
STATE OF IOWA DEPARTMENT OF

Health ^{AND} Human

SERVICES

Opioid Data in Iowa

Iowa State Association of Counties Opioid Summit

May 24-25, 2023

Presentation Objective

- Share state of Iowa opioid information



Integrated Provider Network Services

Prevention

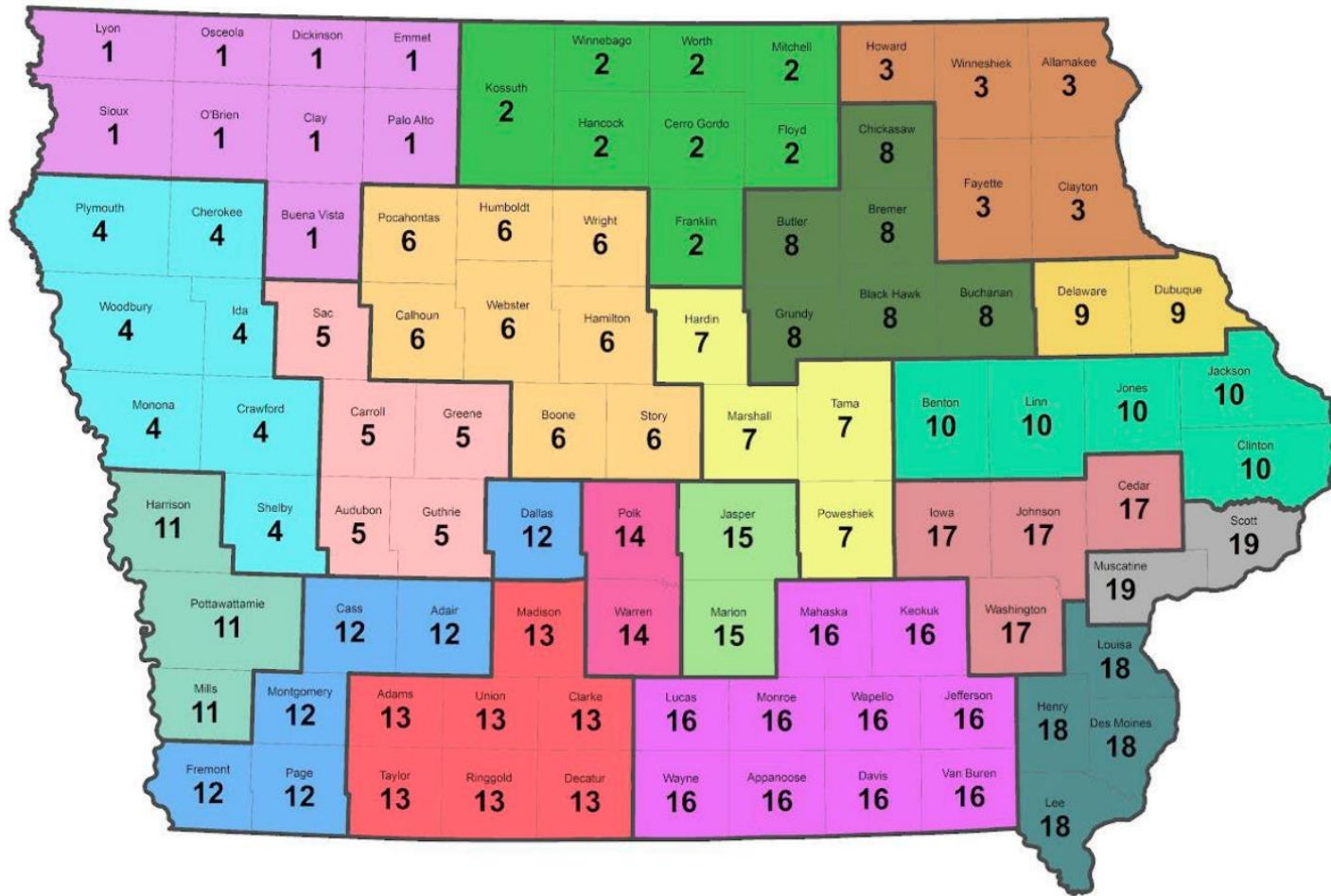
Priorities: Alcohol, Marijuana, Gambling, Opioids and Prescription Medications, and Tobacco
Strategic Prevention Framework (SPF)

Treatment

Outpatient, Residential (Adult and Youth),
Methadone, Women's and Children Programs

