

Heroin Addendum

Table 1. Tracking Heroin

Heroin abuse is growing. Heroin seizures and treatment admits throughout the county have increased consistently in the last five years. Experts suggest that part of this trend is due to oxycontin (oxy) users who switch to heroin after it becomes harder to find/pay for oxy. In a 2010 study of 18-40 year old Injection Drug Users in San Diego County, 40% said that they had misused opioids prior to initiating heroin injection.¹

Other indicators of the growing heroin problem are below.

	2007	2008	2009	2010	2011
Heroin Seizures (Kgs.) • In San Diego County • At San Diego County Ports of Entry	10.6 111	7.3 161.2	53.2 217.8	40.1 214.1	24 319
Heroin Price per Gram	NA	\$80-100	\$60-80	\$50-80	\$80-100
Percent of Adult Arrestees Positive Heroin Rate	7%	7%	7%	10%	9%
Percent of Treatment Admits: Heroin Primary Drug of Choice	17.2%	18.5%	19.4%	21.4%	22.3% ²
Number of Heroin Overdose Deaths	57	74	73	71	80

Figure 1. Public Treatment System Admissions for Heroin, by Age

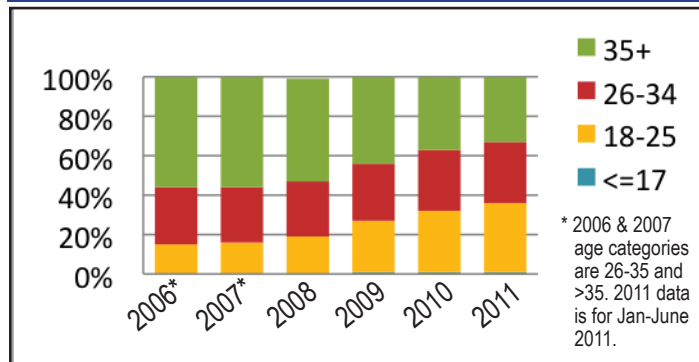
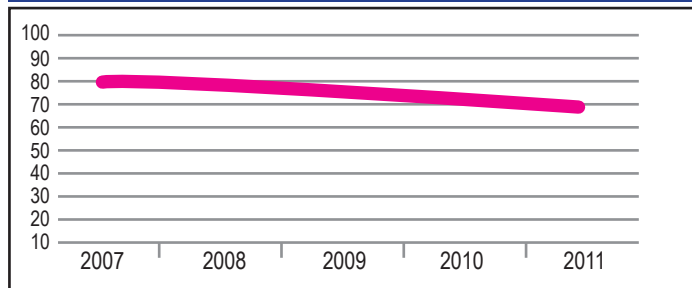


Figure 2. Percent of Heroin Users in Treatment Who Had Preference To Inject



Note that the average age of heroin users in treatment is trending younger, and injection preference is decreasing, suggesting that users are entering treatment before beginning injection use.

¹ *Substance Abuse and Rehabilitation*, Problematic use of prescription-type opioids prior to heroin use among young heroin injectors, Pollini RA, Banta-Green CJ, Cuevas-Mota J, Metzner M, Teshale E, Garfein RS, October 2011 Volume 2011:2(1) Pages 173 – 180.

² 2011 drug treatment data are reported for the first half of 2011 only (January through June)

The Status of Prescription Drug Abuse in San Diego County: June 2012



THE PRESCRIPTION DRUG ABUSE TASK FORCE (PDATF), originally the Oxy Task Force, was convened by San Diego County Supervisor Pam Slater-Price, the County's Sheriff Department, District Attorney, Health and Human Services Agency (HHSA) and the Drug Enforcement Administration (DEA) in 2008. From the beginning, these partners agreed that participation from law enforcement, prevention, treatment, education, health, and community advocates was essential. Many partners stepped forward as dramatic increases in prescription drug overdose deaths occurred. The group developed an Action Plan, and began working to address this growing problem.

