

# HEALTH ANALYSIS

We apply our health analytics expertise to improve education, outreach, and drug testing



## Shining Light on the Dark Side of Prescription Drugs

Prescription drugs are a fickle friend. On the one hand, they relieve ill and injured service members from conditions like chronic pain and anxiety. On the other, they are a potential threat to military readiness and the health of individual Sailors and Marines.

The DOD's Drug Demand Reduction Program (DDRP) goals are to prevent, detect, and deter prescription drug misuse. The definition of misuse includes not taking medication as prescribed or prescribed to a different person. Operating within the DDRP's framework, the Assistant Secretary of the Navy, Manpower and Reserve Affairs (ASN M&RA) asked us to examine the risk factors that increased the likelihood of misuse.

We analyzed the risk factors associated with prescription drug misuse in active and reserve active duty Sailors and Marines. We determined whether prescription drug testing should focus on particular populations, pinpointed the types of recently prescribed drugs that showed the strongest associations with misuse, and identified how consistent risk factors were across studies. These results will help stem misuse by shaping prescription drug education, outreach, and testing.

To discover how we can help you discover more about your patient population, visit us:

[www.med.navy.mil/sites/nmcphc/health-analysis](http://www.med.navy.mil/sites/nmcphc/health-analysis)



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE