The Opioid Epidemic

Four Effective Interventions

The Call for Opioid Intervention

- Since 1999, overdose deaths involving opioids have quadrupled, and sales of opioids have tripled each year.
- More than 3 out of every 4 drug overdose deaths involve an opioid.
- On an average day, 1,000 people initiate nonmedical use of prescription opioids and 16 people die from an opioid-related overdose.

Number of opioid prescriptions per 100 people

<table>
<thead>
<tr>
<th>State</th>
<th>Opioid Prescriptions per 100 people</th>
</tr>
</thead>
<tbody>
<tr>
<td>WA</td>
<td>52.71</td>
</tr>
<tr>
<td>TX</td>
<td>72.82</td>
</tr>
<tr>
<td>TX</td>
<td>82.95</td>
</tr>
<tr>
<td>CA</td>
<td>96.43</td>
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</tbody>
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Allina Health Results:

- 983,527 fewer opioid pills prescribed in the outpatient setting in 2016, a 27% relative reduction.
- 2,079 fewer patients receiving an opioid pill prescription over 12 months, an 18% relative reduction.
- 1,291 fewer patients receiving opioid prescriptions to >30 pills, a 23% relative reduction.

Use Data & Analytics to Inform Strategies That Reduce Opioid Availability.

Adopt Prescription Drug Monitoring Programs to Prevent Misuse.

State Successes:

- **Actor:** New York: required prescriptions to check the state’s prescription drug monitoring program before prescribing opioids.
- **Result:** Saw a 75% drop in patients who were seeking multiple prescribers to obtain the same drugs.

Adopt Evidence-Based Guidelines.

- **Actor:** Washington State implemented evidence-based prescribing guidelines.
- **Result:** Changes are believed to have contributed to a 27% reduction in opioid-related deaths between 2008 and 2012.

Consider Promising State Strategies for Dealing with Prescription Opioid Overuse.

- **Actor:** Oregon: 66,463 overdose deaths were reversed.
- **Actor:** California: 250,000 overdose deaths were reversed.

The Call to Action

- Prescribing patterns have been an increased availability of opioids and the perception that opioids are the primary or only option for pain relief.
- Realize the role of the healthcare system in reducing the amount of opioids prescribed.
- Multiple opioid interventions are required to control the epidemic.

Four Approaches to Confront the Opioid Epidemic

- **New York:** 75% reduction
- **Florida:** 50% reduction
- **Tennessee:** 36% reduction

Adapted from the 2014 State Call to Action on Opioids in America.