

# Opioid Overdose and Deaths

## *Prescription opioids and heroin*

Month, Day, 2017

ISSUE BRIEF

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### Facts about opioids

#### In the United States...

- Opioid overdoses became the leading cause of injury death in 2011, surpassing transportation-related injuries.
- More than 250,000 Americans have died from opioid overdoses between 1999 and 2015 (over 33,000 died from opioid overdoses in 2015).
- Heroin use is a rapidly growing problem and is associated with non-medical use of prescription opioid pain relievers (OPRs). Heroin is cheaper and more accessible than OPRs.

#### In Iowa...[insert facts about your state]

- Prescription opioid deaths have quadrupled in the past 20 years.
- Prescription opioid death rates are lower compared to other states; however, Iowa trends in OPR overdose deaths are similar to national trends seen over time.
- Heroin overdose death rates have increased more than nine-fold in the past 15 years.

### Policies to address the opioid epidemic

- **Prescription Drug Monitoring Programs (PDMPs)** allow prescribers to access their state's online database of dispensed prescriptions of controlled substances to patients. This helps prescribers identify possible opioid misuse and inform treatment decisions.
- **Stricter prescribing guidelines** can include: requiring physician oversight of pain treatment; providing dosing criteria; and offering guidance for prescribers on how to seek consultation, use the PDMP, and track clinical progress using assessment tools.
- **Naloxone laws** increase access to this life-saving opioid overdose medication by authorizing pharmacists to dispense it to eligible recipients including first responders and family members in a position to assist an at-risk person.
- **Requiring or encouraging insurance coverage** of medicated assisted treatment (MAT) and evidenced-based behavioral therapies can increase access to opioid addiction treatment.

#### Does Iowa have this?



\*Registration and use of IA PDMP is not mandatory .



\*IA has a standing naloxone order

### Examples of opioid overdose prevention

- **Community-based initiatives** like prescription disposal drop boxes and public education media campaigns
- **Surveillance** of opioid overdoses and death, opioid addiction and supply sources, including real-time data
- **Prescriber education** in pain management, prescription opioid prescribing and high-risk patients

### Resources & Partners

⇒ This template was designed by the University of Iowa Injury Prevention Research Center. Other partners: National Center for Injury Prevention and Control (NCIPC) at the Centers for Disease Control and Prevention (CDC); Safe States Alliance; National Safety Council

Guide for using the policy brief template. Do not print this page.

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Example: *Photo by Anthony Auston* <http://bit.ly/2fSSbtZ/> CC BY

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[istock.com](http://istock.com)

Where you can get facts about opioids in your state:

CDC WISQARS (Web-based Injury Statistics Query and Reporting System) is an interactive, online database that provides fatal and nonfatal injury, violent death and cost of injury data.

Where you can information about opioid policies in your state:

The website of your state's legislature. For example: (Iowa's) <https://www.legis.iowa.gov/>

The website of your state's Board of Medicine

The website of your state's Board of Pharmacy

Reports from you state's College of Public Health

SAMHSA Substance Abuse and Mental Health Services Administration (has information on federal laws and lists buprenorphine prescribers by state)

National Alliance for Model State Drug Laws. Compilation of Prescription Monitoring Program Maps. 2016. Accessed at <http://www.namsdl.org/library/CAE654BF-BBEA-211E-694C755E16C2DD21/>

State Profiles. Prescription Drug Monitoring Program Technical and Training Assistance Center. <http://pdmpassist.org/content/state-profiles>

Other helpful resources:

The Prescription Opioid Epidemic: An Evidence-Based Approach; 2015. <http://www.jhsph.edu/research/centers-and-institutes/center-for-drug-safety-and-effectiveness/opioid-epidemic-town-hall-2015/2015-prescription-opioid-epidemic-report.pdf>