A Brief Overview of the Opioid Epidemic

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San Antonio Metropolitan Health District
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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

Institute of Medicine (U.S.) Committee on Advancing Pain Research Care and Education, 2011
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

Opioid Overdose Deaths in the US 2000-2015

Overdose Deaths Involving Opioids, United States, 2000-2015

- Any Opioid
- Commonly Prescribed Opioids (Natural & Semi-Synthetic Opioids and Methadone)
- Heroin
- Other Synthetic Opioids (e.g., fentanyl, tramadol)

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
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

<table>
<thead>
<tr>
<th>HEROIN USE HAS INCREASED AMONG MOST DEMOGRAPHIC GROUPS</th>
<th>2002-2004*</th>
<th>2011-2013*</th>
<th>% CHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEX</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>2.4</td>
<td>3.6</td>
<td>50%</td>
</tr>
<tr>
<td>Female</td>
<td>0.8</td>
<td>1.6</td>
<td>100%</td>
</tr>
<tr>
<td>AGE, YEARS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12-17</td>
<td>1.8</td>
<td>1.6</td>
<td>--</td>
</tr>
<tr>
<td>18-25</td>
<td>3.5</td>
<td>7.3</td>
<td>109%</td>
</tr>
<tr>
<td>26 or older</td>
<td>1.2</td>
<td>1.9</td>
<td>58%</td>
</tr>
<tr>
<td>RACE/ETHNICITY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Hispanic white</td>
<td>1.4</td>
<td>3</td>
<td>114%</td>
</tr>
<tr>
<td>Other</td>
<td>2</td>
<td>1.7</td>
<td>--</td>
</tr>
<tr>
<td>ANNUAL HOUSEHOLD INCOME</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less than $20,000</td>
<td>3.4</td>
<td>5.5</td>
<td>62%</td>
</tr>
<tr>
<td>$20,000-$49,999</td>
<td>1.3</td>
<td>2.3</td>
<td>77%</td>
</tr>
<tr>
<td>$50,000 or more</td>
<td>1</td>
<td>1.6</td>
<td>60%</td>
</tr>
<tr>
<td>HEALTH INSURANCE COVERAGE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>4.2</td>
<td>6.7</td>
<td>60%</td>
</tr>
<tr>
<td>Medicaid</td>
<td>4.3</td>
<td>4.7</td>
<td>--</td>
</tr>
<tr>
<td>Private or other</td>
<td>0.8</td>
<td>1.3</td>
<td>63%</td>
</tr>
</tbody>
</table>

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

National Survey on Drug Use and Health (NSDUH), 2002-2013.
Rx Opioids can be gateway drugs to heroin use.

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

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

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 RJ & Loyd R. How opioid use has impacted overdose in Bexar County in 2014 & 2015, 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
Prescription opioids can be a gateway to heroin use.

<table>
<thead>
<tr>
<th>Drug</th>
<th>Grades 7O12: Very or Somewhat Dangerous</th>
<th>Grade 7: Very or Somewhat Dangerous</th>
<th>Grade 12: Very or Somewhat Dangerous</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any Alcohol Product</td>
<td>82.4%</td>
<td>87.5%</td>
<td>79.3%</td>
</tr>
<tr>
<td>Any Tobacco Product</td>
<td>85.2%</td>
<td>92.3%</td>
<td>78.9%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>71.6%</td>
<td>89.2%</td>
<td>53.8%</td>
</tr>
<tr>
<td>Any Prescription Drug Not Prescribed to Them</td>
<td>88.2%</td>
<td>89.6%</td>
<td>53.8%</td>
</tr>
<tr>
<td>Synthetic Marijuana</td>
<td>89.4%</td>
<td>91.3%</td>
<td>89.7%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>94.2%</td>
<td>95.2%</td>
<td>94.3%</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>89.7%</td>
<td>90.6%</td>
<td>90.0%</td>
</tr>
<tr>
<td>Steroids</td>
<td>89.1%</td>
<td>90.6%</td>
<td>89.0%</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>93.2%</td>
<td>92.4%</td>
<td></td>
</tr>
<tr>
<td>Crack</td>
<td>94.4%</td>
<td>95.0%</td>
<td>95.2%</td>
</tr>
<tr>
<td>Heroin</td>
<td>93.4%</td>
<td>92.4%</td>
<td>95.2%</td>
</tr>
</tbody>
</table>
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