



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

A Brief Overview of the Opioid Epidemic

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UT Health Science Center, for her
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Pain in America

◆ **#1** reason people seek medical attention

◆ Chronic pain affects more Americans than diabetes, coronary heart disease, stroke and cancer combined

◆ Costs our society \$635 billion annually



Pain Management



Mild Pain

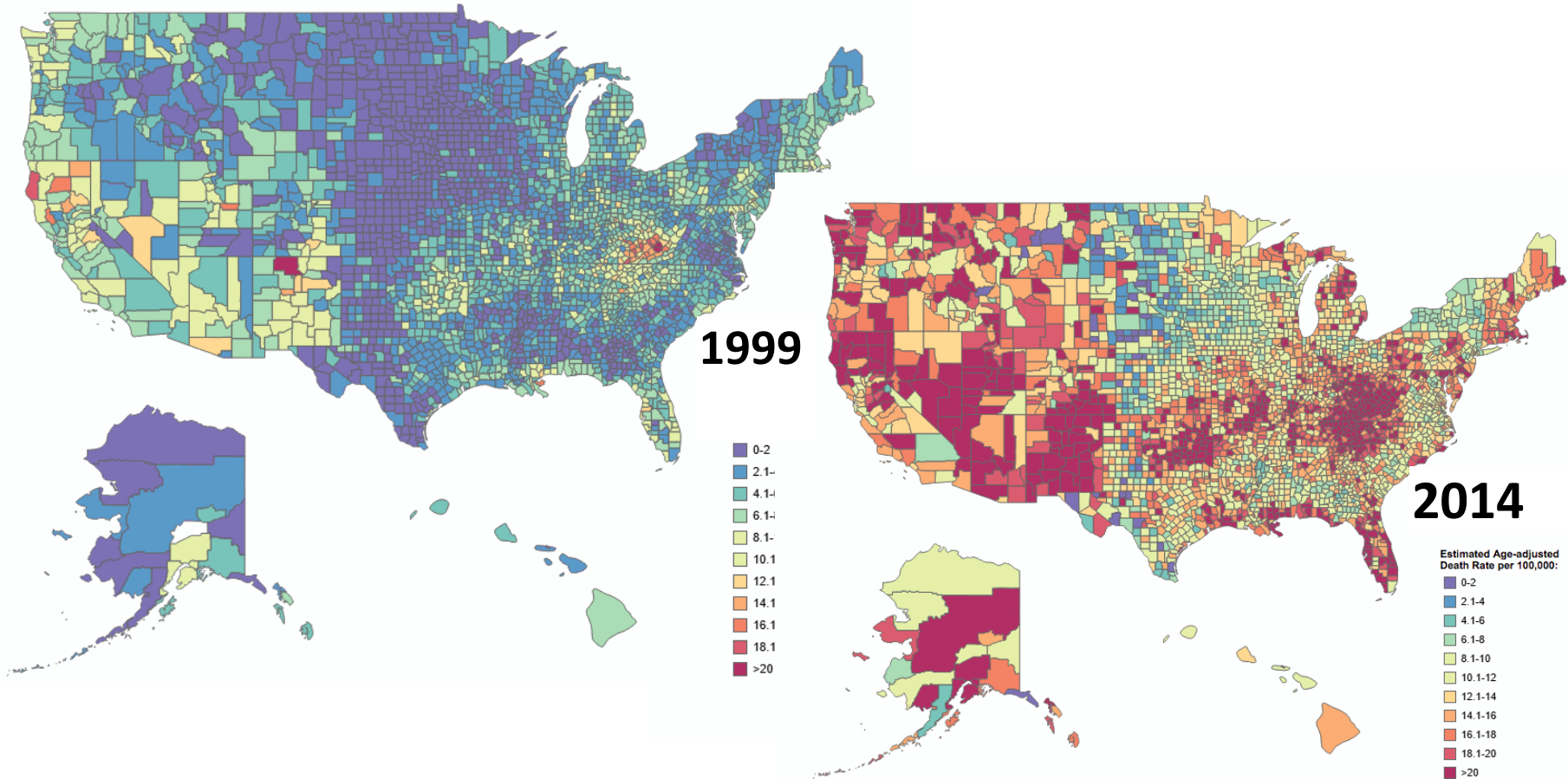
- Over the counter
 - Acetaminophen, Non-steroidal anti-inflammatory drugs (NSAIDs), Topical
- Prescription
 - Muscle relaxants, Anti-anxiety, Antidepressants, NSAIDs