Recovery

Recovery Support Services
Peer to Peer Support



<https://hhs.iowa.gov/substance-abuse/Integrated-Provider-Network>

Behavioral Health Basics in Iowa

Gambling

- 46% of adults gamble regularly (past 30 days)
- 14% at risk (315,000)
- 1% problem

Alcohol Use

- 63.2% use in past month
- Alcohol Use Disorder 7.2%
- Binge use in past month 30.8%

Other Substance Use

- 7.2% used Marijuana in the past month
- 9.1% Substance Use Disorder

Mental Health

- 19% (18 and older) Any mental illness in the past year
- 8.7% experience a major depressive episode in the past year
- 5.4% had serious thoughts of suicide
- 53.6% with any mental illness that received care
- Suicide Rate (2020) approximately 18 per 100K Iowans
- Death by Suicide (CY 2020) – provisional: 592

Overlap in substance abuse + mental health

- 50% who experience mental illness also experience problems with substance use.

Source: *NSDUH*, *Gambling Attitudes and Behaviors* - IDPH, *Iowa Public Health Tracking Portal*, *Behavioral Health Barometer, Iowa, Volume 5*.

Access to Care | Significant barriers

Not knowing where to go, what to do, where to start/ confused/ overwhelmed



Shame; fear of being judged/ appearing unsuccessful or weak



Feel alone and isolated/ nobody cares



Money/ intimidated by potential costs involved



Too many other responsibilities, commitments, and pressure/ lack of time



Seems too hard/ feels insurmountable



Not trusting people



Source: Your Life Iowa Qualitative Research 2019, conducted by ZLR Ignition + Vera Causa

Sample of Opioid or Drug-related Health Data Sources:

Only State level:

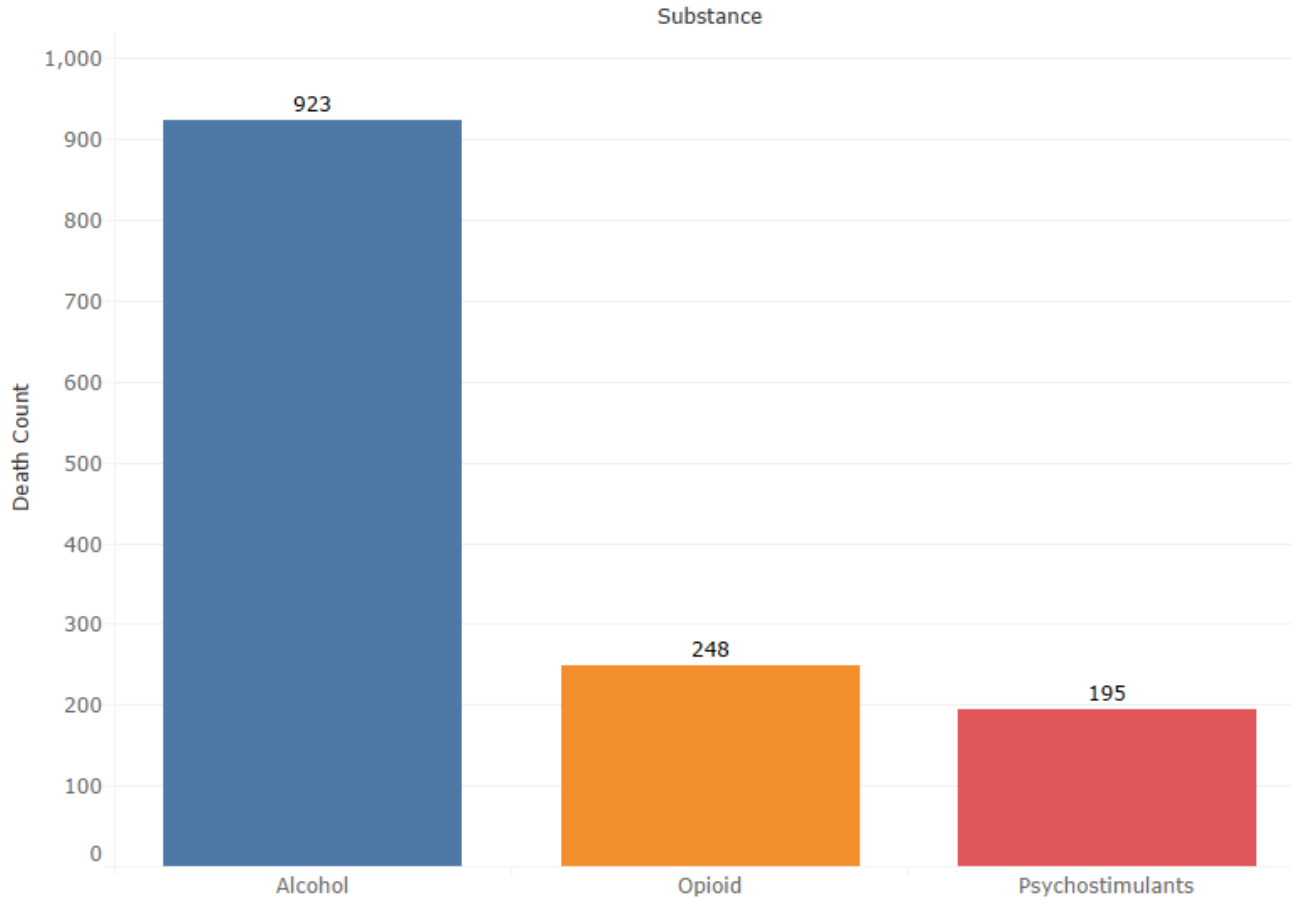
- Behavioral Risk Factor Surveillance Survey: [BRFSS](#)
- National Survey on Drug Use and Health: [NSDUH](#)
- CDC's State Overdose data: [SUDORS](#)
- [Iowa Public Health Tracking Portal](#)

