



# Prevention & Older Adults: Don't You Forget About Us!

## Presenters:

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- ❖ Lisa Coleman, NPN, Michigan Department of Health and Human Services
- ❖ Mary Ellen Shannon, Senior TA Manager, JBS International
- ❖ Laurie Barger Sutter, Principal, JBS International



# Who We Are



**Craig PoVey**  
Utah Division of  
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**Mary Ellen Shannon**  
JBS International



**Lisa Coleman**  
Michigan Office of  
Recovery Oriented  
Systems of Care



**Laurie Barger Sutter**  
JBS International

# Learning Objectives

Attendees will be able to identify:

- Key substance use issues affecting adults ages 55+
- The factors that contribute to these issues
- New partners needed to address the needs of this population
- State and local strategies for:
  - Assessing prevalence, incidence, and burden of substance misuse among this population
  - Using assessment data to conduct strategic planning
  - Mobilizing partners needed to take action

# An Emerging Public Health Crisis



Significant increases in alcohol and opioid misuse and dependence among Americans ages 55+ has led researchers to warn of an emerging public health crisis.

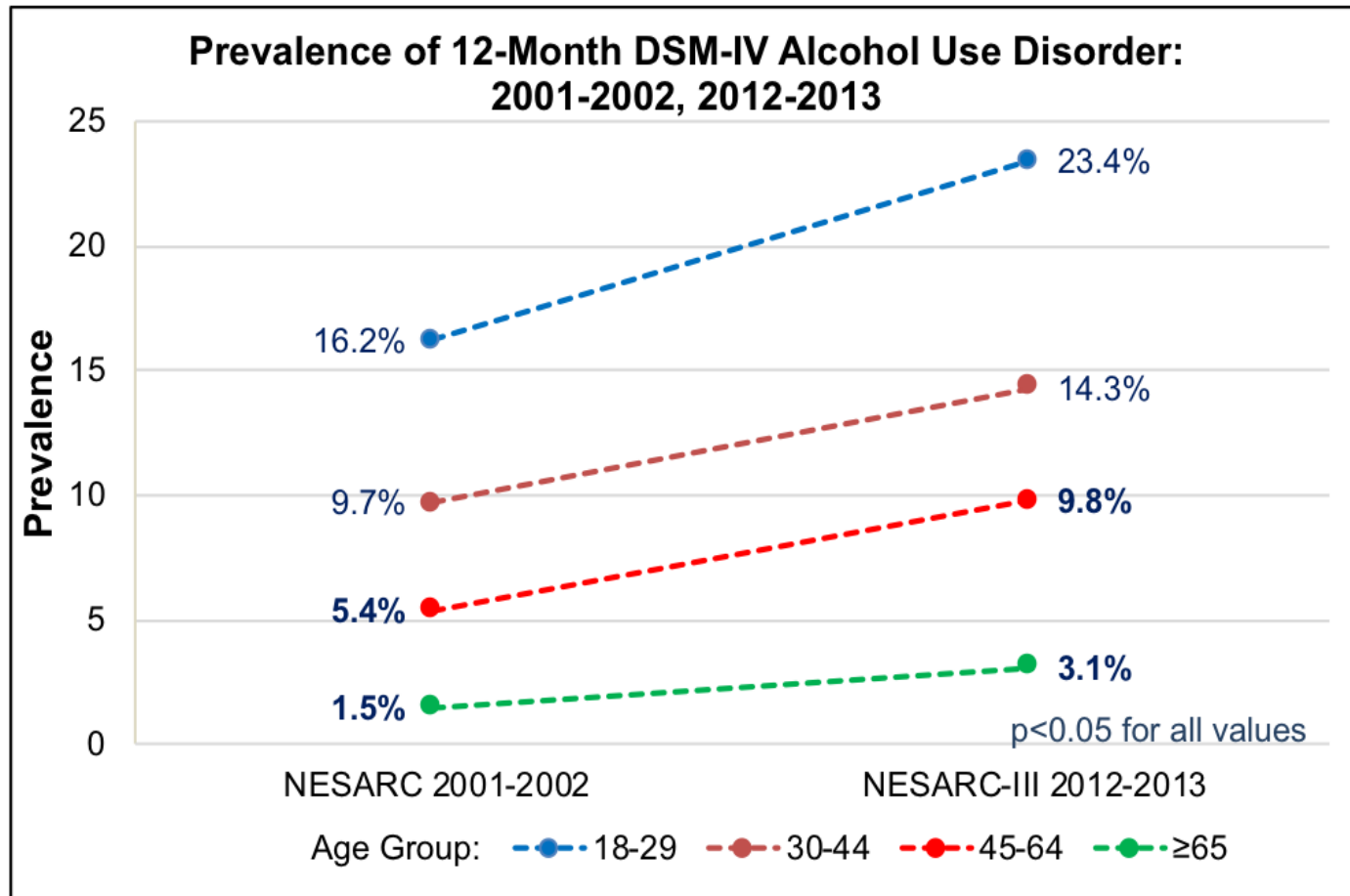
# An Emerging Public Health Crisis

More than 1 million adults ages 65 or older were estimated to have a substance use disorder in 2017. Of these:

- Nearly 98% had an alcohol use disorder
- Approximately 9% had an illicit drug use disorder.

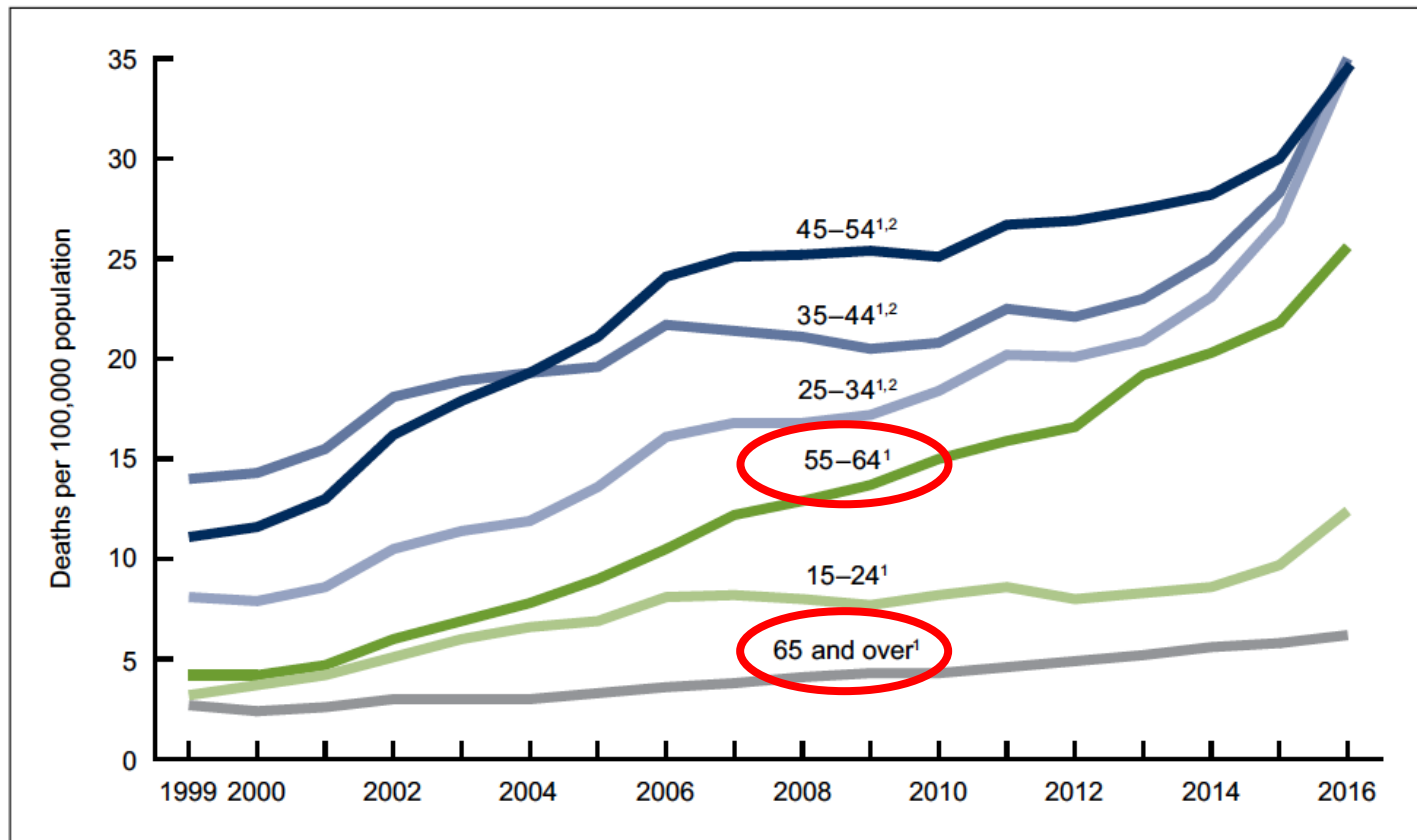
(2017 National Survey on Drug Use and Health)

