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Preventing Opioid Misuse: A Public Health Approach

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Drug Overdose in Texas

- In 2016, 2,799 Texans died due to drug overdose
- More than the population of a Texas 6A high school
- More than the population of nearly 60 percent of the cities and towns in Texas



Sources:

CDC (2017). Provisional counts of drug overdose deaths, as of 8/6/2017. Available at: https://www.cdc.gov/nchs/data/health_policy/monthly-drug-overdose-death-estimates.pdf

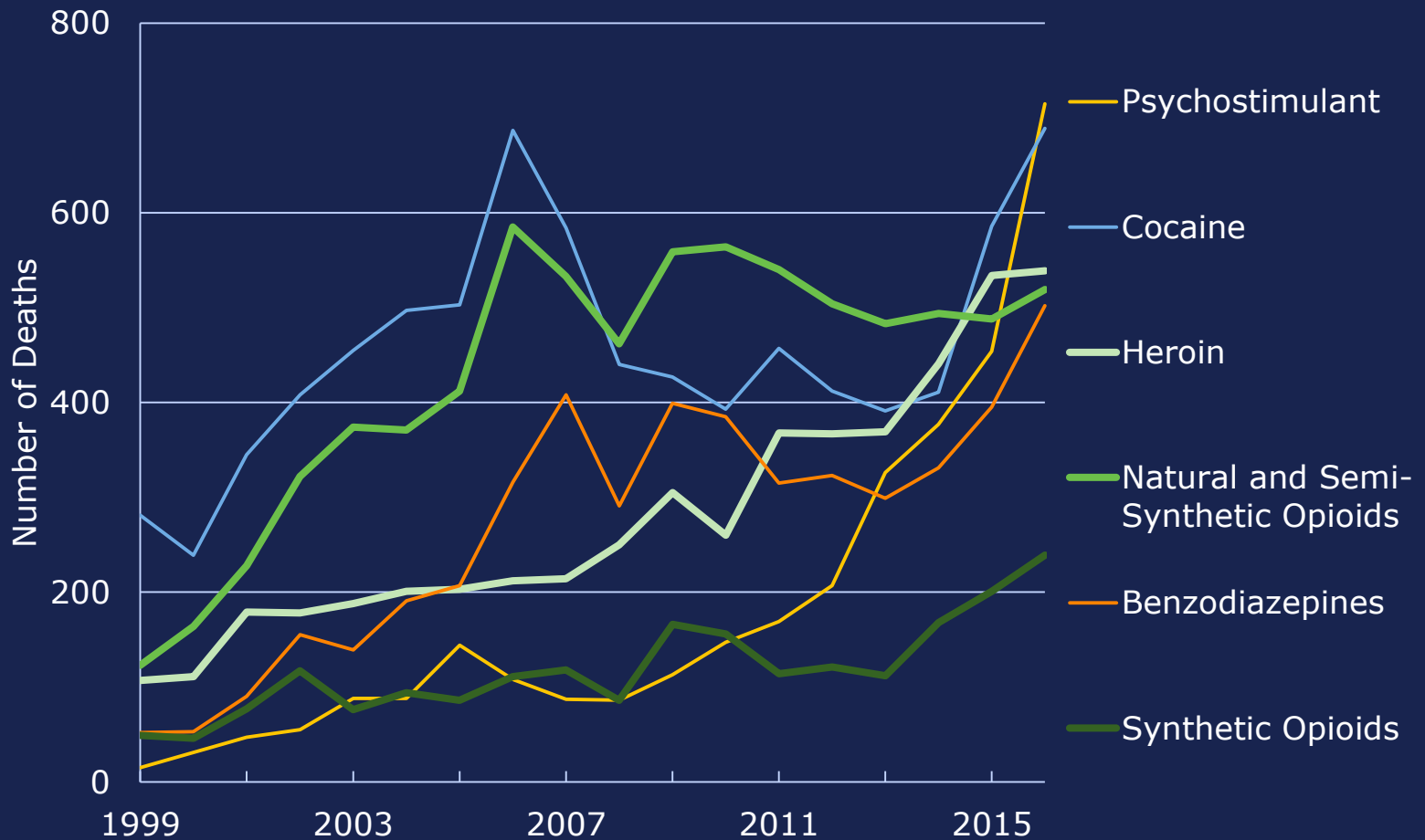
U.S. Census Bureau (2017). Annual Estimates of the Resident Population in Texas: April 1, 2010 to July 1, 2016. Available at:

