

Citations for *What is Take Back Your Meds?*

- Emergency room visits involving nonmedical use of narcotic pain relievers rose 111% from 2004 to 2008.
Source: Substance Abuse and Mental Health Services Administration, Office of Applied Studies. (2010). The DAWN Report: Trends in Emergency Department Visits Involving Nonmedical Use of Narcotic Pain Relievers. Rockville, MD. Available online at:
<http://oas.samhsa.gov/2k10/DAWN016/OpioidEdHTML.pdf>
- Fatal poisonings in Washington State increased 395% from 1990 to 2006.
Source: Washington State Dept of Health (2008). "Poisoning and drug overdose." Washington State Injury and Violence Prevention Guide. DOH Publication No: 530-090. Available online at:
<http://www.doh.wa.gov/hsqa/emstrauma/injury/pubs/icpg/DOH530090Poison.pdf>
- 85% of poisoning deaths involved medicines in 2006.
Source: Washington State Dept of Health (2008). "Poisoning and drug overdose." Washington State Injury and Violence Prevention Guide. DOH Publication No: 530-090. Available online at:
<http://www.doh.wa.gov/hsqa/emstrauma/injury/pubs/icpg/DOH530090Poison.pdf>
- 32% of child poisoning deaths in Washington were caused by someone else's prescription medication and 26% were caused by over-the-counter medications.
Source: Sabel, J. (2004). Washington State Childhood Injury Report – Poisoning Chapter. WA DOH. Available online at:
http://www.doh.wa.gov/hsqa/emstrauma/injury/pubs/wscir/WSCIR_Poisoning.pdf
- Three fifths (57%) of all new prescription drug abusers were younger than age 18 in 2009. Over 20% of high school students have taken medicine for a non-medical reason.
Source: Substance Abuse and Mental Health Services Administration. (2010). Results from the 2009 National Survey on Drug Use and Health: Volume I. Summary of National Findings (Office of Applied Studies, NSDUH Series H-38A, HHS Publication No. SMA 10-4586Findings). Rockville, MD. , Available online at:
<http://www.oas.samhsa.gov/NSDUH/2k9NSDUH/2k9ResultsP.pdf>
- Our medicine cabinets provide teens with easy access to drugs – more than three out of five teens say prescription pain relievers are easy to get from parents' medicine cabinets and half of teens say prescription medications are easy to get through other people's prescriptions.
Source: Partnership for a Drug-Free America (2006). Partnership Attitude Tracking Study (PATS) Teens in Grades 7 through 12, 2005. Available online at:
http://www.drugfree.org/Files/Full_Teen_Report

- Drug overdoses in Washington have surpassed car crashes as the leading cause of accidental deaths. The majority of these overdoses involved prescription opiates.
Source: Center for Health Statistics, Washington State Department of Health (2009). Age-Adjusted Rates for External Causes for Residents, 1999-2008. Available online at: <http://www.doh.wa.gov/EHSPHL/CHS/chs-data/death/htmltables/e1.htm>
- Of 139 streams sampled throughout the U.S., 80% tested positive for pharmaceutical drug contamination.
Source: Kolpin, D.W., et al. (2002). Pharmaceuticals, hormones and other organic wastewater contaminants in U.S. streams, 1999-2000: A National Reconnaissance. Environmental Science & Technology, 36(6), 1202-1211. Available online at: http://toxics.usgs.gov/regional/emc_surfacewater.html
- Researchers have found drugs like painkillers, antihistamines, antibiotics, heart medications and hormones in surface, ground and marine waters as well as soils and sediments in the Pacific Northwest.
Source: Data collected from multiple studies. See more information at: www.takebackyourmeds.org/why/medicines-in-the-environment
- A wide range of medicines have been found in the drinking water of 24 major metropolitan cities.
Source: Donn, J., et al. (2008). AP Investigation: Pharmaceuticals Found in Drinking Water. Associated Press. Available online at: http://hosted.ap.org/specials/interactives/pharmawater_site/
- Drug companies generated over \$4 billion in sales in Washington State alone last year.
Source: Data compiled from: The Kaiser Family Foundation (2009). State Health Facts, 2009. Available online at: <http://www.statehealthfacts.org/profileind.jsp?cat=5&sub=66&rqn=49> ; Consumer Healthcare Products Association (2009). Over the Counter Retail Sales in 2009. Available online at: http://www.chpa-info.org/pressroom/Retail_Sales.aspx; U.S. Census Bureau (2009). State and County Quick Facts in 2009. Available online at: <http://quickfacts.census.gov/qfd/states/53000.html>
- These same companies spent \$450 million promoting sales of medicines in Washington in 2008.
Source: Data compiled from: Campbell, S. (2009). Promotional Spending for Prescription Drugs in 2008. Economic and Budget Issue Brief. Congressional Budget Office. Available online at http://www.cbo.gov/ftpdocs/105xx/doc10522/12-02-DrugPromo_Brief.pdf; U.S. Census Bureau (2009). Annual Estimates of the Population for the United States, Regions, States, and Puerto Rico: April 1, 2000 to July 1, 2009. Available online at: - <http://www.census.gov/popest/states/tables/NST-EST2009-01.xls>