



Substance Use Patterns and Health Impacts

Colorado Substance Abuse Trend and Response Task Force
August 4, 2017



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Data Sources

- Behavioral Risk Factor Surveillance Survey (BRFSS)
 - Annual self-reported, telephone-based survey (Adults 18+)
 - Largest survey asking about adult substance use in Colorado
- Healthy Kids Colorado Survey (HKCS)
 - Every 2 years, self-reported, school-based survey (HS & MS)
 - Largest survey asking about youth substance use in Colorado



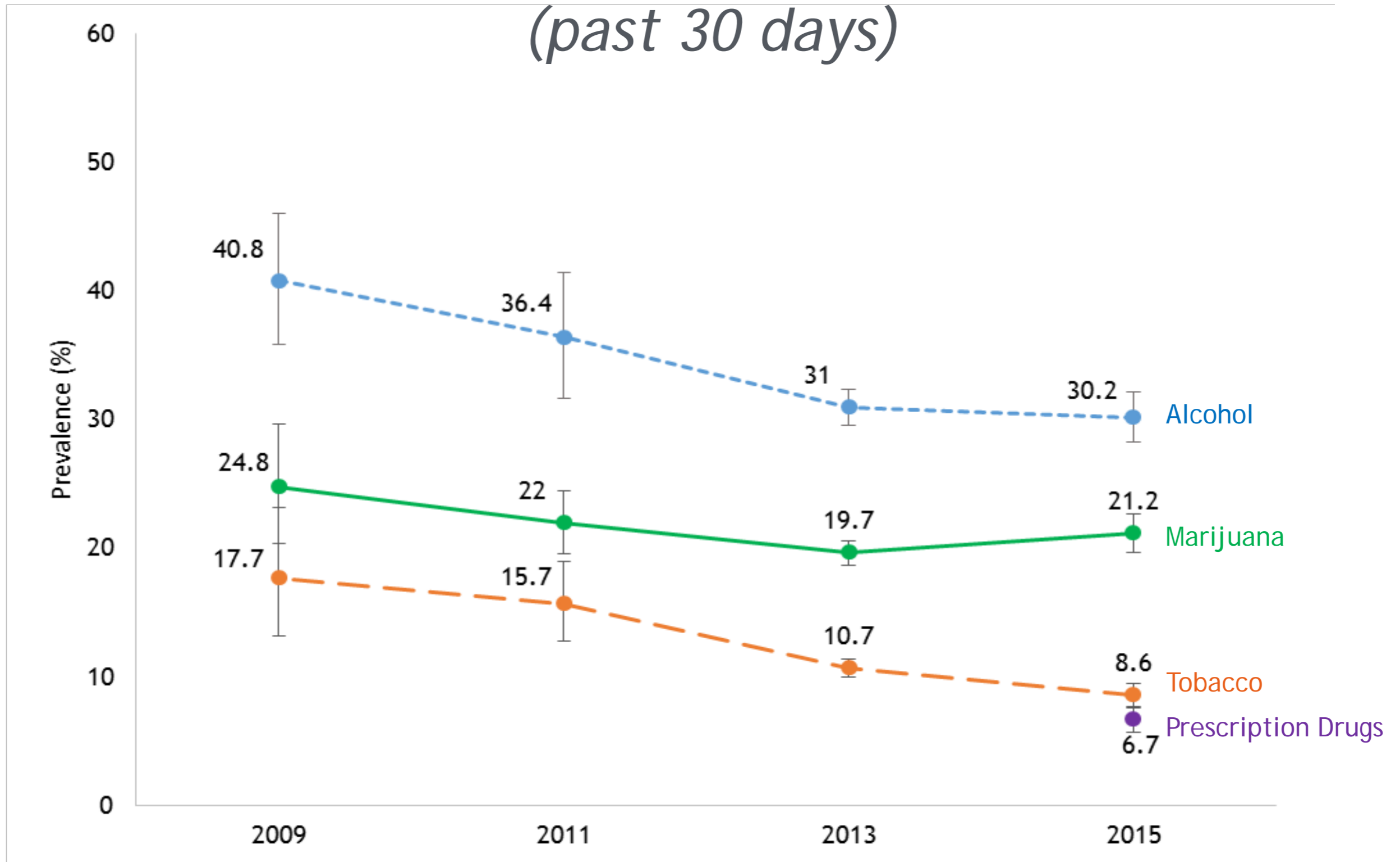
Healthy Kids Colorado Survey 2009-2015



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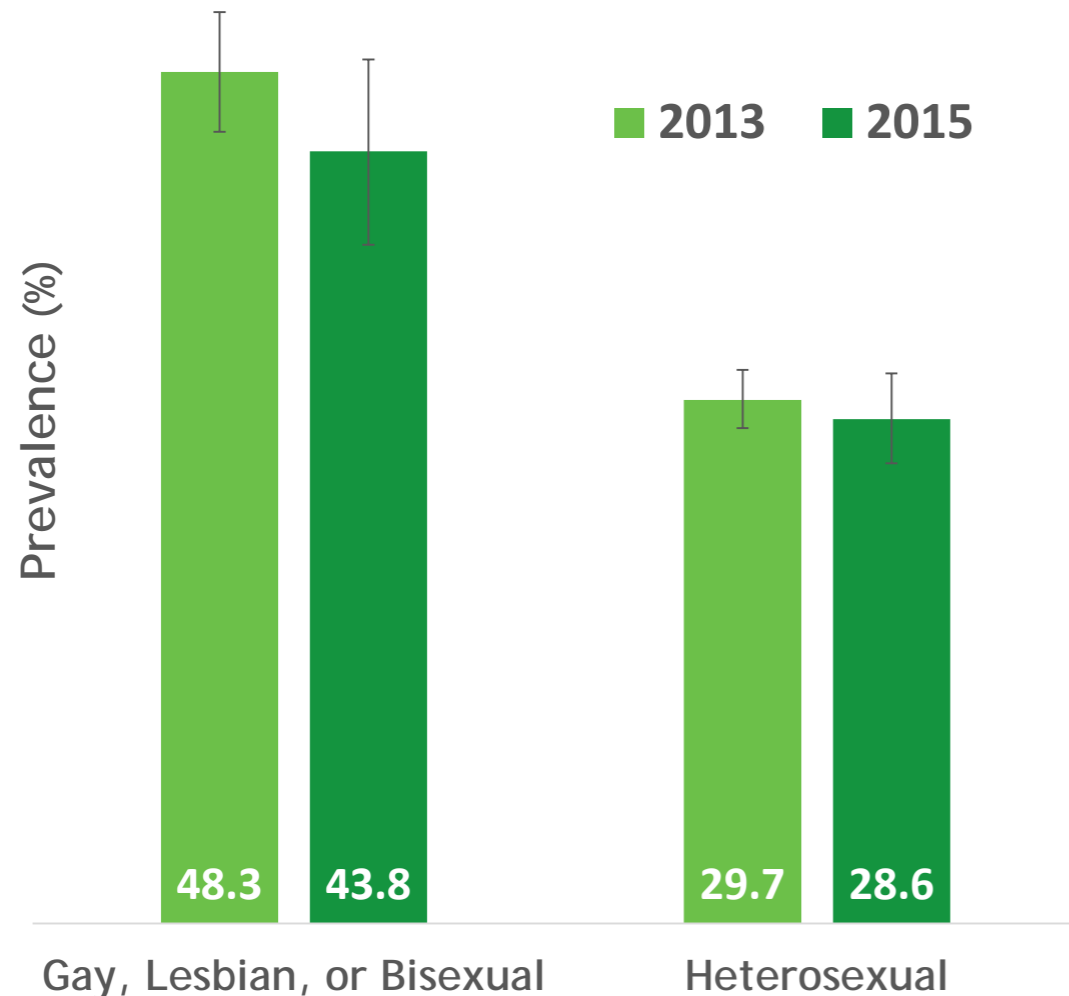
High School Substance Use in CO

