

CITY OF SAN ANTONIO  
**METROPOLITAN HEALTH DISTRICT**

# Public Health: Responding to the Opioid Epidemic

Colleen M. Bridger, MPH, PhD  
Director

*Pathways to Hope* Conference  
August 24, 2018

# A Very Special Thank You

- Dr. Allison Doyle Brackley, UT Health Science Center
  - Dr. Bryan Alsip, University Health System
  - Dr. Lisa Cleveland, UT Health Science Center

For use of research and slides!



# 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

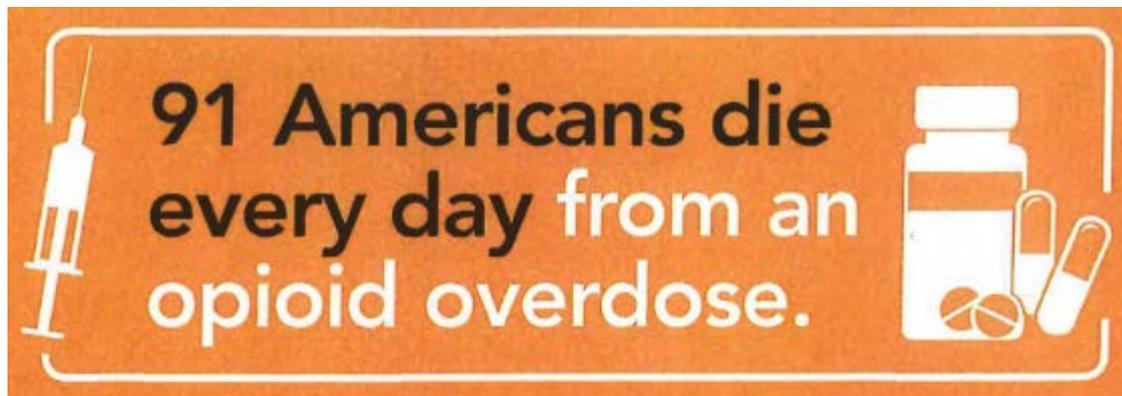
- Over the counter
  - Acetaminophen, Non-steroidal anti-inflammatory drugs (NSAIDs), Topical
- Prescription
  - Muscle relaxants, Anti-anxiety, Antidepressants, NSAIDs

## Severe Pain

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

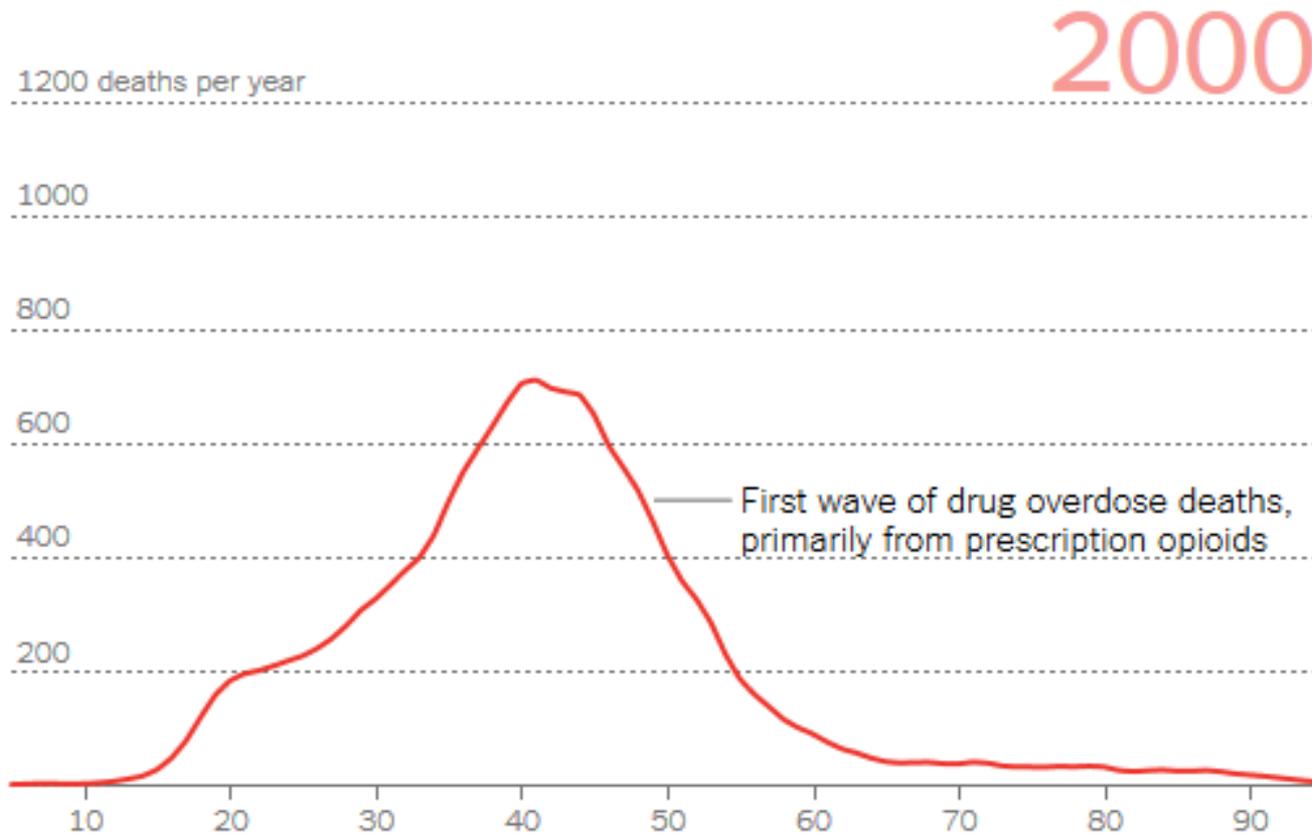
# The Opioid Epidemic

- Since 1999, the number of overdose deaths involving opioids quadrupled
- Opioids killed more Americans in 2016 than car crashes in 1972 or HIV in 1995—the peak years of each respective epidemic
- Single greatest cause of unintentional death