County or other regional/local Level:

- [Iowa Youth Survey](#)
- [Prescription Monitoring Program](#)
- [Some Vital Statistics \(often combined years\)](#)

Iowa Public Health Data Portal: Mortality

Iowa Substance Involved Mortality - 2021



Iowa Public Health Data Portal:

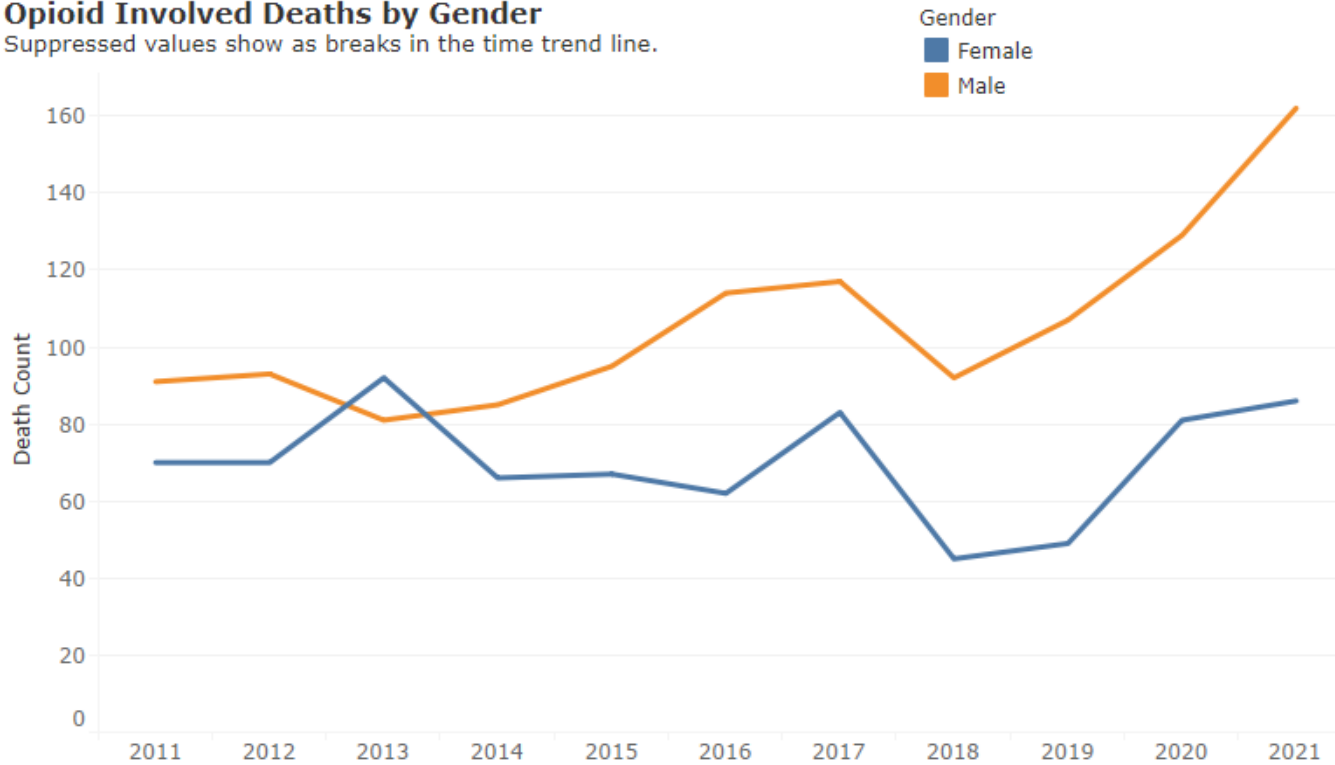
<https://tracking.idph.iowa.gov/Health/Substance-Use-and-Misuse/Substance-Involved-Mortality-Data>