<https://www.census.gov/data/datasets/2016/demo/popest/total-cities-and-towns.html>

Number of Drug Poisoning Deaths in Texas: 1999—2016



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Source: Preliminary Data from CDC/NCHS WONDER-National Vital Statistics System, Mortality File.



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Past Year Opioid Misuse

- In 2016, nearly 12 million people aged 12 or older misused opioids in the U.S.
- Among Texas students in grades 7-12
 - 9 percent misused codeine cough syrup
 - 4 percent misused other opioids
- Among Texas college students
 - 4 percent misused opioids (including codeine)

Sources:

SAMHSA, National Survey on Drug Use and Health, 2016

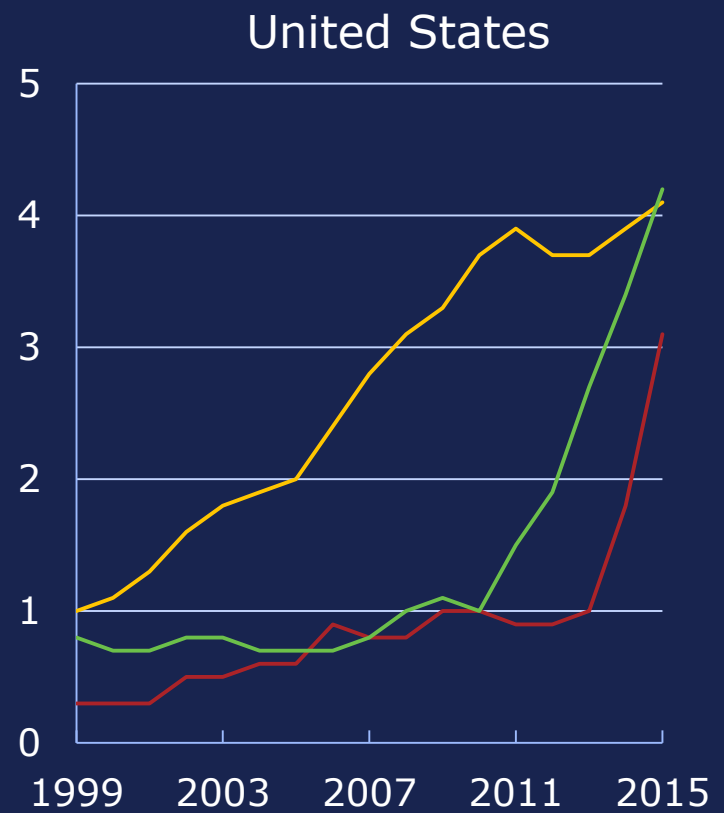
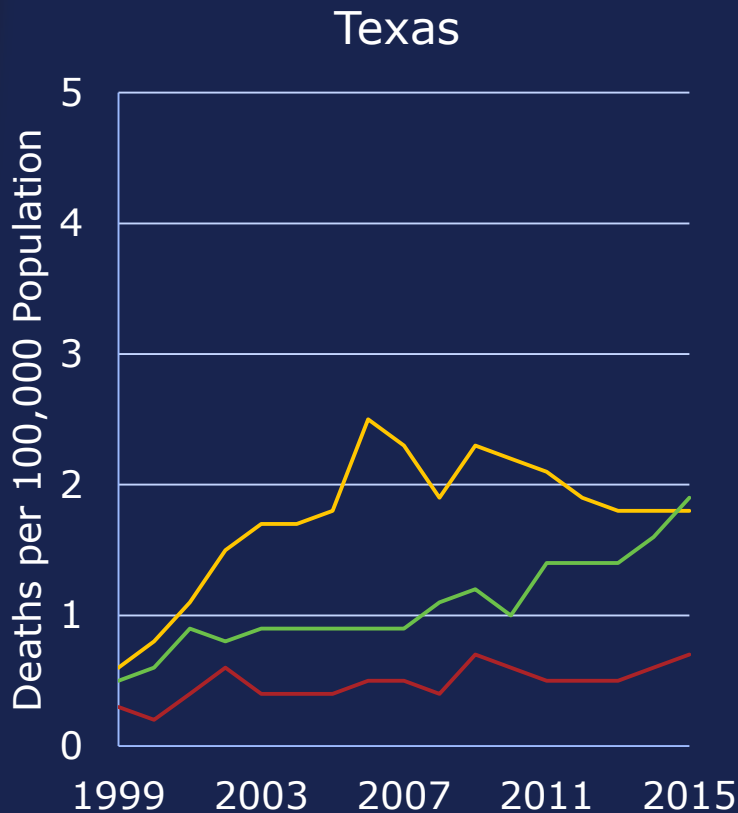
Texas School Survey of Drug and Alcohol Use, 2016