(past 30 days)



High School Alcohol Use (2015)

1 in 3 high school students had at least one drink in the past 30 days

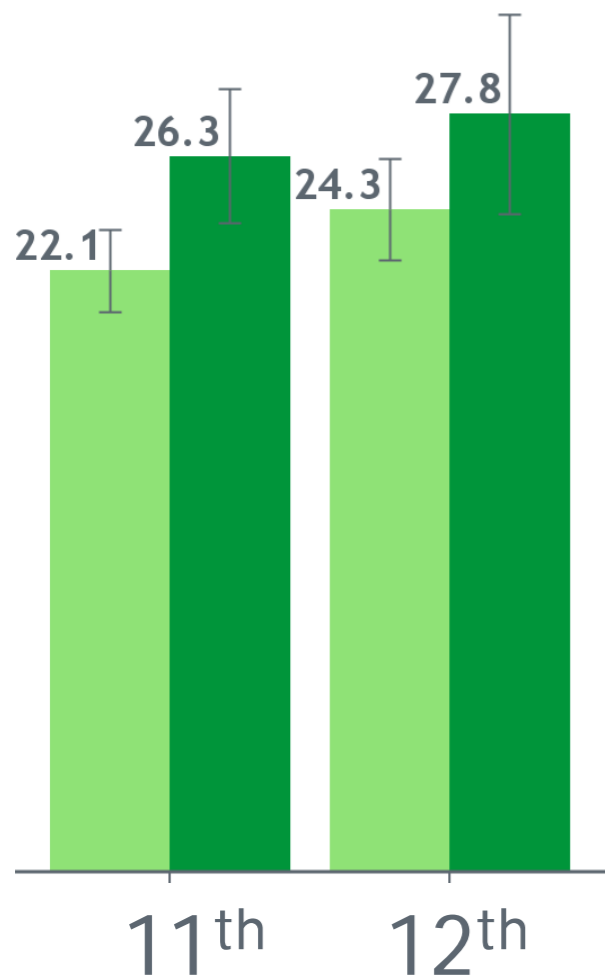
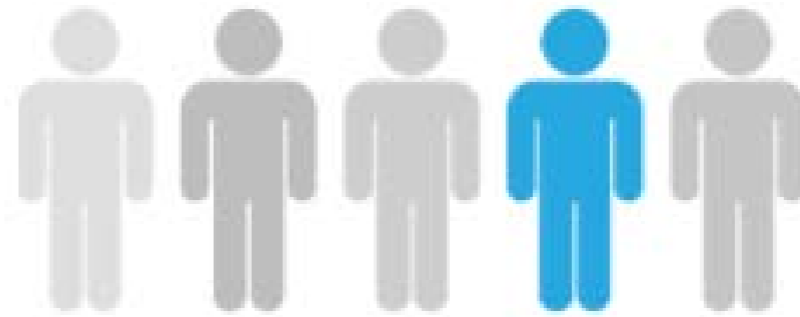


1 in 6 high school students binge drink

LGBT students are more likely to have drunk alcohol in the past 30 days compared to heterosexual students

High School Marijuana Use (2015)

