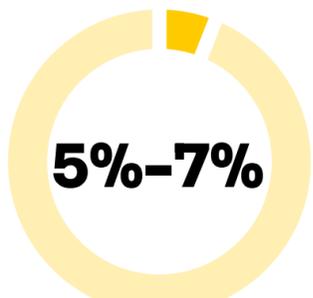


# Harm Reduction Strategies to Combat the Rise in Overdoses

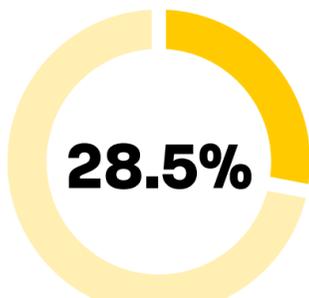


**91,799**

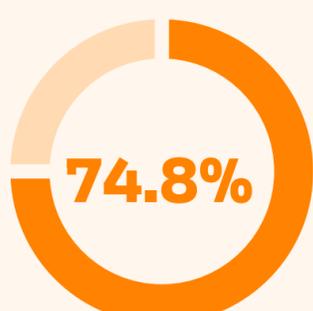
In 2020, 91,799 drug overdose deaths occurred in the United States.



While it's difficult to determine, it's estimated that 5% to 7% of these overdoses were intentional.



There was a 28.5% increase in drug overdose deaths from April 2020 to April 2021.



74.8% of overdose deaths were caused by opioids.

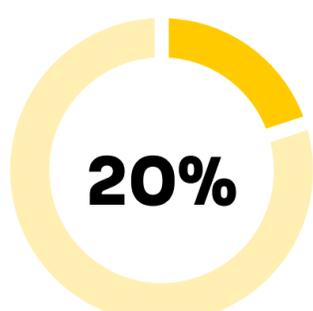


82.3% of opioid-involved overdose deaths were from synthetic opioids.



**16,000**

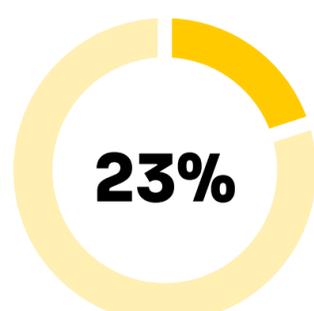
In 2020, an average of 44 people died each day from overdoses involving prescription opioids, totaling more than 16,000 deaths.



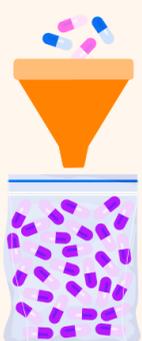
Nearly 20% of all opioid deaths involved heroin. Deaths from overdose of psychostimulants like methamphetamines are rising as well.



Cocaine is involved in 1 in 5 overdose deaths.



Nearly 23% of all drug overdose deaths in 2019 involved psychostimulants like methamphetamine, ecstasy or prescription stimulants.



It's getting more common for street drugs like heroin to be mixed with synthetic opioids like fentanyl.



80% of overdose death from synthetic opioids involved another drug (including both street drugs and legal prescriptions) or alcohol.



Users are not always aware of this and it is making the fight against overdoses much more difficult.

## So What Can We Do?

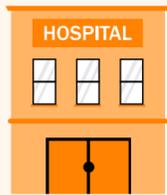
Increase access to naloxone and similar medication.



Increase access to evidence-based treatment for substance use disorders.



Drive adoption rate for e-prescribing tools.



Offer safe spaces for drugs to be tested.



Syringe service programs.



Create legislation to help prevent over-prescriptions.



Tighten regulations on legal opioids, particularly synthetic opioids.



Routine Fentanyl screening.



911 Good Samaritan Laws.



Decrease the length of time it takes for overdose reversal drugs to become available.



Increase resources in states, communities and tribes dealing with addiction.



Educate the public and raise awareness of effective solutions.



Open more overdose prevention centers.

## Harm Reduction is Compassionate, Saves Lives and Is Cost-Effective.

Sources: Wide-ranging online data for epidemiologic research (WONDER). Atlanta, GA: CDC, National Center for Health Statistics; 2021. Available at <http://wonder.cdc.gov>. Mattson CL, Tanz LJ, Quinn K, Kariisa M, Patel P, Davis NL. Trends and Geographic Patterns in Drug and Synthetic Opioid Overdose Deaths — United States, 2013–2019. MMWR Morb Mortal Wkly Rep 2021;70:202–207. DOI: <http://dx.doi.org/10.15585/mmwr.mm7006a4>. <https://www.cdc.gov/drugoverdose/deaths/index.html> <https://www.nih.gov/news-events/news-releases/suicides-drug-overdose-increased-among-young-people-elderly-people-black-women-despite-overall-downward-trend> [https://www.theguardian.com/us-news/2022/jan/25/overdose-prevention-centers-new-york-saving-lives?CMP=Share\\_AndroidApp\\_Other](https://www.theguardian.com/us-news/2022/jan/25/overdose-prevention-centers-new-york-saving-lives?CMP=Share_AndroidApp_Other)