SUBSTANCE USE PATTERNS & HEALTH IMPACTS

Colorado Substance Abuse Trend and Response Task Force
August 2, 2019

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DATA SOURCES

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

DATA SOURCES

- **Pregnancy Risk Assessment Monitoring System (PRAMS)**
  - ➢ Annual survey of women who recently gave birth
  - ➢ Mail survey with telephone follow-up asks about many risk factors including substance use
- **National Survey on Drug Use and Health (NSDUH)**
  - ➢ Annual survey of participants 12 years and older
  - ➢ State estimates are based on two years of survey data

1 HEALTHY KIDS COLORADO SURVEY

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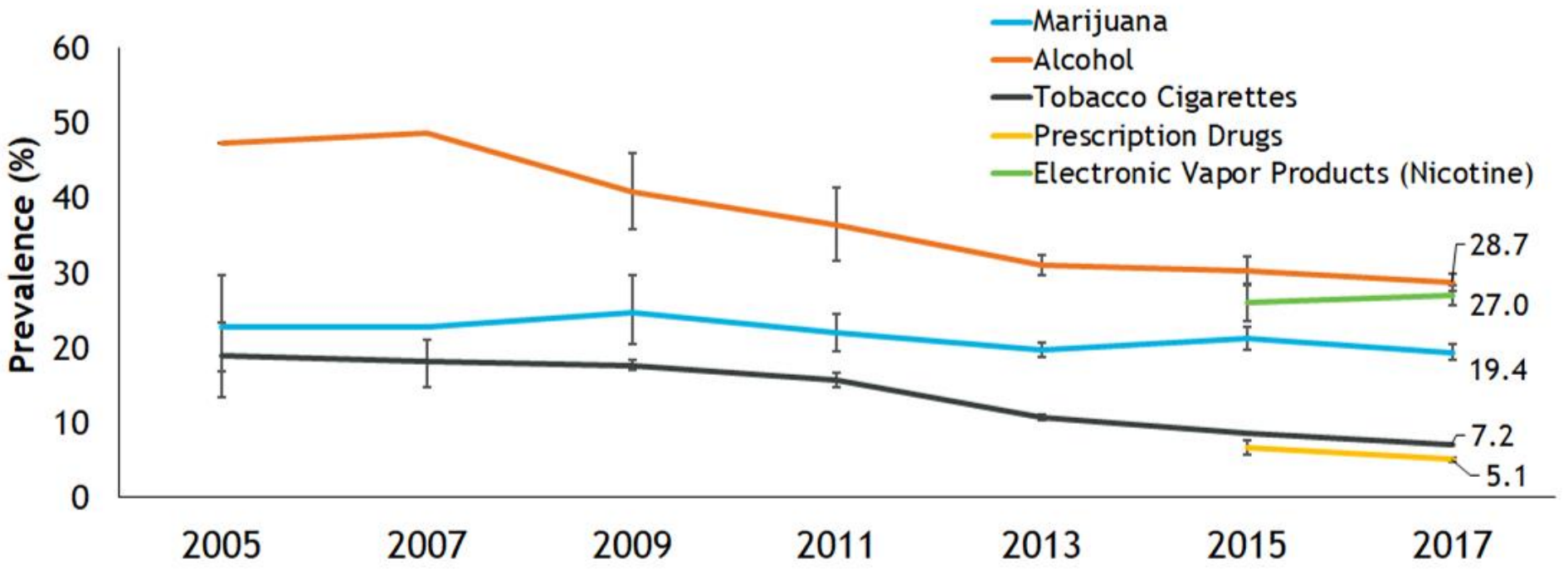
Prevalence of past 30 day substance use among high school students in Colorado, 2005-2017



Produced by: Marijuana Health Monitoring Program, Colorado Department of Public Health & Environment 2018.
Data Sources: Healthy Kids Colorado (HKCS).
*Black bars indicate margins of error (95% Confidence Intervals).

https://www.colorado.gov/pacific/marijuanahealthinfo/HKCS-data

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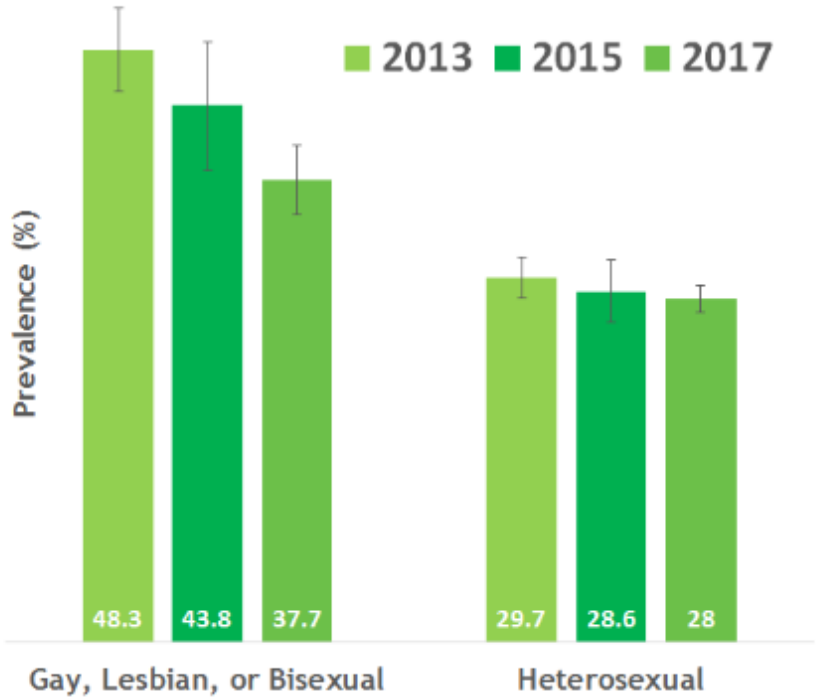
High School Alcohol Use (2017)

2 in 3 high school students did **NOT** drink in the past 30 days



1 in 6 high school students binge drink

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

Created by CDPHE, Alcohol Epidemiology
Source: Colorado HKCS, 2017

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High School Marijuana Use (2017)

MARIJUANA USE

4 out of 5
(81%) Colorado youth have **NOT** used marijuana in the last month.

