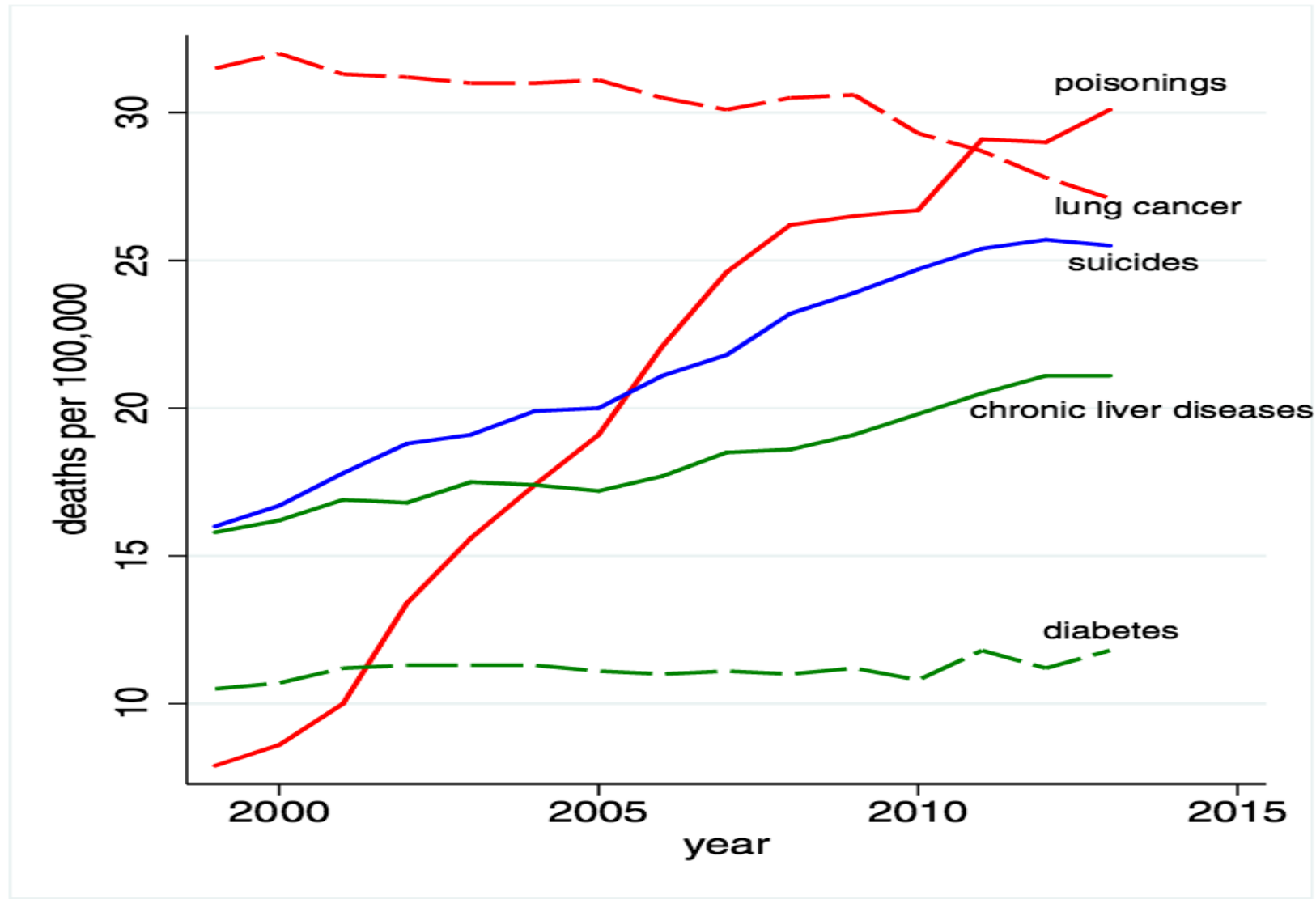


Preventing Opioid Overdose in Oregon

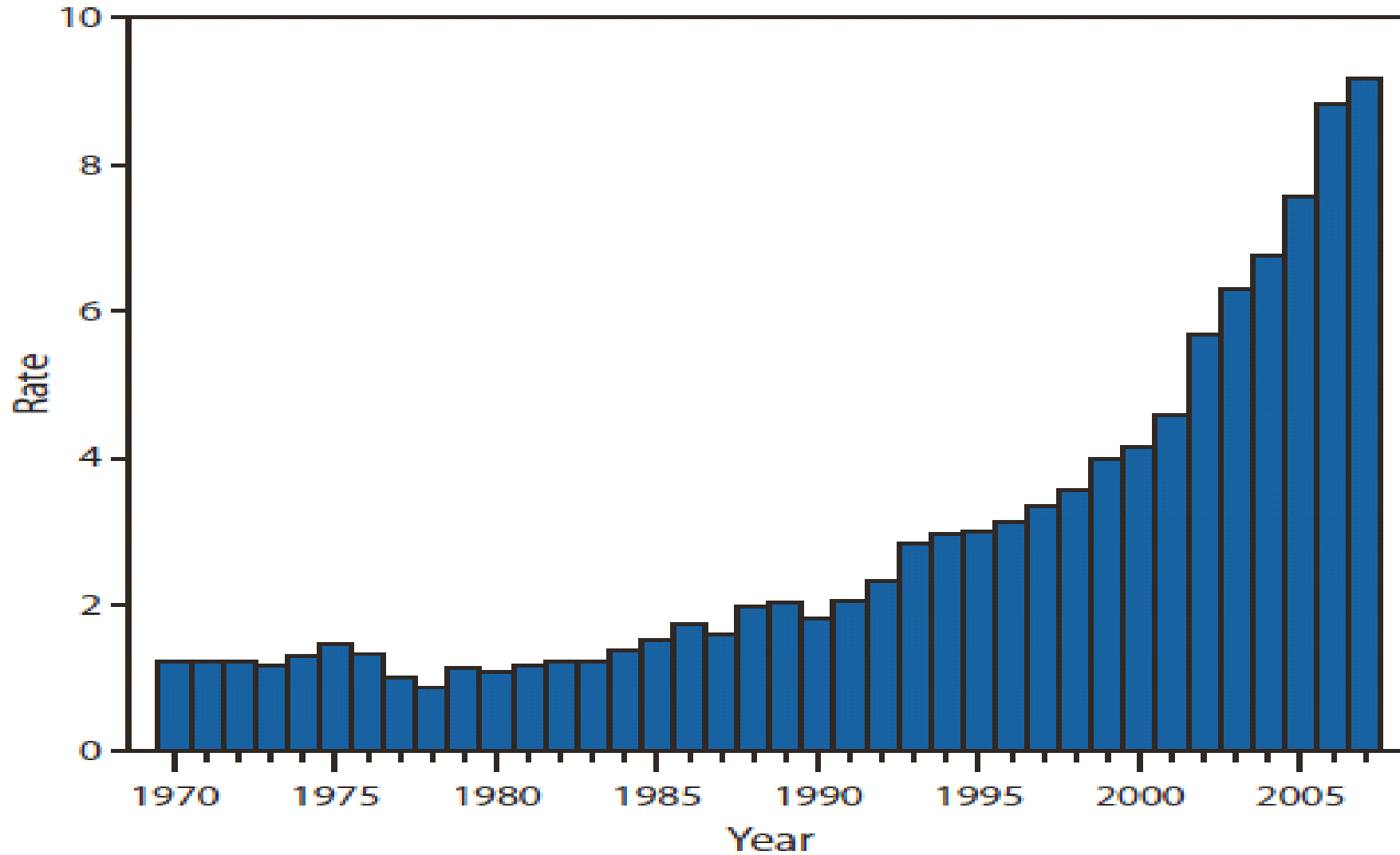
Katrina Hedberg, MD, MPH
Health Officer & State Epidemiologist
Oregon Public Health Division



