

Presented By: Amie Welden
Coalition Coordinator

Washington State
Health Care Authority



**Northwest Educational
Service District 189**

Together We Can

**KRATOM: A
GROWING PUBLIC
HEALTH
CONCERN IN
ISLAND COUNTY**

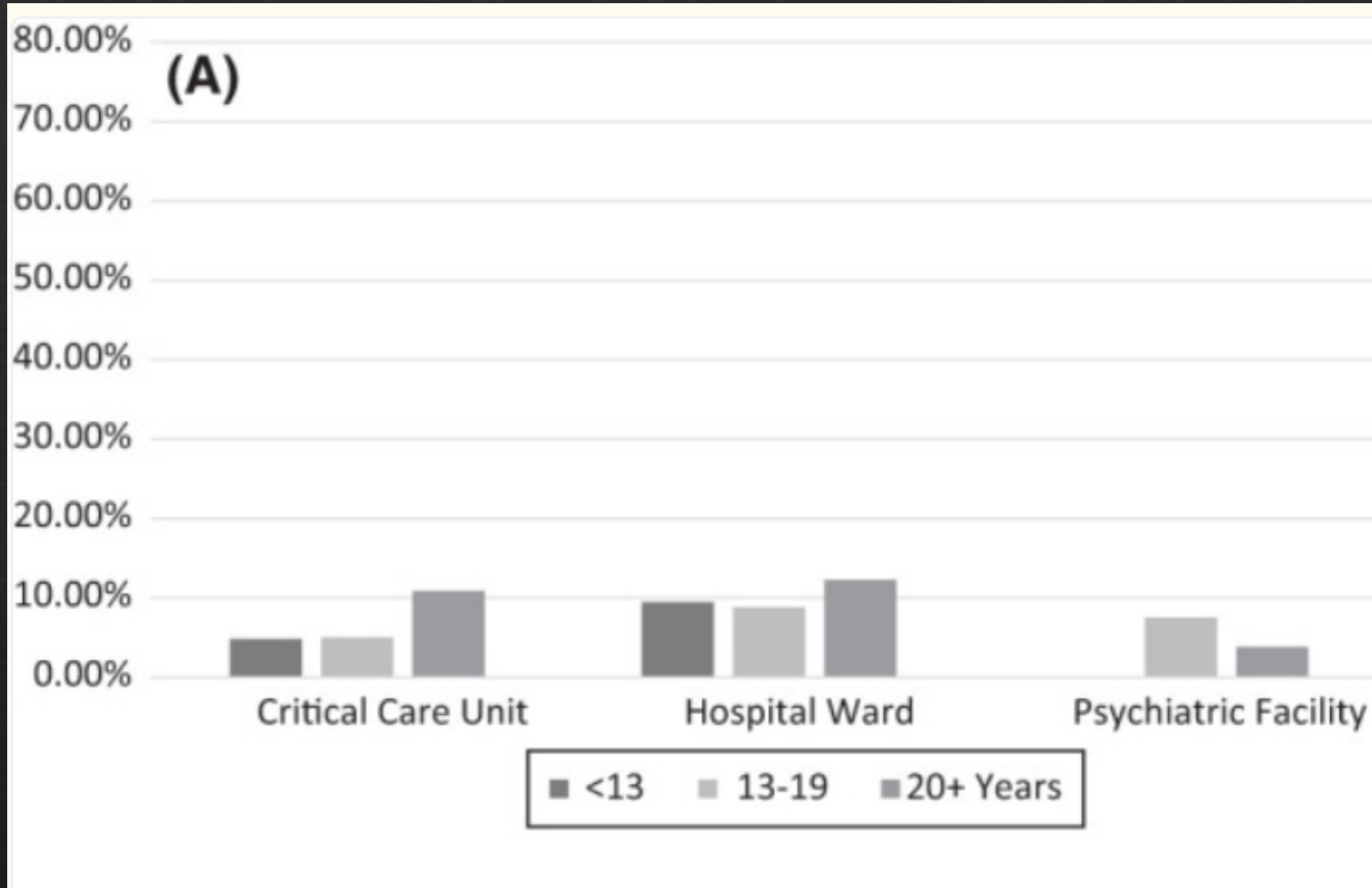
WHY REDUCING
ACCESS TO
KRATOM IS
ESSENTIAL FOR
COMMUNITY
HEALTH &
SAFETY

WHAT IS KRATOM?