Substance - Use the drop-down menu to change the data shown.

Opioid

Opioid Involved Deaths by Gender

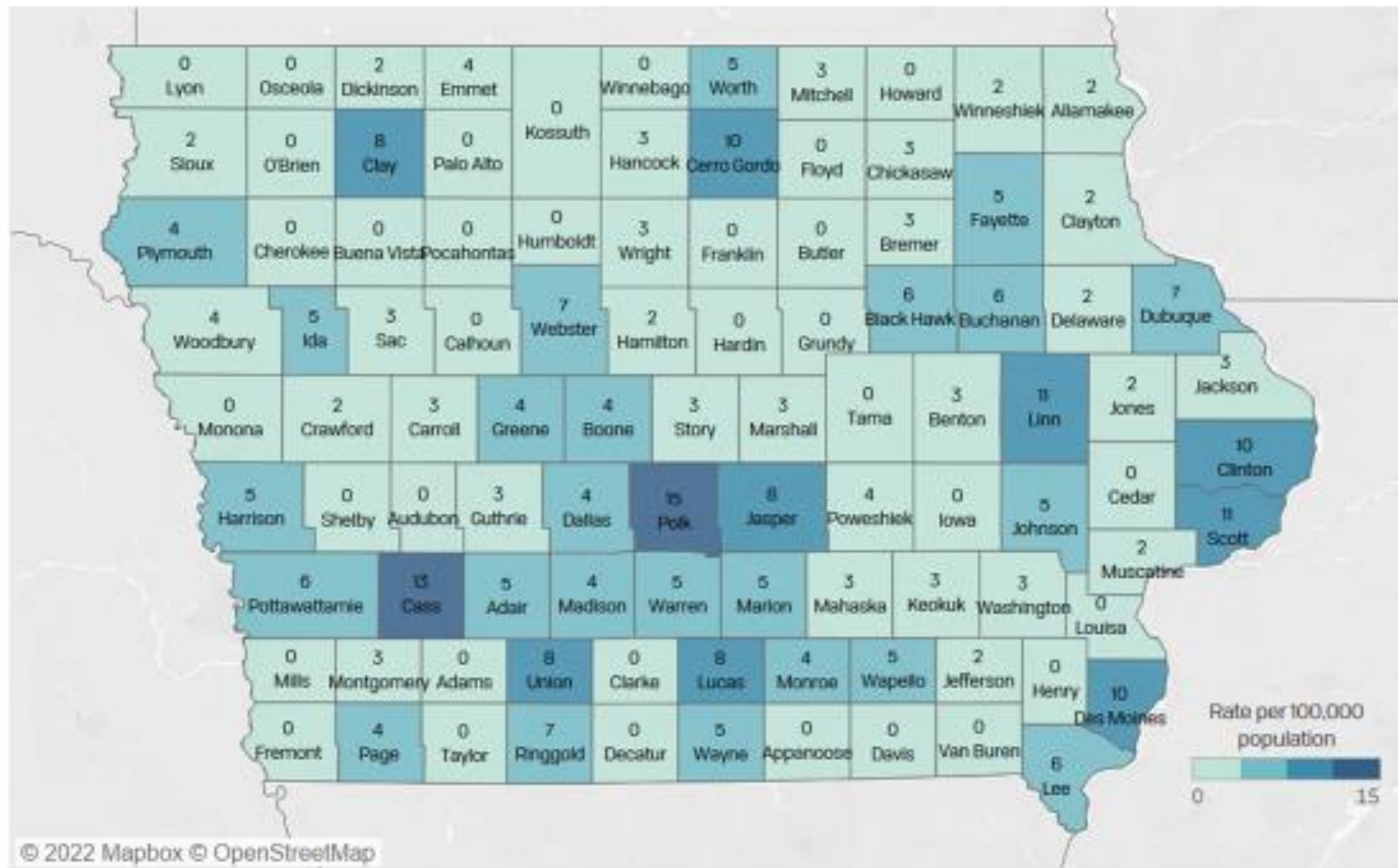
Suppressed values show as breaks in the time trend line.



