

OPIOID ABUSE IN KITSAP COUNTY

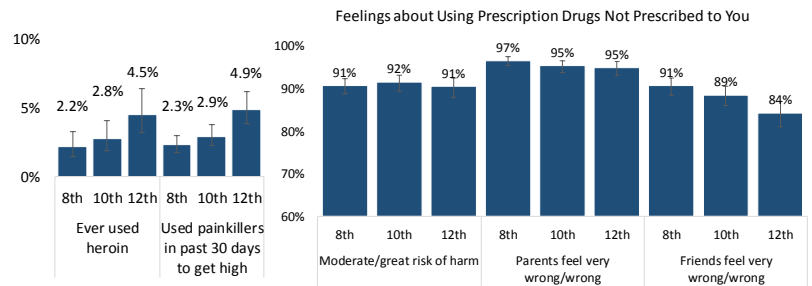
Every day more than 115 people in the U.S. die after overdosing on opioids.¹ The misuse of and addiction to opioids is a serious national crisis that can affect all aspects of the lives of those involved. The Centers for Disease Control and Prevention estimate the total "economic burden" of prescription opioid misuse alone in the U.S. is \$78.5 billion a year, including the costs of healthcare, lost productivity, addiction treatment, and criminal justice involvement.²

Opioids, also called narcotics, are strong pain-relieving drugs that are highly addictive, such as fentanyl and oxycodone. The illegal drug heroin is an opioid.

YOUTH SELF-REPORTED HEROIN AND PAIN KILLER USE, KITSAP COUNTY, 2016³

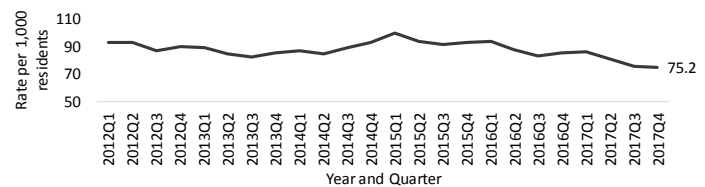
There is no statistical difference in Kitsap and WA rates for youth self-reported use of heroin or painkillers in 2016. 12th graders have statistically significantly higher rates than 8th or 10th graders for heroin and painkillers.

Statistically significantly fewer 12th graders than 8th graders believe their parents or friends feel using prescription drugs is wrong. There are no statistical differences compared to Washington.



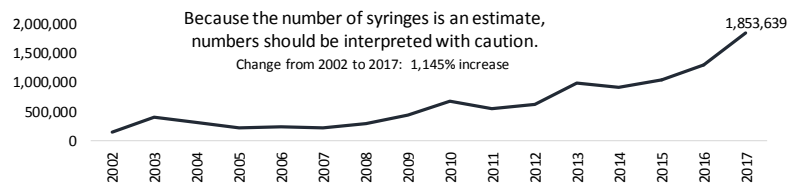
OPIOID PRESCRIPTIONS, KITSAP COUNTY, 2012-16⁴

In quarter 4 of 2017 (October-December), there were approximately 75 opioid prescriptions for every 1,000 Kitsap residents, not statistically different than the Washington rate. There is a statistically significantly decreasing trend from quarter 1, 2015 to quarter 4, 2017.



SYRINGE EXCHANGE, KITSAP PUBLIC HEALTH DISTRICT, 2002-17⁵

In 2017, approximately 1,853,639 syringes were exchanged in Kitsap County. The number is statistically significantly increasing over time.



OPIOID-RELATED EMERGENCY ROOM VISITS (NONFATAL) BY SUB-COUNTY REGION, KITSAP COUNTY, 2017⁶

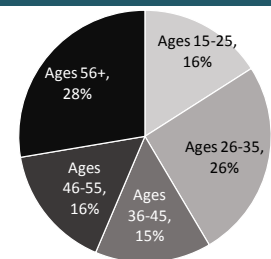
Sub-county rates are not statistically different from each other. The distribution of ER visits spans all age groups, there were 0 among children under age 15.

Numbers are small enough that rates may be highly variable from year to year.

| Sub-county | # | age-adjusted rate per 100,000 | % opioid overdose visits** |
|-------------------|----|-------------------------------|----------------------------|
| Bremerton | 56 | 83 | 85% |
| Central Kitsap | 22 | 40.3 | 68% |
| North Kitsap | 18 | 36.7 | 78% |
| South Kitsap | 20 | 30.1 | 90% |
| Bainbridge Island | 4 | 16 | 100% |

*Rates are age-adjusted and based on the 2016 population. Emergency Room visit counts for 2017 are preliminary, subject to change and only account for visits to those emergency rooms reporting into ESSENCE.

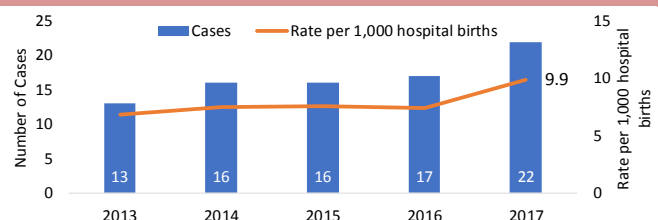
**The percentage of opioid related emergency room visits where an opioid overdose was suspected or confirmed.



NEONATAL ABSTINENCE SYNDROME (NAS), KITSAP COUNTY, 2013-2017⁷

In 2017, 22 babies were hospitalized for neonatal abstinence syndrome resulting from their mother's current drug use or methadone therapy. There is no statistically significant trend over time.

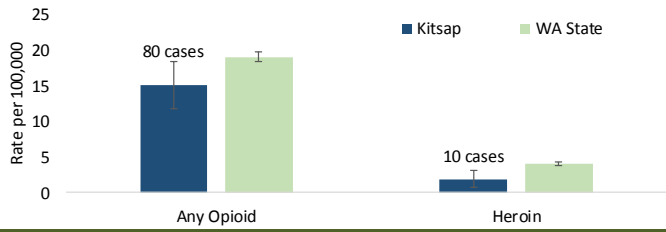
[^]based on diagnoses (ICD-9-CM 799.5/ICD-10-CM P96.1) from hospital discharge records for birth hospitalizations; does not include births in federal facilities.



OPIOID-RELATED HOSPITALIZATIONS (NONFATAL), KITSAP COUNTY AND WASHINGTON STATE, 2016-17*⁸

Kitsap has a statistically significantly lower rate than Washington for Any Opioid and Heroin hospitalizations.

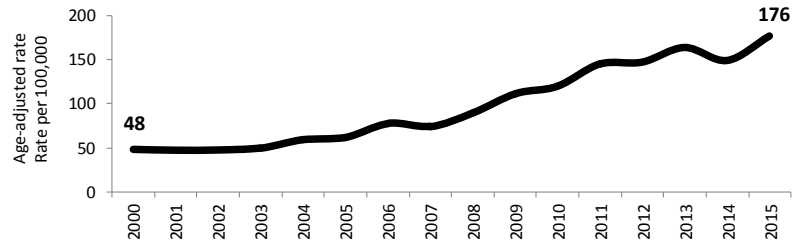
*2017 is the combination of actual numbers for quarters 1-3 and the average of quarters 1-3 for quarter 4.



OPIOID-RELATED HOSPITALIZATIONS (NONFATAL), KITSAP COUNTY, 2000 TO 2015*⁸

Kitsap's rate was statistically significantly increasing from 2003 to 2011 but was unchanged from 2012 to 2015. Kitsap's rate was statistically significantly lower than Washington in 2015.

In 2015, among adults age 18-34, females were 2.23 as likely as males to experience nonfatal opioid-related hospitalizations. There was no difference for other age groups.

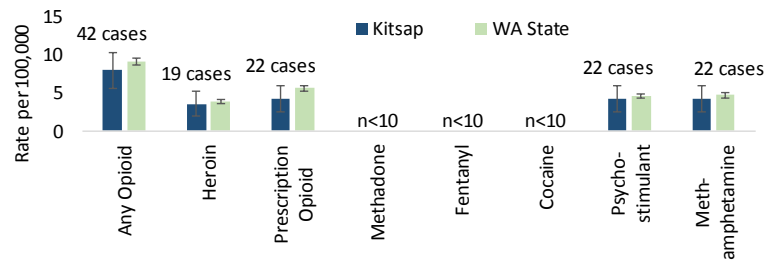


*based on WA DOH special code "opioid-related".

