

4-H Healthy Living

What's in *Your* Medicine Cabinet?



Intended Audience:

- Middle school and high school-age youth

Lesson Objectives:

Session participants will:

- Understand the facts about opioid use.
- Find the overdose death rate in their county.
- Appreciate the significance of the opioid epidemic to their community.

Time: 15-20 minutes (depending on group age and size)

Equipment and supplies:

- Medicine cabinet
- Prescription pill bottles with labels
- Opioid questions & answer key
- Scissors
- State map showing drug overdose death rates

Do Ahead:

- Review activity instructions.
- Obtain medicine cabinet. See “Script for Obtaining Medicine Cabinet” for suggestions on how to obtain a cabinet.
- Obtain prescription pill bottles and labels.
- Print questions and cut them apart.
- Print state map.
- Locate information about drug disposal sites in your community.

Just the Facts

INTRODUCTION

What's in the medicine cabinet in your home? And why is this important?

Drug overdoses deaths due to opioids (prescription pain medications) have created a public health emergency in our country. Drug overdose deaths in the U.S. have more than tripled between 1999 and 2015. During this same time, the amount of prescription opioids dispensed in the U.S. nearly quadrupled. In 2015, it is estimated that more than 12 million persons aged 12 years or older misused prescription pain medications in the past year. The prevalence of other drugs, such as heroin and fentanyl, is also a cause for concern.

Ohio is among the top states in the number of overdose deaths and Ohio's increase from the previous 12 months was 3 times the national average. From June 2016 to June 2017, 5,232 Ohioans died of a drug overdose. This means that every day 14 people in Ohio die of a drug overdose – that's more than 1 every 2 hours.

Prevention is key. 4-H'ers can play an important role in addressing drug use and misuse in their communities.

WHAT TO DO

Experience:

Set up a medicine cabinet with prescription pill bottles on a table where participants can view it.

ACTIVITY:

1. Distribute pill bottles to participants. If there aren't enough bottles to go around, have participants pair up.
2. Distribute slips of paper with questions, 1 per individual or pair.
3. Give participants a few minutes to read the “opioid fact” on the label and to review their question.
4. Have participants take turns reading their question. One of the prescription bottles will have a fact that will answer the question. Ask the participant with the pill bottle that has the corresponding fact to share it with the group.
5. Use the answer to key to confirm the correct answer.



Sources:

Centers for Disease Control and Prevention

<https://www.cdc.gov/drugoverdose/opioids/>

<https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

Ohio Department of Health

<https://www.odh.ohio.gov/health/vipp/data/rxdata.aspx>

National Institute on Drug Abuse

<https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction>

<https://www.drugabuse.gov/publications/drugfacts/lessons-prevention-research>

Resources:

Drug Disposal Drop Boxes

<http://www.ohioattorneygeneral.gov/Individuals-and-Families/Victims/Drug-Diversion/Prescription-Drug-Drop-Boxes>

Generation Rx

www.generationrx.org

See also: *Five Things to Know About the Opioid Epidemic* (Fact Sheet)

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<http://www.ohio4h.org/healthyliving>

If time permits:

6. Have participants locate their county on a map of the state to find out what the drug overdose rate is in their county. The *rate* is the number of persons affected per 100,000 of the population. The rate allows comparison of counties with differing populations.
7. Discuss what 4-H'ers can do in their home, school, and community to address this problem.
8. Share information about medication safety, prescription drug disposal sites, and other community resources.

TALK IT OVER**Reflect:**

- What surprised you about the facts that were on the pill bottles?

Generalize:

- From looking at the map, what do you notice about drug overdose rates in Ohio?

Apply:

- How can you make wise choices?
- What can 4-H'ers do in their homes, schools, and communities to address this problem?

Key Messages

- Misuse of opioids, including prescription pain medications, is a serious problem in Ohio and across the country.
- All areas of Ohio are affected by the epidemic of drug overdoses: rural, suburban, and urban.
 - Although there are more people affected in areas with a larger population, currently the *rate* (which is the number per 100,000 people) is actually higher in rural areas.
- The issue of opioid misuse is a very complex problem.
- Drug addiction is a disease that affects the brain.
- Prevention programs for teens should focus on increasing academic skills and enhancing social competence, including skills such as:
 - Communication
 - Peer relationships
 - Drug resistance skills