

Current Drug Trends

**In Iowa
& Nationally**

Agenda

- Workplace
- Alcohol
- Marijuana
- Nicotine (vaping)
- Opioids
- Stimulants
- Depressants
- Hallucinogens

The Extent of the Problem

- Americans consume 60% of the world's production of illegal drugs
- 23 million abuse marijuana at least 4 times per week
- 18 million abuse alcohol
- 6 million abuse cocaine
- 2 million abuse heroin
- Opioids?

Substance Abuse is a Workplace Issue

- Over 75% of drug abusers are employed
 - *U.S. Dept of Health & Human Services*
- An average of 15-17% of employees in every U.S. company are substance abusers
 - *Bureau of Labor Statistics*

Substance Abuse is a Workplace Issue

- Substance abusers are 33-50% less productive
National Institute on Drug Addiction
- Abusers are 10 times more likely to miss work and 3 times more likely to be late than non-abusers

Substance Abuse is a Workplace Issue

- Abusers are 3-4 times more likely to have an accident on the job
 - *Employee Assistance Society of North America*
- An estimated 50-80% of all theft is due to substance abusing employees
 - *White House Office of National Drug Control Policy*

The Problem in Iowa

- Methamphetamine is still a concern
- Cocaine is a problem in urban areas
- Marijuana is readily available
- Prescription drug and heroin abuse rising
- I-80 and I-35 provide critical routes for drug traffic

Perception or Myth

- What type of person becomes dependent on alcohol or drugs?
- Everyone has the potential to become addicted. The risk is based on the **choices** we make, not on the **kind of person** we are.

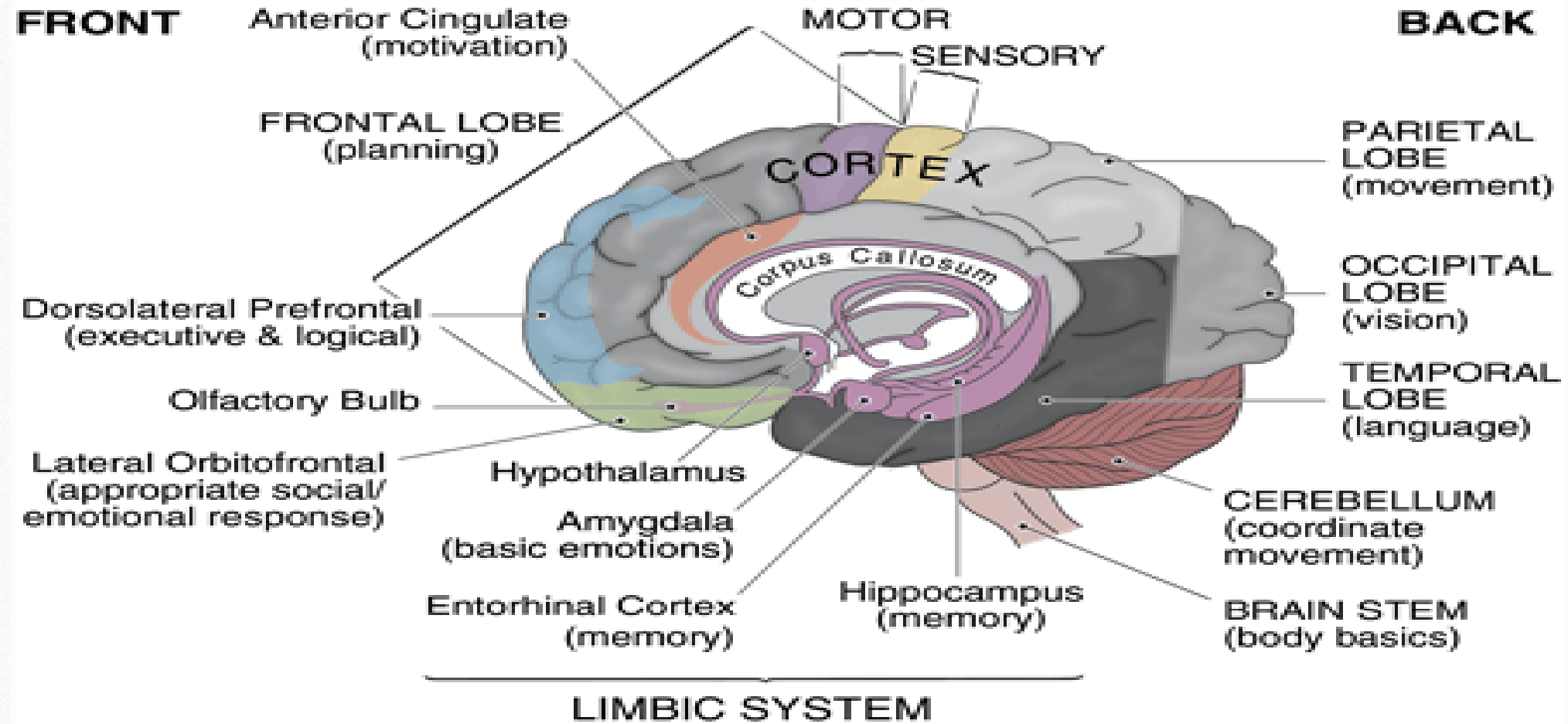
What is a Drug?

