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Overdose Crisis in Transition:
Changing Trends in a Widening Drug Death Epidemic

November 10, 2020 – 1:00 PM CDT

Lynn Blewett, PhD, MPA

Colin Planalp, MPA

Robert Hest, MPP

Robert Wood Johnson Foundation

Technical Items

Participant audio has been automatically muted and video has been turned off

Submit questions using the Q&A feature at any time during the webinar

Problems:

- Ask for help using the chat feature
- Send a support request to Zoom at: https://support.zoom.us/hc/en-us/requests/new

Download the slides at: https://www.shadac.org/news/shadac-webinar-november-10th-changing-trends-widening-drug-overdose-crisis

Webinar recording will be posted on SHADAC's website

- E-mail notice will be sent to participants

Presenters

Robert Hest, MPP
SHADAC Research Fellow

Colin Planalp, MPA
SHADAC Senior Research Fellow

Changing Trends in a Widening Drug Death Epidemic

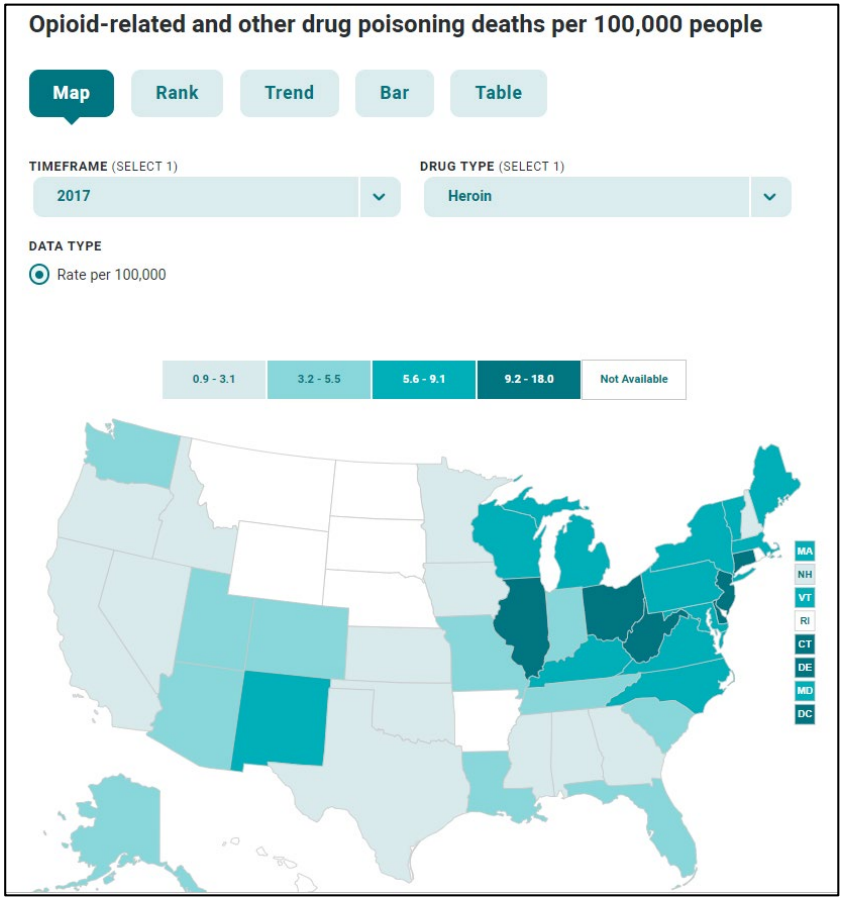
Colin Planalp, MPA
SHADAC Senior Research Fellow

State Health Compare:
Drug overdose death rates data

Source

U.S. Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System (via WONDER tool)

- States collect and report data to the CDC



State Health Compare:
Drug overdose death rates data

Aggregate categories of drug overdoses

- Drug overdoses (total)
- Opioid overdoses (types listed below, plus opium, methadone, non-specified)

Categories of opioid overdoses

- Natural and semi-synthetic opioids (i.e., prescription opioid painkillers, such as oxycodone and hydrocodone)
- Synthetic opioids (e.g., fentanyl)
- Heroin

Categories of non-opioid overdoses

- Cocaine
- Psychostimulants (e.g., methamphetamine, Ritalin, Adderall)

State Health Compare:
Drug overdose death rates data

Limitations/considerations

- Under-recording/-reporting of opioid deaths (e.g., Indiana)
- Suppression of small numbers (i.e., 20 or fewer deaths)

Background

What are opioids?

- A family of addictive drugs that act on the opioid receptors in pleasure centers of the brain

What are their effects?

- Can relieve pain and cause euphoria

Types of opioids:

- Natural opioids, derived from opium poppy (e.g., morphine)
- Semi-synthetic opioids, synthesized from natural opioids (e.g., oxycodone, heroin)
- Synthetic opioids, synthesized from non-opioid compounds to mimic opioid effects (e.g., fentanyl)

The Opioid Epidemic as an Evolving Crisis

Circa 2000

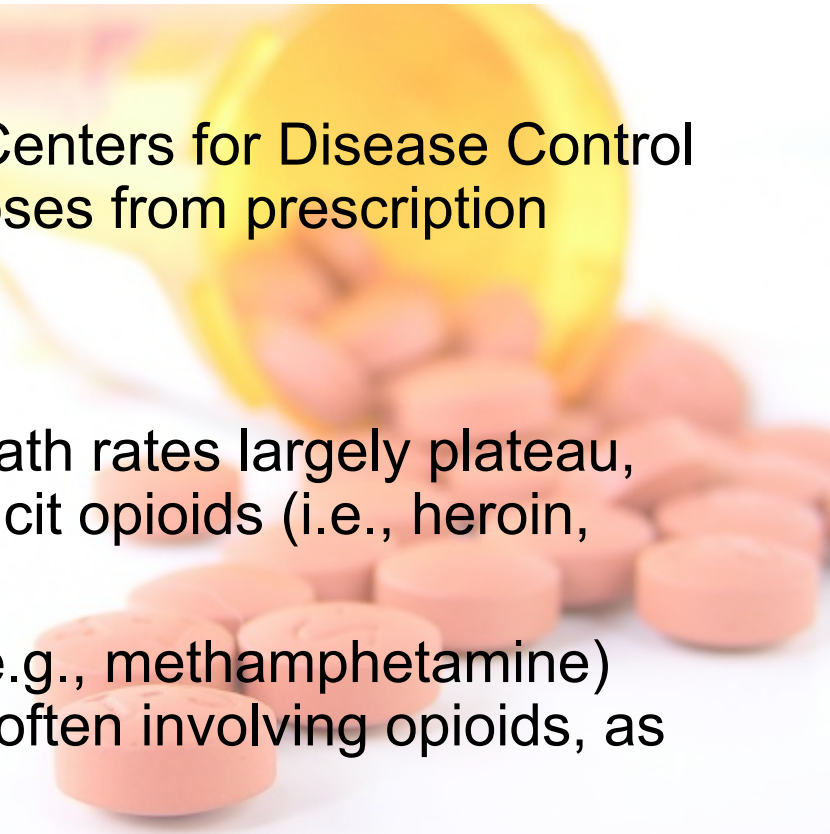
- Gradual increases in overdose deaths from prescription opioid painkillers

2011 declaration of "epidemic"

- Increased attention since U.S. Centers for Disease Control and Prevention declared overdoses from prescription painkillers an "epidemic"

Since 2011

- Prescription opioid overdose death rates largely plateau, but death rates increase from illicit opioids (i.e., heroin, trafficked synthetics)
- Cocaine and psychostimulant (e.g., methamphetamine) overdose death rates increase; often involving opioids, as well



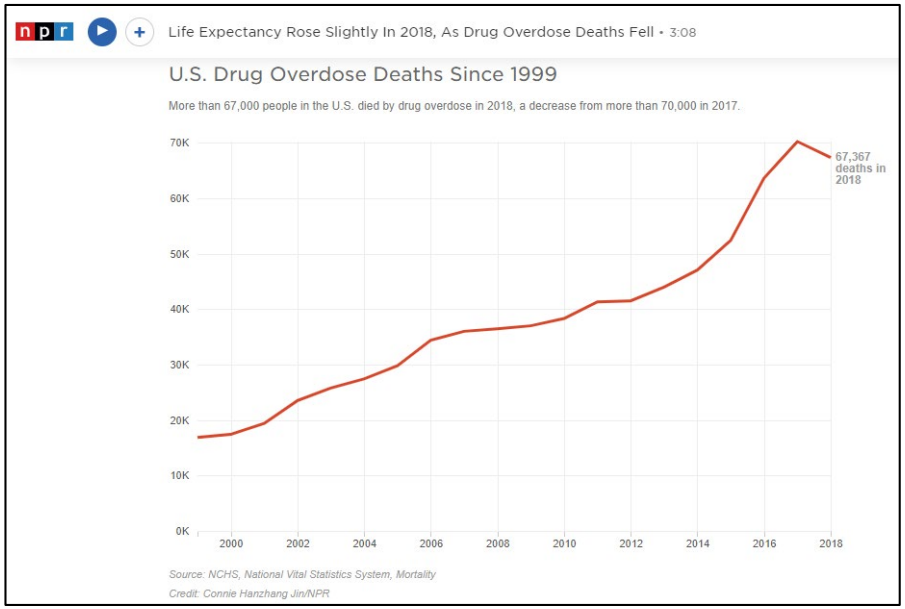
2018: An inflection point in the crisis

The Washington Post

Democracy Dies in Darkness

U.S. life expectancy ticks up as drug fatalities and cancer deaths drop

npr Life Expectancy Rose Slightly In 2018, As Drug Overdose Deaths Fell • 3:08



The New York Times

TheUpshot

Drug Overdose Deaths Drop in U.S. for First Time Since 1990

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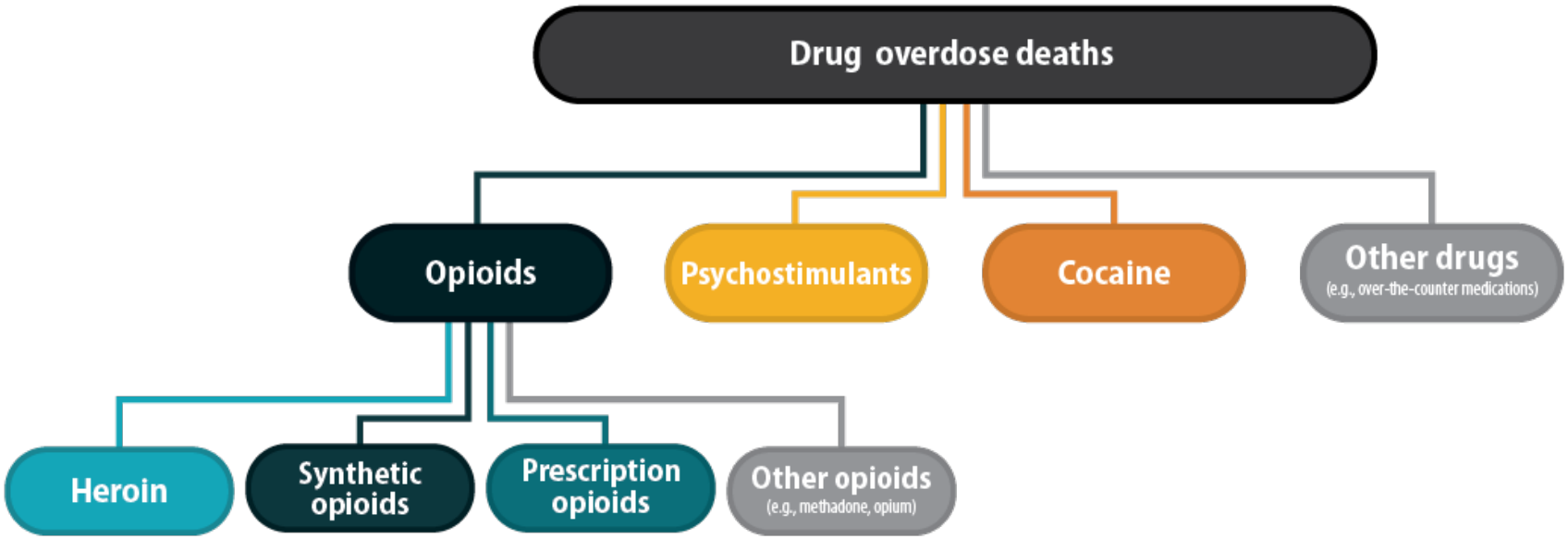
2018: An inflection point in the crisis

Noteworthy developments in 2018

- CDC announced that aggregate drug overdose and opioid overdose death rates declined
- Death rates from prescription opioids and heroin declined, but synthetic opioid death rates continued to grow
- Cocaine and psychostimulant death rates exceeded prescription opioid deaths

