Prescription Drug Abuse

IDAHO OFFICE OF DRUG POLICY
PRESCRIPTION DRUG WORKGROUP

The Mission
To coordinate the implementation of a prevention plan to reduce prescription drug misuse and abuse for the purpose of improving Idaho’s public health and safety.

The Problem

16% of Idaho high school students report taking a prescription medication without a doctor’s prescription at least once during their lifetimes (Idaho Youth Risk Behavior Survey, 2013)

In 2013, an Idahoan died every 39 HOURS from drugs. The drug-induced death rate in Idaho has more than TRIPLED since 2000 (Idaho Vital Statistics, 2013). This rise is greatly attributed to the increase in prescription drug abuse.

Although the proportion of publically funded non-heroin opiate admissions has decreased since 2012, the percent in 2014 is almost DOUBLE what it was in 2004 (Idaho TEDS).

Over 52% of past month users say they obtained their prescription opioid pain relievers from a friend or relative for free. Of those friends and relatives, 85.3% reported getting their medication from one doctor (NSDUH, 2014).

In 2014, 6.5 MILLION Americans reported the nonmedical use of prescription psychotherapeutics within the previous month. This is greater than the number of Americans who used cocaine, heroin, hallucinogens, and inhalants in the previous month COMBINED. (NSDUH, 2014)

In 2012 in the United States, a baby was born suffering from opioid withdrawal every 25 MINUTES (Patrick et al., 2015).
Prescription Drug Abuse

CATEGORIES

**OPIOIDS** (e.g., Vicodin, OxyContin, Codeine, Fentanyl)
- Pain Relief
- Euphoria
- Addiction
- Lethargy
- Constipation
- Slowed Respiration
- Death

**DEPRESSANTS** (e.g., Valium, Xanax, Ambien)
- Sedation
- Addiction
- Lethargy
- Incoordination
- Slowed Respiration
- Slowed Heart Rate
- Death

**STIMULANTS** (e.g., Adderall, Ritalin)
- Alertness
- Addiction
- Irregular Heart Beat
- Increased Body Temperature
- Increased Blood Pressure
- Seizures
- Paranoia
- Death

The Strategic Plan

1. Increase number of prescribers registered for Prescription Drug Monitoring Program (PDMP)
2. Educate prescribers on proper treatment of pain and signs, symptoms, and dangers of prescription misuse and abuse
3. Identify and fill gaps in data regarding prescription drug abuse and misuse
4. Identify and eliminate issues that make enforcement and prosecution of prescription drug-related crimes difficult
5. Plan, implement, and evaluate educational campaigns designed to inform Idahoans on the consequences of misuse and abuse

Reduce Prescription Drug Abuse

The Goals

- **Reduce the number of drug-induced deaths in Idaho by 10% by 2016 as measured by Vital Statistics.**
  - Target: 205
- **Decrease the number of Idaho students reporting prescription drug misuse by 3% by 2017 as measured by the YRBS.**
  - Target: 13%

The Call to Action

1. **PROPERLY DISPOSE OF YOUR UNUSED MEDICATION.**
   - Find a take back site at: http://www.odp.idaho.gov/prevention/prescription.html
   - If you do not have a take back location near you:
     - Take the pills out of the original container, scratch off any identifying information and dispose of the empty container.
     - Mix the pills with an unpalatable substance (kitty litter, coffee grounds, dirt).
     - Place the mixture in a sealed bag and throw it away.
   - Do not flush your medication down the toilet.
2. **LOCK UP YOUR MEDICATION.**
3. **DO NOT SHARE YOUR MEDICATION.**