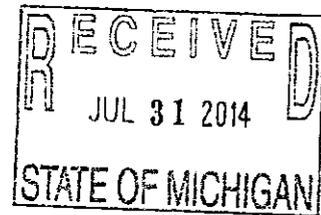


2012 Pollution Prevention Grants Program
Grant # 430223-12
West Michigan Take Back Meds Project
Final Project Report



Goal 1: Increase medications collected at the pharmacies in the West Michigan Take Back Meds Program by 30%.

Objective 1: Working with Townsquare Media, radio advertisements aimed to increase the awareness of the Program and drive listeners to the Program website to learn more about the outlets for disposing of their unused, unneeded or expired medications. The campaign aired on west Michigan radio stations WFGR-FM, WGRD-FM, WLHT-FM, WNWZ-AM, WTRV-FM. Effectiveness was evaluated based on the comparison of the previous year's disposal data. Advertising began at the end of June 2013 and ended August 2013. Comparing June 2012:2013, a 46% increase in pounds of medications disposed is noted. Comparing July 2012:2013, a 62% increase is noted. August 2012:2013 experienced a 35% decrease. September 2012:2013 experienced a 10% decrease. It should be noted that these numbers reflect the actual disposal of the medications at the Waste to Energy facility at the convenience of the wastewater treatment plant (WWTP) personnel and do not necessarily represent the widespread usage of the program as some locations did not require pickups during the respective month.

Objective 2: To more accurately track usage of the program, a tally sheet and survey was included in the grant plan that was to be placed at the participating pharmacies. For reasons that remain unclear, this was not accomplished and therefore we are limited to using disposal amounts to track outreach success.

Objective 3: A flyer was to be distributed through the local school district requesting that parents provide feedback on current pharmaceutical disposal. For reasons that remain unclear, the flyer was not created and therefore we could not gauge feedback from parents.

Objective 4: A community education strategy was developed by the Kent County Health Department that includes PowerPoint presentations, brochures for the general public, parents, child care centers, veterinarian offices, senior citizens and others. They are available on the West MI Take Back Meds website (www.wmtakebackmeds.org) and on the Kent County Health Department website (<https://www.accesskent.com/Health/wmtbm.htm>). The resources can be utilized by all program participants as well as the general public to assist in educating about proper medication disposal.

We cannot show a significant improvement in increased medications disposed based on products that were generated by grant funds. Significant components of the grant were not completed resulting in an incomplete evaluation of program success. The primary effort to accomplish Goal 1 was the radio advertisements which, alone, did not result in greater volumes of medication disposed.

Goal 2: Facilitate ease of disposal at Kent County's Waste to Energy Facility for communities bringing in non-controlled substances for disposal.

Objective 1: A storage container was installed at the Waste to Energy Facility that will allow access and short-term storage of medications that have been collected by WWTP personnel. This will allow convenient access to the facility to expedite the disposal process and will allow Kent County staff to dispose of the medications at a controlled rate. The storage container has plastic totes that will be labeled to safely store medications that are awaiting disposal. The cost of the container and totes was less than expected but the installation of the building was more expensive. To date the container remains unused pending finalization of DEA rules.



