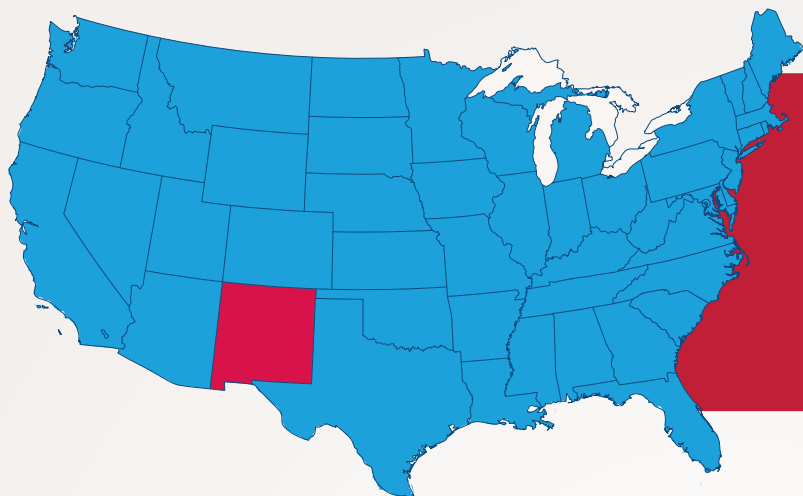


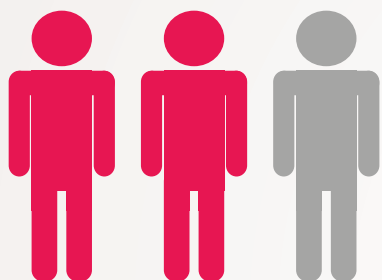
DRUG OVERDOSE IN NEW MEXICO



New Mexico had the **12th HIGHEST DRUG OVERDOSE DEATH RATE IN THE US** in 2019.

New Mexico's drug overdose death rate (30.4 per 100,000 population) in 2019 was about 41% higher than the US rate (21.6 deaths per 100,000 population) in 2019.

-NMDOH



About **2 of 3** Drug overdose deaths in NM in 2019 involved **an opioid** (prescription opioids, heroin, or fentanyl).

-NMDOH



In 2019 in NM, the methamphetamine-involved death rate was **2.4 times the rate** in 2015.

-NMDOH

In 2019, there were

605

deaths due to drug overdose in New Mexico.



To put that in context, **ONE NEW MEXICAN DIED** from drug overdose about **EVERY 14 HOURS**.

-NMDOH



In 2019 in NM, about

87%

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

-NMDOH

In 2019 in NM, the **fentanyl-involved death rate** was more than

7x

the rate in 2015

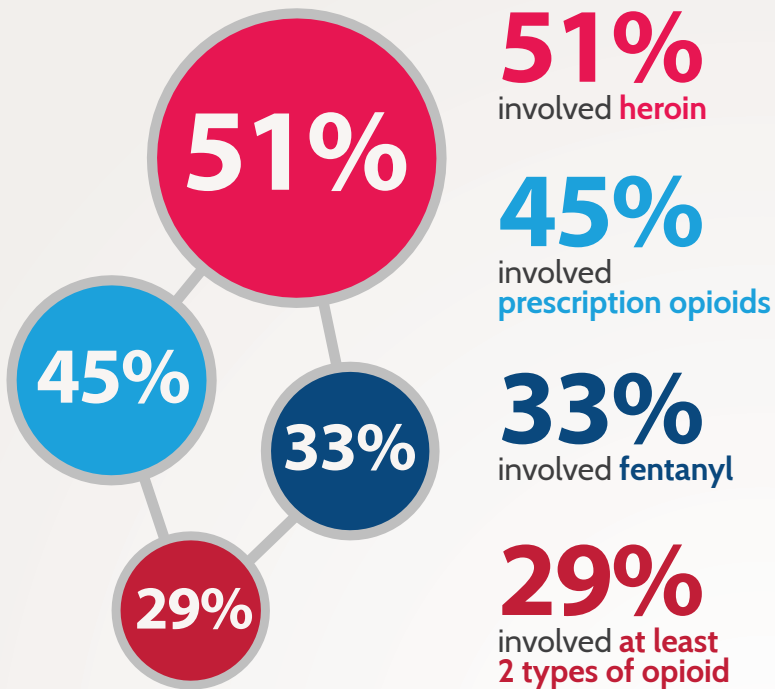
-DEA sales data



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

-Kolodny et al., 2015

OF OVERDOSE DEATHS INVOLVING HEROIN OR PRESCRIPTION OPIOIDS IN 2019:



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



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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