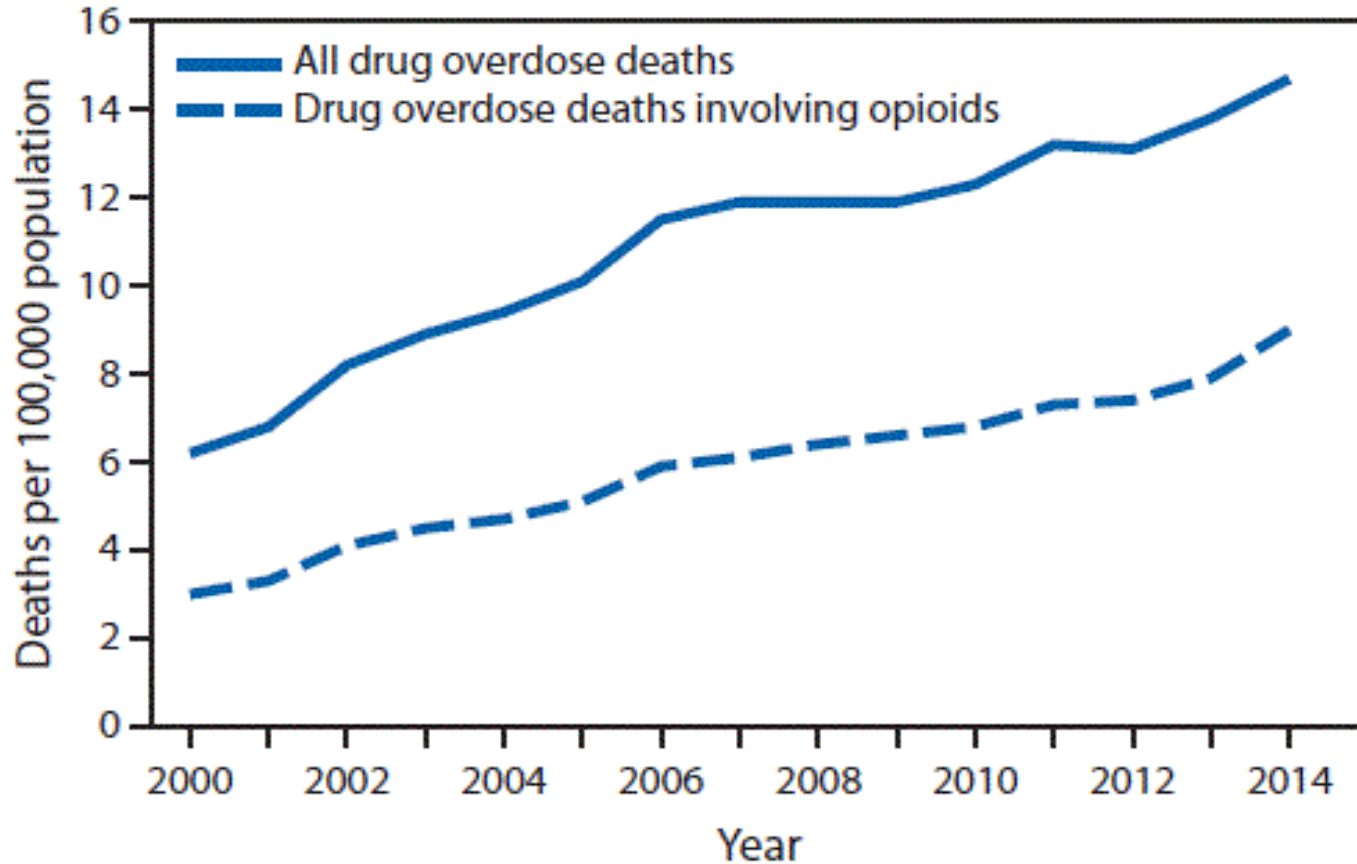
Death rates in middle-aged white Americans



Unintentional Drug Overdose Deaths—US



Drug overdose deaths in US; 2000-2014



2014: 47,055 drug overdose deaths (100 per day);
