



Statewide Epidemiological Outcomes Workgroup:

**Quarterly Meeting
03/01/2023**

Supported by SAMHSA PFS Grant
#6H79SP080990-01M001



Today's Agenda

- Welcome/Introductions/SEOW Mission (A. Oliveto)
- 2022 AR Collegiate Survey Results (D. Slagle)
- Drug Overdose Deaths Updates (A. Oliveto)
- AR Opioid Recovery Partnership (T. Barnes)
- Suicide and Mental Health Among AR Youth (A. Porter)
- Data Gaps – NSDUH (M. Bollinger)
- Marijuana Media Campaign (A. Blue)
- Updates on Cannabinoid Exposures/Delta8 THC (A. Oliveto)
- Recap of Youth Drug Use Trends –Future PFS Directions (All)
- General Discussion/Action Plan/Wrap-Up/Next Meeting

SEOW Mission

SEOW's mission is to guide successful prevention efforts in the state of Arkansas by:

- Analyzing, monitoring and sharing data trends in substance use and other environmental, behavioral, and health-related factors
- Informing data-driven policy and practice decision-making regarding prevention priorities at local and state levels
- Disseminating evidence-based education and prevention materials to the larger public

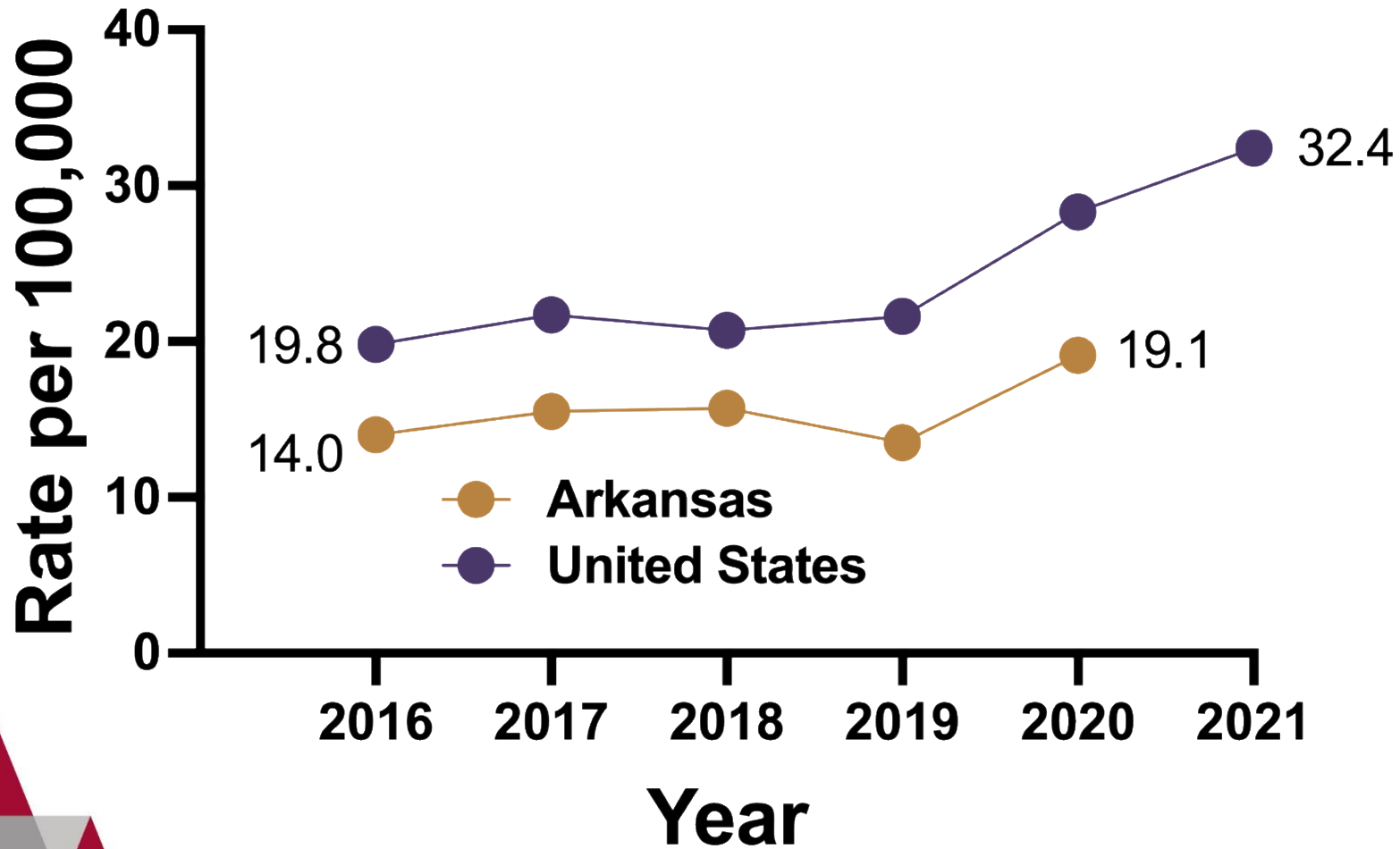
2022 AR Collegiate Survey

Derek Slagle, PhD
UA Little Rock

Drug Overdose Deaths Updates

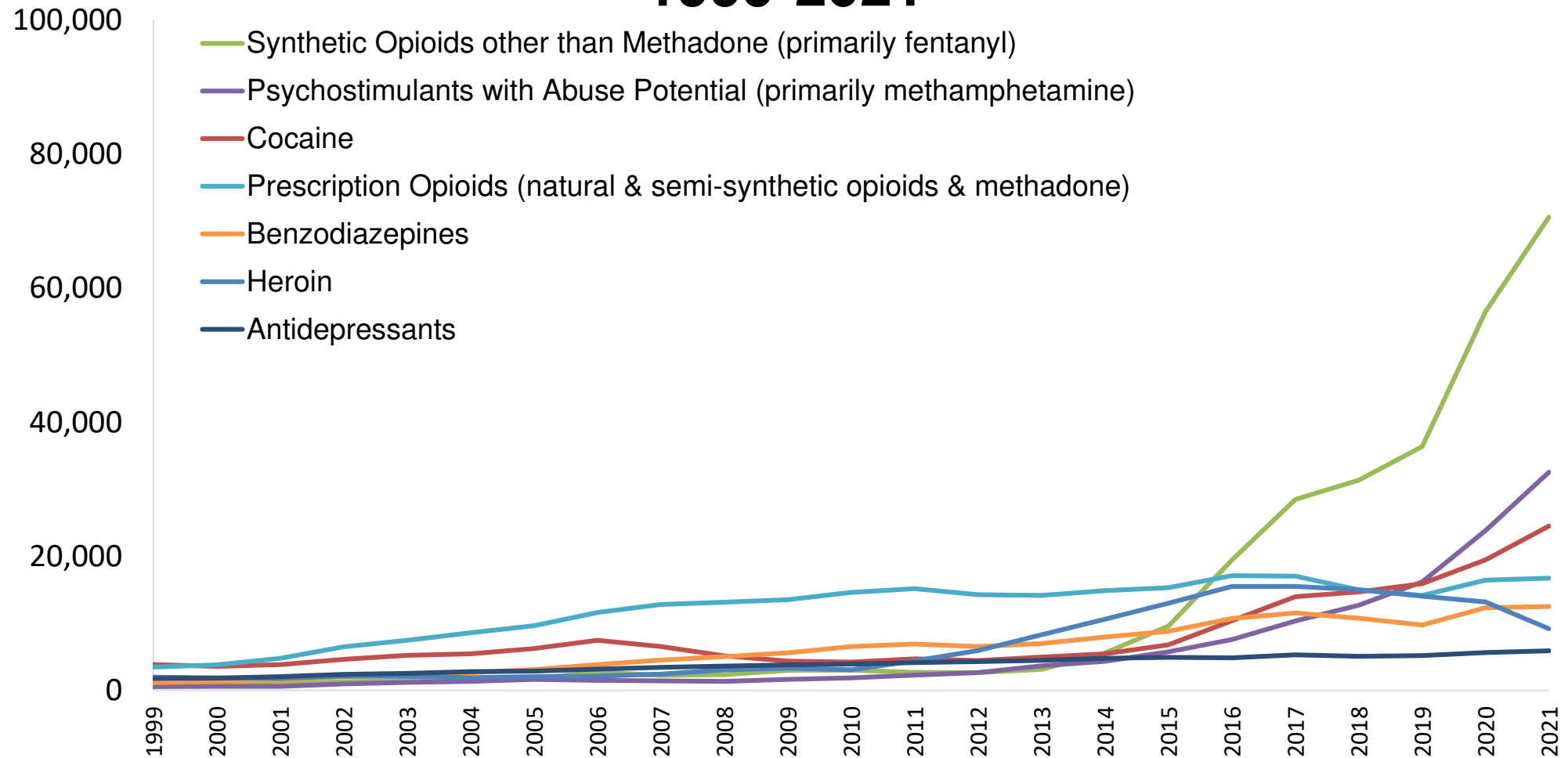
Alison Oliveto, PhD
SEOW Staff

Age-Adjusted Drug Overdose Deaths



AR drug overdose deaths increased from 547 deaths in 2020 to 628 deaths in 2021, a 14.8% increase from 2020

National Drug-Involved Overdose Deaths*, Number Among All Ages, 1999-2021



*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision.

Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2021 on CDC WONDER Online Database, released 1/2023.

January 24/31, 2023

Fentanyl Drives Startling Increases in Adolescent Overdose Deaths

- No statistically significant difference in ODs among 15-24 year-olds between 2020 and 2021
- CDC's Unintentional Drug Overdose Reporting System (SUDORS) found among those aged 10 to 19 years the following from the last half of 2019 and the last half of 2021:
 - 109% increase in average monthly overdose deaths among adolescents
 - 182% increase in illicit fentanyl deaths
 - 90% of the overdose deaths involved opioids
 - 84% of overdose deaths involved illicit fentanyl
 - Almost 25% of deaths involved counterfeit pills

Bridget M. Kuehn, MSJ

JAMA. 2023;329(4):280-281.
doi:10.1001/jama.2022.23563

January 24/31, 2023

Fentanyl Drives Startling Increases in Adolescent Overdose Deaths

- 2/3's of overdoses had bystanders present, but no lifesaving care attempted in most cases.

More education for youth about the risks of illicit fentanyl and counterfeit pills, as well as training about and access to the Narcan Rescue are needed.

Bridget M. Kuehn, MSJ

JAMA. 2023;329(4):280-281.
doi:10.1001/jama.2022.23563

AR Opioid Recovery Partnership (ARORP)