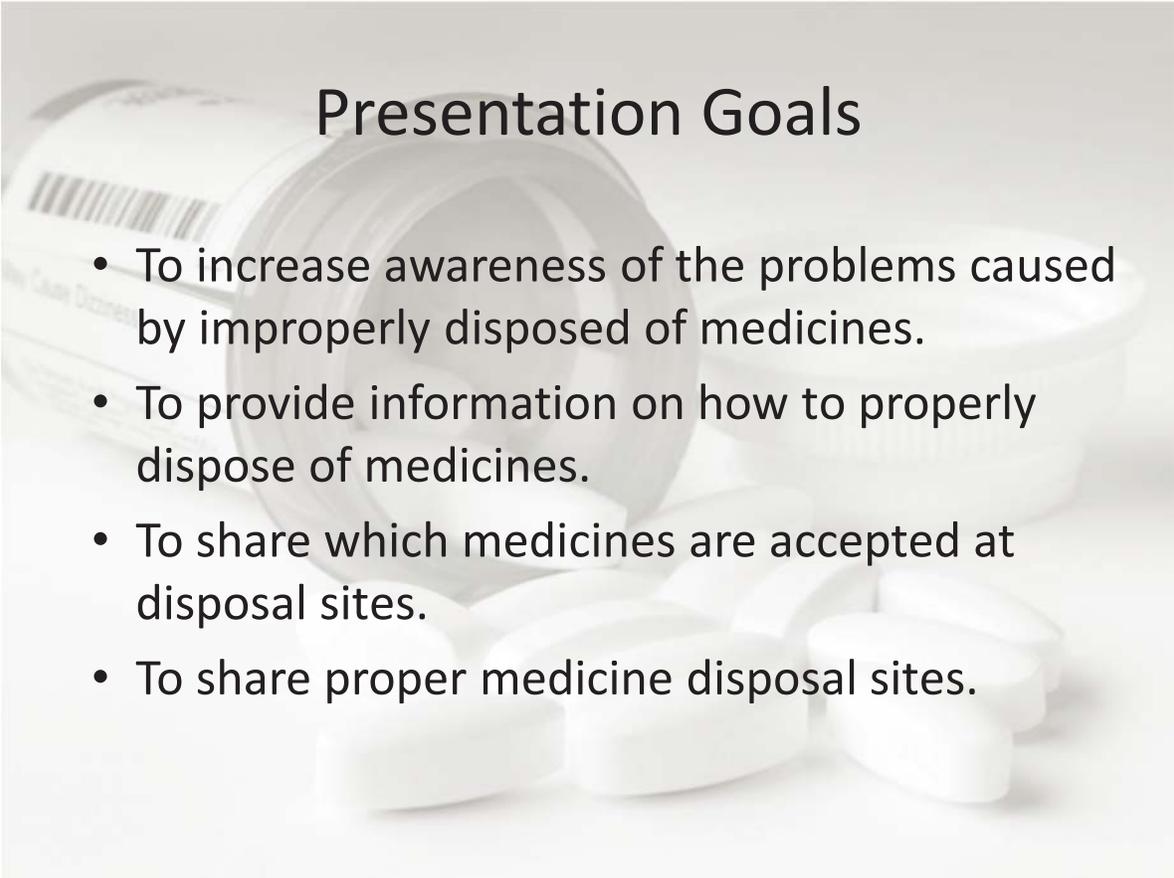
Unused and Unwanted

A guide to proper disposal of prescription and over-the-counter medicines.

The **West Michigan Take Back Meds Program** is a joint effort between local pharmacies, law enforcement, wastewater treatment facilities, and government agencies to provide residents with safe, convenient access to medicine disposal.

Funding for this project is provided by the 2012 Michigan Department of Environmental Quality Community Pollution Prevention Grant Program.



A background image showing a white plastic medicine bottle with a barcode label and several white, oval-shaped pills scattered on a light-colored surface. The bottle is slightly out of focus, and the pills are in the foreground.

