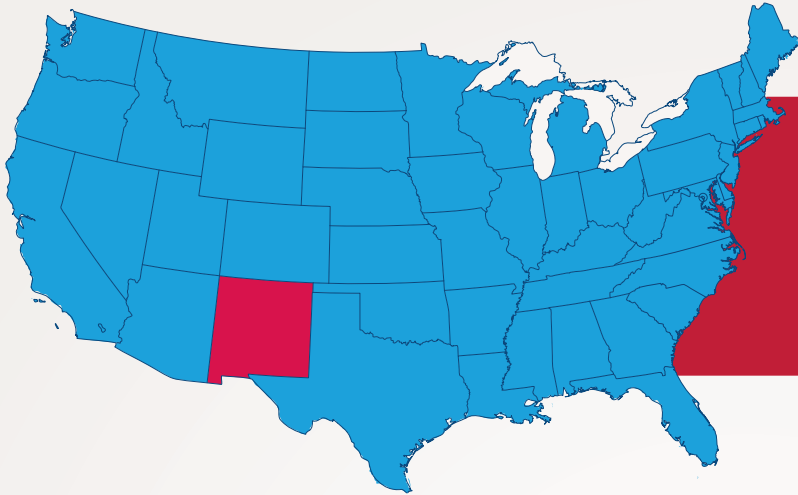
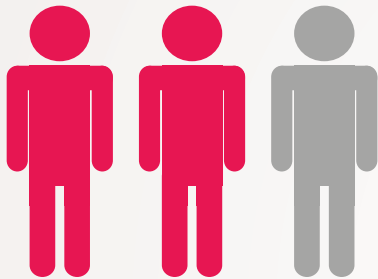


# DRUG OVERDOSE IN NEW MEXICO

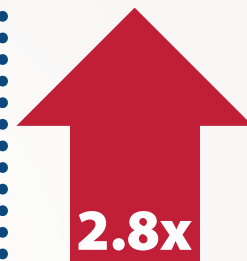


New Mexico had the **11th\*** HIGHEST DRUG OVERDOSE DEATH RATE IN THE US in 2020.

\*rate is based off the CDC ranking and is subject to change as final rates adjust (CDC, National Center for Health Statistics site last updated March 1, 2022)



About **2 of 3** Drug overdose deaths in NM in 2020 involved **an opioid** (prescription opioids, heroin, or fentanyl).  
- NMDOH



In 2020 in NM, the methamphetamine-involved death rate was **2.8 times the rate** in 2015.

- NMDOH

In 2020, there were

# 801

deaths due to drug overdose in New Mexico.



To put that in context, **ONE NEW MEXICAN DIED** from drug overdose about **EVERY 11 HOURS**.

- NMDOH



In 2020 in NM, about

# 86%

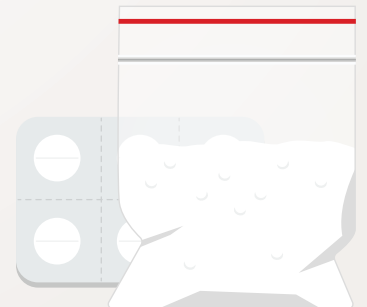
of drug overdose deaths that involved benzodiazepines (drugs like valium or Xanax) also involved opioids.

- NMDOH

In 2020 in NM, the **fentanyl-involved death rate** was

# 7x

the rate in 2016.



- NMDOH

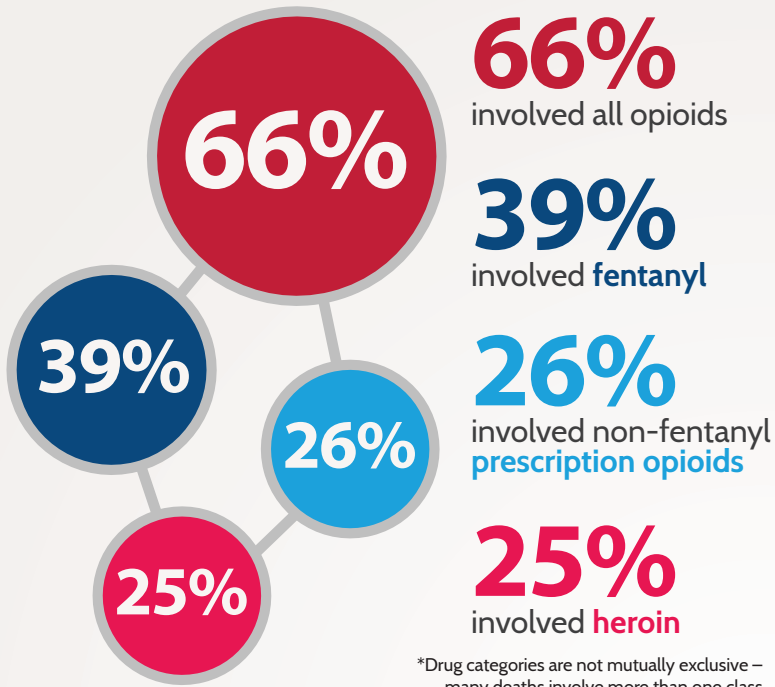


## PEOPLE WITH PRESCRIPTION OPIOIDS ARE AT RISK OF OVERDOSE, NOT JUST NONMEDICAL USERS\*.

- Kolodny et al., 2015

\* Non-medical use of prescription opioids (NMUPO) is defined as taking an opioid in a manner or dose other than prescribed, taking someone else's prescription opioid, even if for a legitimate medical reason, or taking prescription opioids for the feelings that it produces (National Institute on Drug Abuse 2019). Jul 19, 2021

## OF OVERDOSE DEATHS INVOLVING OPIOIDS IN 2020:



## MOST NONMEDICAL\* USERS OF PRESCRIPTION OPIOIDS REPORT OBTAINING DRUGS:

- + Free from a friend or relative
- + Bought from a friend or relative
- + Taken without asking from a friend or relative

**TAKEN WITHOUT ASKING IS MORE COMMON AMONG THE YOUNGEST USERS, EMPHASIZING THE NEED FOR APPROPRIATE STORAGE OF THESE DRUGS.**

- National Survey on Drug Use and Health

\* Non-medical use of prescription opioids (NMUPO) is defined as taking an opioid in a manner or dose other than prescribed, taking someone else's prescription opioid, even if for a legitimate medical reason, or taking prescription opioids for the feelings that it produces (National Institute on Drug Abuse 2019). Jul 19, 2021



## RESPIRATORY DEPRESSION IS ONE EFFECT OF HEROIN OR OPIOIDS

The victim fails to breathe enough to keep the brain and other organs supplied with oxygen

Naloxone reverses the effects of opiates, including respiratory depression and can save lives

## THINGS YOU CAN DO TO PREVENT DRUG OVERDOSE

- + Never take a medicine not prescribed for you, or other than as prescribed.
- + Never share prescriptions.
- + Confirm all medicines that you take with your healthcare provider at every visit.
- + Get naloxone! Naloxone is a drug that can reverse an opioid overdose.
- + Naloxone can be requested at any pharmacy and does not require a prescription.
- + To learn more about where you can get naloxone, go to <https://doseofreality.com/naloxone/>
- + If you are concerned about your use of controlled substances (medications) or illicit substances, see your healthcare provider and ask for help!
- + Your healthcare provider can help you determine the appropriate treatment.
- + Medication-assisted treatment (MAT) is available to treat opioid use disorder.

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