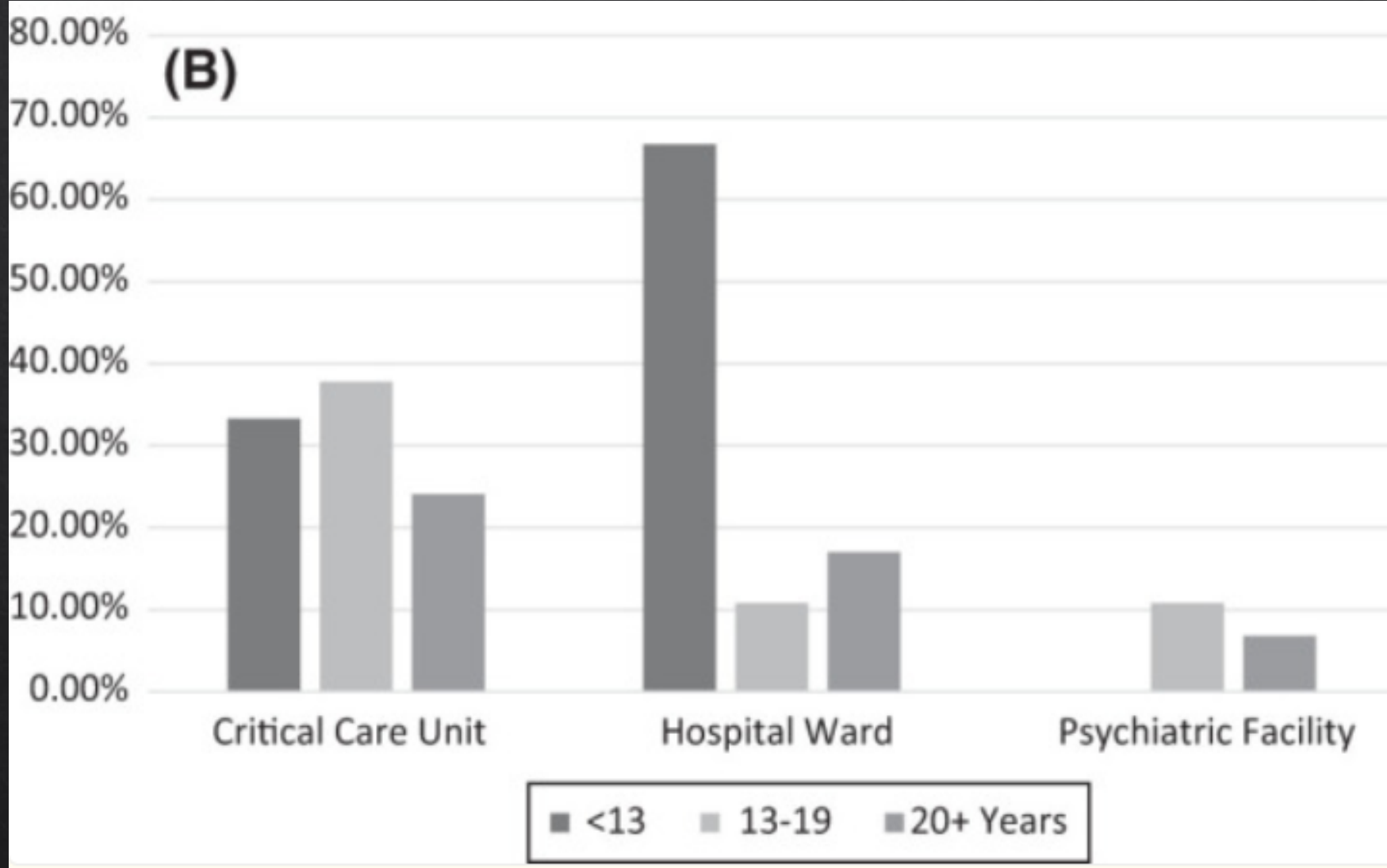
- **Kratom (*Mitragyna speciosa*):** Tropical tree from Southeast Asia; leaves consumed as powder, tea, capsules, or extracts.
- **Primary active compounds are mitragynine and 7-hydroxymitragynine.**
- **Low doses have a stimulant effect**
- **Higher doses act similar to opioids and carry similar risks**
- **U.S. Status: Federally unregulated, widely available in many states.**

Figure 1. US poison control Kratom exposures from 2011-2017 (1807 cases, 10.2 % under 20yo)



A. Level of care needed after Kratom monotherapy

Figure 1. US poison control Kratom exposures from 2011-2017 (1807 cases, 10.2 % under 20yo)

