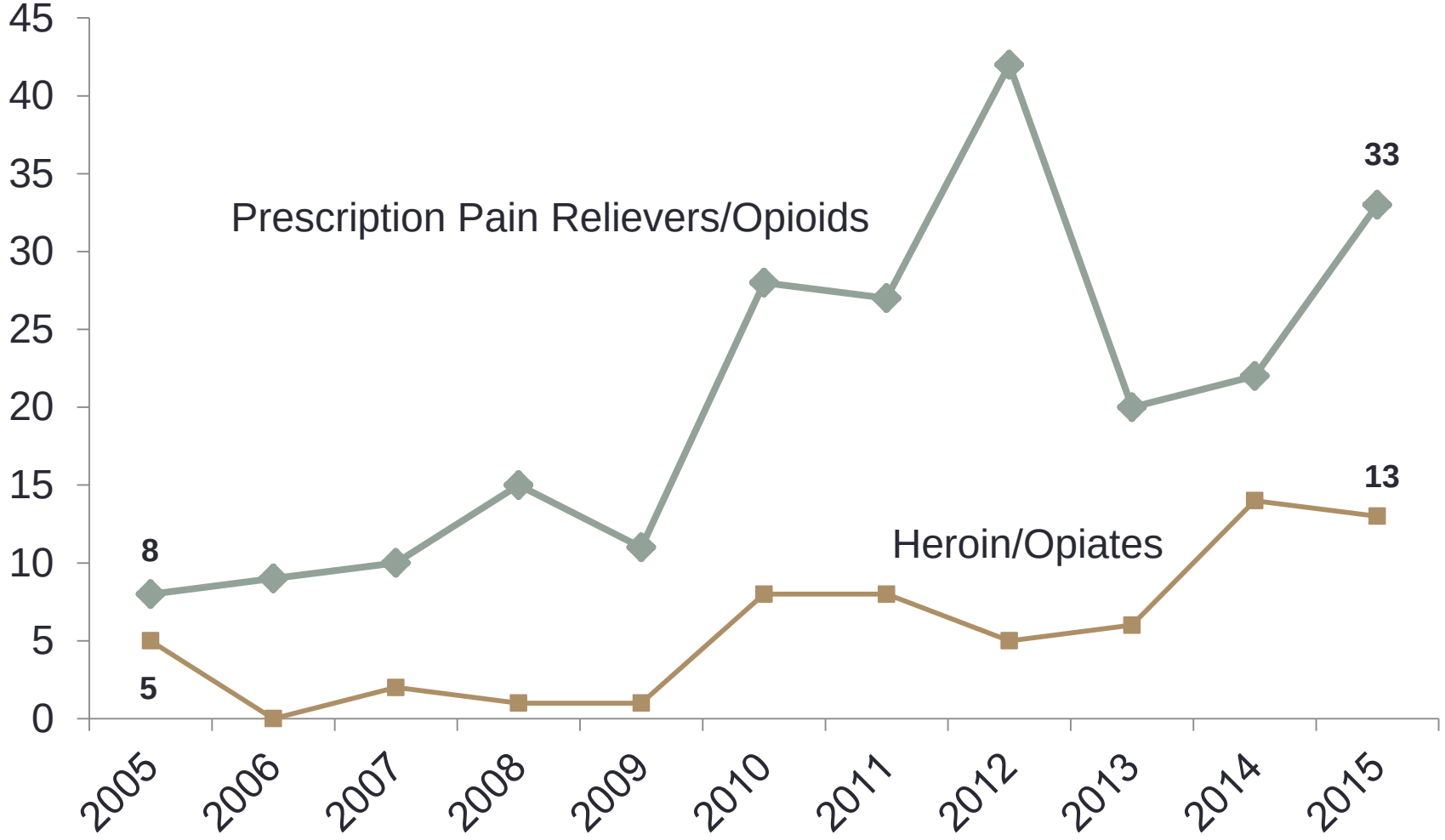
Drug-Related OD Incidents: *Cedar Rapids*



CRPD, September 29, 2015

Iowa Drug-Related Prison Admissions

Primary Drug Involved



Iowa Justice Warehouse, 2015

Ease of Access & Perceptions of Safety

Classmates hospitalized after sharing medication

The Hoyt Middle School students had taken the unidentified drug at school. Teachers noticed their odd behavior.

Girl's overdose should be 'lesson,' stepfather says

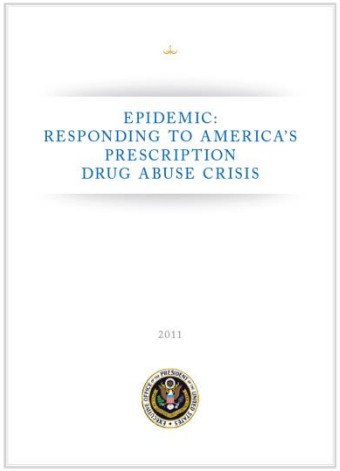
She and four other Des Moines middle-schoolers took a parent's prescription drug; one of them remains hospitalized.