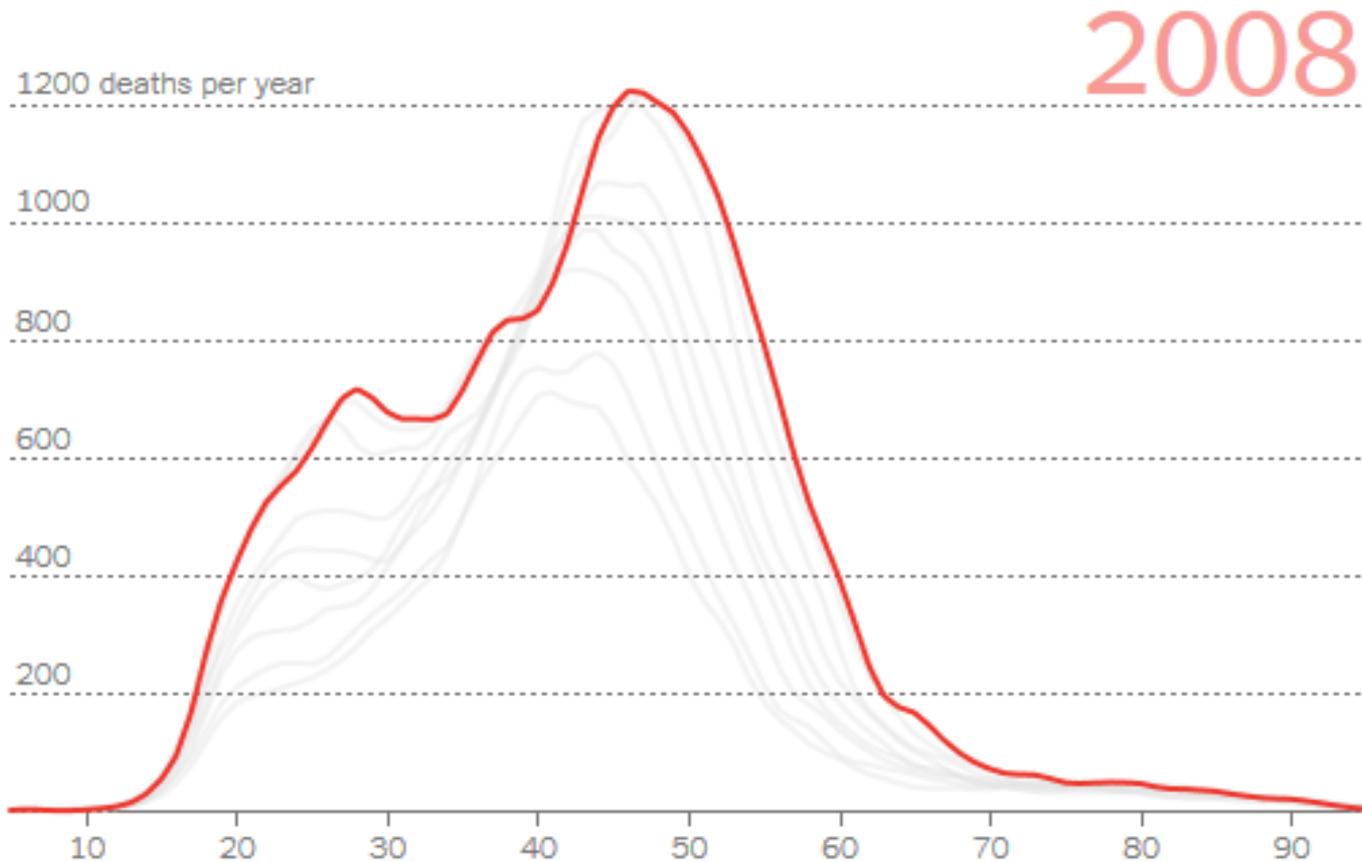
# How Has the Epidemic Changed over Time?

**Distribution of drug deaths by age**



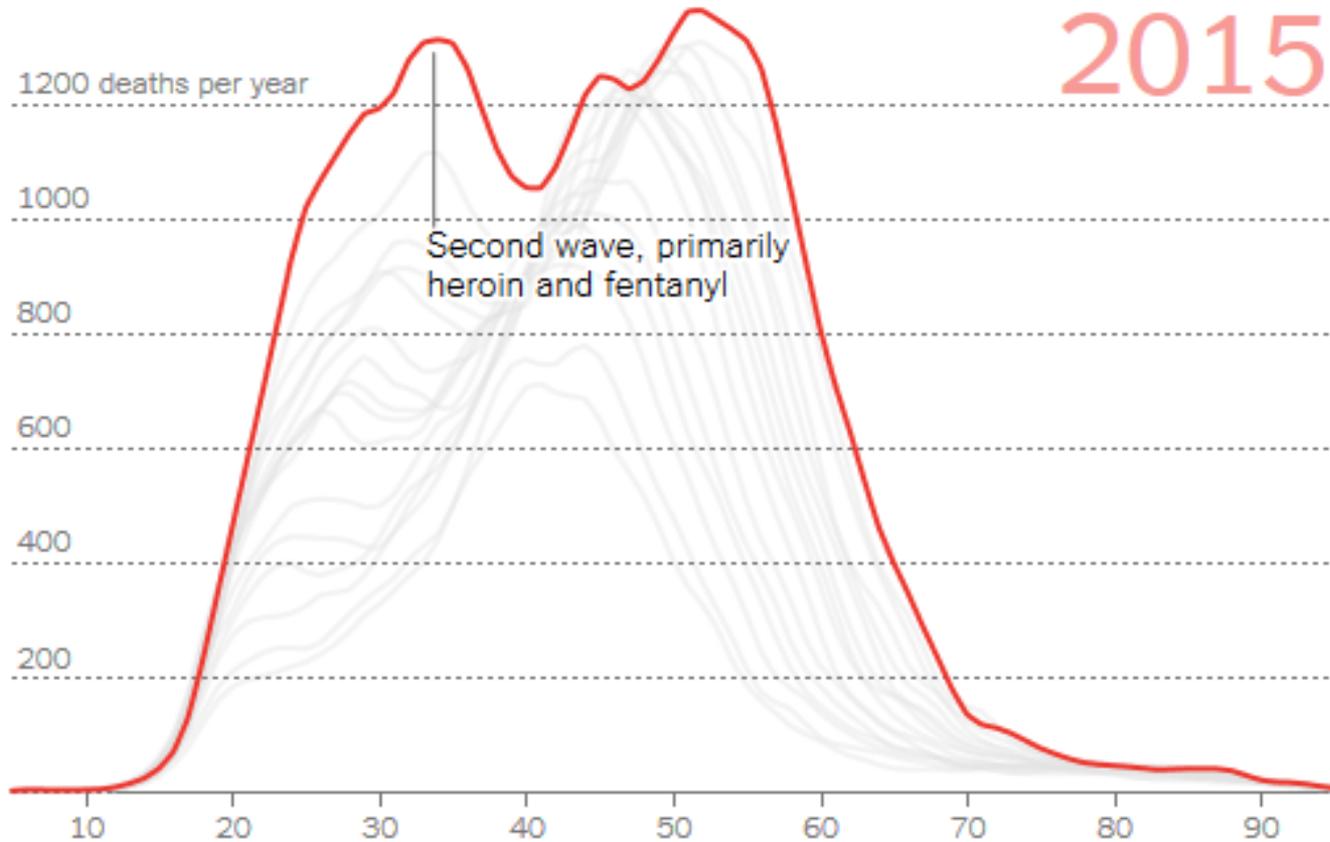
# How Has the Epidemic Changed over Time?