Opioid-Involved Mortality Rates per 100,000 Population (2019-2021)

Iowa Department of Health and Human Services (HHS), Bureau of Substance Abuse

Source: Bureau of Health Statistics, HHS



© 2022 Mapbox © OpenStreetMap

Behavioral Risk Factor Surveillance System (BRFSS)

- The Behavioral Risk Factor Surveillance System (BRFSS) is an annual survey that measures changes in the health of people in Iowa, specifically among Iowa residents aged 18 and older. It is the largest continuously running telephone survey in the world. All 50 states, the District of Columbia and three U.S. territories, conduct the survey under the direction of the Centers for Disease Control and Prevention (CDC). The Iowa BRFSS is an important tool for data-driven decision making in the public health community.
- More information about BFRSS and the results of the survey can be found here: <https://hhs.iowa.gov/brfss>

Iowa BRFSS Results

*These are only at the State of Iowa level

In 2021, an estimated **15.3% of adult Iowans** reported taking any prescription opioid pain relievers.

▪ *Definition: Among all adults, the proportion who reported taking any prescription opioid pain relievers such as hydrocodone, codeine, oxycodone, morphine, Lortab, Vicodin, Tylenol #3, Percocet, or OxyContin, in the past year.*

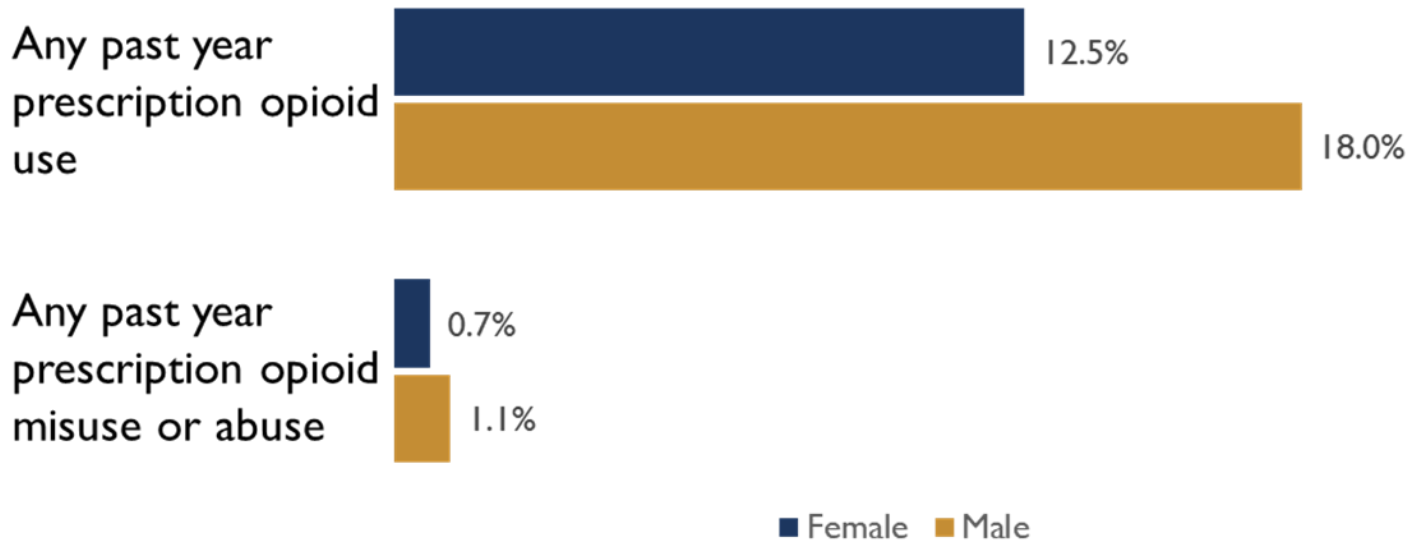
An estimated **18,151 (0.9%) of all adult Iowans** reported any past year prescription opioid misuse or abuse.