# DSM-IV Alcohol Use Disorder



Source: Grant... Hasin (2017). *JAMA Psychiatry*.

# U.S. drug overdose death rates, per 100,000 population, 1999–2016



Hedegaard H et al., Data Brief no 294, National Center for Health Statistics, 2017

# Medication Use Among Older Adults

80 percent take prescription medications



Of these:

- 63 percent take 5 or more medications daily
- 33 percent take a medicine with abuse potential.



# Medication Use and Misuse



Benzodiazepine use among older adults—the group for which they are most prescribed—is particularly risky.

# Prescription Misuse in Older Adults



2006 prediction: Rx misuse by older adults could increase to 2.7 million by 2020.

It reached that number in 2012.

Simoni-Wastila, L., & Yang, H. K. (2006). Psychoactive drug abuse in older adults. *The American Journal of Geriatric Pharmacotherapy*, 4(4), 380-394. Office of Applied Studies. (2013). Results from the 2012 National Survey on Drug Use and Health;

# Substance Use Disorder in Older Adults

- Researchers estimate that 5.7 million older adults will require treatment for a substance use disorder in 2020.
- This is more than double the number with a substance use disorder from 2002 to 2006.

# Impacts of Opioid Use On Older Adults



- Rx-related deaths
- Opioid-involved suicides
- Emergency department visits
- Elder abuse

West, N. A., Severtson, S. G., Green, J. L., & Dart, R. C. (2015). Trends in abuse and misuse of prescription opioids among older adults. *Drug and Alcohol Dependence*, 149, 117-121. Centers for Disease Control and Prevention. (2011). Vital signs: Overdoses of prescription opioid pain relievers - United States, 1999-2008. *MMWR. Morbidity and Mortality Weekly Report*, 60(43), 1487.

# Alcohol Issues and Older Adults

Common problems include diabetes \* high blood pressure \* ulcers \* congestive heart failure \* liver problems \* osteoporosis \* strokes \* memory problems \* mood disorders \* drug interactions

Alcohol misuse complicates management of health problems common in older adults.

# Drinking Standards

National Institute on Alcohol Abuse and Alcoholism for adults who are healthy, do not take medication, and are over the age of 65:

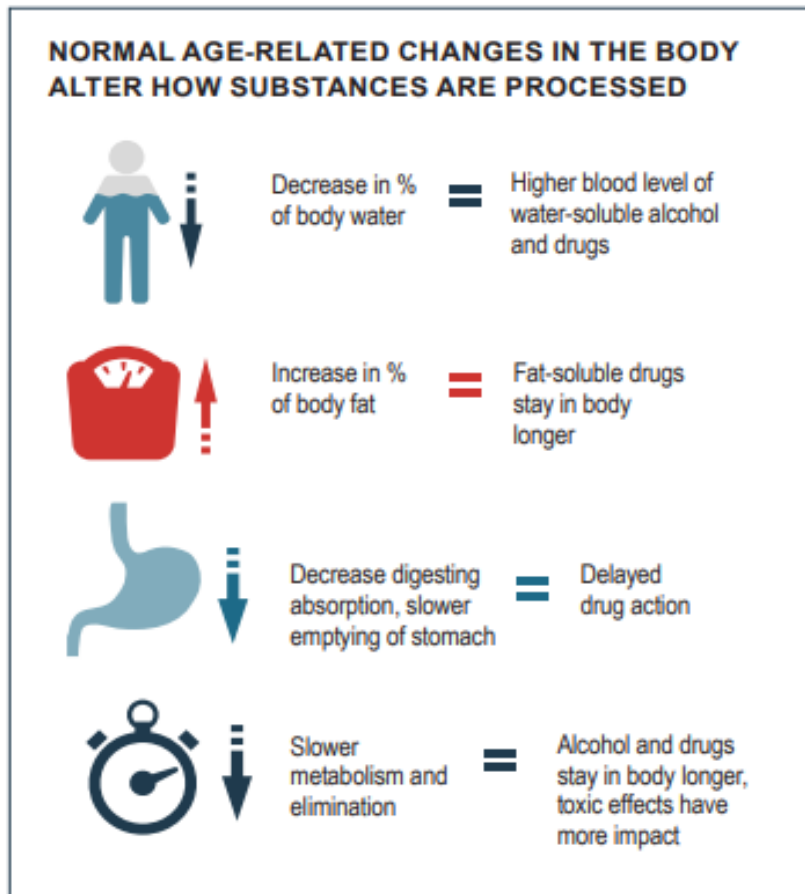
- No more than **3** drinks on a given **day**
- No more than **7** drinks in a **week**

# Multiple Factors Put Older Adults at Higher Risk



- Biological
- Demographic
- External Factors

# Biological Factors



Alcohol and drugs affect older adults differently due to biological changes associated with aging.



# Generational Demographics

Baby Boomers—the first of whom reached age 55 in 2001—have higher rates of psychoactive drug use than previous generations.

# Geography

## THE OPIOID EPIDEMIC IN RURAL AMERICA



Opioids are the most frequently prescribed type of medication in the United States.



Drug-related deaths are 45 percent higher in rural areas than in urban areas, and rural Americans are twice as likely to die from opioids as their urban counterparts.



Adults ages 45 and older accounted for 43 percent of rural opioid deaths in 2016.