**Distribution of drug deaths by age**

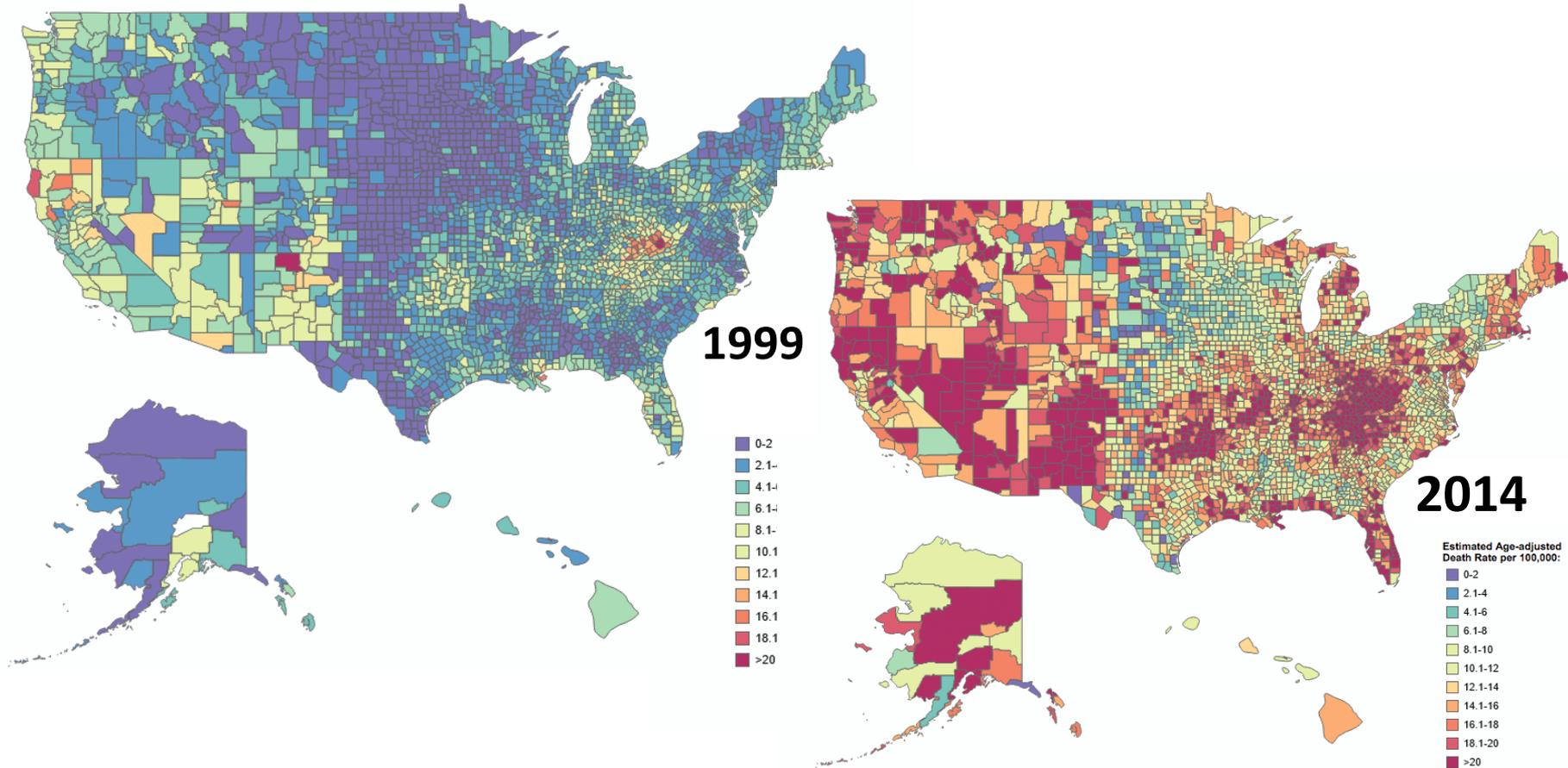


# How Has the Epidemic Changed over Time?

**Distribution of drug deaths by age**



# Estimated Age-adjusted Overdose Death Rates by County

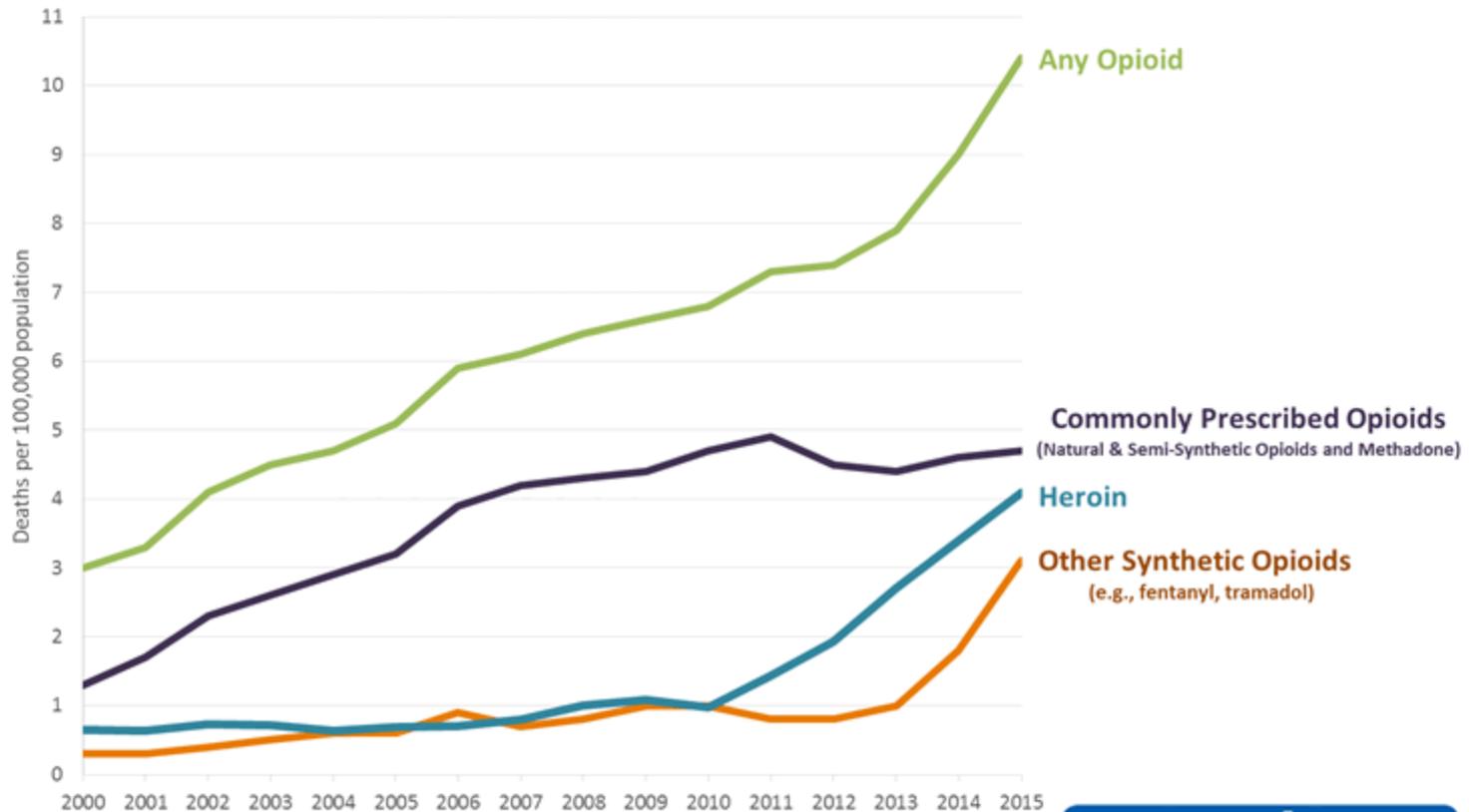


Centers for Disease Control and Prevention. Increases in Drug and Opioid Overdose Deaths – United States, 2000 to 2014.

