



Rotary Club of Centennial Colorado



Centennial, Colorado

January 30, 2018



Dr. Robert Valuck is shown receiving the book plate replica. Dr. Valuck's speech covered three areas; the scope and impact of the opioid crises in America and Colorado, factors contributing to the growth in misuse and abuse of opioids, and current solutions at the federal and state level; all of which will be discussed here. On our club's homepage is a link to Speaker Presentations. The entire presentation by Dr. Valuck can be found at this link.

SCOPE AND IMPACT

In 2016, over 63,000 people died from drug overdoses in the US. Nearly 2/3 of the deaths were from prescription drugs. Opioids (prescribed or illicit) were involved in 75% of the deaths. Colorado had 912 overdose deaths in 2016, 504 were opioid involved. Opioid deaths in Colorado were down slightly in 2015 and 2016. The bad news is that heroin, Fentanyl, and Methadone deaths are up sharply. From 2002 to 2014, the drug overdose mortality in Colorado increased 500%.

In 1979, the drug overdose mortality rate in Colorado was 4.1 deaths per 100,000 people. In 1990 the rate was 4.0. In 1999, the rate doubled to 8.0. In 2005, the rate increased to 12.7. In 2010, the rate stayed at 12.7. This ranked Colorado 24th in the nation in the drug overdose mortality rate. From 1979 to 2010, the drug overdose mortality rate increased 210%. From 1999 to 2010, the drug overdose mortality rate increased 59%. The 2010 motor vehicle mortality rate in Colorado was 9.5, about 75% of the drug overdose mortality rate.

In 1979, the motor vehicle mortality rate in Colorado was about 22, and it was 9.5 in 2010. In 1979, the death rate in Colorado from firearms was just under 15 deaths per 100,000 people. In 2010, it was about the same as the motor vehicle death rate of 9.5. In 1979, the drug overdose mortality rate was 4.1, about 20% of the motor vehicle death rate, and less than half of the firearm death rate. By 2010, the drug overdose mortality rate was greater than the mortality rate from firearms and motor vehicles.

The following statistics are for 2014. For every opioid death, there were 10 treatment admissions for abuse. For every opioid death, there were 32 emergency room visits for misuse or abuse of drugs. For every opioid death, it is estimated there are 130 people who abuse or are dependent on opioid drugs. For every opioid death, there are 825 nonmedical users of opioid drugs.

FACTORS CONTRIBUTING TO THE GROWTH AND MISUSE

For 2014, the cost of prescription of drug abuse in the US is estimated to be \$78.4 Billion to the economy. \$1.2B is medical complications such as abscesses from injections. \$3.2B is for substance abuse treatment. \$12.1B is for criminal justice. \$62.0B is for lost productivity. The largest impact of prescription drug abuse is on productivity at 79%.

From 1999 to 2010, there has been a 3.9 fold increase in the number of opioid prescriptions in the US. It went from about 2 kg of opioids sold per 10,000 people to about 7. In 2013, there were 259 million opioid prescriptions dispensed at retail, enough for every adult American to have a bottle of pills every year.

There is a "Perfect Storm" for opioids. There is a rapid increase in the number of opioid prescriptions. There is an increase in the recognition of pain, with under-treatment of pain. Drugs companies have been advertising and promoting opioid drugs. Practitioners are not specifically trained in opioid pharmacology. Drugs are powerful and highly addictive. There is scamming with doctor and pharmacy shopping for black market of opioids.

How does this problem most often start?

In 2010, Colorado ranked 37th in the nation for sales of opioid pain relievers at a rate of 6.3 kg of opioid per 10,000 people. In the same year, Colorado was 2nd in the nonmedical use of opioid pain relievers.

The sources of nonmedical opioids is interesting. 55% is obtained from a friend or relative. 17.3% is prescribed by one doctor. 11.4% is bought from a friend or relative. 4.8% took the opioid from a friend or relative without asking. Only 4.4% is obtained from a dealer. In summary, 70% of non-medical opioids are obtained from a friend or relative.