CURRENT USE

Colorado youth current marijuana use compared to the national average

National average

Colorado Average

19%

HOW YOUTH USUALLY USE MARIJUANA

Among youth who currently use, usual method of use

**Statistically significant Increase since 2015.*

Created by CDPHE, EEOHT & PSD
Source: Colorado HKCS, 2017

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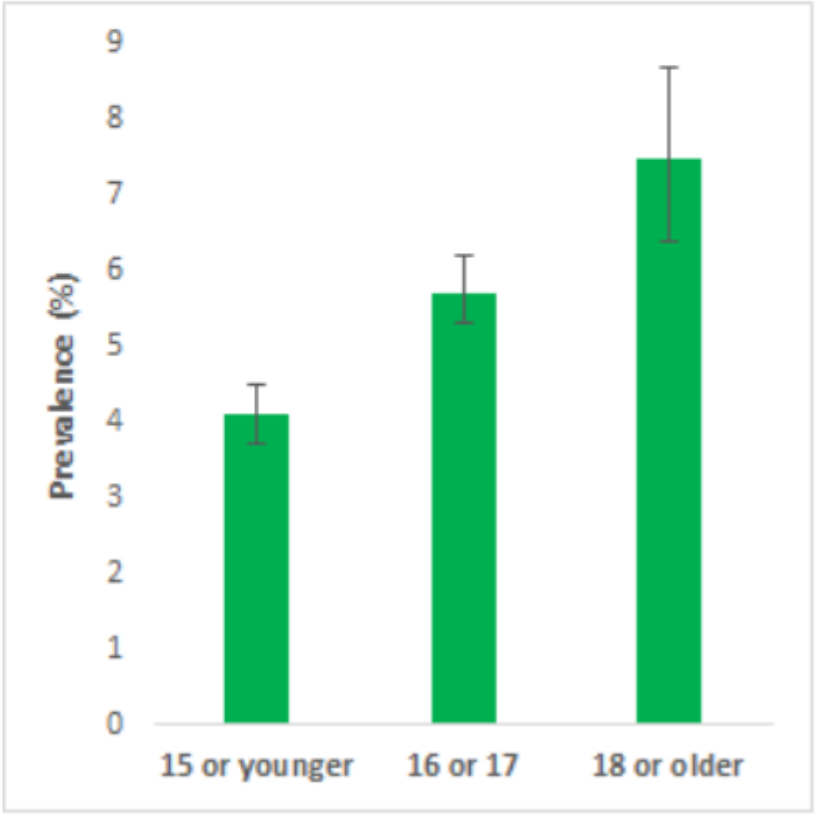
High School Prescription Drug Use (2017)

- **<u>Only 5% of youth</u> report using prescription drugs without a doctor's prescription in the last 30 days**
  - This prevalence increases significantly over time as youth grow older



Gay, Lesbian, or Bisexual youth (8.6%) report using prescription drugs without a prescription at a significantly higher prevalence than **heterosexual youth (4.5%)**

Created by CDPHE, PSD
Source: Colorado HKCS, 2017

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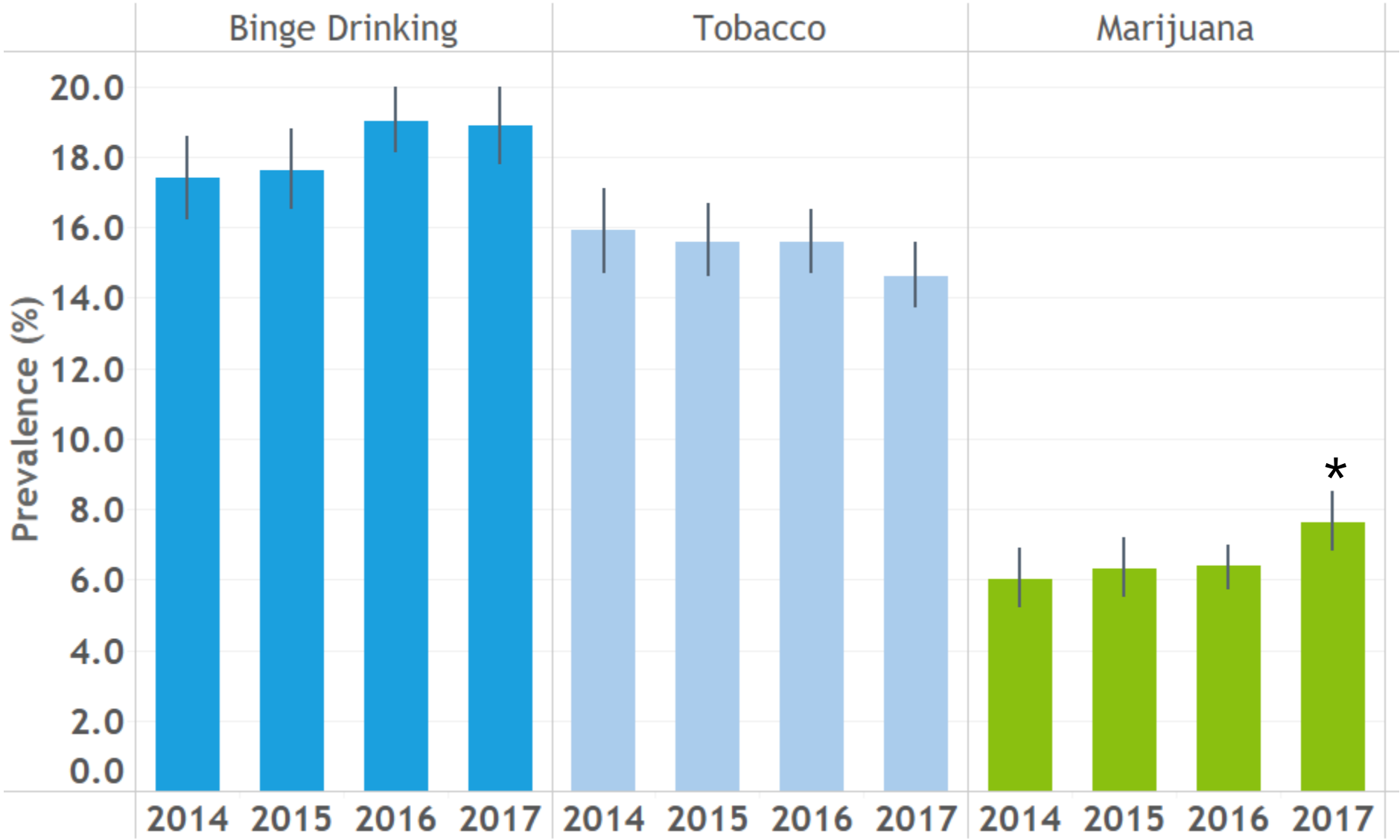
2 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

Daily/near daily marijuana use, tobacco use, and binge drinking among adults in Colorado, 2014-2017