MMWR 2015. [www.cdc.gov/drugoverdose](http://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](http://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

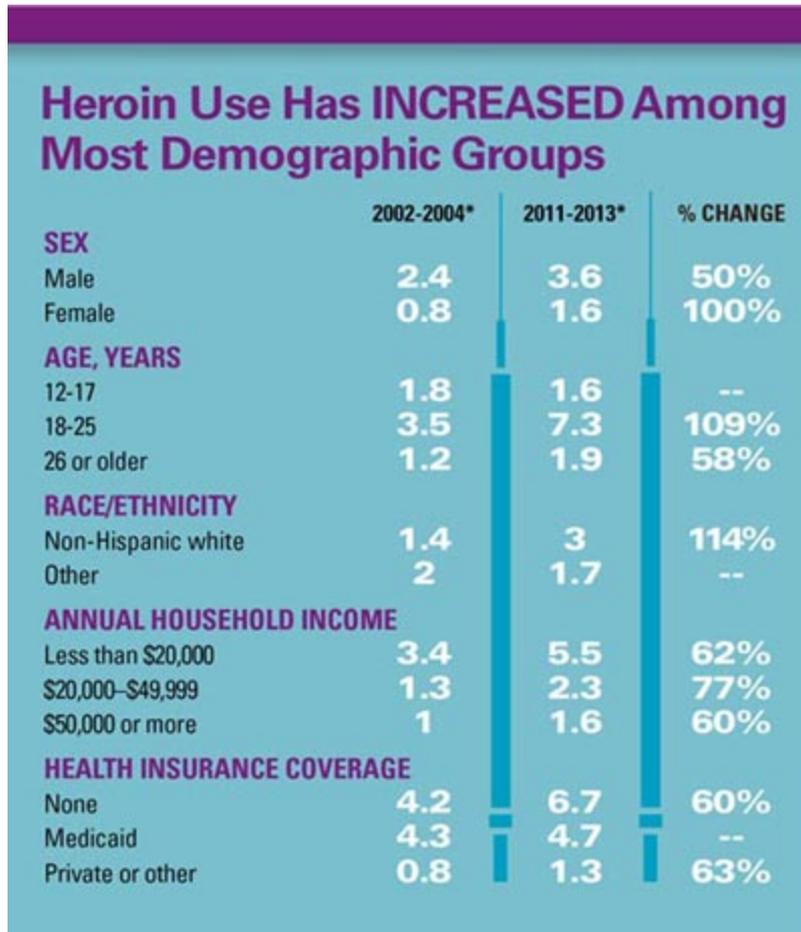
## Most Commonly Overdosed Opioids:

- Hydrocodone (Vicodin<sup>®</sup> )
- Oxycodone (OxyContin<sup>®</sup> )



# 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<sub>x</sub> Opioids can be gateway drugs to heroin use.

People who are addicted to...



...more likely to be addicted to heroin.

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

Among new heroin users, approximately **75%** report abusing **prescription opioids** prior to using heroin

**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 **2<sup>nd</sup> 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](http://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

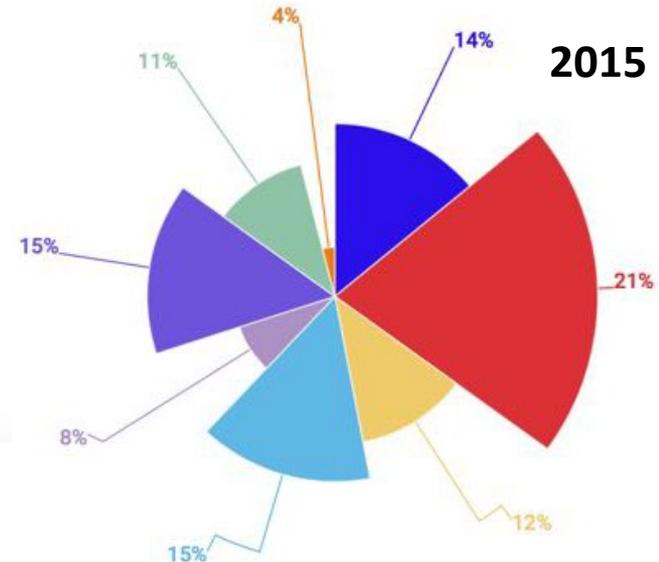
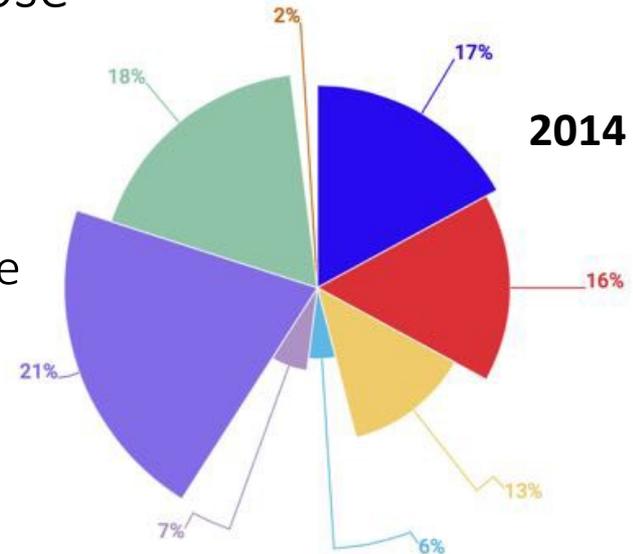
In **Bexar County** opioid-related overdose deaths *due to heroin are on the rise.*