Rural adults are at even higher risk for alcohol and opioid-related problems.

# Rural Older Adults

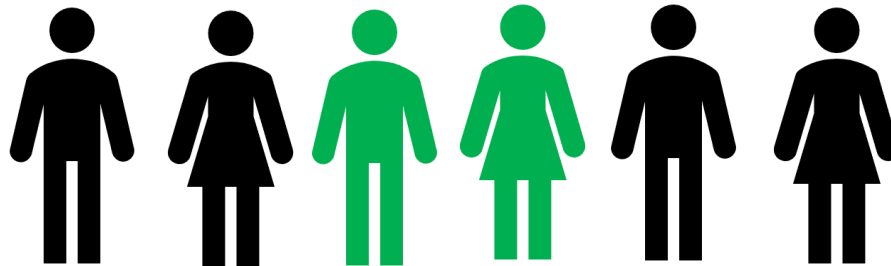
- More likely to live in poverty
- More limited access to health care
- Reduced health literacy
- More likely to experience depression and social isolation
- More likely to be raising a grandchild because of parental opioid use

# Other General Risk Factors

- Parenting to “empty nesters”
- Employment to retirement
- Changes in housing
- Grief and bereavement
- Diminishing physical and other abilities
- Social isolation
- Health issues/chronic disease
- Depression/mental illness

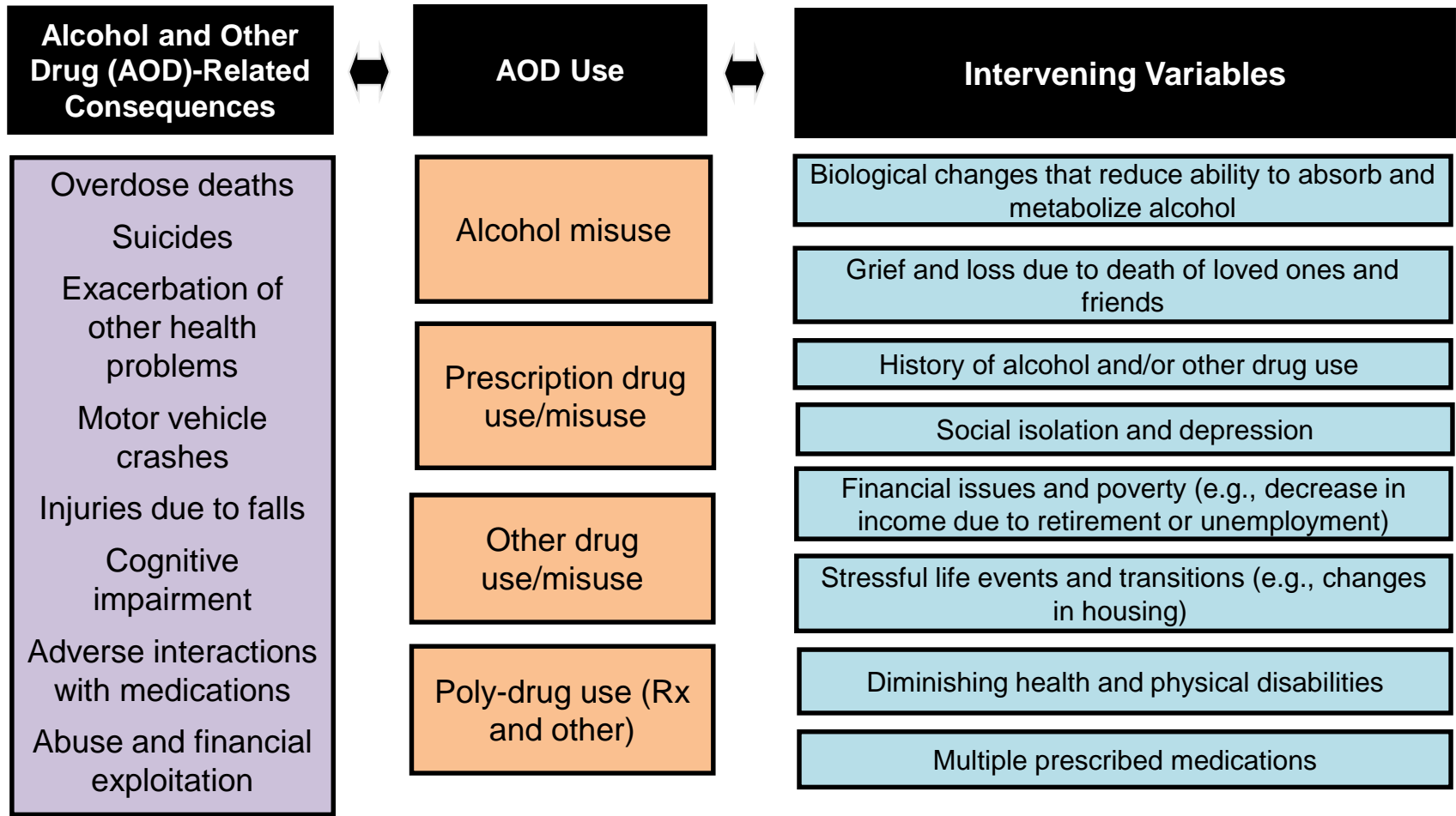
# Opportunities for Prevention

Research: 1/3 of older adults with an alcohol use disorder developed it at or after age 65.



