

Opioid Epidemic

Tacoma City Council Study Session

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Agenda

- Why we should care.
- Usage facts.
- What the data says.
- How we should address the issue.
- What public health is doing.
- How the City of Tacoma can help.

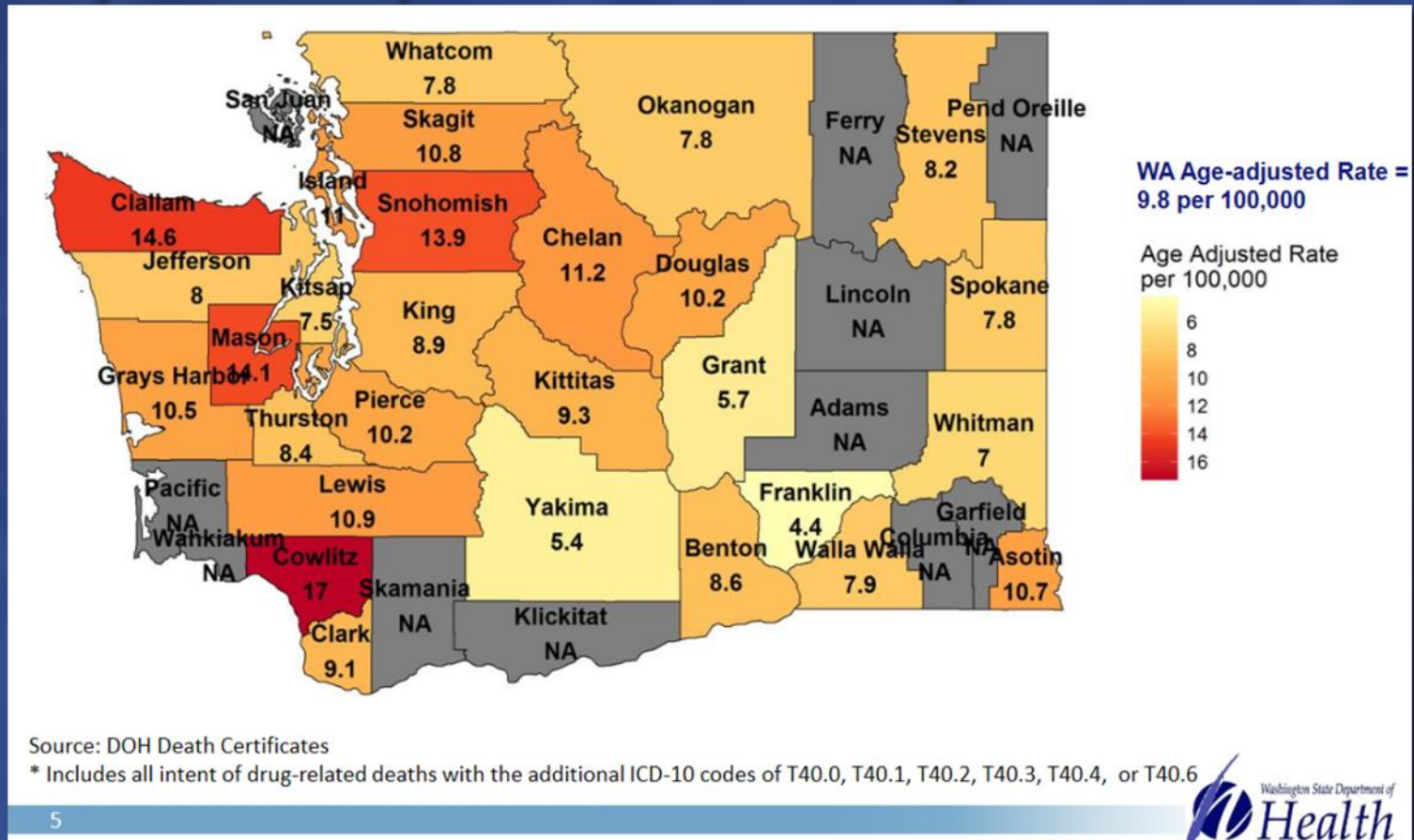
Why should we care?