Severe Pain

- Steroidal injection
- Opioid analgesics
 - Morphine, Fentanyl, Percocet, Codeine, Vicodin

The Opioid Epidemic

Estimated Age-adjusted Overdose Death Rates by County

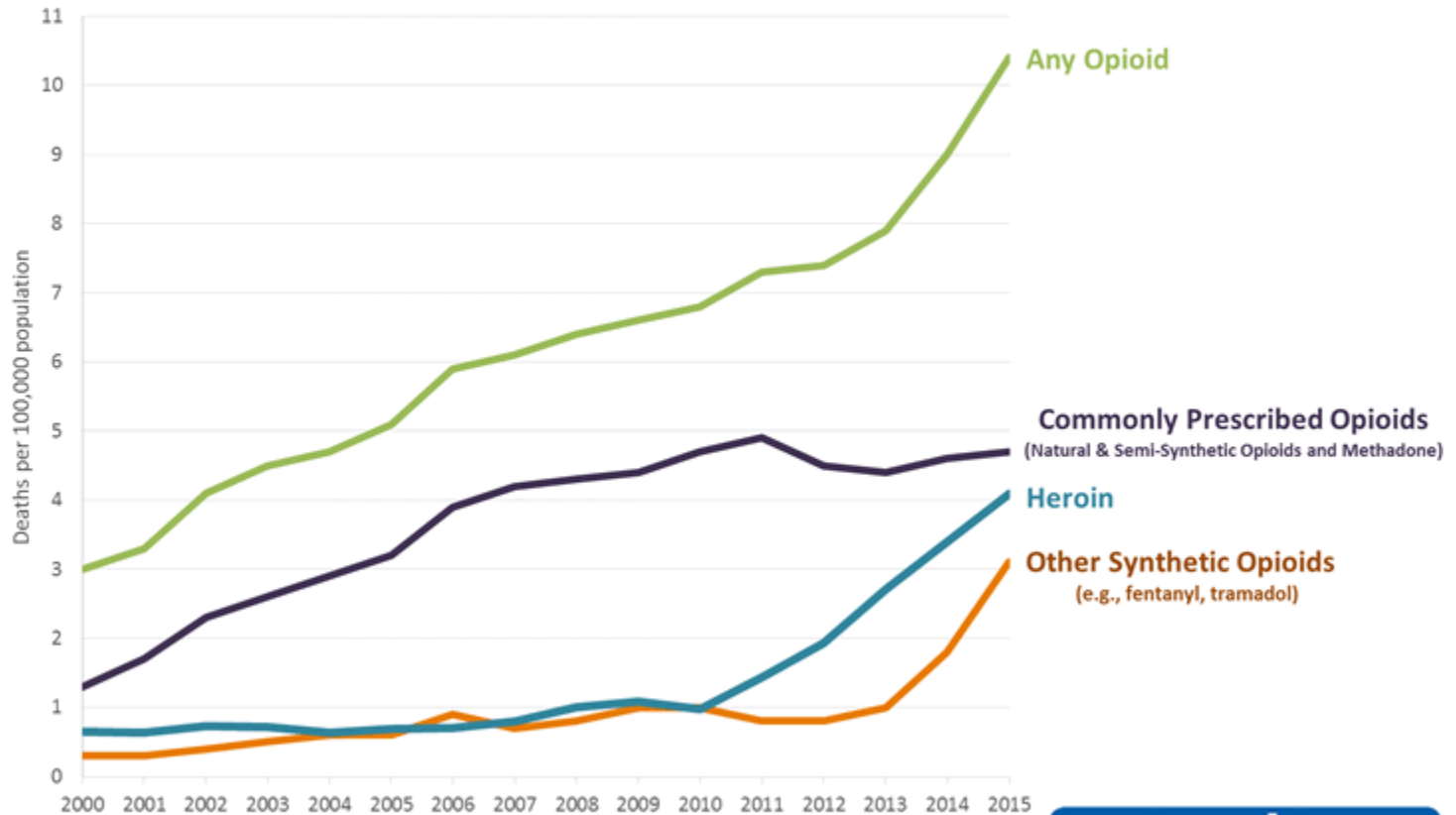


Centers for Disease Control and Prevention. Increases in Drug and Opioid Overdose Deaths – United States, 2000 to 2014.