U.S. Trends

State Health Compare:
Opioid overdose death rates data



State Health Compare:
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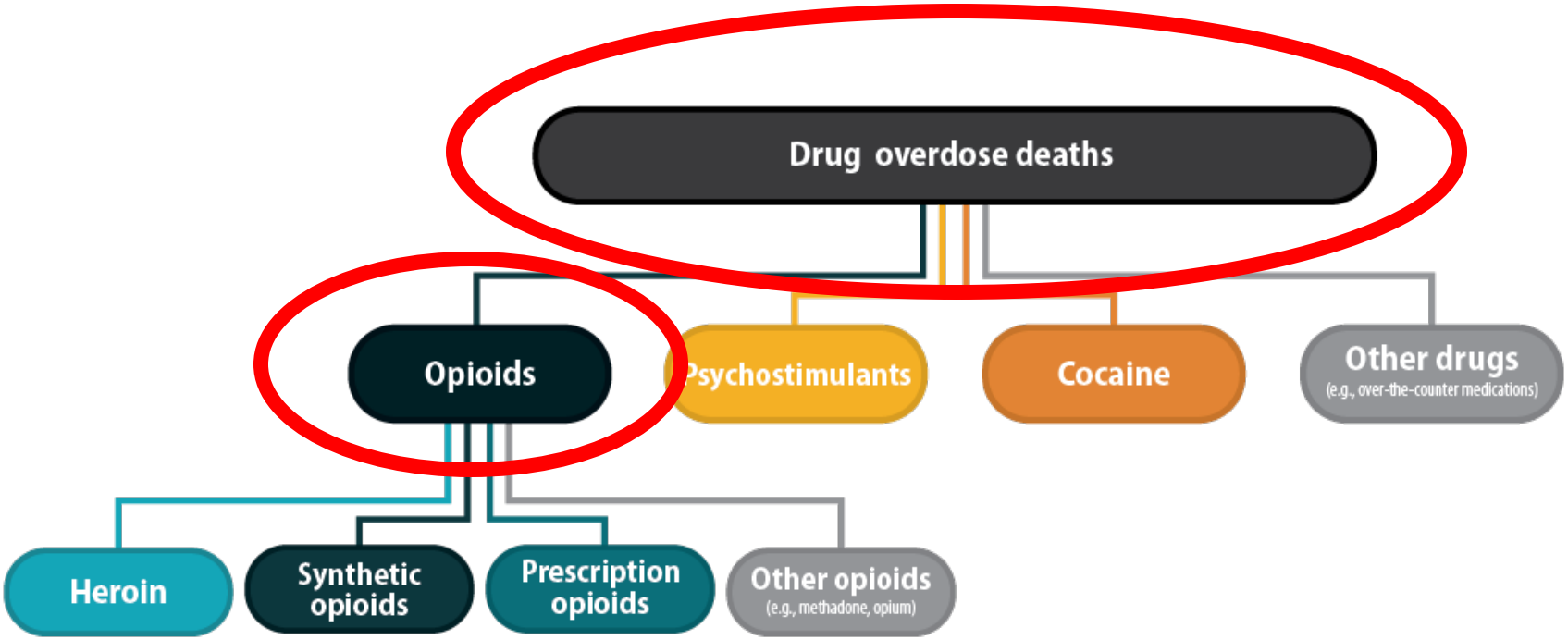
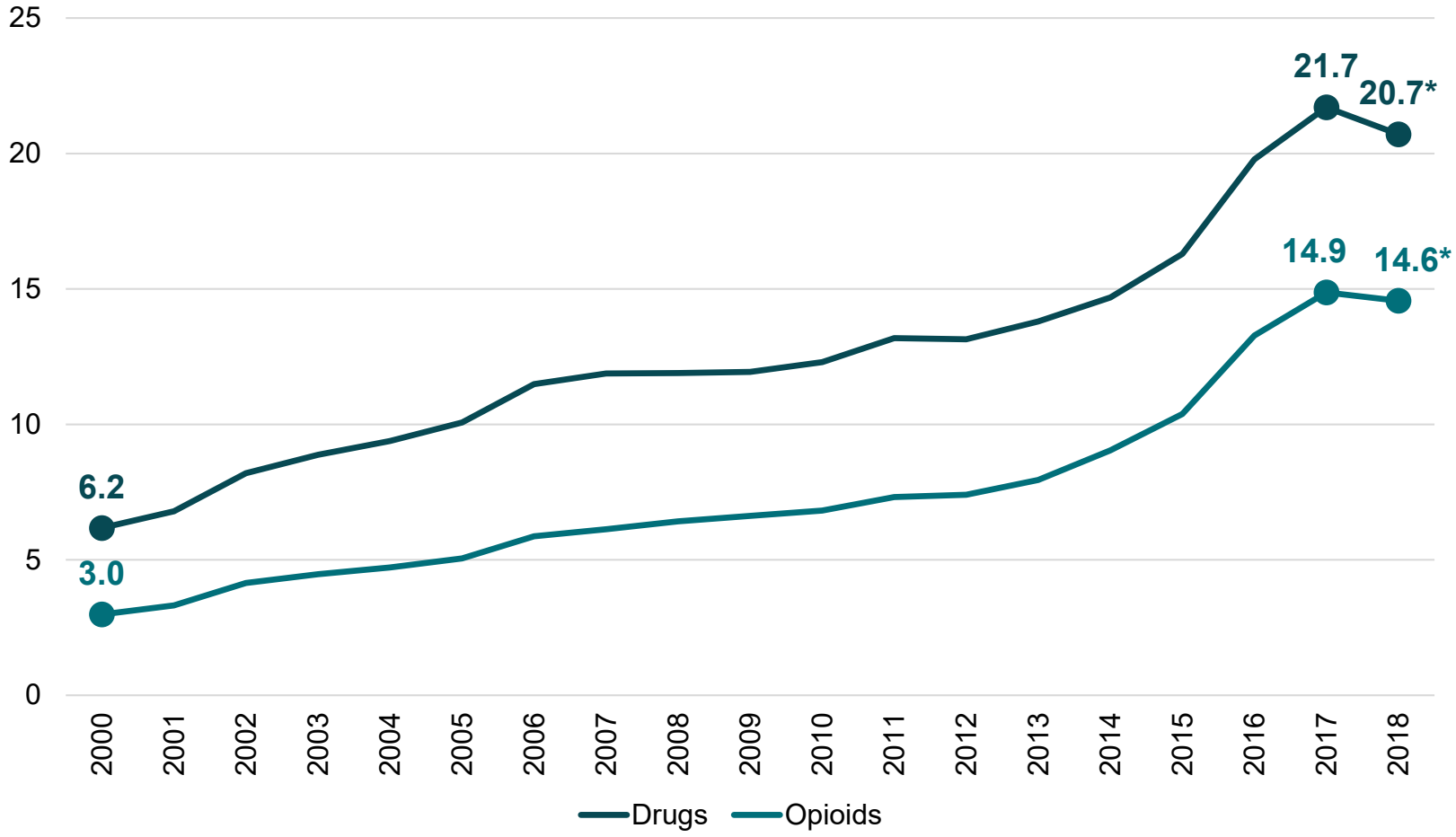


U.S. Drug and Opioid Overdose Deaths per 100,000 People, 2000-2018



* Statistically significant decline since 2017 at the 95% level.
Source: SHADAC analysis of age-adjusted rates of drug poisoning deaths, National Center for Health Statistics

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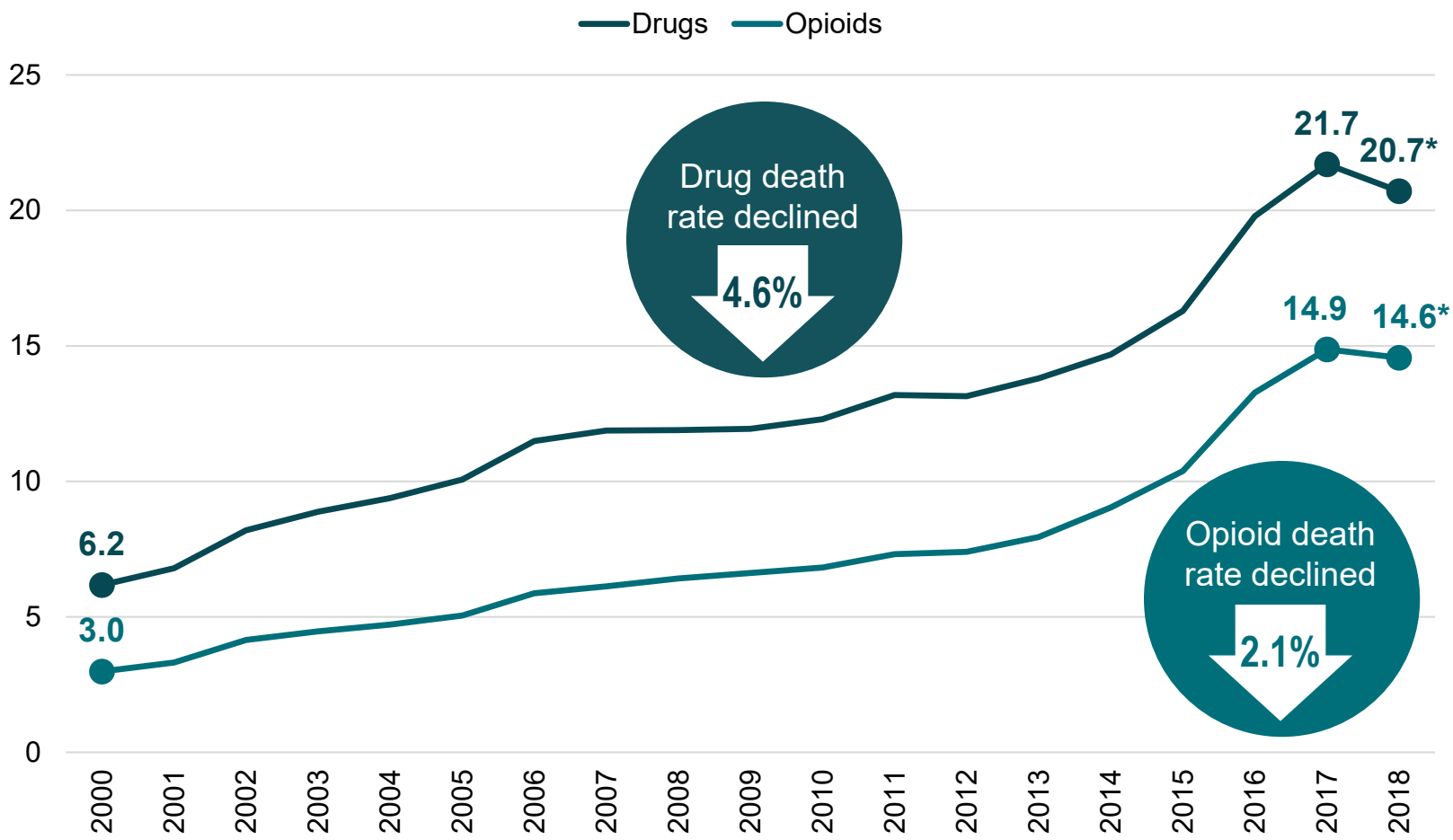

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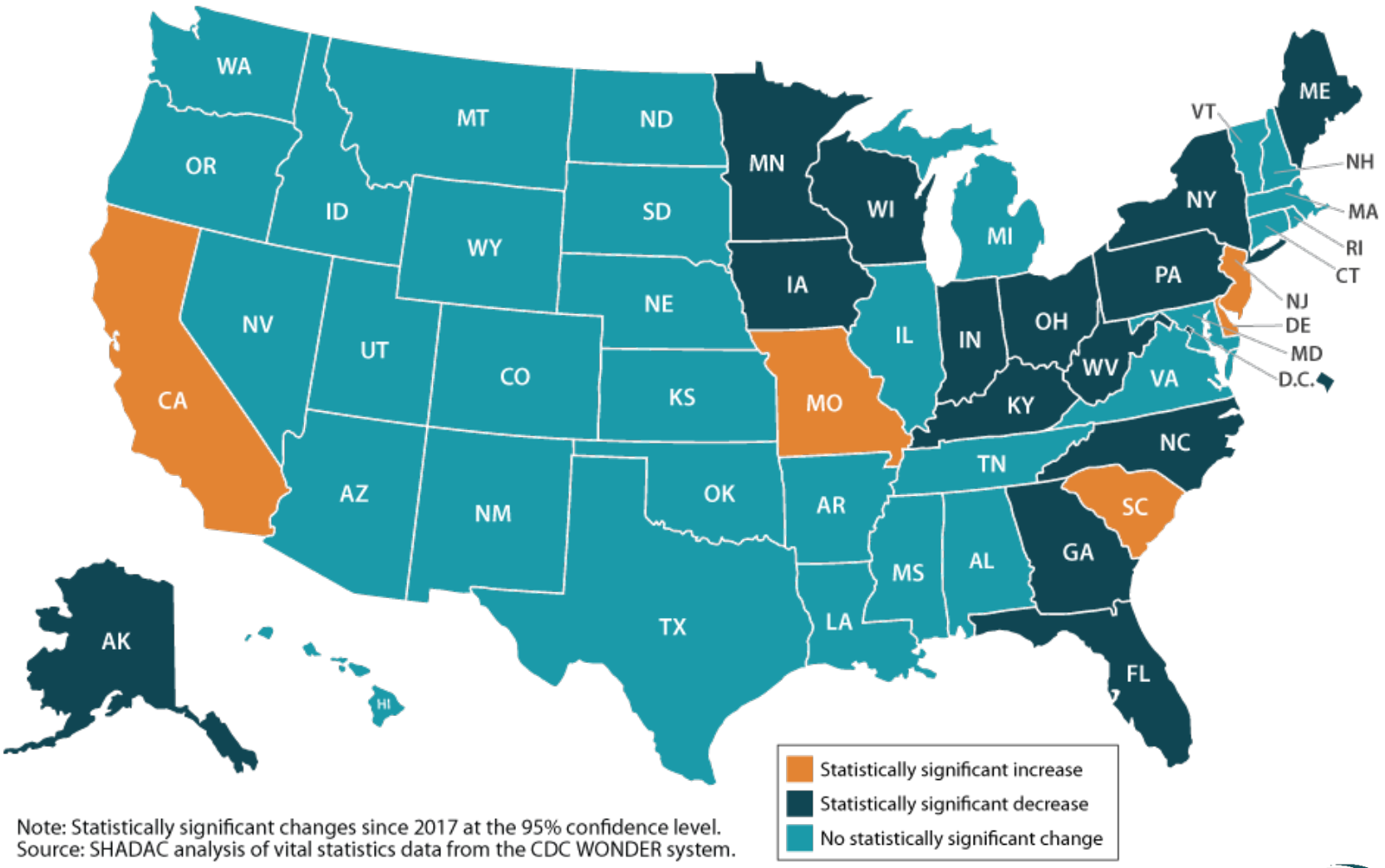
Changes in Drug Overdose Death Rates, 2017-2018



Note: Statistically significant changes since 2017 at the 95% confidence level.
Source: SHADAC analysis of vital statistics data from the CDC WONDER system.