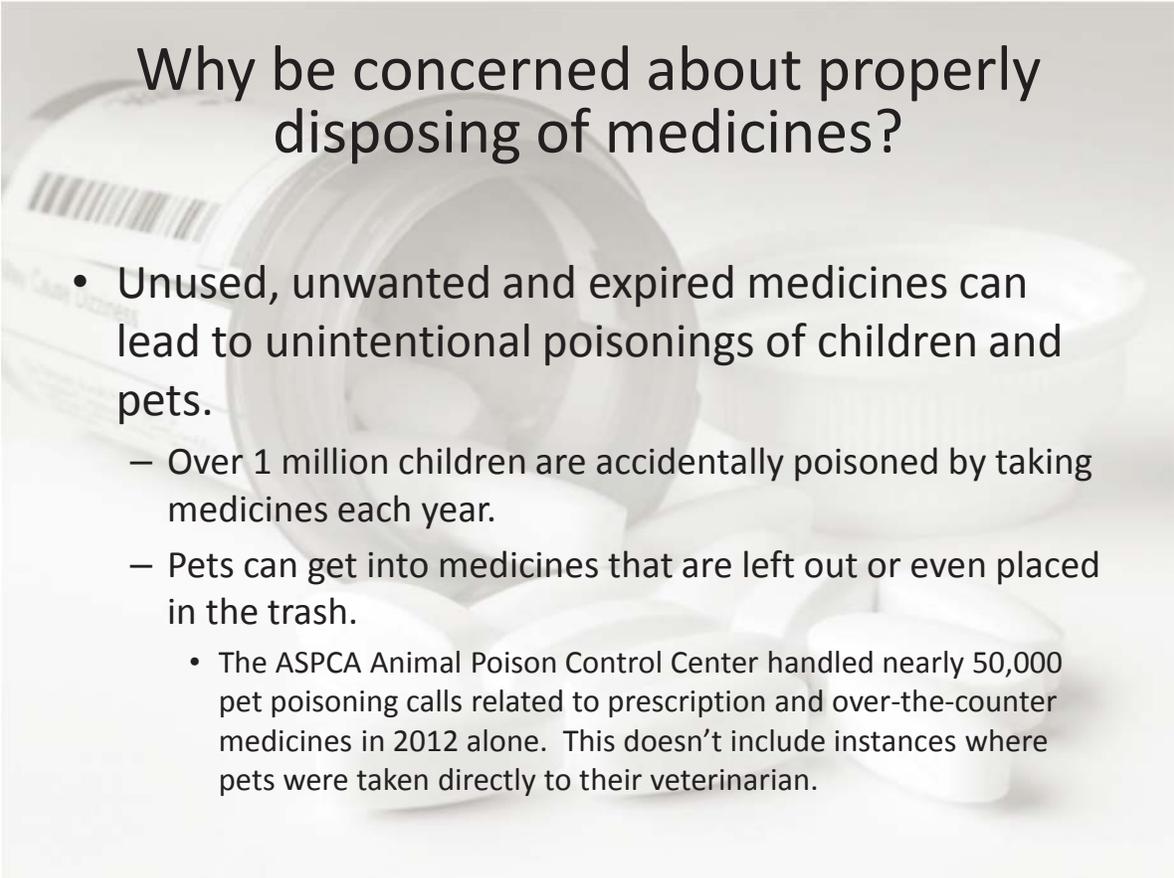
Presentation Goals

- To increase awareness of the problems caused by improperly disposed of medicines.
- To provide information on how to properly dispose of medicines.
- To share which medicines are accepted at disposal sites.
- To share proper medicine disposal sites.

A background image showing a white plastic medicine bottle with a barcode label and several white, oval-shaped pills scattered on a light-colored surface. The bottle is slightly out of focus, and the pills are in the foreground.

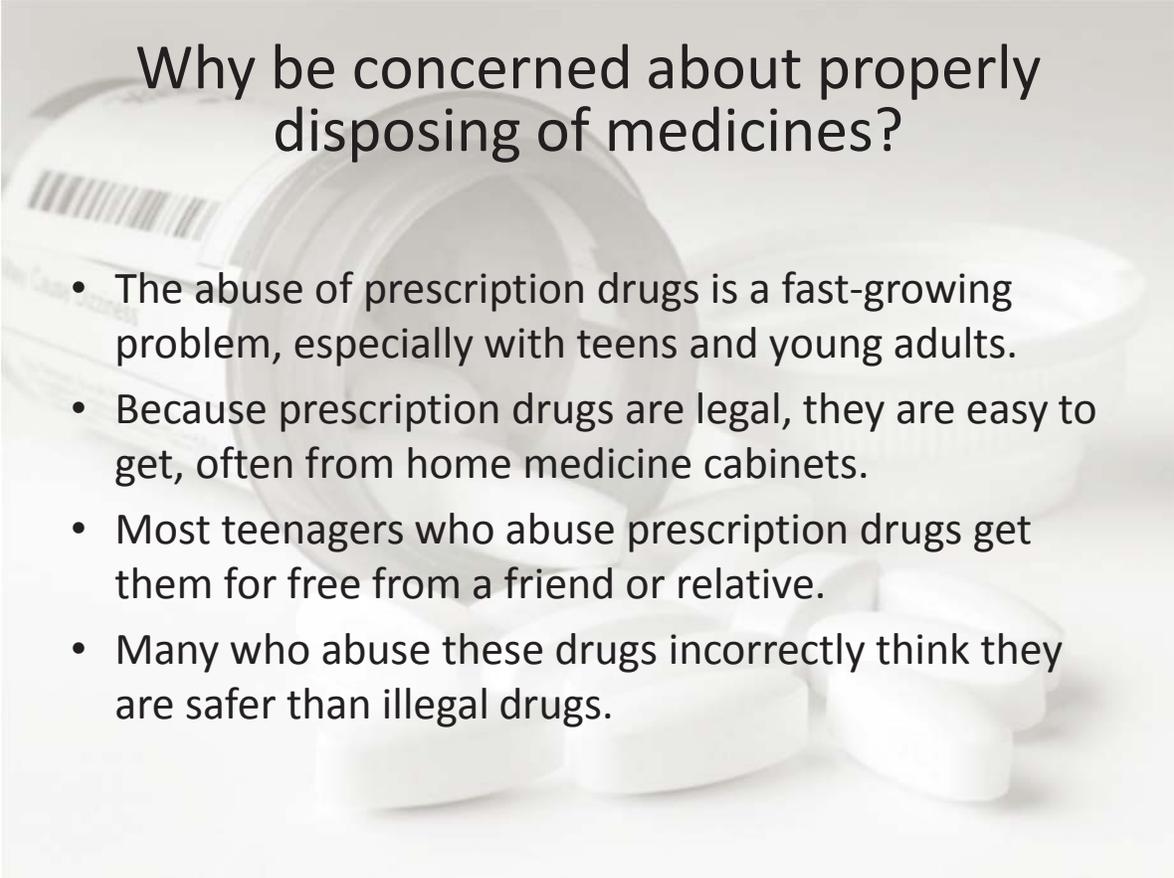
Why be concerned about properly disposing of medicines?

