

INDIAN HEALTH SERVICE

POISONING PREVENTION/OPIOIDS





Opioid Epidemic

According to the most recent Centers for Disease Control and Prevention (CDC) data, American Indian and Alaska Native (AI/AN) populations had the second highest overdose rates from all opioids in 2017 (**15.7 deaths/100,000 population**) among racial/ethnic groups in the US. AI/AN populations also had the second highest overdose death rates from heroin and third highest from synthetic opioids.

IHS is committed to improving the way opioids are prescribed to ensure patients have access to safe, long-term, chronic pain treatments that reduce the risk of prescription misuse, abuse, overdose, and diversion.

Source: ihs.gov/opioids/opioidresponse/data/



OPIOID STATISTICS

80,000 AI/ANs Misuse Opioids, 5.1% of the population.

2.9% of 12-17 AI/AN, 6.4% of 18-25 AI/AN and 5.2% of 26+ AI/AN misuse opioids.

Source: SAMHSA 2019 NSDUH, AI/AN 12+



PREVENTING OPIOID MISUSE

Work With Your Doctor

Create a plan on how to manage your pain. Follow up regularly with your doctor.

Take and Store Opioids Properly

Never take prescription opioids in greater amounts or more often than prescribed.

Always let your doctor know about any side effects or concerns you may have about using opioids.

Do not share or sell your prescription opioids.

Store prescription opioids in a secure place, out of reach of others (including children, family, friends, and visitors).

Avoid taking opioids with alcohol and other substances or medications. It is very dangerous to combine opioids with other drugs, especially those that cause drowsiness.

If you have unused prescription opioids at the end of your treatment, find your community drug take-back program or your pharmacy mail-back program or drug disposal box.

If you or someone close to you needs help for a substance use disorder, talk to your doctor or call SAMHSA's National Helpline at

1-800-662-HELP

Source: [cdc.gov/opioids/patients/prevent-misuse.html](https://www.cdc.gov/opioids/patients/prevent-misuse.html)

In 2020, overdose death rates increased 39 percent for American Indian and Alaska Native (AI/AN) people compared with 2019.

Overdose death rates for AI/AN women 25–44 years of age were nearly two times that of White women 25–44 years of age.

Source: [cdc.gov/media/releases/2022/s0719-overdose-rates-vs.html](https://www.cdc.gov/media/releases/2022/s0719-overdose-rates-vs.html)

IHS INJURY PREVENTION

Our Mission

Raise the health status of American Indians and Alaska Natives to the highest possible level by decreasing the incidence of severe injuries and death to the lowest possible level and increasing the ability of tribes to address their injury problems.

About IHS Injury Prevention

We are the lead IHS program to address the injury disparities in AI/AN communities. Our widely-recognized program works with tribes and partners to reduce the disproportionate impact of injuries on Indian people.



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For more information about the dangers of opioids, visit our website at www.ihs.gov/injuryprevention/ or scan the QR code.