### 2014

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

### 2015

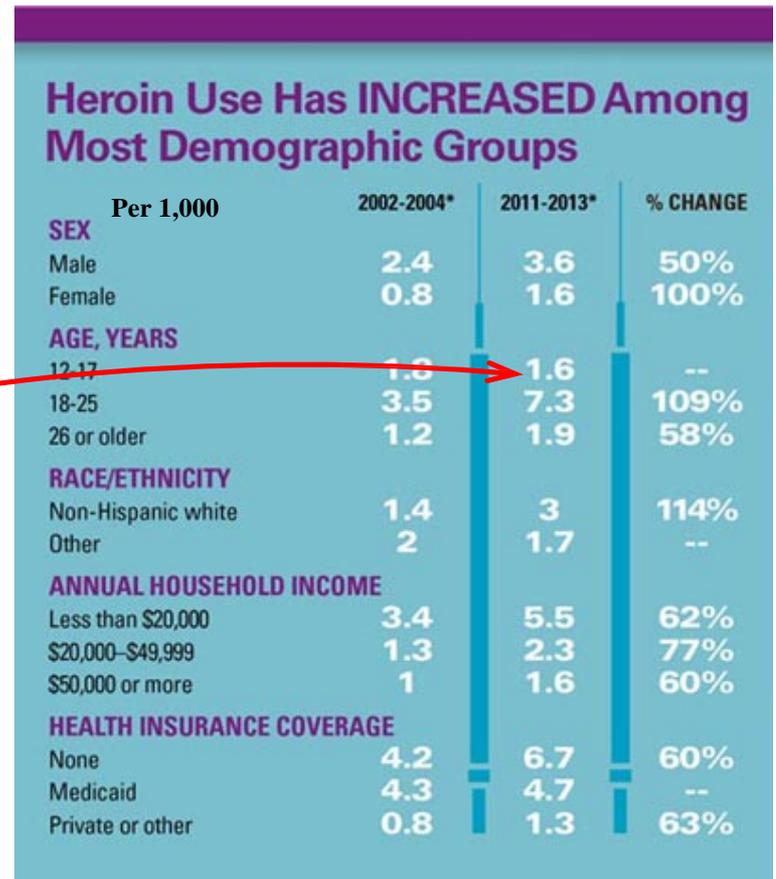
- Almost 1/2 of all overdose deaths were opioid related. (47%)  
11% Prescription vs. 21% Heroin



- 
- 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%
--------	------	------	------

Wood, S. M., Archbanks, 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%

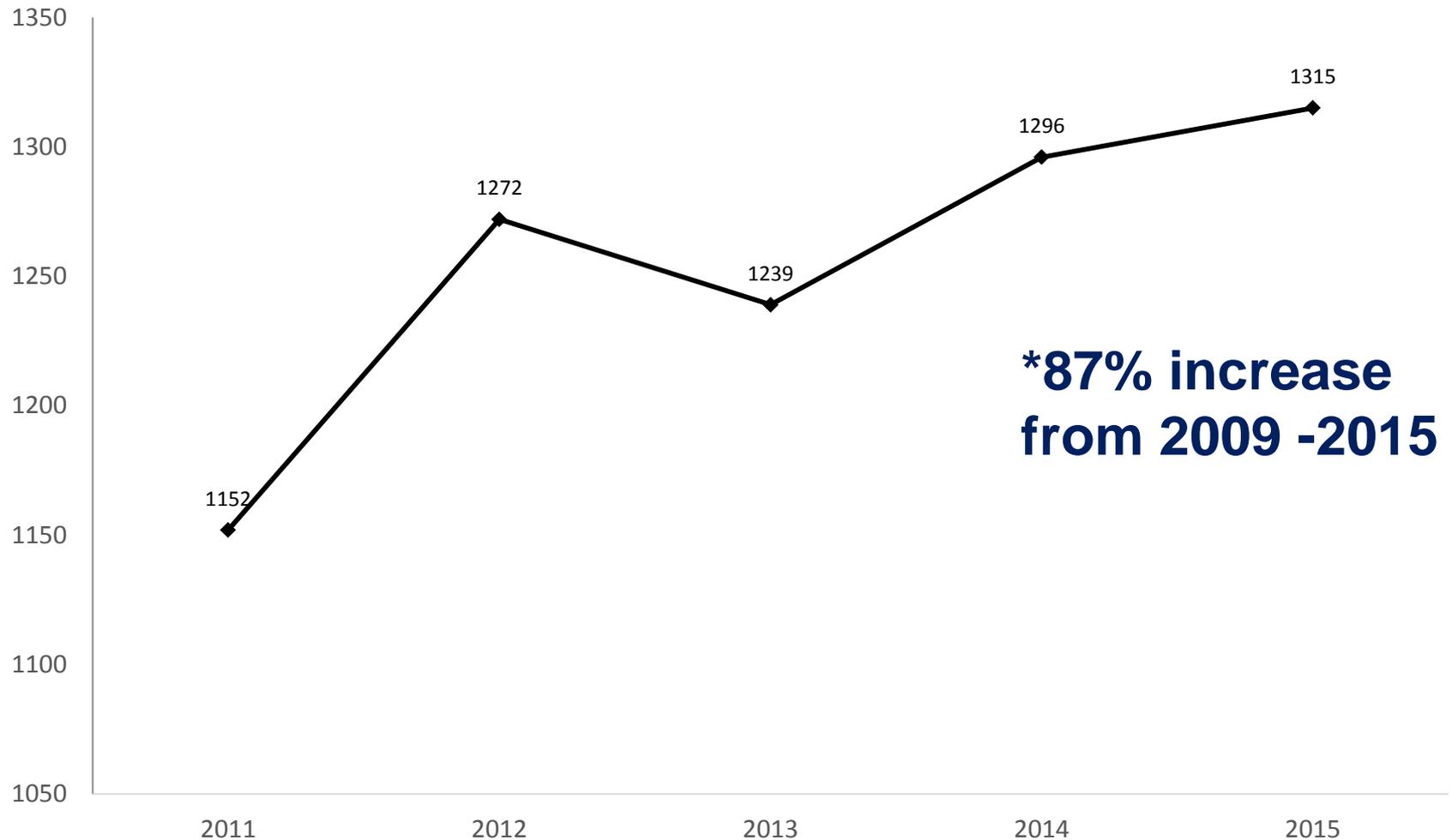
# Neonatal Abstinence Syndrome (NAS)



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

- 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
- 1/3 of Texas newborns suffering from opioid withdrawal are in Bexar County

# Number of Medicaid Newborns diagnosed with NAS in Texas 2011-2015



# Counties Ranked by NAS Percentage, 2011-2015

	2011	2012	2013	2014	2015
Bexar	32%	33%	30%	26%	29%
Dallas	9%	12%	14%	14%	13%
Tarrant	9%	10%	10%	9%	10%
Harris	12%	13%	9%	7%	6%
Nueces	5%	4%	5%	7%	5%