1 in 5 high school students used marijuana in the prior 30 days



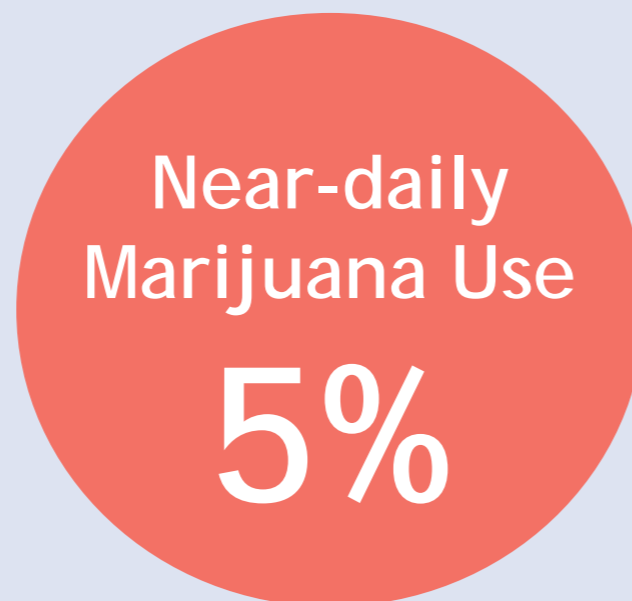
1 in 19 used daily or near-daily

40% of high school seniors who had ever used marijuana first tried it by age 14

Use is highest in 11th and 12th grades

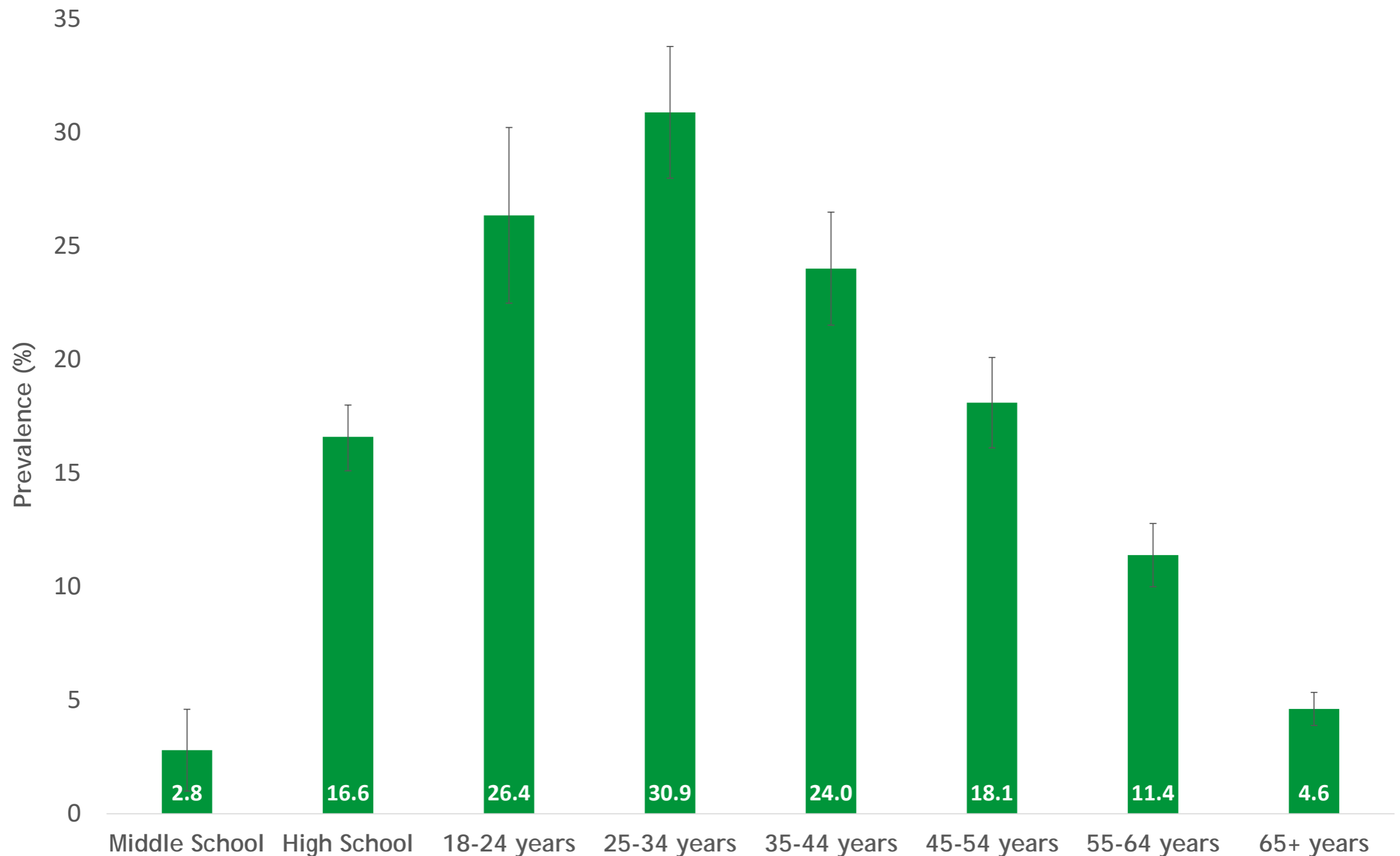


Behavioral Risk Factor Surveillance Survey 2016

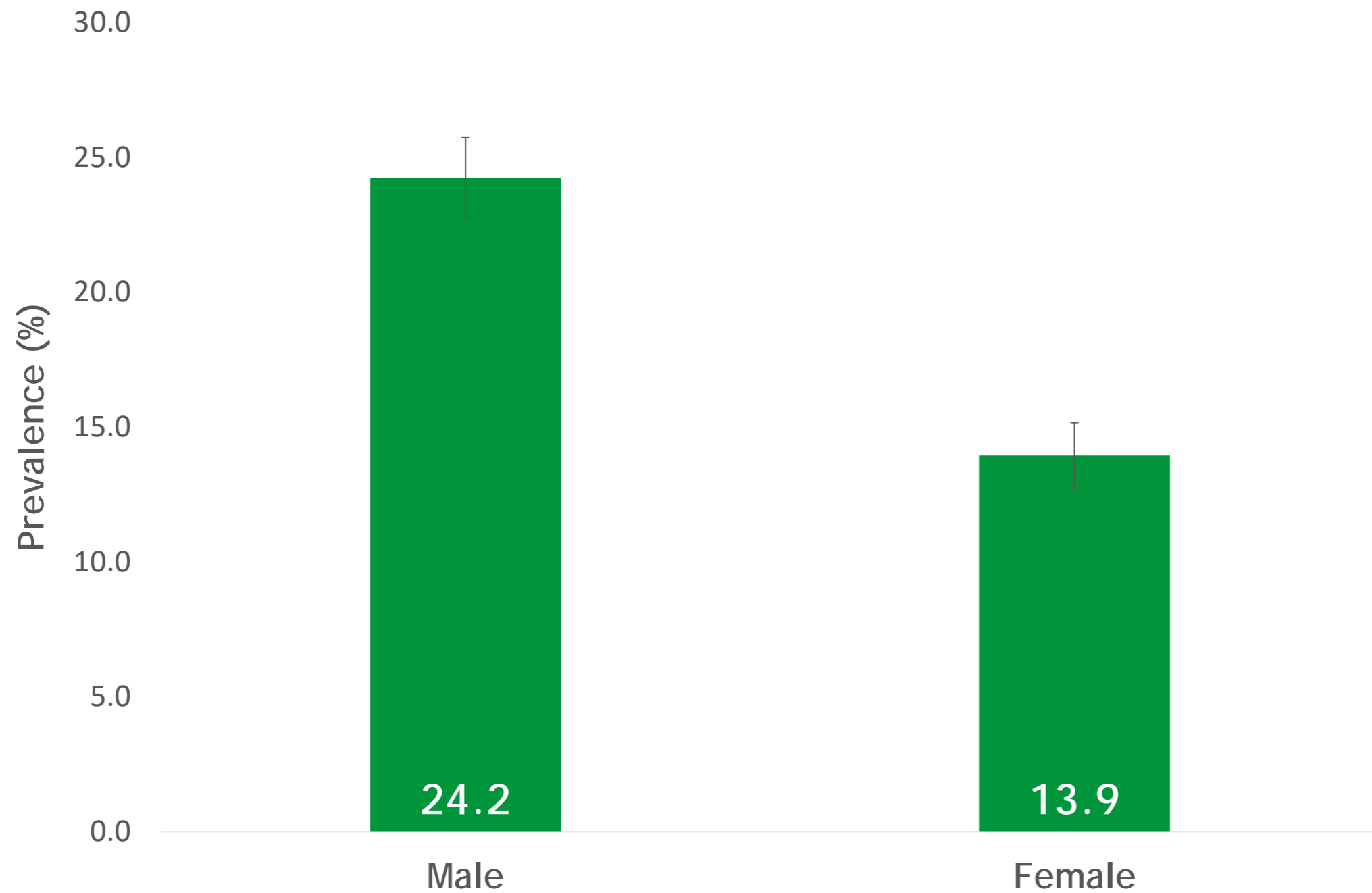


*The last time you used prescription pain reliever, did you take any of it more frequently or in higher doses than directed by a doctor?