Created by CDPHE, EEOHT
Source: Colorado BRFSS, 2014-2017

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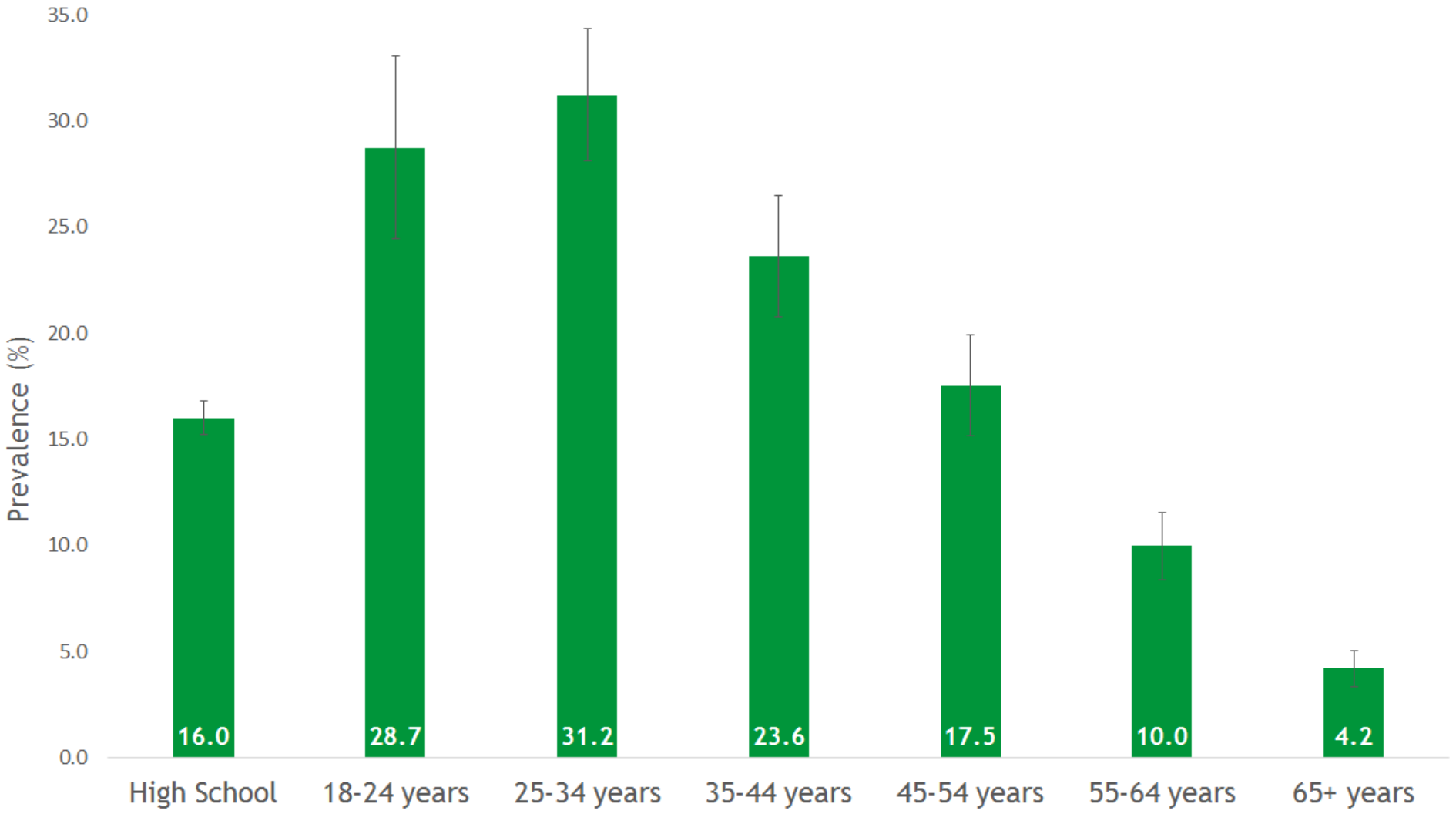
Colorado Binge Drinking Across the Lifespan



Created by CDPHE, Alcohol Epidemiology
Source: Colorado HKCS and BRFSS, 2017

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Colorado Adult Binge Drinking Frequency & Intensity

Binge drinkers average:

7 drinks per binge

4 episodes per month

Created by CDPHE, Alcohol Epidemiology
Source: Colorado HKCS and BRFSS, 2017

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Colorado Adult Drinking and Driving

4 in 5 adults who drove after drinking also report binge drinking

Created by CDPHE, Alcohol Epidemiology
Source: Colorado HKCS and BRFSS, 2016

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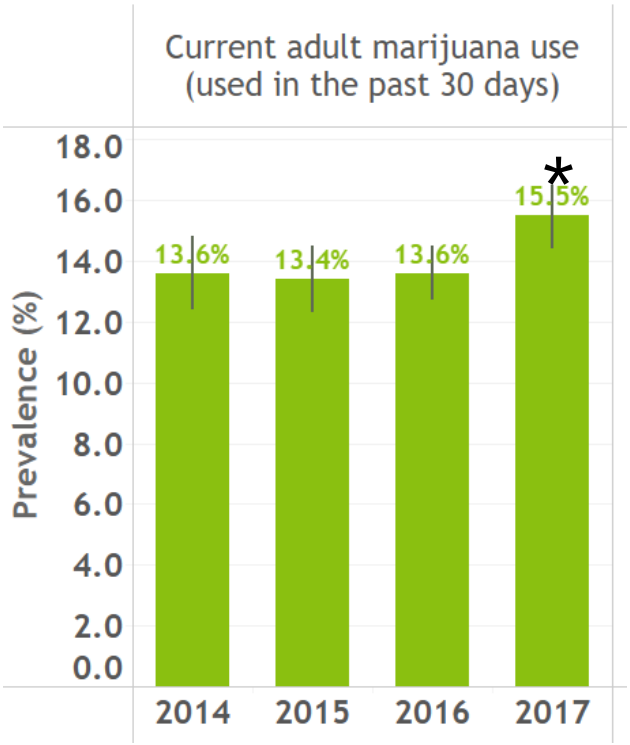
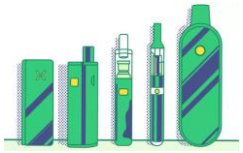
Adult Marijuana Use in Colorado



- Increase in past month marijuana use
  - Driven by adults 18-34 years

Among 15.5% using marijuana...

- **40.4%** reporting eating/drinking marijuana products



- **29.1%** reporting vaporizing marijuana

- **21.1%** reporting dabbing marijuana concentrates

- **3.0%** of adults reported driving after recent marijuana use (no change from 2014-2017)

Created by CDPHE, EEOHT
Source: Colorado BRFSS, 2014-17

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3 PREGNANCY RISK ASSESSMENT MONITORING SYSTEM

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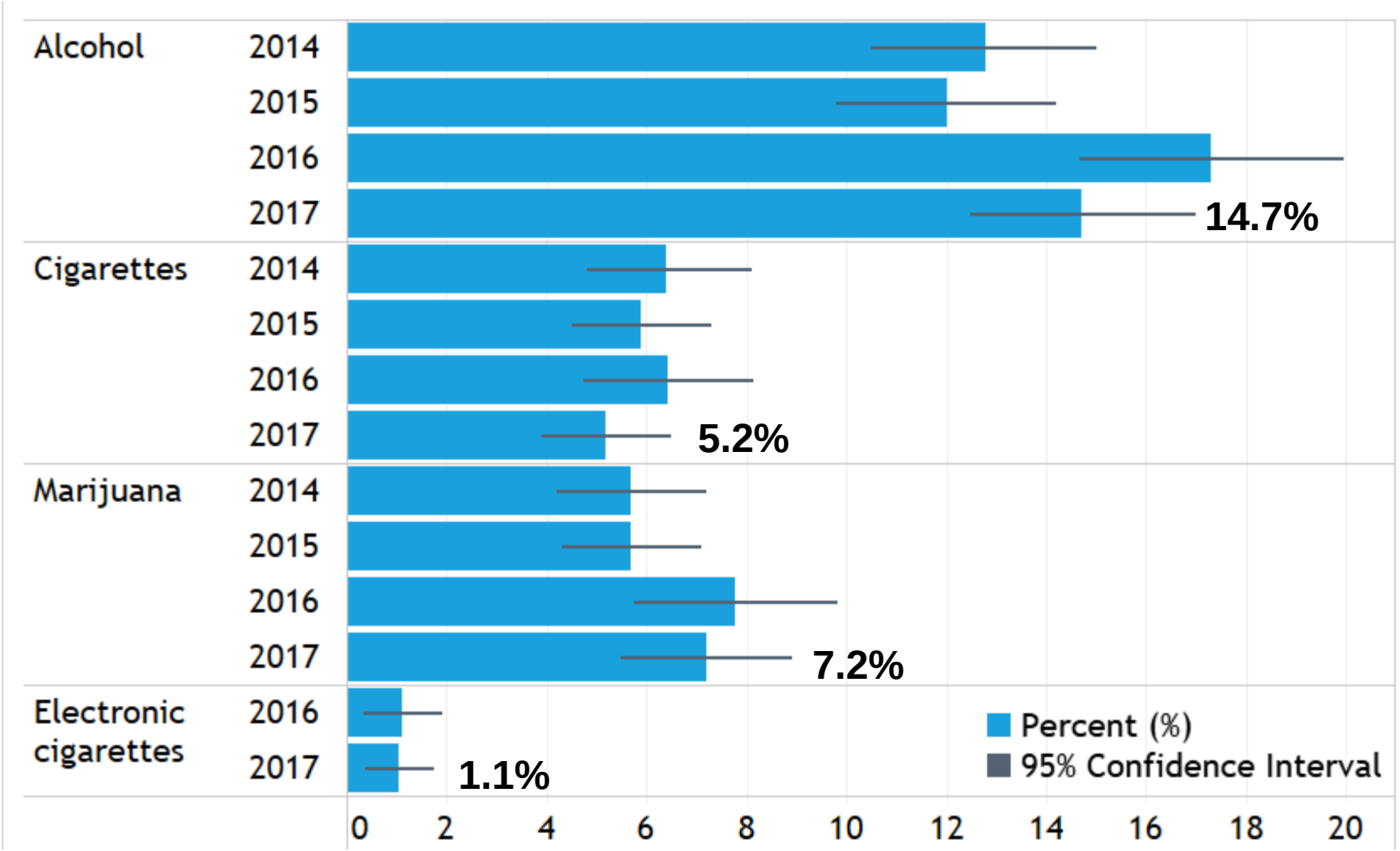
Alcohol, tobacco, marijuana, and e-cig use during pregnancy, 2014-2017



NOTE: For alcohol, cigarettes, and e-cigarettes, data are reported in the last trimester of pregnancy. For marijuana, data are reported as any use during the pregnancy.

Created by CDPHE, EEOHT

Source: Colorado PRAMS, 2014-17

https://www.colorado.gov/pacific/marijuanahealthinfo/PRAMS-data

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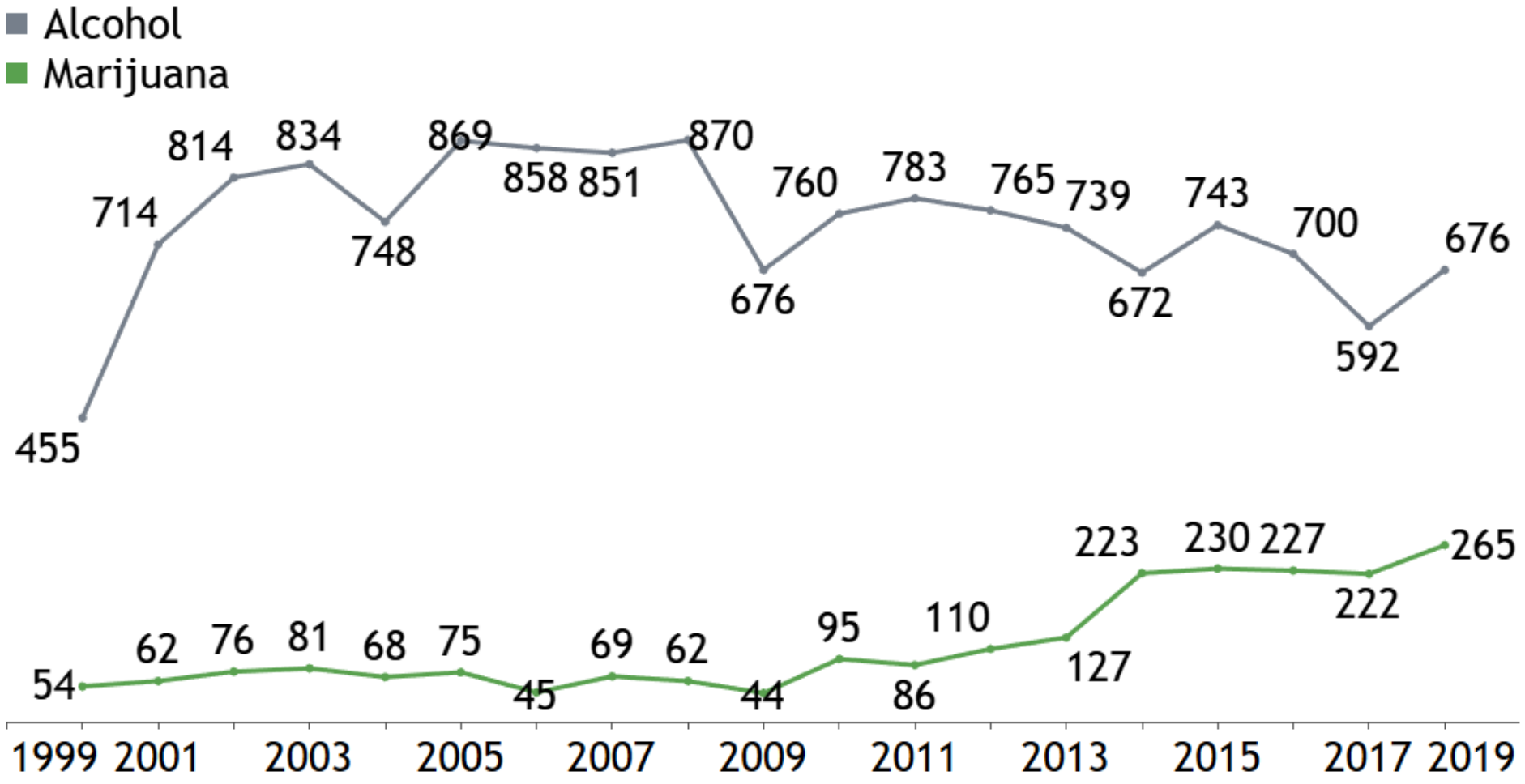
4 POISON CENTER CALLS

