

Illicit drug use in adolescents and pregnant women: Prevalence and prevention strategies

Introduction and series overview

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Welcome to the series!

Illicit Substance Use around the Time of Birth: Education and Prevention Strategies

- Rationale
- Upcoming topics
 - *9/30: Opioid Use in Pregnancy: Maintenance, Not Detox*
 - *10/14: Neonatal Abstinence Syndrome: Scoring and Training Options*
 - *10/28: Breastfeeding and Illicit Drug Use*

Today's topic: Illicit drug use in adolescents and pregnant women: Prevalence and prevention strategies

- A growing problem across the US; health care workers struggling to meet the challenges
- For some IHS sites the problem is overwhelming in both hospital and community settings
- No easy answers but raising awareness is critical

Illicit substance use around the time of birth: Broader implications

- Not just a “maternal” problem
- Domestic violence
- Suicide



Illicit substance use around the time of birth: Broader implications

- Child neglect/abuse
- Multiple drug use; alcohol use
- Law enforcement and custody issues
- Financial issues; poverty; hunger
- Medical issues – Hepatitis C; HIV; mental health, etc



Illicit substance use around the time of birth

- Ongoing 'tension' of personal 'stance'...
 - A moral issue?
 - A medical issue?
- Emotional and complex when infants/young children are involved
- Even more complex among health care professionals who may have been exposed to the same issues

Illicit substance use around the time of birth

- Beliefs of health care workers may impact how they react; lead to conflict
- Policies are critical to ensure consistent treatment
- Health care workers often from the same community – pressures, confidentiality?
- Burnout/compassion fatigue among health care professionals

Illicit substance use around the time of birth

- Small communities with complex relationships
- Some clinicians experience pressure from patients (“we need opiates”) which conflicts with current work to reduce iatrogenic-induced opiate dependency

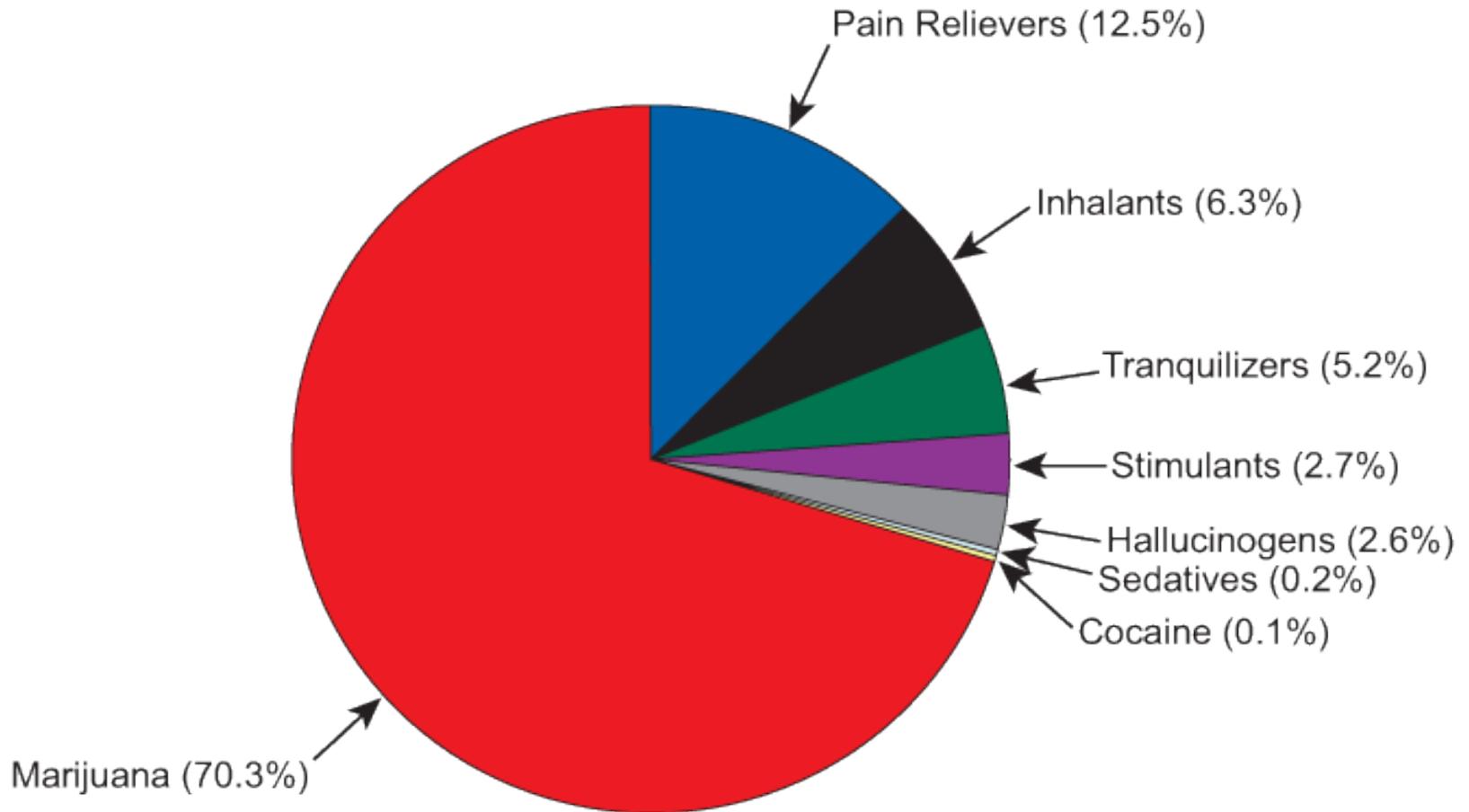
Prevalence of illicit drug use in the US