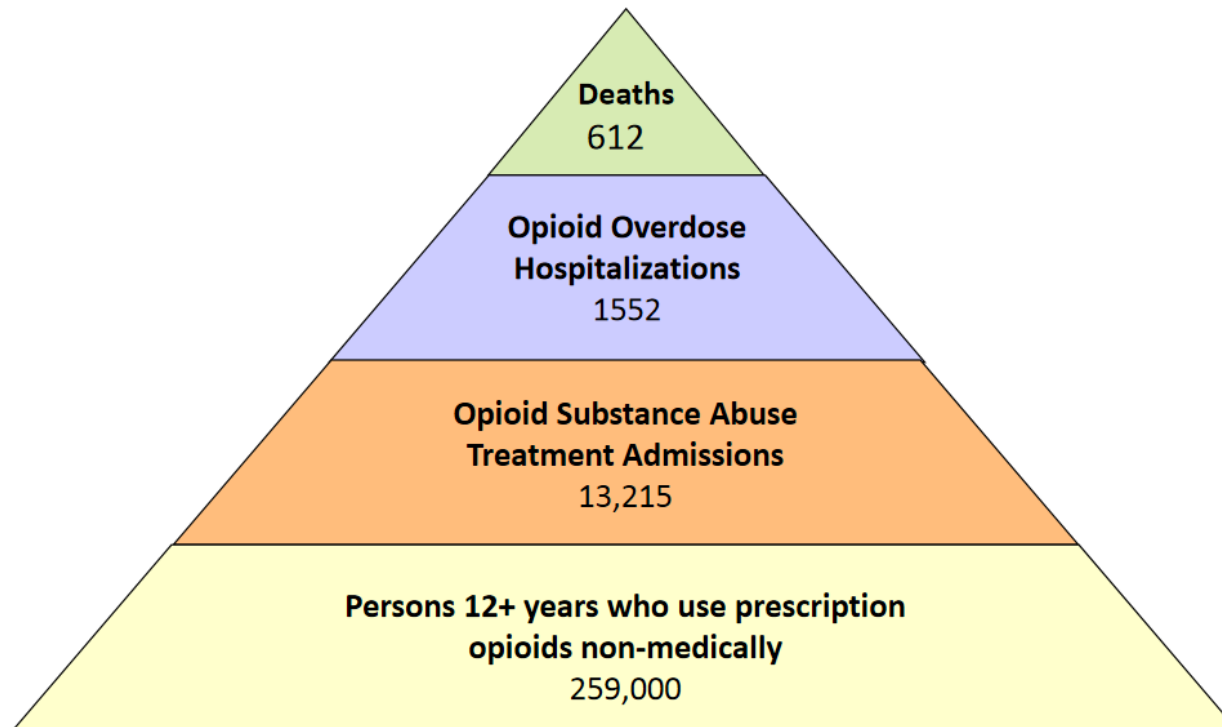
Opioid facts

- Opioid use, morbidity and mortality have increased nationally, across Washington State and Pierce County.
- About 600 people die each year from opioid overdose.
- 75% of intravenous drug users are also Hepatitis C positive.
- 80% smoke cigarettes.
- 70% have substance use and mental health disorders.
- Untreated conditions cost the country over \$600 billion.