Texas College Survey, 2017

Opioid-Related Overdose Death Rates: 1999-2015



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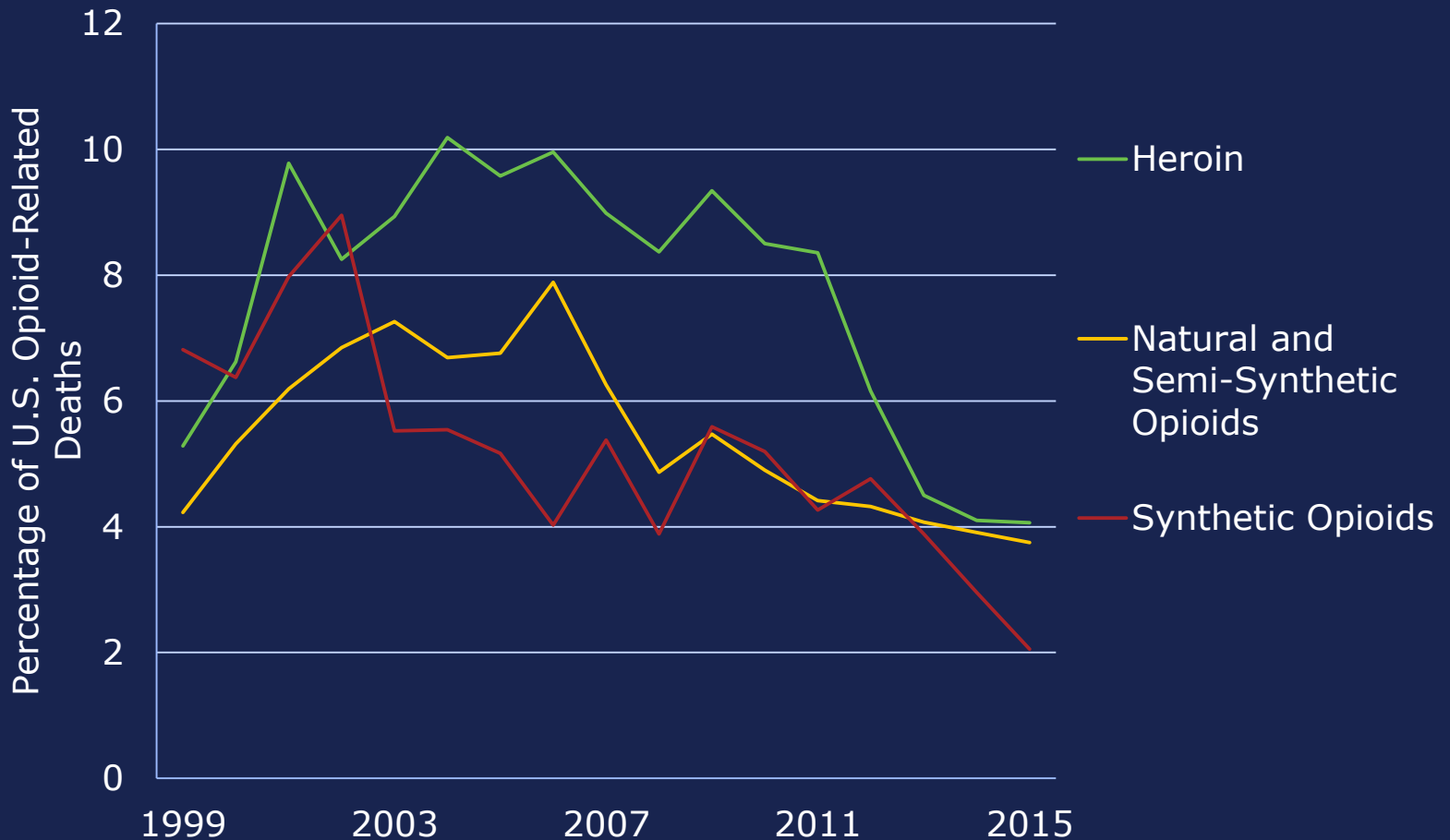


