misuse vs. abuse
mis-use
 to use incorrectly: misapplied <misused his talents>
abuse
 a corrupt practice or custom: improper or excessive use or treatment: misuse <drug abuse>; obsolete: a deceitful act: deception

http://www.merriam-webster.com/

dependency vs. addiction
de-pen-den-cy
 something that is dependent on something else
ad-dic-tion
 the quality or state of being addicted: compulsive need for and use of a habit-forming substance (as heroin, nicotine, or alcohol) characterized by tolerance and by well-defined physiological symptoms upon withdrawal; broadly: persistent compulsive use of a substance known by the user to be harmful

http://www.merriam-webster.com/

Why do Utahans need Rx Awareness?

• We are a leader in the nation in non-medical painkiller abuse
• And, among the top five states in the nation in the abuse and misuse of pharmaceuticals
• With, 75% of those abusing drugs being over 25 years old
• In Utah (2007) 317 people died from pharmaceutical drug overdose

Source: Utah Division of Substance Abuse and Mental Health, Prescription Drugs, Sept. 2008

Why is it a Utah problem?

• Availability
• Perception of risk
• Public attitude

Approximately 6.9 million individuals aged 12 or older were current non-medical users of prescription-type psychotherapeutic drugs

Source: National Prescription Drug Threat Assessment, 2009

Top Drugs of Choice by Year
Fiscal Year 1995 to Fiscal Year 2009

Source: Utah Division of Substance Abuse and Mental Health Annual Report, 2009
Availability

- Easily attainable: unsecured medications (medicine cabinet), family and friends, sharing
- Doctor shopping
- Altered, forged or stolen prescriptions; pharmacy burglaries and robberies; internet trafficking; drug diversion
- Drug dealers

Perception of Risk

- Many users and non-users believe:
  - prescription drugs are relatively harmless and safe
  - risks and side effects are significantly less than illicit (i.e. heroin, cocaine, meth, etc.) drugs
  - since they are “legal” the risk of getting caught and subsequent consequences are low

Public Attitude

- People are generally aware of the dangers of using and abusing illegal drugs
- The majority of the public are against illegal drug use
- Public is more accepting of prescription drug use
  - This more tolerant attitude tends to lead to greater non-medical use of Rx drugs

Rx (side) effects

- 1/3 of public substance abuse treatment admissions in 2009 were women
- Women in Utah are more likely to be admitted into treatment for prescription drug abuse than men
- Over 12% of women reported their primary drug of choice as a prescription-based substance
- Prescription drugs were most often abused by people between the ages of 18-64
- Admissions to the public treatment system for prescription drug abuse have been risen 68% over the past three years

Source: Utah Division of Substance Abuse and Mental Health Annual Report, 2009

Strategy

- Reduce availability for abuse
- Increase the perception of risk to include the physical and psychological harmful effects as well as legal sanctions
- Change the public's attitude toward being less tolerant of the non-medical use of pharmaceutical drugs

Utah Pharmaceutical Drug Crime Project

- Federal, state and local partnership
- 20 participatory agencies
- Combination of prevention, medical, health, social services, enforcement and prosecution
- Includes components of public awareness, education, prevention, environmental strategies, enforcement, regulations and laws
Strategic Prevention Framework Grant is a five year project beginning 2006 (SPF).
Utah is divided into 13 sub-state regions known as Local Substance Abuse Authority areas (LSAAs) for the purpose of providing substance abuse prevention and treatment services.

The LSAAs’ work with the State and their individual communities to develop comprehensive prevention systems.

How Can I get Involved?

• Each Local Authority has coalitions that are targeting Rx prevention in your community with key leaders (Doctors, Pharmacists, Law Enforcement, PTA members, Health Professionals and Community members.)
• You can participate on these coalitions through the Local Substance Abuse Authority (LSAA).

Awareness & Education
Utah Department of Health

“Public Awareness Campaign was funded by the Utah Legislature and included website, public services announcements, and published materials”

http://useonlyasdirected.utah.gov/

Research
Utah Department of Health

• Poisonings Surpass Motor Vehicle Crashes as Leading Cause of Injury Death
• Unintentional and Undetermined Poisoning Deaths – 11 States 1990-2001
• Prescription Medication Deaths in Utah – 2005
• Increase in Poisoning Deaths Caused by Non-illicit Drugs 1991-2003
• Prescription Pain Medication Deaths in Utah: Trends and What Utah is Doing to Stop the Epidemic
• Characteristics of Decedents From Unintentional Prescription Opioid Related Overdose
• Adult Use of Prescription Opioid Pain Medications – Utah 2008


Legislation

Everyone part of the solution

• Take Action
• Use Property, Store Securely, Dispose Environmentally Safe
• Patient & Doctor Relationship
• Parents: Secure, Monitor, Dispose — Conversations with your kids!
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