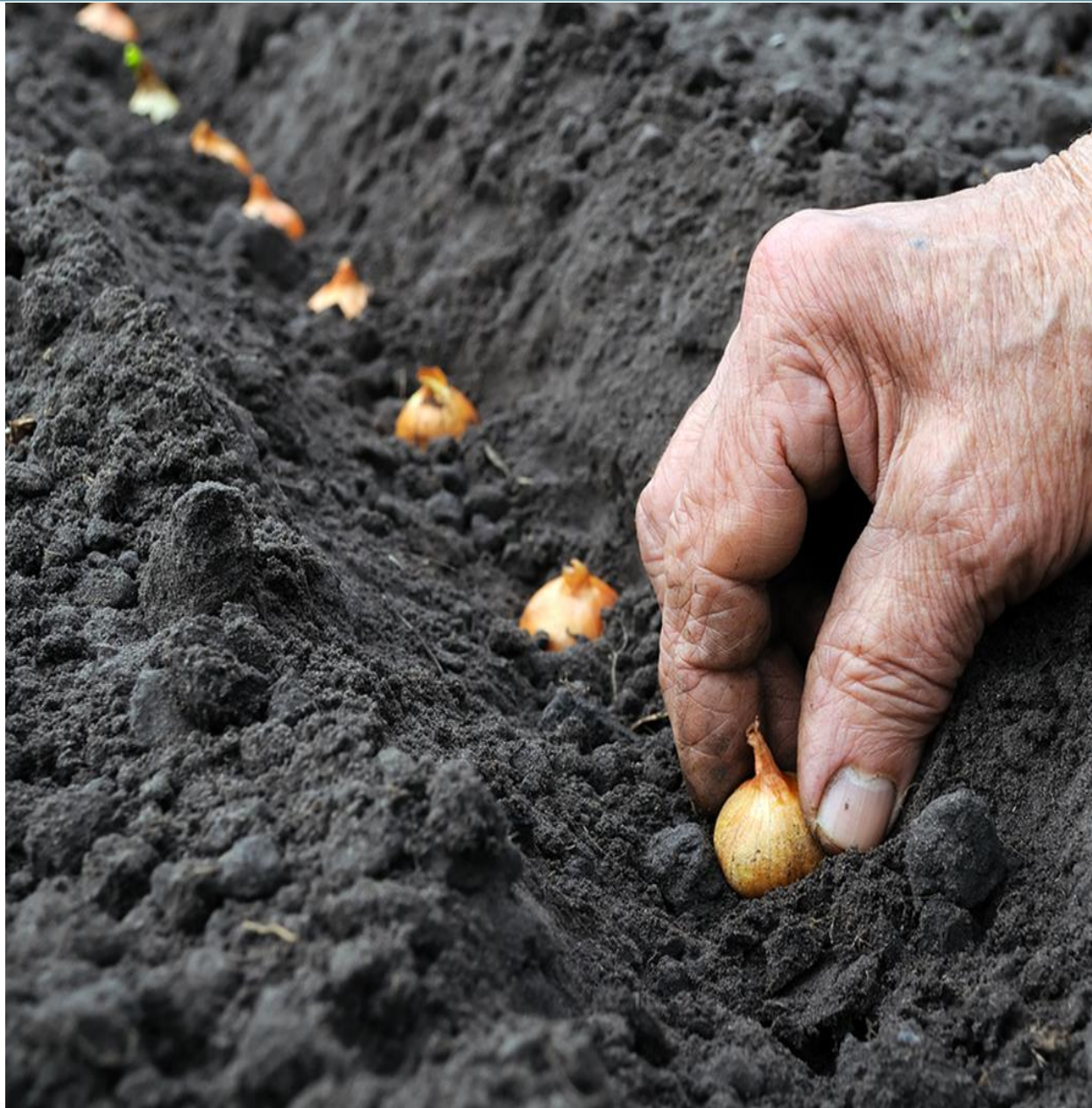
(Source: Bogunovic, O. (2012). [Substance Abuse in Aging and Elderly Adults](#).  
*Psychiatric Times*, 29(8))

# National Logic Model for Older Adults



# Taking Action in Utah

- Mobilizing & engaging stakeholders
- Raising awareness



# The Process

- Engage partners, stakeholders, & opinion leaders
- Use data to talk about the problem
- Focus on common goals & natural connections
- Understand the problem from multiple viewpoints





# Utah Partners at Onsite Meeting

- Health Departments
- Mental Health Providers
- Aging & Family Services
- Aging & Adult Services
- Prevention Providers
- Grandfamilies
- Division of Aging & Adult Services
- Department of Human Services
- Division of Substance Abuse & Mental Health
- Adult Protective Services

# Raising Awareness



UTAH  
FALL  
CONFERENCE

*September 18-20, 2019  
St. George, Utah*

  [WWW.UFS](http://WWW.UFS)



**AGING ADULTS AND EVIDENCE BASED PRACTICES**  
*1<sup>st</sup> Annual Conference in Utah*

# Natural Connections

**Substance  
Misuse  
Prevention**



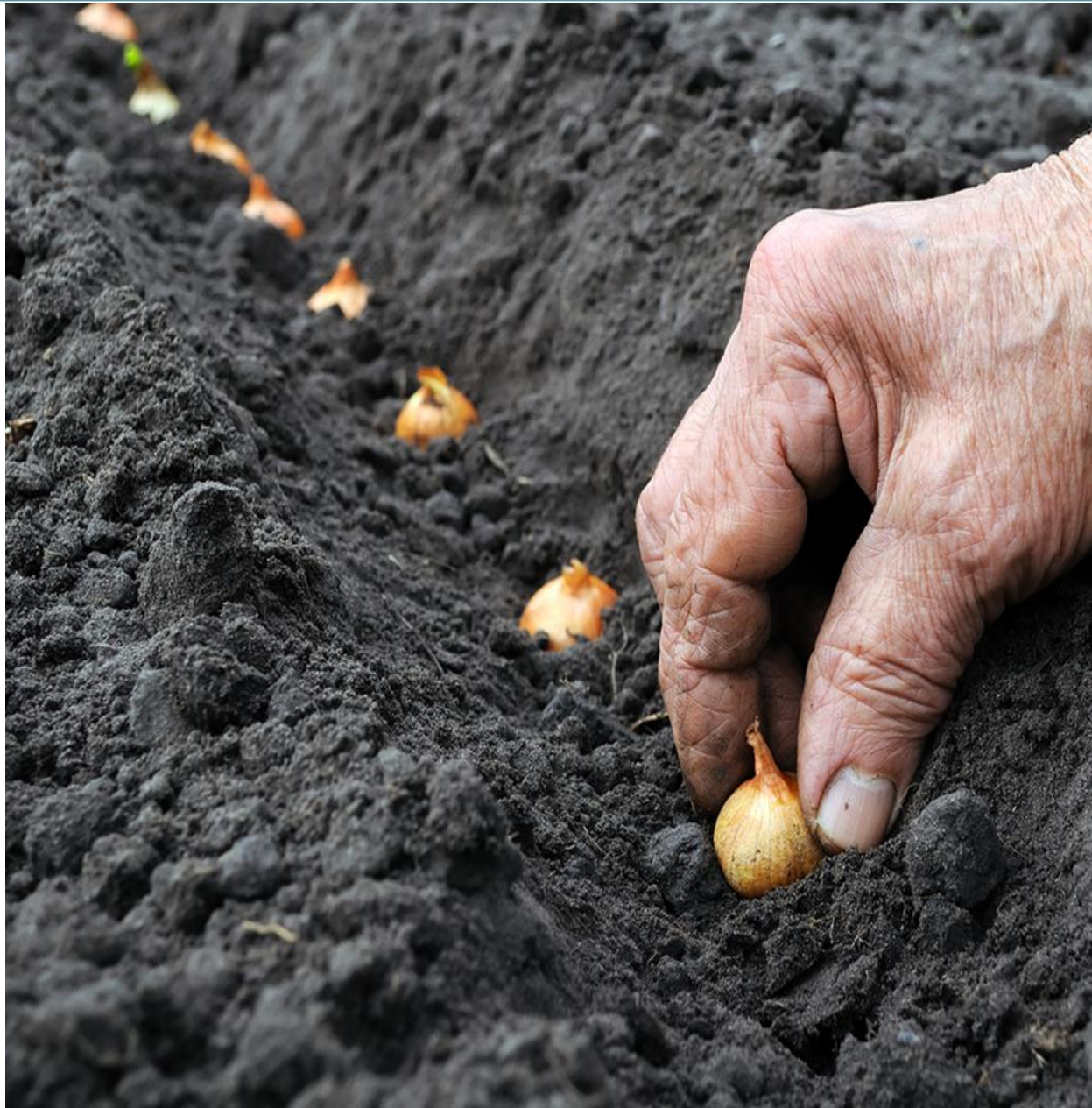
**Aging  
Services**

A hand is shown drawing a large white arrow on a black chalkboard. The words "NEXT STEP" are written in yellow inside the arrow. The hand is wearing a grey shirt sleeve and is holding a white marker. The background is a dark teal gradient.