— Natural and Semi-Synthetic Opioids — Heroin — Synthetic Opioids

Proportion of Opioid-Related Deaths in United States Attributable to Texas: 1999-2015



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Public Health Approaches to Preventing Substance Misuse and Addictions



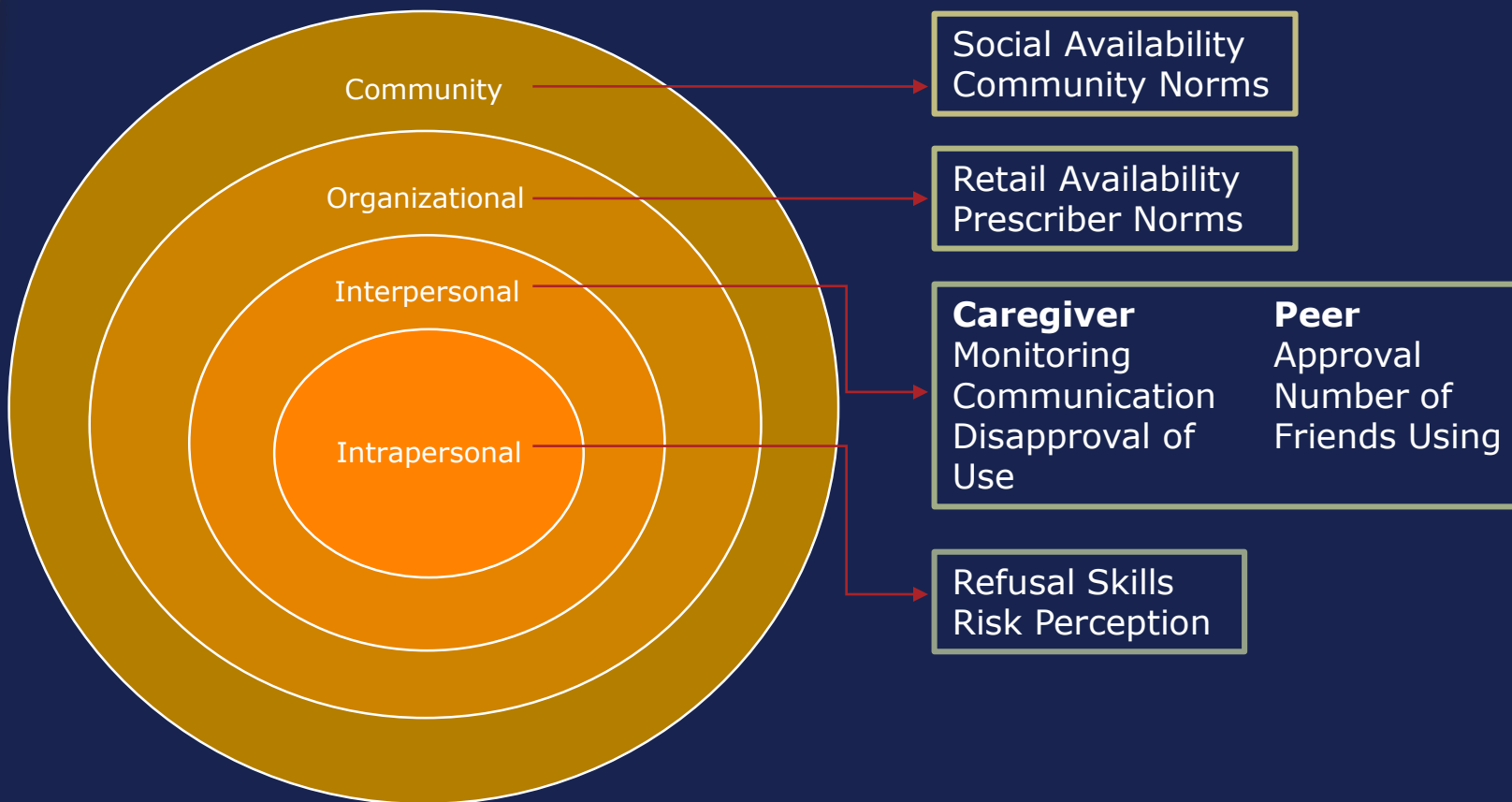
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Correlates of Opioid Misuse