- Most everyone takes medicine (over-the-counter, prescription and even vitamins) at some point in their lifetime.
- 20% – 60% of prescription medications go unused. Those medicines have to end up somewhere.
- Most of our unused medicines end up in landfills or waterways.
 - Medicines in our landfills can seep into area groundwater.
 - Medicines flushed down the toilet pass through sewage treatment plants and then are released into our waterways.
- 80% of national waterways tested during a 2002 analysis by the U.S. Geological Survey contained levels of prescription and over-the-counter drugs, steroids and reproductive hormones.
- Many of these medicines can cause problems in humans and animals.

The background of the slide features a blurred image of a white plastic medicine bottle with a barcode on its label, lying on its side. Several white, oval-shaped pills are scattered in the foreground and around the base of the bottle. The overall scene is set against a light, neutral background.

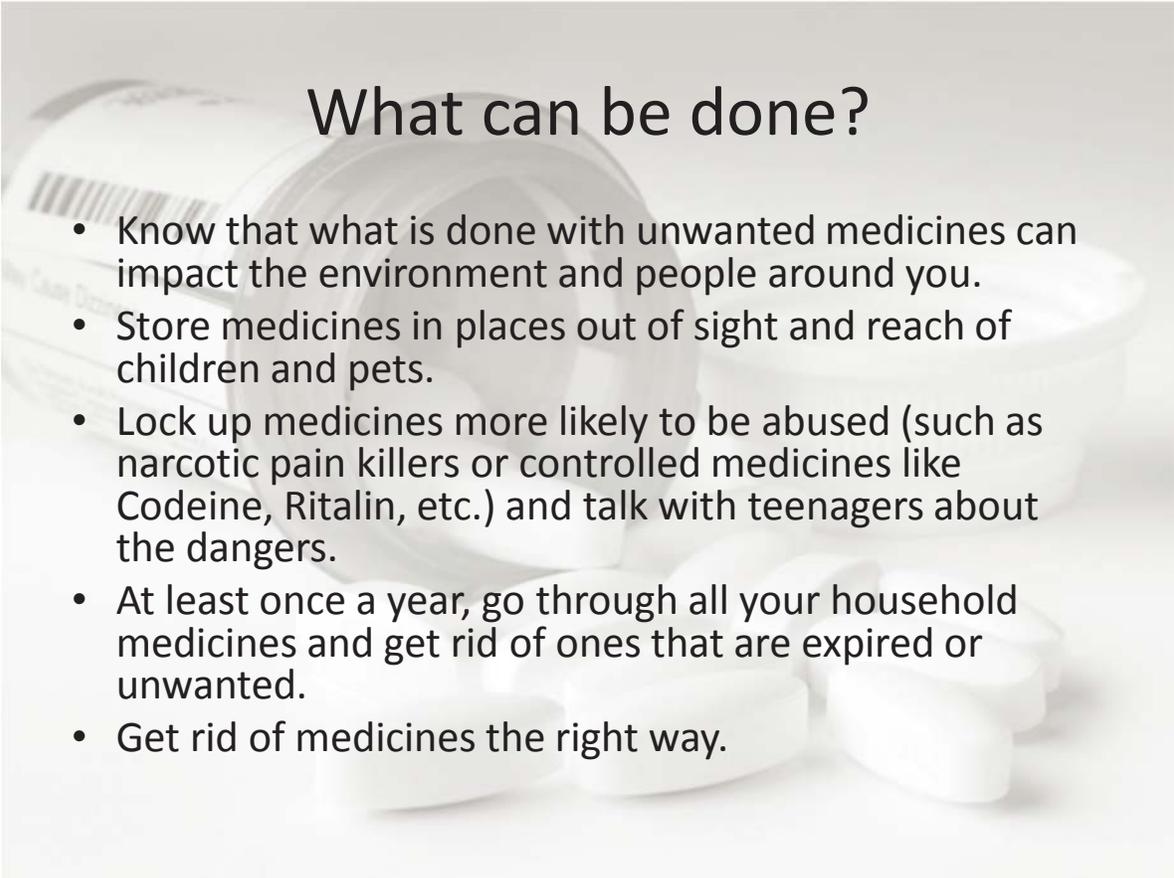
Why be concerned about properly disposing of medicines?

- Unused, unwanted and expired medicines can lead to unintentional poisonings of children and pets.
 - Over 1 million children are accidentally poisoned by taking medicines each year.
 - Pets can get into medicines that are left out or even placed in the trash.
 - The ASPCA Animal Poison Control Center handled nearly 50,000 pet poisoning calls related to prescription and over-the-counter medicines in 2012 alone. This doesn't include instances where pets were taken directly to their veterinarian.

The background of the slide features a blurred image of a white plastic medicine bottle with a barcode on its label, lying on its side. Several white, oval-shaped pills are scattered in the foreground and around the base of the bottle. The overall scene is set against a light, neutral background.