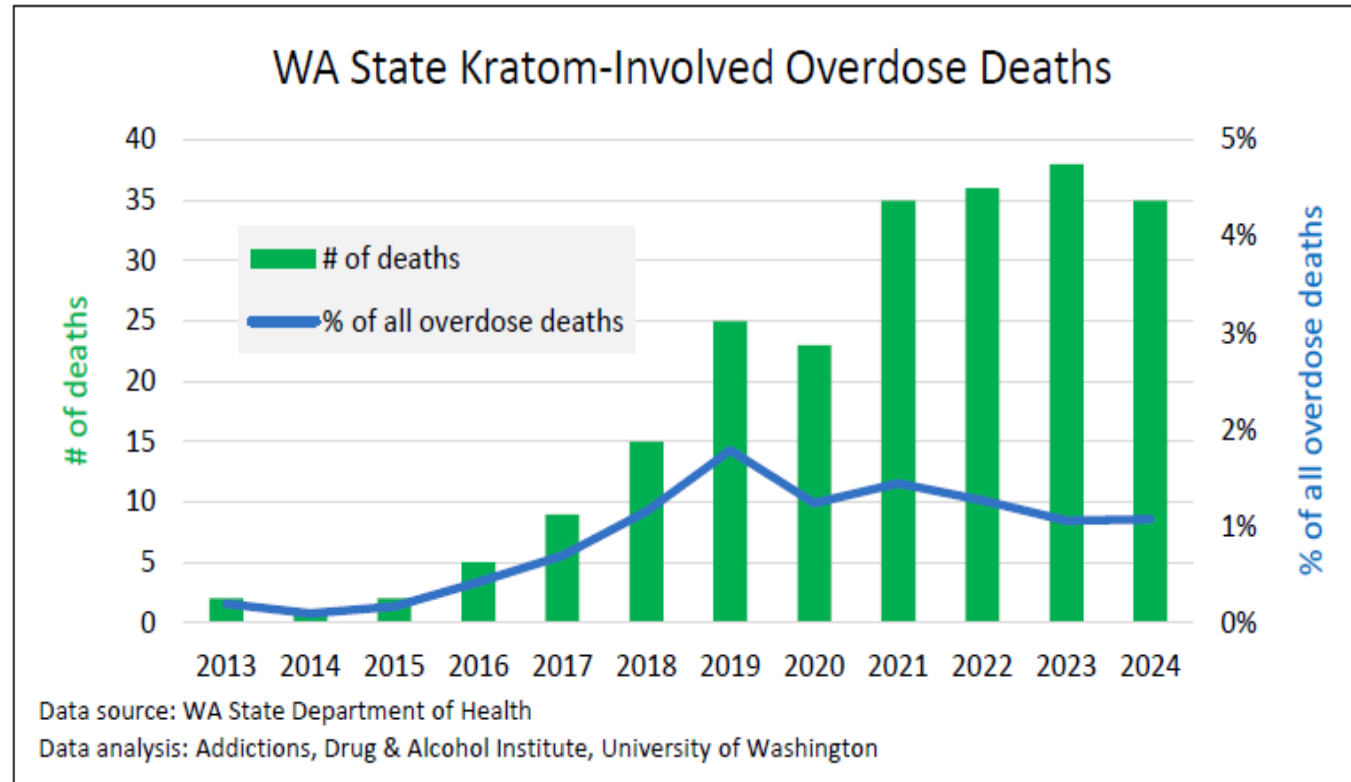


B. Level of care needed after polysubstance exposure

Adverse Events Reported to Poison Control Centers According to Age After Kratom-Only Substance Exposure