Opioid overdose death rates by county of residence, 2011-2015

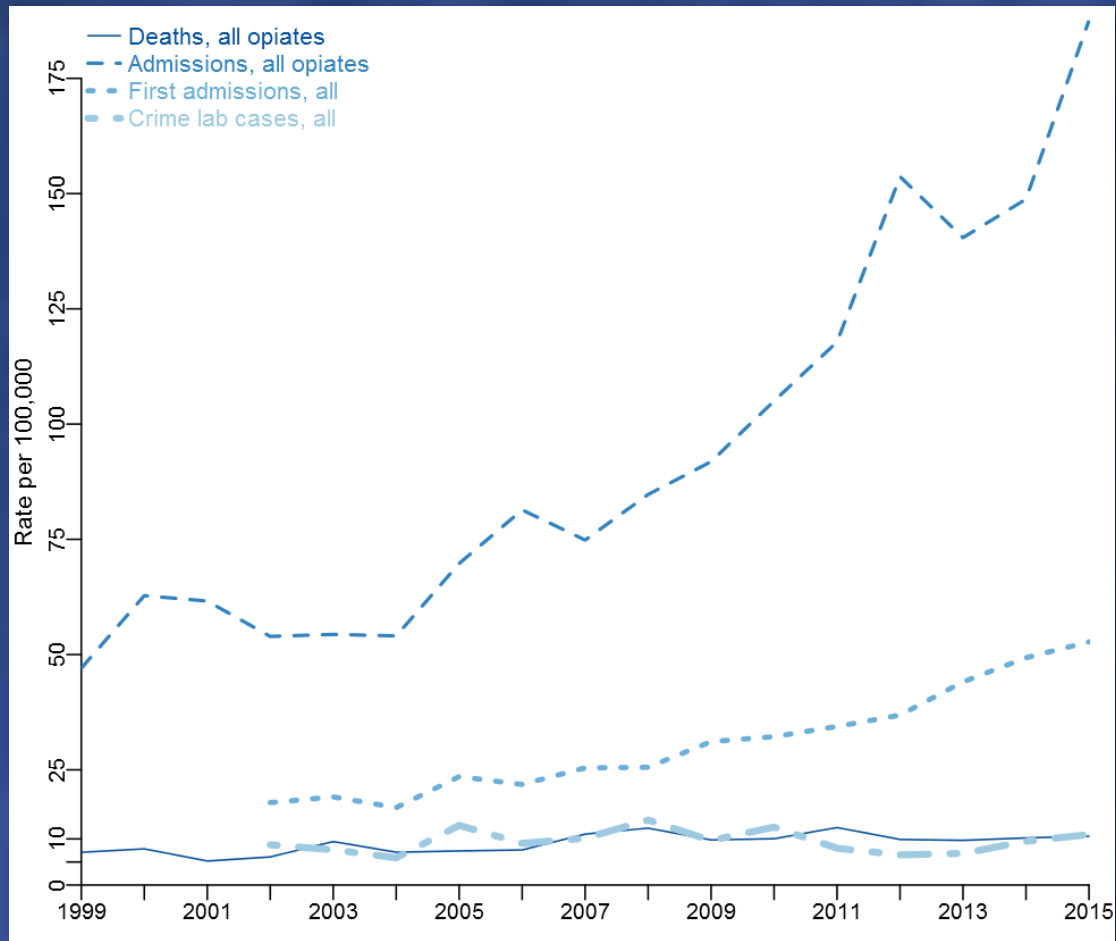


Opioid-related disease burden



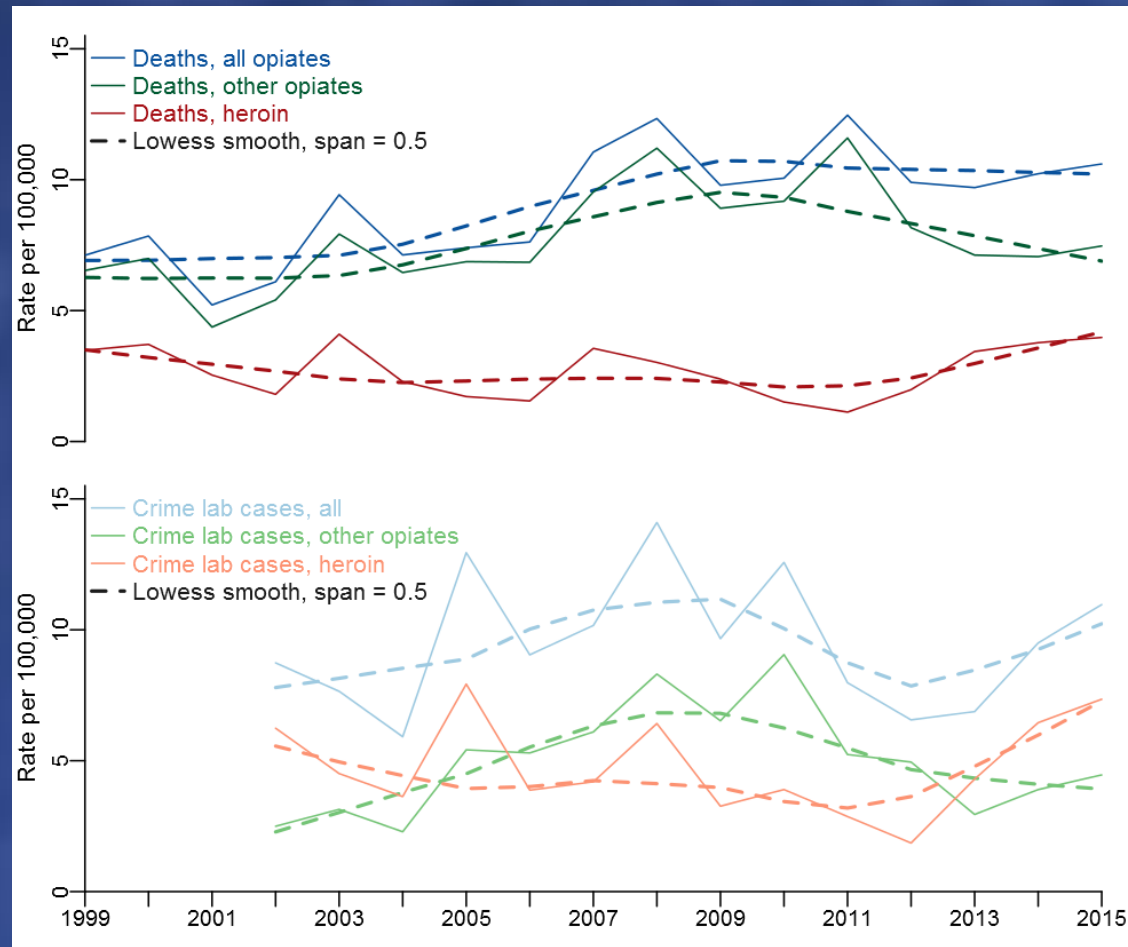
1. Opioids involved in an unintentional overdose death listed as underlying cause of death. Washington State death certificate data, 2014.
2. Washington Hospital Discharge Data, Comprehensive Hospitalization Abstract Reporting System (CHARS) and Oregon State Hospital Discharge Data , 2014.
3. Treatment and Assessment Report Generation Tool, 2014
4. National Survey on Drug Use and Health, 2013-2014

