

# OHIO'S OPIOID EPIDEMIC FACTS

#BuckeyeHealthy

The opioid epidemic has devastated Ohio and the country — leading to misuse, addiction and overdoses. Here are some statistics that illustrate the problem in Ohio and resources for getting help.

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Ohio had the second-highest rate of opioid overdose deaths in the U.S. in 2017 — almost triple the national average.<sup>1</sup>



Synthetic opioids led to the most overdose deaths in Ohio — a nearly

2,500%

increase in deaths over five years. Fentanyl was the largest contributor.<sup>1</sup>

## Know the signs of opioid abuse

**SIDE EFFECTS:** constipation, nausea, vomiting and dry mouth; sleepiness and dizziness; confusion; decreased breathing; and itching and sweating<sup>2</sup>

**ADDICTION BEHAVIORAL SIGNS:** change in peer group, carelessness with grooming, decline in academic performance, missing classes/work, loss of interest in favorite activities, changes in eating or sleeping habits and deteriorating relationships with family and friends<sup>2</sup>

While the number of opioid prescriptions is declining, Ohio still averages about 5% higher than the national prescribing rate.<sup>1</sup>



Of those, roughly 21-29% misuse them.<sup>3</sup>



947 Ohioans died in 2017 from prescription opioid overdoses.<sup>1</sup>

## Need help or know someone who does?

- 1 **Ask your doctor** to refer you to an addiction specialist.
- 2 **Call Substance Abuse and Mental Health Services Administration (SAMHSA)** at 1-800-662-HELP (4357) or visit [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov).

- 3 **Buckeye Health Plan members can call** Member Services at 1-866-246-4358 (TDD/TTY: 1-800-750-0750) to find an addiction medicine professional and local resources for support.

<sup>1</sup> National Institute on Drug Abuse. Opioid Involved Overdose Deaths. March 2019. Retrieved from: <https://bit.ly/2mjjm81>

<sup>2</sup> SAMHSA. The Truth About Opioids. Retrieved August 26, 2019 from: <https://bit.ly/2kHB84J>

<sup>3</sup> National Institute on Drug Abuse. Opioid Overdose Crisis. January 2019. Retrieved from: <https://bit.ly/2kRJMxq>