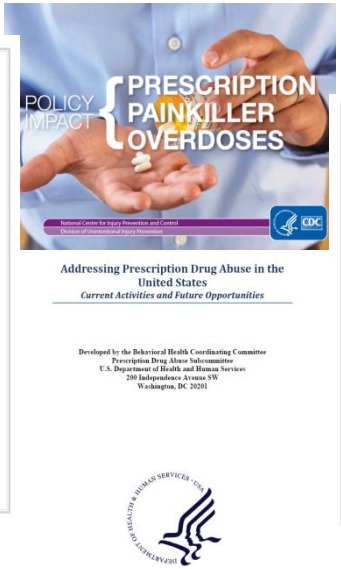
Attitudes Drive Behavior

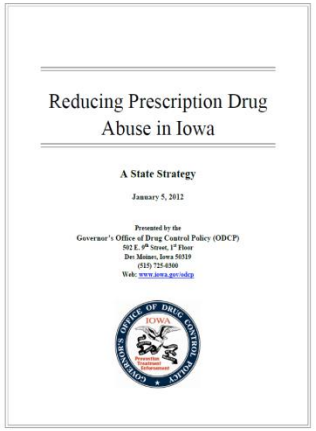
- 56% say it's easy to get prescription drugs from their parent's medicine cabinet.
- 42% who have misused or abused a prescription drug obtained it from their parent's medicine cabinet.
- 49% of teens who misuse or abuse prescription medicines obtained them from a friend.
- 27% of teens mistakenly believe abusing prescription drugs is safer than using street drugs.
- 16% of parents believe using prescription drugs to get high is safer than using street drugs.

PATS, 2013

Response to Reduce Rx Abuse: Iowa Plan







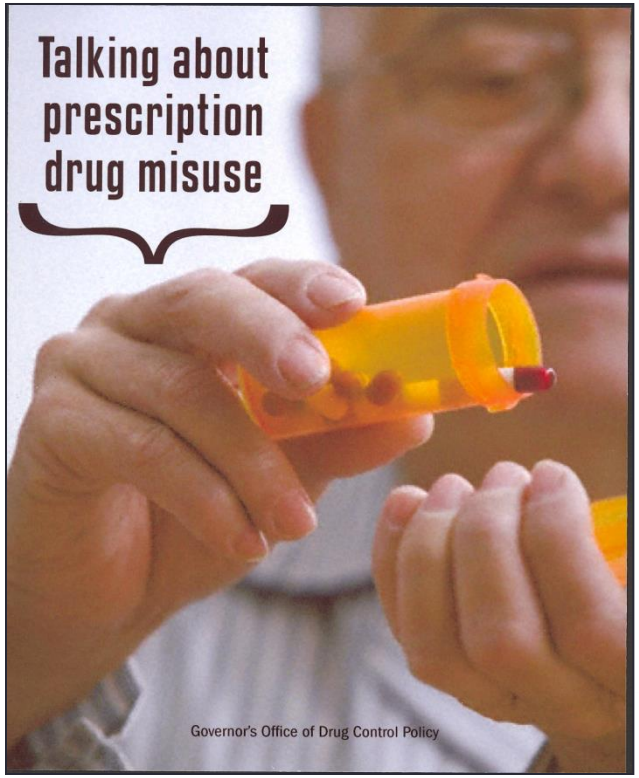
Education & Intervention

Secure Storage & Safe Disposal

Monitoring

Enforcement

Rx Abuse Prevention = Heroin Prevention

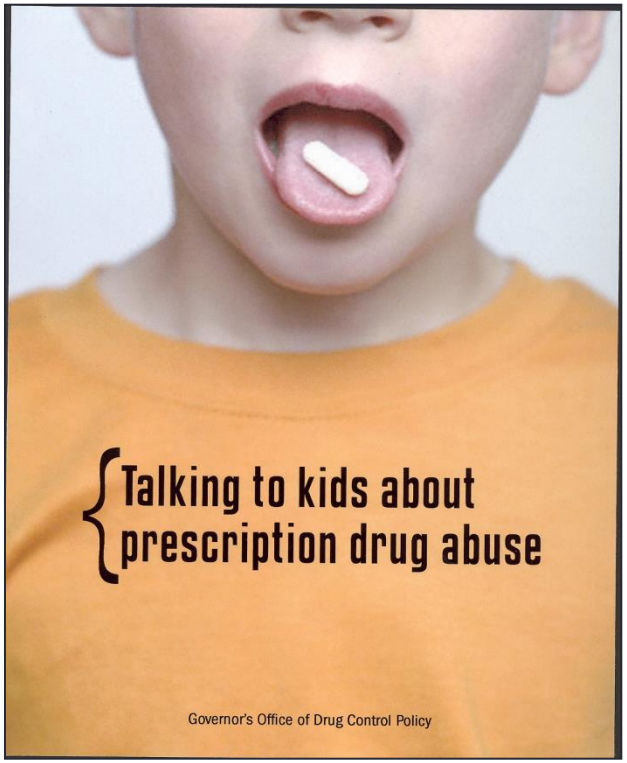


Rx TLC

Talk Lock Connect

Prevent medicine misuse in Iowa.

IowaMedicineTLC.org



Safe Medicine Disposal

National Take-Back Events: Special take-back events are a good way to remove expired, unwanted, or unused medicines from the home.