28,647 (60%) involved opioids

Amount Prescribed in US

- 2012: 259 million prescriptions for opioid pain medications



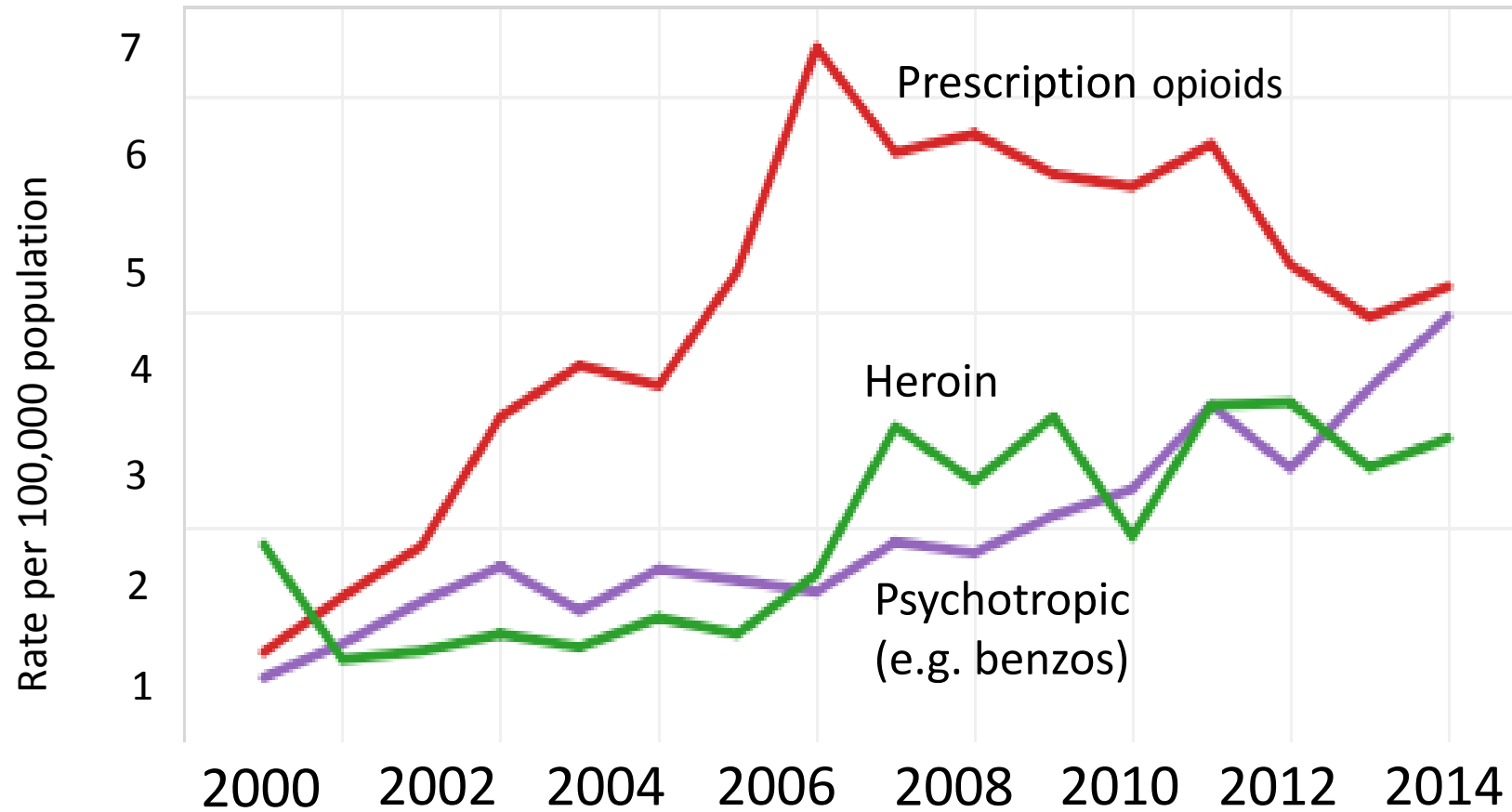
Enough for every adult in US to have a bottle of pills