- **Drug**: Any substance that enters the human body and changes either the function or the structure of the that organization i.e. food, plants, vitamins, snake venom (*not highly recommended*)
- **Psychoactive Drug**: Any substance that changes one's thinking, feelings, perceptions, and/or behaviors

Addiction

- Definition:
 - A chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences
- Factors determining addiction
 - Biological makeup
 - Also influenced by: gender, ethnicity, developmental stage, and social environment

The Human Brain



Alcohol

- Central Nervous System-**Depressant**
- Among the most abused drugs in our society
- Can be as potent as many other illegal drugs
- Alters a person's perceptions, emotions, movement, vision, and hearing
- **Kills age group 12-24 more than all drugs combined to include OTC**

Alcohol

- In the U.S., a standard drink is any drink that contains 0.6 ounces of pure alcohol
 - 12 ounces of regular beer or wine cooler
 - 8 ounces of malt liquor
 - 5 ounces of wine
 - 1.5 ounces of 80 proof distilled spirits or liquor



Alcohol

- Alcohol begins to affect individuals prior to reaching the legally intoxicated blood alcohol concentration (BAC) level of 0.08%
- It takes the liver about 1 hour to metabolize one alcoholic drink
- Factors influencing blood alcohol concentrations:
 - Weight, gender, food in stomach, duration of administration, and dosage of alcohol

Marijuana

- The most commonly abused illicit drug in the United States also known as:

- Pot
- Grass
- Wax/Dab
- Shatter
- Edibles
- Oil
- Ganja

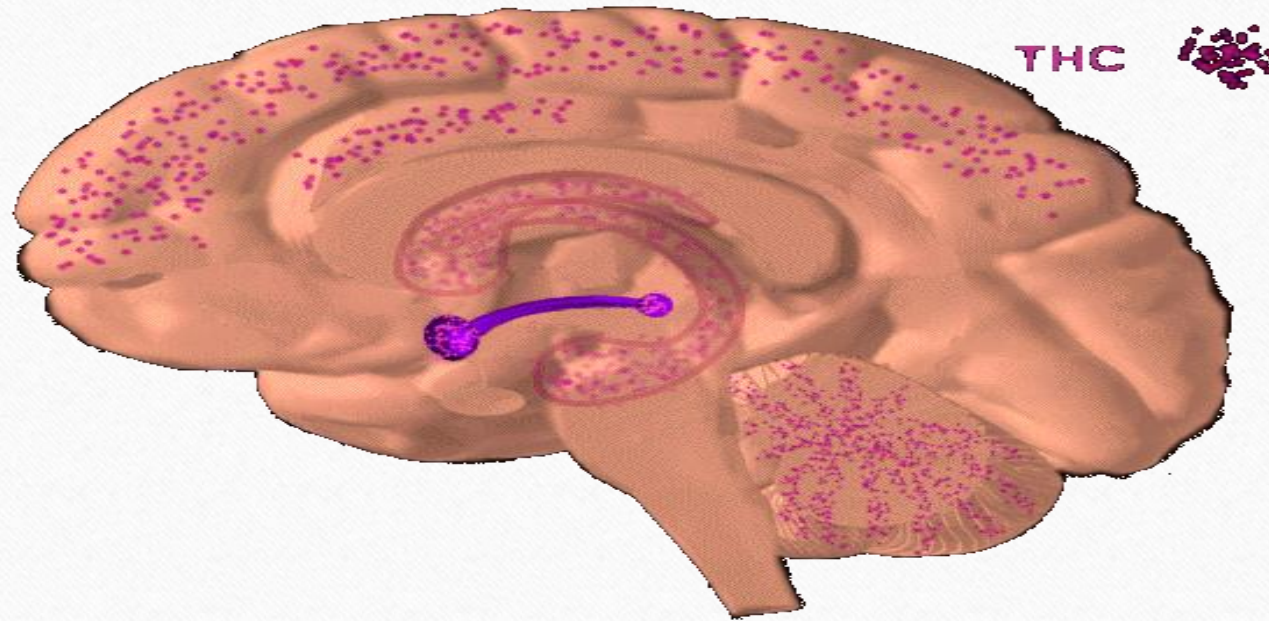


Marijuana

- A mixture of dried and shredded leaves, stems, seeds, and flowers of the cannabis sativa plant
- Over 400 chemicals are in marijuana that can affect a person's health.
When Smoked 2,000 chemicals
 - Delta-9-tetrahydrocannabinol
 - Also known as THC - main psychoactive ingredient
 - Marijuana's potency is related to the amount of THC it contains.
 - Potency in the 70's 2-3%, today 15-35% when smoked, oils 80-90% and edibles are in 10 MG pieces....

