



# Prescription Drug Abuse

IDAHO OFFICE OF DRUG POLICY  
PRESCRIPTION DRUG WORKGROUP



## IDAHO PARTNERS

- Ada County Prosecutor
- Ada County Sheriff
- Board of Dentistry
- Board of Nursing
- Board of Pharmacy
- Boise City Attorney's Office
- Boise Police Department
- Boise State University
- Center for Behavioral Health
- Central District Health
- Drug Enforcement Administration
- Family Medicine Residency of Idaho
- Idaho Board of Medicine
- Idaho Department of Health and Welfare
- Idaho Legislature
- Idaho Medical Association
- Idaho State University
- Meridian Anti-Drug Coalition
- Parents
- Recovery Idaho
- Supportive Housing and Innovative Partnerships
- Veterans Administration

## The Mission

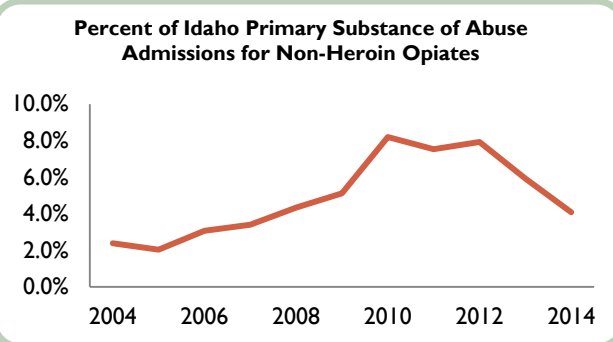
To coordinate the implementation of a prevention plan to reduce prescription drug misuse and abuse for the purpose of improving Idaho's public health and safety.

## 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).

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## CATEGORIES

### OPIOIDS

(e.g., Vicodin, OxyContin, Codeine, Fentanyl)

- Pain Relief
- Euphoria
- Addiction
- Lethargy
- Constipation
- Slowed Respiration
- Death

### DEPRESSANTS

(e.g., Valium, Xanax, Ambien)

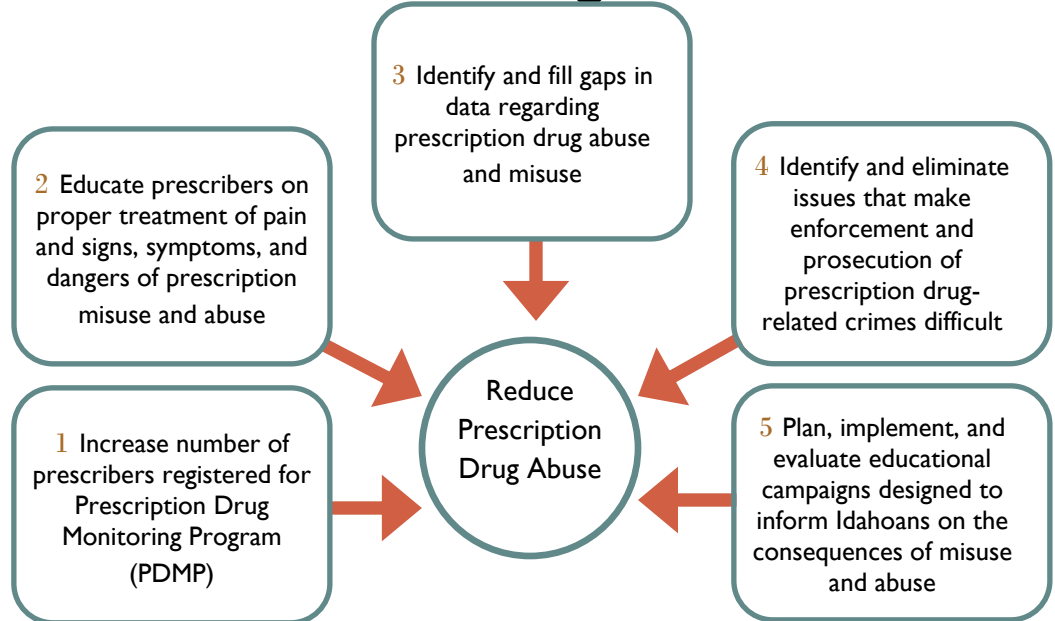
- Sedation
- Addiction
- Lethargy
- Incoordination
- Slowed Respiration
- Slowed Heart Rate
- Death

### STIMULANTS

(e.g., Adderall, Ritalin)

- Alertness
- Addiction
- Irregular Heart Beat
- Increased Body Temperature
- Increased Blood Pressure
- Seizures
- Paranoia
- Death

## The Strategic Plan



## 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.