Pierce County opioid data trends

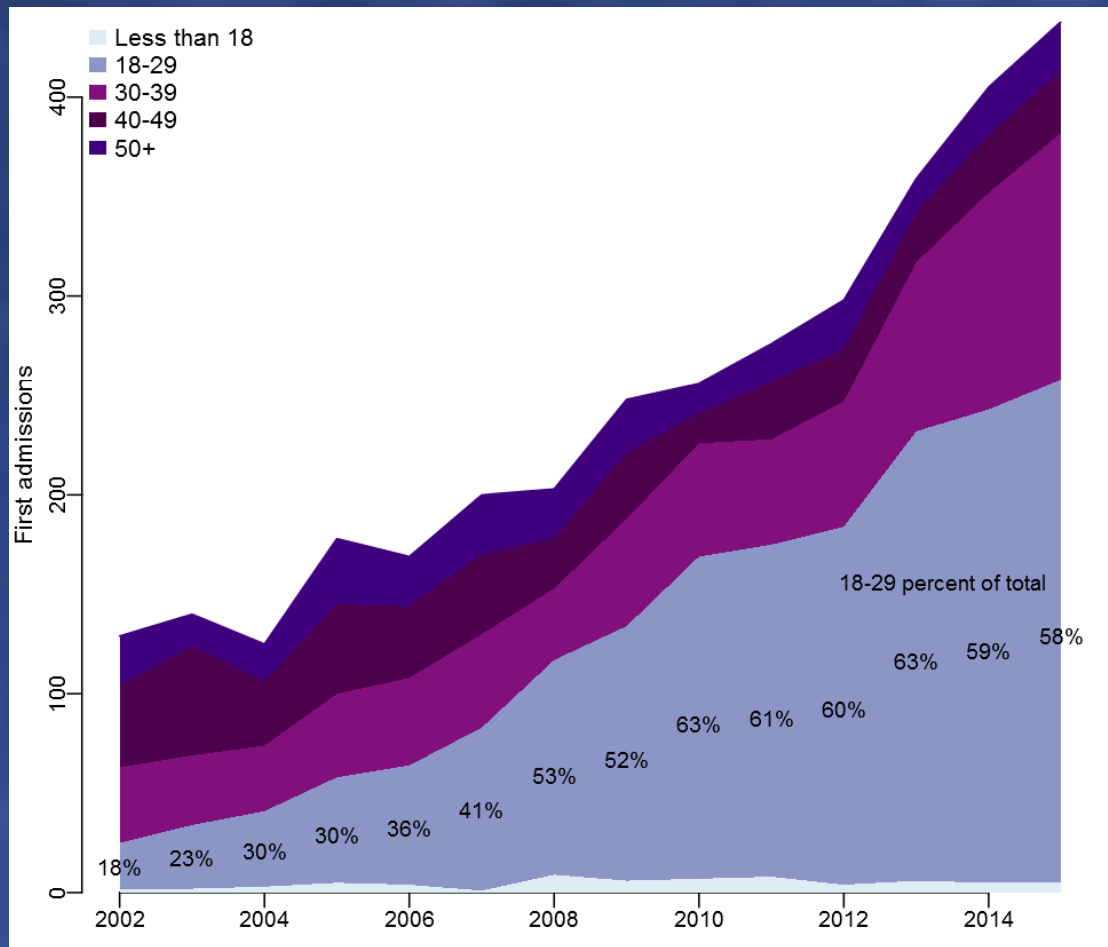


Prescription-type opioids and heroin death

Police evidence trends



First time treatment admissions

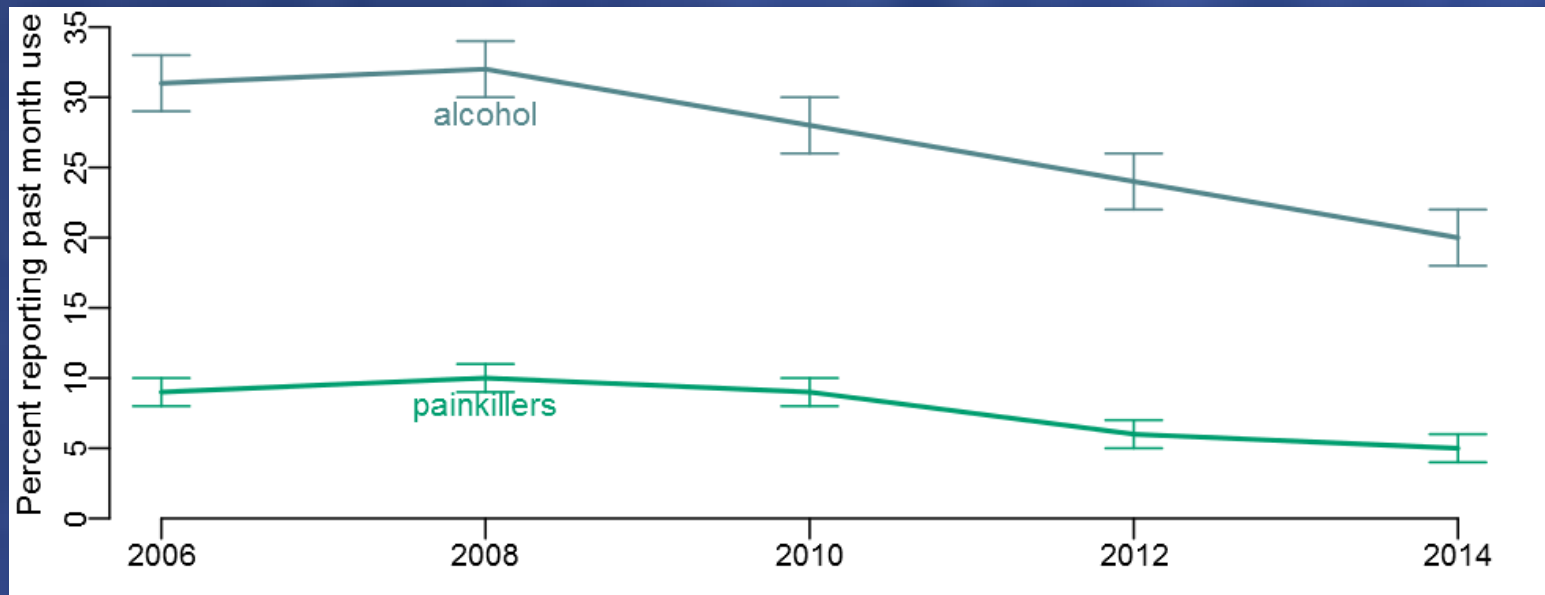