Sources: McLeroy, K. R., Bibeau, D., Steckler, A., & Glanz, K. (1988). An ecological perspective on health promotion programs. *Health Education & Behavior*, 15(4), 351-377.

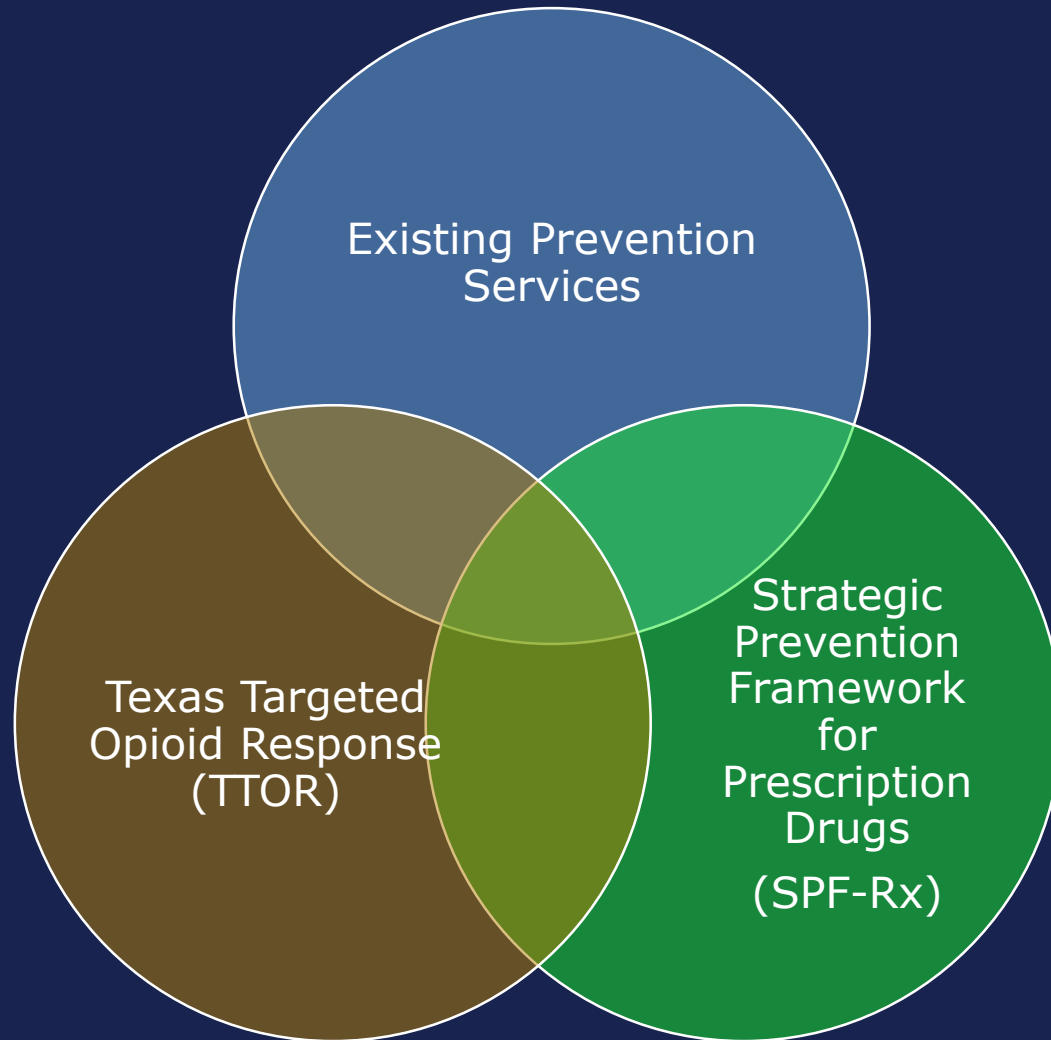
SAMHSA CAPT (2016). Preventing Prescription Drug Misuse: Understanding Who Is at Risk.