**\*Medicaid covered births**

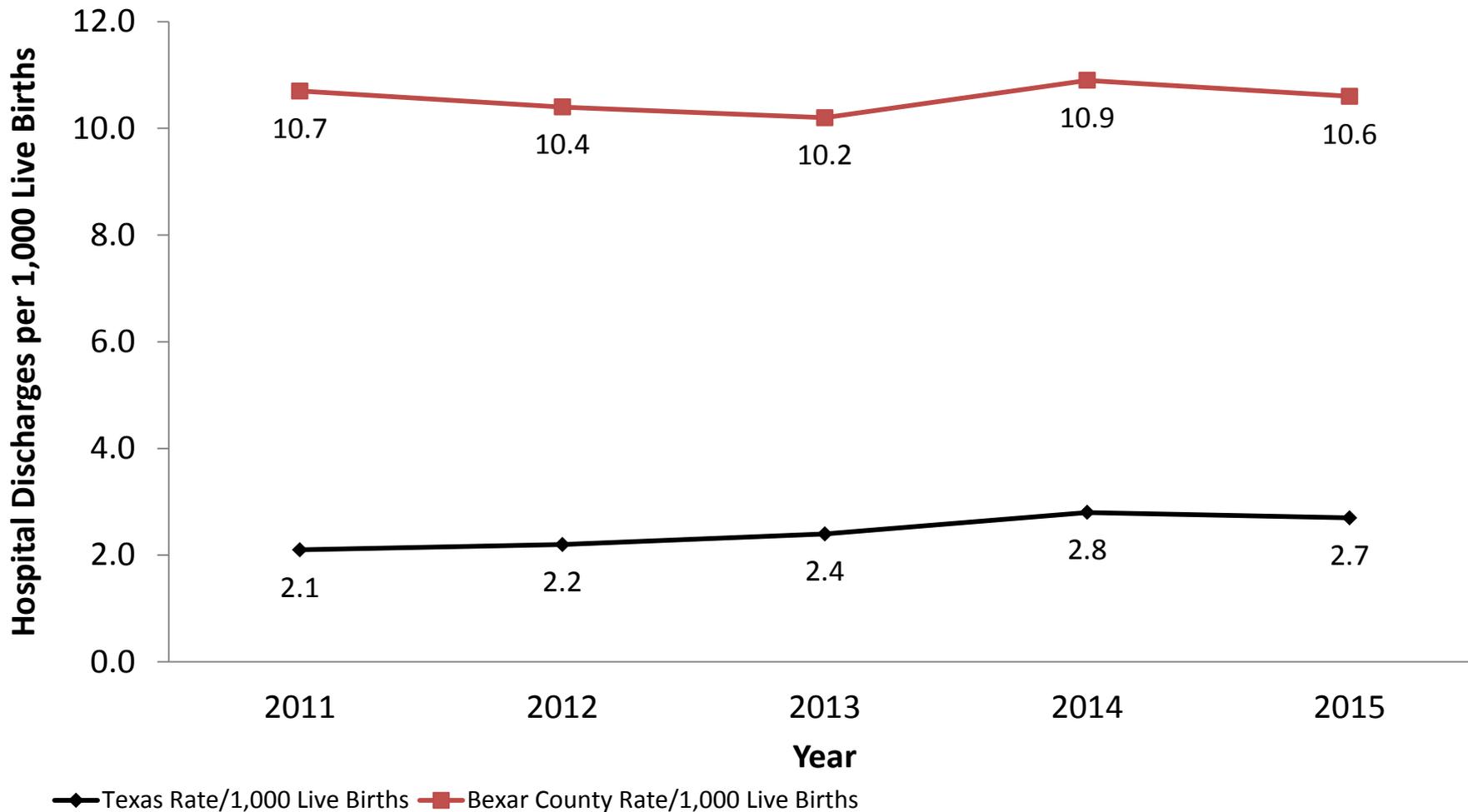
**~300-400 babies born with NAS in Bexar County per year;**

**~1/3 of cases in TX**

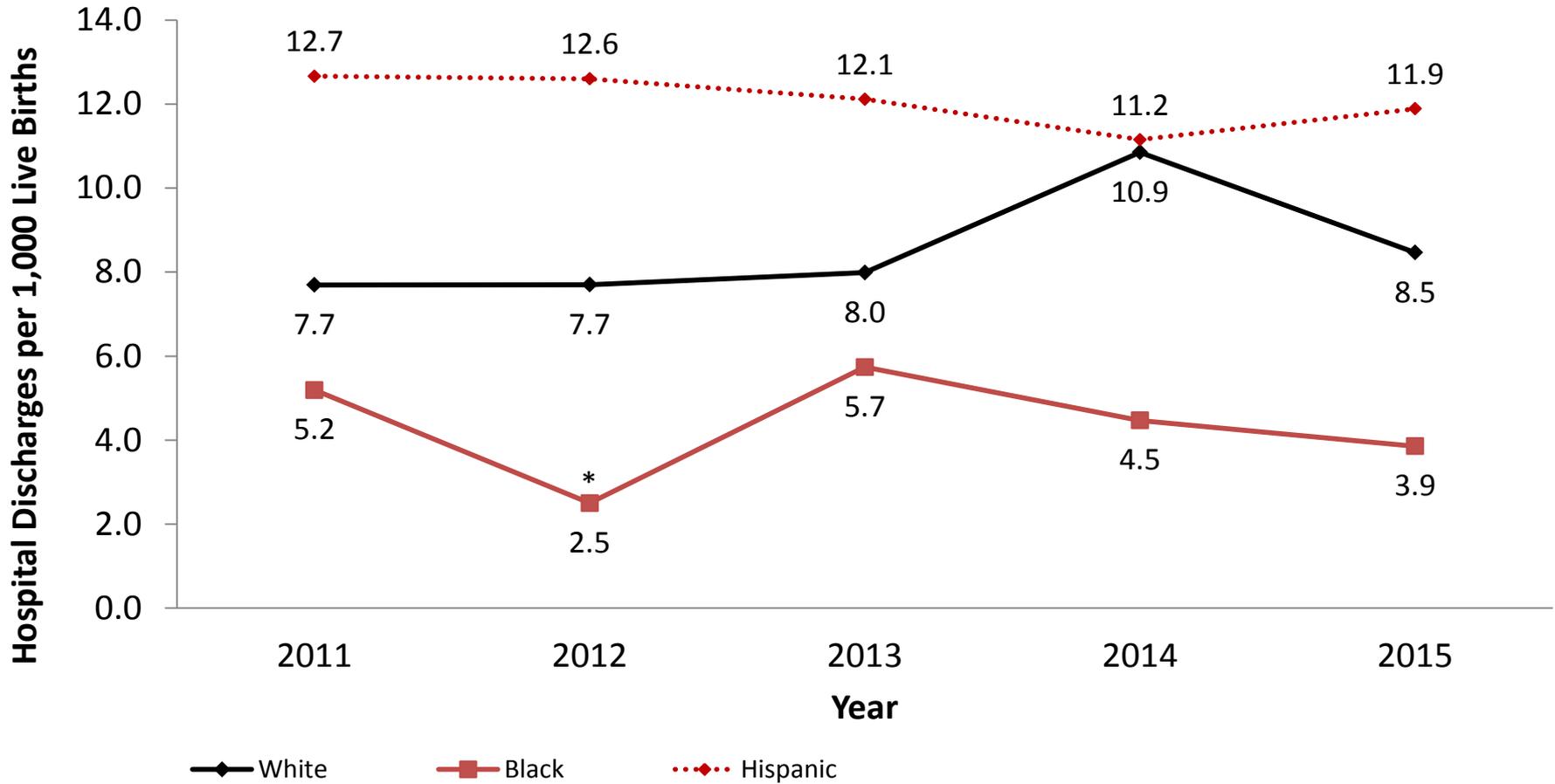
# Locations of Highest Neonatal Abstinence Syndrome Incidence, Texas Hospital Discharge Data, 2016