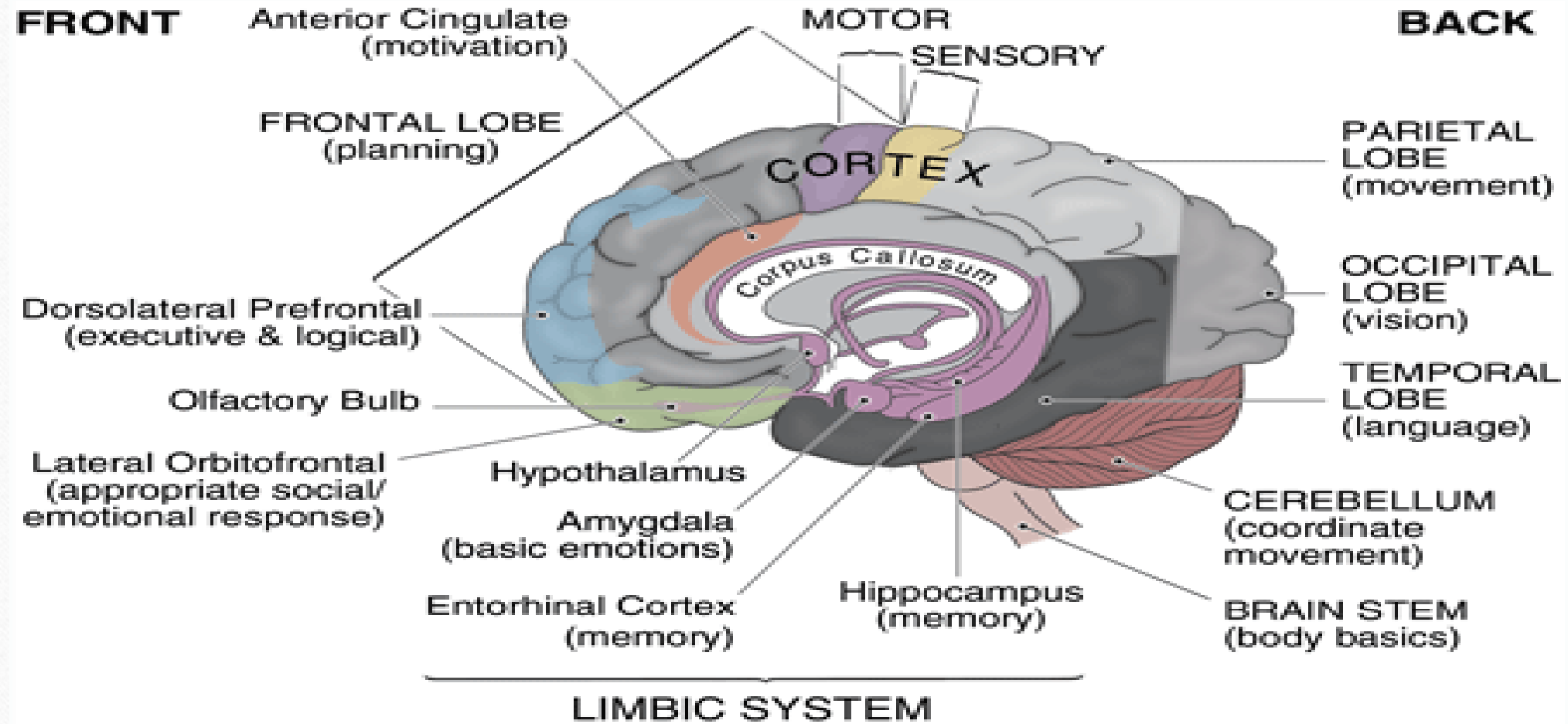
Marijuana

- Marijuana is a fat soluble
- Contains carcinogens
- 4-7 times more tar
- Mental illness
- Schizophrenia (6-fold)



When marijuana is smoked, its main psychoactive ingredient travels quickly to the brain. Dark areas indicate where the ingredient concentrates and disrupts the brain's normal ability to control the body's movements, balance, coordination, memory and judgment abilities, and sensations

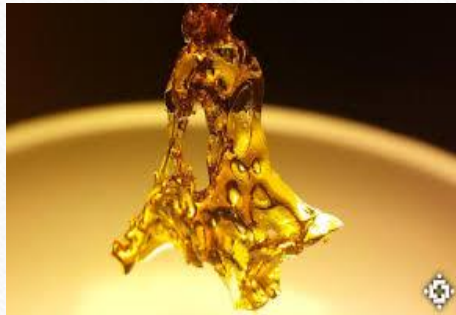
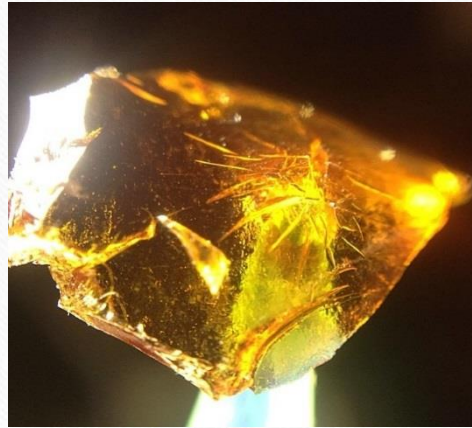
The Human Brain



Marijuana Flower (Bud)



Marijuana Wax/Shatter



Marijuana Oils (Vaping)