Healthy Youth Survey:

Lifetime use of heroin or painkillers “to get high”:

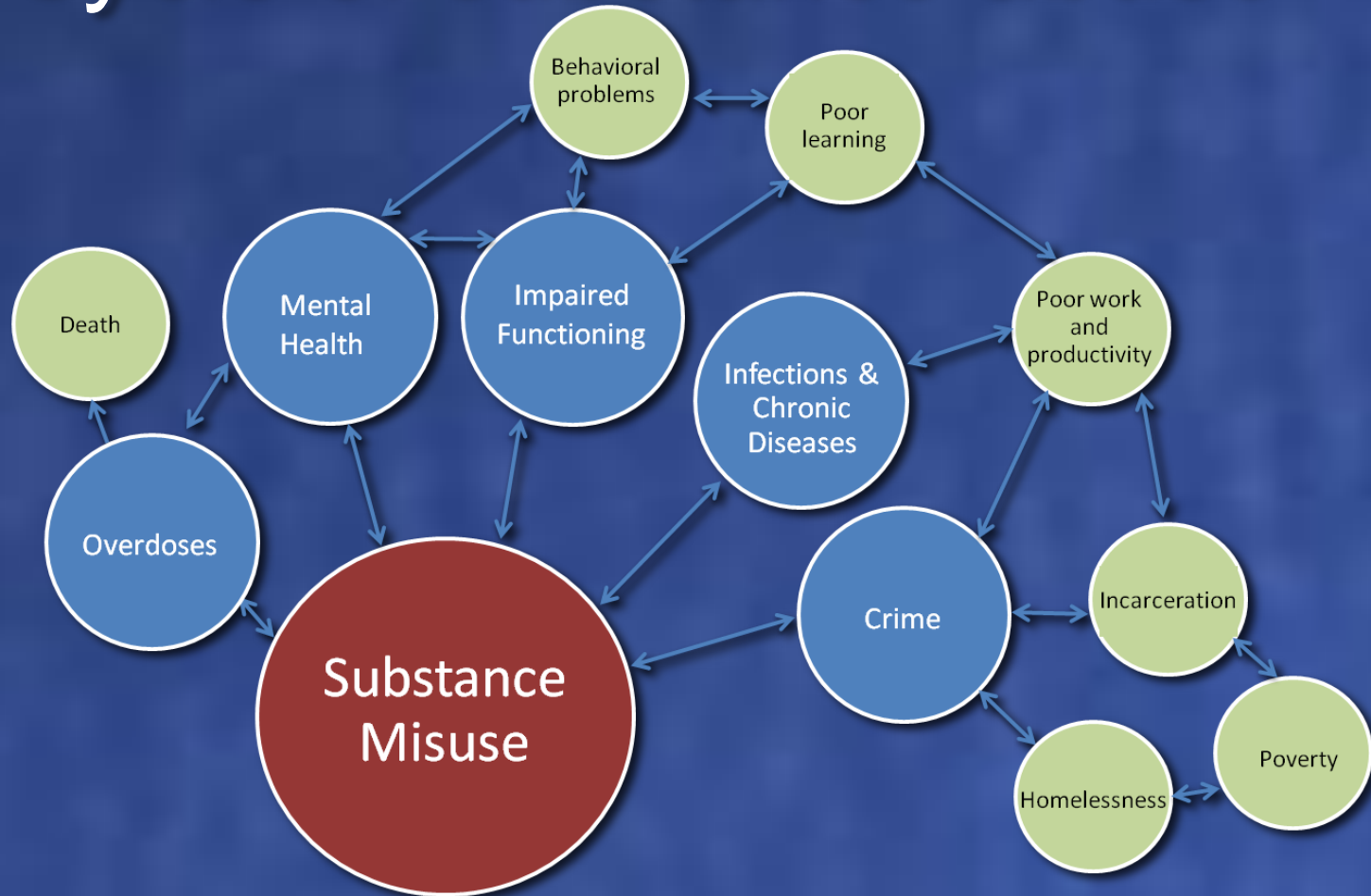
- 92.6% of Pierce County 10th graders report using neither.
- 4.4% report current painkiller only.
- 3% have tried heroin.

