Updates to Overdoses in WA State

Recent updates with preliminary 2020 data
and finalized 2019 data

WA DOH – IVP/S&E
ORWG Meeting 18Mar2021
Drug overdose deaths

- The overdose death data are from Washington DOH Death Certificates.
- The definition of drug overdose is based on ICD-10.
- **any_drug** is defined by the following ICD-10 codes as underlying causes of death:
  - X40-X44: Accidental poisonings by drugs
  - X60-X64: Intentional self-poisoning by drugs
  - X85: Assault by drug poisoning
  - Y10-Y14: Drug poisoning of undetermined intent
- Once a case is a drug overdose as defined above, specific drugs can be defined from the multiple causes of death, allowing multiple choices in case of polysubstance.

Washington State Department of Health
Fatal drug OD continued to increase in 2019 in both WA and nationally.

WA’s overall drug OD rate, and rate of OD involving an opioid continue to remain lower than the national rates since 2015.
Fatal drug OD involving heroin have remained relatively steady over the past 5 years, after rising between 2010 and 2014 in both WA and nationally. Nationally OD deaths involving synthetic opioids (like fentanyl, fentanyl analogs, tramadol, etc) increased sharply starting in 2013-2014, while in WA’s this rate of started increasing in 2016 and continues a sharp increase.

Source: WA DOH death certificates
CDC Wonder
Fatal drug OD involving cocaine have remained low and relatively stable over the past many years in WA, while nationally this rate has been increasing over the past 5 years.
In WA, OD deaths involving psychostimulants (like meth) has increased starting in 2011-2012, and this trend is seen nationally as well (just as a lower level).
## Confirmed WA State Overdose Deaths

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>2021*</th>
<th>2020*</th>
<th>2019</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any Drug</td>
<td>94</td>
<td>1538</td>
<td>1259</td>
<td>1181</td>
<td>1163</td>
</tr>
<tr>
<td>Any Opioid</td>
<td>54</td>
<td>1062</td>
<td>827</td>
<td>744</td>
<td>739</td>
</tr>
<tr>
<td>Heroin</td>
<td>18</td>
<td>347</td>
<td>347</td>
<td>329</td>
<td>306</td>
</tr>
<tr>
<td>Synthetic opioids</td>
<td>30</td>
<td>602</td>
<td>337</td>
<td>224</td>
<td>142</td>
</tr>
<tr>
<td>Psychostimulants</td>
<td>47</td>
<td>628</td>
<td>540</td>
<td>473</td>
<td>390</td>
</tr>
<tr>
<td>Cocaine</td>
<td>12</td>
<td>174</td>
<td>132</td>
<td>129</td>
<td>111</td>
</tr>
</tbody>
</table>

*2020 data are preliminary and will change.

Data is as of 15Mar2021.
Source: DOH Death certificates

2020 OD deaths already higher than the number for 2019
Drugs OD deaths in the first 6 months of 2020 is 39 percent higher than the same time of 2019. 843 vs 607 respectively.

Trends for 2018 to 2019 show similar numbers for each year, and 2020 shows an increase in March, April, May and June. 2020 numbers will change for any month, especially more recent months.

• 2020 data are preliminary and will change.
• Data run: 15Mar2021

Source: DOH death certificates
Annual cumulative drug overdose deaths involving non-methadone synthetic opioids by month (2018-2020*)

Trends for 2018 to 2019 show a continued increase for each year and 2020 appears to continue that trend and experiencing an **extra increase in March, April, May, June, July, August**.

Drug OD deaths involving synthetic opioids in the first 6 months of 2020 is **nearly 105 percent higher** than the same time of 2019. 314 vs 153 respectively.

2020 numbers will change for any month, especially more recent months.

Source: DOH death certificates

- 2020 data are preliminary and will change.
- Data run: 15Mar2021

Washington State Department of Health
Annual cumulative drug overdose deaths involving cocaine by month (2018-2020*)

Trends for 2018 to 2019 show similar numbers for each year and in 2020 it appears increase in April and May.

Drug OD deaths involving cocaine in the first 6 months of 2020 is nearly 111 percent higher than the same time of 2019. 116 vs 55 respectively.

2020 numbers will change for any month, especially more recent months.

Washington Residents

- 2020 data are preliminary and will change.
- Data run: 15Mar2021

Washington State Department of Health

Source: DOH death certificates
Drug OD deaths involving psychostimulants in the first 6 months of 2020 is **about 25 percent higher** than the same time of 2019. 333 vs 266 respectively.

