Abuse Trends in Over-the-Counter Medications
2015-2021

Jennifer Jewell, DrPh
Rocky Mountain Poison & Drug Safety
Denver Health and Hospital Authority

17 May 2022 – RADARS® System Annual Meeting
What Is the 'Sleepy Chicken' TikTok Trend, Exactly?

BY SOO KIM ON 1/17/22 AT 4:46 AM EST
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Lifestyle
NO CLUCKING WAY What is the Sleepy Chicken TikTok trend?

Kevin Quintichett
9:57 ET, Jan 17 2022 | Updated: 10:22 ET, Jan 17 2022

Forbes
NyQuil, Sleepy Chicken Challenge Trends On TikTok, Here Are The Dangers

Bruce Y. Lee Senior Contributor
I am a writer, journalist, professor, systems modeler, computational and digital health expert, avocado-eater, and entrepreneur, not always in that order.

Jan 16, 2022, 01:36pm EST
What Is the 'Sleepy Chicken' TikTok Trend, Exactly?

BY SOO KIM ON 1/17/22 AT 4:46 AM EST

Asked about the dangers of cooking chicken with NyQuil, a spokesperson for the U.S. Centers for Disease Control and Prevention (CDC) said: "We do not have data to reply to your inquiry."

NyQuil, Sleepy Chicken Challenge Trends On TikTok, Here Are The Dangers

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Jan 16, 2022, 01:36pm EST
Systematic Review of OTC abuse

Dextromethorphan

Diphenhydramine

Pseudoephedrine

Data on OTC Abuse

- RADARS® System Survey of Non-Medical Use of Prescription Drugs (NMURx) Program
- American Association of Poison Control Centers’ National Poison Data System
RADARS® System Survey of Non-Medical Use of Prescription Drugs (NMURx) Program

- Cross-sectional, online, self-administered survey
- Sample drawn from commercial survey panel
- Primary focus on NMU of prescription drugs
- Several OTC drugs have been added in recent years

- Best practices include:
  - Randomization of question order
  - Exclusion of careless/improbable responses
  - Statistical methods to produce a nationally representative dataset
## Estimated adult population prevalence of NMU in 2021

<table>
<thead>
<tr>
<th>Drug</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diphenhydramine</td>
<td>7,308,644 (2.8%)</td>
</tr>
<tr>
<td>Pseudoephedrine</td>
<td>6,770,363 (2.6%)</td>
</tr>
<tr>
<td>Dextromethorphan</td>
<td>4,040,612 (1.6%)</td>
</tr>
<tr>
<td>Loperamide</td>
<td>1,937,477 (0.8%)</td>
</tr>
</tbody>
</table>
RADARS® System Survey of Non-Medical Use of Prescription Drugs (NMURx) Program

Data for 2018 begin in the 3rd quarter.
National Poison Data System – Adult data

Adult Intentional Exposures

*Kratom data was not collected in a unified method until 2017.
National Poison Data System – Adolescent data

Adolescent Intentional Exposures

- **Loperamide**
- **Diphenhydramine (all)**
- **Dextromethorphan (all)**
- **Pseudoephedrine (all excluding DXM)**
- **Kratom***

*Kratom data was not collected in a unified method until 2017.*
Thank you!
Jennifer Jewell, DrPH
RADARS® System

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