This Report Card provides a look at key indicators with regard to the prescription drug (Rx) problem over the last five years in San Diego County. The 2012 PDATF Report Card is the first time that these data have been compiled in one place to review the scale of the problem by looking at multiple factors and data points. Readers are cautioned not to consider a single data point alone, but rather are encouraged to look at all of the information to consider how they add up together – or not – as well as the direction of the trends over time.

Bottom Line: Prescription Drug Misuse and Abuse are serious problems that affect both health and public safety – at individual, family and community levels. The Rx problem isn't a onetime phenomenon, but rather a growing problem with serious repercussions to quality of life in our region.

The PDATF will continue collecting data to inform priorities for action. **Highlights of actions to reduce motivation to use, or to reduce access to unscripted Rx, are described below.**

What We Want to Change	Action Underway
Awareness, Perceptions and Motivation to Misuse Rx	<ul style="list-style-type: none"> • PDATF partners present at schools and conduct specialized training with pharmacists and doctors throughout the year. Prevention advocates and community members have facilitated town hall meetings to increase awareness that Rx is potentially dangerous when misused and how to prevent Rx misuse. • HHSA funds prevention and treatment services throughout the county. • Because Rx abuse occurs among youth, youth are part of the solution. Youth all over the county have participated in focus groups, youth conversations and media efforts. • Schools are part of the solution. Several districts are considering policy changes to require drug testing for athletes, or to require attendance at educational sessions.
Access to Rx	<ul style="list-style-type: none"> • The public can safely dispose of unwanted medications through highly visible countywide Take Back events, and at year-round collection boxes located at all Sheriff stations and several Police Departments throughout the region. • The San Diego County Medical Society developed guidelines for Emergency Departments to reduce pharmaceutical drug misuse without affecting legitimate medical practice and patient care.

Become Involved in Keeping San Diego County Healthy, Safe & Thriving You can make a difference!

- ✓ Safely dispose of your old prescriptions at a Take Back Event or Local Disposal Bins www.sdsheiff.net/oxycontin/dropbox.html
- ✓ Don't share your own medications, or use medications prescribed to someone else
- ✓ Ask for help to gather interested residents in your own community to a meeting or event that mobilizes your neighbors on this issue
- ✓ Share this information and talk to your family members and neighbors about the risks involved with the misuse of prescription drugs
- ✓ Please contact www.facebook.com/SanDiegoRxAbuseTaskForce for additional information.

Prescription Drug Abuse 2012 Preliminary Report Card						
Indicator	2007	2008	2009	2010	2011	
1 Number of Unintentional Rx-Related Deaths Rate per 100,000 residents in parentheses	211 (6.8)	220 (7.0)	238 (7.5)	228 (7.1)	267 (8.2)	
2 Number of Emergency Dept. Opiate-related Discharges Rate per 100,000 residents	1784 (57.6)	2040 (64.8)	2231 (70.3)	2937 (91.1)	Pending	
3 Percent of Student Self Report Rx Misuse * Painkillers only reflected in 2007 data; painkillers and all other Rx reflected in 2009 & 2011	17%*		19.5%		19.6%	
4 Percent of Total Adult Treatment Admissions • Prescription Opiates • Heroin		3.9% 18.5%	3.9% 19.4%	4.1% 21.4%	4.1% 22.3%	
5 Percent of Adult Arrestees Self Report of Rx Misuse	40%	36%	41%	40%	41%	
6 Percent of Juvenile Arrestees Self Report of Rx Misuse	33%	25%	28%	31%	37%	
7 Number of Rx Prosecutions • Rx-specific Fraud Charge • Other Charges with Rx-involved	98 595	112 713	123 1090	84 1341	125 1288	
8 Number of Pharmacy Robberies/Burglaries		9	15	14	26	
9 Pounds of Rx Safely Disposed Take Back Events Sheriff Dept. Collection Boxes		Disposal activity began in 2010		7,446 3,400	13,008 5,128	

Type and Source for Report Card Indicators

- Total number of unintentional deaths with Rx involvement.
Source: The County of San Diego Medical Examiner's Office
- Rate of emergency department discharges per 100,000 with a diagnosis of opiate dependence or abuse.
Source: County of San Diego Emergency Medical Services
- Percent of a sample of San Diego County 11th graders who report using Rx drugs for non-medical reasons in their lifetime.
Source: California Healthy Kids Survey
- Percent of persons admitted to publicly-funded drug treatment in San Diego County that identify Rx or Heroin as primary drugs of choice.
Source: California Outcomes Measurement System (CalOMS)
- & 6. Percent that report Rx misuse/abuse from a sample of interviews among adult and juvenile arrestees at time of booking. The 2009 question used the term painkiller; in 2010, the question wording referred to the category of all Rx drugs.
Source: Substance Abuse Monitoring, a program operated by the San Diego Association of Governments
- Number of defendants prosecuted by the San Diego County District Attorney's Office for either Rx-related fraud, or other criminal charges where illegal Rx was present.
Source: San Diego County District Attorney
- Number of pharmacy robberies & burglaries reported to the Drug Enforcement Administration (DEA), does not include attempted robberies and burglaries.
Source: DEA
- Pounds of Rx safely disposed at Rx Take Back events. *Source: DEA*
Pounds collected at Sheriff Dept. collection boxes. *Source: San Diego County Sheriff's Department*

Additional Details on Rx Indicators Drug Treatment

Table 1. Number of Treatment (Tx) Admits in San Diego County

Data on the actual number of treatment admissions in San Diego County reflect the number of people admitted into publicly funded drug treatment. The availability of treatment, which changes according to funding and other factors, does not necessarily reflect the need for treatment among drug users.

Figure 1. Percent of Primary Drug of Choice for Admits to San Diego County Treatment Programs

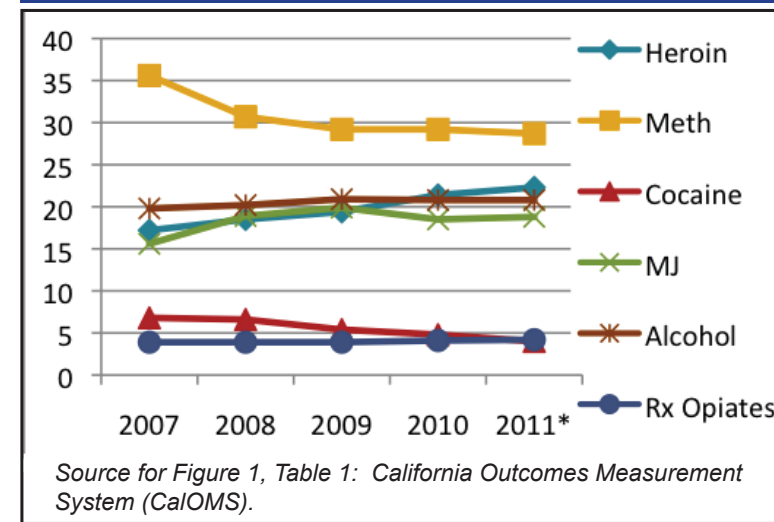
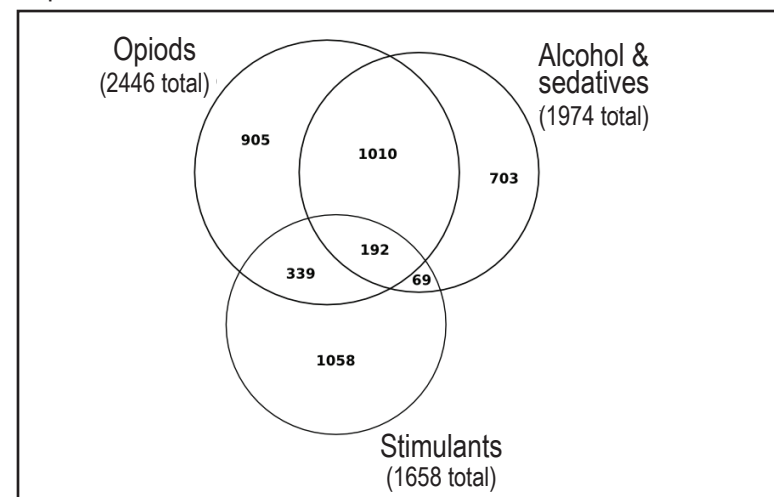