- Opioid dependency
 - 2013: 1.9 million persons diagnosed

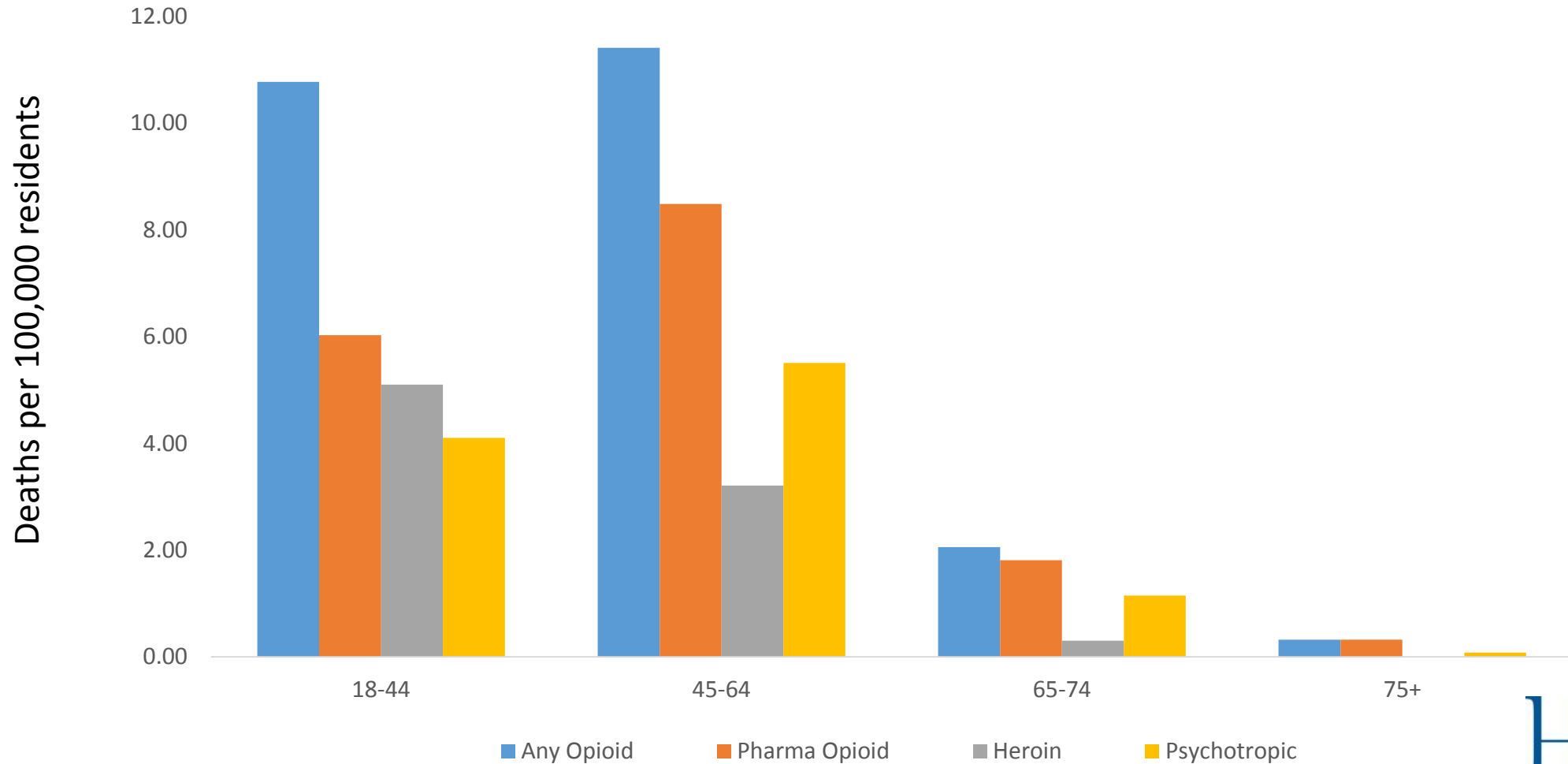
Oregon Prescription Opioids: The Problem