Why be concerned about properly disposing of medicines?

- The abuse of prescription drugs is a fast-growing problem, especially with teens and young adults.
- Because prescription drugs are legal, they are easy to get, often from home medicine cabinets.
- Most teenagers who abuse prescription drugs get them for free from a friend or relative.
- Many who abuse these drugs incorrectly think they are safer than illegal drugs.



What can be done?

- Know that what is done with unwanted medicines can impact the environment and people around you.
- Store medicines in places out of sight and reach of children and pets.
- Lock up medicines more likely to be abused (such as narcotic pain killers or controlled medicines like Codeine, Ritalin, etc.) and talk with teenagers about the dangers.
- At least once a year, go through all your household medicines and get rid of ones that are expired or unwanted.
- Get rid of medicines the right way.



What is the right way to get rid of unused medicine?

The West Michigan Take Back Meds Program provides residents with free, safe and convenient access to proper medicine disposal.

WM Take Back Meds includes many local pharmacies and law enforcement agencies that accept unwanted medications.



Steps to proper medicine disposal:

Step 1

Gather all unwanted household medicines – both prescription and over-the-counter.



Steps to proper medicine disposal:

Step 2

Leave medicines in their original containers but block out ALL personal information on the label.

Do not remove the name of the medication.



Steps to proper medicine disposal:

Step 3

Find a medicine collection site nearby. Check online at www.wmtakebackmeds.org for a list of participating pharmacies. Many local police and sheriff departments have secure drop boxes too.



Steps to proper medicine disposal:

Step 4

Bring medicines to the correct drop off locations.



Pharmacies can only take back certain things:

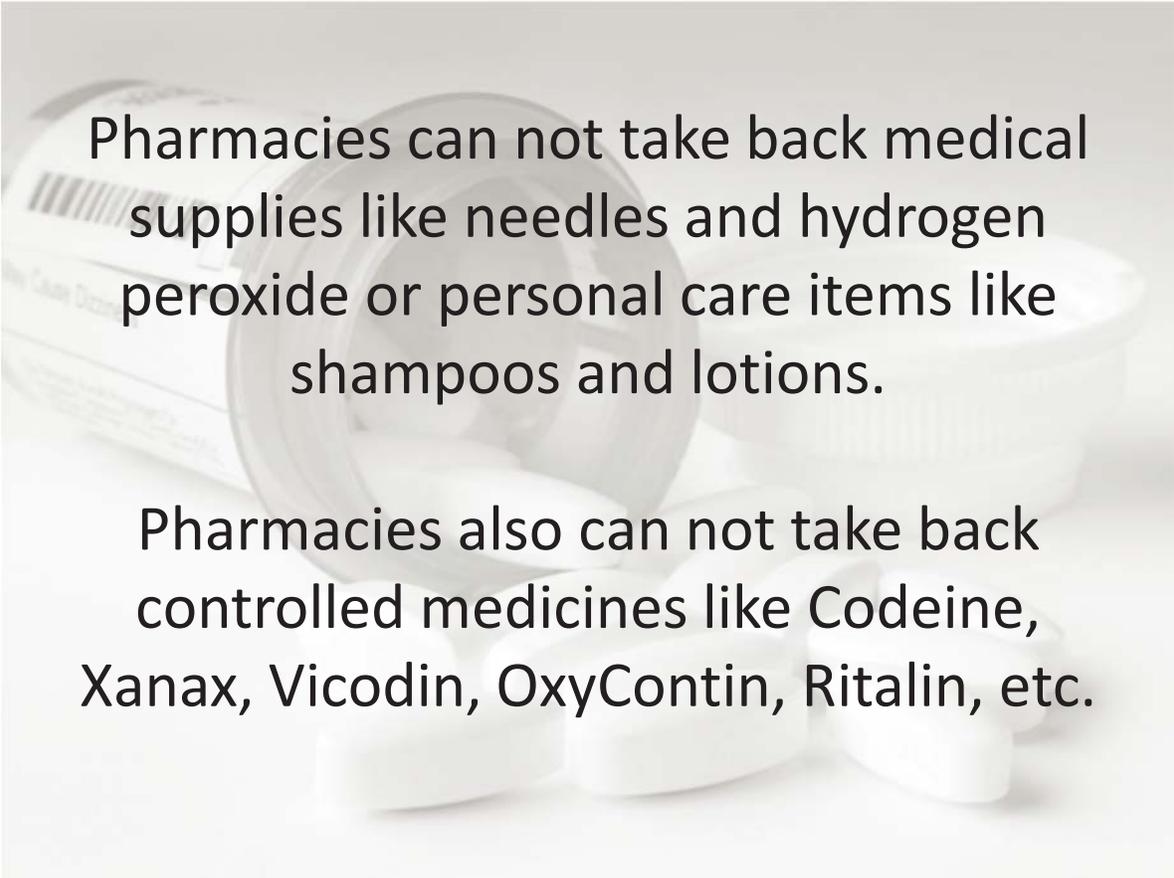
- Prescription medications (non-controlled)
- Antibiotics/steroids
- Cold and flu medications
- Vitamins and herbal supplements
- Pet medications
- Medication samples
- Medicated ointments and lotions



What pharmacies take back medicines?