Colorado Binge Drinking Across the Lifespan

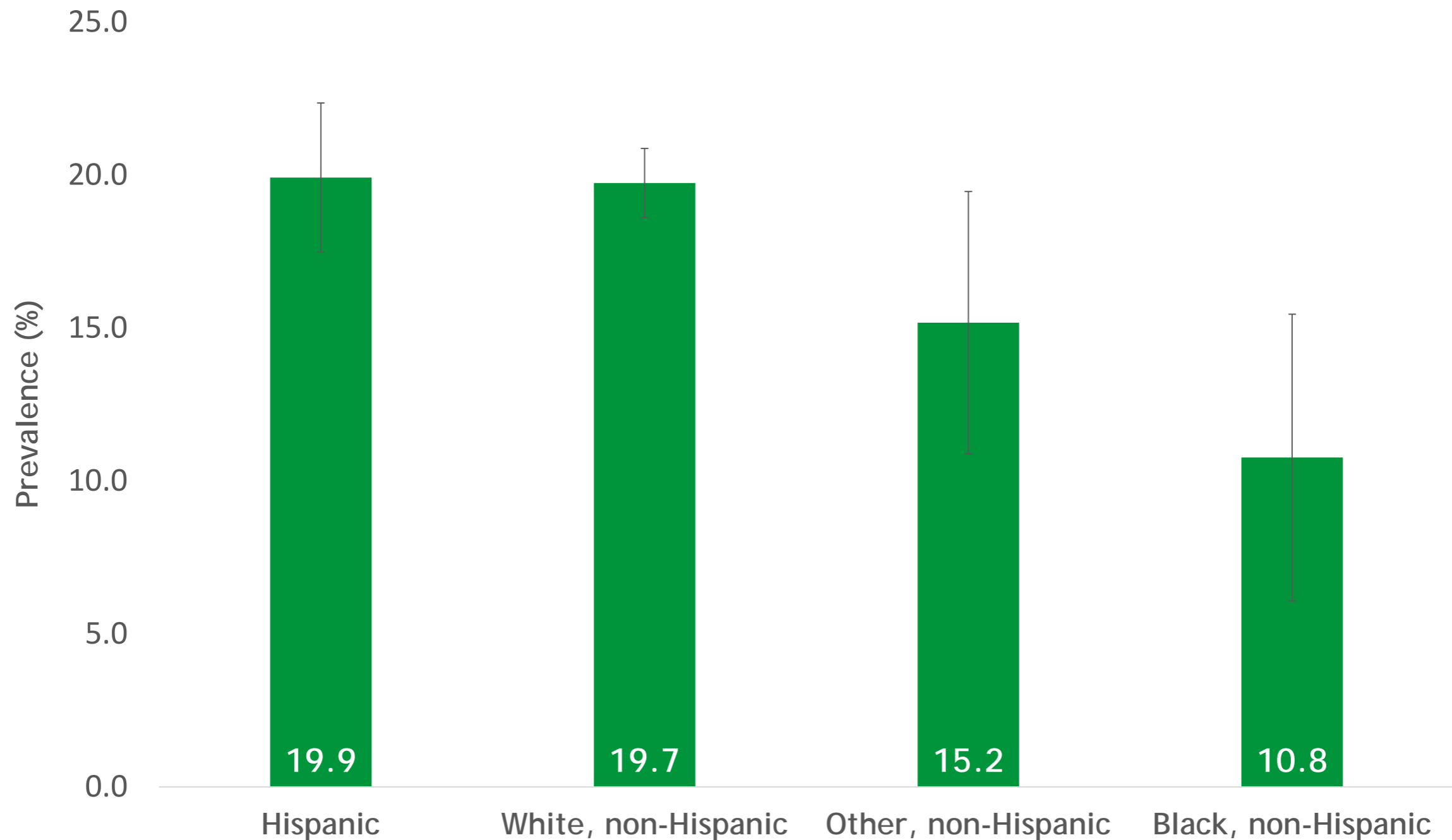


Colorado Binge Drinking by Gender



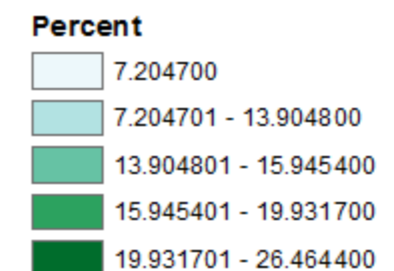
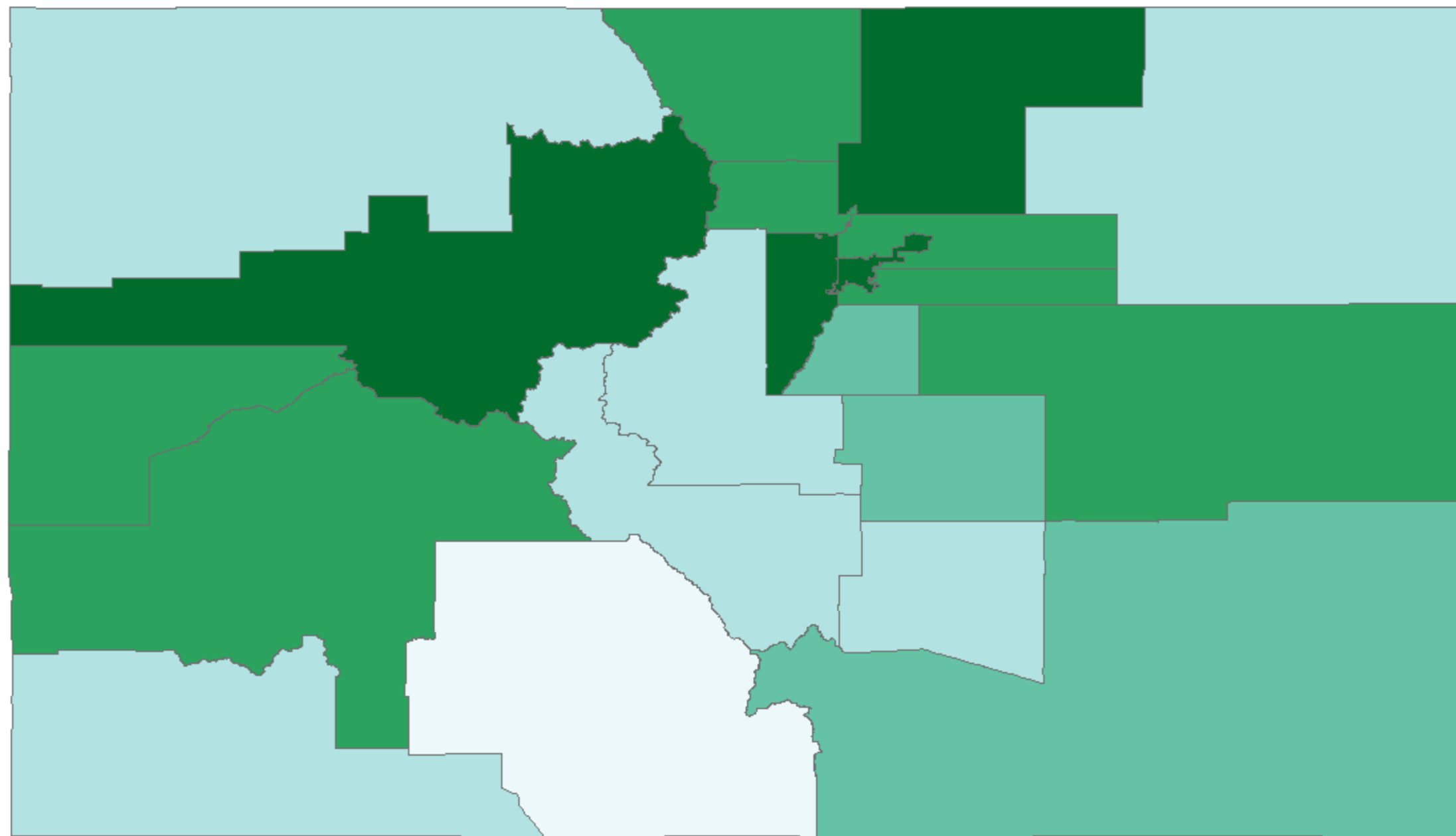
Source: Colorado BRFSS (2016)

Colorado Binge Drinking by Race/Ethnicity



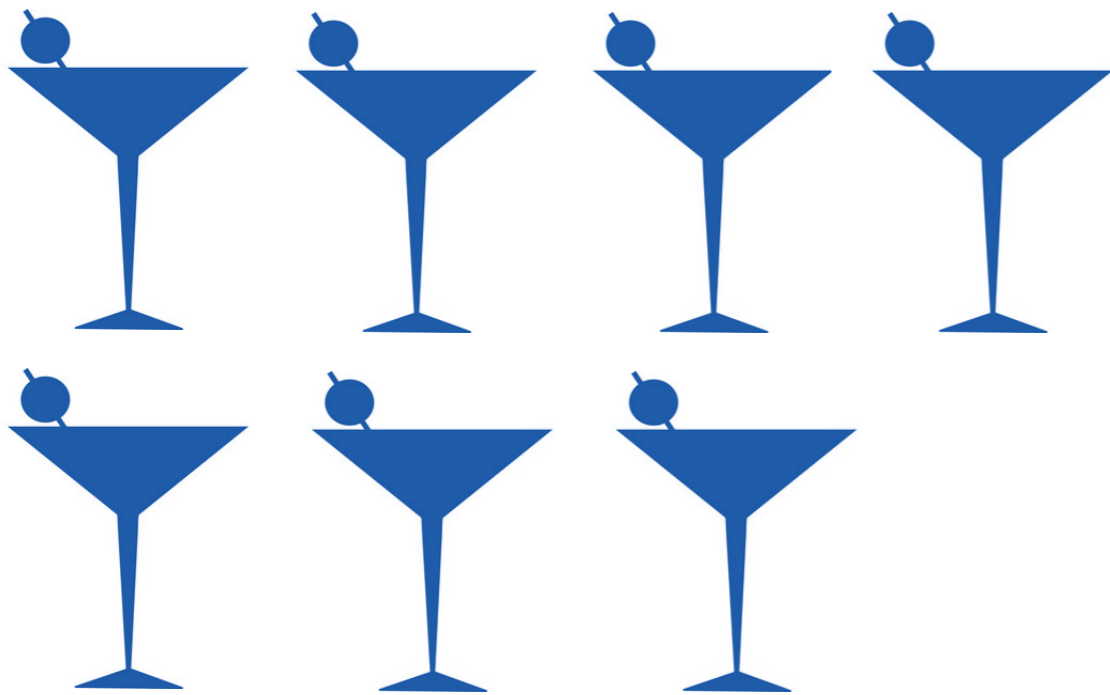
Source: Colorado BRFSS (2016)