Tenesha Barnes
Deputy Director
ARORP

Suicide and Mental Health Among Arkansas Youth

Austin Porter, PhD
SEOW Staff

Data Gaps – NSDUH

Mary Bollinger, PhD
SEOW Staff

AR Marijuana Media Campaign

Austin Blue
UA MidSOUTH



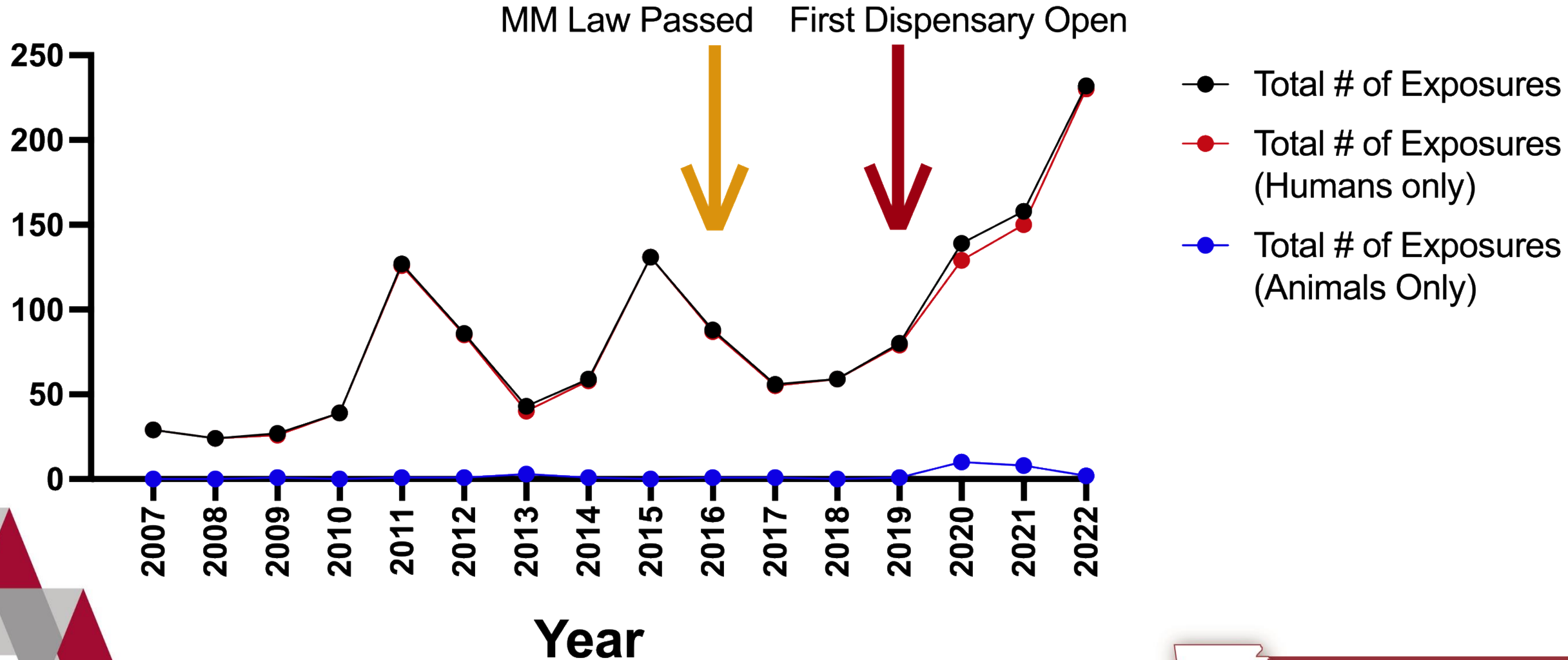
Cannabinoid Exposures Updates

Delta8-THC

Alison Oliveto, PhD