What is THC
Vaping Oil



Marijuana Edibles



CBD Oil Now Legal in 12 States

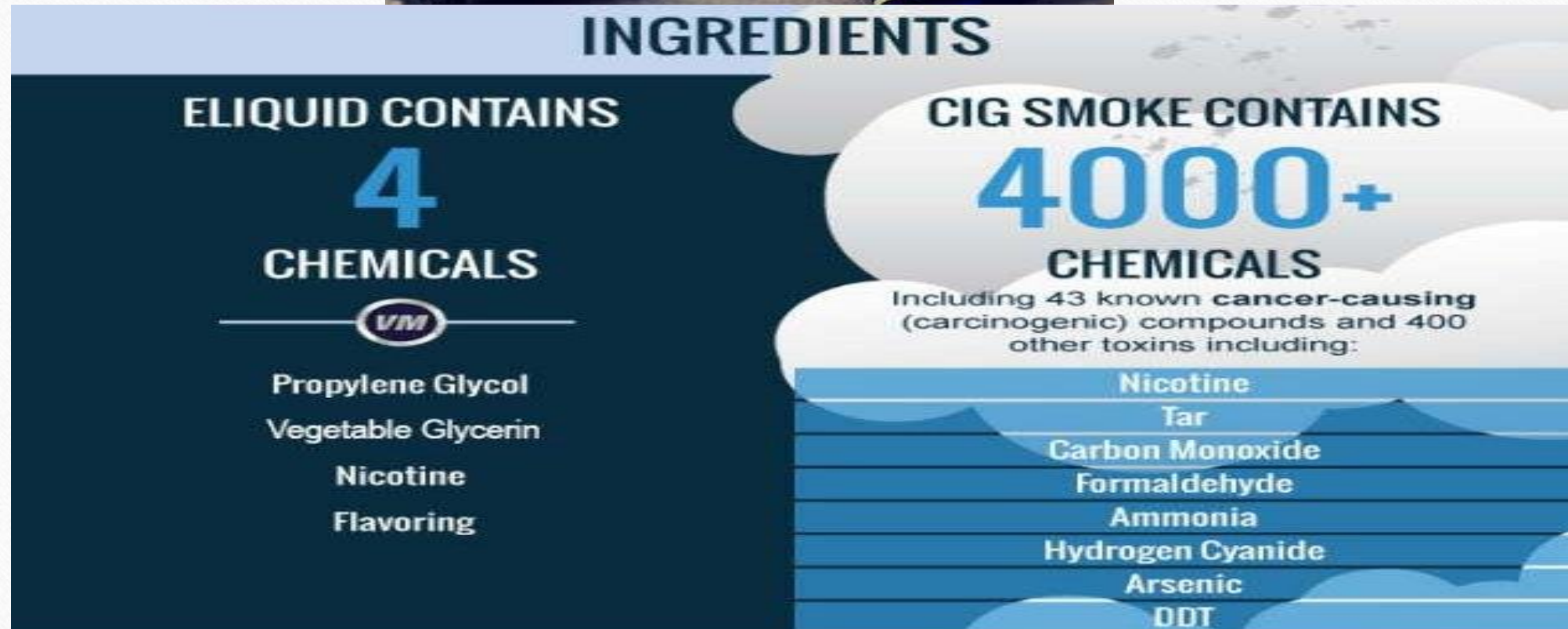
Iowa

On Apr. 9, 2014, the House Public Safety Committee passed a CBD oil bill by a 13-5 margin. The legislation, already been approved by the Senate, is strictly intended for patients with epilepsy or other seizure disorders. It allows for possession of a six-months supply (32 ounces). On May 30, Branstad signed the bill into law, making Iowa the eighth state to legalize CBD oil.

Nicotine



Vaping





Vaping



- Nicotine, the addictive drug found in all tobacco products
- Low doses=mild stimulation, muscle relaxant
- High doses=nerve poison
- 60 mg is enough to kill most people 1-2 mg. is inhaled when a cigarette is smoked
- E-juice comes in 3,6,12,24,32,48mg. per bottle.

Propylene Glycol



- Chemical found in personal care products that acts as a **penetration enhancer that keeps products from melting in heat and/or freezing when it is cold**. It is found in items such as shampoo, conditioner, soap, acne treatment, moisturizer, toothpaste, deodorant, nail polish, mascara; basically anything you could possibly use on your body, propylene glycol is in it.

But why should you avoid propylene glycol?

