Patterns of Heroin and Other Substance Use in Youth and Young Adults in Suburban Cook County

2014 School Nurse Conference
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Learning Objectives

• To become familiar with patterns and trends in heroin and other substance use nationally and locally

• Identify populations at increased risk for heroin and opiate use
NATIONAL CONTEXT: HEROIN AND OPIOID USE
US: Trends in Mortality: Drug Overdose vs Motor Vehicle Death Rates

NCHS Data Brief, December, 2011, Updated with 2009 and 2010 mortality data

Cook County Department of Public Health
US Overdose Deaths, 2010
Opioid analgesics #1
Heroin #5

Deaths

Drug Class


Cook County Department of Public Health
OVERDOSE DEATHS:
Opioid Analgesic Deaths: 11 years of increases
Heroin: Deaths increasing in recent years

Year

Number of deaths

CDC NCHS/NVSS Multiple Cause of Death File 1999-2010
Cook County Department of Public Health
US: Nonmedical use of opioid analgesics and heroin have increased.

SAMHSA NSDUH 2012

Cook County Department of Public Health
US: Chronic nonmedical use of opioid analgesics has increased

US: Increase in heroin use has occurred among people who were past year nonmedical users of opioid analgesics

US: 18-25 year olds have highest rates of chronic nonmedical use of opioid analgesics and heroin use


Cook County Department of Public Health
Increasing number of Emergency Department (ED) visits due to nonmedical use of opioid analgesics and use of heroin

SAMHSA DAWN ED Public Use Files 2004-2011

Cook County Department of Public Health
SUBURBAN COOK COUNTY
HEROIN AND SUBSTANCE USE
PATTERNS AND TRENDS
Recent Pattern: Increase in Heroin Deaths among “Collar” Counties

<table>
<thead>
<tr>
<th>Collar Counties</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Will</td>
<td>30</td>
<td>53</td>
<td>35</td>
</tr>
<tr>
<td>DuPage</td>
<td>27</td>
<td>43</td>
<td>46</td>
</tr>
<tr>
<td>Kane</td>
<td>9</td>
<td>27</td>
<td>20</td>
</tr>
</tbody>
</table>
Suburban Cook County

• CCDPH:
  – Regional Districts
    • North
    • West
    • Southwest
    • South

• Other:
  – Skokie HD
  – Evanston HD
  – Oak Park HD
  – Stickney Twnshp HD
Suburban Cook County Opiate and Heroin Mortality

<table>
<thead>
<tr>
<th>Cause of Death</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drug Poisoning/Overdose</td>
<td>216</td>
<td>210</td>
<td>216</td>
</tr>
<tr>
<td>Opiate Related</td>
<td>46</td>
<td>40</td>
<td>43</td>
</tr>
<tr>
<td>Heroin Related</td>
<td>*</td>
<td>7</td>
<td>6</td>
</tr>
</tbody>
</table>

2013 Preliminary Count: 41 Heroin Deaths

- District:
  - North: 22
  - South: 6
  - Southwest: 9
  - West: 4

- Gender:
  - Male: 34
  - Female: 7

- Age Group:
  - 10-19: 3
  - 20-29: 18
  - 30-39: 7
  - 40-49: 9
  - 50-59: 4

Source: 1 - IDPH Death Master Pullfile2008-2010  
Emergency Room Chief Complaint
Number of Visits by Year
2010-2013

**Heroin Use**

**Heroin Overdose**

Source: CCDPH Syndromic Surveillance System (ESSENCE)

Cook County Department of Public Health
Emergency Room Chief Complaint
Visits by Age Group and Year
2010-2013

Heroin Use

Heroin Overdose

Source: CDPH Syndromic Surveillance System (ESSENCE)
Cook County Department of Public Health
Suburban Cook County Youth Risk Behavior Survey 2010: Proportion of 12th Graders Ever Tried by Type of Drug

- Heroin
- Rx w/out Dr. Orders
- Marijuana
- Cigarettes
- Alcohol


Cook County Department of Public Health
# Illinois Youth Survey 2012
## Suburban Cook County Schools*
### Use in Past Year

<table>
<thead>
<tr>
<th>Substance Used</th>
<th>8th Grade</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>36%</td>
<td>54%</td>
<td>69%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>8%</td>
<td>12%</td>
<td>21%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>12%</td>
<td>28%</td>
<td>41%</td>
</tr>
<tr>
<td>Any Illicit Drugs (excluding marijuana)</td>
<td>2%</td>
<td>4%</td>
<td>9%</td>
</tr>
<tr>
<td>Heroin</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Any Prescription Drugs</td>
<td>3%</td>
<td>5%</td>
<td>9%</td>
</tr>
<tr>
<td>Prescription Painkillers</td>
<td>1%</td>
<td>3%</td>
<td>5%</td>
</tr>
<tr>
<td>Over-the-Counter Drugs</td>
<td>3%</td>
<td>3%</td>
<td>4%</td>
</tr>
</tbody>
</table>

*School participating: N=110


Cook County Department of Public Health
Suburban Cook County Youth Risk Behavior Survey 2010: Proportion of 12th Graders Used in Past 30 Days by Type of Drug

- Cocaine: 3.8% (SCC), 3.0% (US)
- Cigarettes: 16.5% (SCC), 25.1% (US)
- Marijuana: 26.1% (SCC), 28.0% (US)
- Alcohol: 49.0% (SCC), 48.4% (US)

Youth Risk Behavior Survey, SCC-2010, US--2011
# Illinois Youth Survey 2012
Suburban Cook County Schools*
Use Past 30 Days

<table>
<thead>
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<th>Substance Used</th>
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<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>20%</td>
<td>34%</td>
<td>51%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>4%</td>
<td>7%</td>
<td>14%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>8%</td>
<td>19%</td>
<td>29%</td>
</tr>
</tbody>
</table>

| Any Prescription Drugs | 1%        | 3%         | 5%         |

| Prescription Painkillers | 1%        | 2%         | 4%         |
| Over-the-Counter Drugs   | 1%        | 2%         | 2%         |

Cook County Department of Public Health

*School participating: N=110
Summary

- Drug overdose deaths are a leading cause of injury deaths
- Majority of overdose deaths are opioid related including heroin
- Since 2008 increased number of heroin related ED visit and overdose deaths
- Youth age 18-25 years, males at highest risk
- Associated risk of heroin use among non-medical users of opioid prescription drugs
- High prevalence of alcohol use in school aged youth may impact later patterns of illicit drug use including heroin
- Small but consistent pattern of illicit and prescription drugs use reported among school aged youth
References

• CCDPH, Communicable Disease Control Unit, Enhanced Surveillance Program. (2013). ESSENCE syndromic surveillance system data (unpublished).
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