Number of marijuana and alcohol exposures reported to the poison center from Colorado, 2000-2017



https://www.colorado.gov/pacific/marijuanahealthinfo/poison-center-data

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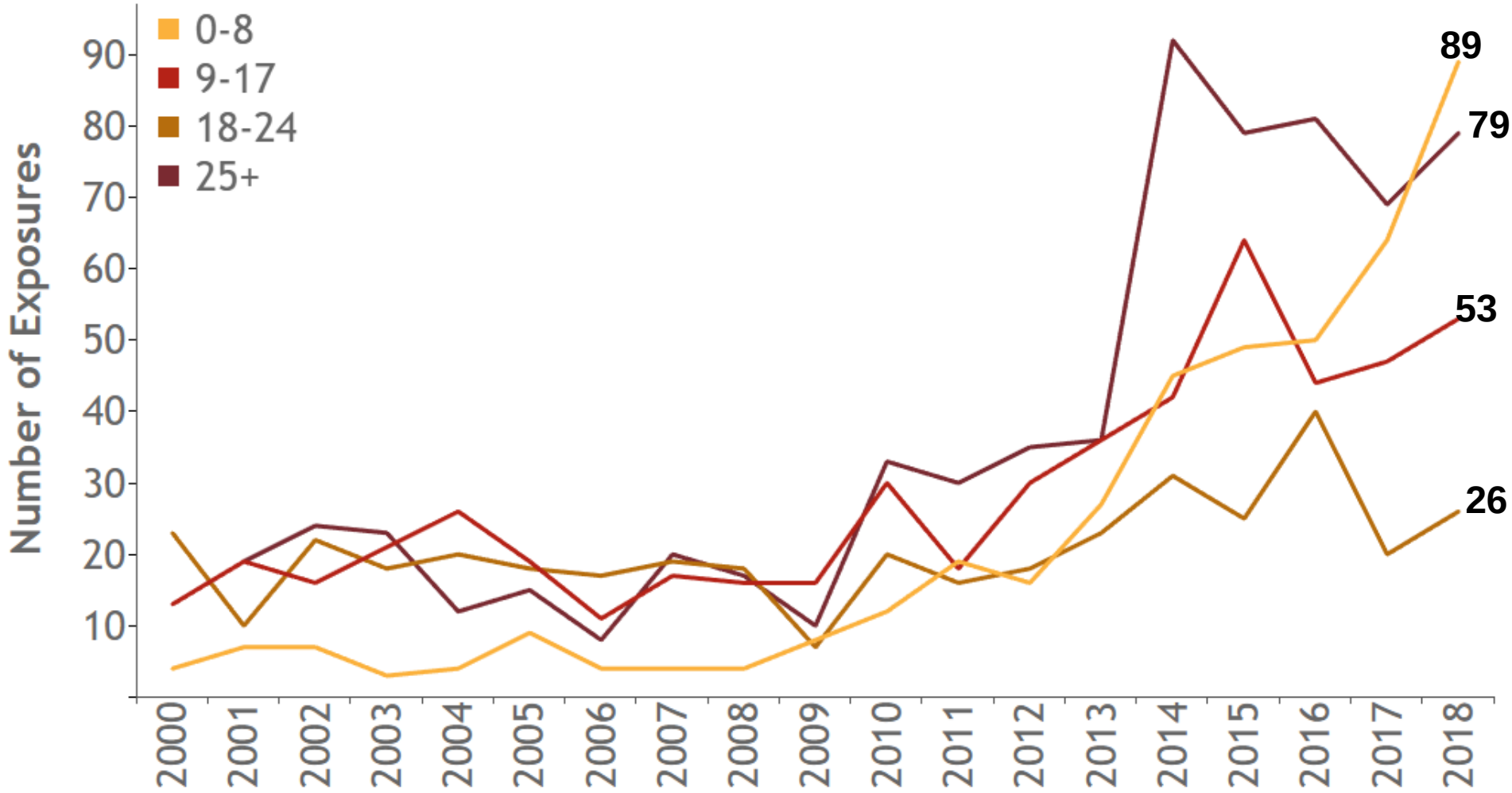
Marijuana exposures reported to the poison center with by age: 0-8, 9-17, 18-24, and 25+ years.



https://www.colorado.gov/pacific/marijuanahealthinfo/poison-center-data

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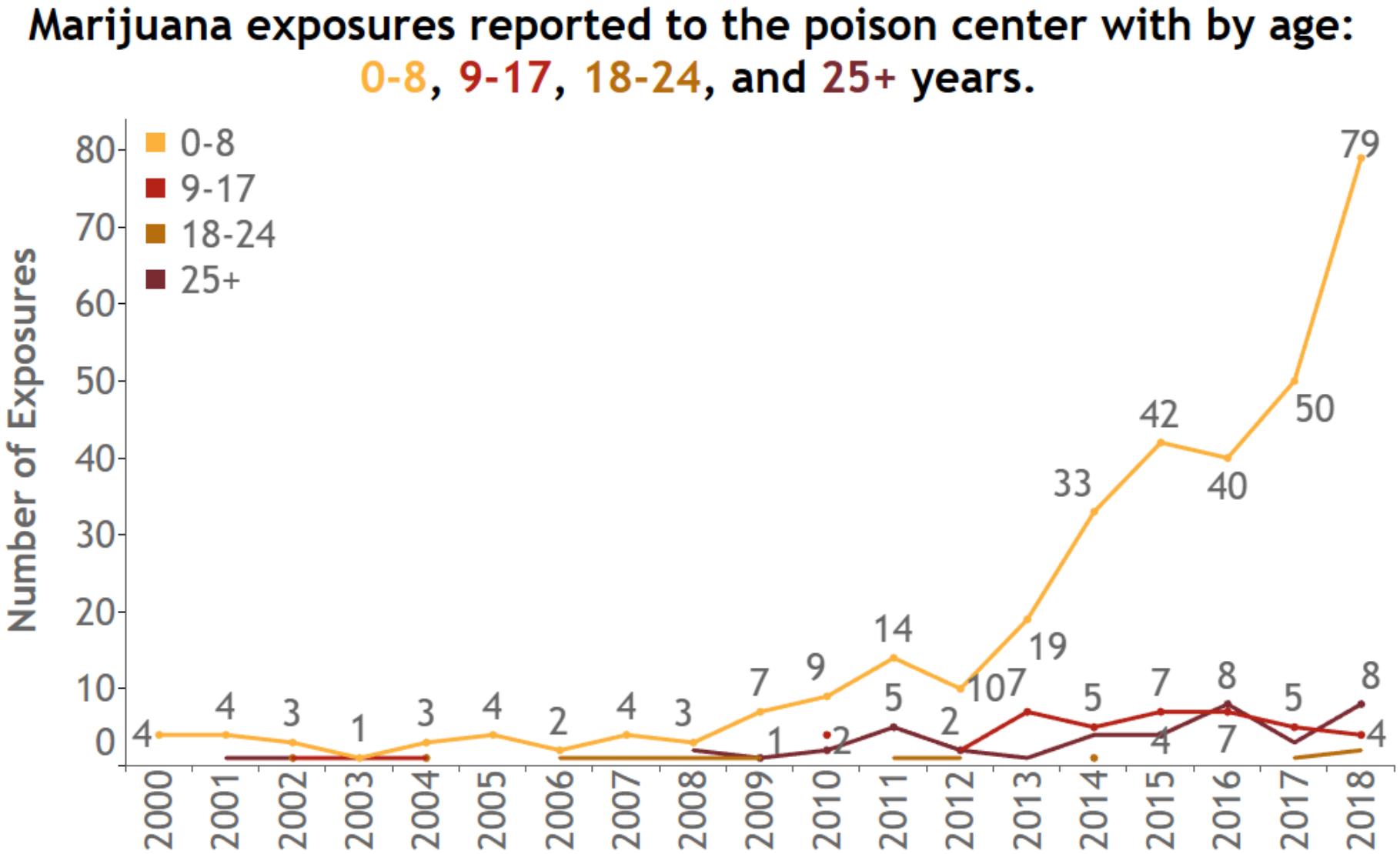
Number of unintentional marijuana only exposures by age



https://www.colorado.gov/pacific/marijuanahealthinfo/poison-center-data

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5

PRESCRIPTION DRUG PREVENTION INDICATORS

Overarching indicators tracked for the Colorado Consortium for Prescription Drug Abuse Prevention

Use:

1. Misuse (2015 forward)

   Non-medical use of prescription pain relievers (2014 and prior)

Impact:

2. Drug overdose deaths involving prescription opioids

Source: Insert Source Here

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227,000 Coloradans age 12 or older misused prescription pain relievers in the past year …

without a prescription of one's own;

in greater amounts, more often, or longer than told; or

in any other way not directed by a doctor.