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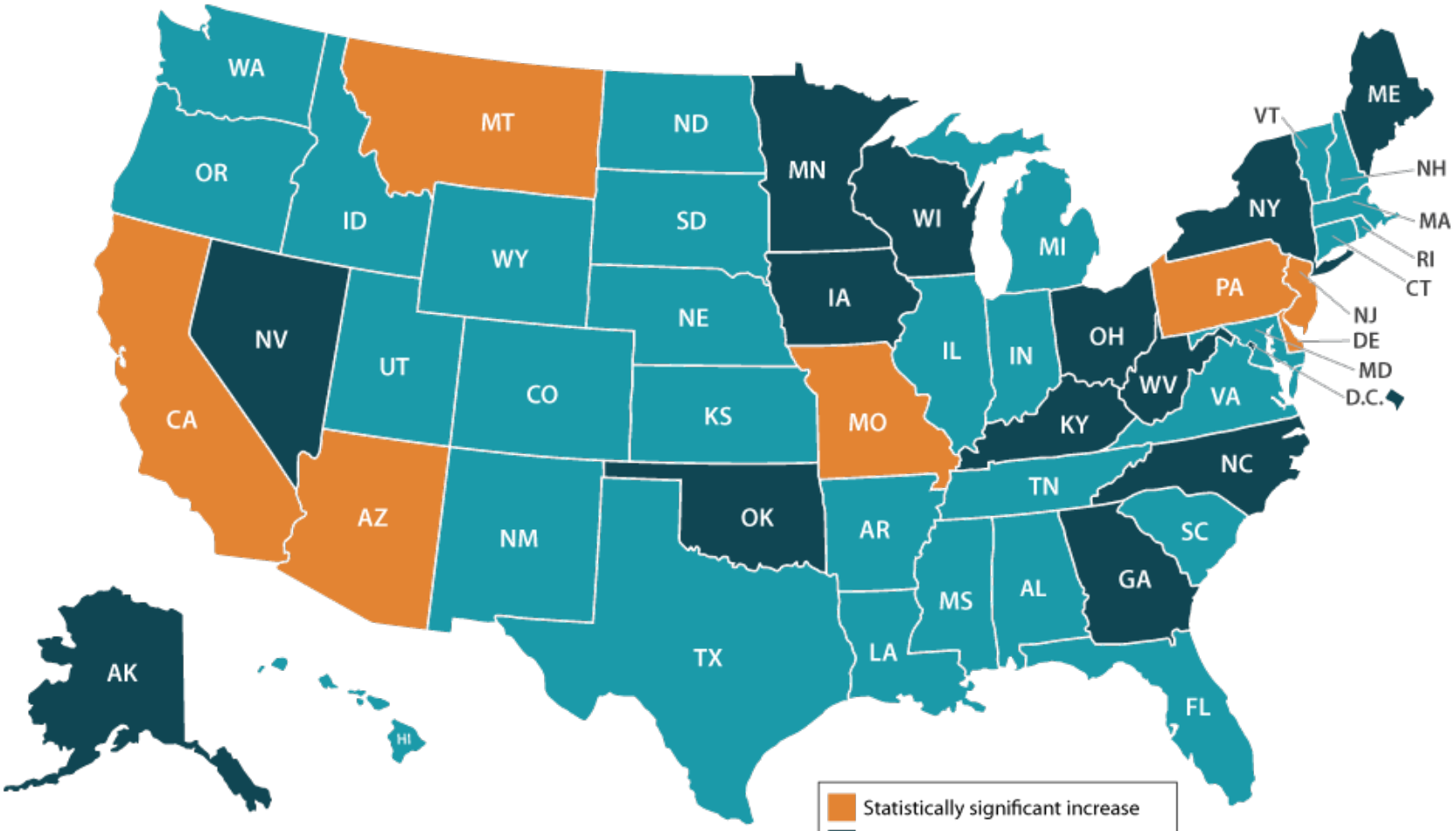
Changes in Opioid Overdose Death Rates, 2017-2018



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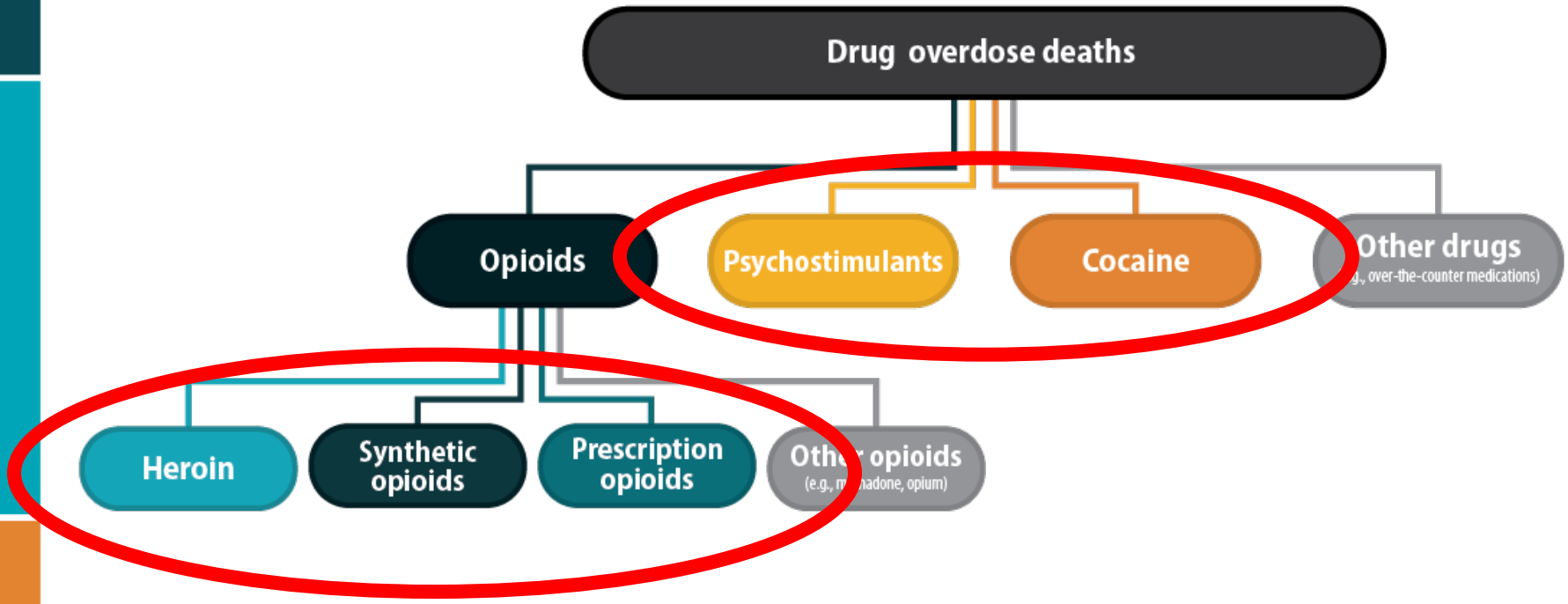
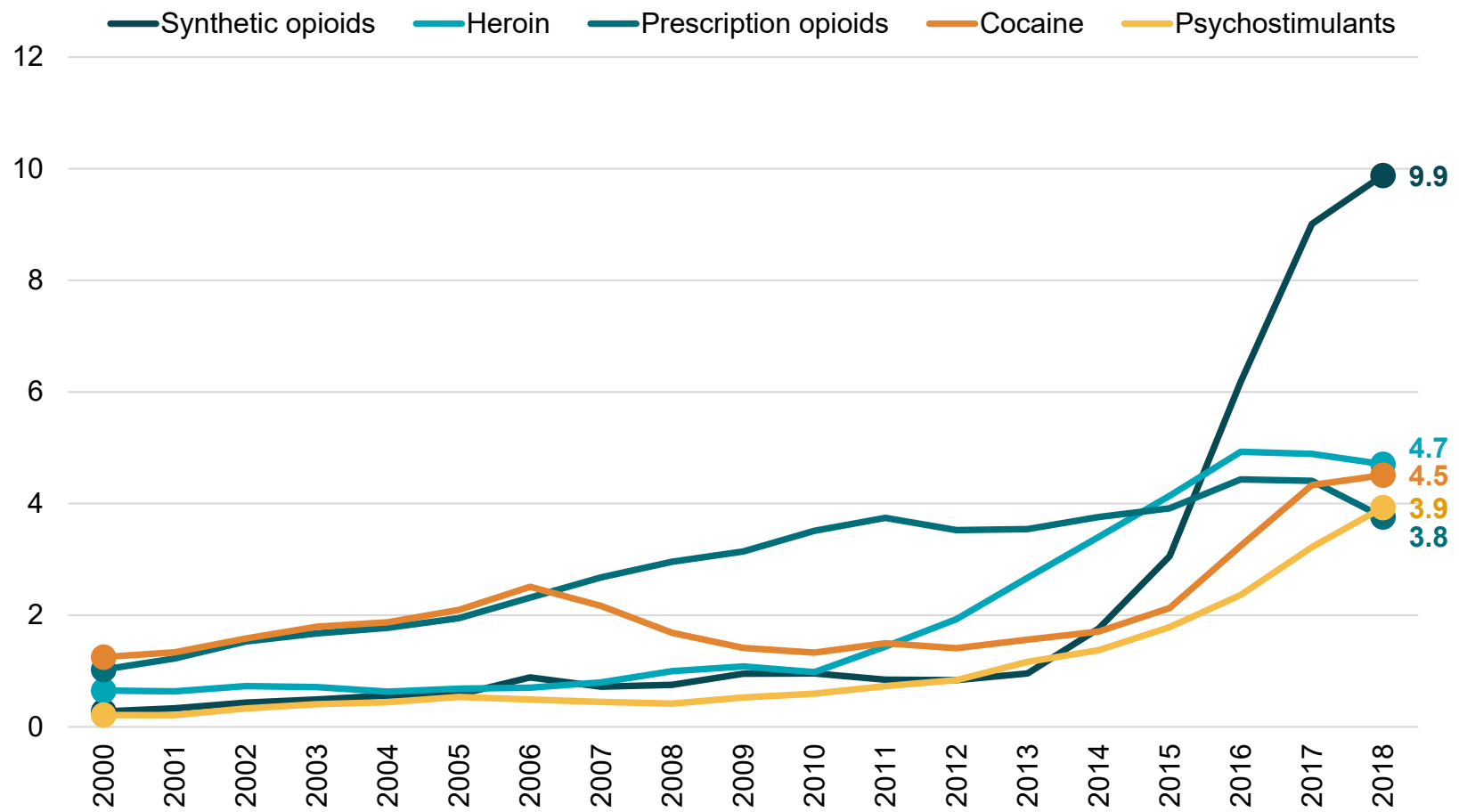
State Health Compare:
Opioid overdose death rates data



U.S. Drug Overdose Deaths by Type per 100,000 People, 2000-2018



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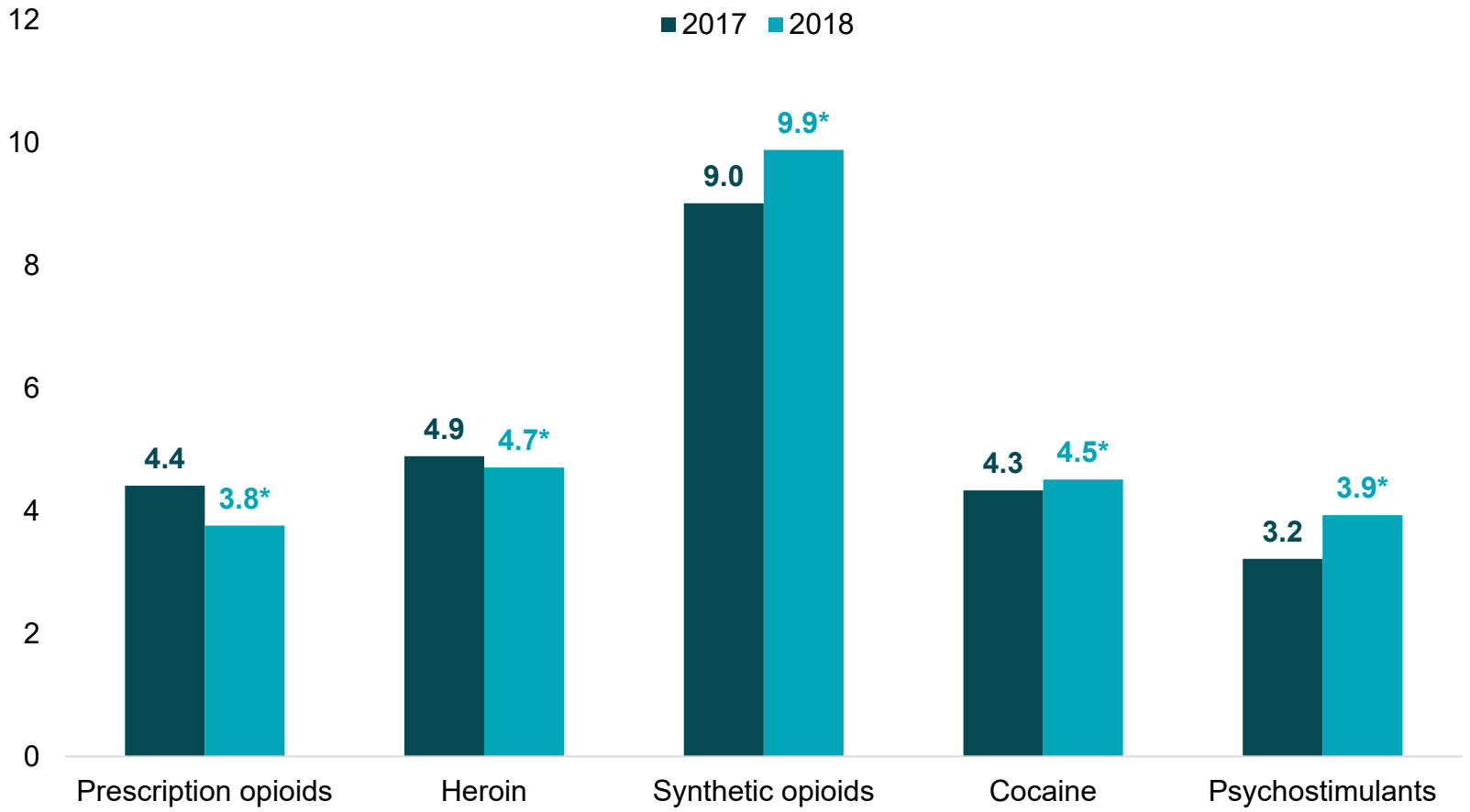