MMWR 2015. www.cdc.gov/drugoverdose

Opioid Overdose Deaths in the US 2000-2015

Overdose Deaths Involving Opioids, United States, 2000-2015



SOURCE: CDC/NCHS, National Vital Statistics System, Mortality. CDC WONDER, Atlanta, GA: US Department of Health and Human Services, CDC; 2016. <https://wonder.cdc.gov/>.

www.cdc.gov
Your Source for Credible Health Information

Prescription Opioid Overdose Data

In 2015, more than **15,000** Americans died from prescription opioid overdose.

Highest rates:

- 25-54 yrs
- Men more likely to die from overdose
- Non-Hispanic whites, American Indian, Alaskan Natives

Most Commonly Overdosed Opioids:

- Hydrocodone (Vicodin[®])
- Oxycodone (OxyContin[®])

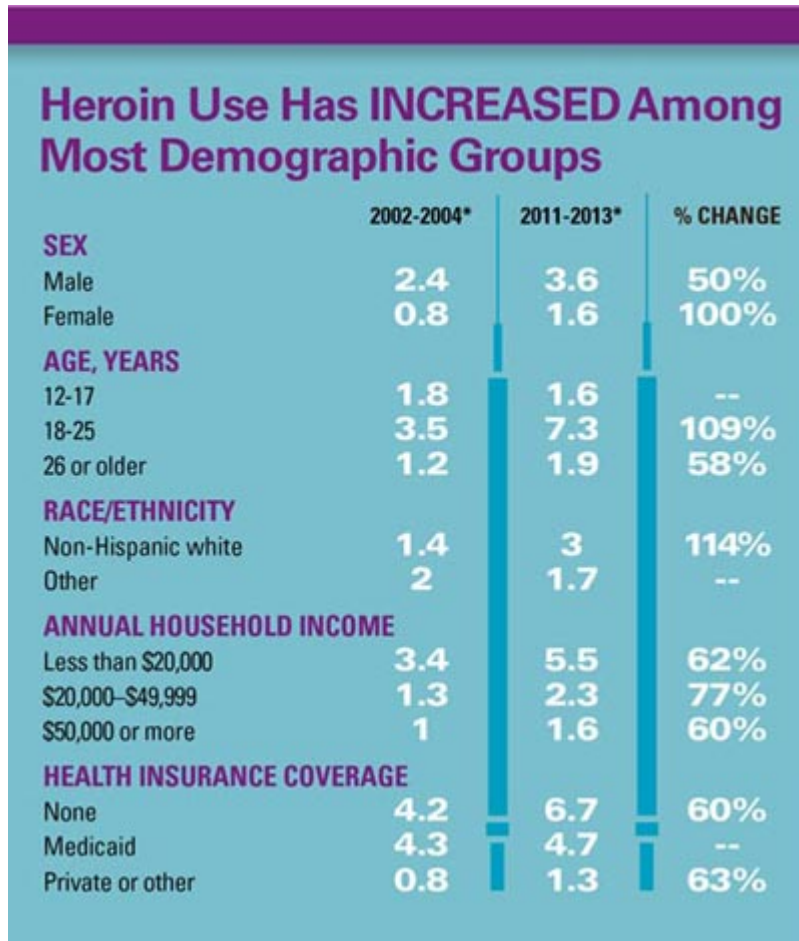


Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2014 on CDC WONDER Online Database, released 2015. Wide-ranging online data for epidemiologic research (WONDER). Atlanta, GA: CDC, National Center for Health Statistics; 2016

Ossiander EM. *Am J Epidemiol* 2014

Heroin use on the rise...

Heroin use has **more than doubled** in young adults in the past decade.



↑ Heroin Use

- Men and women
- Most age groups
- All income levels

Heroin & Concurrent Drug Abuse

Nearly all people who used heroin also used at least 1 other drug.