DRUG-RELATED DEATHS, KITSAP COUNTY AND WASHINGTON STATE, 2016-17*⁹

In 2016-17 over half of opioid-related deaths involved a prescription opioid, nearly half involved heroin. There were as many psychostimulant and methamphetamine related-deaths as prescription opioid. There are no statistically significant differences between Kitsap and Washington rates.

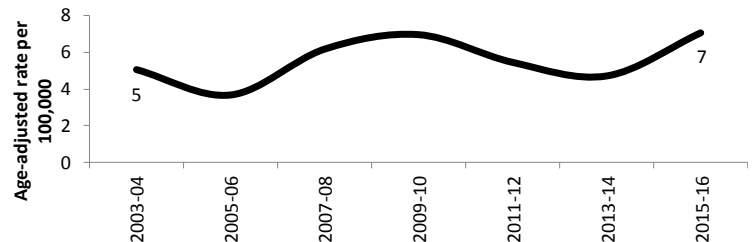
*2017 is the combination of actual numbers for quarters 1-3 and the average of quarters 1-3 for quarter 4.



OPIOID-RELATED DEATHS, KITSAP COUNTY, 2003-04 TO 2015-16*⁹

In 2015-16 there were 37 Kitsap resident opioid-related deaths. There is no statistically significant trend over time for Kitsap's rate, and Kitsap's rate is not statistically significantly different from Washington in 2015-16.

*based on WA DOH special code "opioid-related".



OPIOID-RELATED DEATHS BY SUB-COUNTY REGION, KITSAP COUNTY, 2016-17*⁹

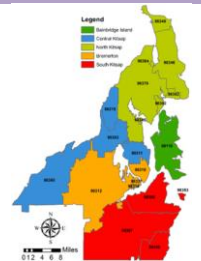
Sub-county rates are not statistically different from each other.

Numbers are small enough that rates may be highly variable from year to year.

| | # | age-adjusted rate per 100,000 | % opioid overdose deaths** | 2016 population |
|-------------------|----|-------------------------------|----------------------------|-----------------|
| Bainbridge Island | 5 | 34 | 100% | 23,760 |
| North Kitsap | 7 | 17.2 | 100% | 48,473 |
| South Kitsap | 12 | 15.2 | 92% | 69,861 |
| Bremerton | 9 | 14.3 | 67% | 61,863 |
| Central Kitsap | 7 | 13.1 | 100% | 58,464 |

*Rates are age-adjusted and based on the 2016 population. Counts for 2017 are preliminary and subject to change.

**The percentage of opioid related deaths where an opioid overdose was an underlying or contributing cause of death.



Data Sources: (1) CDC/NCHS, National Vital Statistics System, Mortality. CDC Wonder, Atlanta, GA: US Department of Health and Human Services, CDC; 2017. <https://wonder.cdc.gov>; (2) Florence CS, Zhou C, Luo F, Xu L. The Economic Burden of Prescription Opioid Overdose, Abuse, and Dependence in the United States, 2013. *Med Care.* 2016;54(10):901-906. doi:10.1097/MLR.0000000000000625; (3) Healthy Youth Survey, 2016; (4) Prescription Monitoring Program, 2012-16, computed Nov. 17, 2017; (5) Kitsap Public Health District Syringe Exchange Program; (6) Electronic Surveillance System for the Early Notification of Community-based Epidemics (ESSENCE) Version 1.21 (accessed 3/26/2018), National Syndromic Surveillance Program; (7) Cathy Wasserman, PhD, MPH, Washington State Department of Health, personal communication; (8) Washington Hospital Discharge Data, Comprehensive Hospitalization Abstract Reporting System (CHARS), Washington State Department of Health, Center for Health Statistics, Community Health Assessment Tool (CHAT); (9) Washington State Department of Health, Center for Health Statistics, Death Certificate Data, Community Health Assessment Tool (CHAT).