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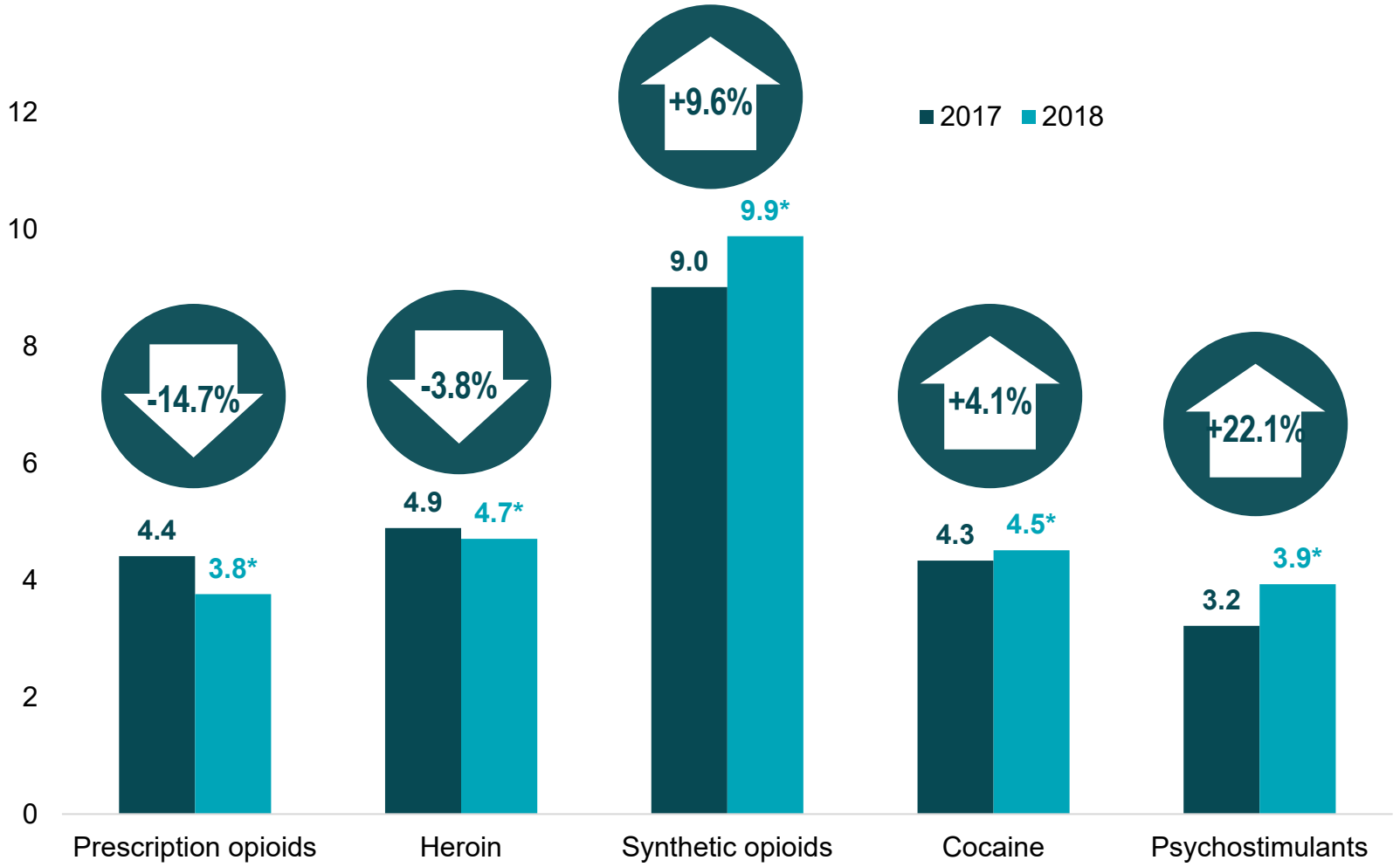

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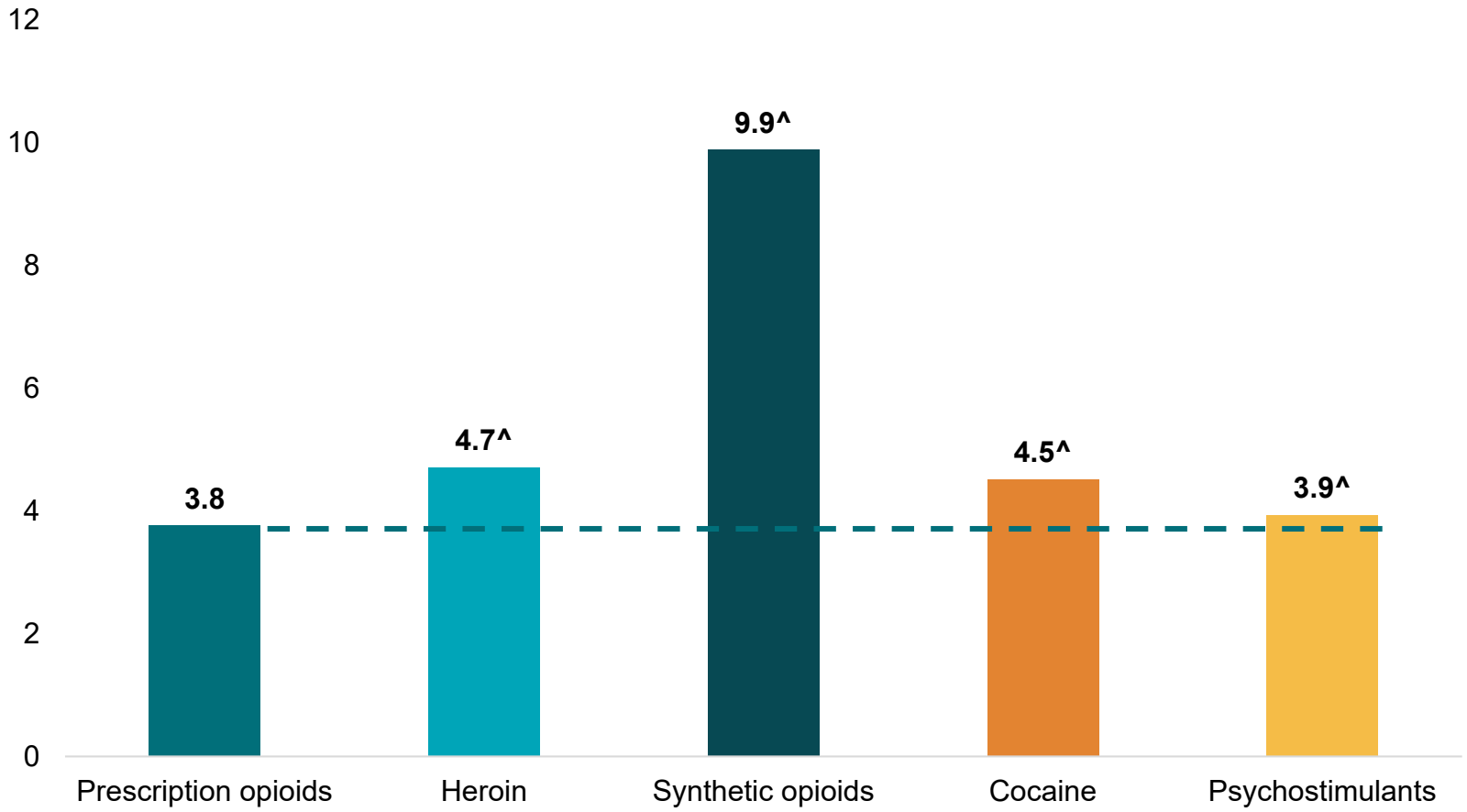
U.S. Drug Overdose Deaths by Type per 100,000 People, 2018



^ Significantly higher than the prescription opioid rate at the 95% level.
Source: SHADAC analysis of age-adjusted rates of drug poisoning deaths, National Center for Health Statistics

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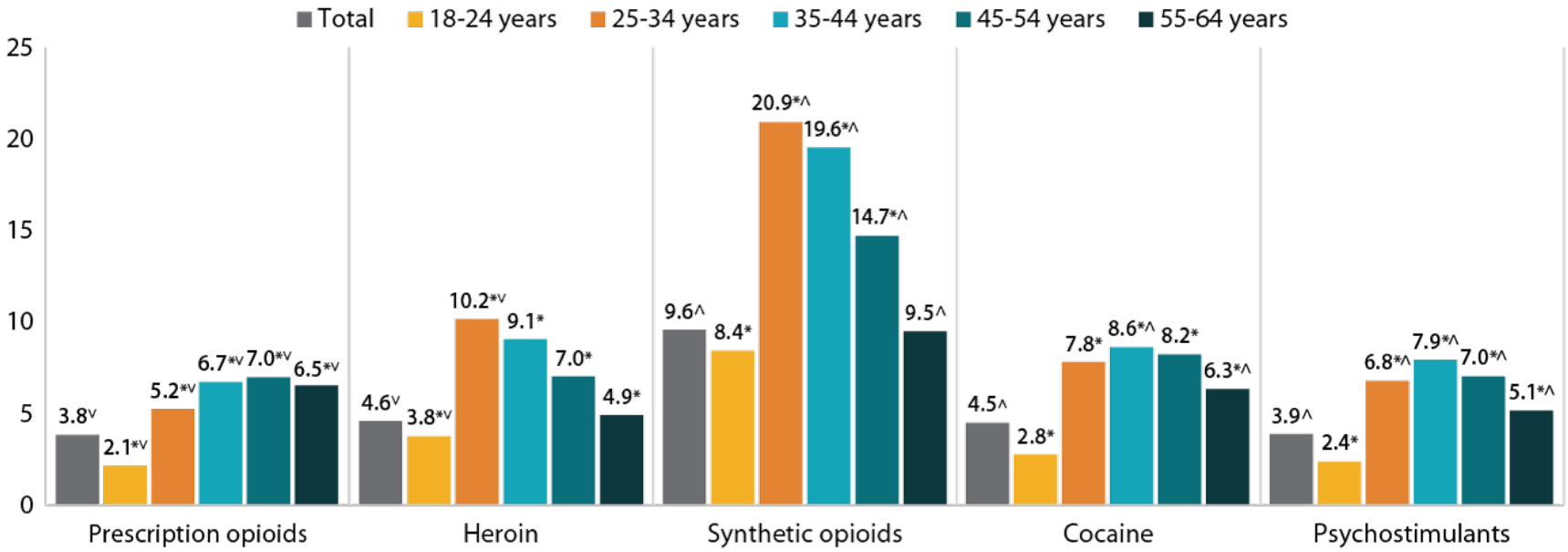
U.S. Sub-population Patterns

U.S. Overdose Deaths by Age per 100,000 People, 2018



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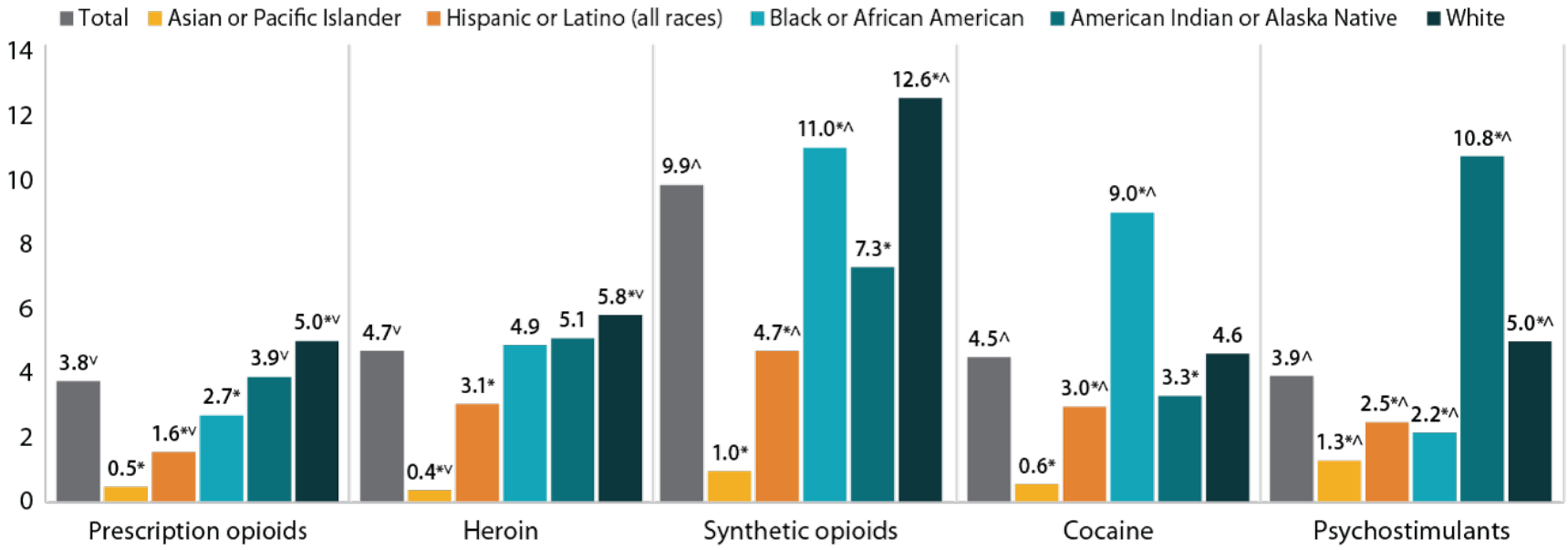
* Statistically significant difference from total rate at 95% level.
Source: SHADAC analysis of vital statistics data from the CDC WONDER system.

U.S. Overdose Deaths by Race/ethnicity per 100,000 People, 2018



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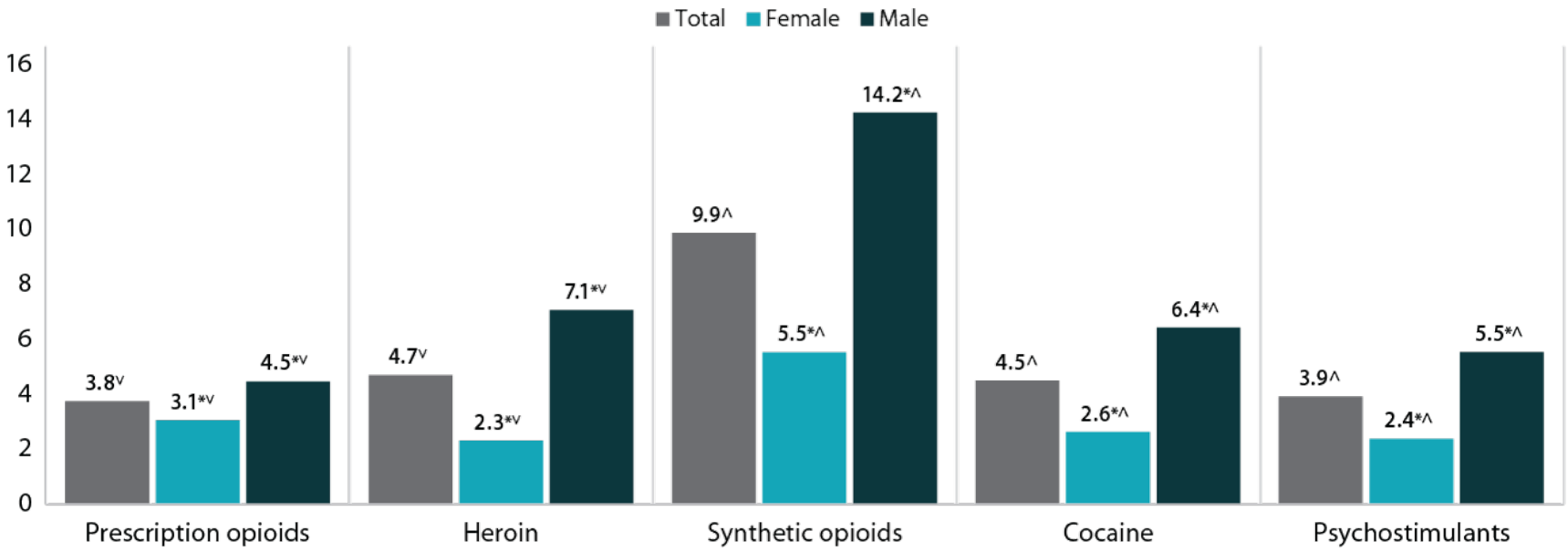
U.S. Overdose Deaths by Sex per 100,000 People, 2018