Source: National Survey on Drug Use and Health www.samhsa.gov/data/report/2015-2016-nsduh-state-specific-tables

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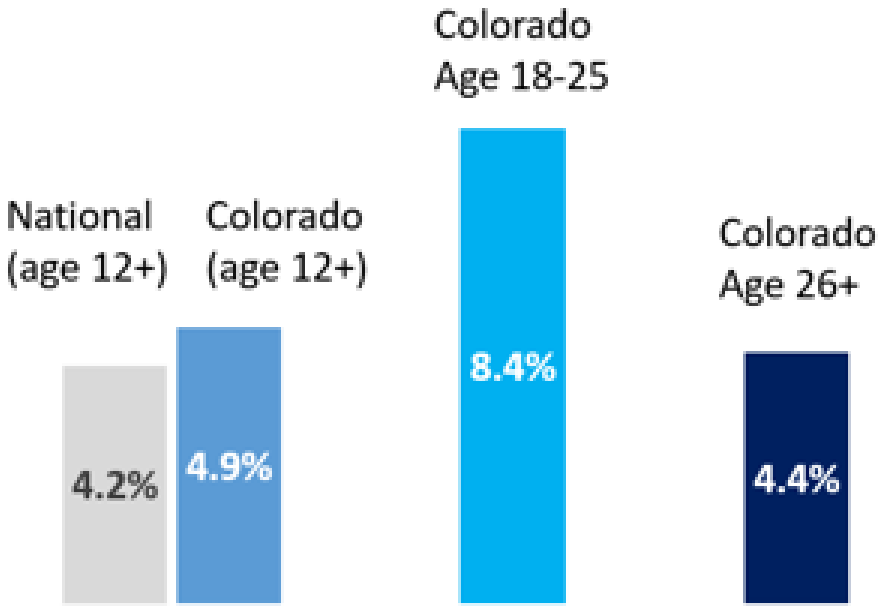
Misuse of Rx Pain Relievers in 2016-2017*

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



*Misuse is use in any way not directed by a doctor.
www.samhsa.gov/data/report/2016-2017-nsduh-state-specific-tables

Source: National Survey on Drug Use and Health

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4.9% of Coloradans age 12 or older misused prescription pain relievers in the past year.

Colorado's result is still in the top tier of states.

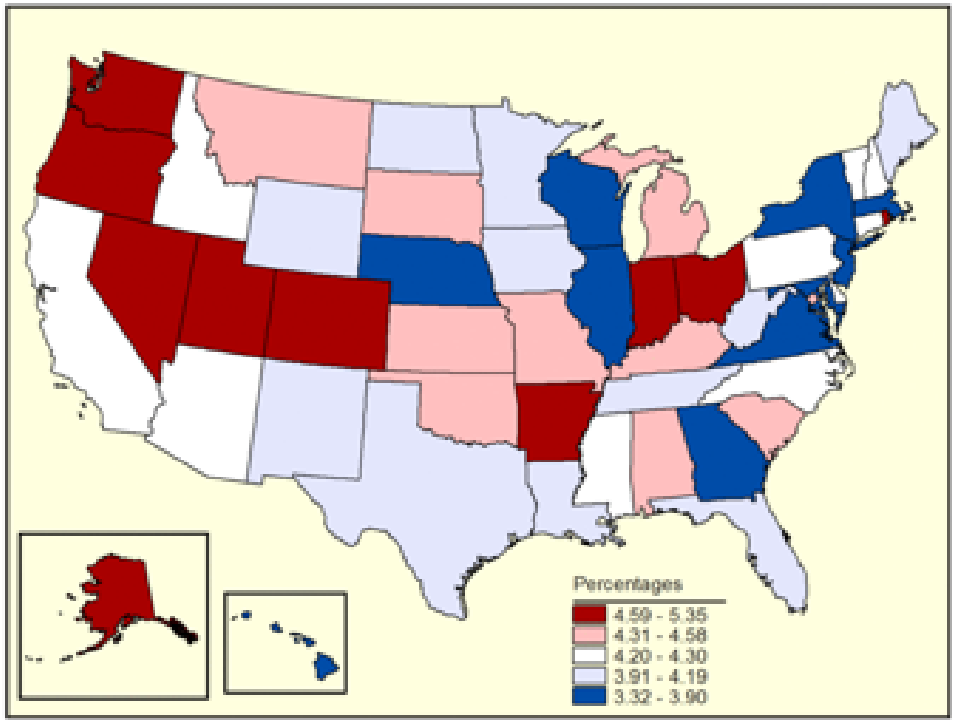

Figure 12a from the National Survey on Drug Use and Health, 2016-2017 accessed on 7/30/19 at:
https://www.samhsa.gov/data/report/2016-2017-nsduh-national-maps-prevalence-estimates-state

Source: National Survey on Drug Use and Health

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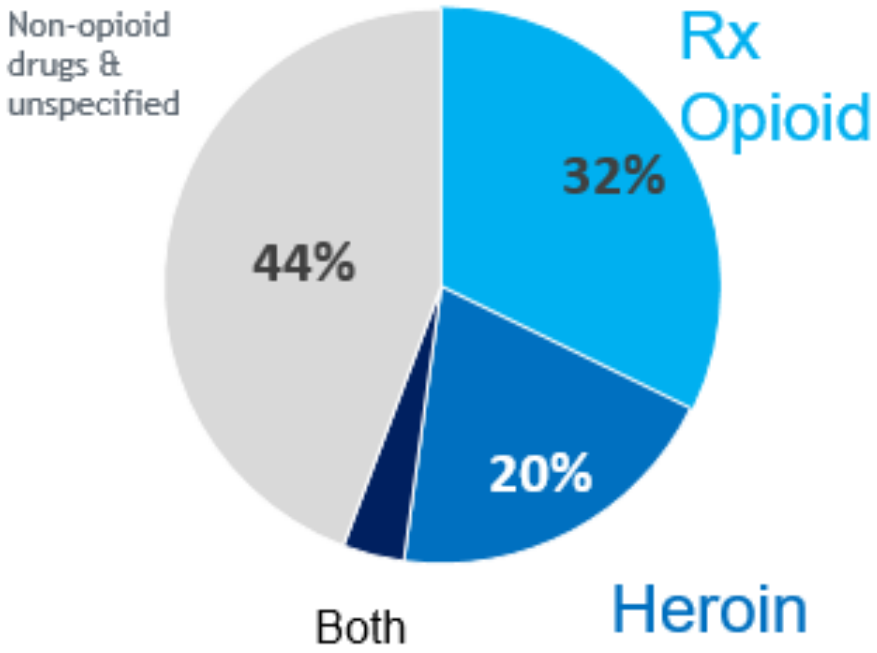
Health Impact:
Prescription opioid overdoses



349 (36%) of the 974 drug poisoning deaths in Colorado involved **Rx opioid pain relievers** in 2018.