Law Enforcement Collection: A growing number of law enforcement agencies collect expired, unwanted, or unused pharmaceutical controlled prescription drugs on an ongoing basis via secure drop-off boxes.

Pharmacy Collection: Some pharmacies collect expired, unwanted, or unused pharmaceutical controlled prescription drugs from patients.

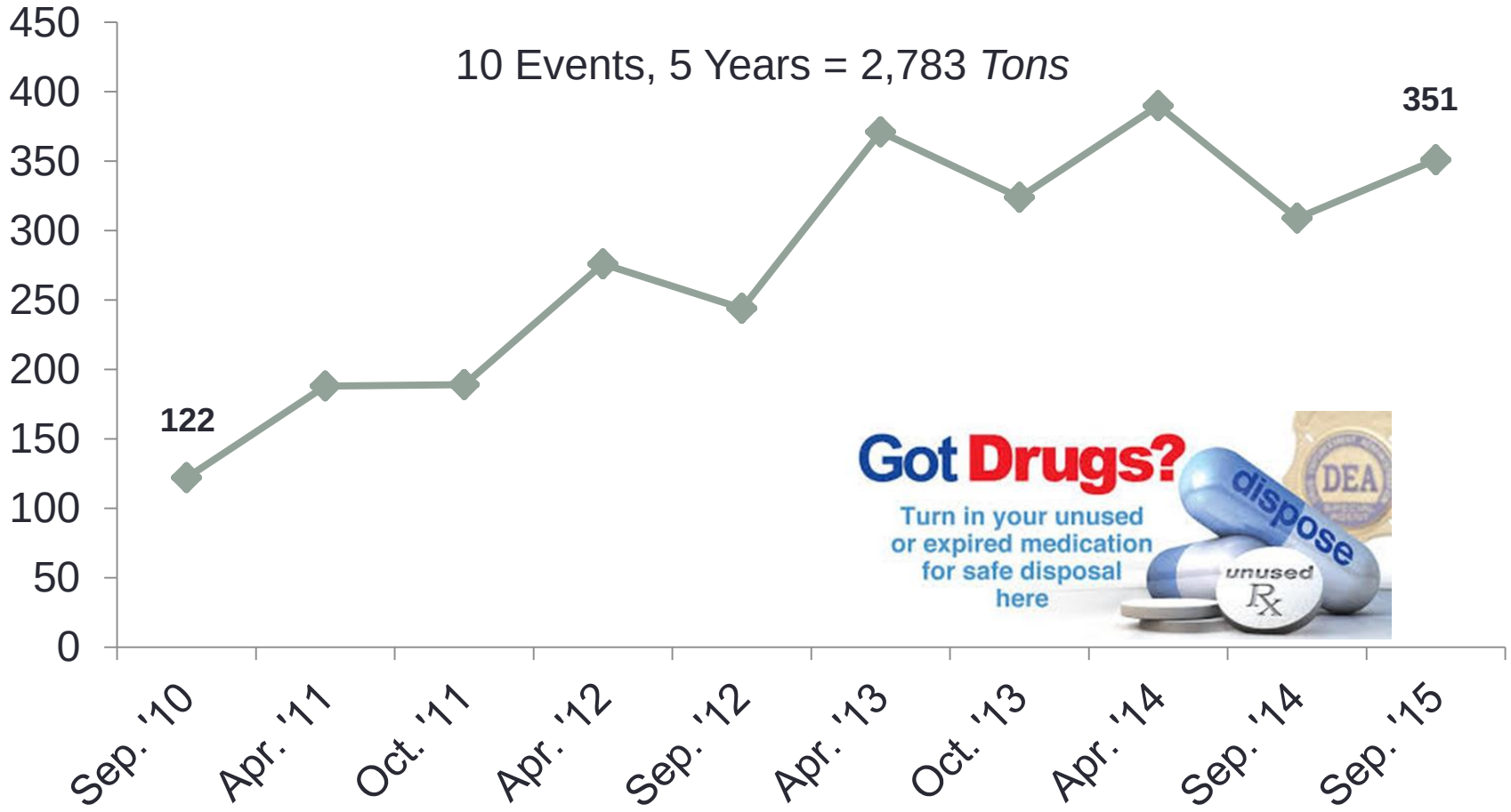
Disposal in Household Trash: You may carefully mix medicines with substances such as kitty litter or used coffee grounds and place them in a container such as a sealed plastic bag to throw in your household trash.

Disposal by Flushing: A few medicines have specific instructions to flush them down the sink or toilet when they are no longer needed.

