



Opioids in Our Community

In 2017, opioid related deaths in the U.S. were equivalent to a September 11th event every 3 weeks!

(Christie et. al., 2017)

In 2013, prescription opioid dependence, abuse, and overdoses cost the United States \$78.5 billion, due to increased use of healthcare services, substance abuse treatment, and criminal justice.

(Florence, Feijun, Xu, & Zhou, 2016)

Between 2013–2017, an average of 3.5 adults died every month from an opioid overdose in Weber County – higher than Utah and the U.S.

(UDOH, 2019)

8 out of 10 people who use heroin started with prescription opioids

(Jones, 2013; Muhuri et al., 2013)



What resources are available to me?

United Way 2-1-1

- Dial 2-1-1
- Text your zip code to 898-211
- Visit 211.org
- Download the 2-1-1 Utah App

Living Well with Chronic Pain Classes

- Visit Livingwell.Utah.gov
- Call 888-222-2542

Weber Human Services

- Visit www.weberhs.net
- Call 801-625-3700

Weber-Morgan Health Department

- Visit www.webermorganhealth.org
- Call 801-399-7100
- Email to order additional copies of this pamphlet hpstaff@webercountyutah.gov

References: Centers for Disease Control and Prevention. (2017). Prescription Opioids. Retrieved from <https://www.cdc.gov/drugoverdose/opioids/prescribed.html> • Christie, C., Baker, C., Cooper, R., Kennedy, P.J., Madras, B., & Bondi, P. (2017). The president's commission on combating drug addiction and the opioid crisis. Washington, DC: United States Government Printing Office. • Florence, C., Feijun, L., Xu, L., & Zhou, C. (2016). The Economic Burden of Prescription Opioid Overdose, Abuse, and Dependence in the United States, 2013. Medical Care, 54(10), 901-906. doi: 10.1097/mlr.0000000000000625 • Jones, C.M. (2013). Heroin use and heroin use risk behaviors among nonmedical users of prescription opioid pain relievers – United States, 2002-2004 and 2008-2010. Drug and Alcohol Dependence, 132(1-2), 95-100. doi: 10.1016/j.drugalcdep.2013.01.007 • Muhuri, P.K., Gfroerer, J.C., Davies, M.C. (2013). Associations of Nonmedical Pain Reliever Use and Initiation of Heroin Use in the United States. Substance Abuse and Mental Health Services Administration CBHSQ Data Review. Retrieved from <https://www.samhsa.gov/data/sites/default/files/DR006/DR006/nonmedical-pain-reliever-use-2013.htm> • National Institute on Drug Abuse Blog Team. (2017). Prescription Pain Medications (Opioids). Retrieved from <https://teens.drugabuse.gov/drug-facts/prescription-pain-medications-opioids> • Substance Abuse and Mental Health Services Administration. (2016). Preventing prescription drug misuse: Understanding Who Is at Risk. Retrieved from <https://www.samhsa.gov/capt/sites/default/files/resources/preventing-prescription-drug-misuse-understanding.pdf> • Use Only as Directed. (2019). What is an opioid? Retrieved from <https://useonlyasdirected.org/the-problem/> • Utah Department of Health. (2019). Opioid Overdose by County Data [Data Set]. • Utah Department of Health. (2014). Prescription Drug Abuse Prevention Community Profile and Toolkit: Downtown Ogden, Utah Small Area. Retrieved from <https://health.utah.gov/vipp/pdf/RxDrugs/rx-toolkit-ogden-web.pdf> • Stop the Opioid Epidemic. (2016). Poster- Common Opioids. Retrieved from <https://www.opioid.org/wp-content/uploads/2017/01/Poster-CommonOpioids.pdf>



Community Opioid Resource Toolkit



www.weber.edu/OgdenCAN



What is an opioid?

Opioids are medications that are commonly prescribed by a doctor to treat severe pain. They are also referred to as prescription painkillers and narcotics.

(Use Only as Directed [UOAD], 2019)

You might recognize them by names like;

- Oxycodone
- Tramadol
- Fentanyl
- Percocet
- Vicodin
- Morphine

For more information on common opioids, visit: www.opidemic.org.

Who is at risk for opioid misuse?



A person can become dependent on prescription opioids in just 7 days.

(UOAD, 2019)

People with access to prescription drugs are at risk of misusing opioids

(Substance Abuse and Mental Health Services Administration [SAMHSA], 2016)

Opioid Misuse, Dependence, & Overdose

What are risk factors for opioid misuse & overdose?

- Physical health problems
- Multiple prescriptions from several pharmacies and doctors
- Mental illness
- A history of substance abuse
- Taking high daily doses of opioids
- History of suicide attempts

(Centers for Disease Control and Prevention [CDC], 2017; Utah Department of Health [UDOH], 2014)

How can I prevent opioid dependence & overdose?

Although opioids are considered effective when taken following your doctor's prescription for a short time, there is always a risk of developing dependence and addiction when taking prescription opioids, especially when they are being misused.

(NIDA, 2017).

If someone you know is at risk of an opioid overdose, naloxone can reverse the effects and save their life. The Good Samaritan Law enables bystanders to report an overdose without fear or prosecution.

What is the difference between dependence & addiction?

Dependence is when you experience symptoms of withdrawal after discontinuing use of the medication.

Addiction is when you continue to use or misuse a medication or substance, regardless of negative consequences.

(NIDA, 2017)

Speak out, Opt out, & Throw out!

Speak out: Ask the following 5 questions when you're prescribed opioid painkillers:

1. Am I at risk for addiction?
 2. Will something else work?
 3. How long will I be taking them?
 4. Are you prescribing the lowest dose possible?
 5. What is the plan to taper me off?
- <https://useonlyasdirected.org/speak-out/>

Opt out: Talk to your doctor about alternative pain management like:

- Physical therapy
- Exercise
- Massage
- Icing

<https://useonlyasdirected.org/opt-out/>

Throw out: Properly dispose of medications. To find out how, visit:

<https://useonlyasdirected.org/throw-out/>