▪ *Definition: Among all adults, the proportion who reported taking any opioid pain medications more frequently or in higher doses than directed by a doctor; or any prescription opioid pain relievers, the proportion who reported taking any prescription opioid pain relievers when it was NOT prescribed to them by a doctor, dentist, nurse practitioner, or other healthcare provider.*

Iowa BRFSS Results - Demographic Characteristics

*These are only at the State of Iowa level

-In 2021, **males** reported a higher prevalence of any past year prescription opioid use (**18%**) and a higher prevalence of any past year prescription opioid misuse or abuse (**1.1%**) compared to females.



Iowa Youth Survey (IYS)

- The IYS is a collaborative effort led by the Iowa Department of Health and Human Services in collaboration with other state agencies. The IYS has been administered in Iowa since 1975 but has undergone significant changes over time. Since 1999, the survey has been administered to almost all of the 6th, 8th, and 11th grade students in the state. As a result, the IYS has become a "census" survey that reflects the perceptions, attitudes, and behaviors of Iowa youth.
- More information and results of the survey can be found here: <https://iowayouthsurvey.idph.state.ia.us/>

Iowa Youth Survey:

In 2021, the IYS asked the following opioid-related question:

“In the past 30 days, have you used an opioid (heroin) or a prescription opioid (oxycodone, hydrocodone, Oxycontin, codeine, etc.) for non-medical reasons?”

	State of Iowa		
	Yes	No	#
Females	<1%	100%	20,761
Males	1%	99%	21,800

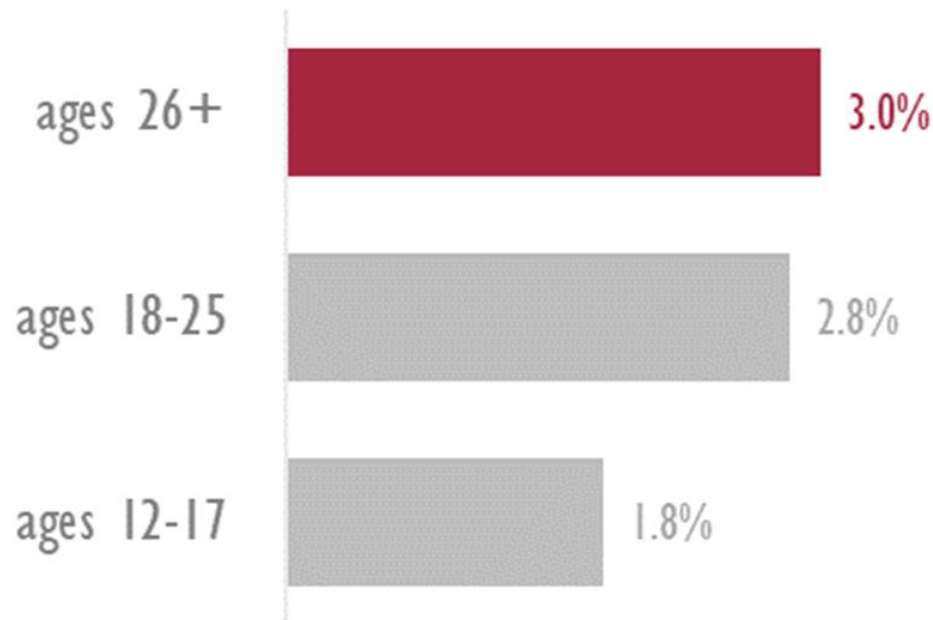
Source: Iowa Youth Survey, 2021

National Survey on Drug Use and Health (NSDUH)

- “The National Survey on Drug Use and Health (NSDUH), conducted annually by the Substance Abuse and Mental Health Services Administration (SAMHSA), provides nationally representative data on the use of tobacco, alcohol, and illicit drugs; substance use disorders; receipt of substance use treatment; mental health issues; and the use of mental health services among the civilian, noninstitutionalized population aged 12 or older in the United States. NSDUH estimates allow researchers, clinicians, policymakers, and the general public to better understand and improve the nation’s behavioral health.” - Substance Abuse and Mental Health Services Administration (SAMHSA)
- NSDUH data are based on a sample that does not allow for county-level reporting.
- More information about the National Survey on Drug Use and Health (NSDUH), can be found here: <https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health>

NSDUH Results

2021 estimates of opioid misuse in Iowa suggest higher prevalence among **people older than 26 years old.**



