

RMPG Region 3

Unintentional Poisoning Facts

State Facts:

- From 2007-2012, nearly 3,900 Oklahomans died of an unintentional poisoning (UP).
- More Oklahoma adults age 25-64 die of UP than motor vehicle crashes or suicide.
- Opioid prescription painkillers are the most common drugs involved in UP deaths.
- Oklahoma had the fifth highest poisoning death rate in the U.S.

What is a Poisoning?

A poisoning is the ingestion, inhalation, absorption, or contact with a substance resulting in a toxic effect or bodily harm. An unintentional poisoning occurs when a person does not intend to hurt themselves or someone else. The person may intentionally be exposed to a substance (e.g., a person ingests a medication at higher than prescribed levels) but does not intend to harm themselves.

In the late 1990s the most common cause of overdose deaths became prescription drugs.

Four out of five unintentional poisoning deaths in Oklahoma involve at least one prescription drug.

Number of UP deaths in RMPG Region 3 by type of substance, 2007-2012

All unintentional poisonings	461
Prescription drugs	376
Prescription painkillers (opioids)	330
Alcohol	69
Illicit drugs	71

Most common substances* in RMPG Region 3 overdose deaths:

Hydrocodone	Morphine
Alprazolam	Fentanyl
Oxycodone	Methamphetamine
Methadone	Cocaine
Alcohol	Propoxyphene

Injury Prevention Service

(405) 271-3430

<http://poison.health.ok.gov>



RMPG Region 3 Data (2007-2012)

- Ten counties in RMPG Region 3 had unintentional poisoning death rates higher than the state rate.
- Four out of five of these deaths involved a prescription drug.
- Seven out of ten of these deaths involved a prescription painkiller.
- Males were 27% more likely to die of an unintentional poisoning than females.
- Adults age 25-54 had the highest rate of unintentional poisoning death.
- Adults age 35-44 were more than three times as likely to die of an unintentional poisoning compared to teens and young adults age 15-24.
- One in three people who died of an unintentional poisoning had a history of mental health problems.
- Seven in ten people who died had a history of substance abuse.
- Seven out of ten deaths occurred at a home or apartment, while one in four occurred at a hospital.

*Top three substances in bold.

Prevention

- Take medications as prescribed, and never more than the recommended dosage
- Never share or sell prescription drugs
- Properly dispose of unused, unneeded, or expired drugs
- Keep all medication in a safe place to avoid theft
- Call 211 for help finding treatment referrals

Signs/Symptoms of an Overdose

- Won't awaken when aroused
- Bluish purple skin tones for lighter skinned people and grayish or ashen tones for darker skinned people
- Slow, shallow, erratic, or absent breathing
- Snore-like gurgling or choking sounds
- Elevated body temperature
- Vomiting
- Irrational behavior or confusion

Emergency: Call 911
immediately if you suspect
someone is overdosing.



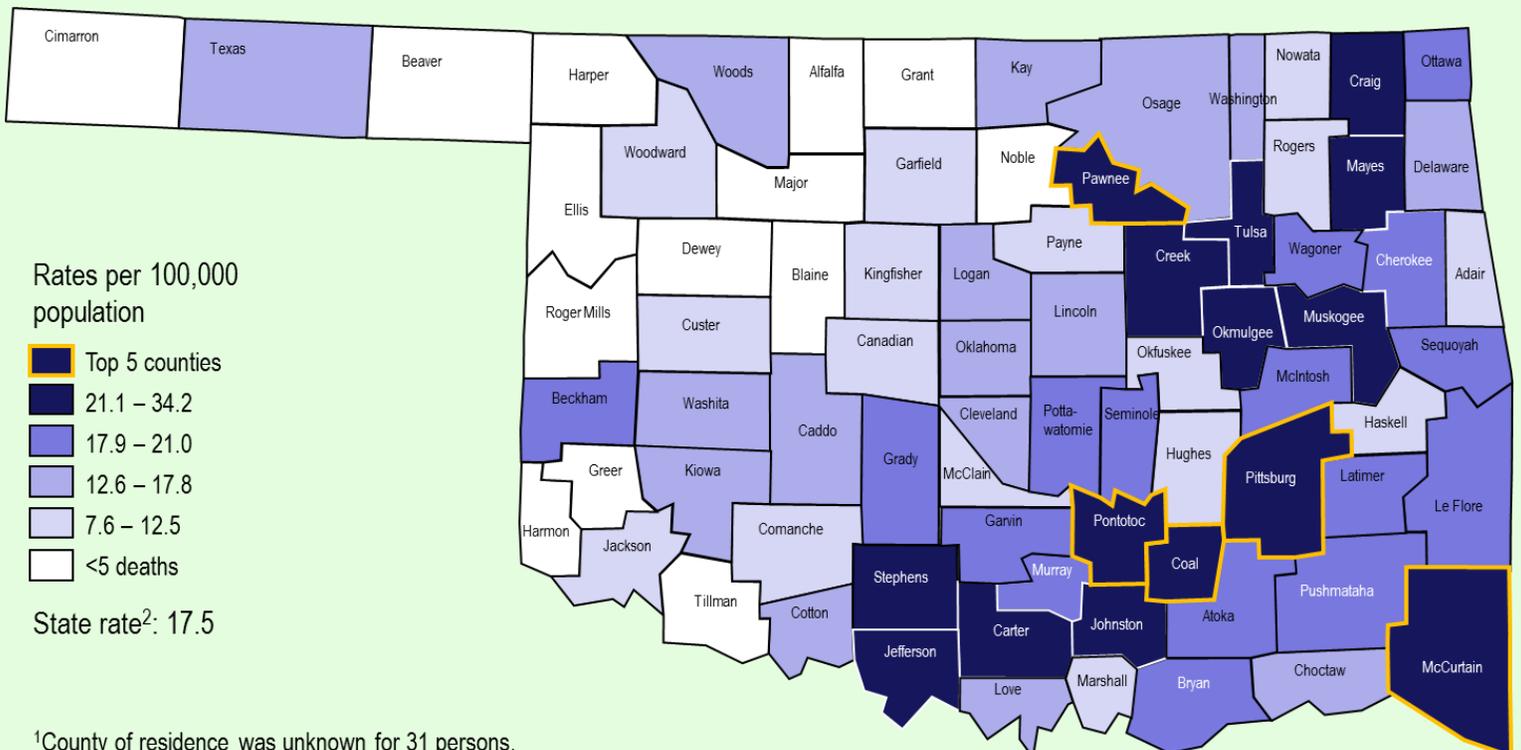
Common Generic/ Brand Name Prescription Drugs

Generic	Brand Name
Alprazolam	Xanax
Carisoprodol	Soma
Cyclobenzaprine	Flexeril, Fexmid
Diazepam	Valium
Fentanyl	Duragesic patch
Hydrocodone	Lortab, Norco, Vicodin
Methadone	Diskets, Methadose
Morphine	MS Contin, Kadian, Avinza
Oxycodone	OxyContin, Percocet, Endocet
Tramadol	Ultram, Rybix, Ryzolt
Zolpidem	Ambien, Intermezzo

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Unintentional Poisoning Death Rates by County of Residence¹, Oklahoma, 2007-2012²



¹County of residence was unknown for 31 persons.

²Abstracted from Medical Examiner reports