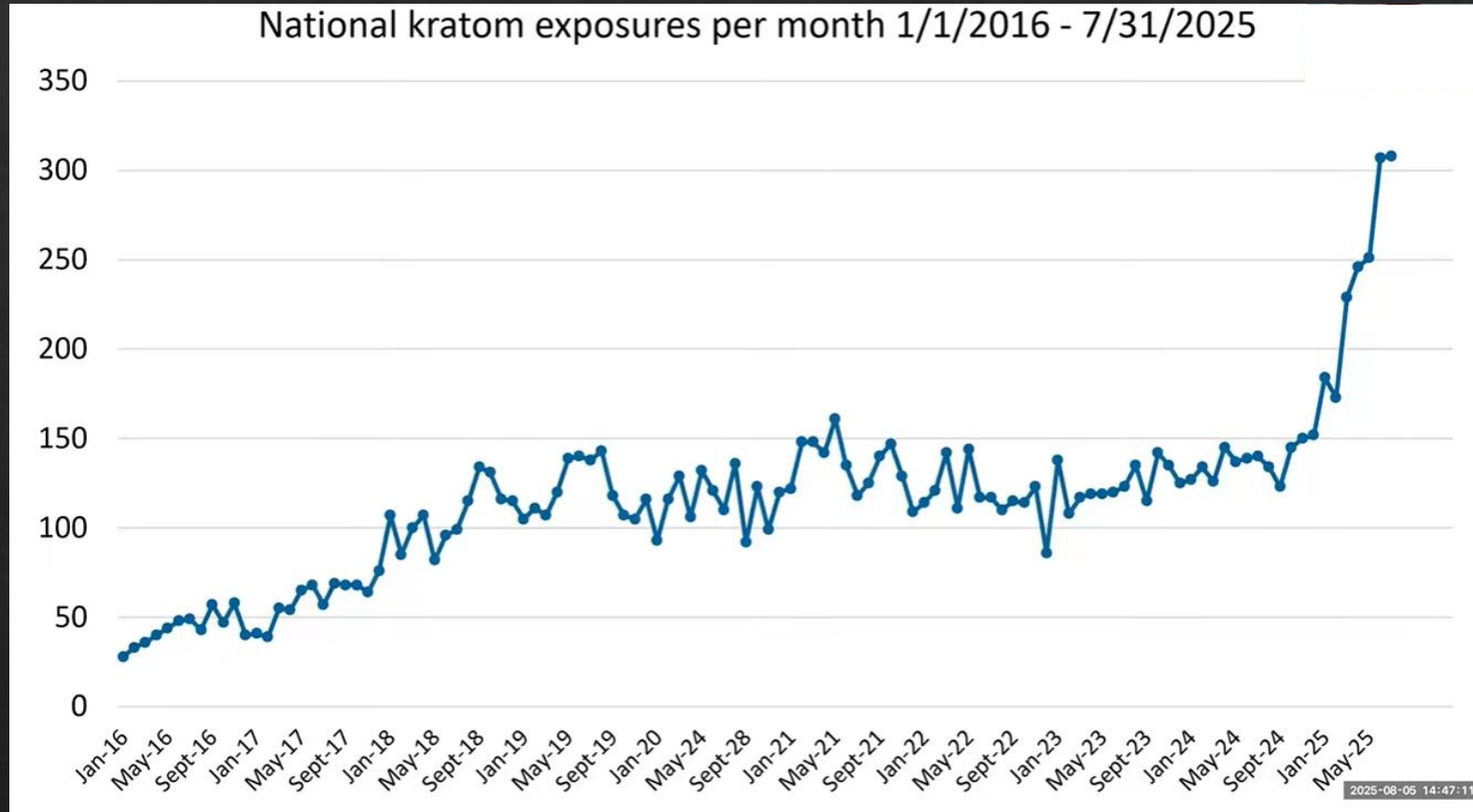
	<13 yr	13-19 yr	≥20 yr
Neurological			
Seizures	0.0%	11.3%	9.9%
Hallucinations	0.0%	5.0%	5.5%
Agitation	9.5%	16.3%	23.9%
Confusion	2.4%	13.8%	10.9%
Drowsiness	9.5%	18.8%	14.3%
Cardiovascular			
Syncope	0.0%	7.5%	1.6%
Rhythm abnormality	0.0%	1.3%	3.1%
Chest pain	0.0%	1.3%	2.9%
Tachycardia	2.4%	20.0%	22.5%
Hypertension	0.0%	8.8%	10.8%
Gastrointestinal			
Vomiting	9.5%	20.0%	12.9%
Nausea	0.0%	18.8%	14.7%
Hepatic			
AST or ALT >100 u/L	0.0%	2.5%	5.5%
Bilirubin increased	0.0%	1.3%	2.8%
Respiratory			
Tachypnea	2.4%	1.3%	1.8%
Respiratory Depression	0.0%	1.3%	3.9%

EVIDENCE OF HARM



- There have been 2 Kratom related wrongful death lawsuits won in Cowlitz county, one awarding over \$2.5 million.

EVIDENCE OF HARM



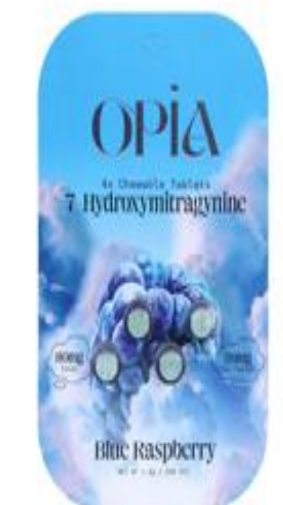
“The data shows a vertical spike in U.S. Poison Center Calls”