Binge Drinking by Health Statistics Region



Binge Drinking Frequency & Intensity

Binge drinkers average:



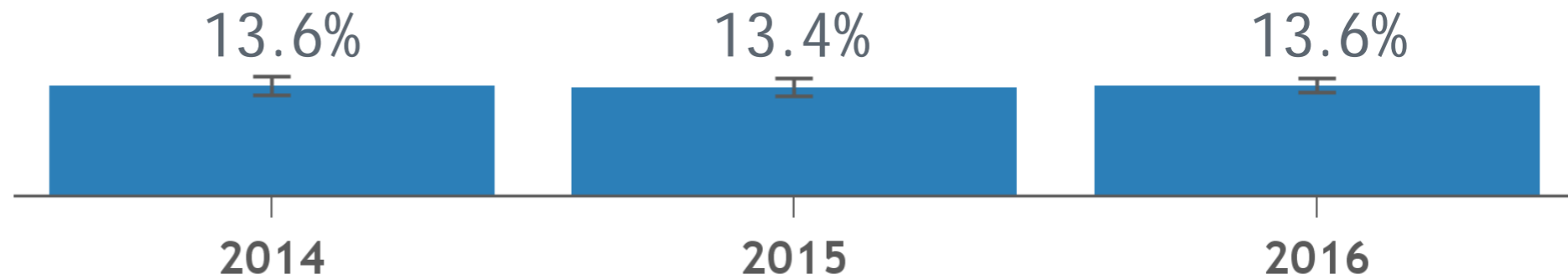
7 drinks per binge



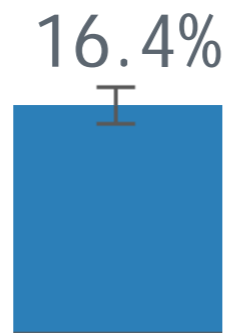
4 episodes per month

Adult Marijuana Use in Colorado

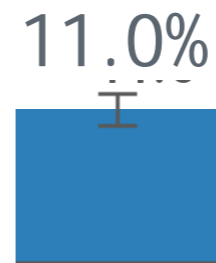
Overall adult use is steady at 13-14%



More adult men use



than adult women



(in the prior 30 days)

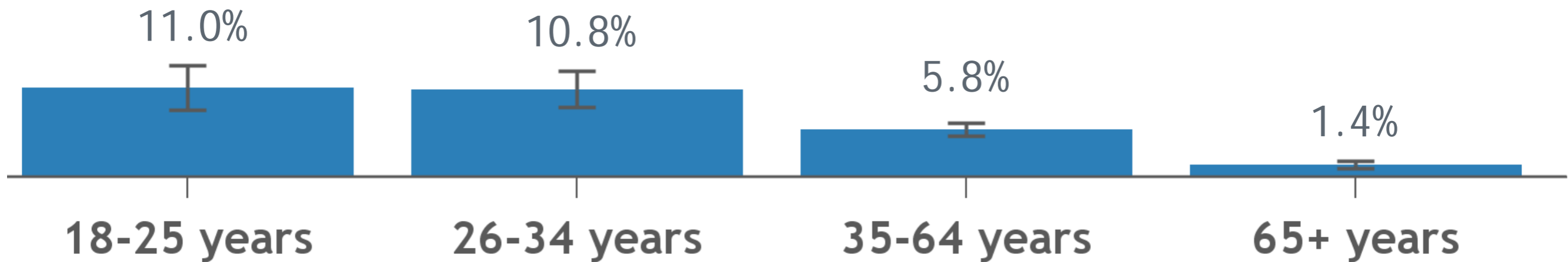
Three green arrows point from the text '(in the prior 30 days)' towards the bars for men and women, indicating that the data is based on use in the prior 30 days.



2.7% of all adults reported driving a vehicle within 2-3 hours after using marijuana (that calculates to over 100,000 Coloradoans)

Near-daily Marijuana Use by Age (2016)

More than 1 in 10 younger adults,
18-34 years old,
use marijuana daily or near-daily
(20+ days/month)





Prescription Pain Relievers, BRFSS 2016



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Prescription Pain Relievers, 2016

How long has it been since you used any prescription pain reliever?



83%

Had ever used a prescription pain reliever

Within the past 30 days
(or currently)

15.8%

30 days to 12 months

17.6%

More than 12 months

49.8%

Never

16.7%

Prescription Pain Relievers, 2016

Main reason for use

80%

For short-term pain

12%

For long-term pain

4%

For both

3%

For other physical symptoms

83%

Ever used

96%

Prescribed to me by a doctor for pain

1%

Prescribed to me for other reason

2%

Person gave me or I took

1%

Other

Source

Prescription Pain Relievers, 2016

The last time you used prescription pain reliever, did you take any of it *more frequently or in higher doses than directed by a doctor?*



2.4%



SAID YES.

This did not ask about misuse (not your prescription or taking only for the experience or feeling they caused).

2 Overarching Indicators

*tracked for
the Colorado Consortium for
Prescription Drug Abuse Prevention*



Use:

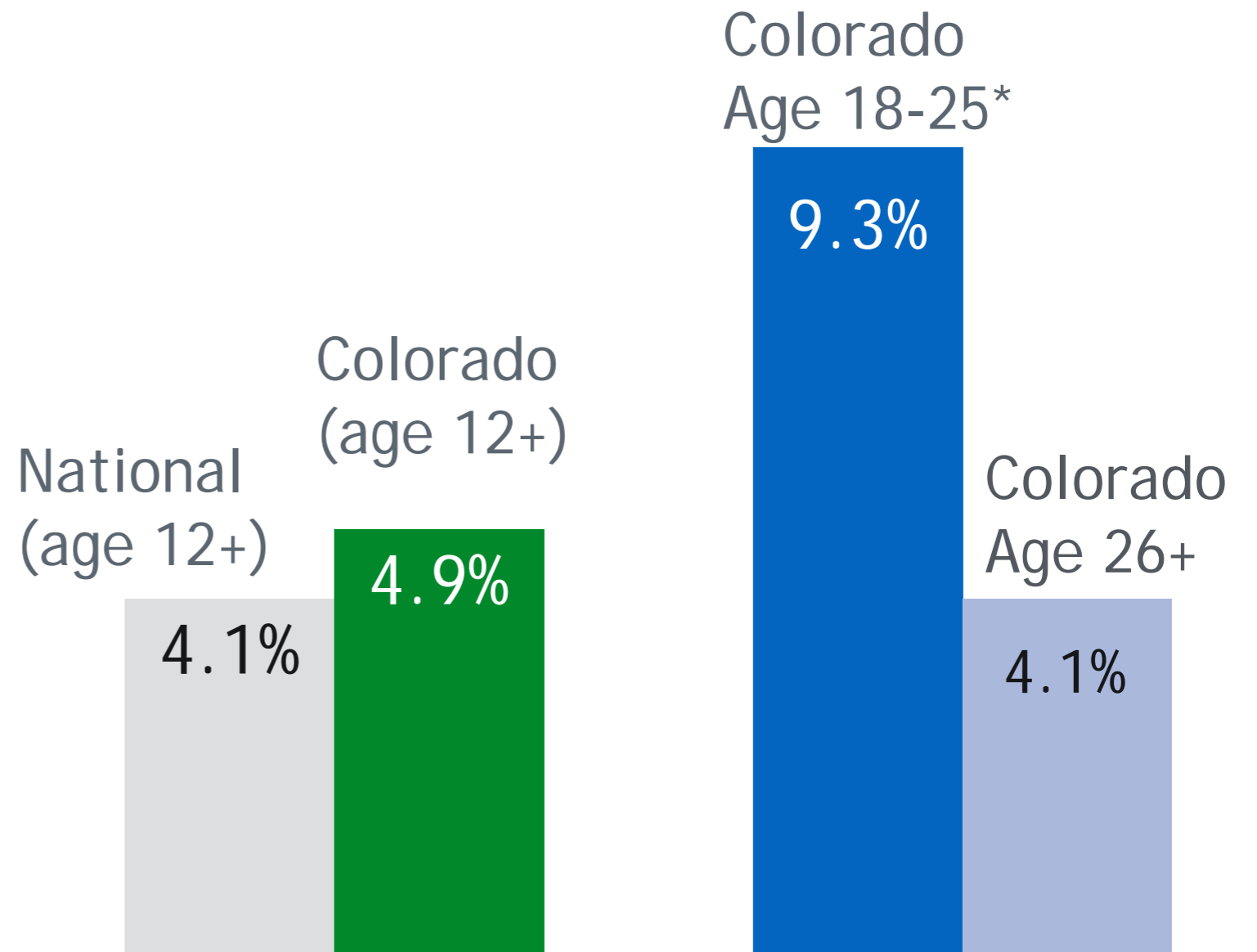
1. Non-medical use of prescription pain relievers

Impact:

2. Drug overdose deaths involving prescription opioids

Rx Opioid Misuse in 2013-2014

Percent of Coloradans who **misused prescription pain relievers** in the past year



*Difference between 10.7% in 2012-2013 and 9.3% 2013-2014 is statistically significant at the 0.05 level. From the National Survey on Drug Use and Health for 2013-2014:
<http://www.samhsa.gov/data/sites/default/files/NSDUHsaeShortTermCHG2014/NSDUHsaeShortTermCHG2014.htm>



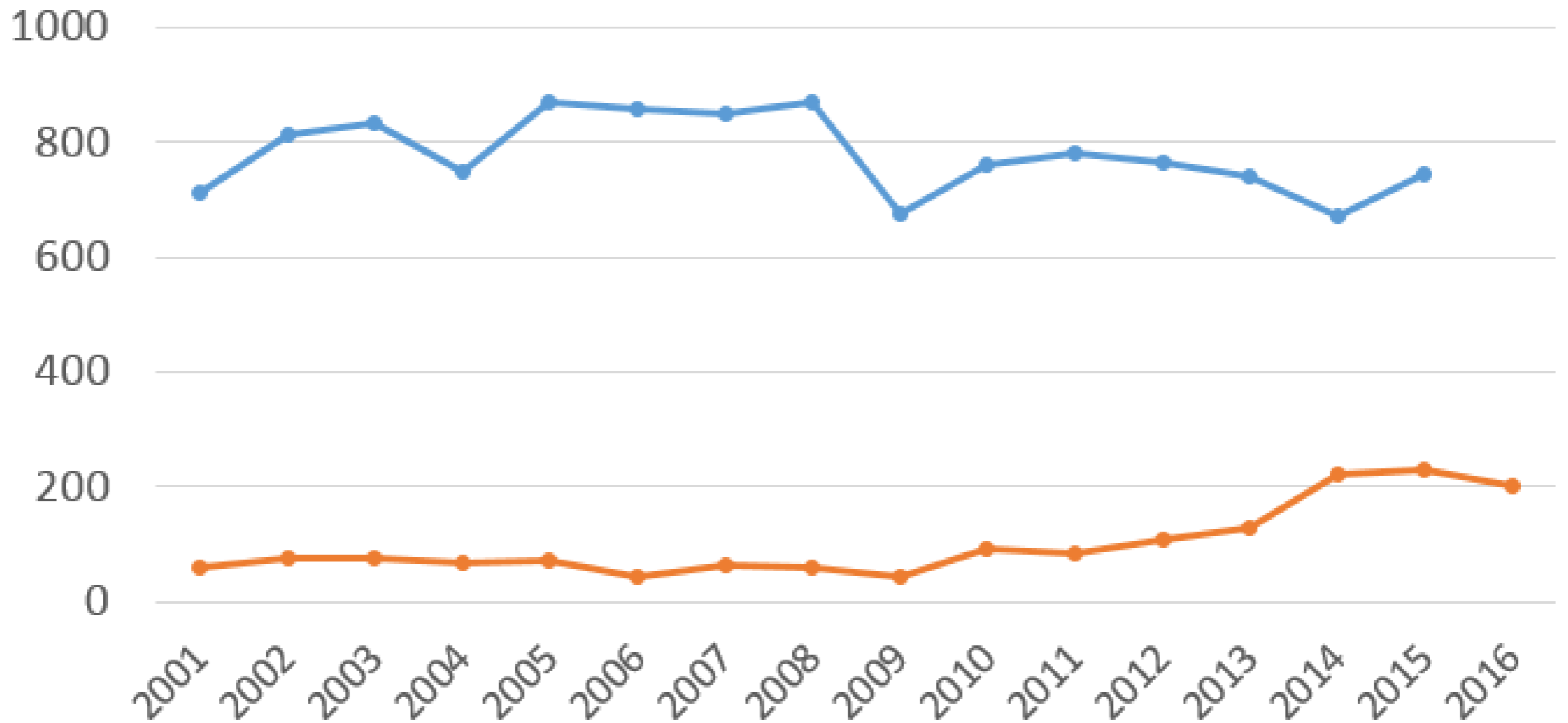
Poison Center Calls, ED Visits and Deaths



