

The Maternal Opioid Mortality Study (MOMS)

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Global & National Trends

- Opioid addiction is a serious global health concern
- 15 M with opioid dependence worldwide
- In 2015, an estimated 2M Americans had an opioid pain reliever addiction
 - ❖ 591,000 were addicted to heroin



U.S. Opioid Crisis

- **Over-prescribing of prescription opioid pain relievers**
- **Aggressive marketing as “non-addictive” by pharmaceutical companies**
- **Led to “pill mills”**
- **5th vital sign**
 - **Joint Commission for the accreditation of hospitals**
- **Drug cartel developed new distribution strategies**
 - **Targeted rural area of U.S.**
- **For the 1st time in decades, U.S. life expectancy is predicted to decline**

Heroin Use

- Prescription opioid use has led to an increase in heroin use
 - Less expensive and easier to obtain
- Rates of heroin use have doubled among U.S. women
- Highest overall increase in ages 18 to 25

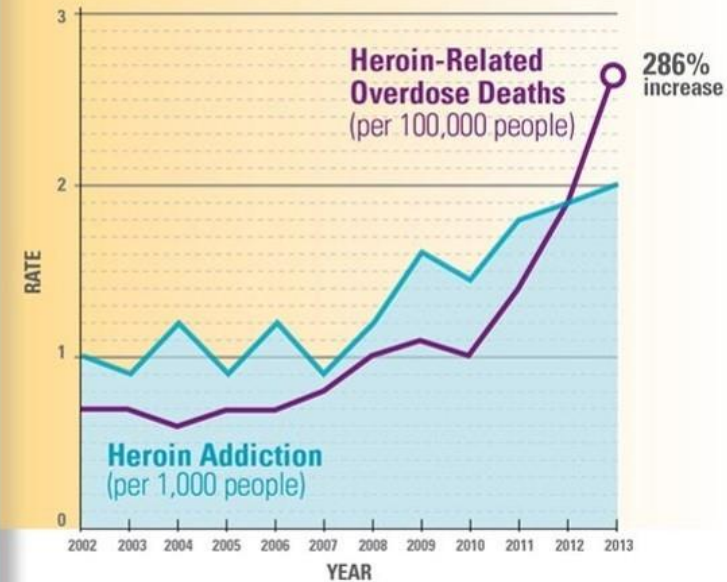


Changing Face of Heroin Use

Heroin Use Has INCREASED Among Most Demographic Groups

	2002-2004*	2011-2013*	% CHANGE
SEX			
Male	2.4	3.6	50%
Female	0.8	1.6	100%
AGE, YEARS			
12-17	1.8	1.6	--
18-25	3.5	7.3	109%
26 or older	1.2	1.9	58%
RACE/ETHNICITY			
Non-Hispanic white	1.4	3	114%
Other	2	1.7	--
ANNUAL HOUSEHOLD INCOME			
Less than \$20,000	3.4	5.5	62%
\$20,000-\$49,999	1.3	2.3	77%
\$50,000 or more	1	1.6	60%
HEALTH INSURANCE COVERAGE			
None	4.2	6.7	60%
Medicaid	4.3	4.7	--
Private or other	0.8	1.3	63%

Heroin Addiction and Overdose Deaths are Climbing



SOURCES: National Survey on Drug Use and Health (NSDUH), 2002-2013.
National Vital Statistics System, 2002-2013.

Overdose Deaths

- Heroin-associated deaths nearly quadrupled between 2002 and 2013
- 52,000 opioid related overdose deaths in 2015, highest number ever recorded in U.S. history
 - *Overdose is now the leading cause of injury death for adults-surpassing motor vehicle accidents*
 - 64,000 overdose deaths in 2016; 22% increase from 2015
- As of 2016, Fentanyl deaths have increased 540% over 3 years
 - 2013-2014, TX experienced 38% increase in drug seizures testing + illicit fentanyl