- **Deaths in 2014**
 - 154 Oregonians died (prescription opioids)
- **Hospitalizations in 2013**
 - 330 Oregonians hospitalized
 - Cost of care was \$9.1 million
 - 4,300 hospitalized patients had opioid use disorder
- **Misuse: 2012-2013**
 - 212,000 Oregonians (5% of population) self-reported non-medical use of prescription pain relievers

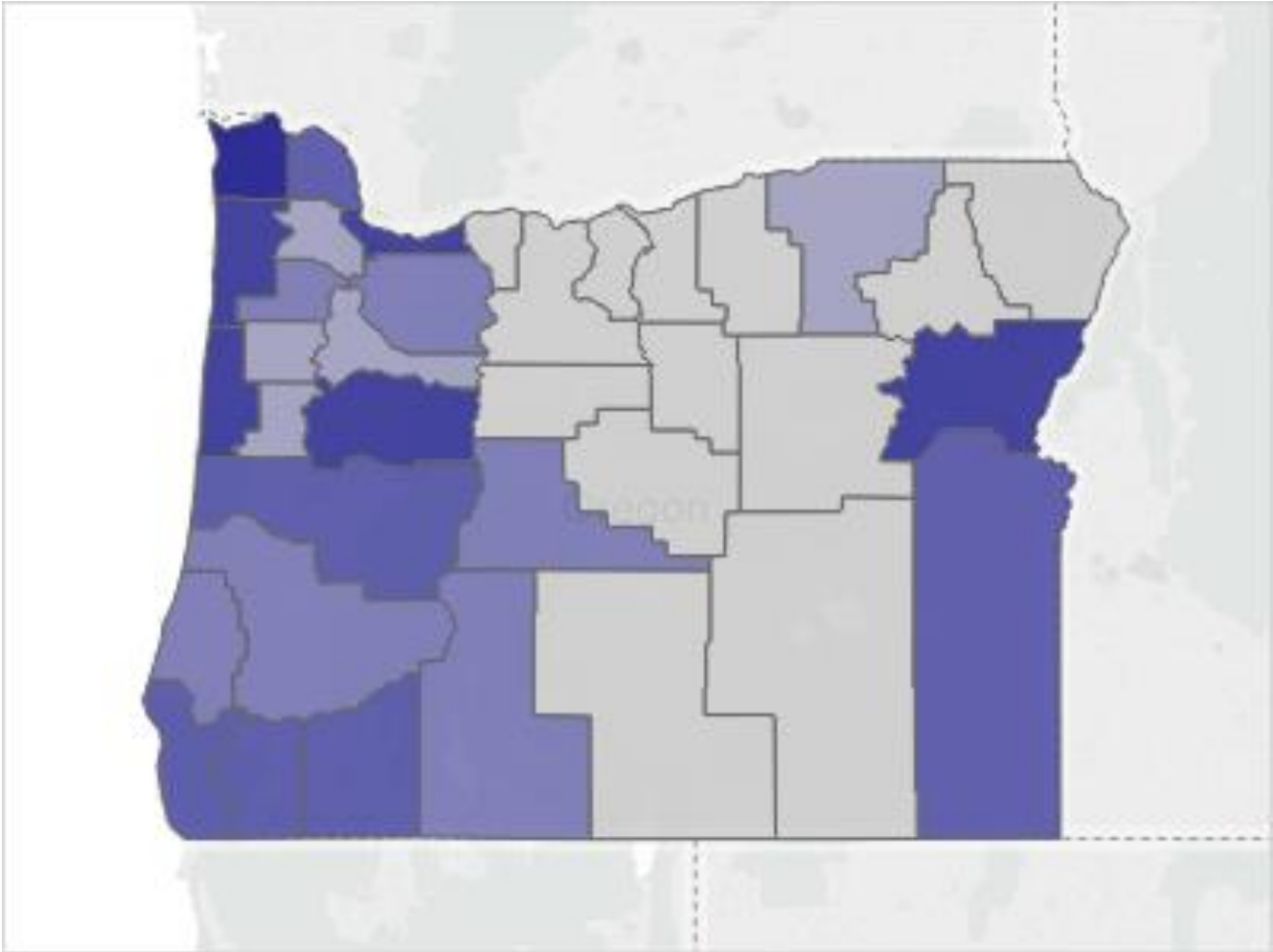
Drug overdose deaths, Oregon 2000-2014



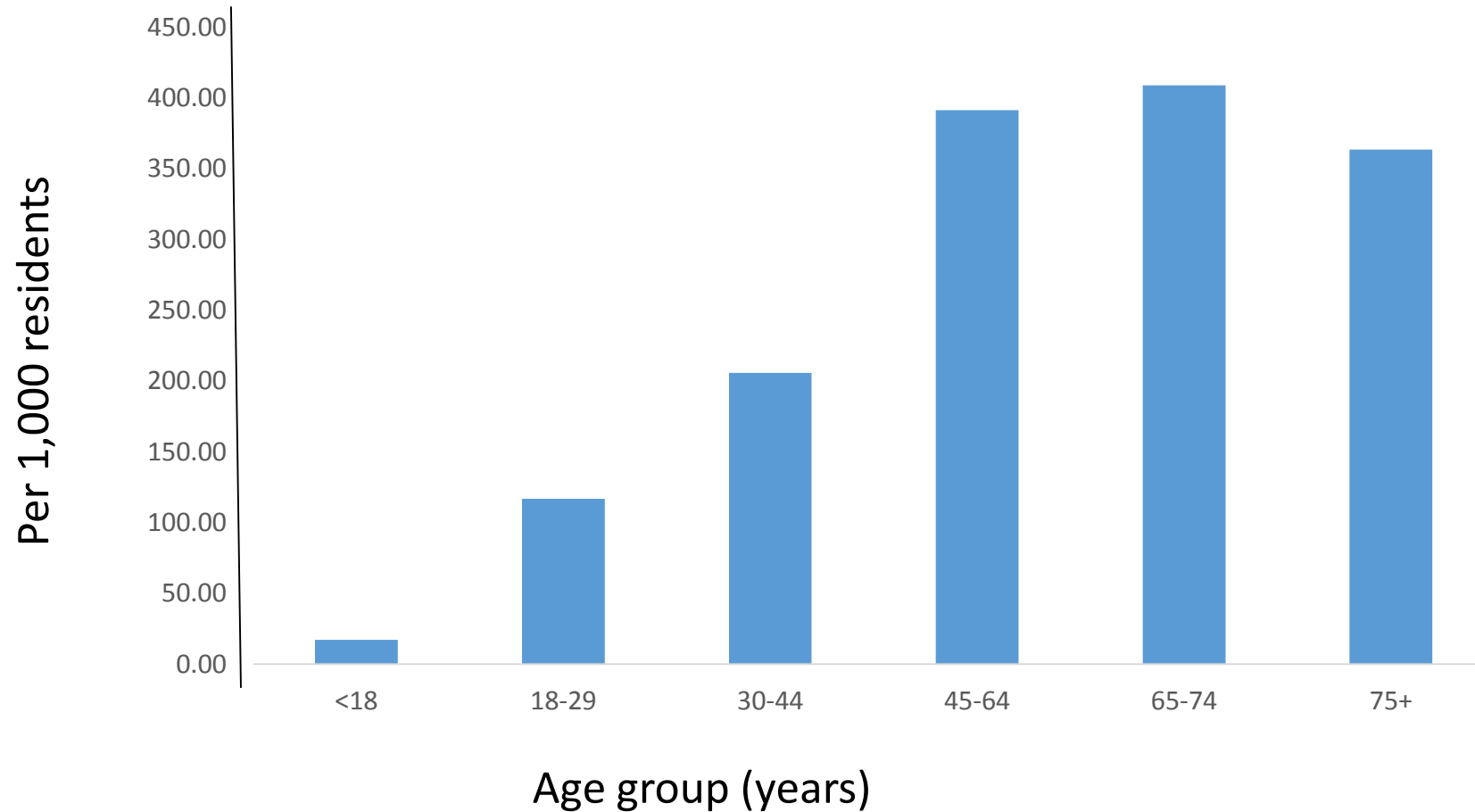
Drug Overdose Deaths by Age, Oregon 2010-2014



