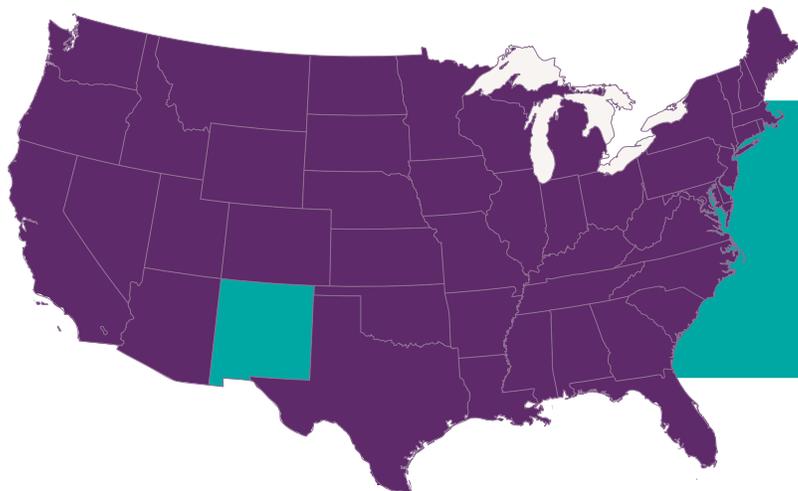
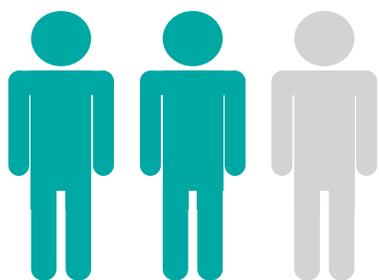


DRUG OVERDOSE IN NEW MEXICO



New Mexico had the **6th* HIGHEST DRUG OVERDOSE DEATH RATE IN THE US** in 2021.

*rate is Based on CDC WONDER data



Almost **70%**

Drug overdose deaths in NM in 2021 involved **an opioid** (prescription opioids, heroin, or fentanyl).

- NMDOH



In 2021 in NM, the methamphetamine-involved death rate was **2.8 times the rate** in 2017.

- NMDOH

In 2021, there were

1,029

deaths due to drug overdose in New Mexico.



To put that in context, **ONE NEW MEXICAN DIED** from drug overdose about **EVERY 8.5 HOURS**.

- NMDOH



In 2021 in NM, about

91%

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

- NMDOH

In 2021 in NM, the **fentanyl-involved death rate** was

9.25x

the rate in 2017.



- 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

DRUG OVERDOSE DEATHS IN 2021

69% 
involved an opioid

80% 
involved fentanyl

25% 
involved non-fentanyl prescription opioids

6% 
involved heroin

*Drug categories are not mutually exclusive – many deaths involve more than one class

MOST COMMON WAYS OF OBTAINING PRESCRIPTION PAIN RELIEVERS FOR MISUSE*:

- + Got from one doctor
- + Got from friend or relative for free
- + Bought from drug dealer or other stranger

Younger individuals (ages 12-17 years) are more likely than those older than 17 years old to take from a friend or relative without asking, though they frequently use different methods to obtain prescription pain relievers.

- National Survey on Drug Use and Health

*Misuse of prescription pain relievers is defined as using without a prescription or using it in any way a doctor did not direct someone to use it (greater amounts, more often, or for a longer period of time).



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, visit: nmharmreduction.org
- + 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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