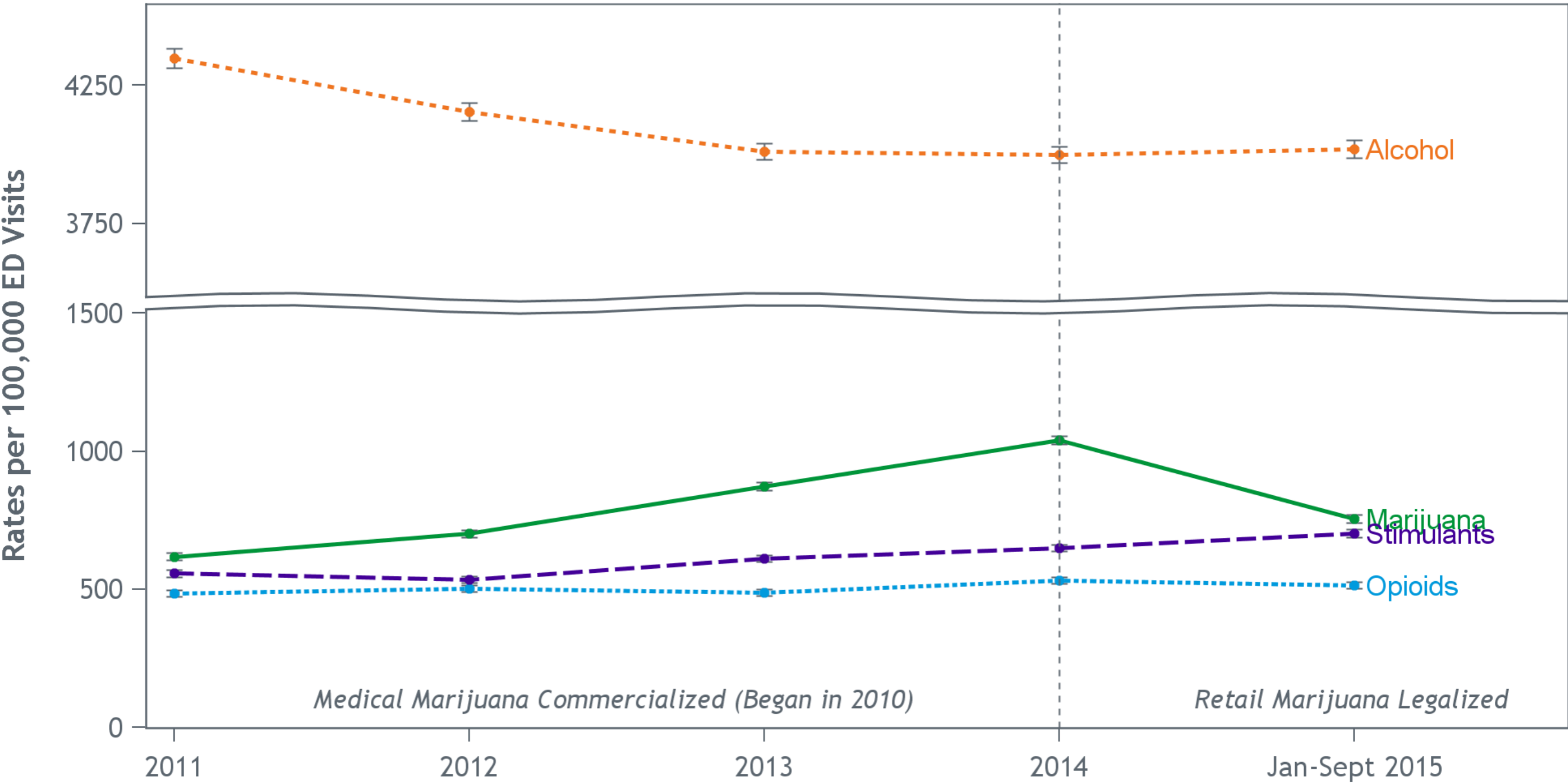
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Colorado Calls to the Poison Center

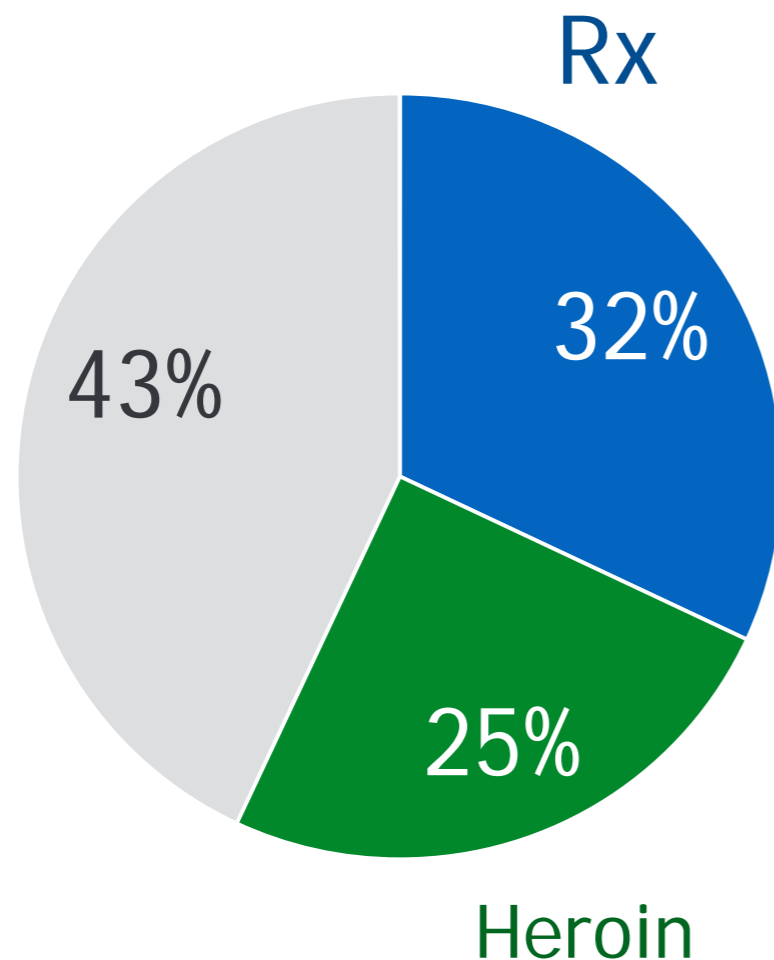
—●— Alcohol —●— Marijuana



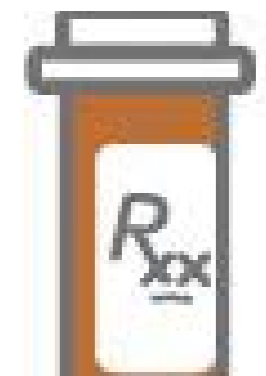
ED Visits - data through Sept 2015



Health Impact: Prescription opioid overdoses



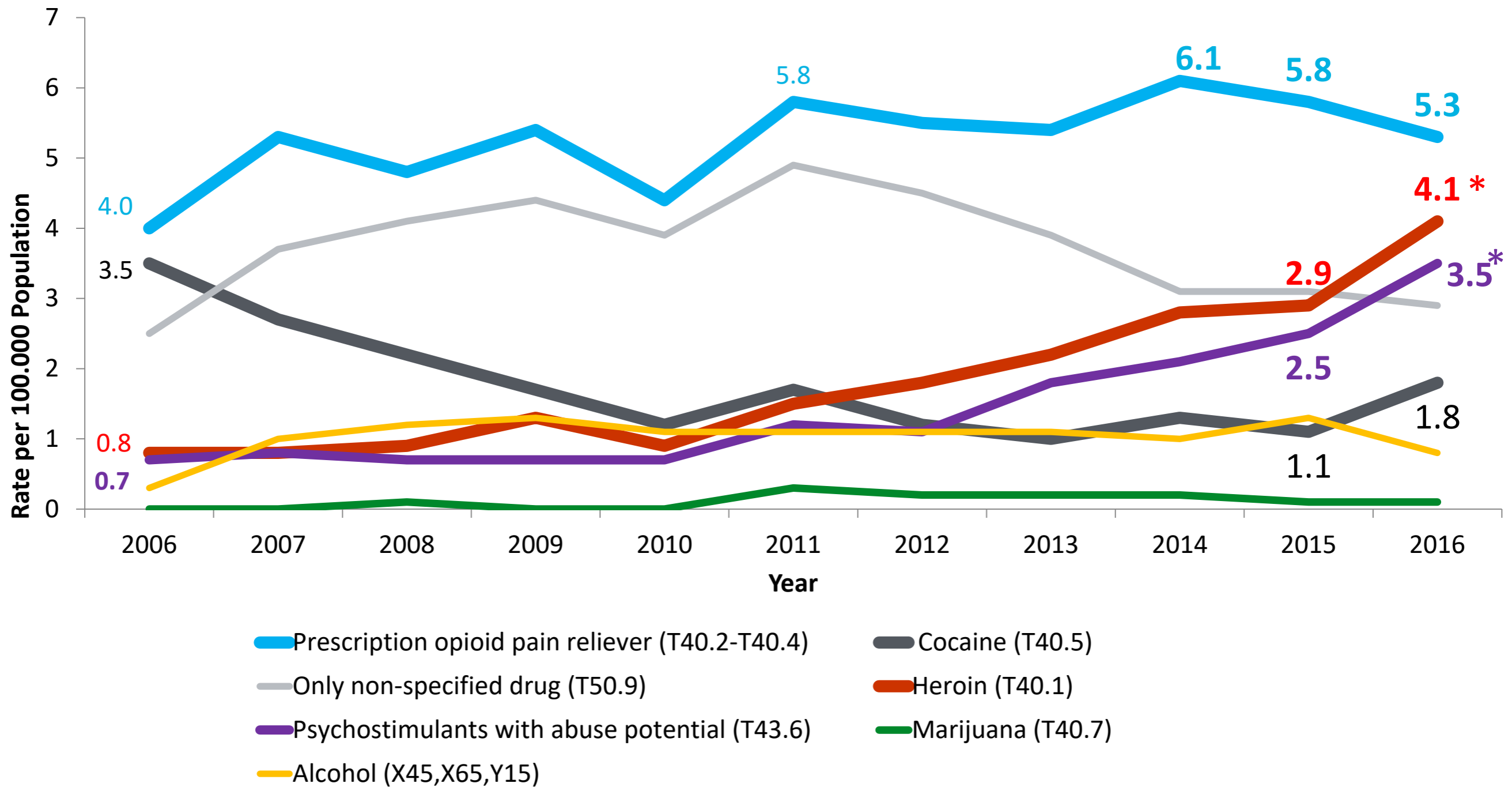
300 (32%) of the 912 drug poisoning deaths in Colorado involved **Rx opioid pain relievers** in 2016.