Overdose and Women

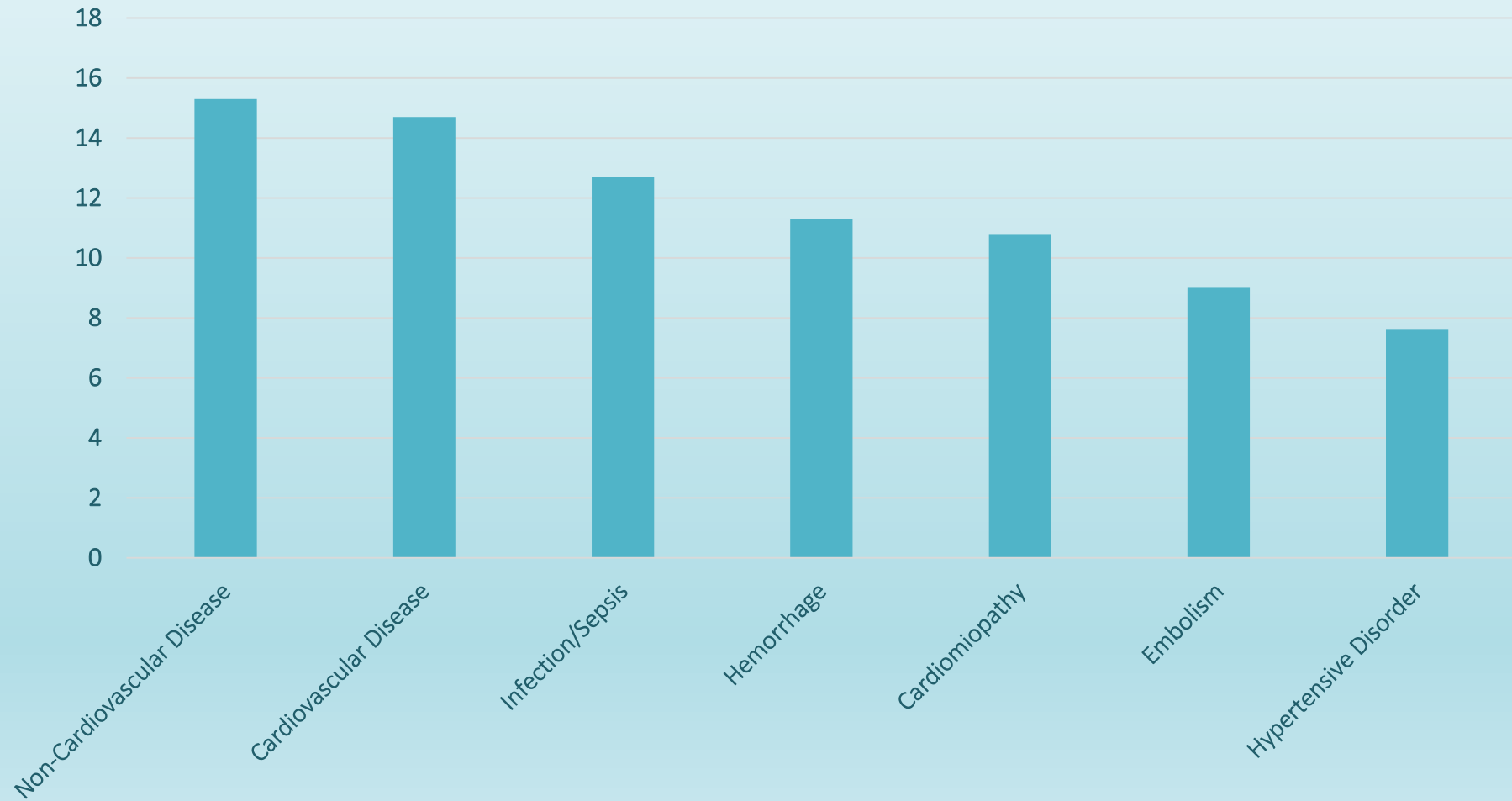
- **Accidental poisoning deaths (largely prescription opioids) increased 121% between 2005 and 2013 for white, non-Hispanic women aged 15-44**
 - Compared to an 80% increase in men
- ***As of 2016, overdose is the leading cause of maternal mortality in TX***



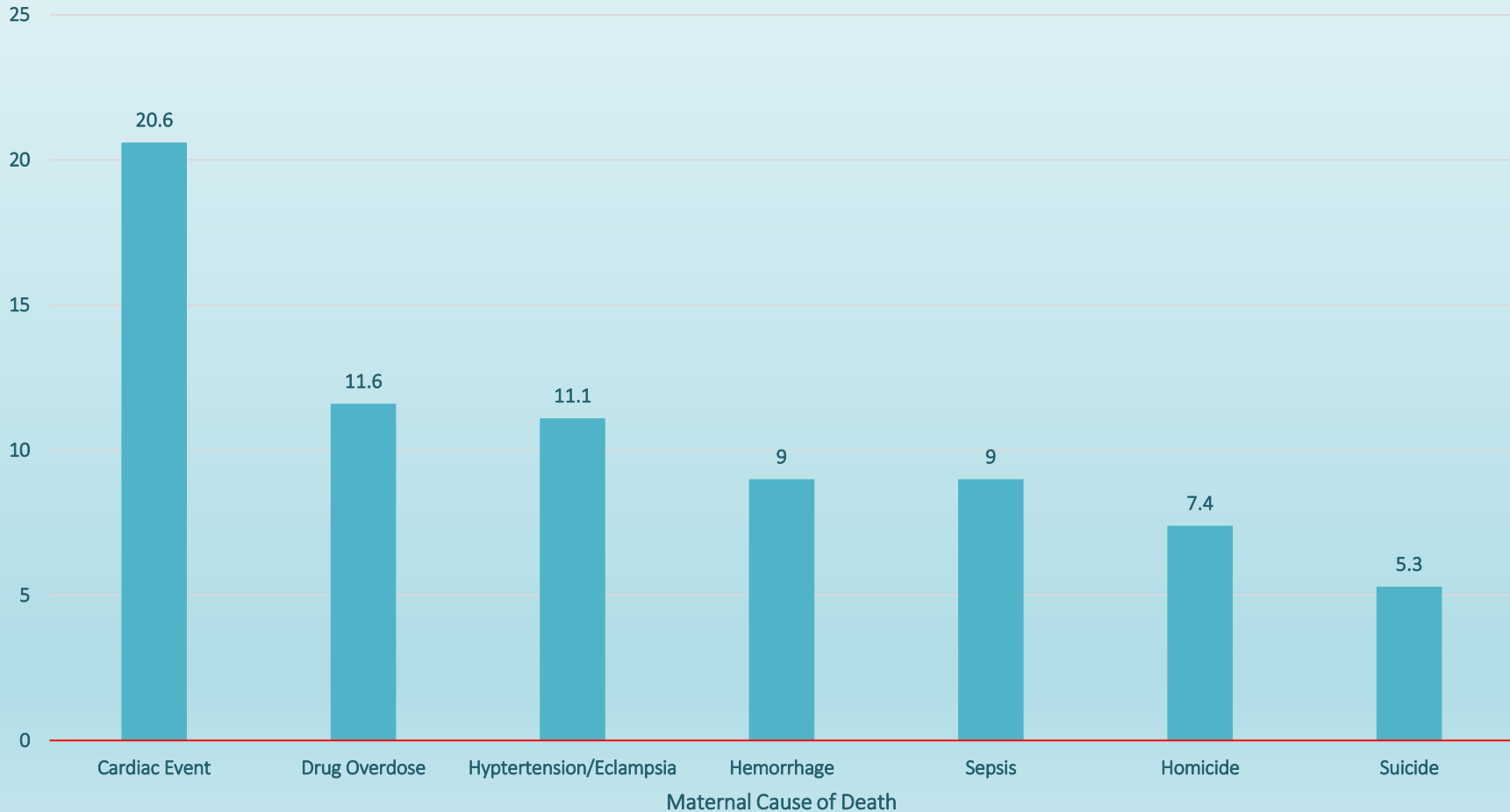
Maternal Opioid Mortality Study (MOMS)