SEOW Staff

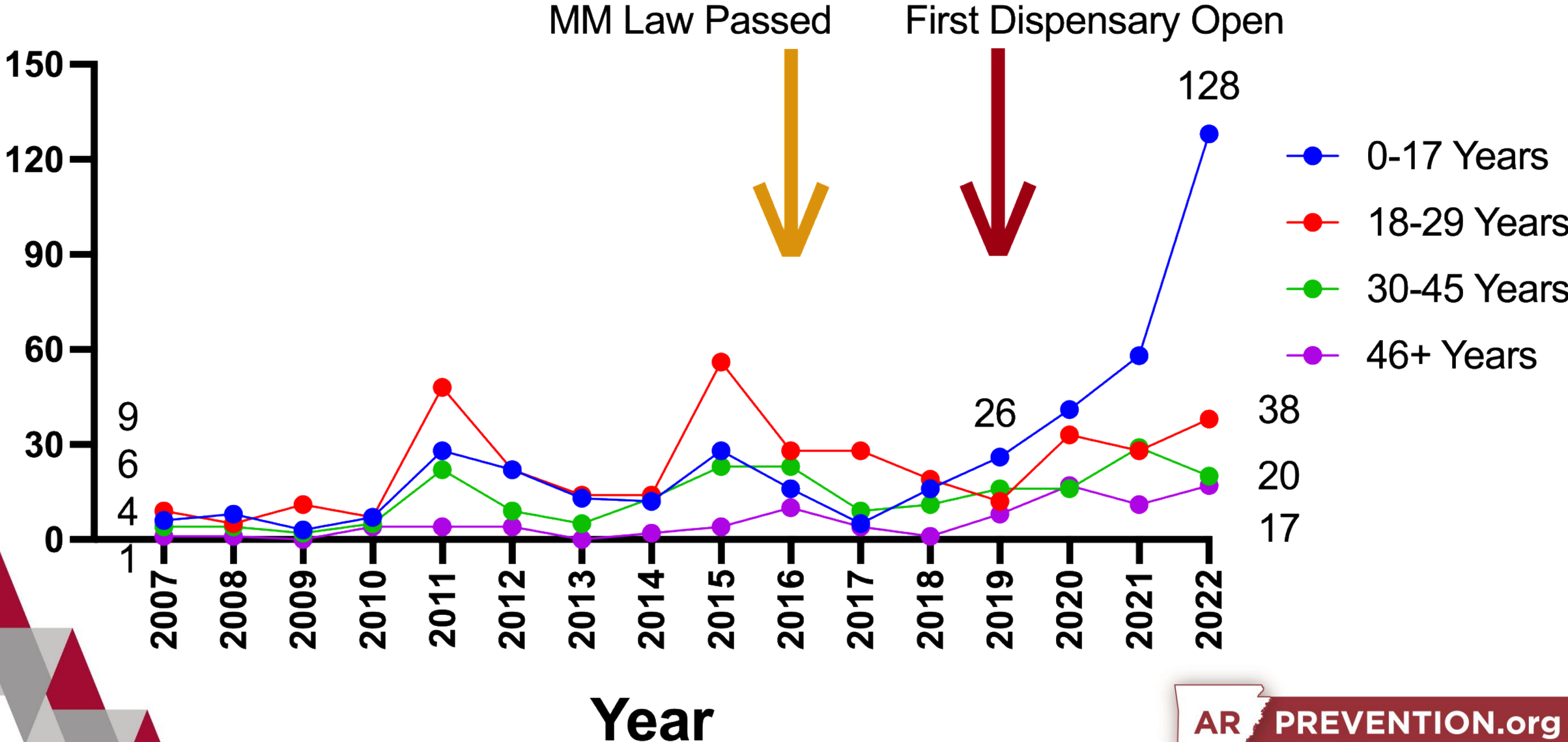
Cannabinoids

of Reported Exposures

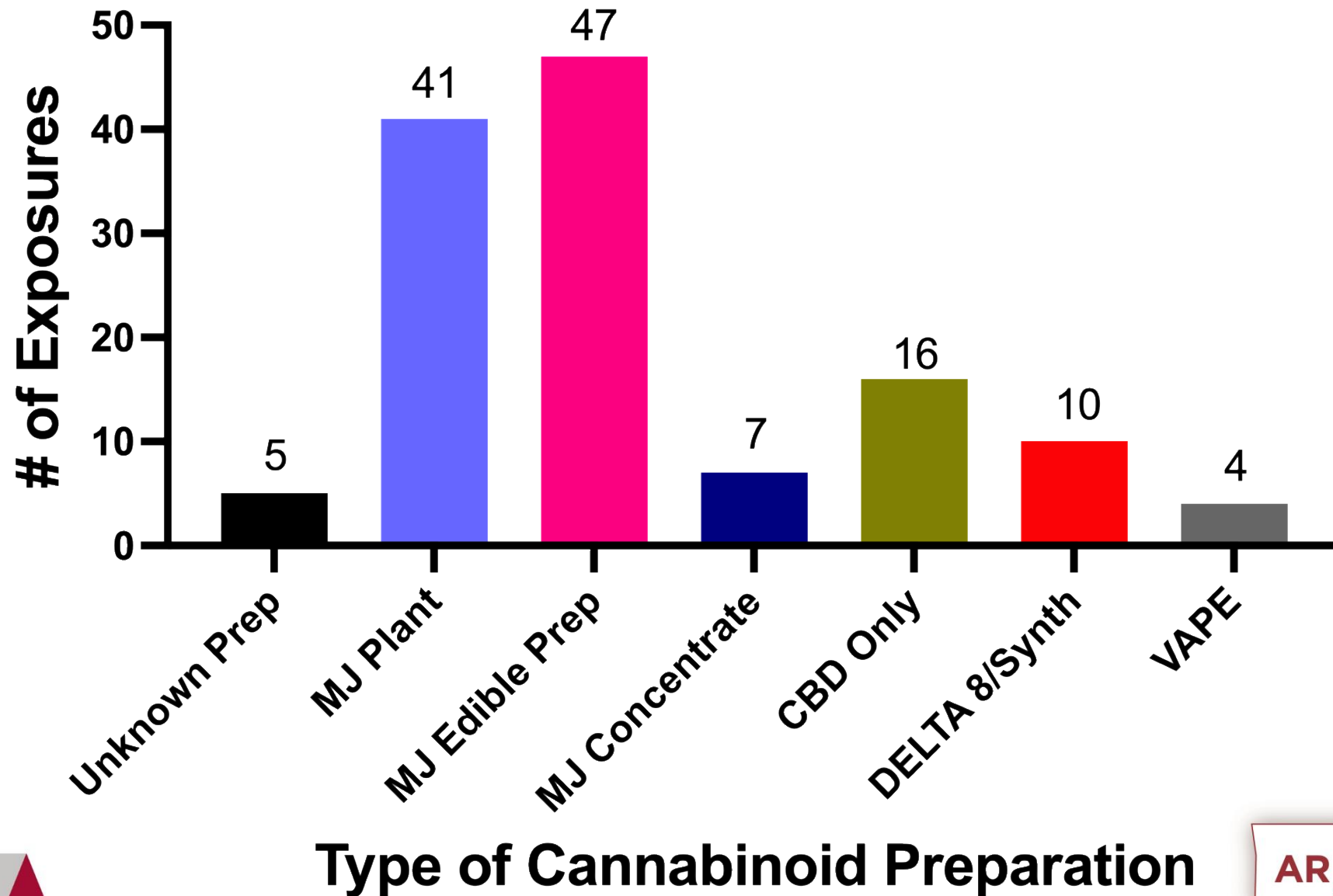


Cannabinoid Exposures by Age Group

of Reported Exposures



Cannabinoid Exposures Among Youth (0-17 Yrs), 2022



Poison Center Data: A. Filip

CNS Depression Most Commonly Reported

Mild Symptoms:

- lack of coordination and impaired sense of space, muscle weakness
- lethargy
- dizziness
- disorientation
- slurred speech or stuttering
- slight shortness of breath or shallow breathing
- slightly reduced heart rate
- restlessness and agitation
- euphoria
- blurred, altered, or double vision

CNS Depression Most Commonly Reported

Severe Symptoms:

- reduced heart rate
- low breathing rate of fewer than 10 breaths per minute
- extreme confusion or memory loss
- nausea and vomiting
- poor judgment
- blue lips or fingertips
- irritability and aggression
- clammy or cold skin
- sudden and intense mood swings
- slow reflexes

Other Commonly-Reported Symptoms

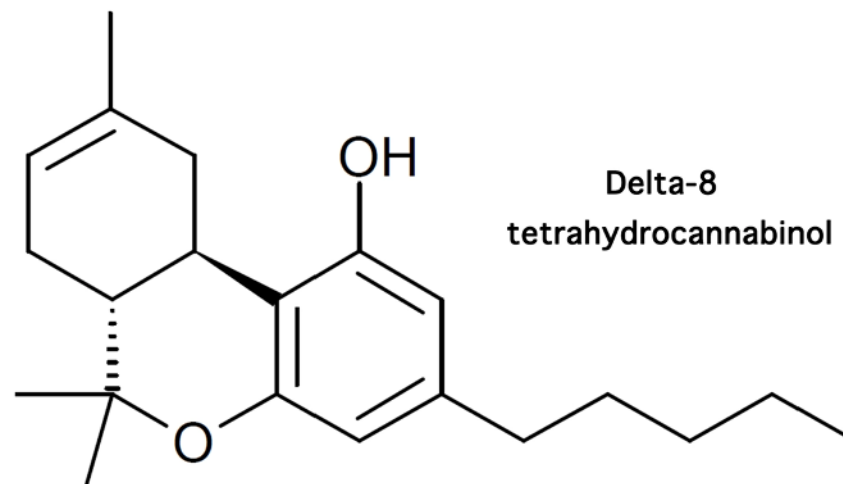
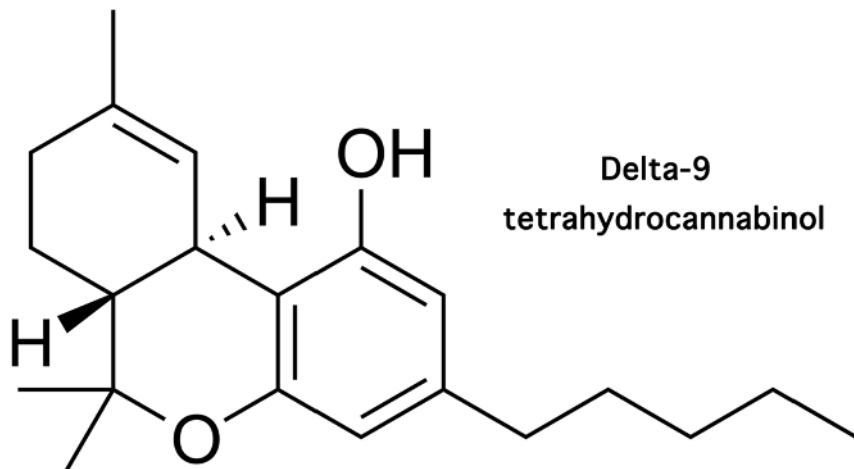
- Nausea and/or Vomiting
- Tachycardia (increased heart rate)
- Other neurological symptoms
- Agitation
- Confusion

Delta-8 THC

- Farm Bill 2018
 - Removed hemp, defined as cannabis (*Cannabis sativa L.*) and derivatives of cannabis with extremely low concentrations of the psychoactive compound **delta-9-tetrahydrocannabinol (THC)** (no more than 0.3 percent THC on a dry weight basis), from the definition of marijuana in the Controlled Substances Act (CSA)
 - Hemp is very versatile in terms of uses: e.g., rope, textiles, clothing, shoes, food, paper, bioplastics, insulation, and biofuel
 - Hemp has high levels of Cannabidiol (CBD)

What is Delta-8 THC?

- Psychoactive substance found in the Cannabis sativa plant, of which marijuana and hemp are two varieties.
 - One of over 100 cannabinoids produced naturally by the cannabis plant
 - Not found in significant amounts in the cannabis plant
- Hemp-derived cannabidiol (CBD) used to manufacture Delta-8 THC



Delta-8 THC products have not been evaluated or approved by the FDA for safe use and may be marketed in ways that put the public health at risk

- Variability in product formulations and product labeling, other cannabinoid and terpene content, and varied delta-8 THC concentrations
- Some products may be labeled simply as “hemp products,” which may mislead consumers who associate “hemp” with “non-psychoactive.”
- Proliferation of delta-8 THC products, with some marketed for therapeutic or medical uses, although not FDA approved
 - Not only a violation of federal law, but also can put consumers at risk, as these products have not been proven to be safe or effective
 - Patients and other consumers may use them instead of approved therapies to treat serious and even fatal diseases

<https://www.fda.gov/consumers/consumer-updates/5-things-know-about-delta-8-tetrahydrocannabinol-delta-8-thc>



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AR PREVENTION.org

The FDA has received adverse event reports involving delta-8 THC-containing products

FDA received 104 reports of adverse events in patients who consumed delta-8 THC products between December 1, 2020, and February 28, 2022:

- 77% involved adults, 8% involved pediatric patients < 18 years old and 15% did not report age
- 55% required intervention (e.g., evaluation by emergency medical services) or hospital admission
- 66% described adverse events after ingestion of delta-8 THC-containing food products (e.g., brownies, gummies)
- Adverse events included, but were not limited to: hallucinations, vomiting, tremor, anxiety, dizziness, confusion, and loss of consciousness

<https://www.fda.gov/consumers/consumer-updates/5-things-know-about-delta-8-tetrahydrocannabinol-delta-8-thc>

The FDA has received adverse event reports involving delta-8 THC-containing products

National poison control centers received 2,362 exposure cases of delta-8 THC products between January 1, 2021 (i.e., date that delta-8 THC product code was added to database), and February 28, 2022:

- 58% involved adults, 41% involved pediatric patients less than 18 years of age, and 1% did not report age
- 40% involved unintentional exposure, of which 82% affected pediatric patients.
- 70% required health care facility evaluation, of which 8% resulted in admission to a critical care unit (45% of patients requiring health care facility evaluation were pediatric patients)
- One pediatric case was coded with a medical outcome of death

<https://www.fda.gov/consumers/consumer-updates/5-things-know-about-delta-8-tetrahydrocannabinol-delta-8-thc>