Figure 2. Interaction between Substances in Unintentional Overdose Deaths: 2000-2011

Figure 2 shows twelve years of unintentional overdose deaths, and displays how prescription opioids (e.g. Oxycontin or Vicodin) are frequently combined with other drugs with fatal results. Opioids have additional additive effects when combined with other substances such as alcohol and other sedatives (e.g., tranquilizers, sleeping pills) leading to increased respiratory depression and increase the risk for overdose death.



Street Price: There is a huge variety of pills. Prior to 2011, OxyContin 80mg were most widely abused at \$30-\$50 per pill; the reformulated Oxy OP is much cheaper at \$15-\$20 per pill. Today oxycodone 30mg (Roxicodone®) is widely misused and costs \$15 - \$30 a pill. A 7.5mg Vicodin costs about \$4 a pill.

Table 1. Number of Treatment (Tx) Admits in San Diego County

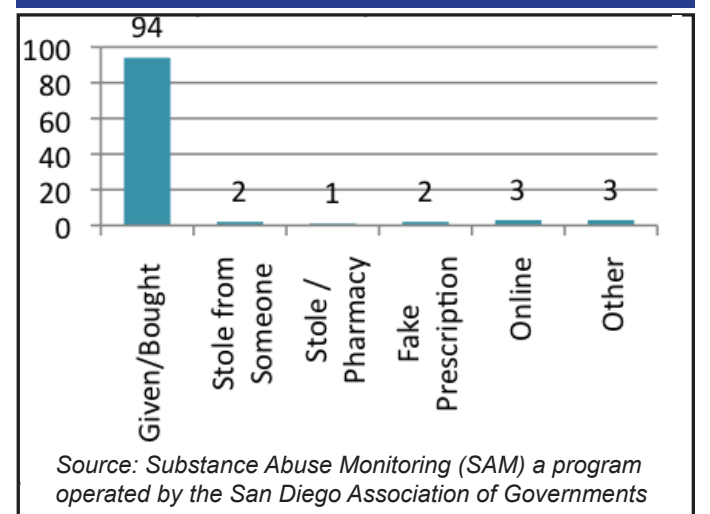
	Total Tx Admits	Heroin	Rx Opiate
2007	14,585	2,515	569
2008	15,041	2,777	594
2009	14,258	2,763	538
2010	13,892	2,969	576
2011 <i>*Jan-June only</i>	7,153*	1,597	297

Table 2: Add'l Data on Student Painkiller Use

Per indicator on page 2	2007	2009	2011
9 th Grade	12%	14.7%	19.5%
Non-traditional students (e.g. continuation school)	37%	36%	35%

Source: Biannual California Healthy Kids Survey

Figure 3. Percent of Adult Arrestees Who Report Rx Source
Multiple answers add up to more than 100%



Source: Substance Abuse Monitoring (SAM) a program operated by the San Diego Association of Governments

Task Force Generated Rx Media Stories

2008	10	Media stories are generated through news events and pitches to reporters by a variety of Task Force members. A reliable count is challenging, given today's media trends and the closure of a local media clipping service business. These numbers are provided by the County Communications Office.
2009	0	
2010	44	
2011	37	