Adolescent misuse in opioids



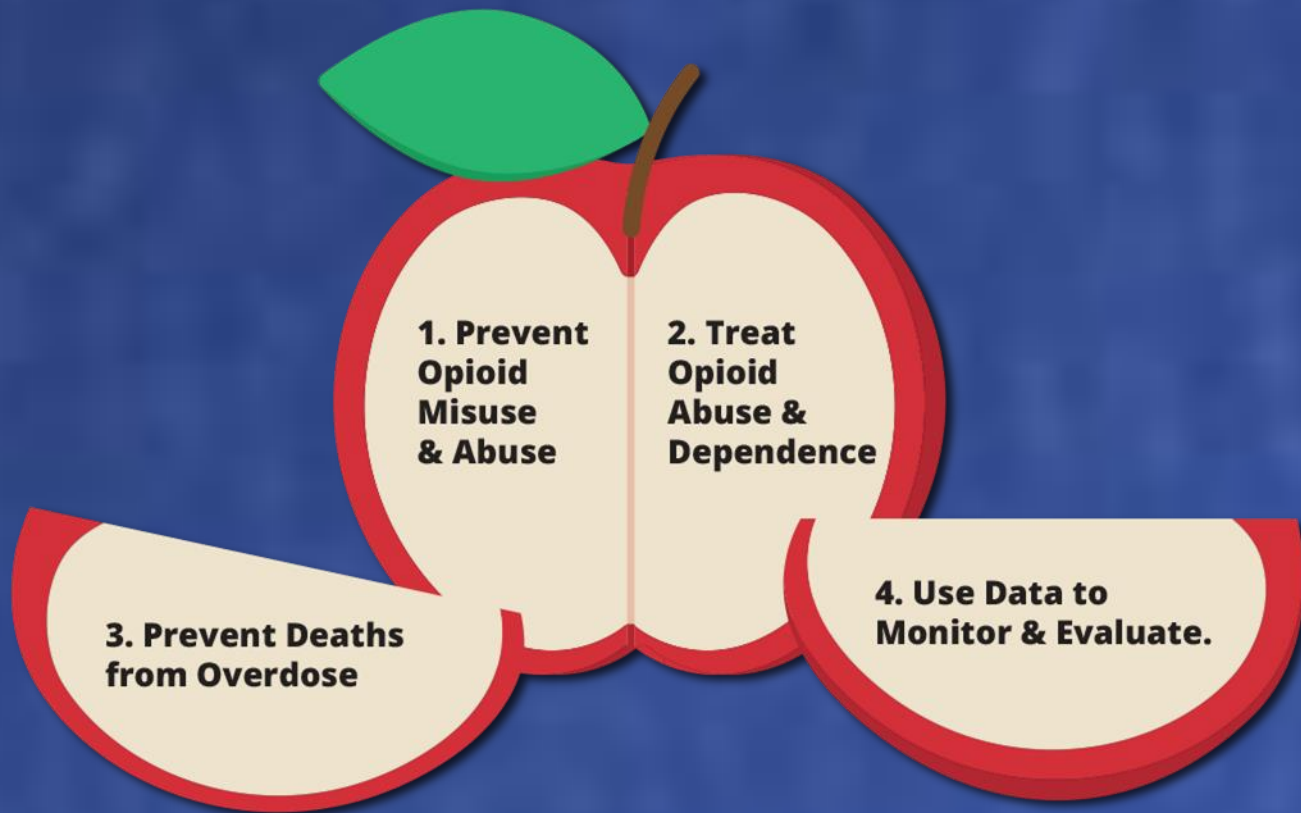
Past-month use of painkillers “to get high” and alcohol, Pierce County 10th Graders Healthy Youth Survey.