35 person (4%) died from an overdose involving both heroin and prescription opioids.
Source: Colorado death certificate data 2018, Vital Statistics Unit

Source: Death certificates, Vital Statistics Program, Colorado Department of Public Health and Environment

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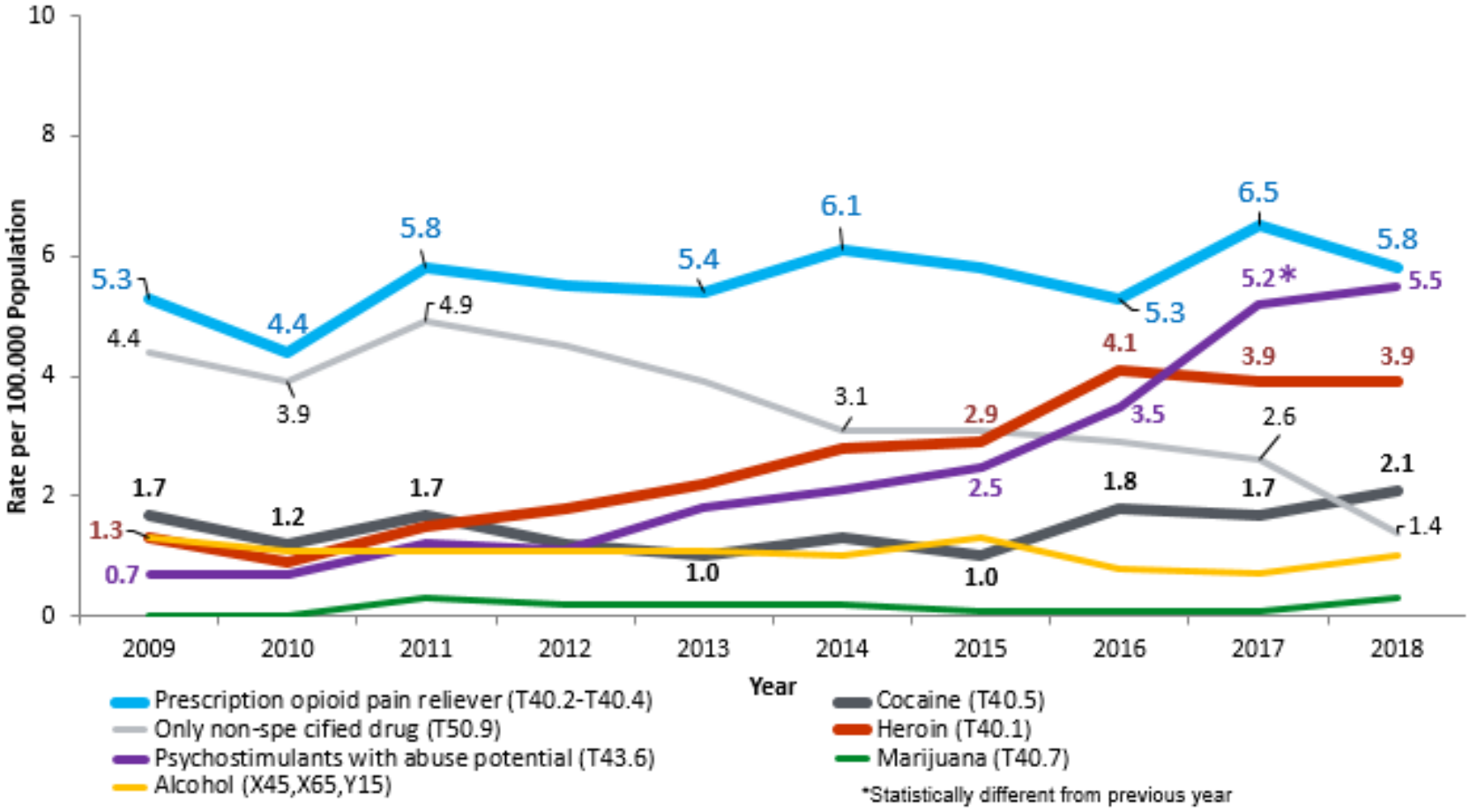
Health Impact: Drug overdose deaths

Age-adjusted rates, Colorado residents, 2009-2018



Source: Vital Statistics Program analyzed death certificates, Colorado Department of Public Health and Environment

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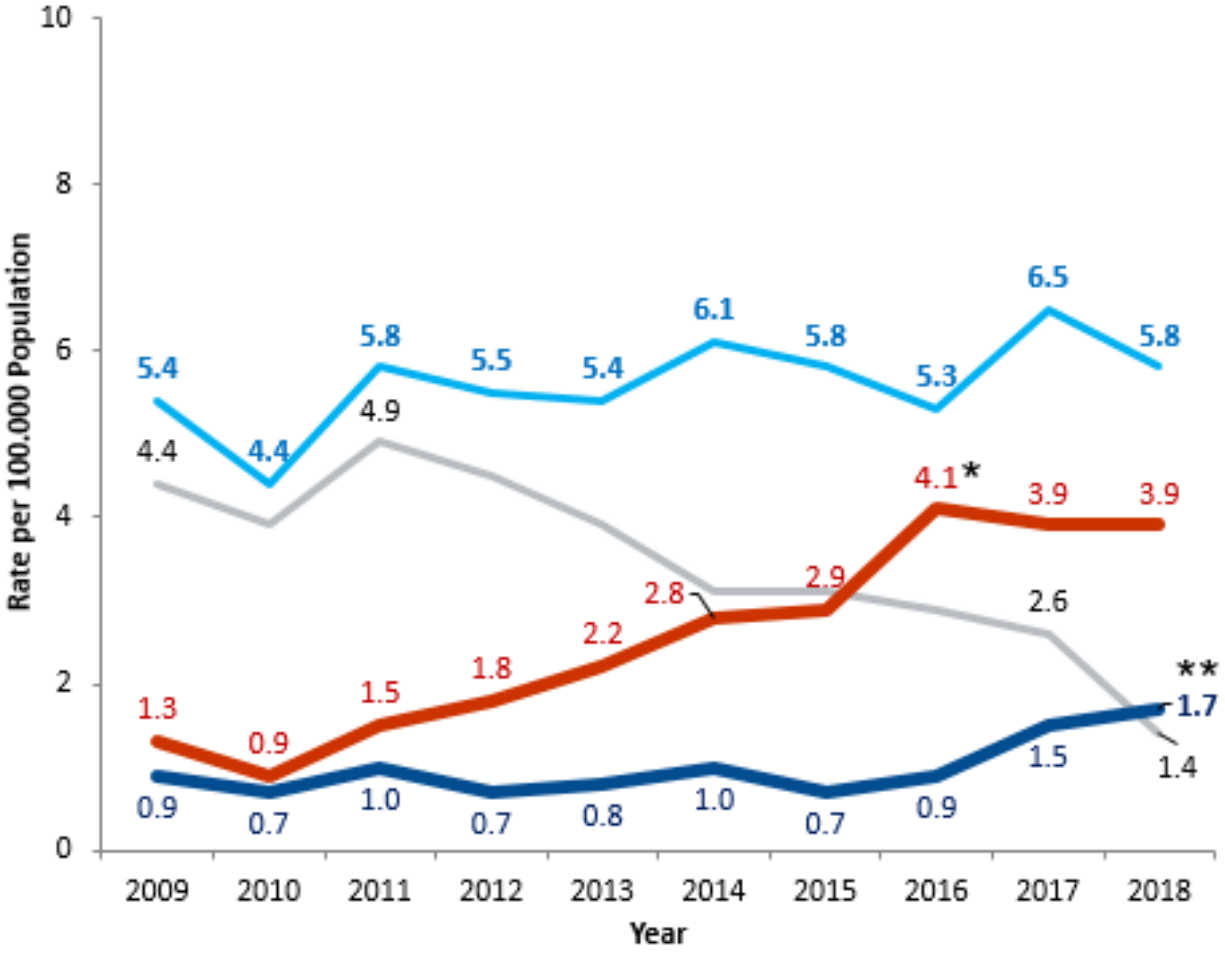
Health Impact: Opioid overdose deaths