WHAT CAN BE DONE?

The President's Commission has recommended:

- Declare national public health emergency (done),
- Treatment expansion: Eliminate Medicaid IMD exclusion,
- Continued Medical Education: Mandatory CME for DEA registered prescribers,
- Naloxone: equip law enforcement, create standing orders laws at state level, require co-prescribing for at risk patients,
- Fund interstate data sharing, and
- Address 42 CFR 2 consent issues.

There has been new federal funding through the Comprehensive Addiction and Recovery Act and the 21st Century Cures Act. Colorado has received funds from these two acts.

Colorado has a plan to reduce prescription drug use. It is called the Colorado Consortium for Prescription Drug Abuse Prevention. This consortium consists of ten working groups which are:

- Treatment work group,
- PDMP work group,
- Data & research work group,
- Recovery work group,
- Affected families & friends work group,
- Heroin response work group,
- Naloxone work group,
- Safe disposal work group,
- Provider education work group, and

- Public awareness work group.

The object of the Safe Disposal Work Group is to create a state wide permanent drug dropbox/collection program. The goal for 2017 is to have at least one permanent dropbox in every county in Colorado. Currently, there are 93 dropboxes in 47 counties.

The Provider Education Work Group wants to create live continuing education for physicians and other providers. To date, 17 programs have been provided to more than 1,000 providers. 3 more programs are scheduled.

In addition, there is an Opioid and Other Substance Use Disorders Interim Study Committee. This committee has drafted 6 bills, as of October 2017. The six bills cover prevention/education, clinical practice, harm reduction, workforce development, treatment, and payment reform. The committee is composed of Colorado House and Senate members from both sides of the aisle.

This past weekend, the Rotary Club of Centennial held their opioid event at the Heritage Bend club house. 112 pounds of drugs were collected along with 42 pounds of sharps. Dr. Valuck, who presented at our club meeting, presented at the event. Also presenting was the mother of a girl that was taken by the opioid epidemic. Congratulations to all of those who participated in the event.

Newsletter continues on the next page.

2015-2016 Club Officers

President—John Berry
President Elect—Tim Eunice
Secretary—Karen Berry
Treasurer—Barbara Medina
Sergeant at Arms—Phil Chipouras
Past President—Randy Earnest

Directors

Club Administration—John Peterson
Member-at-Large-Samantha Johnston
Membership Growth & Enrichment—Trip Butler
Rotary Foundation—John McCarty
Millennial Satellite Club-Andrea Tagtow & Katie Guyon

UPCOMING EVENTS

FEB 6—AUTHUR ORTEGON,
COSCAST CABLE COMMUNICATIONS

FEB 17-CHINESE NEW YEAR
LION DANCE, 7 PM

FEB 20—GWEN JEWELL, ATTORNEY: LINCOLN'S EGACY OF
EQUALITY & LIBERTY

FEB 22-ENGINEERS WITHOUT
BORDERS FUND RAISER

MAY 19-29, ROTARY DISTRICT
CONVENTION

CLUB BUSINESS

- Flower Power is still in need of a chairperson. If no one steps forward to volunteer, our President will appoint someone.
- Valentines for Vets. Valentine cards need to be given to Jeanne Henschen by February 9.
- Jie Zheng talked about the Volcano line dance which is going to be February 17. This is the Year of the Dog. Dance is at 7 PM
- PrimeTimers. On the first, third, fourth, and fifth Mondays of each week there is a game day. Bridge players are also sought. This is at Willow Creek Club House No. 1.
- Engineers Without Borders. They are going to install two new pumps at a facility in Madagascar to see if the pumps are reliable. If they are, then our club will go ahead with our financing for additional wells.

TRAVEL GIFTS

- Don Shattuck present a winter cap that has a special liners to reflect heat back to the wearer.

BLUE MARBLE

- Sheriff Dave's number was drawn. The elusive blue marble was not found.

CLUB MAKEUPS:

<http://bestrotary.com/gallery-collections/video-galleries>

www.rotaryclubone.org