ODCP, 2015

U.S. "Take-Back" Initiative

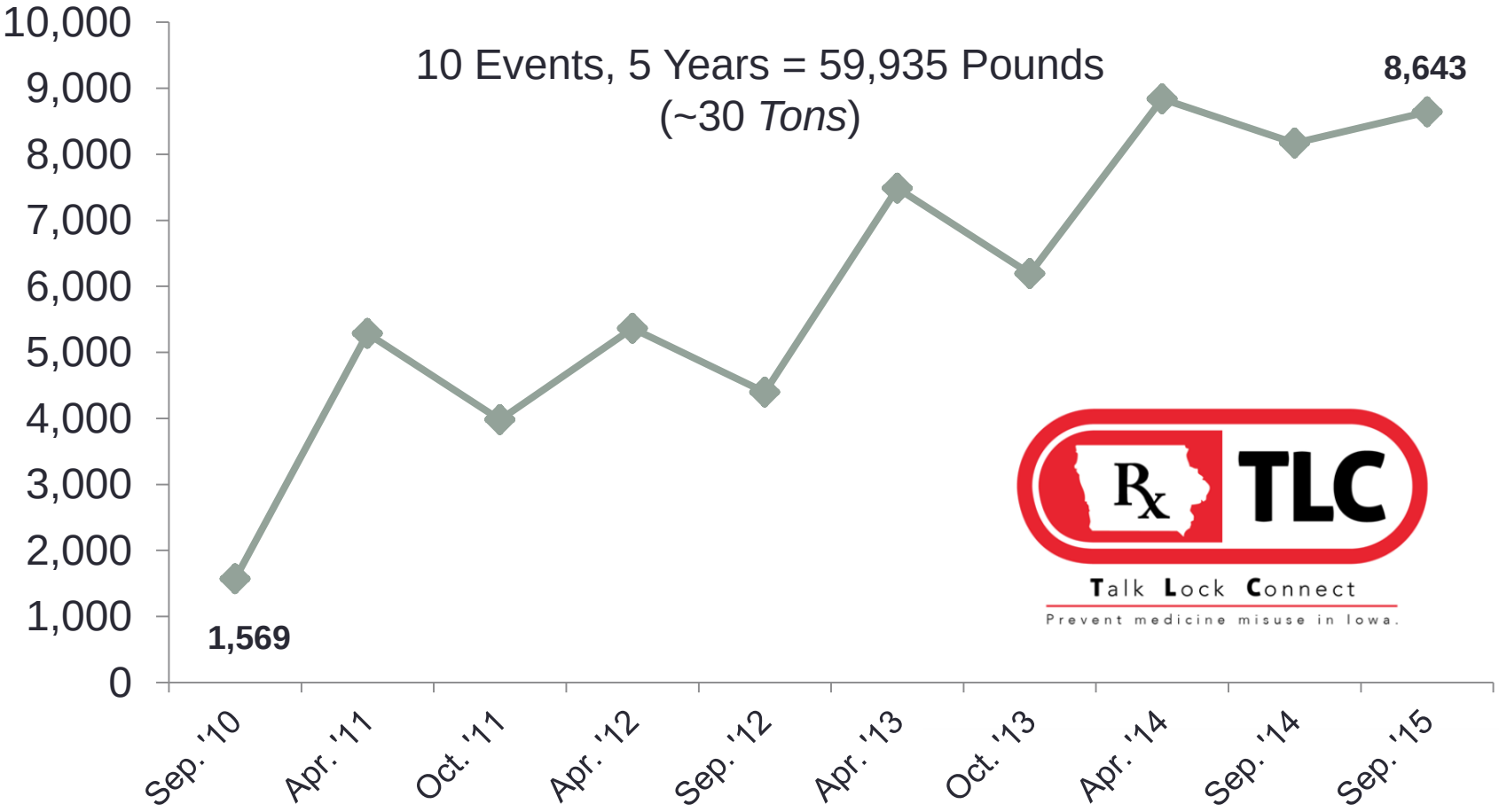
Amount (in Tons) of Rx Drugs Collected