Age-adjusted rates, Colorado residents, 2009-2018



Note:
Fentanyl is included in prescription opioids.
Some unspecified drugs may be opioid drugs.

Statistical significant increase:
* in one year
** in two years

Source: Vital Statistics Program analyzed death certificates, Colorado Department of Public Health and Environment

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SUMMARY: ALCOHOL

- Alcohol is still the most prevalently used substance.
- Binge drinking is not just a youth or young adult issue.
- Most adults who report drunk driving also report binge drinking.

SUMMARY: MARIJUANA

- Use is highest in young adults (18-25) at 29.2%
- 3.0% of all adults drove after recently using marijuana
- Poison center calls in ages 0-8 increased after legalization and continue to increase

2018 SUMMARY: OPIOIDS

5.8 overdose deaths per 100,00 persons involved prescription opioids, including fentanyl.

3.9 heroin deaths per 100,000 persons is still twice the 2012 rate.

The low yet increasing rate of fentanyl overdoses might reflect changes in testing and reporting.

- Coroners and medical examiners continue to improve the reporting of specific drugs on the death certificates for drug overdoses.
- Identifying fentanyl and fentanyl analogs contributing to overdose deaths is difficult.

2018 SUMMARY: OTHER DRUGS

5.5 overdose deaths per 100,000 persons involved psychostimulant drugs with abuse potential.

- approaches the 5.8 rate for prescription opioid overdose deaths.
- a statistically significant increase from 3.5 deaths in 2016.

2.1 overdose deaths per 100,000 population involved cocaine.

The cocaine rate might be leveling after a single-year doubling from 2015 to 2016.

LINKS TO RESOURCES

- CDPHE VISION Data Dashboard
- Healthy Kids Colorado Survey Reports and Infographics
- Excessive alcohol use prevention and data
- Marijuana Use Trends and Health Effects
- Opioid Data Dashboard of the Colorado Consortium for Prescription Drug Abuse Prevention

THANKS!

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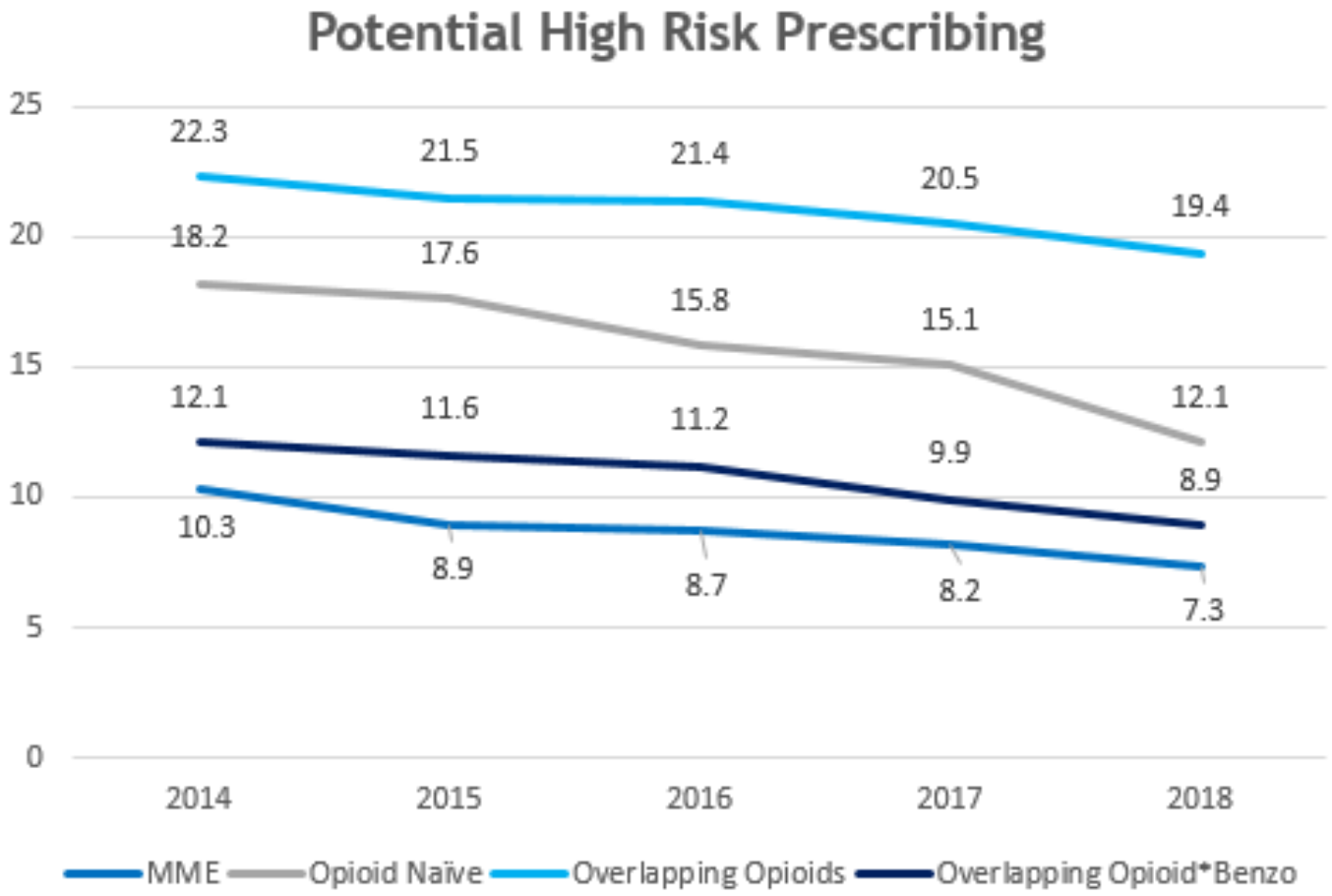
Q & A



MME = % of patients receiving more than 90 morphine milligram equivalents per day

Opioid Naive= % of patients prescribed long-acting/extended release opioids who did not fill an opioid prescription in the previous 45 days

Benzo = Benzodiazepines: a class of controlled substances commonly prescribed for anxiety, such as diazepam (Valium), alprazolam (Xanax)

Source: Colorado Prescription Drug Monitoring Program, Colorado Department of Regulatory Agencies
Analysis by: Maria Butler, Colorado Department of Public Health and Environment

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