NEXT STEP

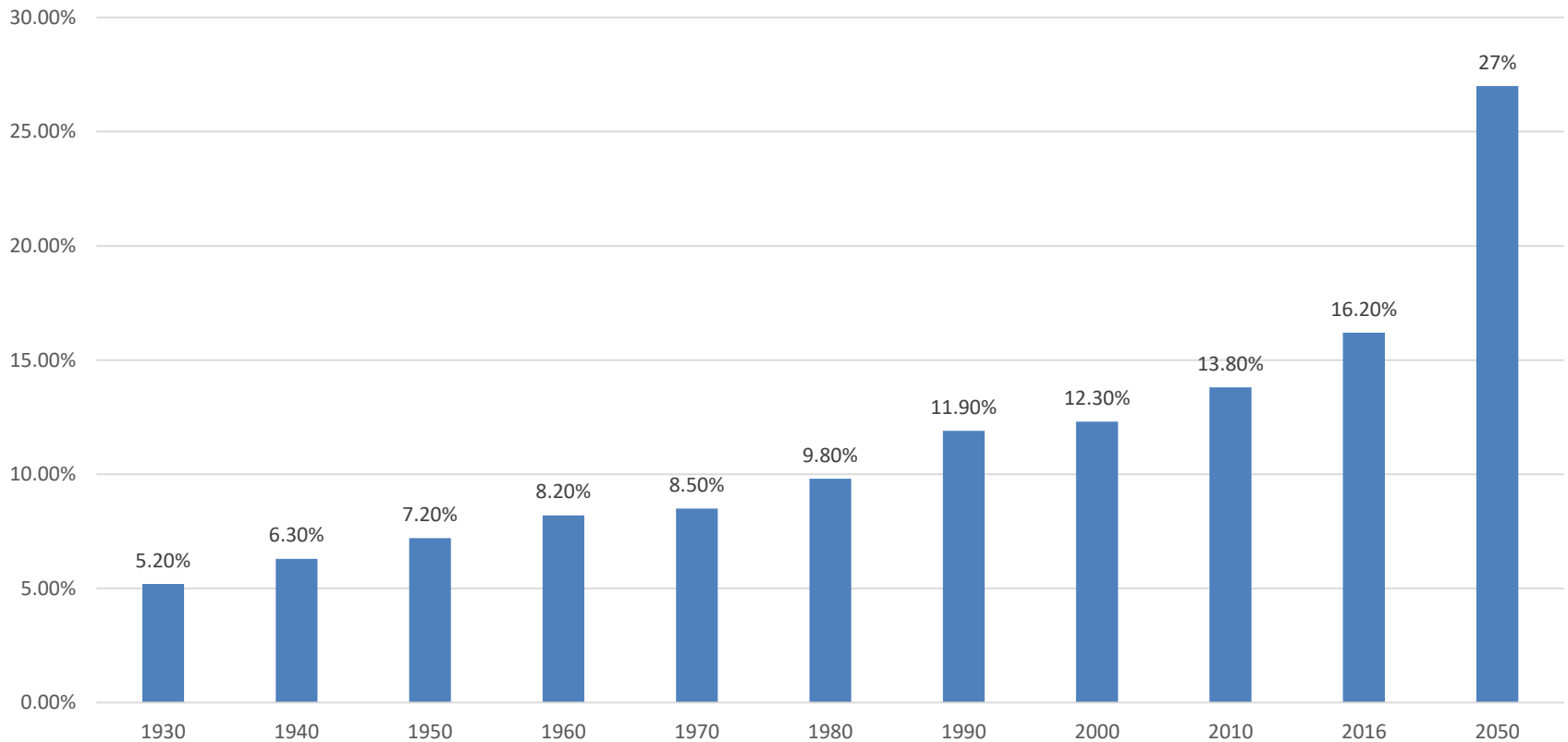
# Taking Action in Michigan

- Assessing the problem
- Planning a course of action



# Michigan - A Rapidly Aging State

## % of Michigan's Population Age 65 and Over



Source: US Census Bureau

# Planning Partners in Michigan

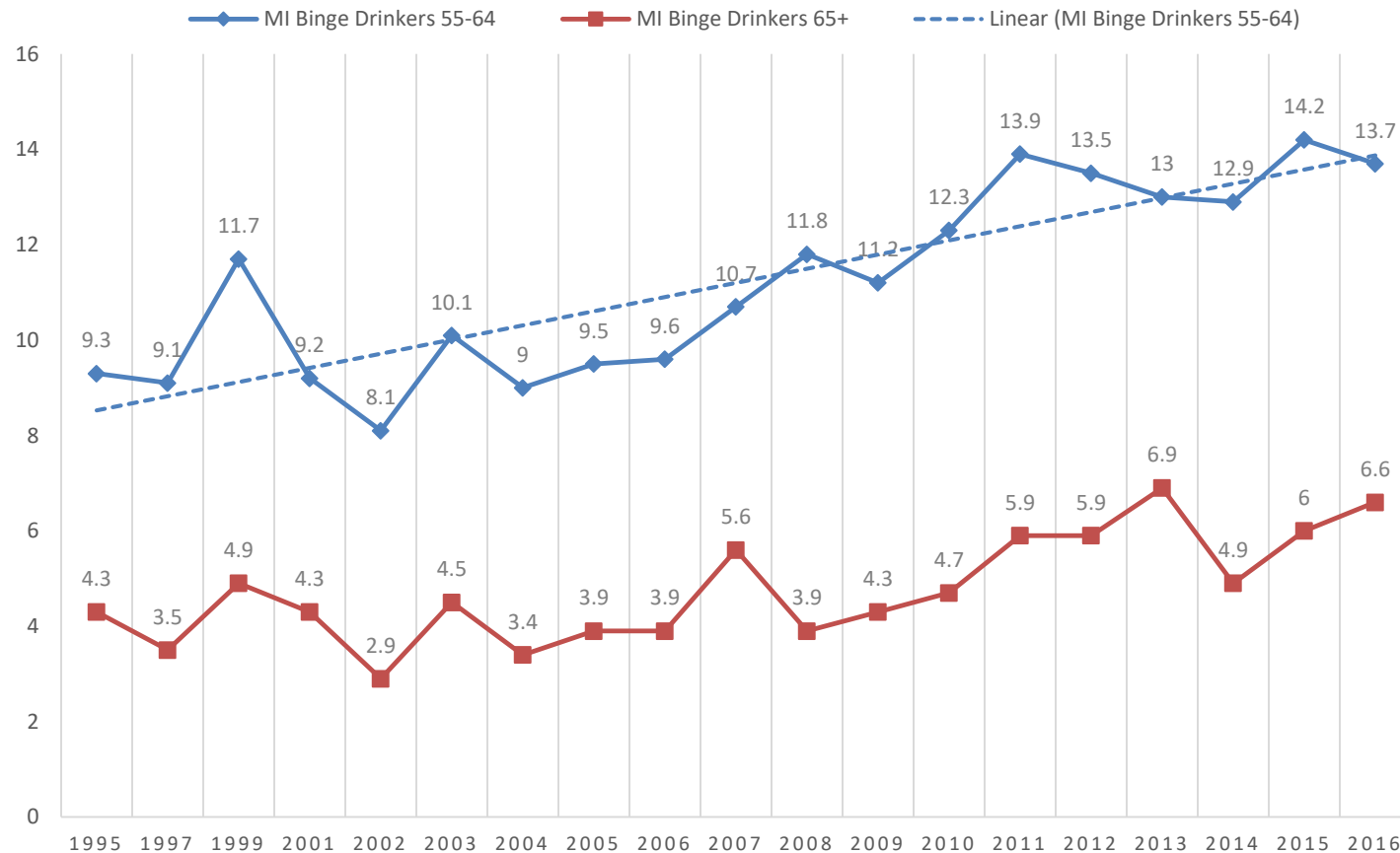
- Department of Health & Human Services
- Regional Prepaid Inpatient Health Plans
- Regional substance use treatment & prevention providers
- Michigan State University Extension
- Aging and Adult Services Agency
- Michigan Primary Care Association
- Michigan Health & Hospital Association
- Michigan State Police-Office of Highway Safety Planning