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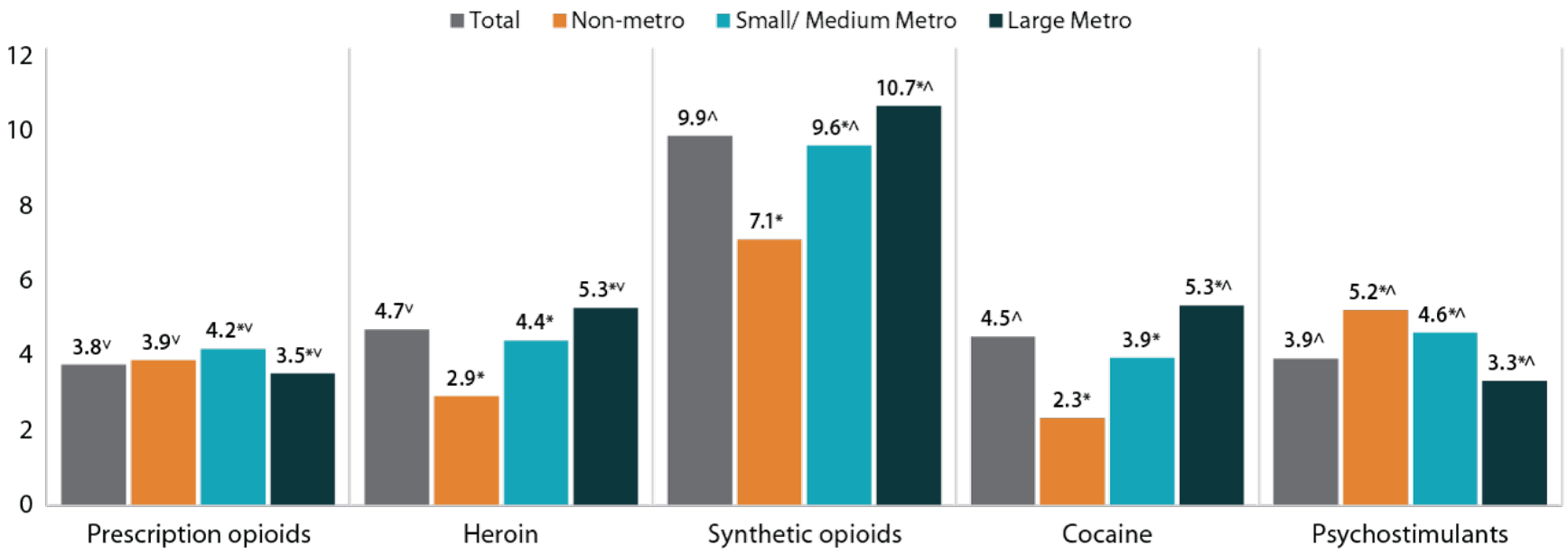
U.S. Overdose Deaths by Urbanization per 100,000 People, 2018



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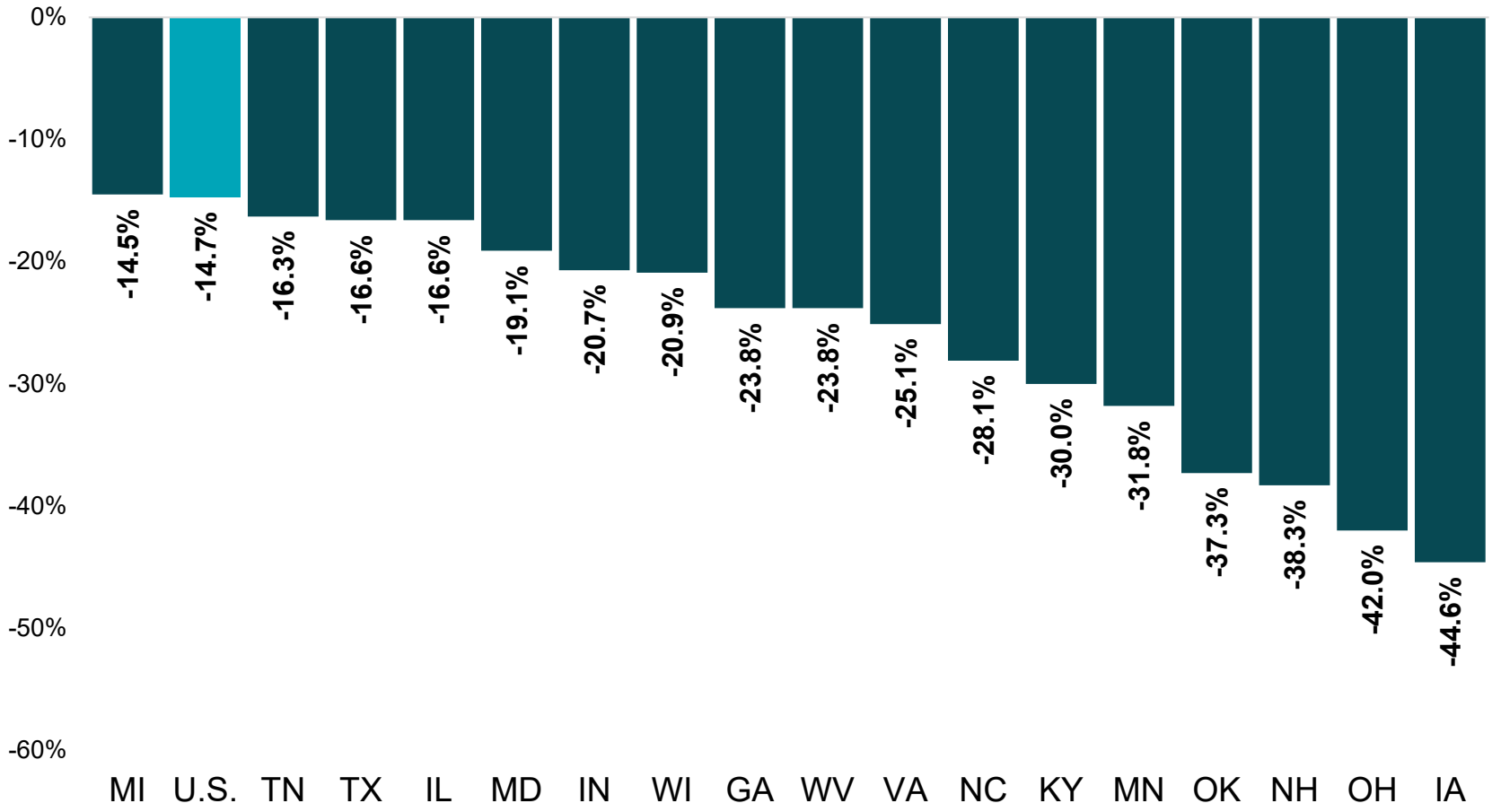
State-level Patterns

Prescription Opioids

Significant Changes in Prescription Opioid Overdose Death Rates, 2017-2018



Note: Only states that saw statistically significant changes in their overdose death rates from 2017 to 2018 are shown.
Source: SHADAC analysis of vital statistics data from the CDC WONDER system.

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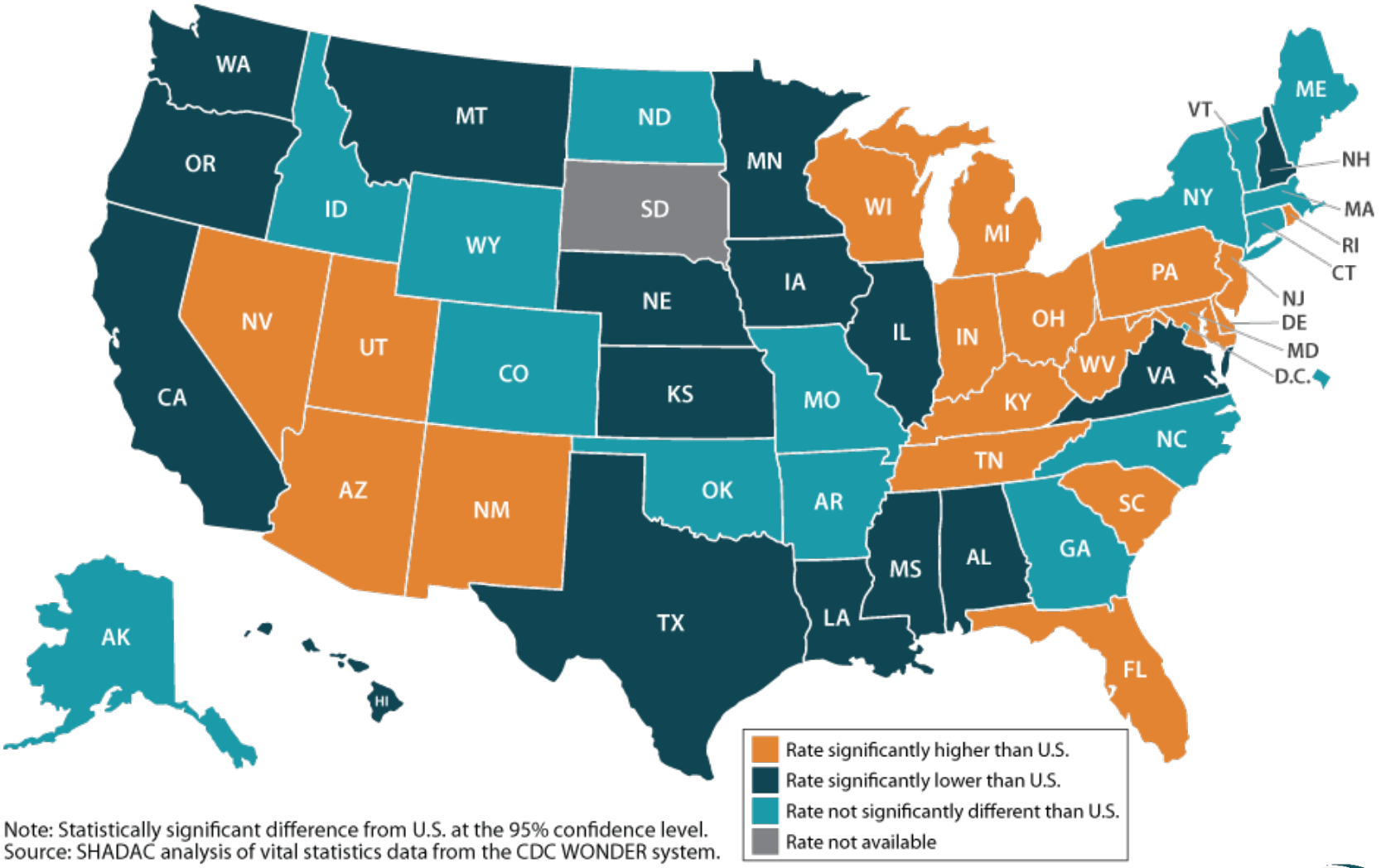
Highest and Lowest Rates of Prescription Opioid Deaths per 100,000 People, 2018

Five Highest Rates		Five Lowest Rates	
West Virginia	12.0	Texas	1.6
Utah	9.6	Iowa	1.7
Tennessee	7.4	Hawaii	1.8
Maryland	6.8	Minnesota & Nebraska	1.9
Delaware	6.7	Montana	2.0

State Prescription Opioid Death Rates vs. U.S., 2018



Note: Statistically significant difference from U.S. at the 95% confidence level.
Source: SHADAC analysis of vital statistics data from the CDC WONDER system.

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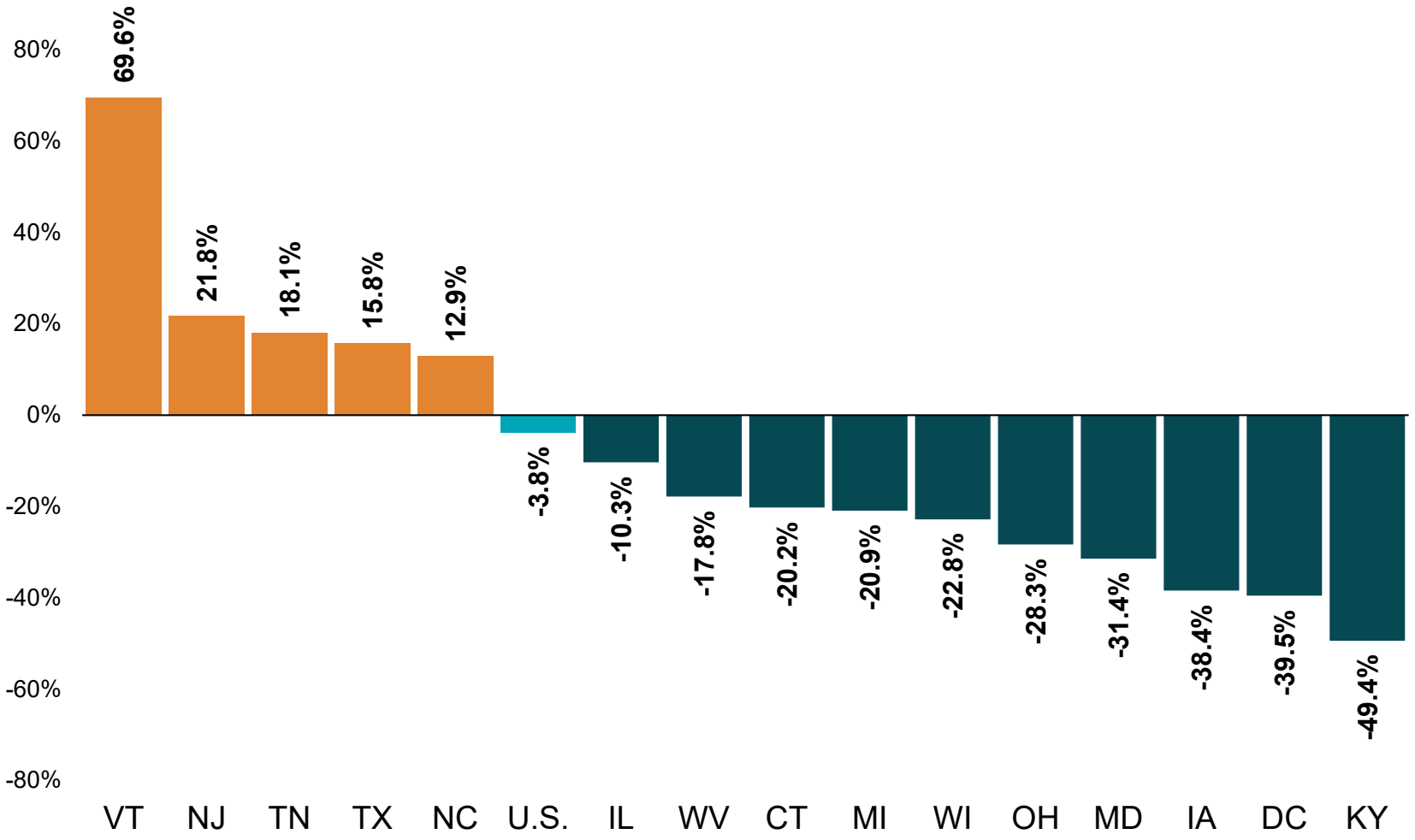
State-level Patterns

Heroin

Significant Changes in Heroin Overdose Death Rates, 2017-2018



Note: Only states that saw statistically significant changes in their overdose death rates from 2017 to 2018 are shown.
Source: SHADAC analysis of vital statistics data from the CDC WONDER system.