Cycle of substance abuse



How should we address the issue?

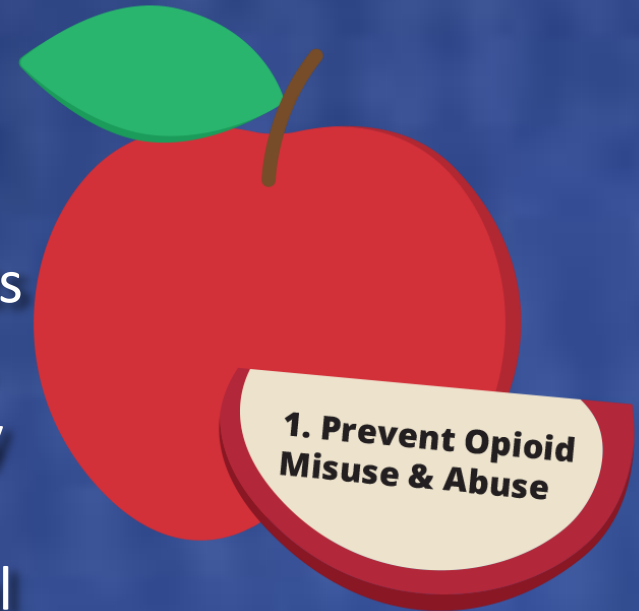
2016 State Interagency Opioid Plan



1. Prevent opioid misuse and abuse.

Strategies:

- Promote best practice for prescribing opioids.
- Raise awareness of adverse effects of opioid use, including overdose.
- Prevent opioid misuse particularly among youth.
- Promote safe storage and disposal of pain medication.
- Decrease the supply of illegal opioids.



2. Treat opioid abuse & dependence.

Strategies:

- Help health care providers intervene, screen and link patients to appropriate treatment resources.
- Expand use of opioid disorder medications in communities.
- Expand use of opioid disorder medications in criminal justice system.
- Help syringe exchange programs prevent overdose and connect clients to support services, including housing.
- Identify and treat opioid abuse during pregnancy.



3. Prevent deaths from overdose

Strategies:

- Educate heroin and opioid users, and those who may witness an overdose, how to recognize and respond.
- Make system-level improvements to increase use of naloxone.



4. Use data to monitor and evaluate

Strategies:

- Improve Prescription Monitoring Program functionality to inform clinical decision making.
- Use PMP for public health surveillance and evaluations.
- Enhance efforts to monitor opioid use and related morbidity and mortality.
- Monitor progress and evaluate the effectiveness of interventions.



What is Public Health doing?

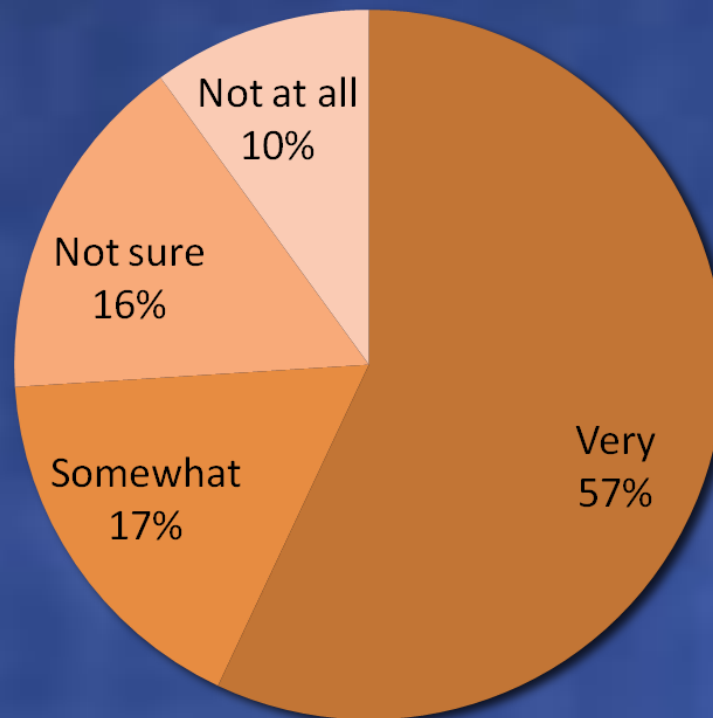
- Reduction of infectious disease.
 - Needle exchange.
 - HIV/Hepatitis C testing.
- Medication Assisted Treatment.
 - Methadone Treatment Program.
- Medicine Take Back.
 - Safe and convenient disposal of unused drugs.
- Education & Prevention.
 - Youth tobacco, e-cigarette, alcohol and marijuana.
 - Infectious disease trends and surveillance.