# Six Initial Potential Priorities

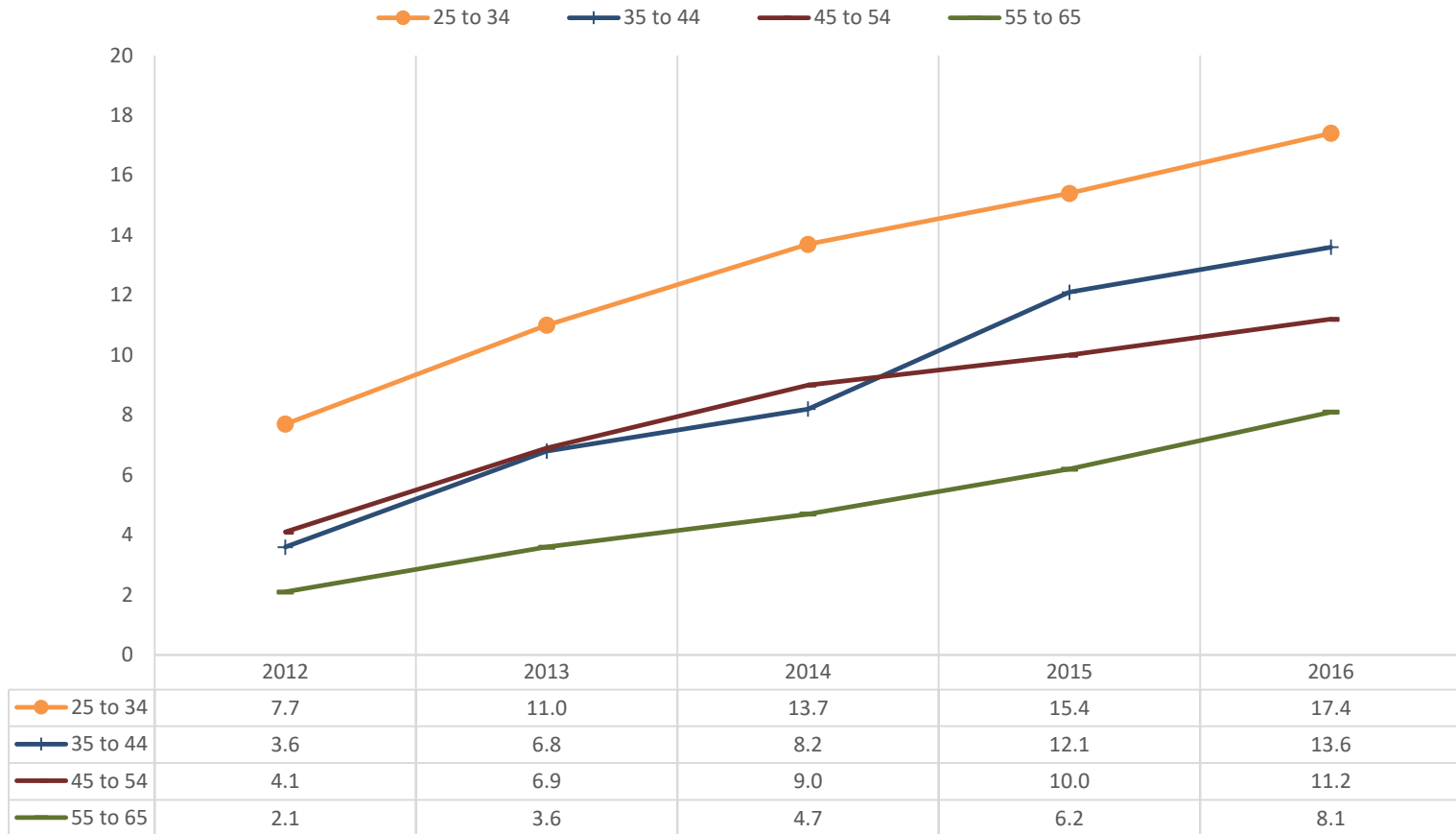
- Alcohol Misuse
- Cocaine Use
- Heroin Use
- Other Opioid use
- Drinking & Driving
- Drugged Driving