Available at: <https://www.samhsa.gov/capt/sites/default/files/resources/preventing-prescription-drug-misuse-understanding.pdf>

Opioid Misuse Prevention in Texas



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Substance Abuse Prevention in Texas



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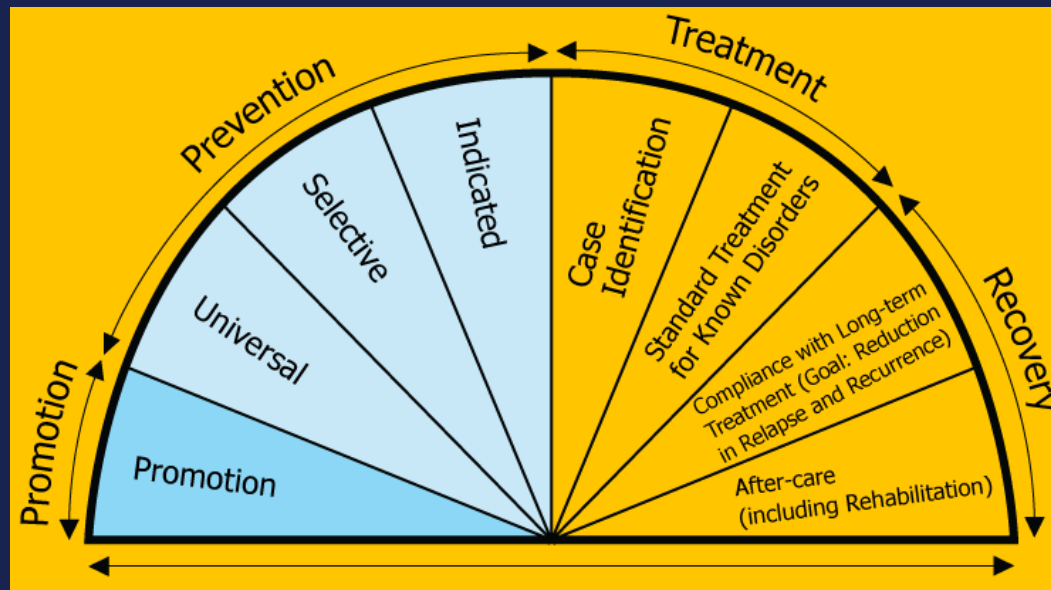
- 11 Regional Prevention Resource Centers
- 52 Coalitions
- 163 Youth Prevention Programs
- Statewide Media Campaign