DEA, 2015

Iowa "Take-Back" Initiative

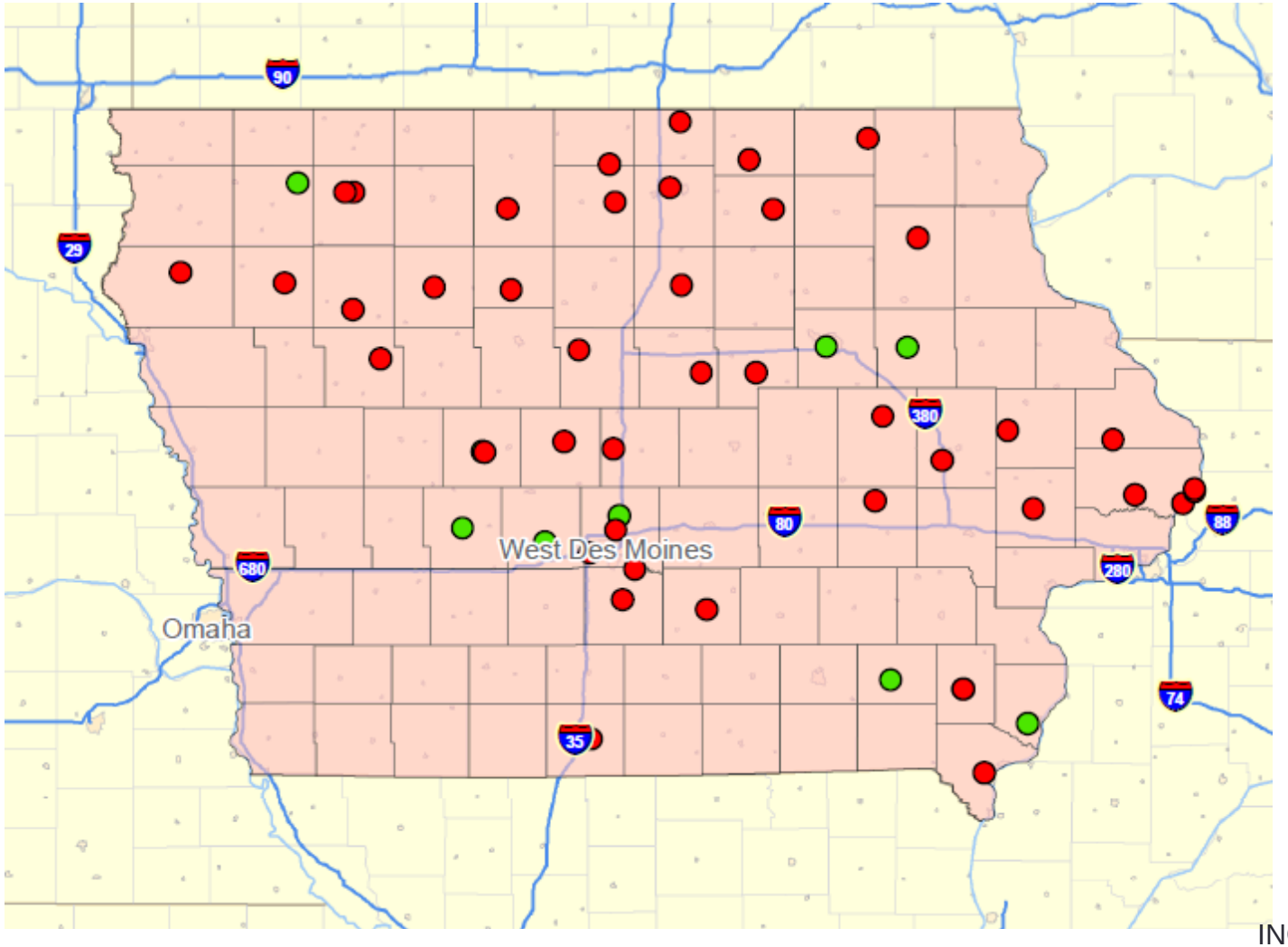
Amount (in Pounds) of Rx Drugs Collected