The WM Take Back Meds Program includes many local pharmacies.

Check www.wmtakebackmeds.org for a complete list or call your closest pharmacy to see if they participate.



Pharmacies can not take back medical supplies like needles and hydrogen peroxide or personal care items like shampoos and lotions.

Pharmacies also can not take back controlled medicines like Codeine, Xanax, Vicodin, OxyContin, Ritalin, etc.



What if the medicines are controlled substances?

Controlled substances can be taken to local law enforcement drop boxes.

Local law enforcement drop boxes also accept all of the same medicines as pharmacies.



Law enforcement drop boxes

- Allegan County Sherriff's Department
112 Walnut St
Allegan, 49010
269-673-0500
- Kent County Sherriff's Department
701 Ball NE
Grand Rapids, MI 49503
616-632-6200
- Kent County Sherriff's Department South
8557 Kalamazoo SE
Caledonia, 49316
616-632-6490
- Kent County Sherriff's Department North
790 17-Mile Rd
Kent City, 49330
616-632-6020
- Muskegon County Sherriff's Department – Road Patrol Offices
1611 Oak Avenue
Muskegon, 49442
231-724-6259
- Muskegon County Sherriff's Department – Records Office
25 W Walton
Muskegon, 49440
231-724-6351
- Barry County Sherriff's Department
1212 W. State St.
Hastings, 49058
269-948-4805

*Many local (city) police departments also have drop boxes. Check www.wmtakebackmeds.org for a complete list.

Remember that pharmacies volunteer to participate in WM Take Back Meds.

Please follow all steps for proper disposal when dropping off medicines.

Certain restrictions may apply at any of the drop off locations. Call the drop site you plan to use for more information on what items are accepted.



Resources:

- West Michigan Take Back Meds – Safe Medication Disposal Toolkit
www.accesskent.com/Health/wmtbm.htm
- West Michigan Take Back Meds website
www.wmtakebackmeds.org

Prescription and Over-the-Counter Medicine Disposal

Most people take medicine (over-the-counter, prescription, or vitamins) at some point in their lives. Occasionally, not all of it is used and it stays in medicine cabinets and drawers until it eventually expires.

An estimated 20%-60% of prescription medications go unused. Improperly disposing of medications by flushing them down the toilet or throwing them in the trash represents an emerging concern for the environment and public health.

Putting unused or expired medication in the trash sends it to landfills where it may seep into the surrounding water table. The pills could also be removed from the trash and used by someone else potentially resulting in illness or death. Flushing unused medications down the toilet sends these chemicals to sewage treatment plants which do not screen for them. That means the chemicals often end up in our lakes, rivers, and streams. A 2002 U.S. Geological Survey analysis found that 80% of the national waterways tested contained low levels of prescription and over-the-counter drugs, steroids, and reproductive hormones.

The correct way of disposing of unused, unwanted, or expired medications is by dropping them in drop boxes at participating local pharmacies and law enforcement agencies. Pharmacies will accept the following items:

- Prescription medications (non-controlled)
- Antibiotics/steroids
- Cold and flu medications
- Vitamins and herbal supplements
- Pet medications
- Medication samples
- Medicated ointments and lotions

NOTE: Prescribed controlled medicines like Codeine, Xanax, Vicodin, OxyContin, and Ritalin must be disposed of in a drop box at a local law enforcement agency.

To properly dispose of medications, leave them in their original containers but block out ALL personal information on the labels. Do not remove the name of the medication.

To find a collection site near you, check online at www.wmtakebackmeds.org for a list of participating pharmacies or ask your pharmacist. Drop boxes are also located at most West Michigan area police and sheriff departments. Certain restrictions may apply at any of the drop off locations. Call the site you plan to use for more information on what is accepted.

Sources: West Michigan Take Back Meds, www.wmtakebackmeds.org; U.S. Geographical Survey, www.usgs.gov

Pharmacies will take:

- Prescription medications (non-controlled)
- Antibiotics/Steroids
- Cold and flu medications
- Vitamins and herbal supplements
- Pet medications
- Medication samples
- Medicated ointments and lotions

Pharmacies will not take back medical supplies like needles and hydrogen peroxide, or personal care products like shampoos and lotions.