-Dr. Jimmy Leonard

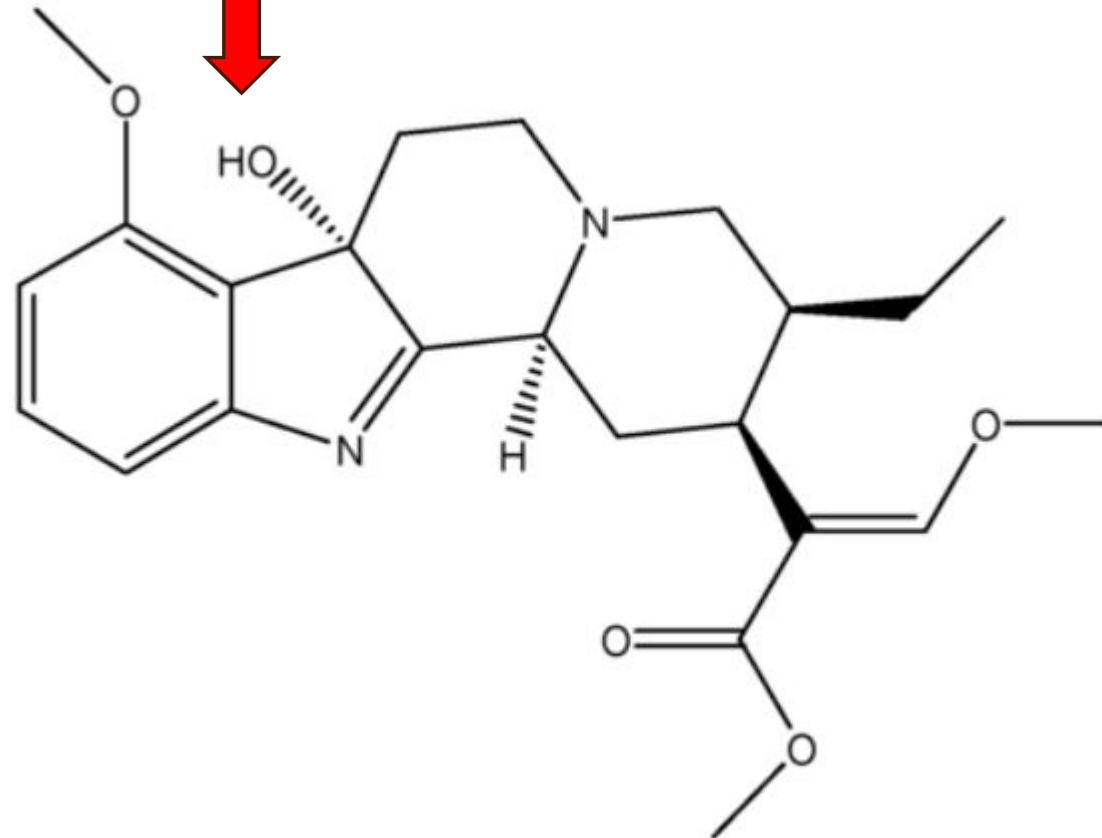
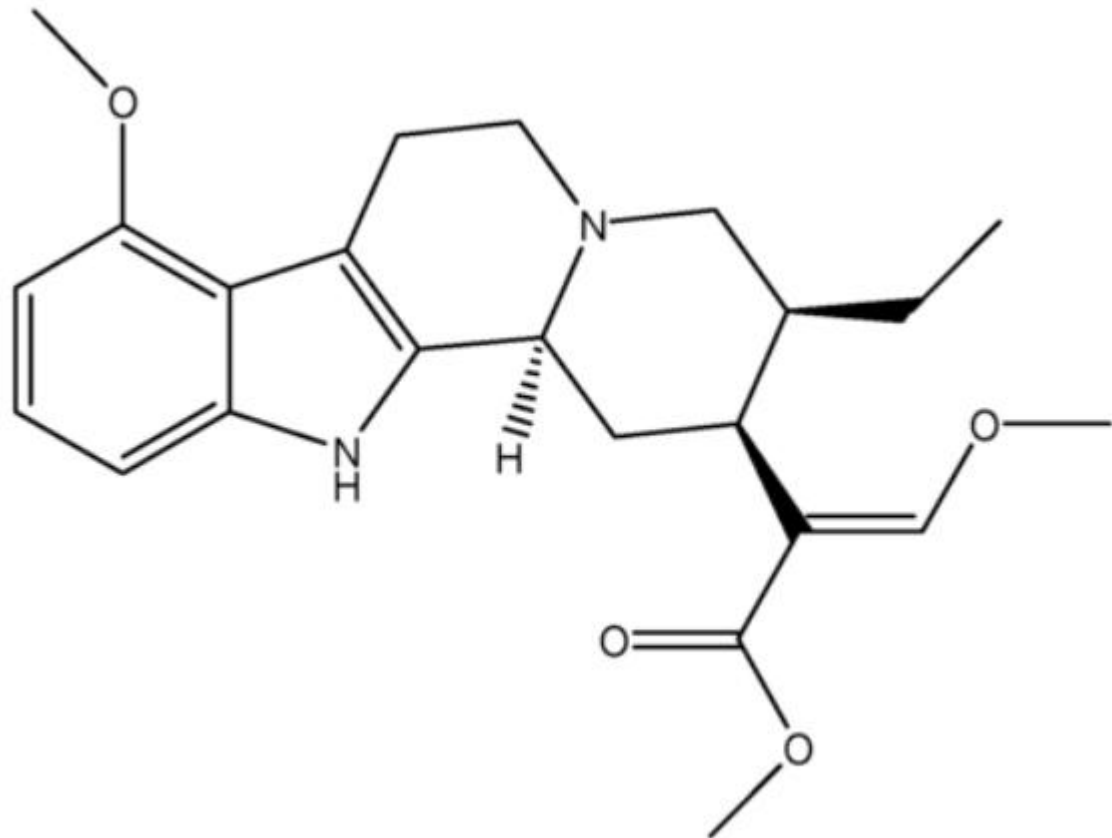