DEA, 2015

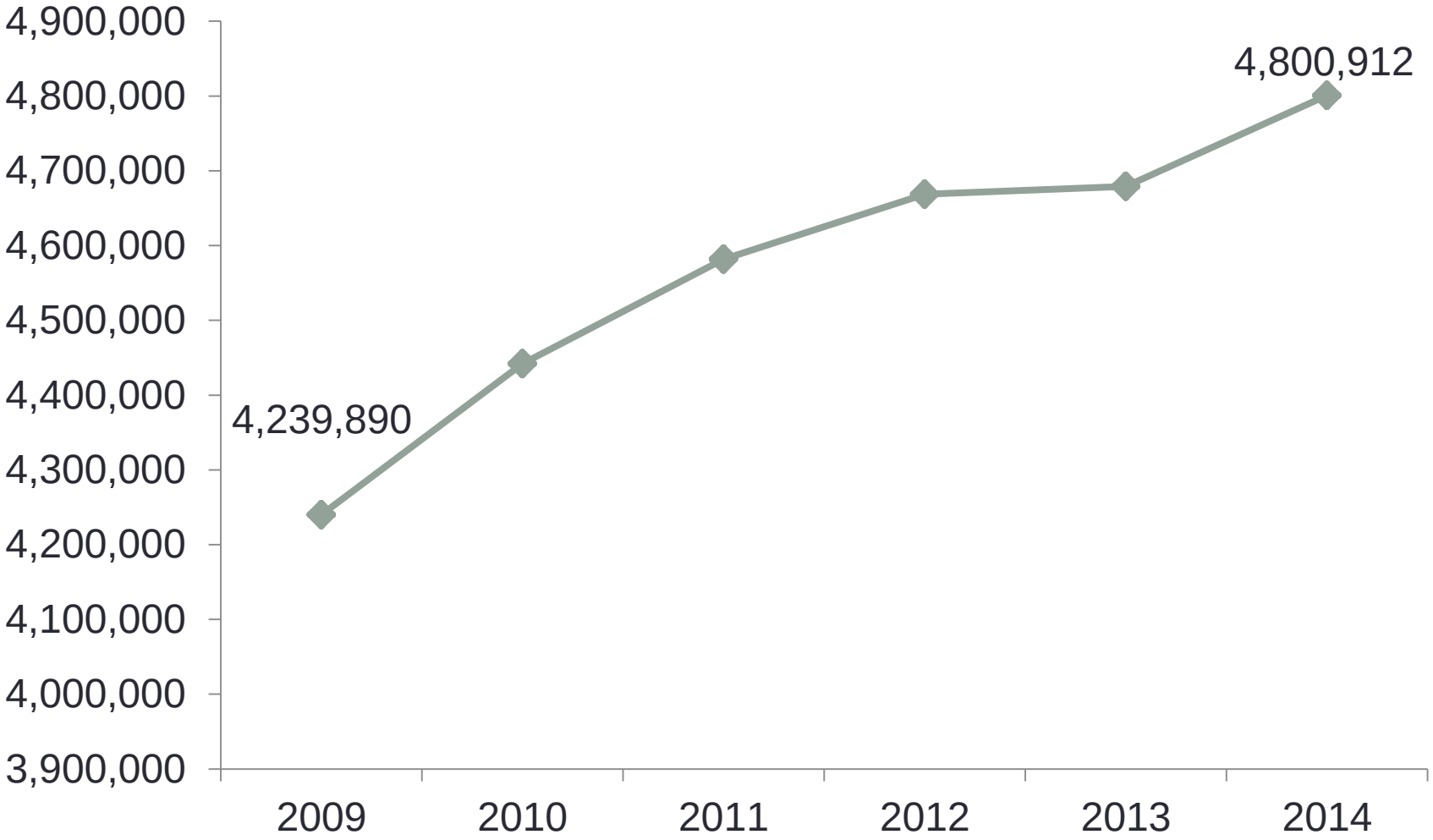
Iowa Permanent Rx "Take Back" Sites

Controlled Prescription Drugs



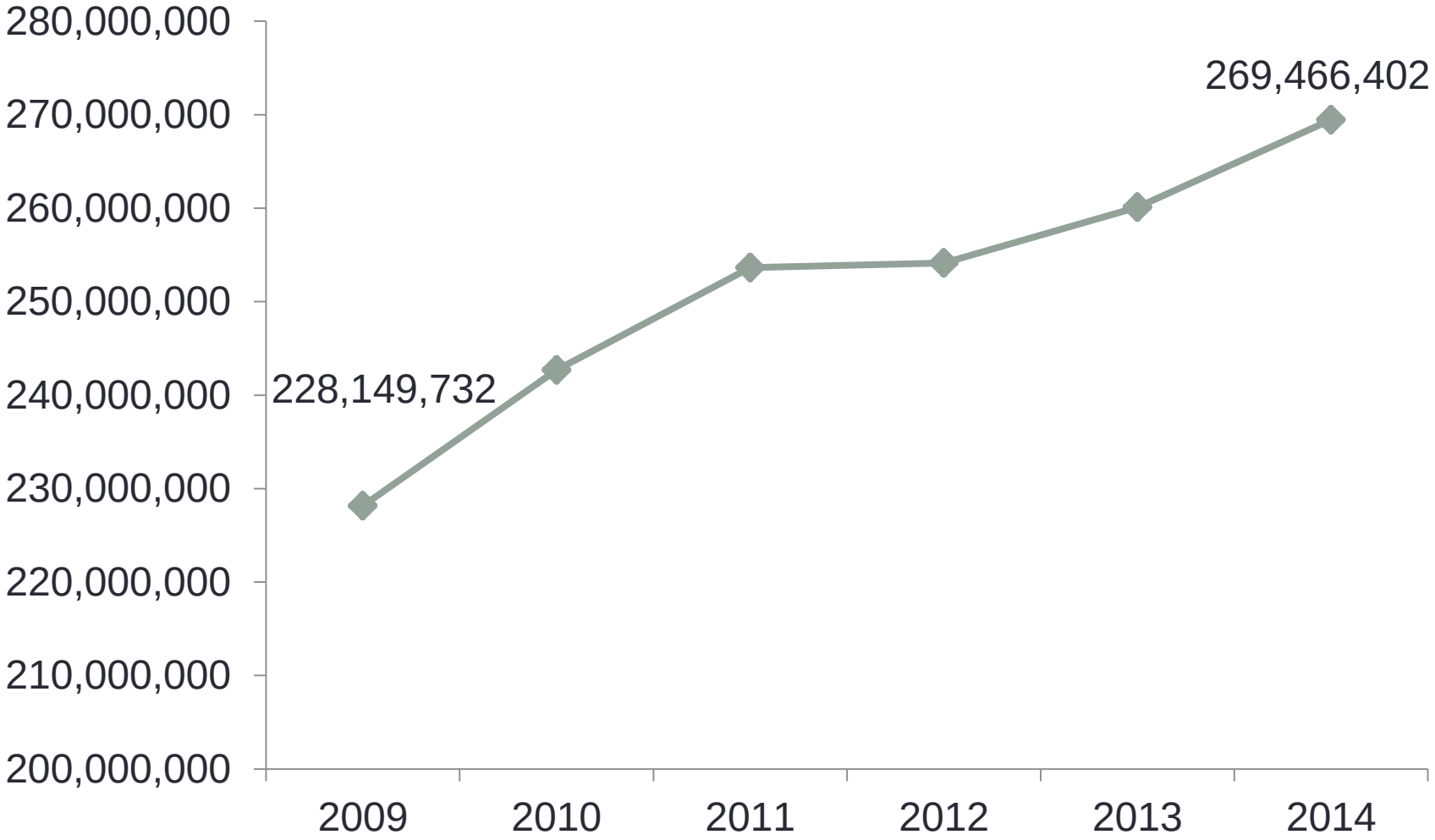
ING, 2015

Iowa PMP: *Total Prescriptions Dispensed*



IDPH, 2014

Iowa PMP: *Prescription Doses Dispensed*



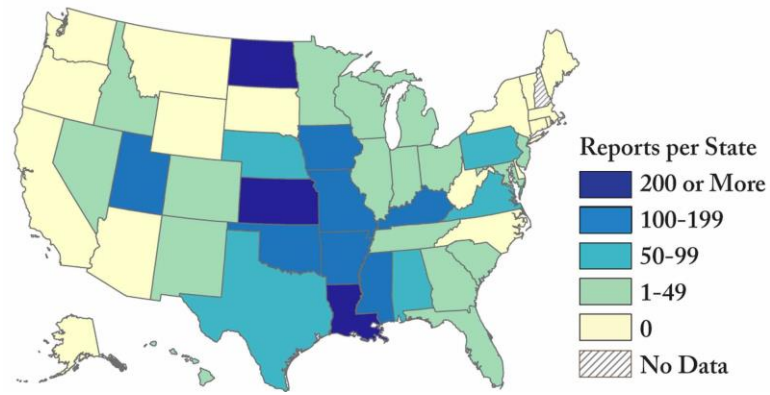
IDPH, 2014

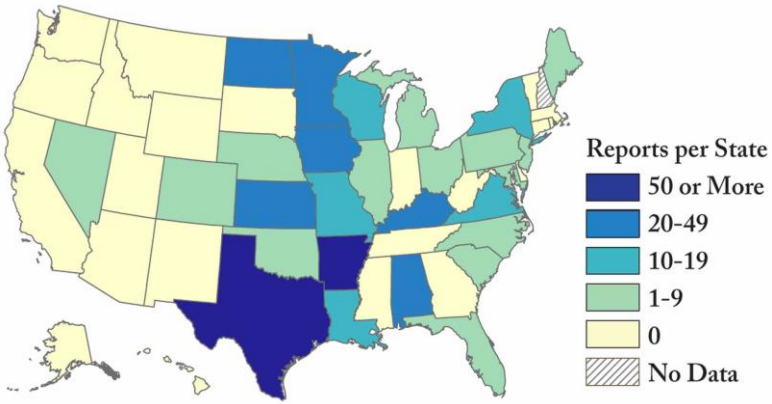
Synthetic Drugs

Synthetic Cannabinoids & Cathinones

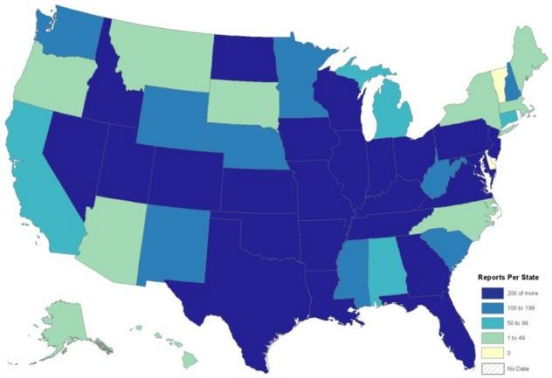
Hallucinogens & Stimulants by State

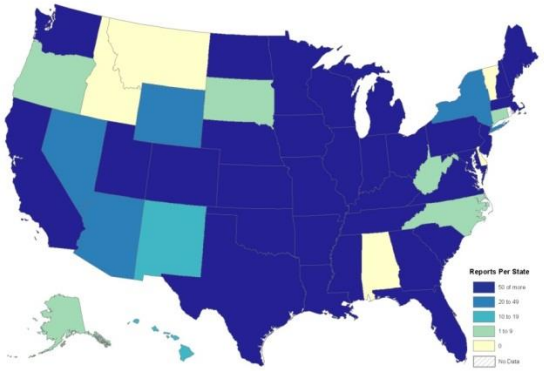
2010





2012





DEA, 2013

Signs & Symptoms

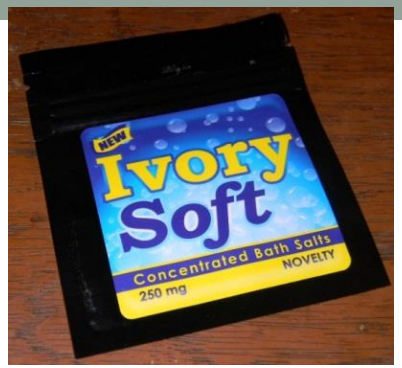
Synthetic *Cannabinoids*

- Nausea, Vomiting
- Drowsiness
- Agitation
- Dyspnea (shaking)
- Palpitations
- Headache, Dizziness
- Seizures

- Panic, Anxiety
- Hallucinations
- Hypertension
- Tachycardia
- Paranoia
- Aggressive Behavior
- Suicidal Tendencies

Signs & Symptoms

Synthetic *Cathinones*



- Nausea, Vomiting
- Sleeplessness
- Agitation
- Palpitations
- Shortness of Breath
- Headache, Dizziness
- Seizures
- Panic, Anxiety
- Hallucinations, Delusions
- Hypertension
- Tachycardia
- Paranoia
- Violence
- Suicidal Tendencies