Source: Colorado death certificate data 2016, Vital Statistics Unit

Health Impact: Drug overdose deaths

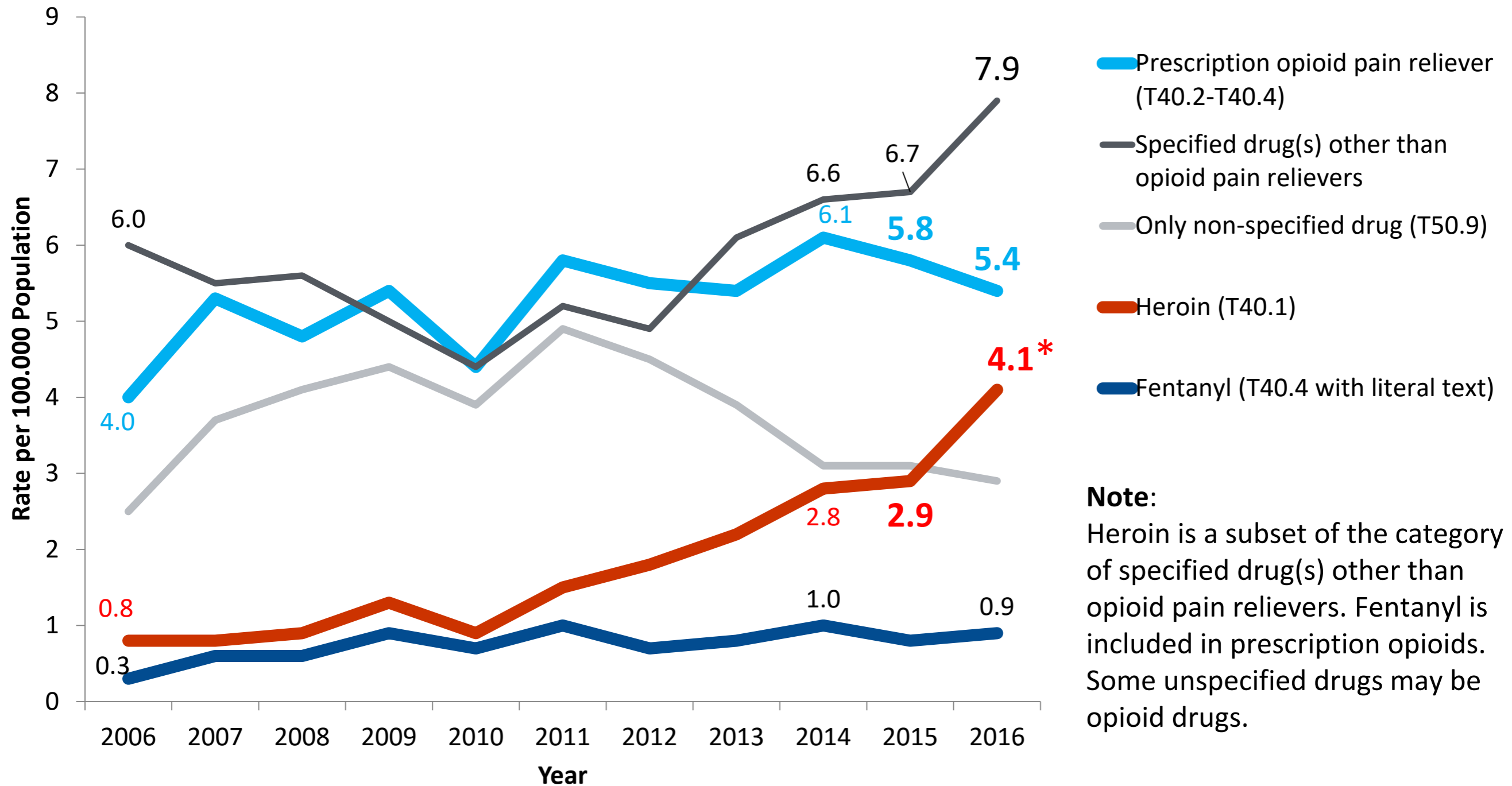
Age-adjusted rates, Colorado residents, 2006-2016



*Statistically different from previous year

Health Impact: Opioid overdose deaths

Age-adjusted rates, Colorado residents, 2006-2016



Note:
Heroin is a subset of the category of specified drug(s) other than opioid pain relievers. Fentanyl is included in prescription opioids. Some unspecified drugs may be opioid drugs.

Summary

Alcohol

- Alcohol is still the most prevalently used substance
- Binge drinking is not just a youth or young adult issue
- Alcohol rates 4 to 30 times greater than other drugs, depending upon the indicator (not all shown)

Marijuana

- Use is highest in young adults and older teens
- 2.7% of all adults drove after using marijuana
- Poison center calls and ED visits increased for several years and may now be declining

Summary

Opioids

- Rate of prescription opioid overdose deaths is decreasing.
- Heroin death rate in 2016 has doubled since 2012.
- Heroin is driving the increase in drug overdose death rate.
- Misuse of prescription opioids difficult to measure in surveys.

Other drugs

- Psychostimulant overdose rate continued to slowly increase since 2012.
- Cocaine overdose death rate doubled in 1 year, though still very low at 1.8 deaths per 100,000 population.

Thank you!

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Misuse of Prescription Pain Relievers

National Survey on Drug Use and Health

2014 and prior

Without a prescription of
their own

or

only for the experience
or feeling that the drugs
caused

2015

Use in any way not directed
by a doctor

- without a prescription;
- in greater amounts, more often, or longer than told to take a drug; or
- in any other way not directed by a doctor.

<https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR2-2015/NSDUH-FFR2-2015.htm>

Rx Pain Relievers Use in the Past Year

National Survey on Drug Use and Health, 2015 vs. CO BRFSS, 2016