7-HYDROXYMITRAGYNINE

- Being synthesized in labs by adding a hydroxyl group to the C-7 position in Mitragynine
- Builds tolerance, highly addictive
- Binds to multiple receptors in the brain, primarily mu- opioid receptors, much like morphine.
- Opioid-like high
- Naloxone is used in overdose cases
- Comes in vibrant colors and sweet flavors, making it appealing to youth.



SPOT THE DIFFERENCE



January 14, 2026

The US Navy and Marine
Corps banned all kratom
products

KRATOM

WHAT SAILORS NEED TO KNOW

ALNAV 003/26

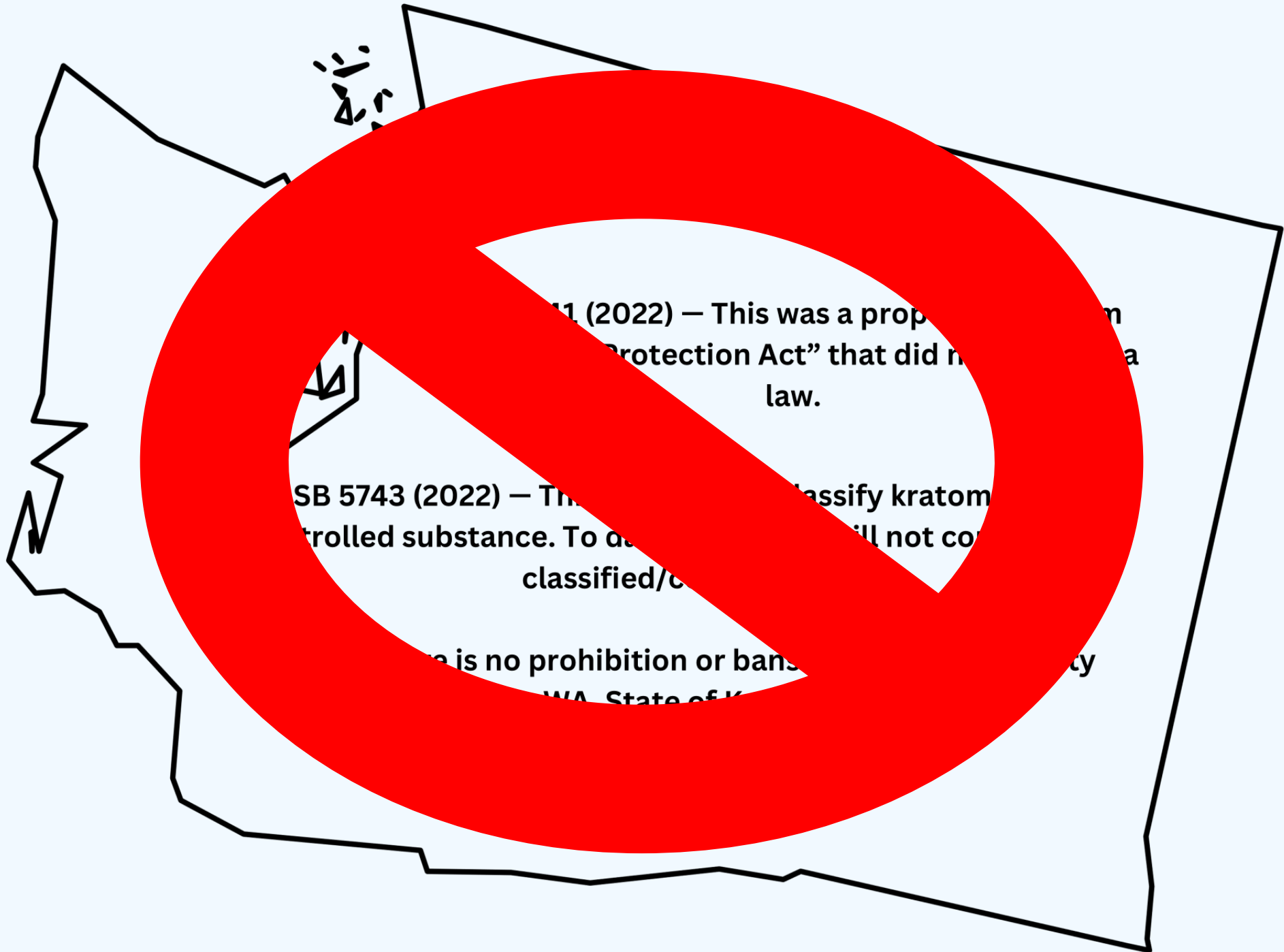
- Effective immediately: Kratom is prohibited for Sailors.
- It can appear as gummies, capsules, edibles, shots, vapes, or leaf—and may be unregulated / mislabeled, increasing risk.
- Prohibited actions include use, possession, distribution, or manufacture (natural, semi-synthetic, or synthetic).
- Noncompliance may be addressed under the UCMJ.