Delta-8 THC has psychoactive and intoxicating effects

- Effects similar to delta-9 THC
- Media reports of delta-8 THC products getting consumers “high”
- Delta-8 THC products likely expose consumers to much higher levels of the substance than are naturally occurring in hemp cannabis raw extracts.
- Level of safety for these products in humans is unknown

<https://www.fda.gov/consumers/consumer-updates/5-things-know-about-delta-8-tetrahydrocannabinol-delta-8-thc>

Delta-8 THC products often involve use of potentially harmful chemicals to create the concentrations of delta-8 THC claimed in the marketplace

Chemicals are needed to convert other cannabinoids in hemp, like CBD, into delta-8 THC (i.e., synthetic conversion)

- May use potentially unsafe household chemicals to make delta-8 THC
- Additional chemicals may be used to change the color of the final product
- Final product may have potentially harmful by-products (contaminants) due to the chemicals used in the process, and there is uncertainty with respect to other potential contaminants depending on the composition of the starting raw material
- Manufacturing may occur in uncontrolled or unsanitary settings, leading potentially to the presence of unsafe contaminants or other potentially harmful substances

<https://www.fda.gov/consumers/consumer-updates/5-things-know-about-delta-8-tetrahydrocannabinol-delta-8-thc>

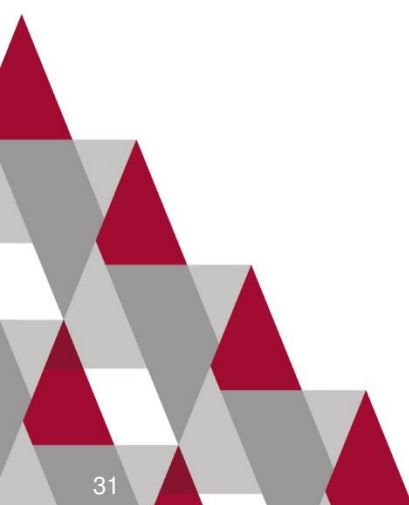
Delta-8 THC products should be kept out of the reach of children and pets

- Products packaged and labeled in ways that may appeal to children (gummies, chocolates, cookies, candies, etc.).
- May be purchased online, as well as at a variety of retailers, including convenience stores and gas stations, where there may not be age limits on who can purchase these products
 - Numerous poison control center alerts involving pediatric patients who were exposed to delta-8 THC- containing products
 - Animal poison control centers have noted a sharp overall increase in accidental exposure of pets to these products

