Preventing Opioid Overdose in Oregon

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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

Rate per 100,000 population

- Prescription opioids
- Heroin
- Psychotropic (e.g. benzos)
Opioid Overdose Deaths: 2010-14

[Map showing death rates per 100,000 population, with different shades indicating varying rates across Oregon.]
Prescription Opioids by Age, Oregon Q1-2015

![Bar chart showing prescription opioid use by age group:]

- <18: 50.00
- 18-29: 150.00
- 30-44: 200.00
- 45-64: 400.00
- 65-74: 450.00
- 75+: 350.00

Per 1,000 residents

Age group (years)
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

- Acute Pain
- Chronic non-cancer pain: Pain lasting > 3 months, or past time of tissue healing. Prevalence: ~15% of US adults
- Cancer pain
- End of life pain
CDC prescribing guidelines

- 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

Guidelines/PDMP/Regulation

- Protect & promote pain management
- Inform clinicians
- Control diversion
- Inform public policy
- Increase SA treatment referrals
- Public education prevention practice
- Honor legislative intent
- Privacy & Security
Questions?

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