<b>Rank</b>	<b>County</b>	<b>% of Cases</b>	<b>Mean Charge</b>	<b>Mean Days Stayed</b>
1	Bexar	23.1	\$146,066.11	27.5
2	Dallas	11.3	\$154,166.67	28.8
3	Harris	7.5	\$178,352.48	26.7
4	Tarrant	7.2	\$95,453.91	21.1
5	Travis	3.5	\$260,359.08	30.5
	Texas	100	\$146,492.72	24.2

# Neonatal Abstinence Syndrome Hospital Discharges per 1,000 Live Births in the State of Texas and Bexar County, 2011-2015



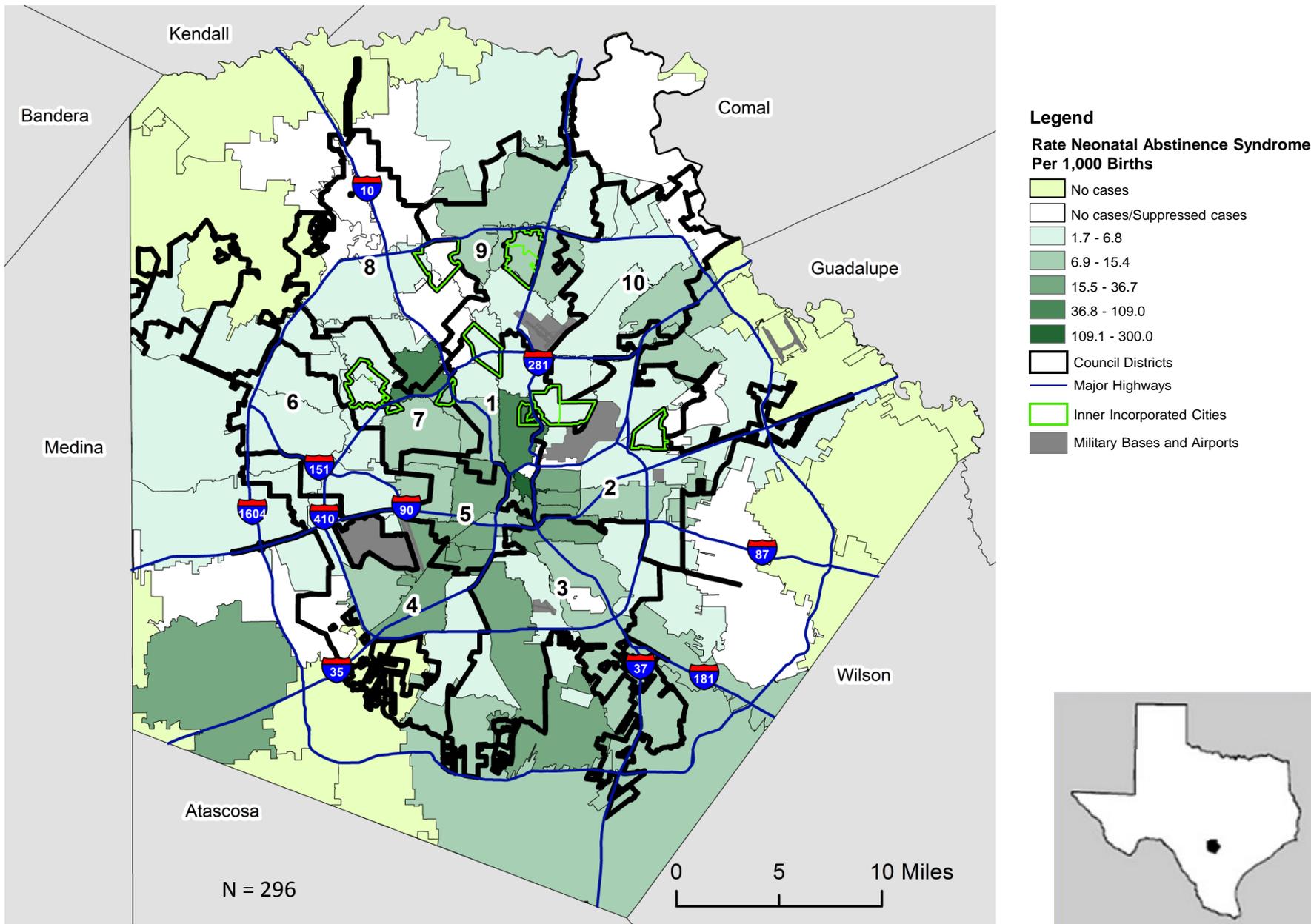
# Neonatal Abstinence Syndrome Hospital Discharges per 1,000 Live Births by Race/Ethnicity for Bexar County, 2011-2015



NAS case source: Texas Hospital Inpatient Discharge Public Use Data File, 2011-2015. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas. 2011-2015 Births from Source: Texas DSHS, <http://healthdata.dshs.texas.gov/VitalStatistics/Birth>, accessed 11/15/2017

\*unstable rate

# Rate of Hospital Discharges for Neonatal Abstinence Syndrome per 1,000 Births by Zip Code, Bexar County, 2015



Source: Cases: Texas Hospital Inpatient Discharge Public Use Data File, 2015. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.  
 Births: 2015 Bexar County Birth by zip file, Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

# Addressing the Epidemic Requires Synergy

- Increase Naloxone use
- Prescription drug monitoring
- Community Education
- Provider Education
- Treatment

## Preventing Opioid Overdoses and Related Harms



# Naloxone – an opioid antidote



Evidence-based strategy = Increase use of Naloxone



# Prescription Drug Monitoring Program



Evidence-based strategy = Increase % of medical providers entering prescriptions in the PDMP



# Community Education



Evidence-based strategy = Increase community education on safe storage and disposal



## MEDDR<sub>x</sub>OPSA

Your safe and easy way to dispose of unwanted medicines.