Opioid Overdose Deaths: 2010-14



Prescription Opioids by Age, Oregon Q1-2015



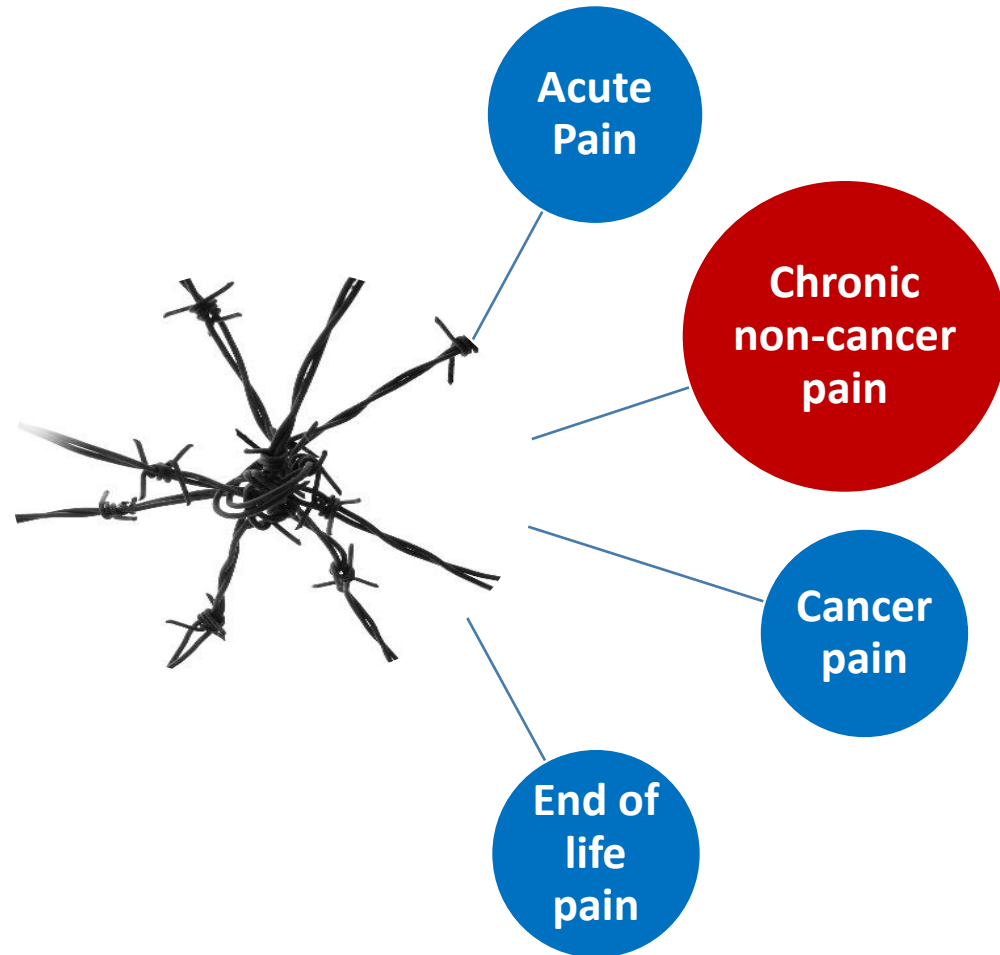
Oregon Opioid Initiative Goals

- Improve Population Health
 - Decrease drug overdose deaths
 - Decrease drug overdose hospitalizations/ ED visits
 - Decrease opioid misuse
- Improve Care
 - Improve pain management practice, including use of alternative pain therapies
 - Increase medication assisted treatment for opioid use disorder
- Decrease Health Care Costs

Spectrum of Interventions

- Decrease amount of opioids prescribed
 - Prescribing guidelines, drug take-back,
 - Promoting use of non-opioid therapies for chronic pain
- Increase availability of naloxone rescue for overdoses
- Ensure availability of treatment of opioid misuse disorder
- Use data to target and evaluation interventions

General Categories of Pain



Pain lasting > 3 months, or past time of tissue healing
Prevalence: ~15% of US adults

CDC prescribing guidelines

Centers for Disease Control and Prevention

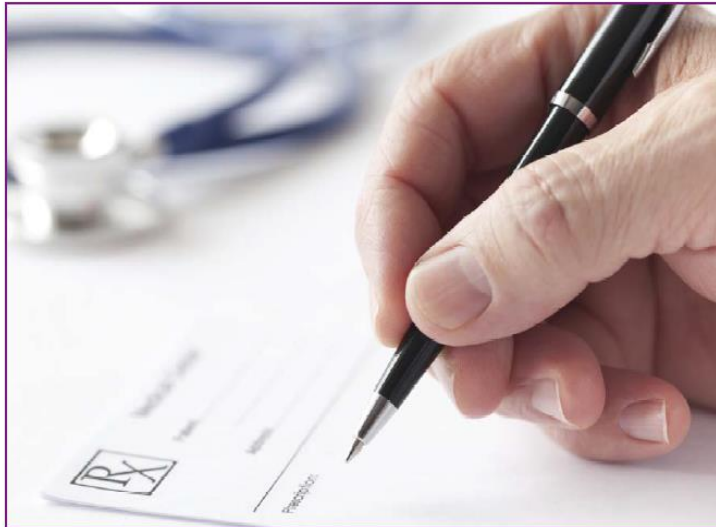
MMWR

Morbidity and Mortality Weekly Report

Recommendations and Reports / Vol. 65 / No. 1

March 18, 2016

CDC Guideline for Prescribing Opioids for Chronic Pain — United States, 2016



- Initiate or continue opioid for chronic pain
- Opioid selection, dosage, duration, follow up, discontinuation
- Risk Assessment and addressing harms