Discussion

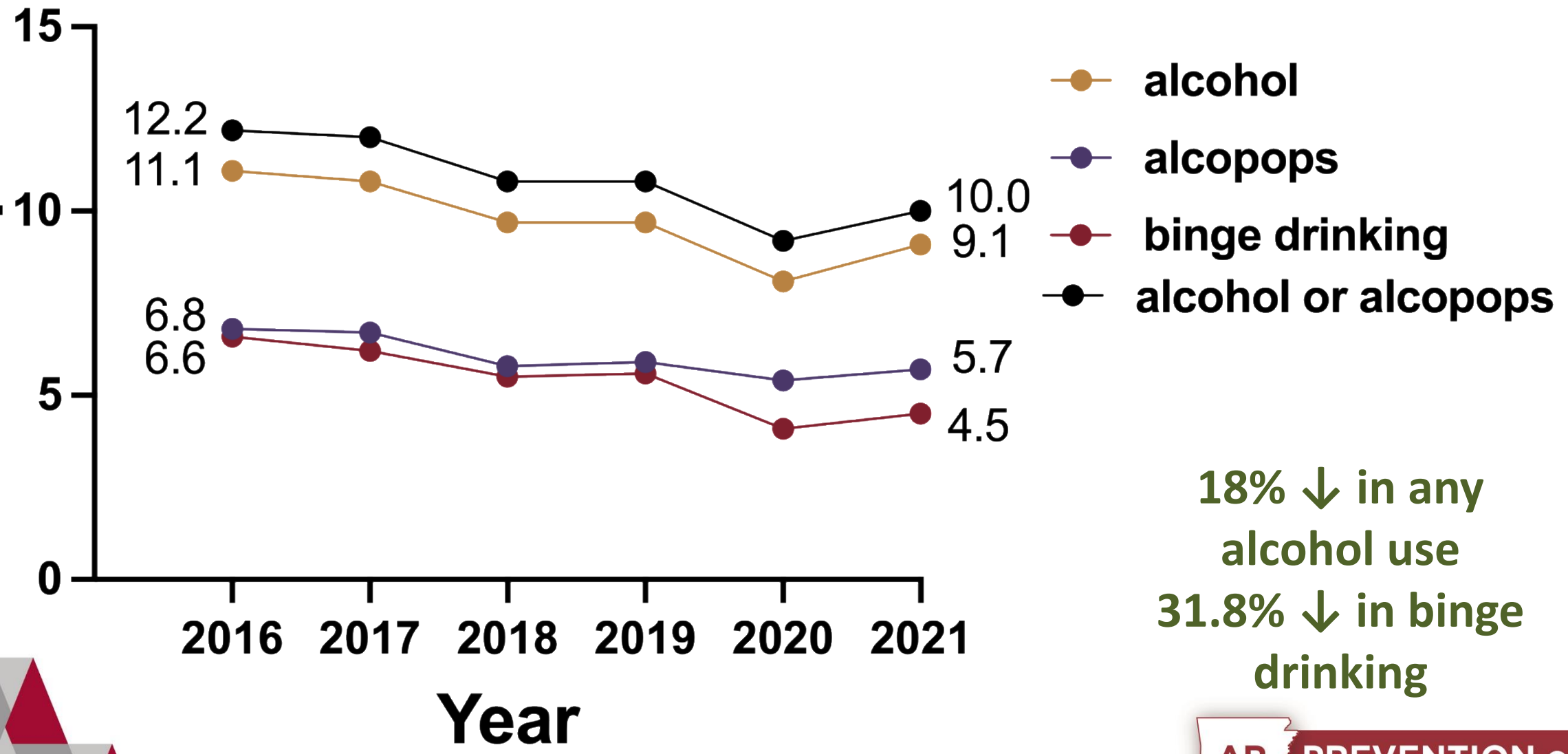


Recap of APNA Substance Use Trends: Future Directions of PFS



Percent of Respondents

Past 30-Day Alcohol Use

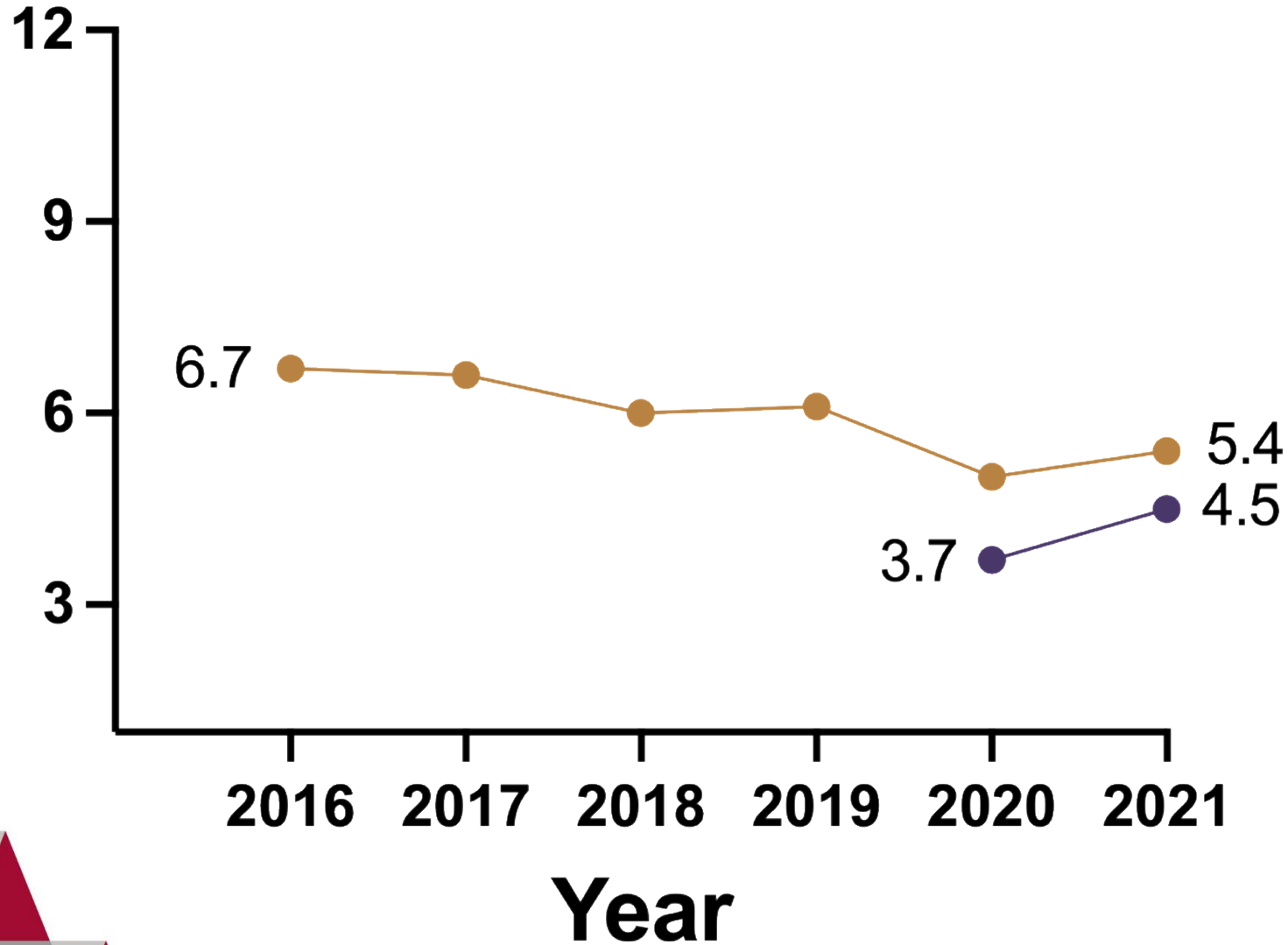


18% ↓ in any alcohol use
31.8% ↓ in binge drinking



Past 30 day Marijuana Use

Percent of Respondents