LEAVES CAPSULES GUMMIES EDIBLES SHOTS VAPES

CONFIDENTIAL SUPPORT AVAILABLE
(NAVY SARP / USMC SACC).





11 (2022) – This was a proposed bill from the "Protection Act" that did not become law.

SB 5743 (2022) – This bill would classify kratom as a controlled substance. To date, this bill has not been classified/acted upon.

There is no prohibition or ban on kratom in WA. State of WA

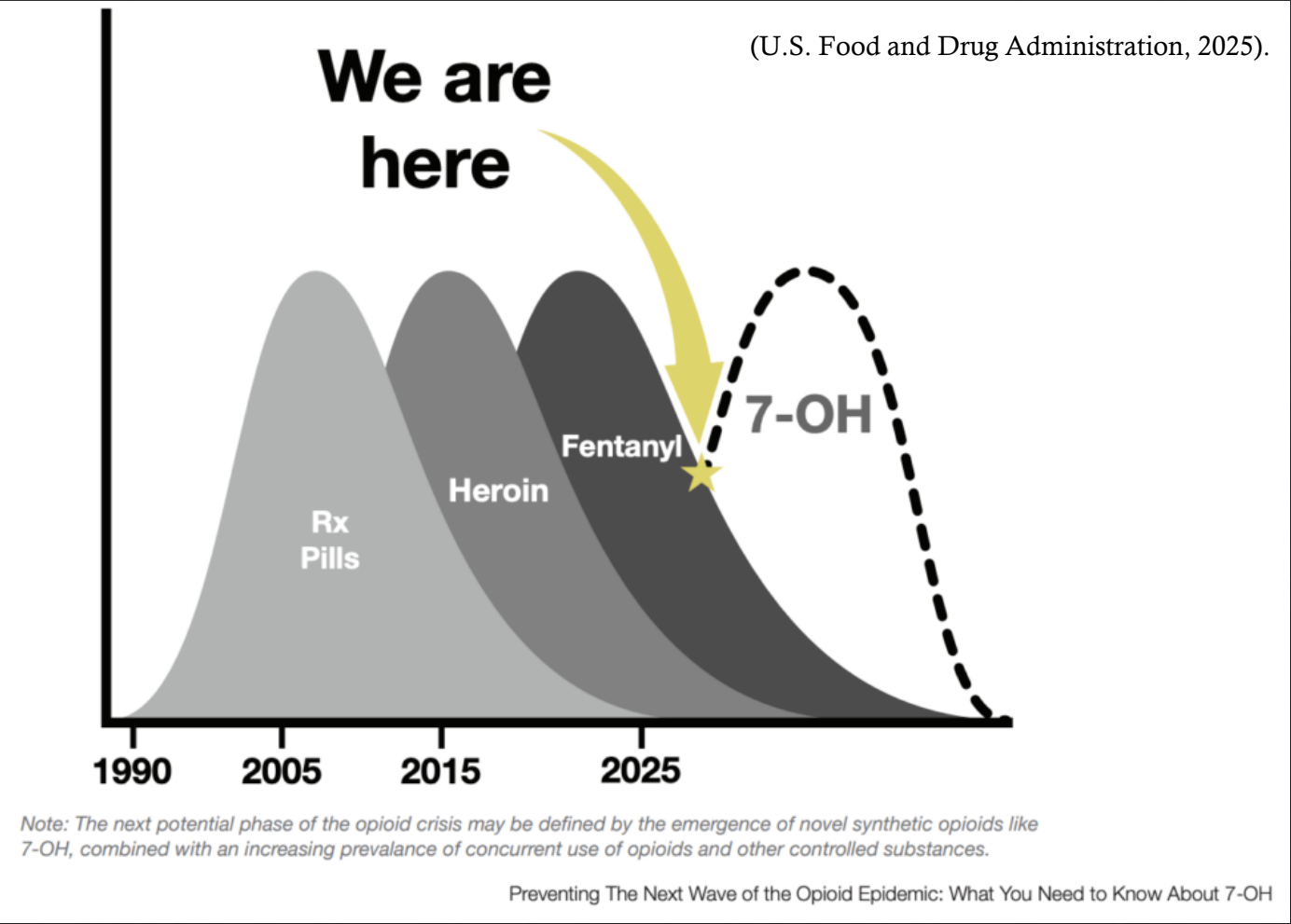
UPDATE!