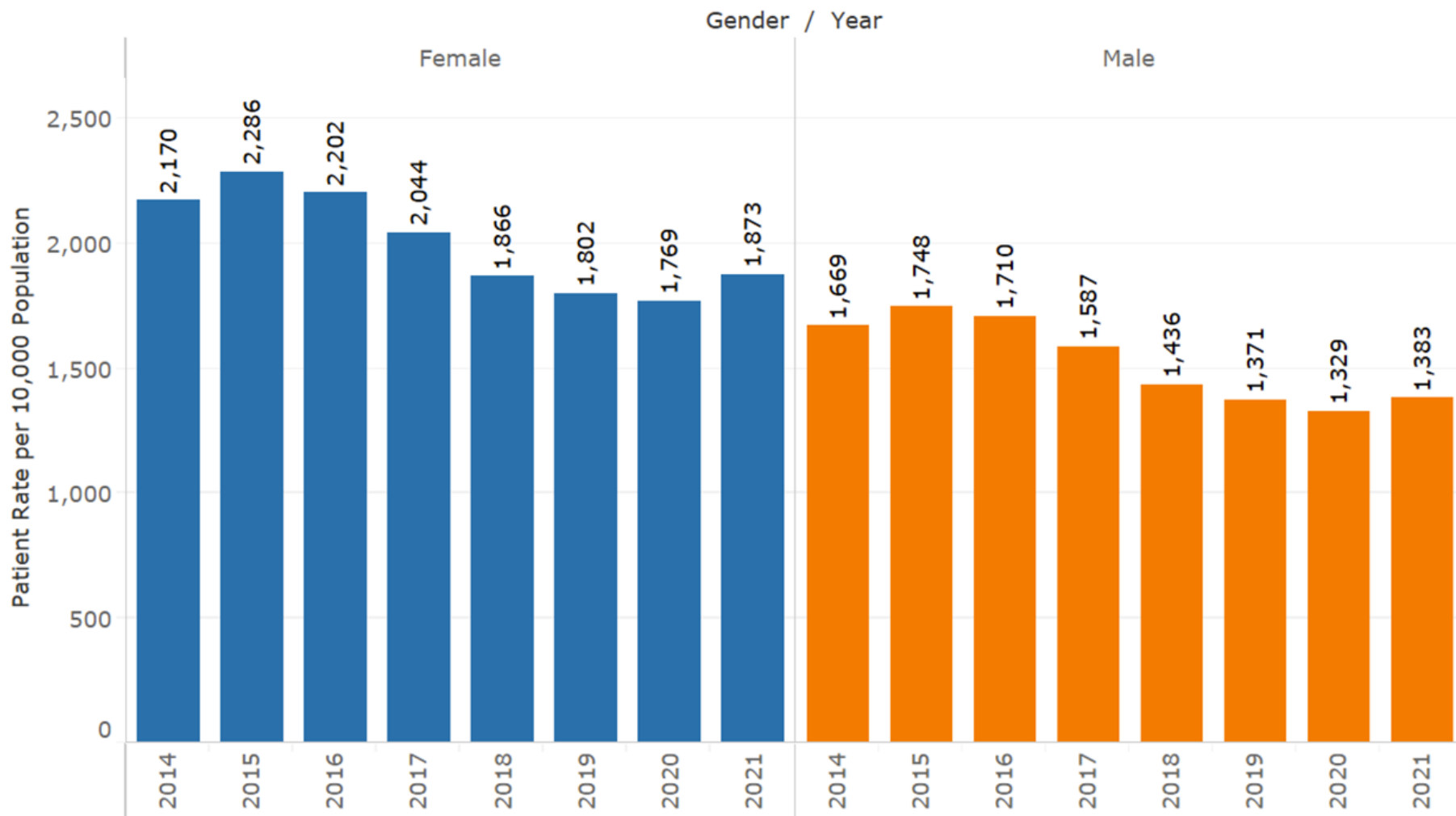
Source: National Survey on Drug Use and Health (NSDUH), 2021

Iowa Prescription Monitoring Program (PMP)

- Since March 29, 2009, the PMP provides prescribers and pharmacists information regarding patients' use of controlled substances.
 - designed to help prescribers evaluate and monitor controlled substance medication use and treatment outcomes of their patients.
 - intent of the PMP is more appropriate prescribing, a decrease in patient abuse of controlled substances, a decrease in controlled substance dependence, and a decrease in the diversion of these substances for illicit use.
- Pharmacies that dispense controlled substances in or into the State of Iowa are required to report all Schedule II, III and IV controlled substances dispensed to patients in Iowa to the Iowa PMP. Pharmacies are not required to, but may, report prescriptions dispensed to inpatients (hospital), long term care (nursing homes) and hospice patients.
- More information and PMP data can be found here:
<https://tracking.idph.iowa.gov/Health/Substance-Use-and-Misuse/Prescription-Monitoring-Program>