- It has been shown to be **linked to cancer**, developmental/reproductive issues, allergies/immunotoxicity, neurotoxicity, endocrine disruption, and organ system toxicity. It has been found to provoke skin irritation and sensitization in humans as low as 2% concentration, while the industry review panel recommends cosmetics can contain up to 50% of the substance. It has also been classified as **“expected to be toxic or harmful”**

Vegetable Glycerin

- Vegetable glycerin, or glycerol, is a clear, odorless liquid produced from plant oils, typically palm oil, soy, or coconut oil.
- Vegetable glycerin has a number of applications that include cosmetic products, foods, and as a replacement for alcohol in herbal and botanical tinctures
- Many household products, including lotions, shampoo, and toothpaste, contain vegetable glycerin.
- Vegetable glycerin may be used as a solvent and substitute for alcohol when producing botanical and herbal extracts

Vaping

- Bottom line;
- Short term effects=unknown??
- Long term effects=unknown??



Opioids

What you need to know about prescription
Misuse & Abuse



**More than 50,000
Americans died from drug
overdoses last year, the
most ever.**

Opioids

- Commonly abused prescription drug-opioids (for pain)
- **Opioids include:**
- Fentanyl (Duragesic®)
Hydrocodone (Vicodin®)
Oxycodone (OxyContin®)
Oxymorphone (Opana®)
Propoxyphene (Darvon®)
Hydromorphone (Dilaudid®)
Meperidine (Demerol®)
Diphenoxylate (Lomotil®)

Opioids- The scope of the Problem

- More people died of drug overdoses in 2014 than any year on record, and the majority of these (>60%) involved an opioid
- Rate of overdose deaths involving opioids has nearly quadrupled since 1999
44 people die everyday
- In the last few years there has been a sharp increase in heroin-related deaths, and in deaths related to synthetic opioids such as fentanyl and carfentanil