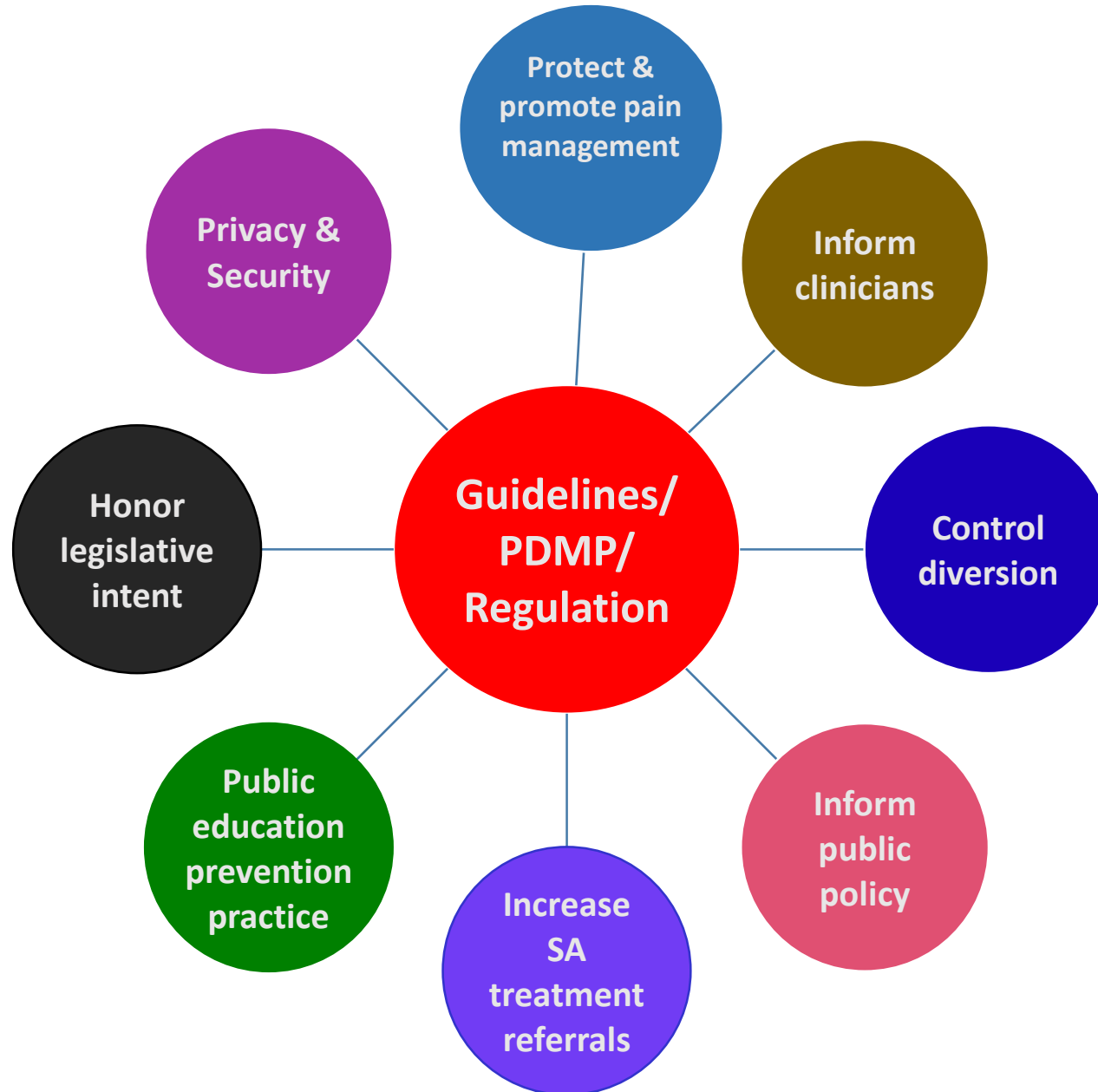
OHA Opioid Initiative Activities

- Opioid prescribing guidelines task force
- Prescription Drug Monitoring Program
- CCO Performance Improvement Project
 - Tool kit for CCOs
- CDC grant funding for LHD and CCO partnerships in areas with high opioid overdose
- Opioid website with links to resources
- Local data to support policy: interactive data dashboard

Aligning Efforts

- Opioid prescribing guidelines
 - Washington state, Oregon regional efforts (Southern Oregon OPG, Metro area, Central Oregon)
 - Health Systems guidelines
- Legislative activities: HB 4124, Good Samaritan Law
- Hospital Metrics Committee
- Regional summits
- Dept of Justice grants

Balance Needs



Questions?

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