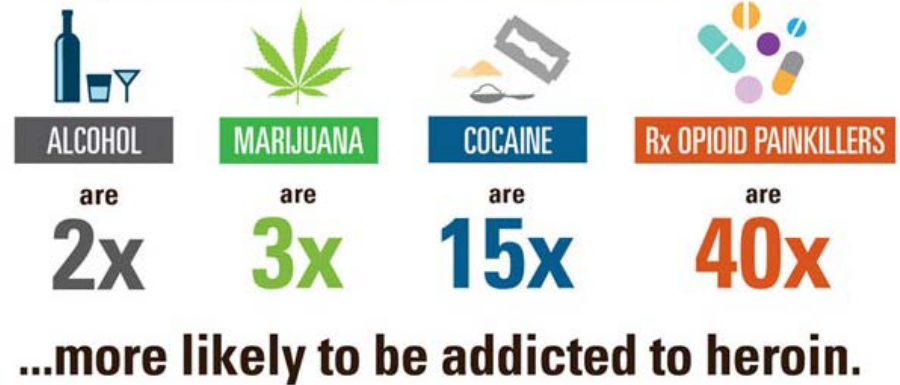
Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

9 out of 10 people who use heroin also use at least 1 other drug.

R_x Opioids can be gateway drugs to heroin use.

People who are addicted to...



45% of people who use heroin are also **addicted to prescription painkillers.**

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

Although not “ground zero” of the epidemic,
Texas is not immune.

Texas is in the **top 5 states** for **total number of opioid related deaths.**

*Texas has the **2nd highest opioid abuse related health care costs** totaling over **\$1.9 Billion***

Texas ranks in the **bottom 5 states nationally** for **mental health agency expenditures per capita... for the last 10 years.**

Opioid-related overdose deaths in San Antonio are higher than the national average.

OPIOID-RELATED UNINTENTIONAL DRUG OVERDOSE MORTALITY RATE

RACE/ETHNICITY: ALL | SEX: BOTH | YEAR: 2014



Opioid-related overdose deaths are on the rise in Bexar County.

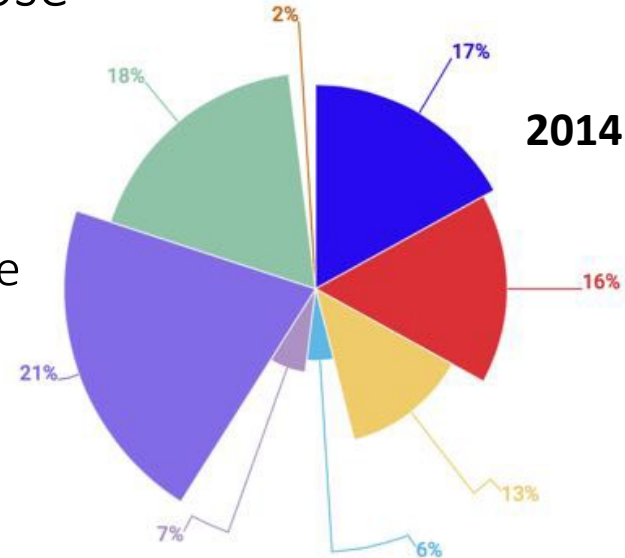
Big Cities Health Inventory Data Platform at bchi.bigcities.health.org, Opioid-related Unintentional Drug Overdose Mortality Rate for 2014.

Marquez R. & Loyd R. How opioid use has impacted overdose in Bexar County in 2014Q5, Heroin overdose deaths increase from 2014 to 2015. KSAT. 2016

In **Bexar County** opioid-related overdose deaths *due to heroin are on the rise*.

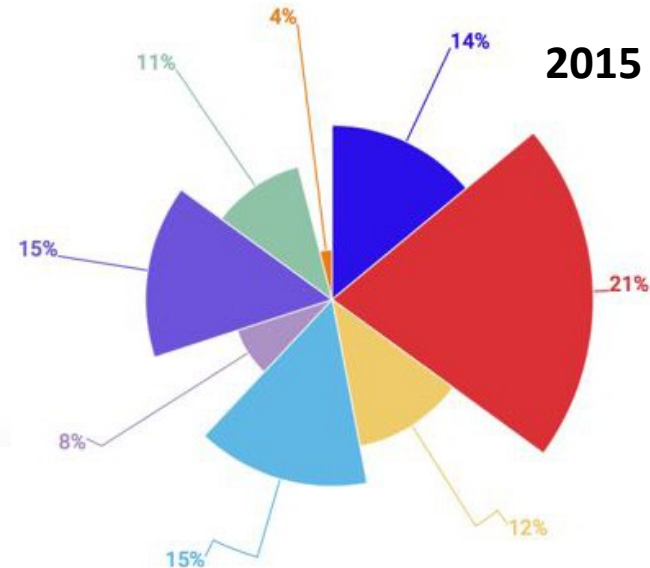
2014

- More than 1/3 of all overdose deaths were opioid related. (34%)
- 18% Prescription vs. 16% Heroin