# Older Adult Binge Drinking Trends in Michigan Behavioral Risk Factor Surveillance System – 1995 to 2016

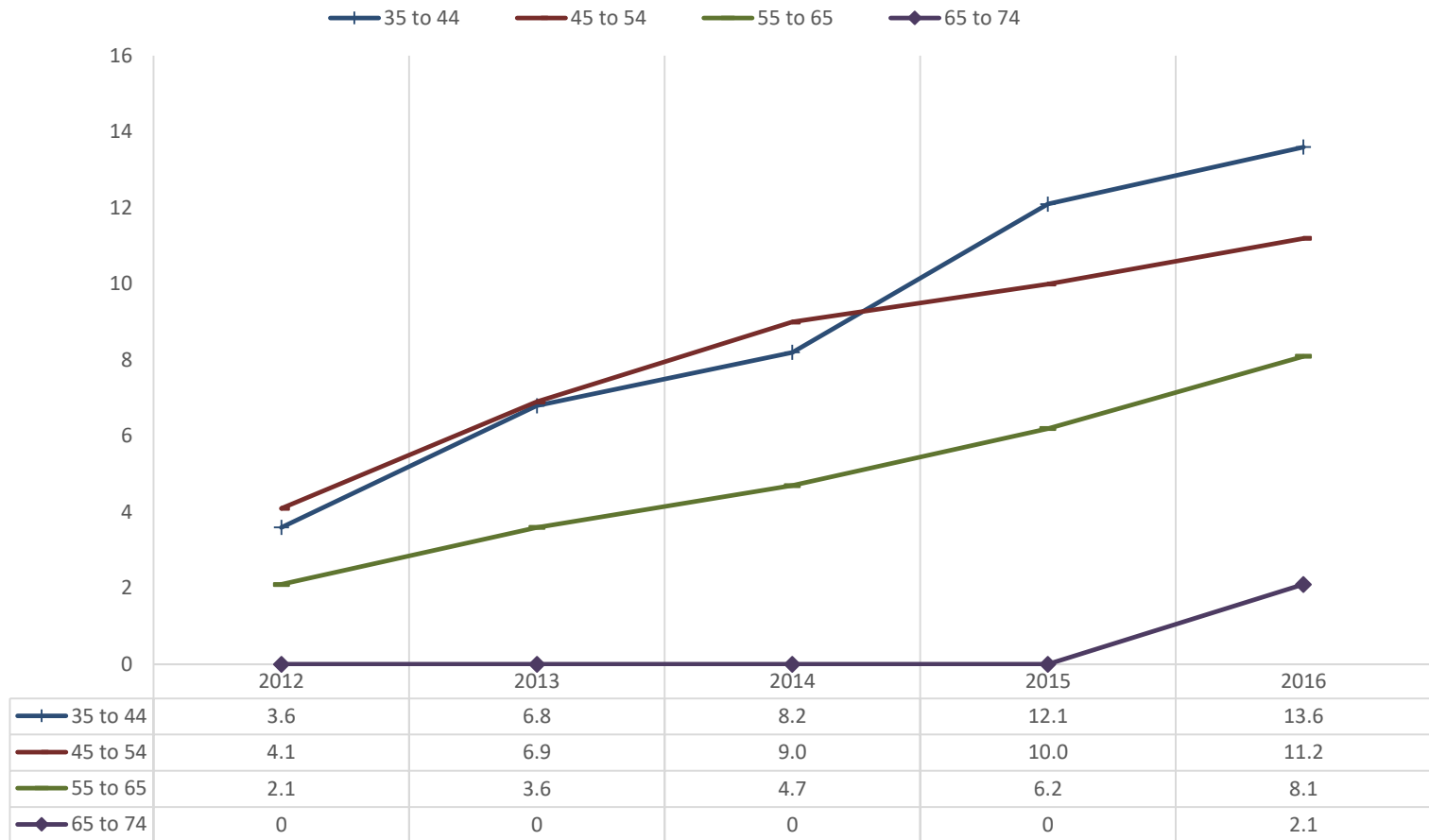


# Michigan Heroin-Related Overdose Death Rate per 100,000 by Age Group, 2012-2016



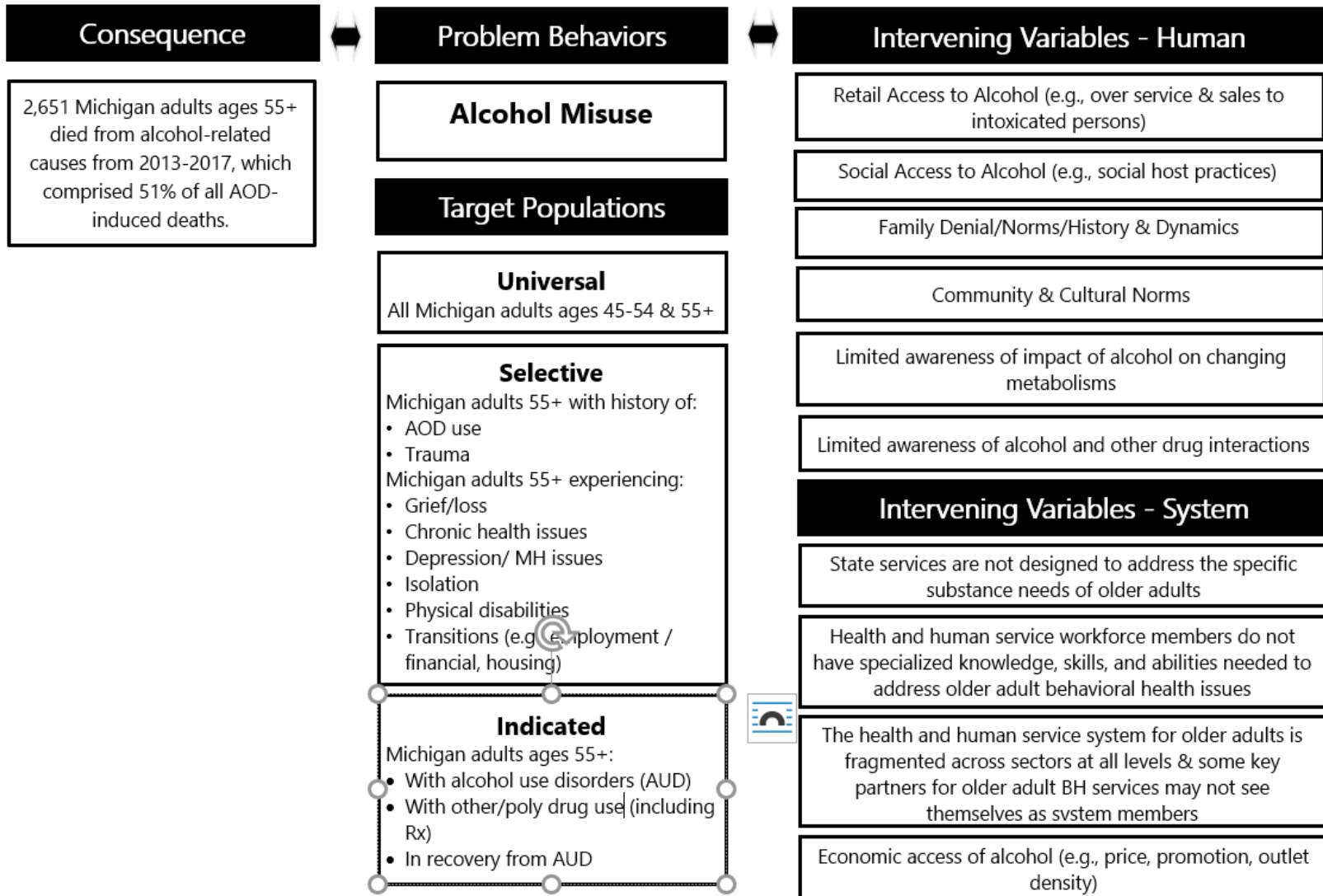
Source: Source: CDC Wonder, CDC/NCHS, Accessed at <http://wonder.cdc.gov/mcd-icd10.html> 9/12/2018