Trends for 2018 to 2019 show a continued increase for each year and 2020 appears to continue that increase and appears a **bump in May**.
Annual cumulative drug overdose deaths involving Rx opioids by month (2018-2020*)

Trends for 2018 to 2019 show a decrease, and 2020 appears to stay in line with 2018 numbers and along with a **bump in May**.

2020 numbers will change for any month, especially more recent months.

Drug OD deaths involving rx opioids in the first 6 months of 2020 is **about 18 percent higher** than the same time of 2019. 161 vs 136 respectively.

• 2020 data are preliminary and will change.
• Data run: 15Mar2021

Source: DOH death certificates

Washington State Department of Health
Overall drug overdose death counts by county compare first 6 months of 2019 and 2020+

<table>
<thead>
<tr>
<th>County</th>
<th>Q1_2_2019</th>
<th>Q1_2_2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benton</td>
<td>14</td>
<td>27</td>
</tr>
<tr>
<td>Clark</td>
<td></td>
<td>33</td>
</tr>
<tr>
<td>Cowlitz</td>
<td></td>
<td>14</td>
</tr>
<tr>
<td>Franklin</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>Grays Harbor</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>King</td>
<td></td>
<td>188</td>
</tr>
<tr>
<td>Kitsap</td>
<td>19</td>
<td>15</td>
</tr>
<tr>
<td>Lewis</td>
<td></td>
<td>12</td>
</tr>
<tr>
<td>Mason</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pierce</td>
<td></td>
<td>71</td>
</tr>
<tr>
<td>Skagit</td>
<td>10</td>
<td>17</td>
</tr>
<tr>
<td>Snohomish</td>
<td></td>
<td>94</td>
</tr>
<tr>
<td>Spokane</td>
<td></td>
<td>40</td>
</tr>
<tr>
<td>Thurston</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>Whatcom</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>Yakima</td>
<td></td>
<td>15</td>
</tr>
</tbody>
</table>

Counties with at least 10 OD deaths in 2019 or 2020
Data for first 6 months of 2019 and 2020.

+ 2020 numbers will change. * Number suppressed (1-9)
Data as of 15 March 2021
Source: DOH death certificates
Overall drug overdose death counts by race compare first 6 months of 2019 and 2020

Statewide: 39% increase in the first 6 months

- AIAN-NH: +177%
- Black-NH: +94%
- White-NH: +29%
- Hispanic: +115%
- Asian-NH: -31%
- All other-NH: +21%

2020 data are preliminary and will change. NH: Non-Hispanic AIAN: American Indian/Alaskan Native

Data as of 15Mar2021
Drug overdose deaths disproportionally affect American Indian and Alaskan Native populations.

This is to put the previous slide in some context. While the number of overdose deaths among AIAN are low, the rate is very high.

**WA residents (2015-2019)**

- AIAN-NH: n=233
- Black-NH: n=312
- White-NH: n=4489
- Mult-NH: n=160
- NHOPI-NH: n=29
- Hispanic: n=388
- Asian-NH: n=107

NH: Non-Hispanic
AIAN: American Indian/Alaskan Native
NHOPI: Native Hawaiian or Other Pacific Islander
Multi: Multi-racial

Washington State Department of Health
Overall drug overdose death counts by age and sex compare first 6 months of 2019 and 2020

<table>
<thead>
<tr>
<th>Age</th>
<th>Q1&amp;Q2 2019 (Female)</th>
<th>Q1&amp;Q2 2019 (Male)</th>
<th>Q1&amp;Q2 2020 (Female)</th>
<th>Q1&amp;Q2 2020 (Male)</th>
</tr>
</thead>
<tbody>
<tr>
<td>19 and under</td>
<td>10</td>
<td>10</td>
<td>34</td>
<td>34</td>
</tr>
<tr>
<td>20-24</td>
<td>32</td>
<td>32</td>
<td>61</td>
<td>61</td>
</tr>
<tr>
<td>25-34</td>
<td>122</td>
<td>124</td>
<td>170</td>
<td>170</td>
</tr>
<tr>
<td>35-44</td>
<td>124</td>
<td>124</td>
<td>159</td>
<td>159</td>
</tr>
<tr>
<td>45-54</td>
<td>119</td>
<td>119</td>
<td>197</td>
<td>197</td>
</tr>
<tr>
<td>55-64</td>
<td>133</td>
<td>133</td>
<td>159</td>
<td>159</td>
</tr>
<tr>
<td>65+</td>
<td>67</td>
<td>67</td>
<td>62</td>
<td>62</td>
</tr>
</tbody>
</table>

Data as of 15Mar2021

Source: DOH death certificates
Polysubstance use

The majority of the drug overdose deaths included more than one drug.