2015

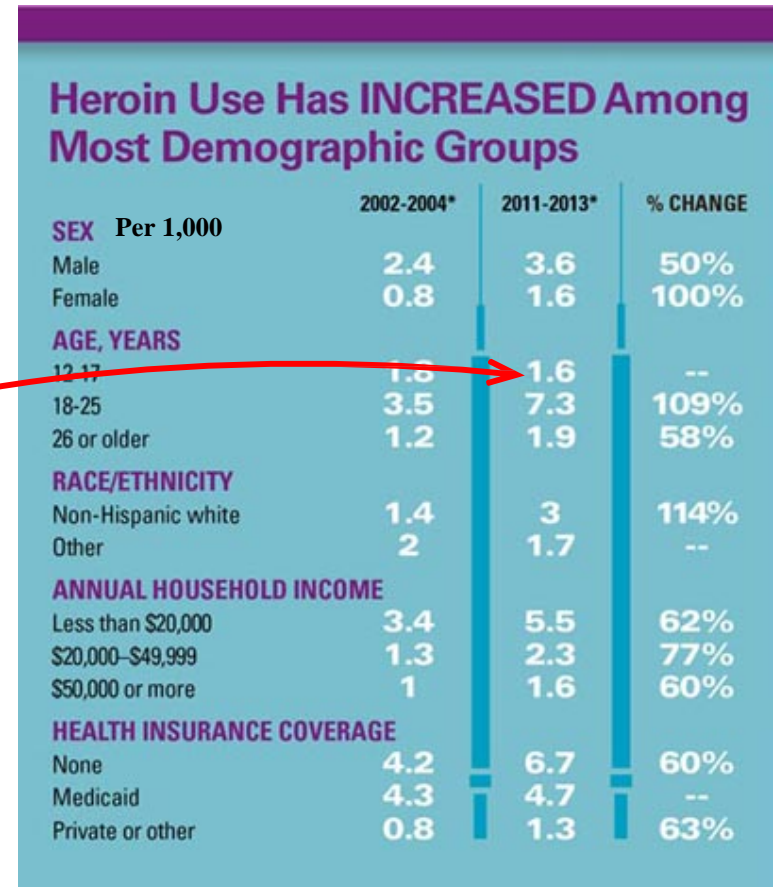
- Almost 1/2 of all overdose deaths were opioid related. (47%)
- 11% Prescription vs. 21% Heroin



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- Cocaine
 - Heroin
 - Methamphetamine
 - Cocaine, heroin and/or meth
 - Other
 - Mixed drug
 - Prescription opiate/opioid medications
 - Prescription medications not including opiate/opioids

Prescription opioids can be a gateway to heroin use.

Texas heroin use is 2- 4x national rate in teens.



National Survey on Drug Use and Health (NSDUH), 2002-2013.

Heroin	0.3%	0.3%	0.7%
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Wood, S. M. / Marchbanks, M. P., Dyer, J., Seibert, A.L., & Pearson, S. (2016). Texas School Survey of Drug and Alcohol Use 1998 – 2014 [Rx Drug]. Public Policy Research Institute Website: <http://texasschoolsurvey.org/Report>.

2016 Texas School Survey: *Perceived Danger*

Drug	Grades 7-12: Very or Somewhat Dangerous	Grade 7: Very or Somewhat Dangerous	Grade 12: Very or Somewhat Dangerous
Any Alcohol Product	82.4%	87.5%	79.3%
Any Tobacco Product	85.2%	92.3%	78.9%
Marijuana	71.6%	89.2%	53.8%
Any Prescription Drug Not Prescribed to Them	88.2%	89.6%	53.8%
Synthetic Marijuana	89.4%	91.3%	89.7%
Cocaine	94.2%	95.2%	94.3%
Ecstasy	89.7%	90.6%	90.0%
Steroids	89.1%	90.6%	89.0%
Methamphetamine	93.2%	92.4%	
Crack	94.4%	95.0%	95.2%
Heroin	93.4%	92.4%	95.2%

Neonatal Abstinence Syndrome (NAS)



Newborns dependent on opioids with neurological, gastrointestinal, and autonomic withdrawal symptoms.

- 1/3 of Texas newborns suffering from opioid withdrawal are in Bexar County
- 60-94% of babies exposed to opioids in the womb develop NAS
- 300% increase in NAS since 2000
 - Texas 60% increase in last 5 years