Illicit drug use SAMHSA: *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863.*
Rockville, MD

SAHMSA report (2013)

- 9.4% of the US population over 12 had used illicit drugs in the month prior to the survey
- Marijuana was the most commonly used illicit drug (7% of population, or 80% of users used marijuana)

SAHMSA data: 2013



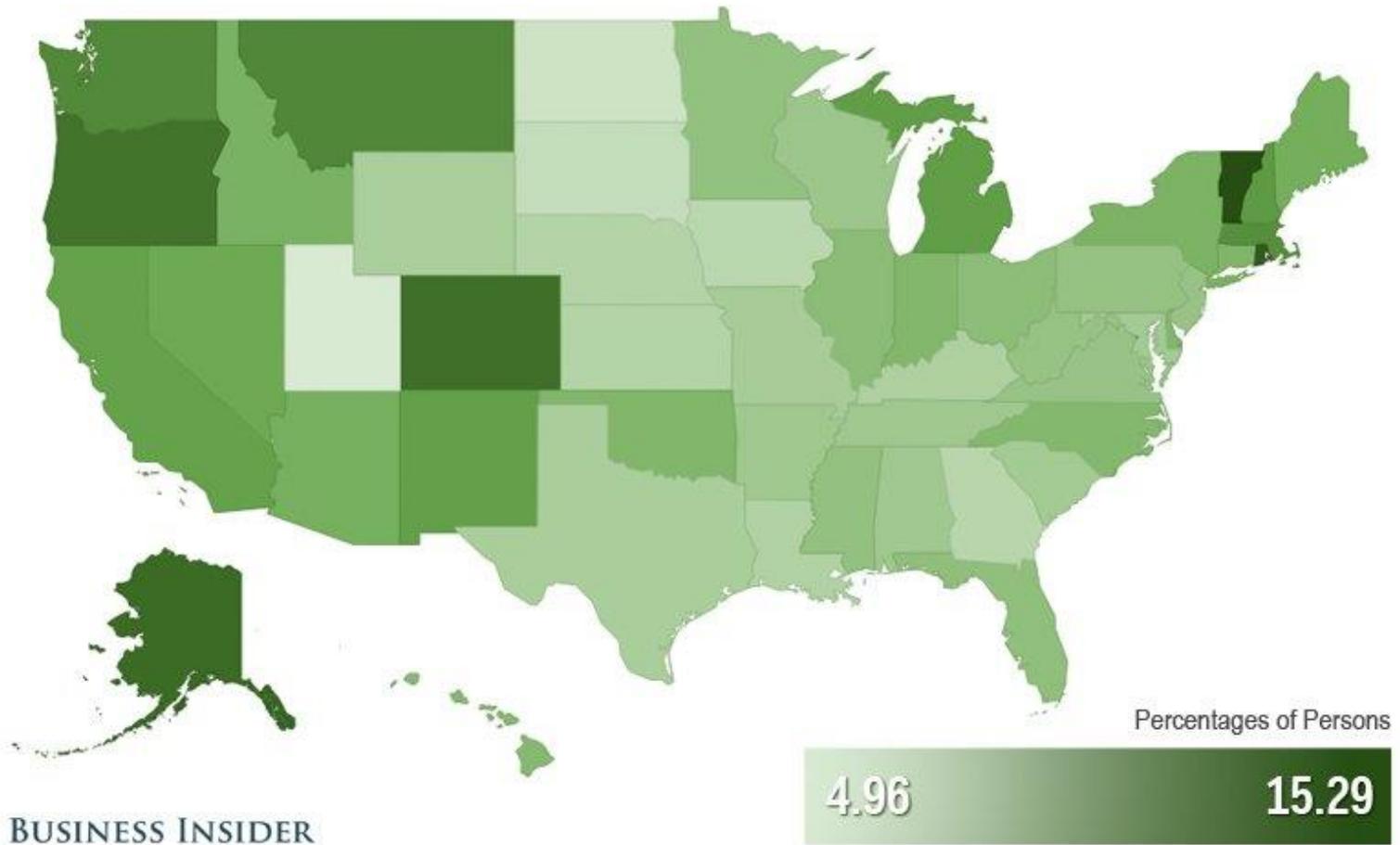
2.8 Million Initiates of Illicit Drugs

Drug use by race/ethnicity

- Asians – 3.1%
- Hispanics – 8.8%
- Whites – 9.5%
- Blacks – 10.5%
- **AI/AN – 12.3%**
- Native Hawaiians/Pacific Islanders – 14%
- 2 or more races – 17.4%



Illicit Drug Use In The Past Month Among Persons Aged 12 Or Older



Drug use in pregnancy (all)

- 5% illicit drug use overall
 - 11% rate in same group, not pregnant
- 15% among pregnant 15-17 year olds
- 9% among pregnant 18-25 year olds
- 3% among pregnant 26-44 year olds

Increase in Neonatal Abstinence Syndrome (NAS)



- NAS is when the newborn suffers from ‘withdrawal’ symptoms resulting from maternal *opioid* use in pregnancy
- 2000 to 2012 saw a 5-fold increase in the proportion of US babies born with NAS
- In 2012, 21,732 US infants born with NAS – 1 every 25 minutes
 - <http://www.drugabuse.gov/related-topics/trends-statistics/infographics/dramatic-increases-in-maternal-opioid-use-neonatal-abstinence-syndrome>

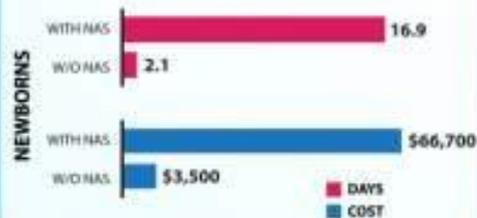
DRAMATIC INCREASES IN MATERNAL OPIOID USE AND NEONATAL ABSTINENCE SYNDROME