Funded by the Texas Health & Human Services Commission

U.S. Cause of Pregnancy-Related Death



Texas Maternal Mortality Task Force



Maternal Opioid Morbidity Study (MOMS)

- **Purpose is to explore circumstances surrounding maternal opioid morbidity.**
 - **Currently enrolling outside San Antonio**
- **Qualitative interviews and focus groups**
 - **Women and family members**
 - **Relapsed or overdosed**
- **Quantitative surveys**



Preliminary Findings

- **23 women-in-depth, individual interviews**
 - ❖ **Plus 8 focus groups (39 women)**
- **Mean age= 33 years**
- **64% Hispanic, 26% Caucasian; 10% African American**
- **80% unemployed**
- **82% household income below \$20,000.**
- **80% diagnosed with mental illness prior to pregnancy**
 - ❖ **80% during pregnancy**
 - ❖ **58% did not seek treatment**
- **50% were receiving treatment for substance use during pregnancy**
- **90% reported family history of mental illness**

Preliminary Findings

- **Stressful Life Events Questionnaire**
- **Participants experienced high rates of exposure to multiple stressful and traumatic life events beginning early in life and extending into adulthood**
- **Of 13 individual stressful/traumatic event items, women indicated having experienced an average of 6.1 (SD = 5.83) stressful/traumatic events in their lifetime**
- **86% of women indicating 4 or more items**

Preliminary Findings

Stressful Life Event Question	% of women impacted
Has an immediate family member, romantic partner, or very close friend died because of an accident, homicide, or suicide?	81.0%
Has a parent, romantic partner, or family member repeatedly ridiculed you, put you down, ignored you or told you you were no good?	81.0%
At any time, has anyone (parent, other family member, romantic partner, stranger or someone else) ever physically forced you to have intercourse, or to have oral or anal sex against your wishes, or when you were helpless, such as being asleep or intoxicated?	62.0%
As an adult, have you ever been kicked, beaten, slapped around or otherwise physically harmed by a romantic partner, date, family member, stranger or someone else?	71.0%

Preliminary Themes

- **Losing the baby/escaping the pain**

- *“Losing the baby [to CPS]...all bets are off. You don't want to feel that pain....and you feel empty. You don't want to feel the pain. The guilt is huge. Guilt, trauma and...like mourning.”*

- **Need for support**

- *“What would have made a difference is moral and physical support. First of all, anyone that has an addiction, a stress overload, that is our escape. It's a welcoming, loving environment because if I'm pregnant and my boyfriend is beating me, I'm going to go get high.”*

Preliminary Themes

- Trauma

- *I was sexually abused when I was little. My cousin's boyfriend's Dad...he used to always feel on us and everything. We were like 5 and 6 years old. I still remember that."*

- Mental health symptoms

"I have anxiety. I've really had it for years, but I feel like it's getting worse. When I'm driving...I guess because my cousin died in a car crash...so now I'm like watch it or slow down. I just freak out - my anxiety is getting where I need medication to calm me down. I get real irritable with it because I know what it is."

Next Steps

- **Additional 2 years of funding (4 years total)**
- **Instrument development**
 - **Brief screening instrument to detect risk for relapse/overdose that can be administered at postpartum an/or well-child visits**
 - **Instrument validation and psychometric analyses**
- **Multi-site validation and possible cultural adaptation for applicability to a broader population**

Questions?