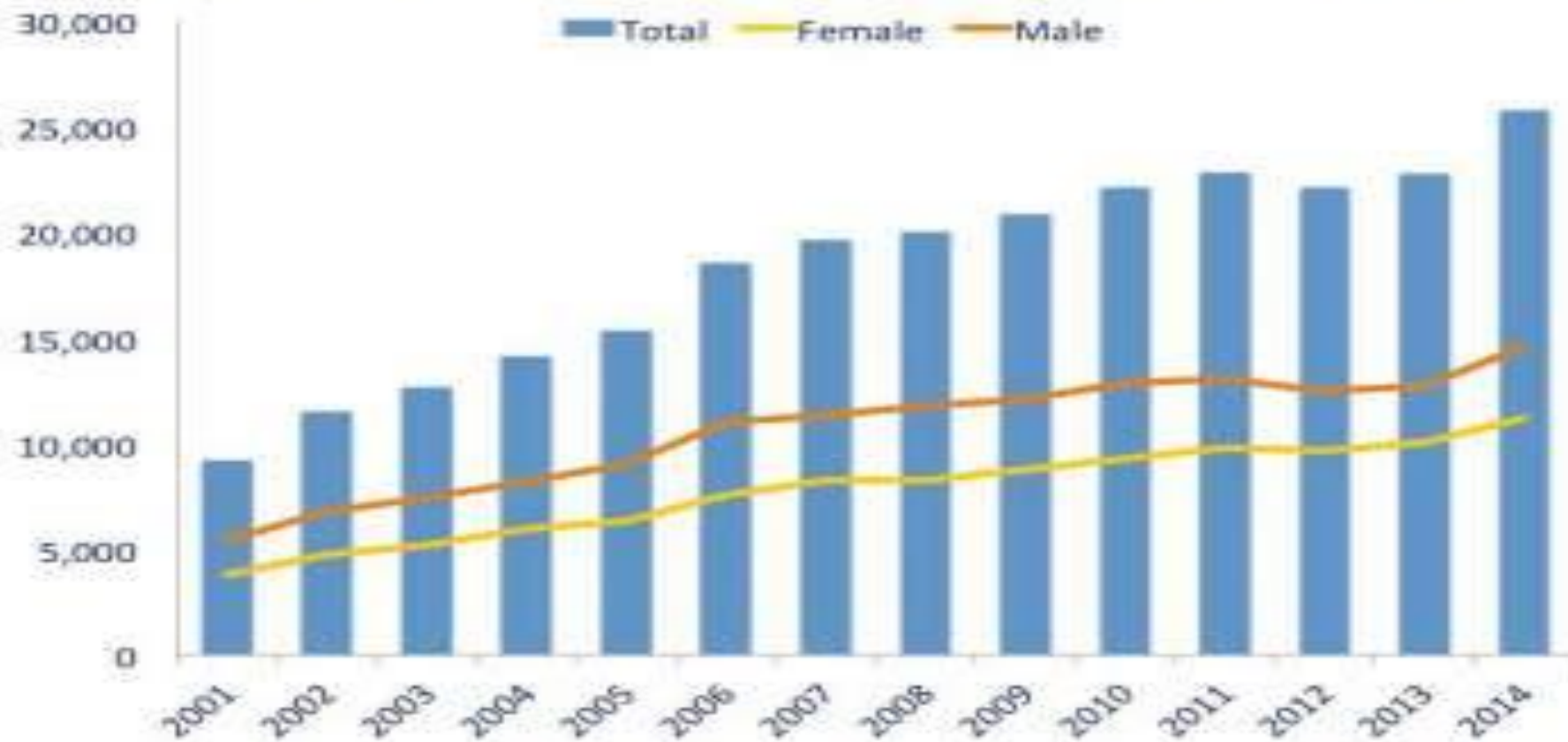
Opioids Continued

- From six deaths in Iowa in 2000 to 67 in 2016, the number of opioid overdose deaths in Iowa is trending upward (Heroin)
- The national average is about 15 deaths per 100,000 people. Opioids are the main driver of drug overdose deaths, the CDC says
- 80 percent of people in the United States who recently started using heroin report that they previously took opioid pain relievers for nonmedical reasons.



National Overdose Deaths

Number of Deaths from Prescription Drugs



Source: National Center for Health Statistics, CDC Wonder

Opioids related to “Youth”

- **MORE THAN HALF OF TEENS** 56% indicate that it's easy to get prescription drugs from the parent's medicine cabinet.
- **More than a quarter of teens**, 27% mistakenly believe that misusing & abusing prescription drugs is safer than using street drugs
- **1 In 4 teens (25%)** says there is little or no risk in using prescription pain relievers without a prescription

Common pathways to opioid addiction

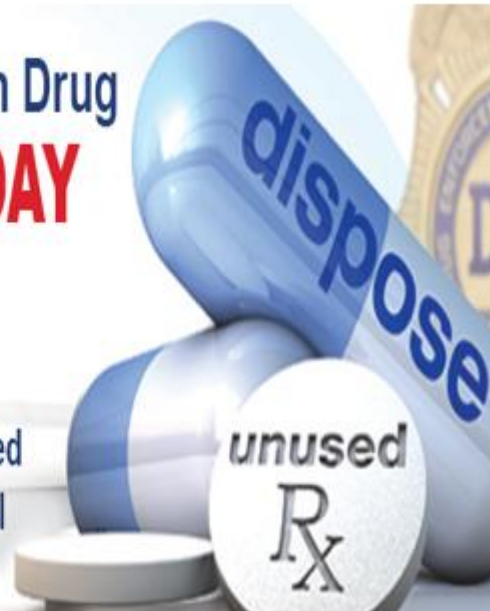
- From opioids
 - Prescriptions obtained inappropriately (illicitly, or from friends/family)
 - Prescriptions obtained appropriately! From us!

NATIONAL PRESCRIPTION DRUG TAKE-BACK DAY- *April 29th 2017*

National Prescription Drug
TAKE BACK DAY

Saturday, April 29th
10 a.m. - 2 p.m.

Turn in your unused or expired
medication for safe disposal



WHERE: Collection search sites near you can be located at <https://www.dea.gov> or location inquiries can also be made at 1-800-882-9539

For more information on prescription drug abuse:

www.asap.army.mil

www.dea.gov

www.getsmartaboutdrugs.com

www.justthinktwice.com

Questions?