THE USE OF OPIOIDS DURING PREGNANCY CAN RESULT IN A DRUG WITHDRAWAL SYNDROME IN NEWBORNS CALLED **NEONATAL ABSTINENCE SYNDROME (NAS)**, WHICH CAUSES **LENGTHY AND COSTLY** HOSPITAL STAYS. ACCORDING TO A NEW STUDY, AN ESTIMATED **21,732 BABIES** WERE BORN WITH THIS SYNDROME IN THE UNITED STATES IN 2012, A **5-FOLD INCREASE** SINCE 2000.

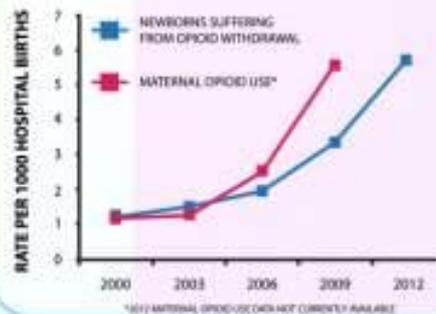


**EVERY 25 MINUTES,
A BABY IS BORN SUFFERING
FROM OPIOID WITHDRAWAL.**

AVERAGE LENGTH OR COST OF HOSPITAL STAY



NAS AND MATERNAL OPIOID USE ON THE RISE



Our 10/14 webinar will focus on Neonatal Abstinence Syndrome

Alcohol use in pregnant population nationally

- 9.4%
- Binge drinking - 2.3%
- Heavy drinking – 0.4%
- Lower than for non-pregnant women (55.4, 24.6, and 5.3%, respectively)
- Usage lower in trimesters 2 and 3 than in 1st trimester

Current hot topics

- Legalization of marijuana – will rates increase? Will its being legal in some states, change perceptions; advice to patients; recommendations?
- Opioids – over-use of opioids for pain relief have led to widespread addiction and illicit use of these substances



SAHMSA – Protective factors among youth

- Youths were less likely to use drug if:
 - They believed drugs are dangerous
 - Their parents would disapprove of drug use
 - Their “religious beliefs” were important to them
 - They were exposed to prevention messaging outside of school