The Chemistry

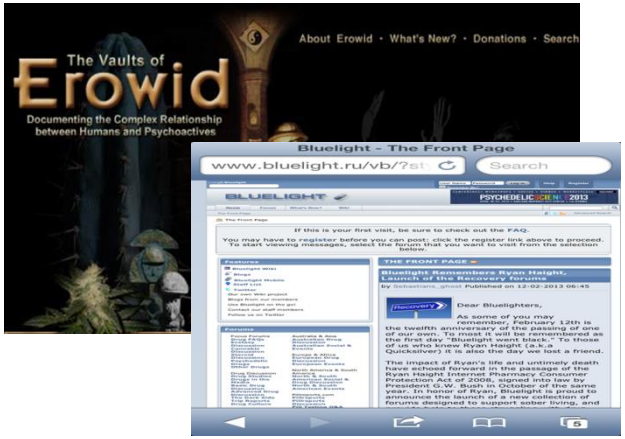
Red = Controlled substance
Yellow = Positional isomer, controlled by definition
Green = Determined to be controlled substance analogue

Designer Drugs

- **Phenylalkylamines**
  - Dimethoxy derivatives:
    - D-Series-2,5-dimethoxy-phenyl-propanamines: 2,5-DMA, 3,4-DMA, DOB, DOC, DOET, DOF, DOI, DOM, DON, DOPR, MDOB
    - 2C Series – 2,5-dimethoxy-ethanamine: 2C-B, 2C-C, 2C-D, 2C-E, 2C-H, 2C-I, 2C-N, 2C-P, 2C-T-2, 2C-T-4, 2C-T-7, 2C-T-21, 25I-NBOMe
  - β-Keto-phenethylamines: Mephedrone, MDPV, Methylone, Ethylone, Butylone, Flephedrone, Methcathinone, Ethcathinone, bk-MDDMA, Naphyrone, 4-MEC, 4-EMC, a-PVP, 4-MePPP, a-PBP, buphedrone
- **Benzodiazepines**
  - phenazepam
- **Piperazines**
  - Benzyl-piperazines: BZP, MDBP, 4-Bromo-2,5-diMeO-BZP, MBZP, MDBZP
  - Phenyl-piperazines: *m*CPP, TFMPP, MeOPP, pFPP
- **Arylcyclohexamines**
  - PCPR, PCMPA, PCMEA, PCEEA, PCEPA, 5-MeO-PCP, MXE, 4-Me-PCP, 3-MeO-PCE
- **Tryptamines**
  - AMT, DMT, DET, DPT, DBT, DiPT, MiPT, 4-OH-DiPT, 4-OH-MiPT, 4-OH-MET, 5-MeO-AMT, 5-MeO-DMT, 5-MeO-DiPT, 5-MeO-MiPT, 5-MeO-EiPT, 5-AcO-DiPT, 5-MeO-DPT, 5-MeO-DALT
- **Synthetic Cannabinoids**
  - Classic cannabinoids: HU-210, IP-751, Parahexyl and many others
  - Cyclohexyl-phenols: CP-47,497, CP-47,497-C8, CP-55,950
  - Indoles/Pyrroles: JWH-018, AM2201, JWH-200, JWH-081, JWH-250, AM694, RCS-4, SR-18, UR-144, XLR11
  - Eicosanoids: Anandamide, Oleamide
  - Others: AKB48, URB597, CB-13
- **Ecgonine Derivatives**
  - 4-Fluorotropa-cocaine, β-CFT, *p*-FBT
- **Anabolic agents**
  - Steroids: THG, Many examples
  - SARMs: Andarine, LGD-2226, Mk-2866
- Trimethoxy derivatives: 3,4,5-TMA, TMA-2, TMA-3, TMA-4, TMA-5, TMA-6
- 4-MTA homologs: 4-MTA, 4-MTMA, 4-MTEA, 4-MTPA, 4-MTBA, 4-MTDMA
- Monomethoxy derivatives: PMA, PMMA, *N*-ethyl-PMA
- Difurnanyl compounds: Bromo-dragonfly, 2C-B-fly
- Fluoro-containing compounds: 4-FA, 3-FA, 2-FA, *N*-Methyl-4-FA, *N*-Ethyl-4-FA, 3-F-4-MeO-A
- Others: MDDMA, Ethyl-amphetamine, *N*-OH-MDMA, MDDM, *N,N*-Dimethyl-1-phenyl-2-ethanamine, 1-phenyl-2-butylamine, MDA

Modified from Wohlfarth and Weinmann, *Bioanalysis*, 2010

Parents & Key Influencers Make a Difference



- Drug use is a preventable behavior. Drug addiction is a treatable disease.
- Teenagers who learn about the dangers of drugs through ongoing dialogue at home are up to 50% less likely to ever use drugs.
- Illegal means unsafe, but legal substances can also be unsafe when not used as intended.
- One of the most frequent reasons cited by drug free teenagers for their decision to not use drugs is the fear of disappointing their parents.

Drug Trends in Iowa: *Summary*

- Alcohol remains Iowa's most abused addictive substance.
- Iowans' appetite for meth remains strong, fed by cartels.
- Marijuana is Iowa's most used illicit substance, & is morphing into new more potent forms.
- Medicine/Opioid abuse is Iowa's fastest growing form of substance abuse…leading to more heroin use too.
- Synthetic drugs are a fast-changing threat to Iowa youth.
- With exceptions, Iowans generally abuse drugs at rates below many other states…& Iowa youth substance abuse is declining. Challenges remain, now & in the future.

QUESTIONS?
THANK YOU. STAY SAFE!

Iowa Governor's Office of Drug Control Policy

www.iowa.gov/odcp