This data reflects the 1st 6 months of 2020
Thank you

Data available at:  www.doh.wa.gov/OverdoseData
Email contact:  Injury.data@DOH.WA.GOV
King County Youth Fentanyl Overdose Prevention Campaign

Erin James
King County Department of Community and Human Services (DCHS)
&
Alison Newman
Addictions Drug & Alcohol Institute (ADAI)
Why Youth Fentanyl Overdose Prevention?

- Regional parents identified the need for a relevant youth centered campaign focused on fentanyl overdose prevention.
- Data identified the youth population as experiencing high incidence of fentanyl overdose.
WA
Overdose Data
Overdose deaths from any drug, first half of 2018-2020
WA residents
(preliminary data as of 3.15.2021)
Change in overdose deaths, any drug, first six months of 2019-2020, among WA residents

| Age Group | 2019 | 2020 | Change
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;20</td>
<td>10</td>
<td>34</td>
<td>240%</td>
</tr>
<tr>
<td>20-24</td>
<td>32</td>
<td>61</td>
<td>91%</td>
</tr>
<tr>
<td>25-34</td>
<td>122</td>
<td>170</td>
<td>39%</td>
</tr>
<tr>
<td>35-44</td>
<td>124</td>
<td>159</td>
<td>28%</td>
</tr>
<tr>
<td>45-54</td>
<td>119</td>
<td>197</td>
<td>66%</td>
</tr>
<tr>
<td>55-64</td>
<td>133</td>
<td>159</td>
<td>20%</td>
</tr>
<tr>
<td>65+</td>
<td>67</td>
<td>63</td>
<td>-6%</td>
</tr>
</tbody>
</table>

Note: The data represents the change in overdose deaths among WA residents for the first six months of 2019 and 2020.
Overdose deaths first six months of 2018-2020 among people <25 in WA State

<table>
<thead>
<tr>
<th>Year</th>
<th>Synthetic opioids (primarily fentanyl)</th>
<th>Not involving synthetic opioids</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>18</td>
<td>27</td>
</tr>
<tr>
<td>2019</td>
<td>25</td>
<td>17</td>
</tr>
<tr>
<td>2020</td>
<td>68</td>
<td>27</td>
</tr>
</tbody>
</table>

Total: 18 + 25 + 68 = 101

2018: 45 deaths
2019: 42 deaths
2020: 95 deaths

Synthetic opioids (primarily fentanyl) and Not involving synthetic opioids.
Campaign Background & Findings

• Funded by King County Mental Illness Drug Dependency fund managed by Department of Community and Human Services & grant funds via Public Health – Seattle & King County
• Guided by King County and local partners, including Addictions Drug & Alcohol Institute (ADAI)
• Research led by Rescue Agency. Intended to construct a campaign to reach a youth population at-risk for fentanyl overdose. A population we knew very little about (who, motivations & context for use).
• Laced & Lethal is a research-based campaign informed by peer crowd psychographics (values & identity)
• The at-risk peer crowd identified, contemplated or used substances that may contain fentanyl (inclusive alternative, skater crowd)
• We found two different risk behaviors – sensation seeking & coping
• Researched participants reported experiencing significant adverse childhood experiences (ACEs) & mental health challenges
• These youth were knowledgeable about substances
• They did not connect personal fentanyl overdose risk to their own use behaviors
• These youth had easy access to substances & trusted friends, dealers (plugs) and personal connections
• Messages that tested well were relatable, believable, and non-judgmental prevention messages that contained emotional appeals – these were found to be “motivating” for the focus population to avoid use of pills or powders from informal sources.
• Most meaningful data points related to counterfeit pills, potency of fentanyl, and # of people who have died from fentanyl in King County over the last year
• The prevention campaign was enhanced with harm-reduction messaging and naloxone access components to meet the needs of youth and to engage them to share safety information with their peers.
Youth Campaign Activities

- Launch date 3/24
- Targeted Snapchat ad placement
- Website content
- Community-based organization information dissemination & FREE naloxone distribution
- FREE and private online ordering and walk-in access through Kelley-Ross Pharmacy partnership
Questions?

Contact:
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