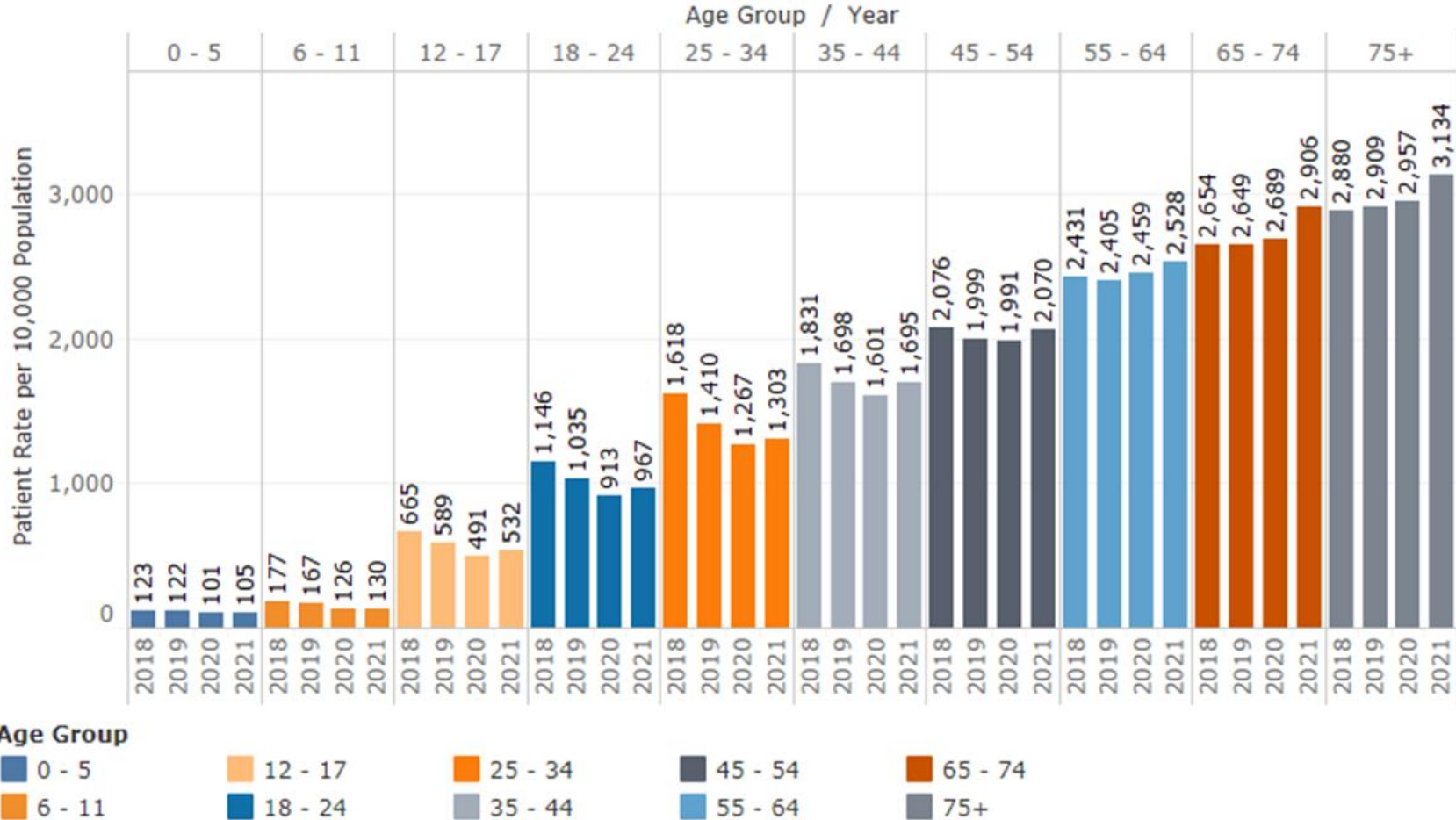
Rate of Patients Receiving Opioid Prescriptions per 10,000 Population by Gender

Selected County: All



Rate of Patients Receiving Opioid Prescriptions per 10,000 Population by Age

Selected County: All



Questions?

Presenter Contact Information:

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Division of Behavioral Health Services

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