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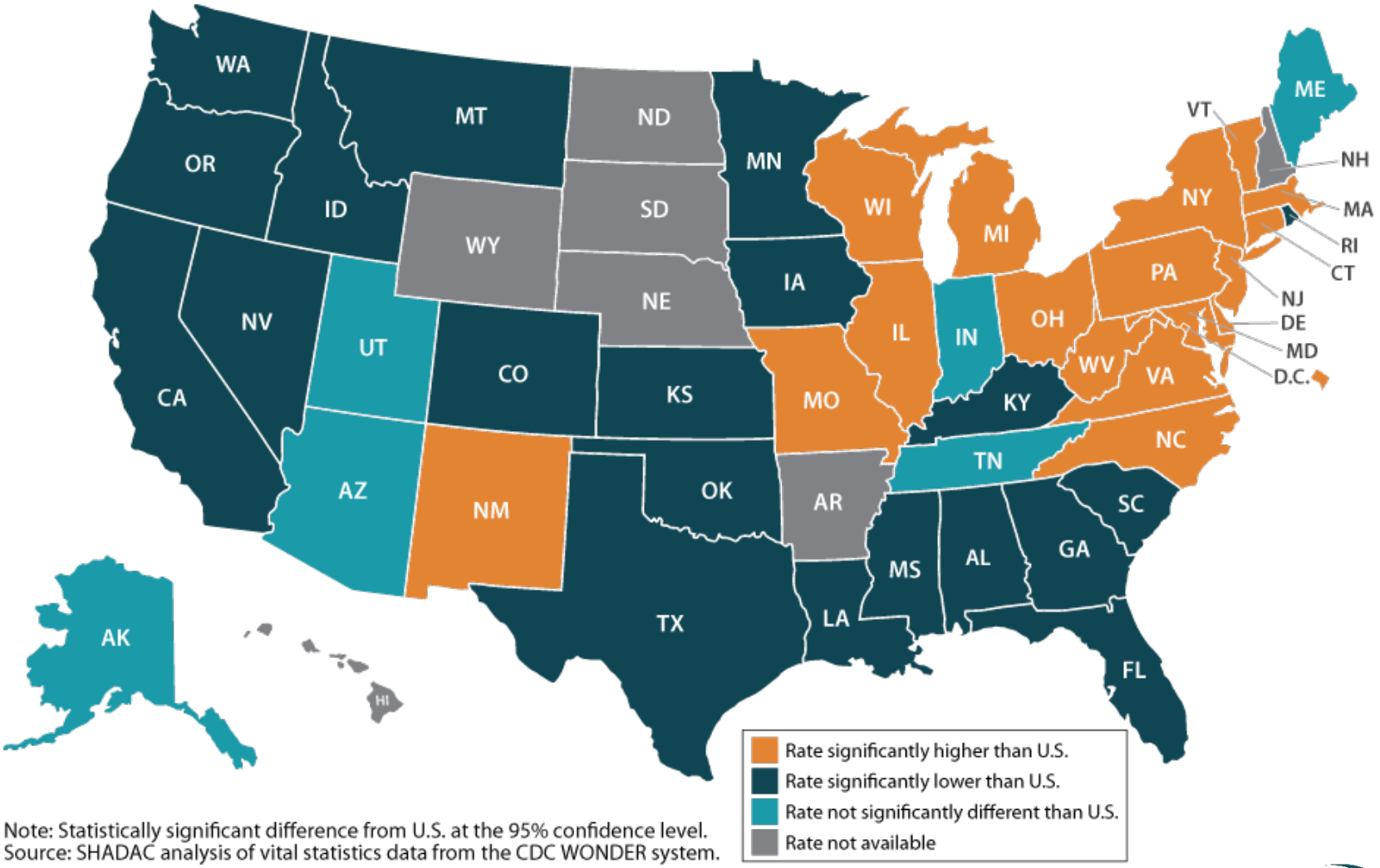
Highest and Lowest Rates of Heroin Deaths per 100,000 People, 2018

Five Highest Rates		Five Lowest Rates	
Delaware	15.9	Iowa & Kansas	1.3
New Jersey	14.8	Mississippi	1.4
Vermont	12.5	Minnesota	1.7
West Virginia	12.3	Idaho	1.8
District of Columbia	10.9	California	1.9

State Heroin Death Rates vs. U.S., 2018



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Source: SHADAC analysis of vital statistics data from the CDC WONDER system.

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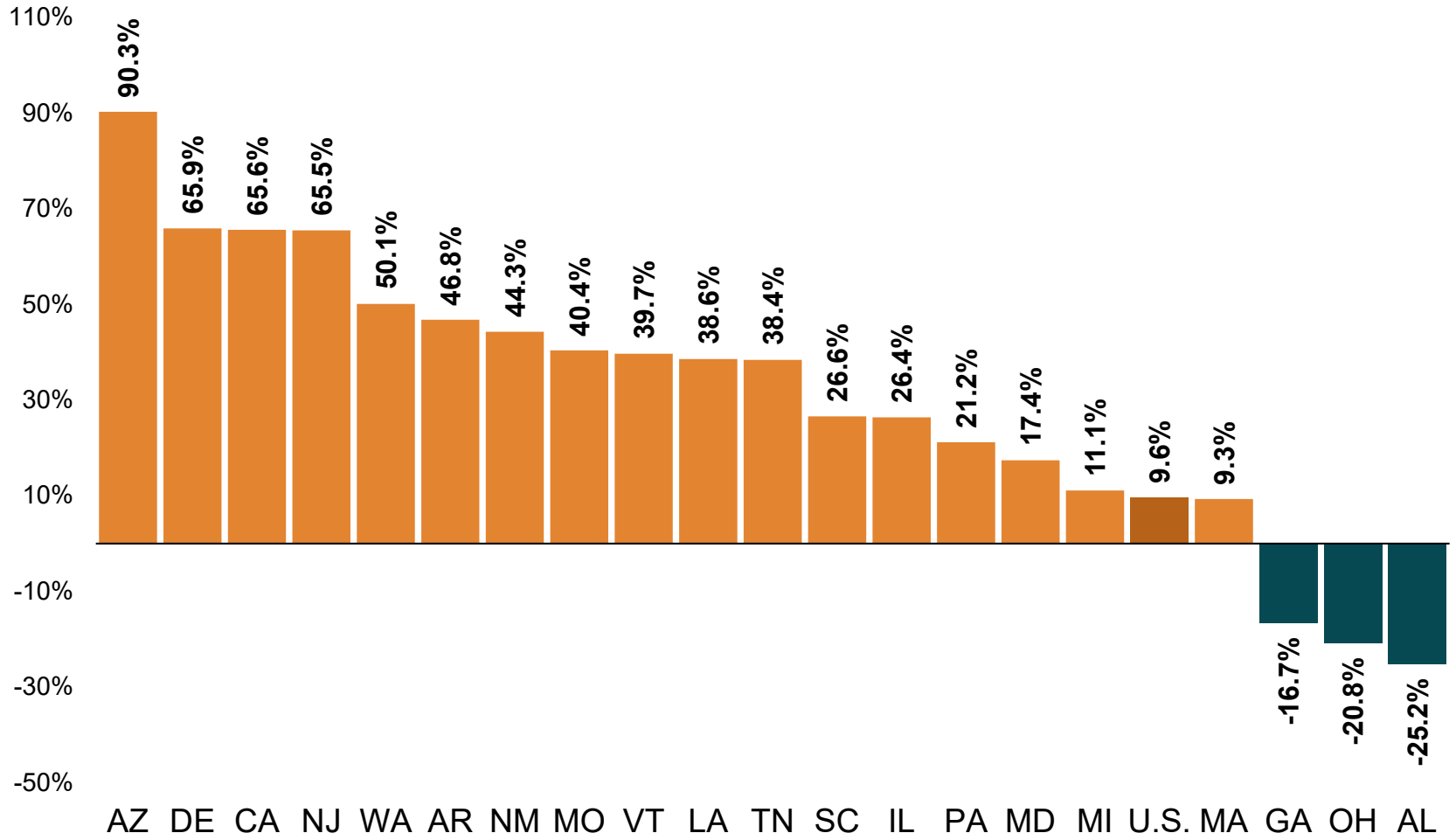
State-level Patterns

Synthetic opioids

Significant Changes in Synthetic Opioid Overdose Death Rates, 2017-2018



Note: Only states that saw statistically significant changes in their overdose death rates from 2017 to 2018 are shown.
Source: SHADAC analysis of vital statistics data from the CDC WONDER system.

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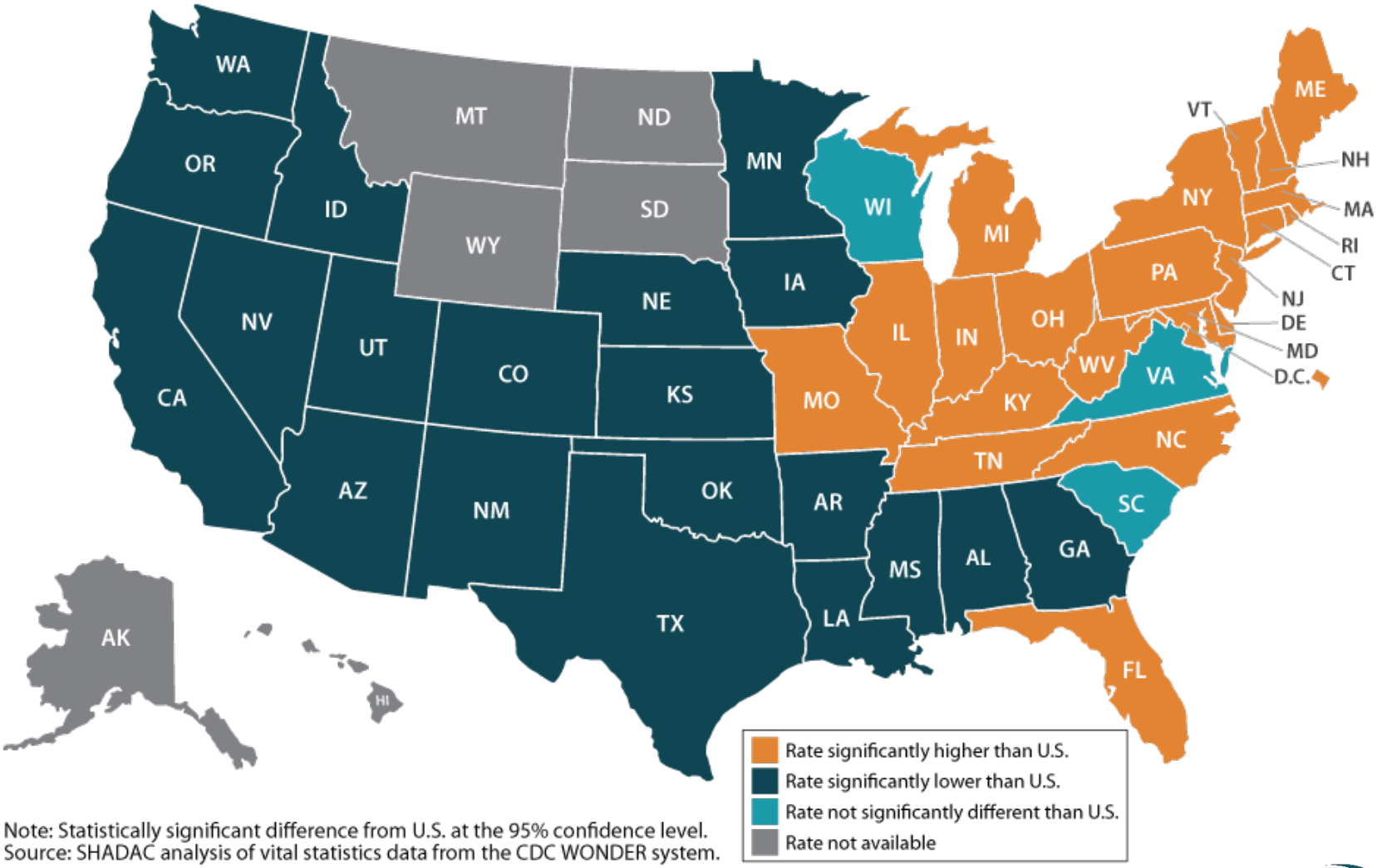
Highest and Lowest Rates of Synthetic Opioid Deaths per 100,000 People, 2018

Five Highest Rates		Five Lowest Rates	
West Virginia	34.0	Texas	1.2
Delaware	33.1	Nebraska	1.4
New Hampshire	31.3	Idaho & Kansas	1.7
Maryland	29.6	Oklahoma	2.0
Massachusetts	26.8	California & Colorado	2.2