Needle Exchange

- Effective intervention to control disease and support treatment.
- Helps address the problem of discarded needles.
- Demand is increasing 10% a year.
- Distributes opioid overdose antidotes to save lives.

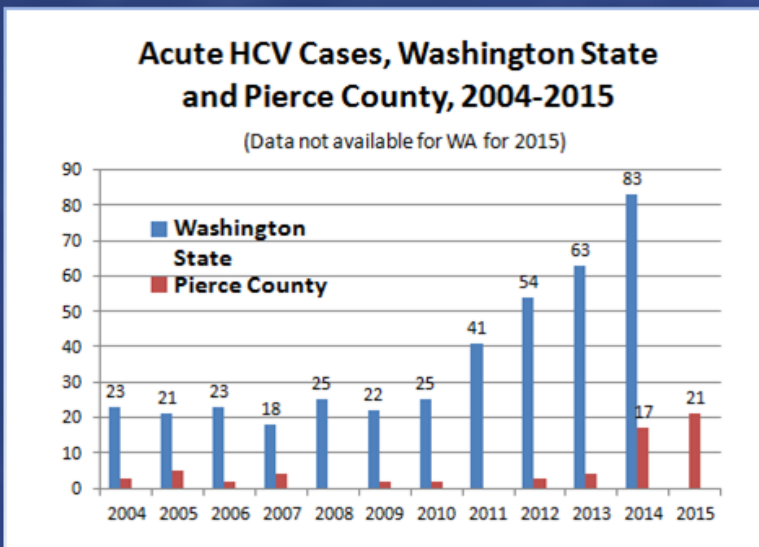
2015 Drug Injector Health Survey

How interested are you in getting help?

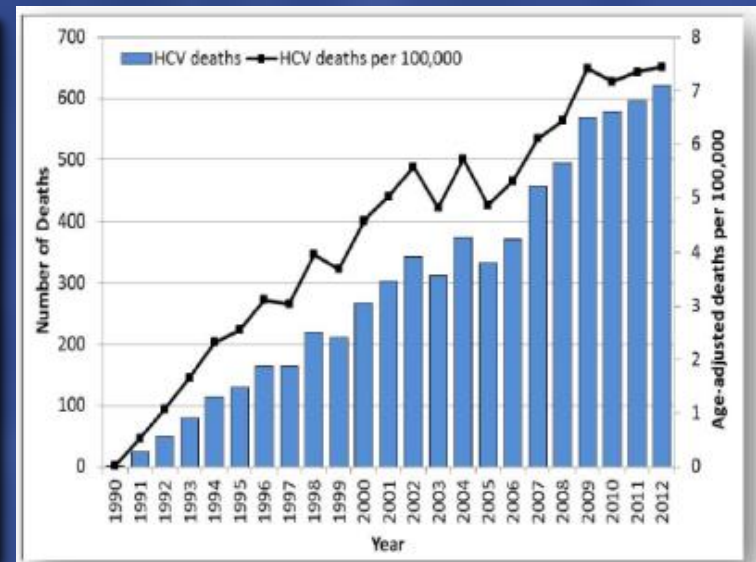


Opioid epidemic and Hepatitis C

Increased new Hepatitis C cases due to injection drug use



Increased # of deaths due to existing Hepatitis C infections Washington State



Sources: Tacoma-Pierce County Health Department and Washington State Notifiable Conditions Data, 2014 Washington State Hepatitis C Strategic Plan

What is treatment?

- Medication and non-medication assisted intervention.
- Out-patient treatment programs (OTP).
- Intensive out-patient services (IOP).
- Residential treatment services (RTS).

Health Department Methadone Program statistics

- Current census – 923 clients.
- 1/3 are between ages 18 and 30.
- 50% are engaged in productive activity.
- 91% retention rate.
- ACA Medicaid expansion increased access.

Medicine Return

- Protects the environment.
- Prevents diversion and overdose.
- 75% of heroin users started with opioid medicines like oxycodone.

Board of Health passed new Medicine Return regulations

- Expand drop-box locations.
- Program paid for by Pharmaceutical industry.
- Option to dispose of unused medicine by mail for free.

Education & Prevention

- **Youth tobacco, e-cigarette, alcohol and marijuana.**
- **Infectious disease trends and surveillance.**

How can the City of Tacoma help?

- Support Washington State Interagency Opioid Plan.
- Encourage multi-system partnerships.
- Encourage department heads to identify and implement their role in supporting the State Interagency Plan.
- Allow funding to support interventions.
- Collect, analyze and share data with a commitment to quality improvement.

Questions?

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