

2018

Prescription Drug Abuse

Jiaxi Tian

Augustana College, Rock Island Illinois

Follow this and additional works at: <https://digitalcommons.augustana.edu/pubh100issues>



Part of the [Pain Management Commons](#), [Pharmacy Administration, Policy and Regulation Commons](#), and the [Public Health Commons](#)

Augustana Digital Commons Citation

Tian, Jiaxi. "Prescription Drug Abuse" (2018). *Global Issues in Public Health*.
<https://digitalcommons.augustana.edu/pubh100issues/12>

This Report is brought to you for free and open access by the Public Health at Augustana Digital Commons. It has been accepted for inclusion in Global Issues in Public Health by an authorized administrator of Augustana Digital Commons. For more information, please contact digitalcommons@augustana.edu.

Health Issue: Prescription Drug Abuse

Prescription drug abuse is a noncommunicable epidemic disease that means using a medication in a way that is not prescribed, particularly taking more than doctors’ notes. Sometimes, taking other people’s drugs can also suggest drug abuse. Legal drugs that are commonly abused are painkillers and drugs used to treat sleep

disorders, such as opioids and



benzodiazepines (NIH n.d.).

Basic Epidemic

From 1999 to 2016, more than 630,000 people have died from a drug overdose. On average, 115 Americans die every day from an opioid overdose (CDC 2017). **Affected Population and Locations**

Almost 80 percent of people have suffered from substance use disorder according to the most recent record (American Addiction Center n.d.).

Populations affected the most are young adults between age 18 to 25 and older adults from age 57 to 85. Among the affected population, males make up a

Jiayi Tian
PUBH 100-02
Dr. Rebecca Heick

larger portion than females (National Institute on Drug Abuse n.d.).

Locations affected by prescription drug abuse are all over the world. Every country has a degree of drug abuse. In the U.S, pretty much every state has a problem related to the drug abuse. Some states have a significant issue, such as Wisconsin, Virginia, and New York(CBSNews 2014).

Causes and Outcomes of the condition

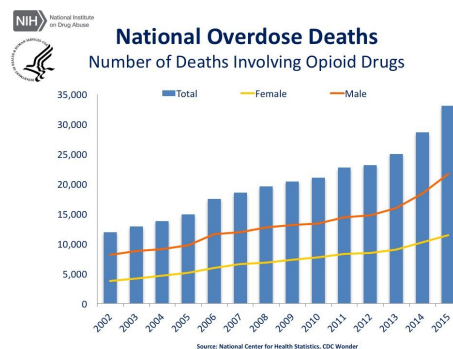
Drug availability, social environment, economic status are all the common causes of the condition (NIH n.d.).

Drug availability refers to some online pharmacies that do not require prescriptions. According to the online data, most people get the prescription drugs from friends or relatives or people would get drugs from multiple physicians (CDC 2017).

To most teenagers, peer pressure is an important cause to use prescription drugs and become drug abusers.

Teens tend to use drug as a tool to gain social acceptance (NIH n.d.).

Nonfatal outcomes of the condition are included, such as compromised judgments, increased sensitivity of pain, depression and occupational or academic problems. More severely, drug abuse can cause psychological problems and even deaths. (WebMD n.d.)



What can be done

Drug control is definitely the

most important prevention for the drug abuse. People should pay more attention to the places that do not require prescriptions such as online pharmacies. Education is also needed in order to help people realize more about drug abuse and prevent more serious outcomes. For the teenagers, parental monitoring can make a difference to decrease the chance of getting a drug and being addictive (NIH n.d.).

Some government agencies are also working on to control the sources of prescription drugs and to aim for a better quality of data. So that they are able to track the trends, make the focus and thus provide a better solution (CDC 2017).

My solution

I think the best way to help the situation is education, especially to teenagers. The education should not only included the side effects of drug abuse but also how to join a group without compromising yourself. It is important for them to understand joining a right group does not require to do anything like abusing drugs. To the adults, I think some practical solutions such as going to therapist for occupation stress and more activities should be involved in the life in order to distract the minor pain.

References

Kolodny, A., Courtwright, D. T., Hwang, C. S., Kreiner, P., Eadie, J. L., Clark, T. W., & Alexander, G. C. (2015). The Prescription Opioid and Heroin Crisis: A Public Health Approach to an Epidemic of Addiction. *Annual Review Of Public Health, 36*(1), 559-574.
doi:10.1146/annurev-publhealth-031914-122957

Jiaxi Tian
PUBH 100-02
Dr. Rebecca Heick

French, M. (2010). Straight Talk on Prescription Drugs. *Scholastic Choices, 26*(2), 14-15

Prescription Drug Abuse Signs, Symptoms & Effects. (n.d.). Retrieved April 19, 2018, from <http://www.deltamedcenter.com/addiction/prescription-drug/s/signs-symptoms-effects>

CDC. (2017, August 01). Opioid Overdose. Retrieved April 19, 2018, from <https://www.cdc.gov/drugoverdose/data/overdose.html>

National Institute on Drug Abuse. (2017, September 15). Overdose Death Rates. Retrieved April 24, 2018, from <https://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>

Statistics on Drug Addiction. (n.d.). Retrieved from <https://americanaddictioncenters.org/rehab-guide/addiction-statistics/>

Thompson, D. (2014, July 01). The states with the worst prescription painkiller problem. Retrieved from <https://www.cbsnews.com/news/the-states-with-the-worst-prescription-painkiller-problem/>

Paulozzi, L. J., Strickler, G. K., Kreiner, P. W., & Koris, C. M. (2015). Controlled Substance Prescribing Patterns — Prescription Behavior Surveillance System, Eight States, 2013. *MMWR. Surveillance Summaries, 64*(No. SS-9), 1-14.
doi:10.15585/mmwr.ss6409a1