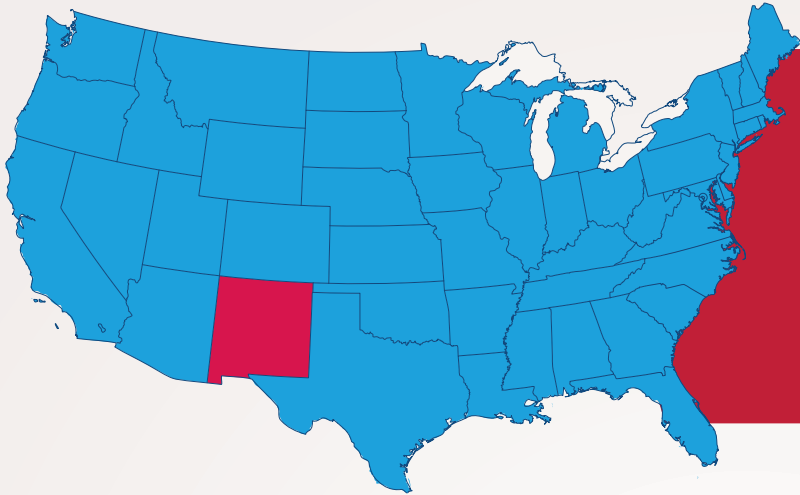


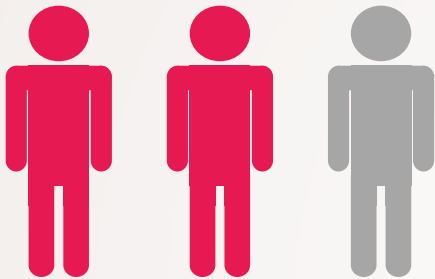
DRUG OVERDOSE IN NEW MEXICO



New Mexico had the **12th HIGHEST DRUG OVERDOSE DEATH RATE IN THE US** in 2016.

New Mexico's drug overdose death rate (24.8 deaths per 100,000 population) in 2016 was about **25% HIGHER THAN THE US RATE** (19.8 deaths per 100,000) in 2016

-NMDOH



2 of 3

Drug overdose deaths in NM in 2016 involved **prescription opioids** or **heroin**.

-NMDOH



The methamphetamine-involved death rate in NM **MORE THAN DOUBLED** from 2012-2016.

-NMDOH

In 2016, there were

497

deaths due to drug overdose in New Mexico.



To put that in context, **ONE NEW MEXICAN DIED** from drug overdose about **EVERY 18 HOURS**.

-NMDOH

Drug overdose deaths involving more than one drug type are increasing. In 2016 in NM

90%

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

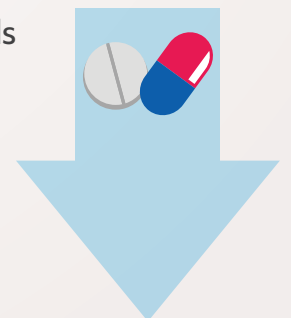
-NMDOH

The amount of prescription opioids sold in NM **DECREASED** by

19%

between 2012 and 2016.

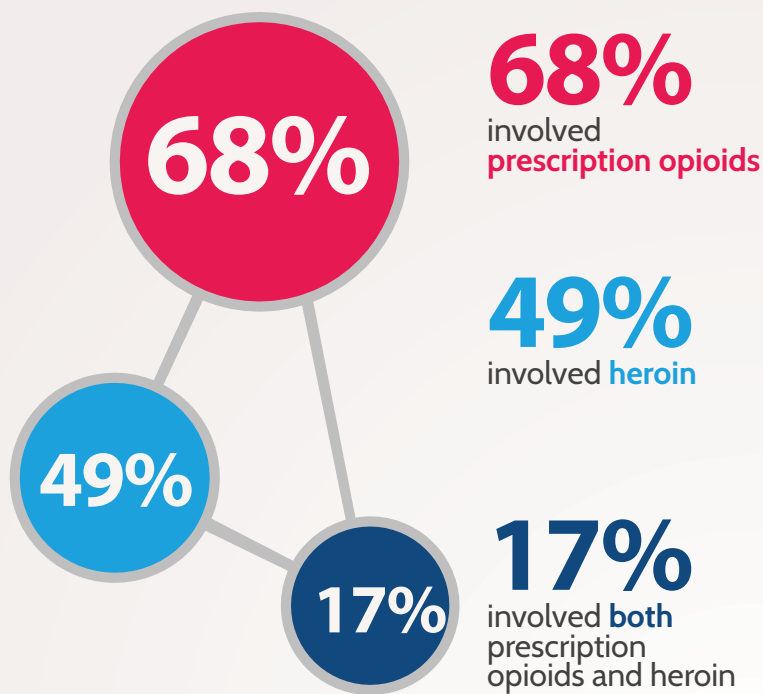
-DEA sales data



PEOPLE WITH PRESCRIPTIONS ARE AT RISK OF OVERDOSE, NOT JUST NONMEDICAL USERS.

-Kolodny et al., 2015

OF OVERDOSE DEATHS INVOLVING HEROIN OR PRESCRIPTION OPIOIDS IN 2016:



MOST NONMEDICAL USERS OF PRESCRIPTION OPIOIDS REPORT OBTAINING DRUGS:

- + From a friend or relative for free
- + 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



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

PREVENTION STRATEGIES

IMPROVE PRESCRIBING PRACTICES

- + Increased use of Prescription Monitoring Programs (PMP) has been shown to reduce some dangerous combinations and prescriptions from multiple prescribers.
- + Prescribing guidelines have been shown to reduce excessive prescribing.

INCREASE ACCESS TO NALOXONE

- + Naloxone can reverse opioid overdose and prevent deaths if administered in time and followed up appropriately.

INCREASE ACCESS TO TREATMENT FOR DRUG DEPENDENCE AND ABUSE

- + Medication assisted treatment (MAT), such as methadone or suboxone therapy, has been shown to be effective in treating opioid dependence and abuse.
- + Cognitive Behavioral Therapy (CBT) has been successfully used for substance use disorders.