Law enforcement drop boxes will take:

- Prescribed controlled medicines (examples—Codeine, Xanax, Vicodin, OxyContin, Ritalin, etc.)
- Medicines that pharmacies can accept

Drop boxes are located at most West Michigan area police and sheriff departments.

Certain restrictions may apply at any of the drop off locations. Call the drop site you plan to use for more information on what items are accepted.

For a list of participating pharmacies and law enforcement drop boxes, go to www.wmtakebackmeds.org.

The West Michigan Take Back Meds Program is a joint effort between local pharmacies, law enforcement, wastewater treatment facilities, and government agencies to provide residents with safe, convenient access to proper medicine disposal.

Funding provided by the 2012 Michigan Department of Environmental Quality Community Pollution Prevention Grant Program.



A Guide to Prescription and Over-the-Counter Medicine Disposal

Proper Medicine Disposal

Why Should I Be Concerned?

Abuse is growing

The abuse of prescription drugs is a fast-growing problem, especially with teens and young adults. Because prescription drugs are legal, they are easy to get, often from home medicine cabinets. Many who misuse these drugs incorrectly think they are safer than illegal drugs.

As a teen, finding these drugs may be as simple as opening a medicine cabinet or purse at home, a friend's house or a relative's house.

Unwanted medicine placed in the trash can be stolen and used, possibly leading to illness and even death. It may also be swallowed by children or animals.

We live in this environment

Most unused drugs end up in landfills or the sewage system which is not safe for our environment. Medicines in our landfills can seep into the area groundwater. Medicines flushed down the toilet pass through our sewage treatment plants. They are then released into waterways. Many of these medicines may cause problems in humans and animals.



What Should I Do?

- Know that what you do with unwanted medicines can impact the environment and people around you.
- Store medicines in places that are out of sight and reach, or preferably locked.
- At least once a year, go through your household medicines to get rid of ones that are expired or unused.
- Dispose of medicines the right way.



How Do I Dispose of Medicines the Right Way?

West Michigan Take Back Meds Program offers free household medicine disposal at many pharmacies and law enforcement agencies. Follow these steps:

- Gather all unwanted household medicines.
- Leave them in their original containers but block out ALL personal information on the label. **Do not remove the name of the medication.**
- Find a collection site near you. Check online at www.wmtakebackmeds.org for a list of participating pharmacies or call your pharmacy. Police and sheriff departments have secure drop boxes, too.
- Bring medicines to the correct location.



Senior citizens are the biggest consumers of prescription medications.

The average senior citizen takes four prescribed medications per day not counting vitamins and other over-the-counter medications. If you have leftover, unwanted, or expired medications of any kind, dispose of them properly to protect the environment and prevent unintentional poisonings or abuse.

Safely dispose of unwanted or expired over-the-counter and prescription medications by taking them to a pharmacy participating in the West Michigan Take Back Meds program.

Items accepted include:

- Cold and flu medications
- Antibiotics/steroids
- Medication samples
- Non-controlled prescription medications
- Vitamins/herbal supplements
- Pet medications
- Medicated ointments/lotions

*Narcotic pain killers and prescribed, controlled medications (e.g. Codeine, Ritalin, Xanax, Ambien, Vicodin, etc.) **must** be taken to a local law enforcement agency.*

Certain restrictions may apply at any of the drop off locations. Call the drop site you plan to use for more information on what items are accepted.

For a list of participating pharmacies and law enforcement drop boxes, go to www.wmtakebackmeds.org



Disposal Instructions

1. Bring pills and liquids in their original containers to any participating pharmacy.
2. Block out **ALL** identifying personal information on the prescription label.
3. Do not remove the name of the medication.
4. The pharmacist must be able to see the medication type so he/she can properly sort and dispose of it.



Law Enforcement Drop Box Locations

Allegan County Sheriff's Department
112 Walnut Street
Allegan, 49010
269-673-0500

Kent County Sheriff's Department
701 Ball Ave NE
Grand Rapids, 49503
616-632-6200

Kent County Sheriff's Department South
8557 Kalamazoo SE
Caledonia, 49316
616-632-6490

Kent County Sheriff's Department North
790 Seventeen Mile Rd
Kent City, 49330
616-632-6020

Local (city) police departments may also have drop boxes for controlled substances (narcotics).
Check the website for a complete list of participating agencies.

Muskegon County Sheriff's Department Road
Patrol Offices
1611 Oak Avenue
Muskegon, 49442
231-724-6259

Muskegon County Sheriff's Department Records
Office
25 W. Walton
Muskegon, 49440
231-724-6351

Barry County Sheriff's Department
1212 W. State St.
Hastings, 49058
269-948-4805



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Most teenagers who abuse prescription drugs get them for free from a friend or relative.

To prevent abuse store your medications in a location inaccessible to them and, if you have leftover, unwanted, or expired medications, dispose of them properly.