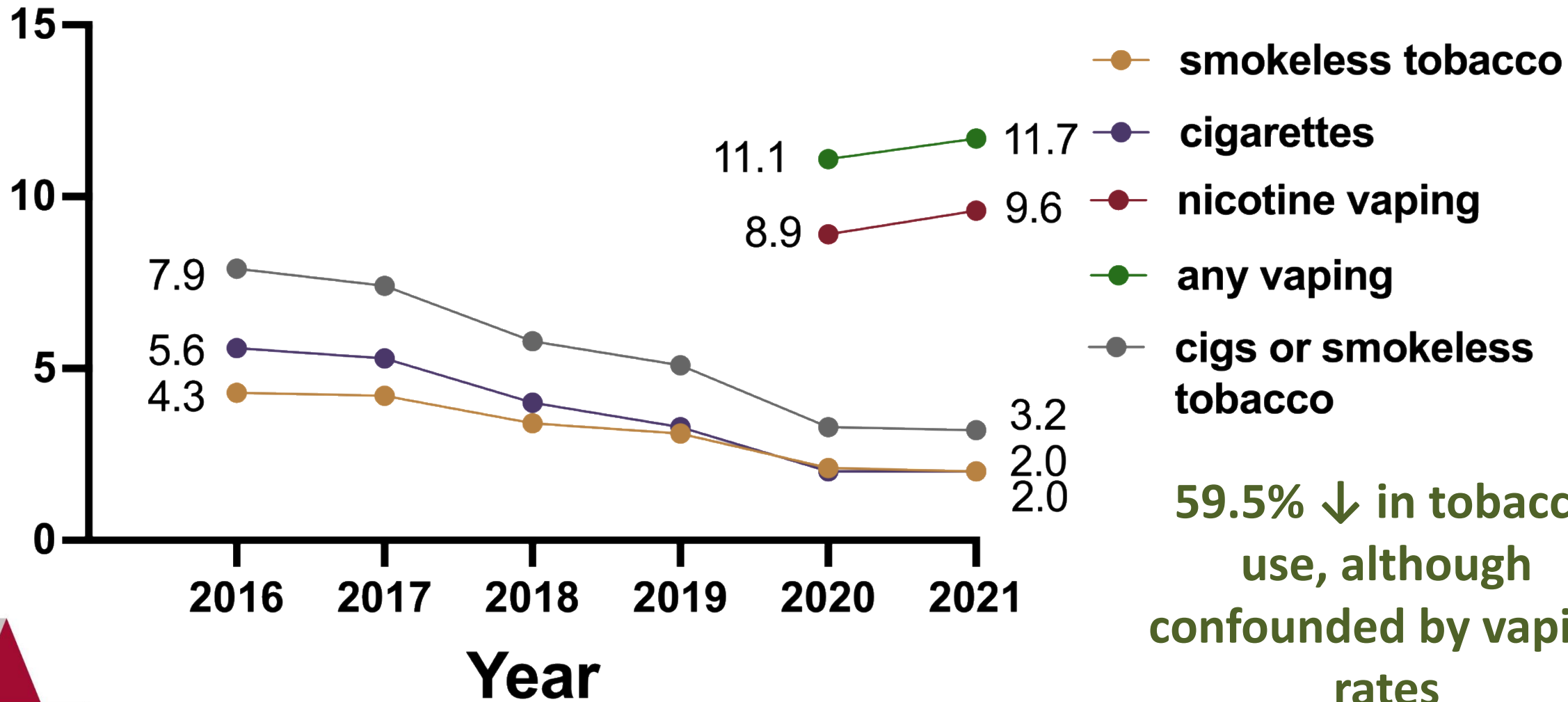


- marijuana
- marijuana vaping

19.4% ↓ in marijuana use, although confounded by vaping rates

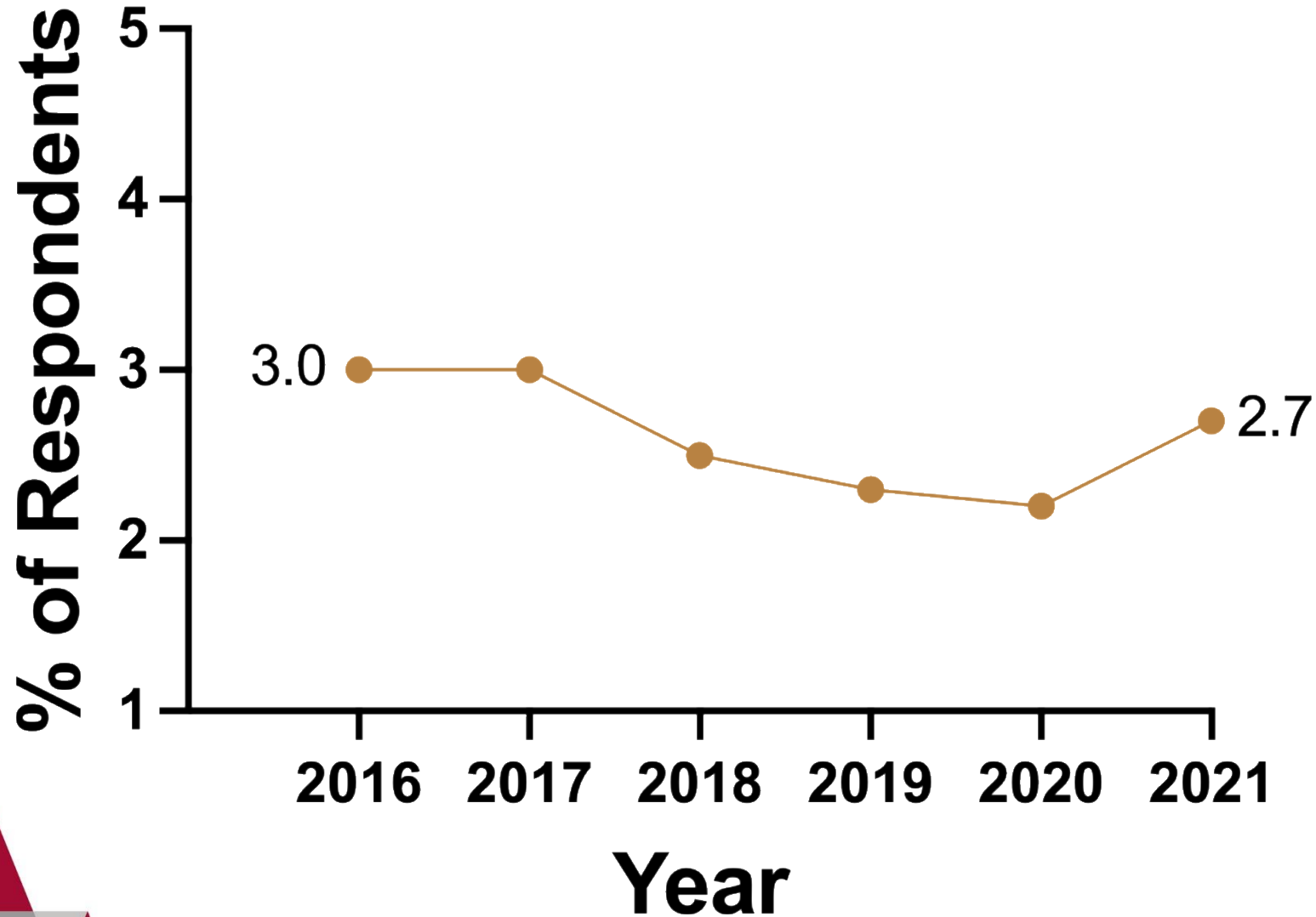
Percent of Respondents

Past 30 day Tobacco Product Use



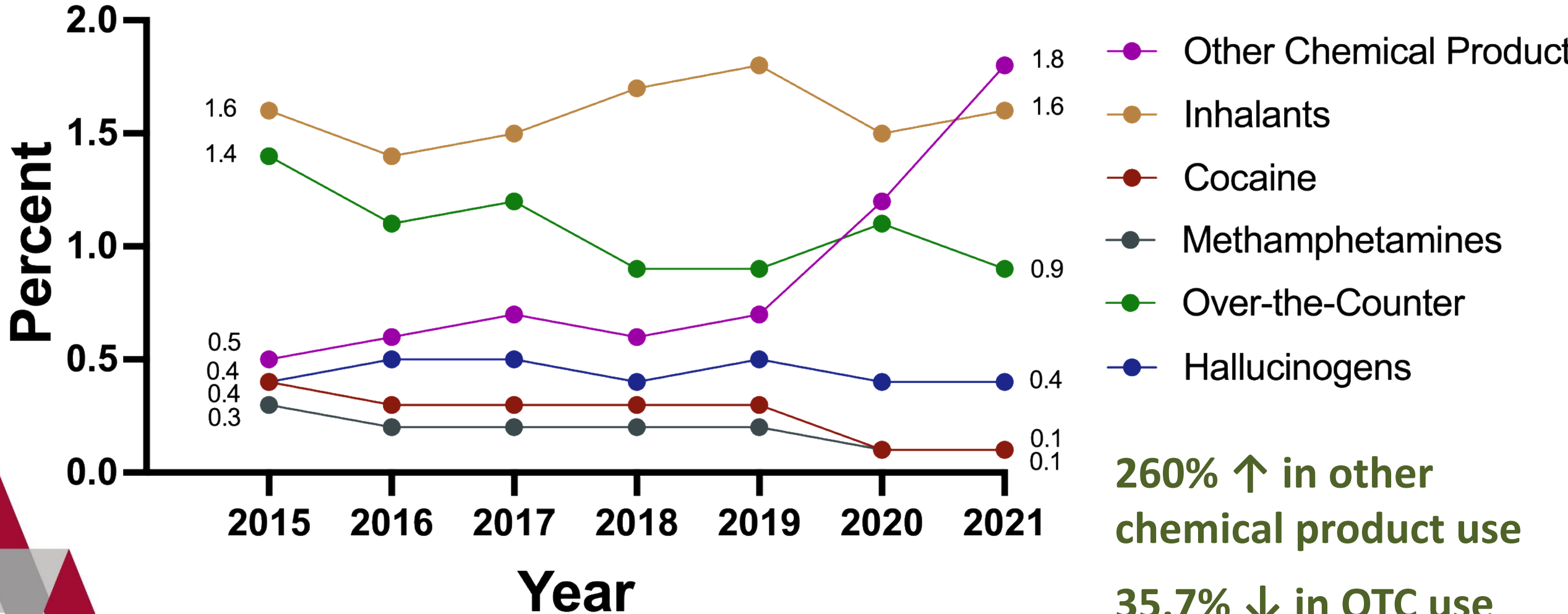
59.5% ↓ in tobacco use, although confounded by vaping rates