State Synthetic Opioid Death Rates vs. U.S., 2018



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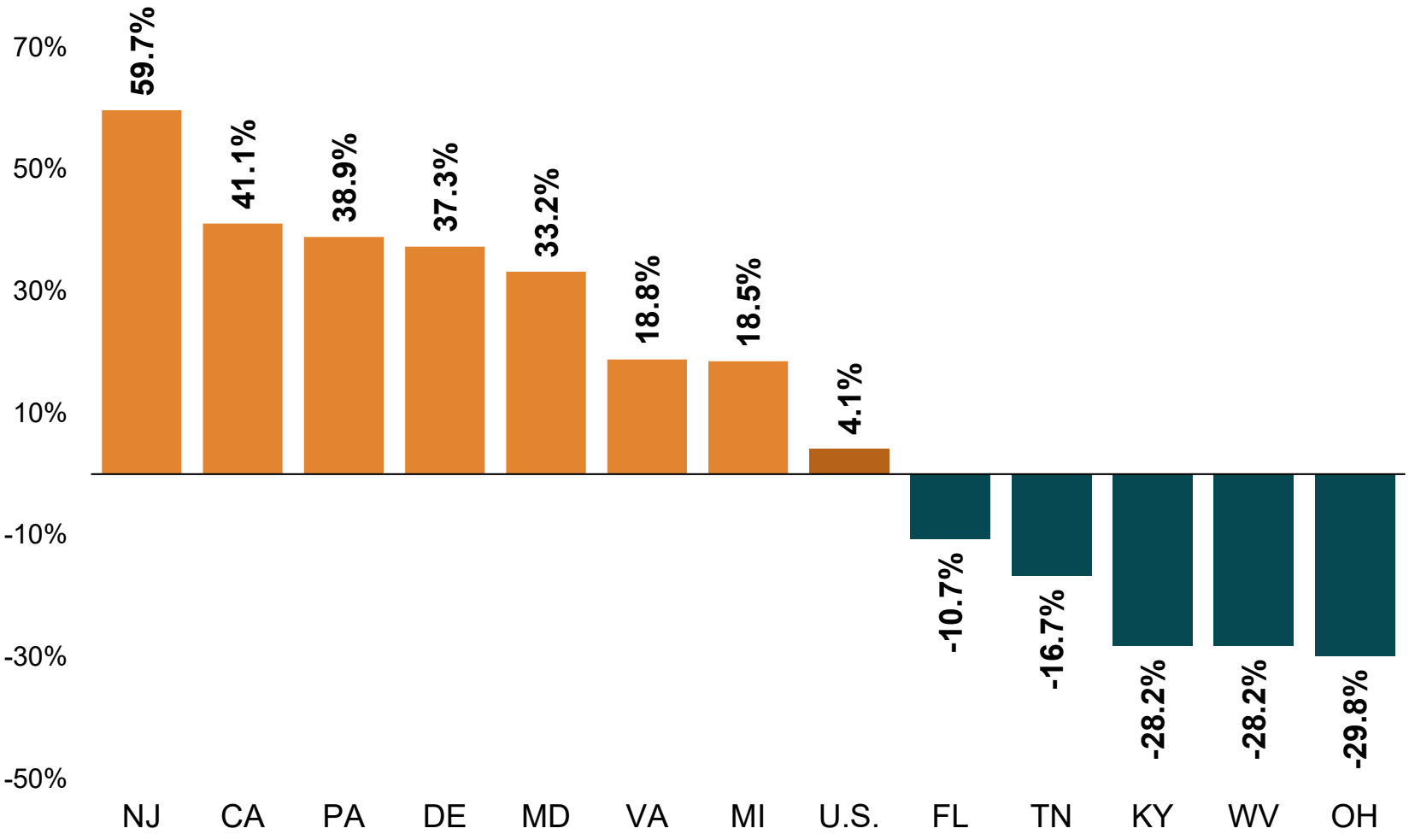
State-level Patterns

Cocaine

Significant Changes in Cocaine Overdose Death Rates, 2017-2018



Note: Only states that saw statistically significant changes in their overdose death rates from 2017 to 2018 are shown.
Source: SHADAC analysis of vital statistics data from the CDC WONDER system.

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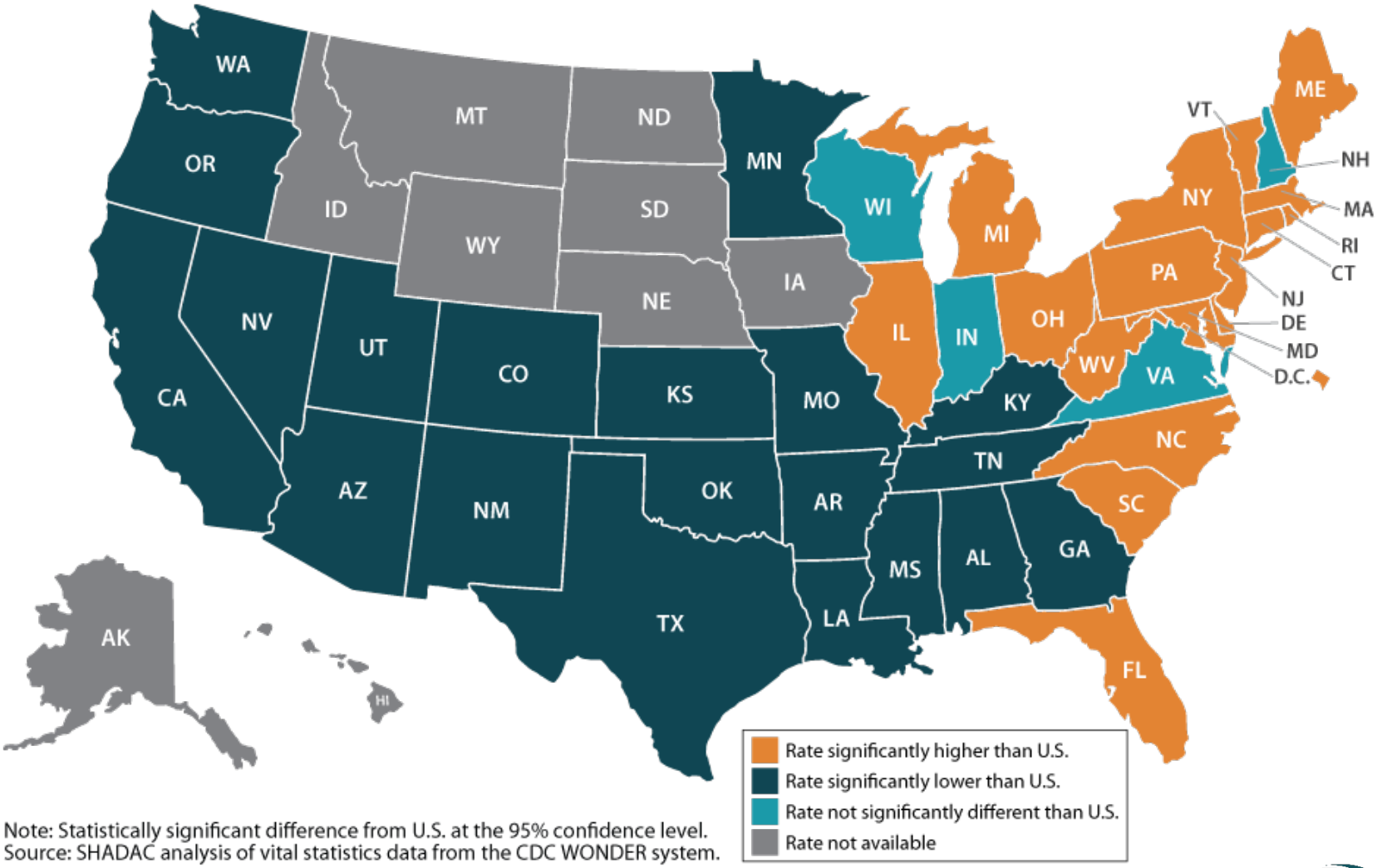
Highest and Lowest Rates of Cocaine Deaths per 100,000 People, 2018

Five Highest Rates		Five Lowest Rates	
Delaware	15.9	Arkansas & Minnesota	0.9
District of Columbia	14.2	Kansas	1.0
Rhode Island	13.1	Oregon & Oklahoma	1.1
Maryland	11.4	Mississippi	1.2
Massachusetts	10.7	California	1.4

State Cocaine Death Rates vs. U.S., 2018



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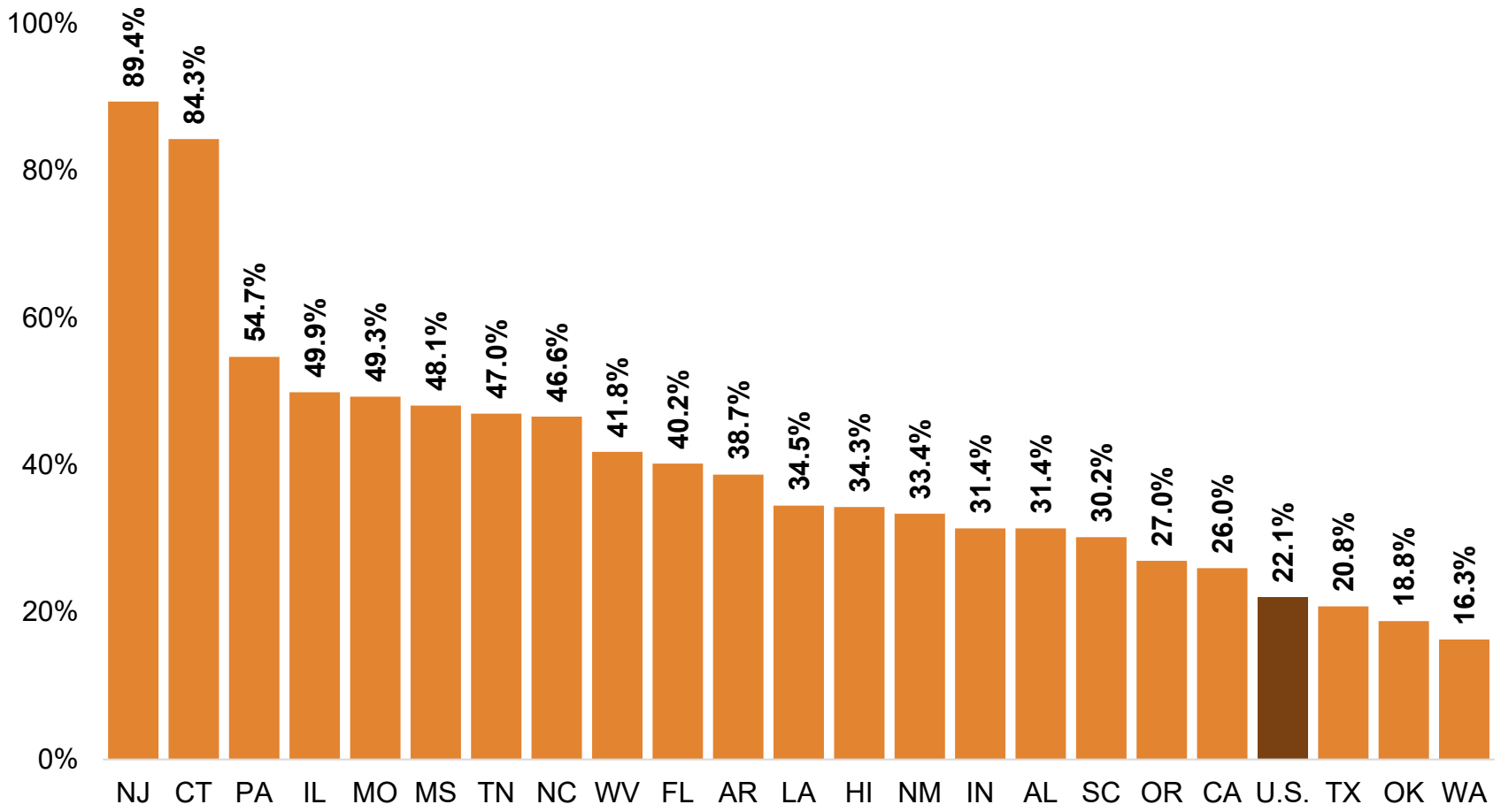
State-level Patterns

Psychostimulants

Significant Changes in Psychostimulant Overdose Death Rates, 2017-2018



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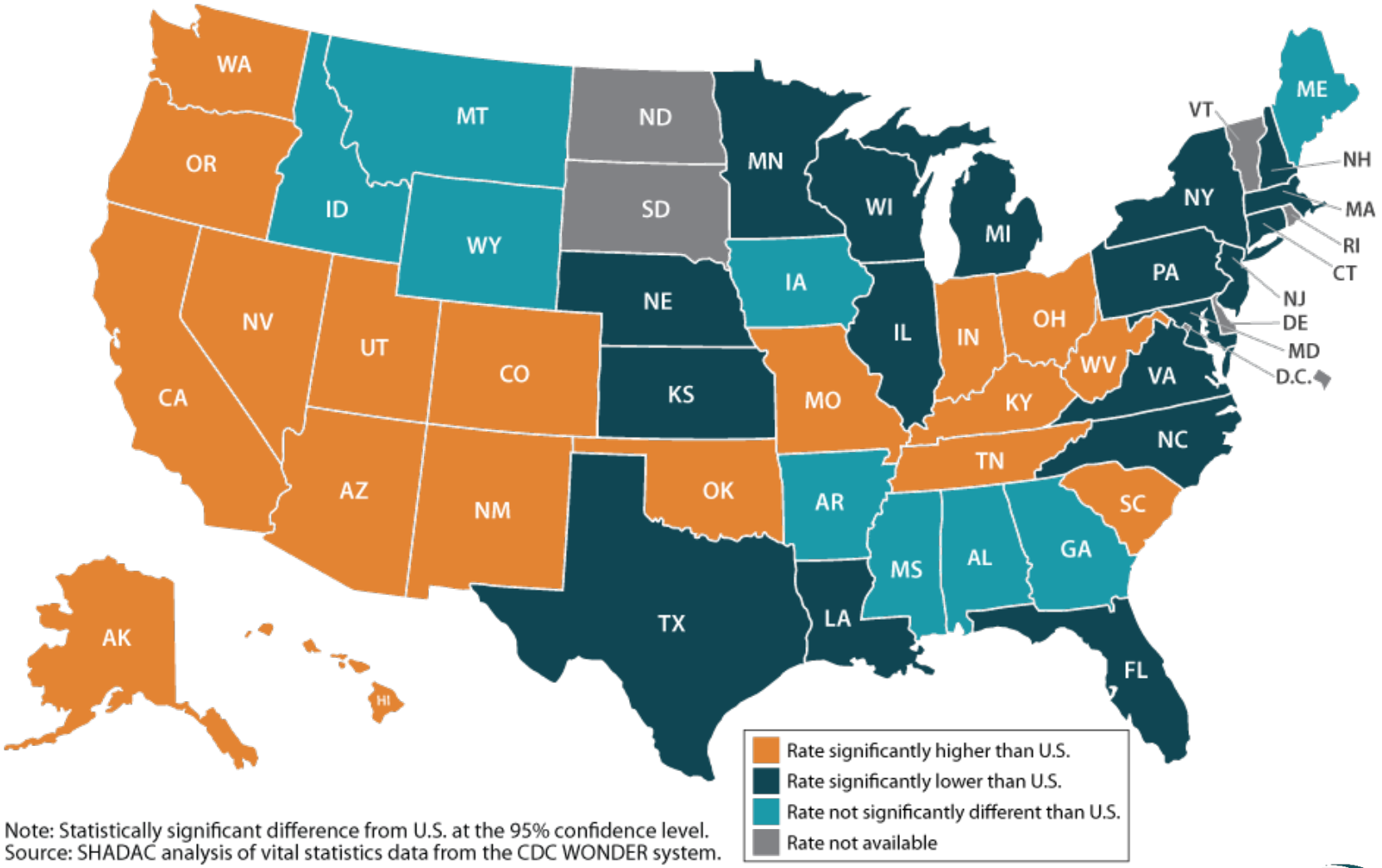
Highest and Lowest Rates of Psychostimulant Deaths per 100,000 People, 2018

Five Highest Rates		Five Lowest Rates	
West Virginia	19.3	New York	1.0
New Mexico	10.9	Maryland	1.1
Hawaii	9.9	Massachusetts	1.2
Nevada	9.6	Virginia	1.6
Kentucky	8.8	Nebraska & New Jersey	1.7

State Psychostimulant Death Rates vs. U.S., 2018



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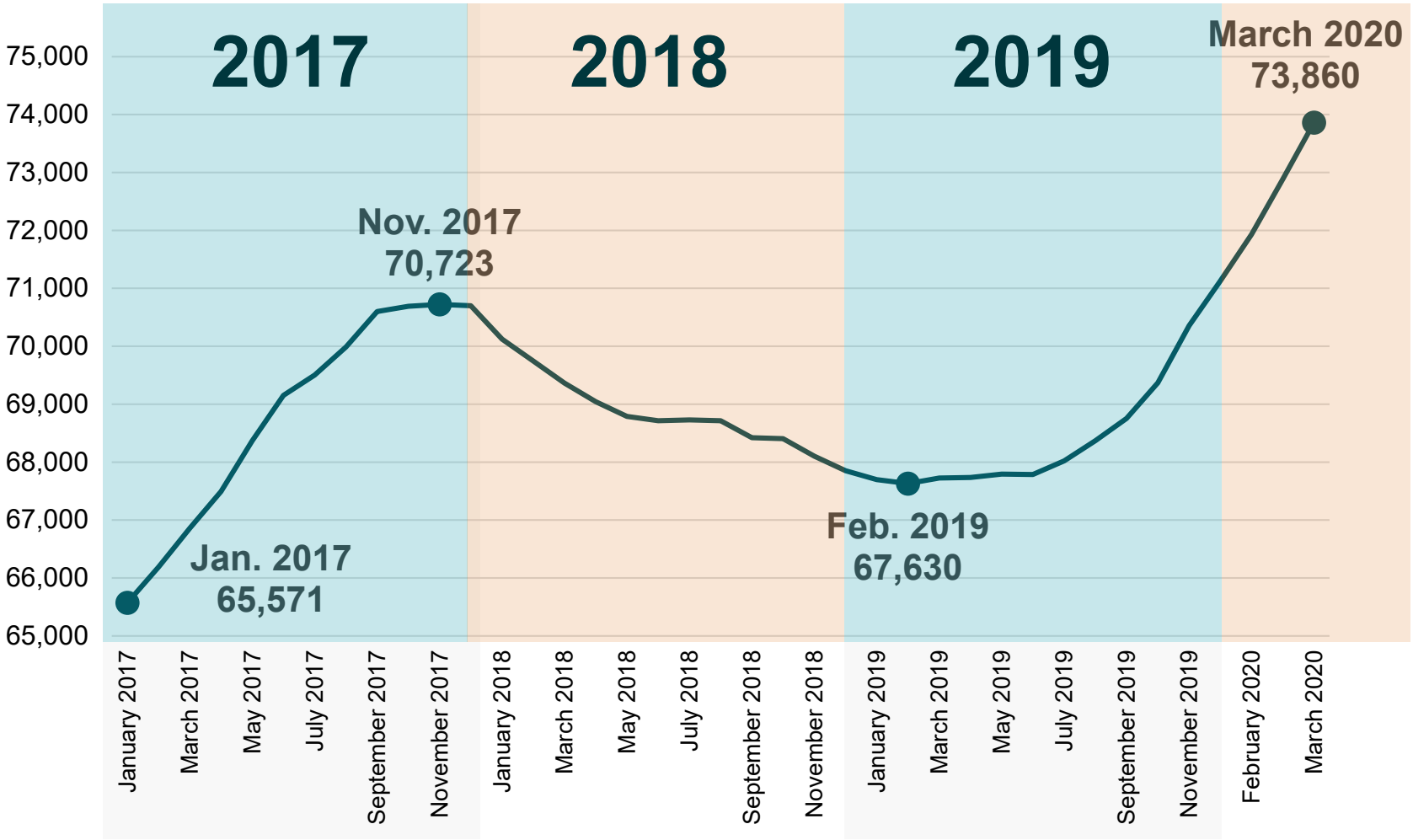
Resurgence of Overdose Deaths

Provisional data from 2019 and 2020

U.S. Provisional Drug Overdose Deaths, 12-month Rolling Counts



Source: CDC Provisional Drug Overdose Death Counts

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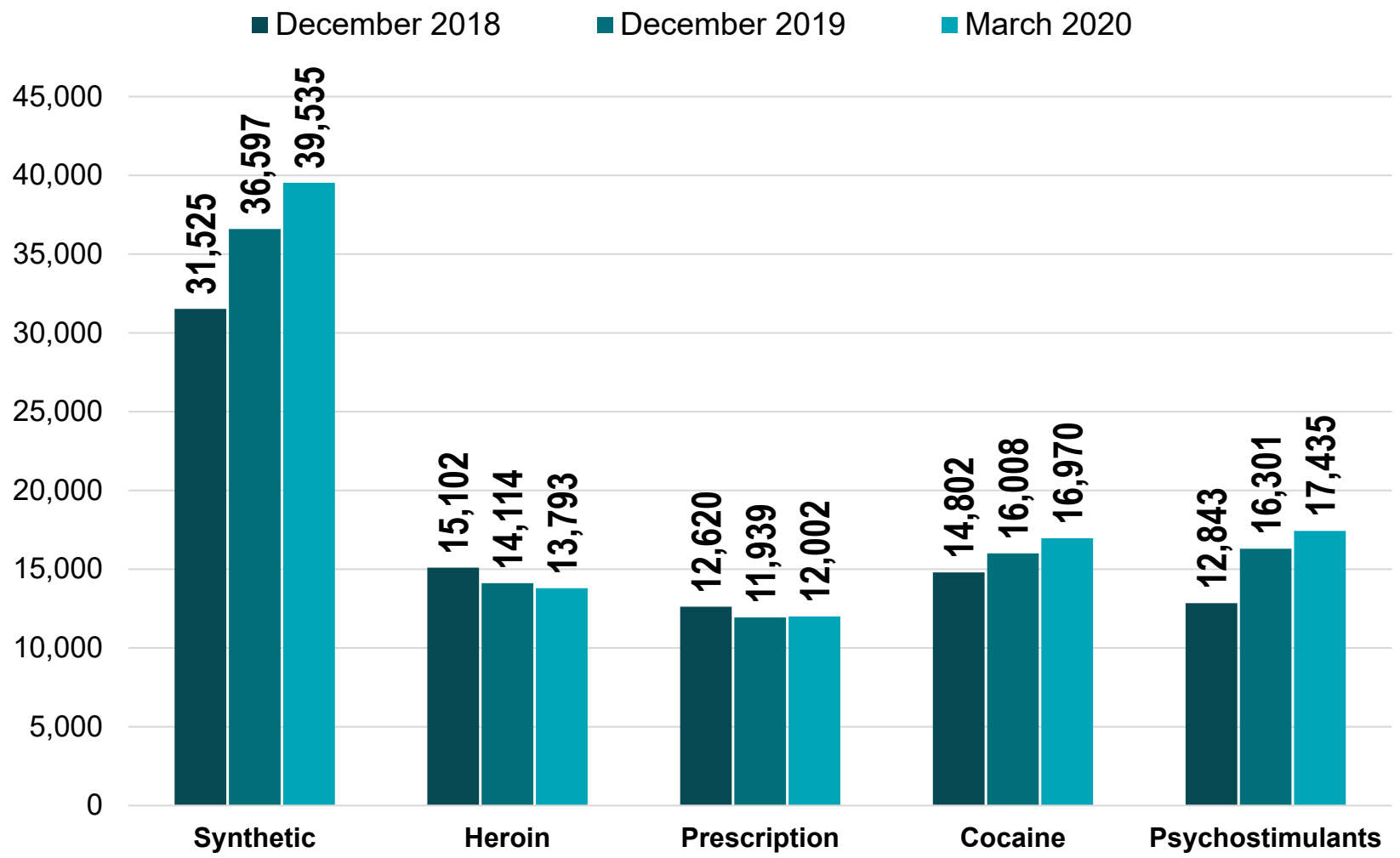
U.S. Provisional Overdose Deaths by Drug Type, 12-month Rolling Counts



Source: CDC Provisional Drug Overdose Death Counts

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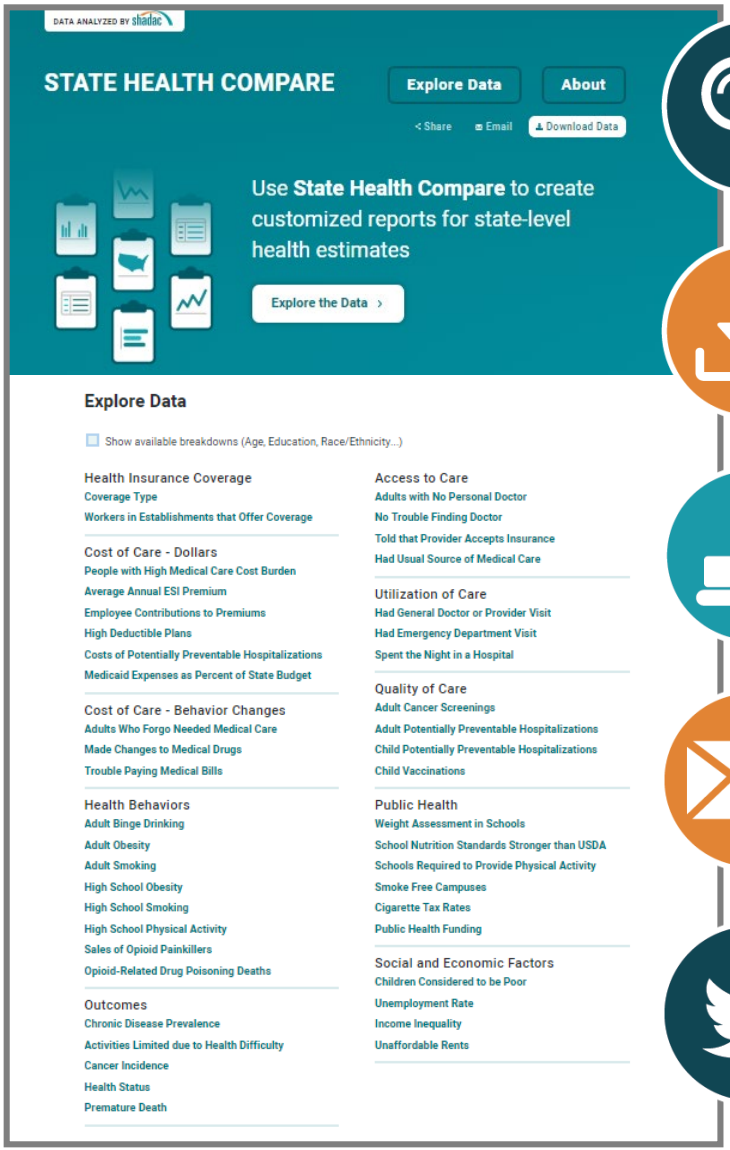
Visit StateHealthCompare.SHADAC.org



ACCESS State-level estimates related to the Culture of Health and heath care

DOWNLOAD customized reports and select data as an excel file

GENERATE detailed graphics, trend lines, maps, bar charts, and data tables.

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State Health Compare Demo

Robert Hest, MPP
Research Fellow, SHADAC

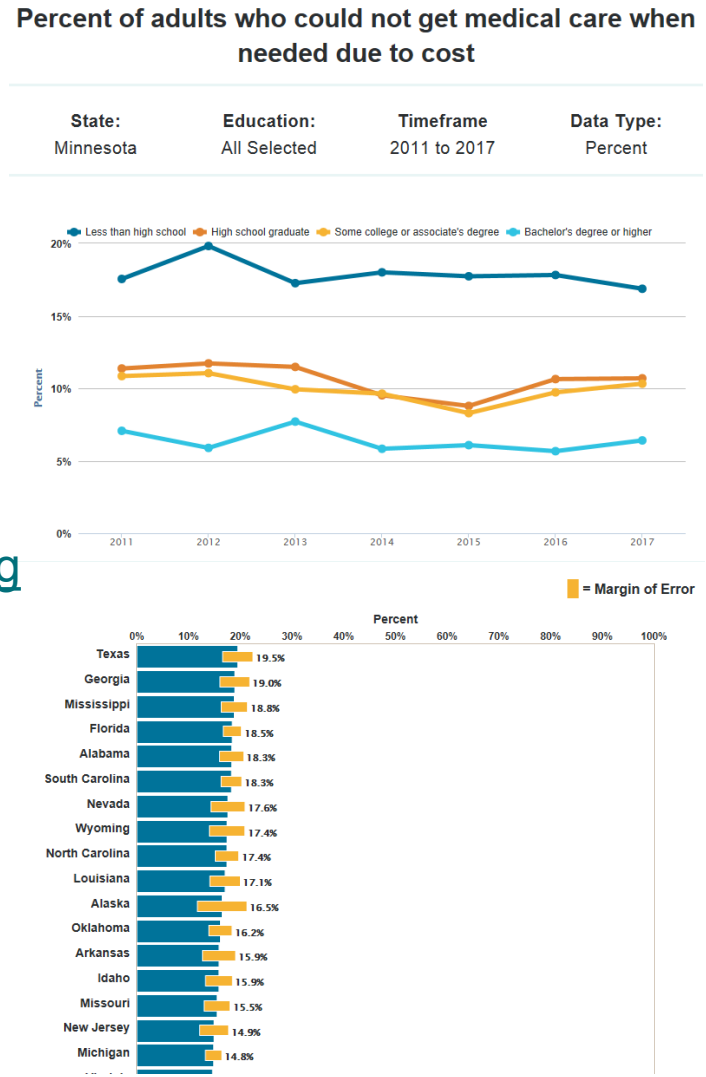
SHADAC's State Health Compare

45+ State-level measures of:

- Health Insurance Coverage
- Cost of Care
- Health Behaviors
- Outcomes
- Access to Care
- Utilization of Care
- Quality of Care
- Public Health
- Social and Economic Factors

SHADAC's State Health Compare

- Access Policy-relevant breakdowns available for most measures
- Generate tables, maps, bar charts, trends, and state rankings
- Margins of error in addition to point estimates allows for significance testing
- Data can be downloaded in spreadsheet format



Hest, Robert. "Significance Testing Using State Health Compare." May 2017. SHADAC. Available at: www.shadac.org/publications/significance-testing-using-state-health-compare

16 Data Sources, including:

- American Community Survey (ACS)
- Current Population Survey (CPS)
- CDC WONDER Database
- U.S. Drug Enforcement Agency's Automated Reports and Consolidated Ordering System (ARCOS)
- Behavioral Risk Factor Surveillance System (BRFSS)
- National Health Interview Survey (NHIS)
- Other sources

Virtual Tour

statehealthcompare.shadac.org/

Questions for Presenters?

Robert Hest, MPP
SHADAC Research Fellow

Colin Planalp, MPA
SHADAC Senior Research Fellow

Lynn Blewett, PhD
SHADAC Director

Thank you

Colin Planalp, MPA
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State Health Access Data Assistance Center (SHADAC)
University of Minnesota, Minneapolis
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