Safely dispose of unwanted or expired over-the-counter and prescription medications by taking them to a participating pharmacy.

Items accepted include:

- Cold and flu medications
- Antibiotics/steroids
- Medication samples
- Non-controlled prescription medications
- Vitamins/herbal supplements
- Pet medications
- Medicated ointments/lotions

*Narcotic pain killers and prescribed, controlled medications (e.g. Codeine, Ritalin, Xanax, Ambien, Vicodin, etc.) **must** be taken to a local law enforcement agency.*

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Funding provided by the 2012 Michigan Department of Environmental Quality Community Pollution Prevention Grant Program.



Leftover medications
are a threat to
everyone.



Keeping unused, unwanted or expired medications can pose a risk to you and the children in your care and contribute to unintentional poisonings.

Safely dispose of unwanted or expired over-the-counter and prescription medications by taking them to a participating pharmacy.

Items accepted include:

- Cold and flu medications
- Antibiotics/steroids
- Medication samples
- Non-controlled prescription medications
- Vitamins/herbal supplements
- Pet medications
- Medicated ointments/lotions

*Narcotic pain killers and prescribed, controlled medications (e.g. Codeine, Ritalin, Xanax, Ambien, Vicodin, etc.) **must** be taken to a local law enforcement agency.*

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For a list of participating pharmacies and law enforcement drop boxes, go to www.wmtakebackmeds.org.

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Pets, like people, are often prescribed medications to treat illnesses and disease.



Pets can get into things that may harm them. Keep all medications, even those in child-proof bottles, in cabinets that are inaccessible to your pets. If you drop a pill on the floor, be sure to look for it immediately.

Properly dispose of unwanted or expired pet and human medications to protect the environment and your pets and family from accidental poisonings by taking them to a pharmacy participating in the West Michigan Take Back Meds Program.

Items accepted include:

- Cold and flu medications
- Antibiotics/steroids
- Medication samples
- Non-controlled prescription medications
- Vitamins/herbal supplements
- Pet medications
- Medicated ointments/lotions

*Narcotic pain killers and prescribed, controlled medications (e.g. Codeine, Ritalin, Xanax, Ambien, Vicodin, etc.) **must** be taken to a local law enforcement agency.*

Certain restrictions may apply at any of the drop off locations. Call the drop site you plan to use for more information on what items are accepted.

For a list of participating pharmacies and law enforcement drop boxes, go to www.wmtakebackmeds.org.

Disposal Instructions

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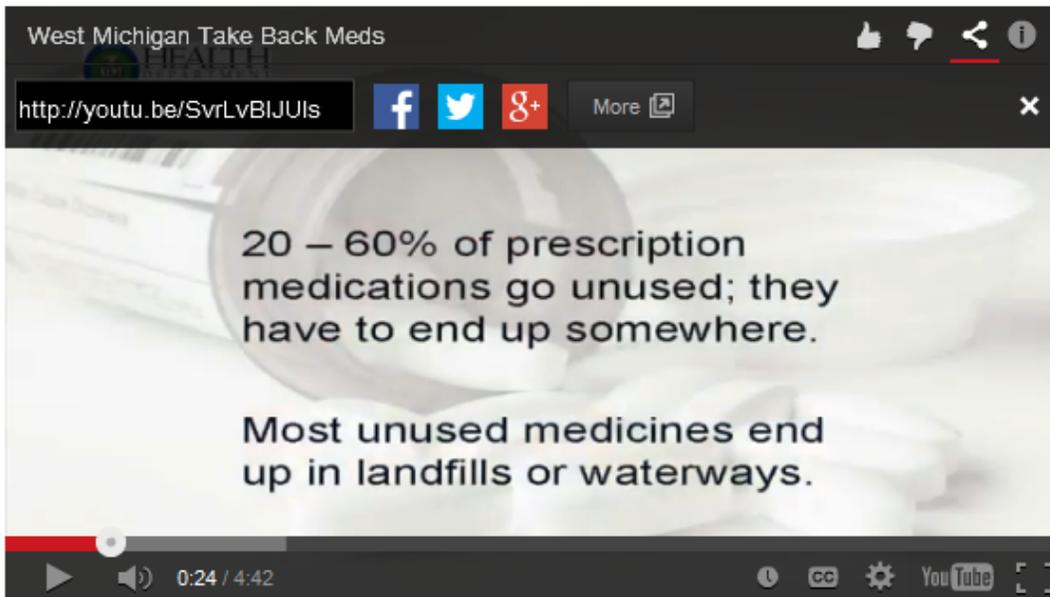
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Video

This 5 minute video discusses why the community should be concerned about proper medication disposal, where medications can be taken, and how medications should be prepared for disposal.



https://www.youtube.com/watch?feature=player_embedded&v=SvrLvBIJUIs