[Home](#)

[Sponsors & Partners](#)

[Download Flier \(pdf\)](#)



**DON'T**  
Throw in the trash

*Helps keep medications out of landfills and out of the environment.*



**DON'T**  
Flush down the toilet

*Helps keep medications out of our water treatment plants and waterways.*



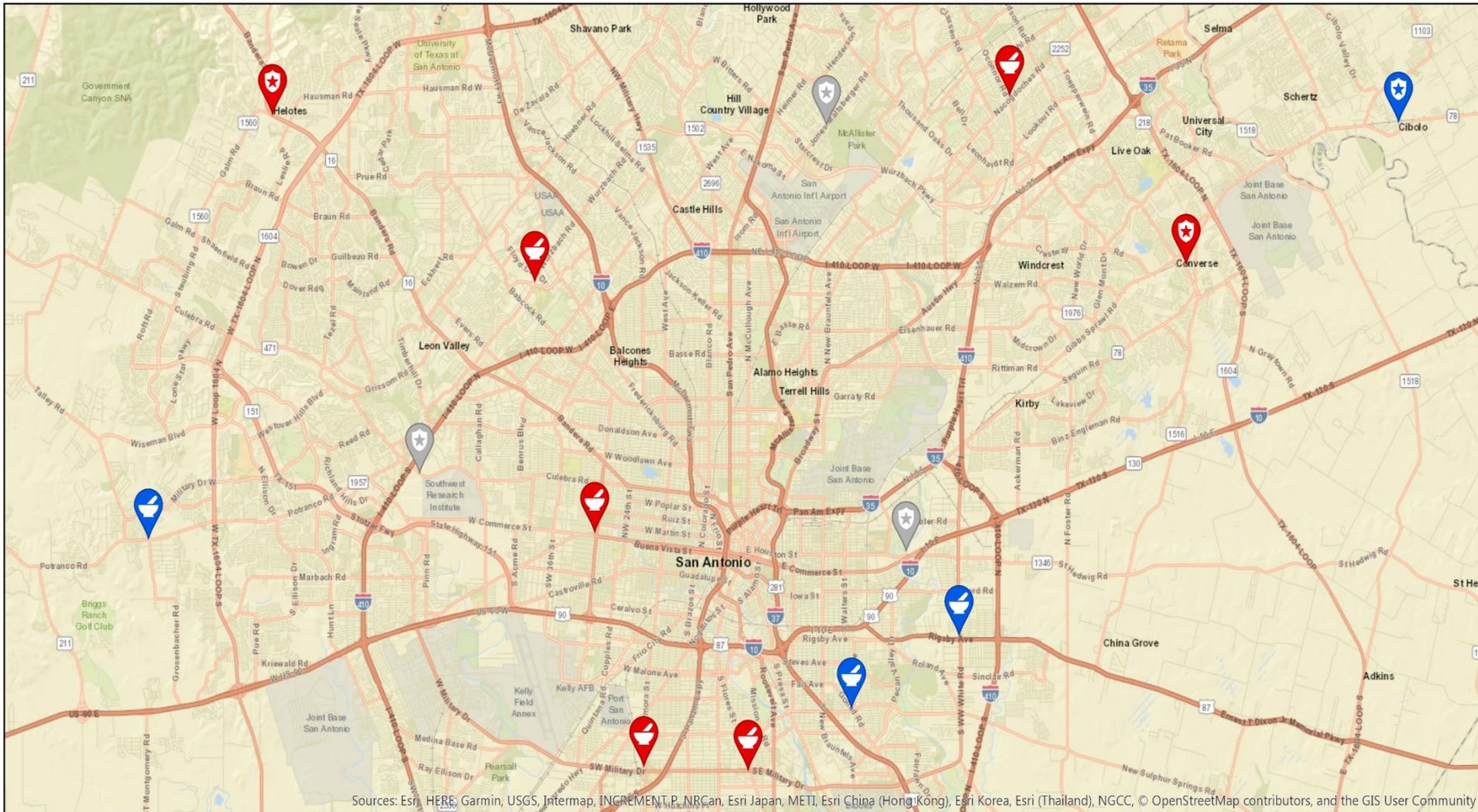
**DO**  
Bring to MedDropSA

*A free, safe alternative to dispose of unwanted or expired medications.*

**Collection Events**  
around San Antonio



# Drug Disposal Locations in Bexar County



Sources: Esri, HERE, Garmin, USGS, Intermap, INCREMENT P, NRCan, Esri Japan, METI, Esri China (Hong Kong), Esri Korea, Esri (Thailand), NGCC, © OpenStreetMap contributors, and the GIS User Community

## Drug Disposal Locations within San Antonio, TX

Map showing locations of prescription drug disposal boxes as well as the available hours for each type of box

Scale 1:202,041



Police Department (Limited hours)



Walgreens (Limited hours)



Police Department (24/7)



Walgreens (24/7)



Coming Soon



0 1.25 2.5 5 Miles



# Provider Education



Evidence-based strategy = Increase provider training on prescribing/dispensing of opioids



# Treatment and Recovery



Evidence-based strategy = Increase knowledge of and access to treatment services including **Medication Assisted Therapies**

Methadone  
Buprenorphine  
Naltrexone



# Syringe Services Programs



Supply sterile syringes and help with disposal of used syringes



# Joint Opioid Taskforce

- Judge Nelson Wolff and Mayor Ron Nirenberg, convened the Joint Opioid Overdose Prevention Task Force in June 2017
- Goal to address the increase in opioid overdose deaths in Bexar County and San Antonio
- The Task Force held its first meeting August 8, 2017 and will present its final report in September

# Taskforce Workgroups

- Naloxone - expand the availability and use of naloxone
- Provider Education - improve training for providers on evidence-based opioid prescribing and the Prescription Monitoring Program (PMP)
- Community Education - educate community on safe disposal of prescribed opioids and risks of heroin and other opioids
- Treatment - improve access/navigation of treatment services for addiction

# Naloxone – Update

- Secured two grants to expand access to naloxone
- Monitoring the use of naloxone in the community and mapping EMS utilization by zip code
- Purchased \$1 million of naloxone for distribution

## *Goals by September, 2018*

- Naloxone trainings for law enforcement and community
- Deployment of reversal tracking database to evaluate naloxone distribution program

# Provider Education – Update

- Opioid trainings curriculum map for medical students
- San Antonio Substance Use Symposium
- Launch of the “Get Waivered SA” website
- Discussions with HASA to link to the PMP

## *Goals by September, 2018*

- Provider education about the required use of the TX PMP in 2019
- Increase the number of MAT waived prescribers

# Community Education – Update

- Map of permanent drug drop off locations
- Distribution of Deterra<sup>®</sup>
- SACADA Youth prevention toolkit and videos developed for use by ISDs

## *Goals by September, 2018*

- Treatment map for the community
- Work with naloxone group on community trainings
- Share toolkit and videos in community settings for wider use

# Treatment – Update

- Identified existing treatment providers
- Explored treatment options and selected a federal framework to determine which treatment options will be mapped

## *Goals by September, 2018*

- Work with Community Education Workgroup to develop treatment map for the community
- Work with Task Force to prepare “shovel-ready” grant ideas for rapid submission

# Additional Interest Groups

- **Neonatal Abstinence Syndrome (NAS)**
  - Exploring treatment and recovery options
- **Syringe Services Programs**
  - Hosted a Syringe Services Summit in May
  - Hosted a “how to” training in July
  - Plan launch of map of Syringe Services Programs in October

Thank you. Any Questions?



CITY OF SAN ANTONIO  
**METROPOLITAN HEALTH DISTRICT**

Colleen M. Bridger, MPH, PhD  
Director