

Jackson and Tillman Counties

Unintentional Poisoning Facts

State Facts:

- From 2007-2013, more than 4,600 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 sixth 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 by type of substance, select counties†, 2007-2013

All unintentional poisonings	22
Prescription drugs	17
Prescription painkillers (opioids)	15
Illicit drugs	<5
Alcohol	<5

Most common substances* in overdose deaths, select counties†:

Hydrocodone	Alcohol
Tramadol	Methamphetamine
Alprazolam	Oxycodone
Methadone	Heroin
Morphine	Fentanyl

Injury Prevention Service

(405) 271-3430
<http://poison.health.ok.gov>



Jackson and Tillman County Data (2007-2013)

- Three out of four deaths involved at least one prescription drug.
- Nearly seven out of ten deaths involved at least one prescription painkiller.
- One out of five deaths involved at least one anti-anxiety medication.
- Males were more likely to die of an unintentional poisoning than females.
- Adults age 35-54 had the highest rate of unintentional poisoning death.
- Adults age 45-54 were more than twice as likely to die of an unintentional poisoning compared to teens and young adults age 15-24.
- One in five people who died of an unintentional poisoning had a history of mental health problems.
- Nearly two out of three people who died had a history of substance abuse.
- Eight out of ten deaths occurred at a home or apartment, while one out of five occurred at a hospital.
- Altus and Frederick had the highest numbers of UP death in Jackson and Tillman Counties.

*Top three substances in bold. † Jackson, Tillman Counties

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.



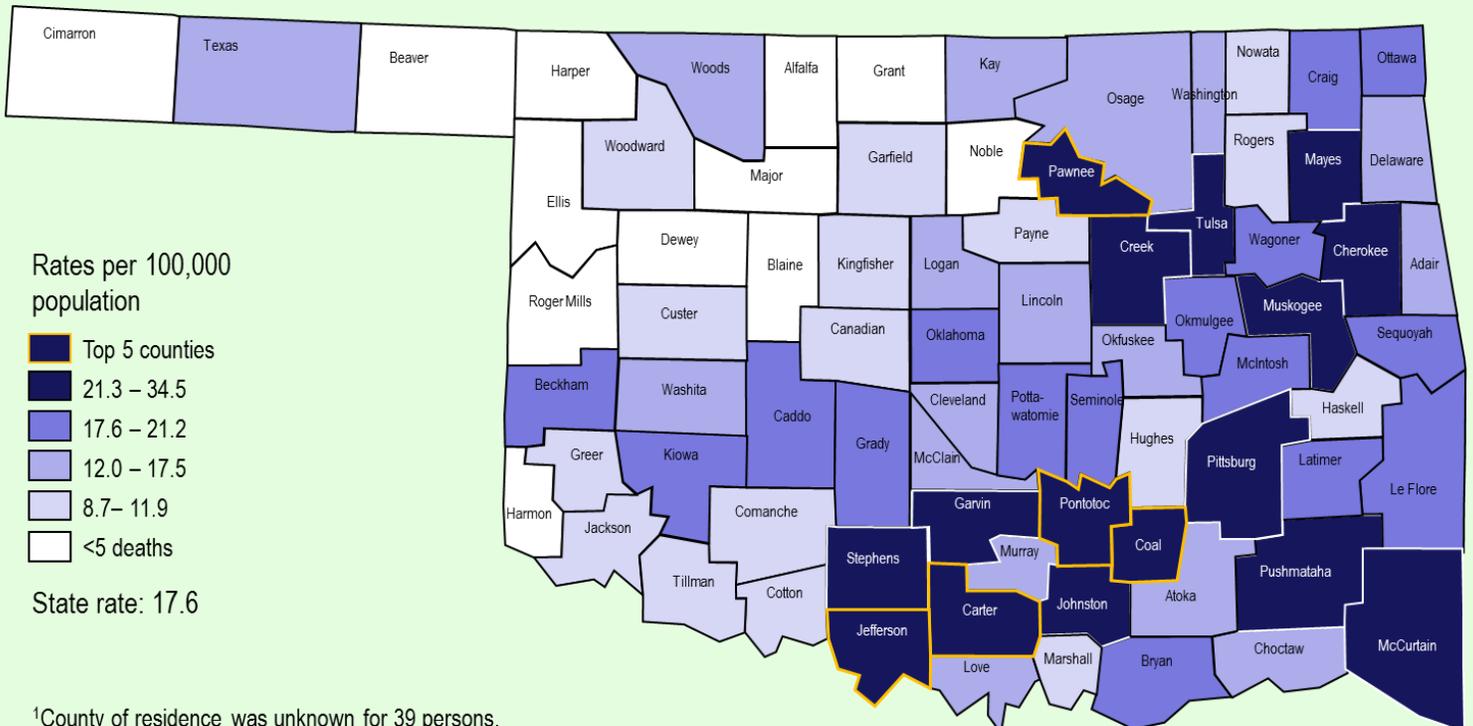
Common Generic/ Brand Name Prescription Drugs

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

(SIGNATURE)

REFILL 0 | 2 3 4 5 PRN

Unintentional Poisoning Death Rates by County of Residence¹, Oklahoma, 2007-2013²



Source: OSDH, Injury Prevention Service, Unintentional Poisonings Database
 (Abstracted from Medical Examiner reports)