Past 30-day Rx Drug Use



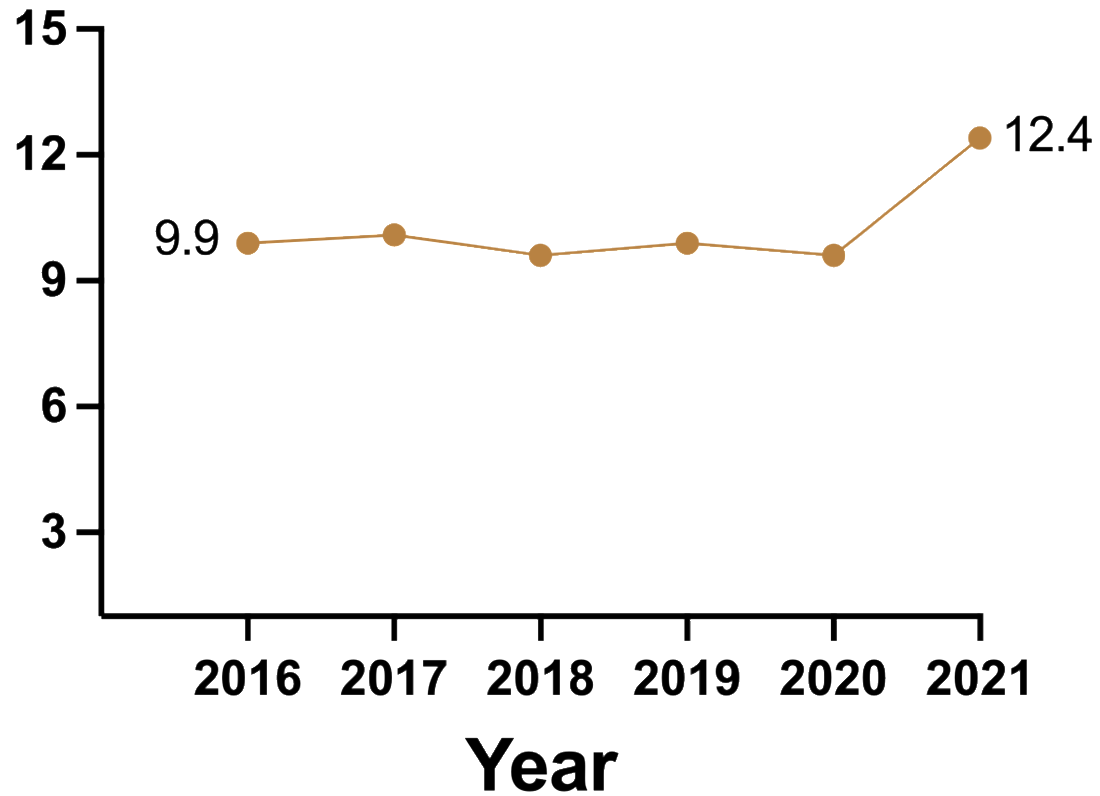
10% Decrease in Rx Drug Use;
however, possible increasing trend, especially among lower grades

Past 30-Day Illicit Drug Use



Percent of Respondents

Past 30-Day Any Drug Use

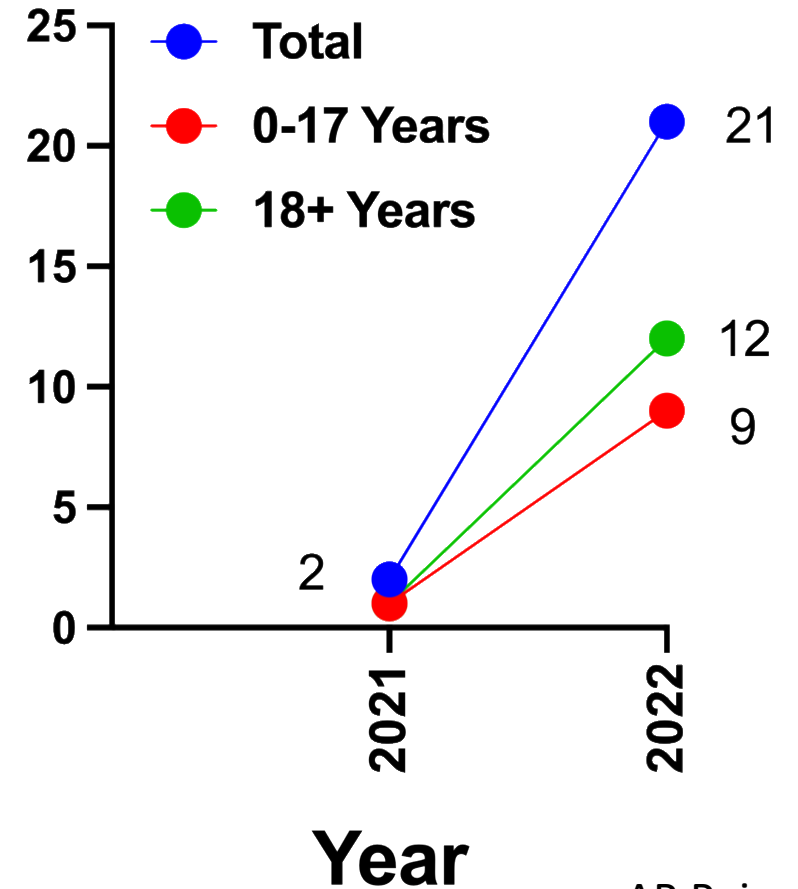


26.3% ↑ in any drug use

4.4% Reported Past 30-Day CBD Use in 2021

AR Delta-8 THC Exposures

of Reported Exposures



AR Poison Center



Observations – Order of Prevalence

- 1) Vaping: ANY > NICOTINE > FLAV > MARIJUANA – show increasing trends
- 2) Prescription Drug Misuse – show possible increasing trend
- 3) Tobacco Products (Cigarettes/Smokeless Tobacco) – show decreasing trends
- 4) Other Chemical Products – show increasing trend
- 5) Inhalants - stable

Which 3?



1) Vaping: ANY > NICOTINE > MARIJUANA – show increasing trends



2) Prescription Drug Misuse – show increasing trend

3) Tobacco Products (Cigarettes/Smokeless Tobacco) – show decreasing trends

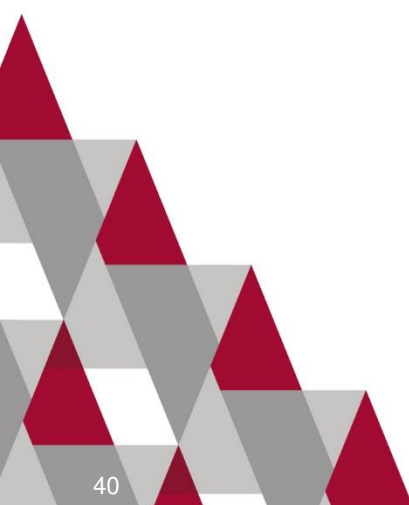


4) Other Chemical Products – show increasing trend

– What are we measuring? Synth cathinones? Delta8?

5) Inhalants - stable

Discussion



SEOW Staff Activities

- 2021 Annual Profiles Report on Website
- 2022 Annual Young Adults Report with Creative Services
- Coordinating SEOW meetings
- Identifying/Contacting/Inviting potential stakeholders for SEOW membership
- Identifying data gaps and requesting data – PCC, ADH, DAABHS, etc.
- Responding to data/info/meeting requests and input on policy/initiatives
- Researched trends in suicide/mental health/substance use outcomes
- Presented talk on med MJ at court officers meeting
- Gave FOX News interview on Delta8 THC
- Adult/Caregiver medical marijuana brochures on website
- Child medical marijuana brochures awaiting upload to website
- 2022 Annual Profiles Report in progress

Wrap-Up/Discussion/Action Items



We CAN make a difference!

Thank you!