On March 2, 2026, the City of Spokane became the first major city to ban Kratom sales in Washington State!

Another Update! The very next day the city of Spokane Valley also banned the sale of Kratom products!

WHAT DOES THAT MEAN FOR US?

- **Kratom and 7-OH products are still available to purchase at gas stations, smoke shops, and convenience stores**
 - **Implementing a ban on kratom sales, much like the City of Spokane, will reduce access to these products.**
- **No age restrictions, any age can purchase, even our youth**
 - **Implementing an age restriction will reduce direct access for our youth, but leaves others at risk**
- **Local governments will be responsible for enacting ordinances to protect their community until any Federal or State Regulations are put into place.**
- **Education is crucial**



This analysis does not compare 7-OH with other opioid epidemics; it simply models the potential outcomes of continued unrestricted access.

THANK YOU

References

- Abolins, T. (2023, December 8). *A second kratom-related wrongful death lawsuit filed in the same WA county as recent multi-million dollar kratom verdict*. mctlaw. <https://www.mctlaw.com/product-liability/kratom-lawsuits/second-kratom-related-wrongful-death-lawsuit-filed-in-cowlitz-county-wa/>
- Behzadi, M., Joukar, S., & Beik, A. (2018). Opioids and cardiac arrhythmia: A literature review. *Medical Principles and Practice*, 27(5), 401–414. <https://doi.org/10.1159/000492616>
- Ceder, R. (2026, January 23). Navy bans sailors from using kratom, other drugs. *Navy Times*. <https://www.navytimes.com/news/your-navy/2026/01/23/navy-bans-sailors-from-using-kratom-other-drugs/>
- Glasner, S. (2025, October 8). 7-OH is an opioid hiding in plain sight. *Psychology Today*. <https://www.psychologytoday.com/us/blog/navigating-addiction-recovery/202510/7-oh-an-opioid-hiding-in-plain-sight-causes-overdose>
- Hu, J., Song, Y., Huang, X., Li, C., Jin, X., Cen, L., Zhang, C., Ding, B., & Lian, J. (2024). Opioids-induced long QT syndrome: A challenge to cardiac health. *Cardiovascular Toxicology*, 24, 472–480. <https://doi.org/10.1007/s12012-024-09853-6>
- Lutz, B., Thomas, M., & McNew, S. (2025). *Kratom: A growing health concern in Spokane* [Unpublished report].
- Miller, A. H. F., Krotulski, A. J., Walton, S. E., Dulaney, A. R., Frolichstein, A. P., Dusek, H. L., & Murphy, C. (2025). *Kratom cardiotoxicity: A case report of reversible Brugada pattern and QTc prolongation*. <https://www.cfsre.org/resources/publications/kratom-cardiotoxicity-a-case-report-of-reversible-brugada-pattern-and-qtc-prolongation>
- Navy Region Southeast. (2026). *US Navy bans kratom* [Facebook photo]. <https://www.facebook.com/photo?fbid=1332234298936745&set=a.223300216496831>
- Reissig, C. J., Chiapperino, D., Seitz, A., Lee, R., Radin, R., & McAninch, J. (2025). *7-Hydroxymitragynine (7-OH): An assessment of the scientific data and toxicological concerns around an emerging opioid threat*. U.S. Food and Drug Administration, Center for Drug Evaluation and Research. <https://www.fda.gov/media/187899/download>
- Sladky, M., & Banta-Green, C. (2025, August). *Kratom & 7-OH: What do we know about use, safety, and overdose risk?* Addictions, Drug & Alcohol Institute, University of Washington. https://adai.uw.edu/wordpress/wp-content/uploads/dlm_uploads/Kratom-202404.pdf
- Texas Department of State Health Services. (n.d.). *Serious illnesses associated with 7-OH use*. <https://www.dshs.texas.gov/news-alerts/serious-illnesses-associated-7-oh-use>.
- U.S. Food and Drug Administration. (2025). Preventing the next wave of the opioid epidemic: What you need to know about 7-OH [Fact sheet]. <https://www.fda.gov/media/187913/download>
- Washington Poison Center (WPC). (2025, August 20). *Gas station highs: A different fuel at the pump* (Featuring Dr. Jimmy Leonard) [Video]. YouTube.
- White, C. M. (2025). Kratom's use and impact on pediatric populations. *Journal of Pediatric Pharmacology and Therapeutics*, 30(2), 289–293. <https://doi.org/10.5863/1551-6776-30.2.289>