# Michigan Opioid Pain Reliever-Related Overdose Deaths per 100,000 by Age Group, 2012-2016

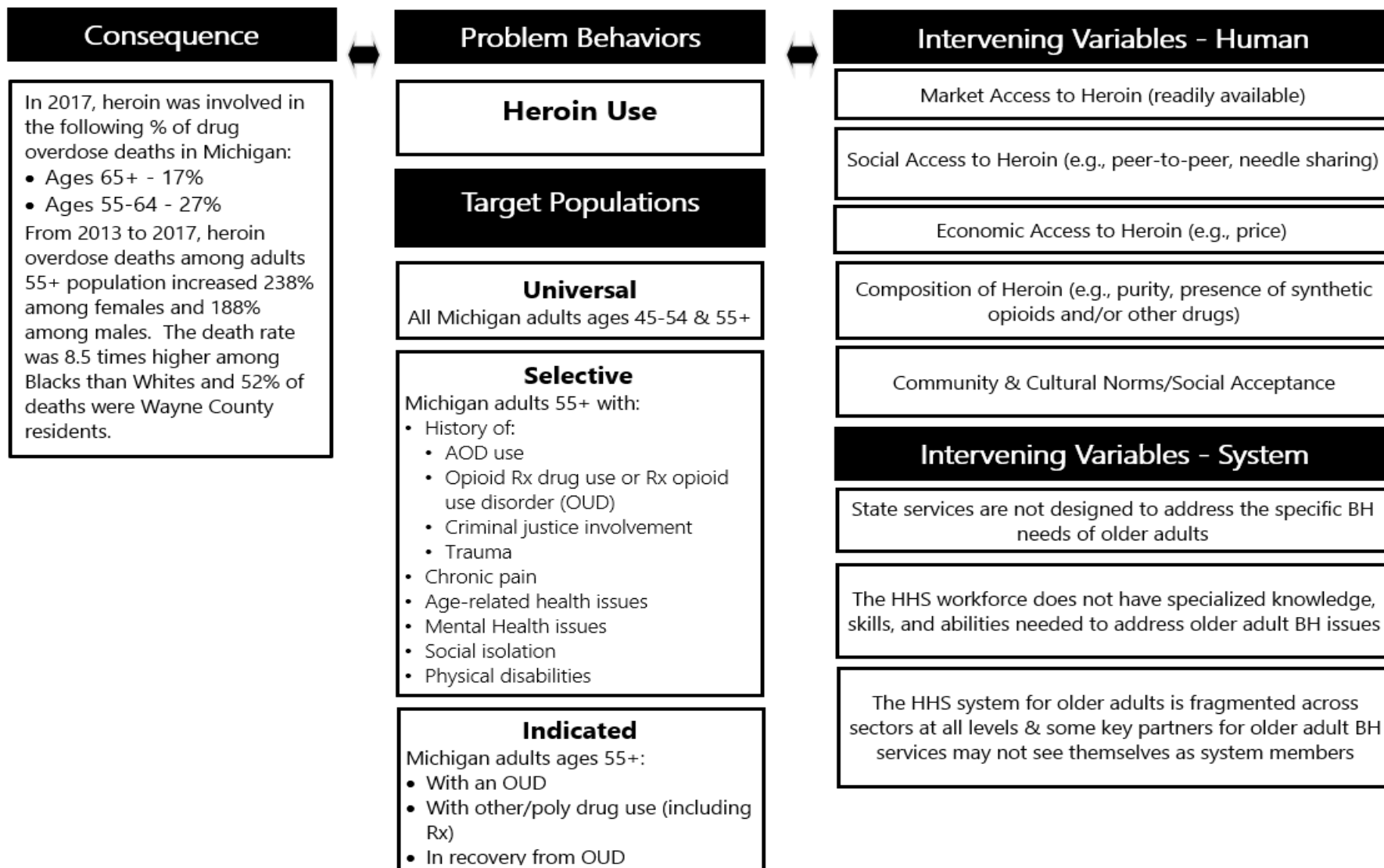


Source: CDC Wonder, CDC/NCHS, Accessed at <http://wonder.cdc.gov/mcd-icd10.html> 9/12/2018

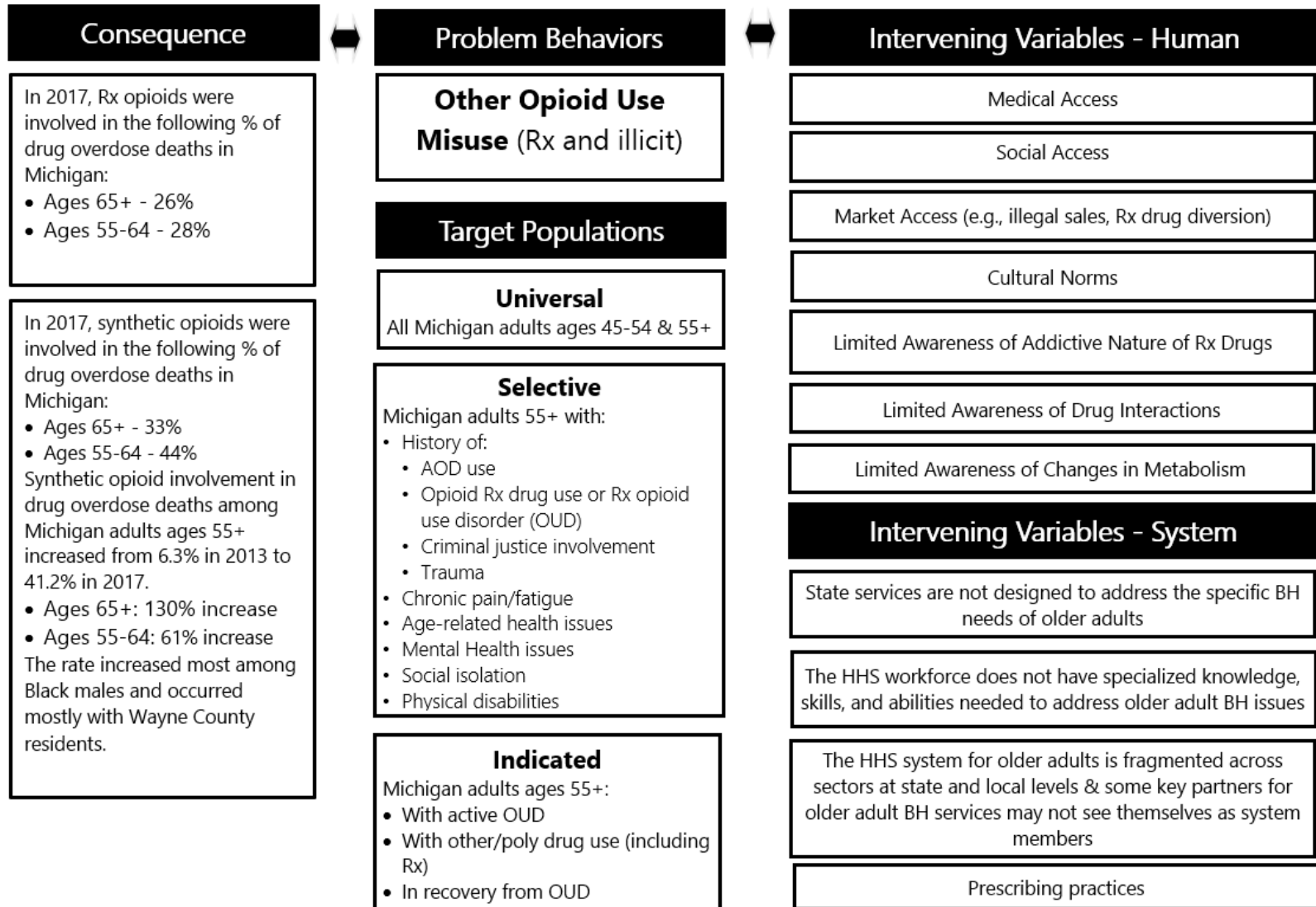
# Alcohol Misuse Logic Model for Older Adults



# Heroin Use Logic Model for Older Adults



# Other Opioid Use Logic Model for Older Adults





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NEXT STEP





# Thank You!

More Questions? Contact Us!

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