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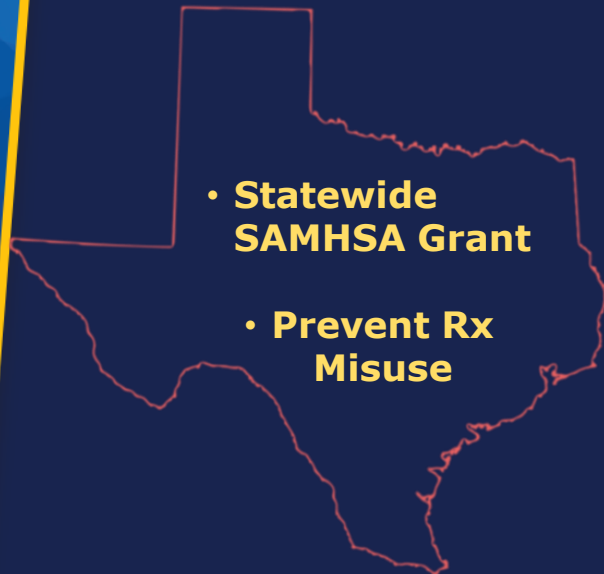
- Increased access to care and supports
- Reduction of service gaps within the continuum of care
- Increased awareness for the public through education and outreach





SPF-Rx

Strategic Prevention Framework for Prescription Drugs



Awarded FALL 2016



GOALS

- 1) Raise Awareness
- 2) Rx Data Enhancements

SPF-Rx Objectives

Initial Strategic Ideas

- Community Education
- Data Infrastructure
- Workforce Development



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Community Education



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- Youth and Young Adults
- Communities
- Health Providers

A KILLER IN THE CABINET

— MEDICATION SAFETY TIPS —



**2,500 TEENS BEGIN
ABUSING PRESCRIPTION
DRUGS EACH DAY**

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Data Infrastructure

Texas Prescription Monitoring Program

- High Utilization
- Consistent Reporting

Making a Difference: State Successes



2012 Action:

New York required prescribers to check the state's prescription drug monitoring program before prescribing painkillers.

2013 Result:

Saw a 75% **drop in patients** who were seeing **multiple prescribers** to obtain the same drugs, which would put them at higher risk of overdose.



2010 Action:

Florida regulated pain clinics and stopped health care providers from dispensing prescription painkillers from their offices.

2012 Result:

Saw more than 50% **decrease in overdose deaths** from oxycodone.



2012 Action:

Tennessee required prescribers to check the state's prescription drug monitoring program before prescribing painkillers.

2013 Result:

Saw a 36% **drop in patients** who were seeing **multiple prescribers** to obtain the same drugs, which would put them at higher risk of overdose.

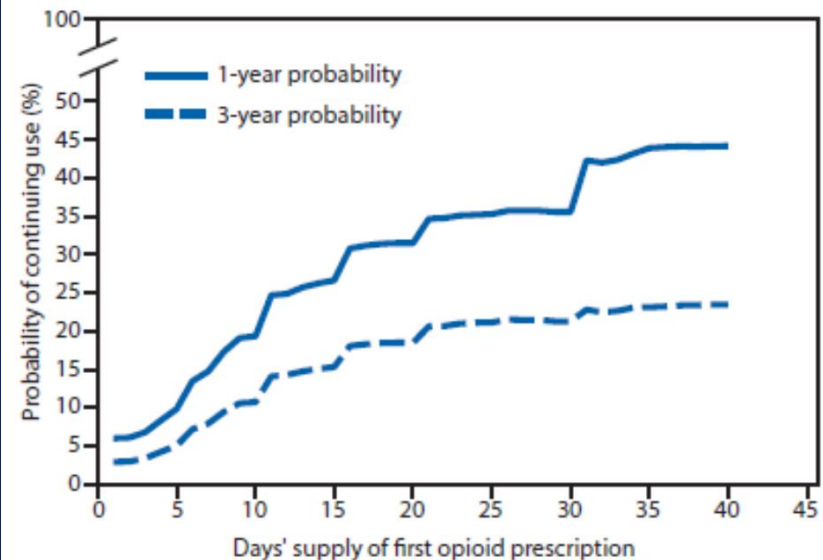
Workforce Development



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- Prevention Professionals
- Prescribers and Other Health Care Professionals

FIGURE 1. One- and 3-year probabilities of continued opioid use among opioid-naïve patients, by number of days' supply* of the first opioid prescription — United States, 2006–2015



* Days' supply of the first prescription is expressed in days (1–40) in 1-day increments. If a patient had multiple prescriptions on the first day, the prescription with the longest days' supply was considered the first prescription.



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Thank you

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