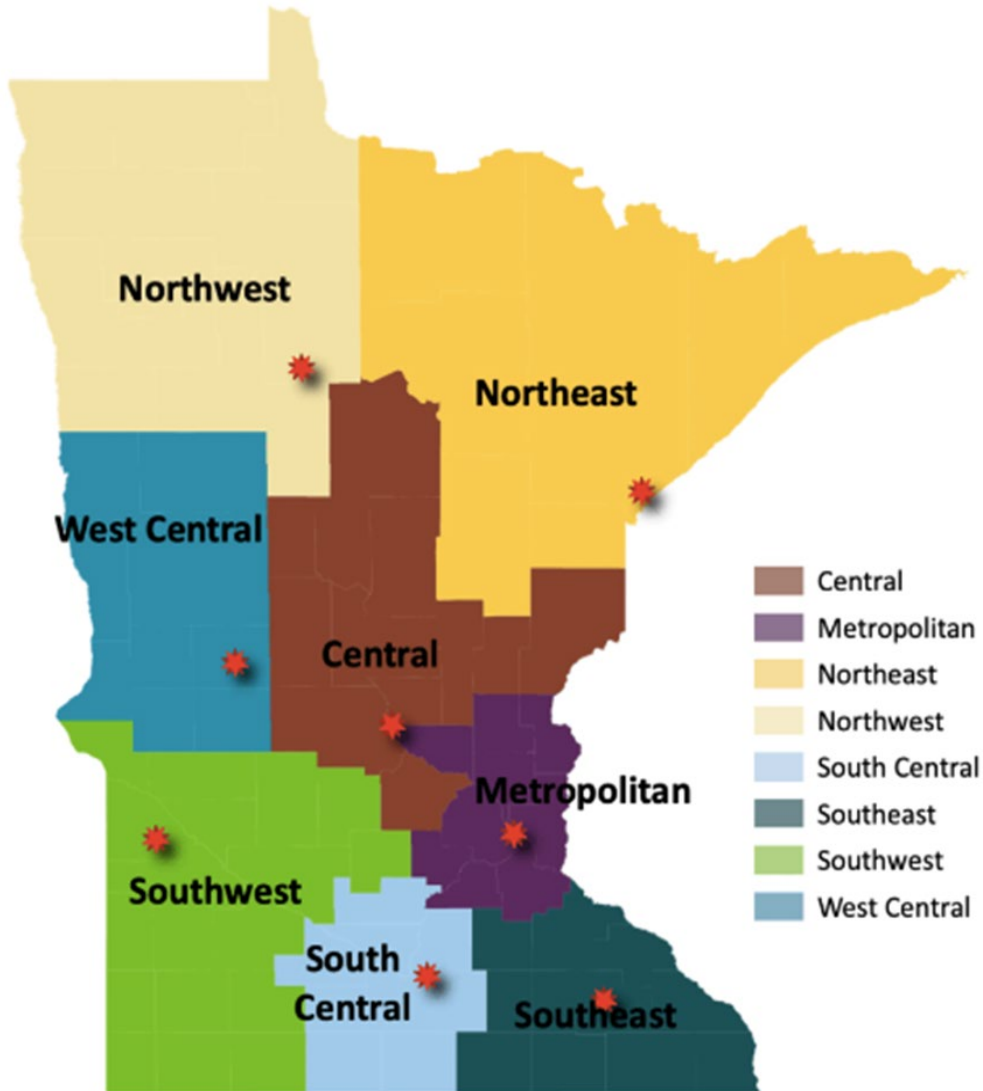




# Northwest Minnesota Drug and Opioid-Involved Data Overview

Sara Lovett, MPH | Northwest District Epidemiologist

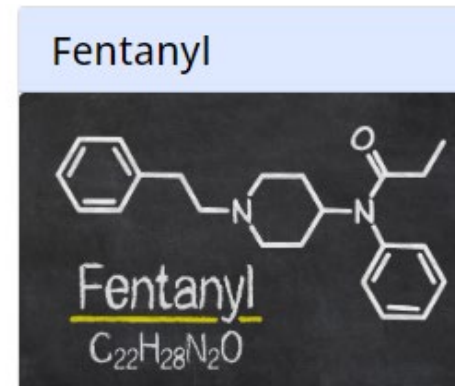
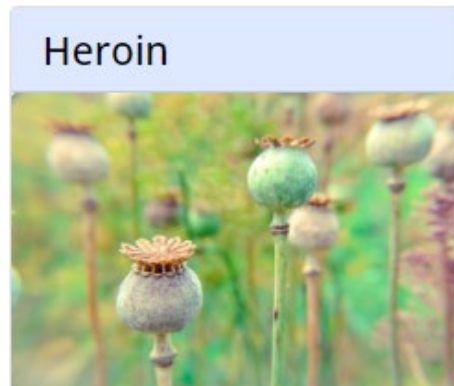
# Northwest Emergency Medical System (EMS) Region of Minnesota



- 12 counties:
- Beltrami, Clearwater, Hubbard, Kittson, Lake of the Woods, Mahnomen, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau
- 3 Tribes:
- Red Lake, White Earth, and Leech Lake

# Opioid and Drug Overdose Terminology

- **Nonfatal Drug Overdose:** overdose due to drug use that did not result in death
- **Nonfatal Opioid-involved Overdose:** overdose due to drug use involving opioid(s) but does not exclude other drugs that did not result in death
- **Drug Overdose Death:** overdose due to drug use that resulted in death
- **Opioid-involved Overdose Death:** overdose due to drug use involving opioid(s) but does not exclude other drugs that resulted in death

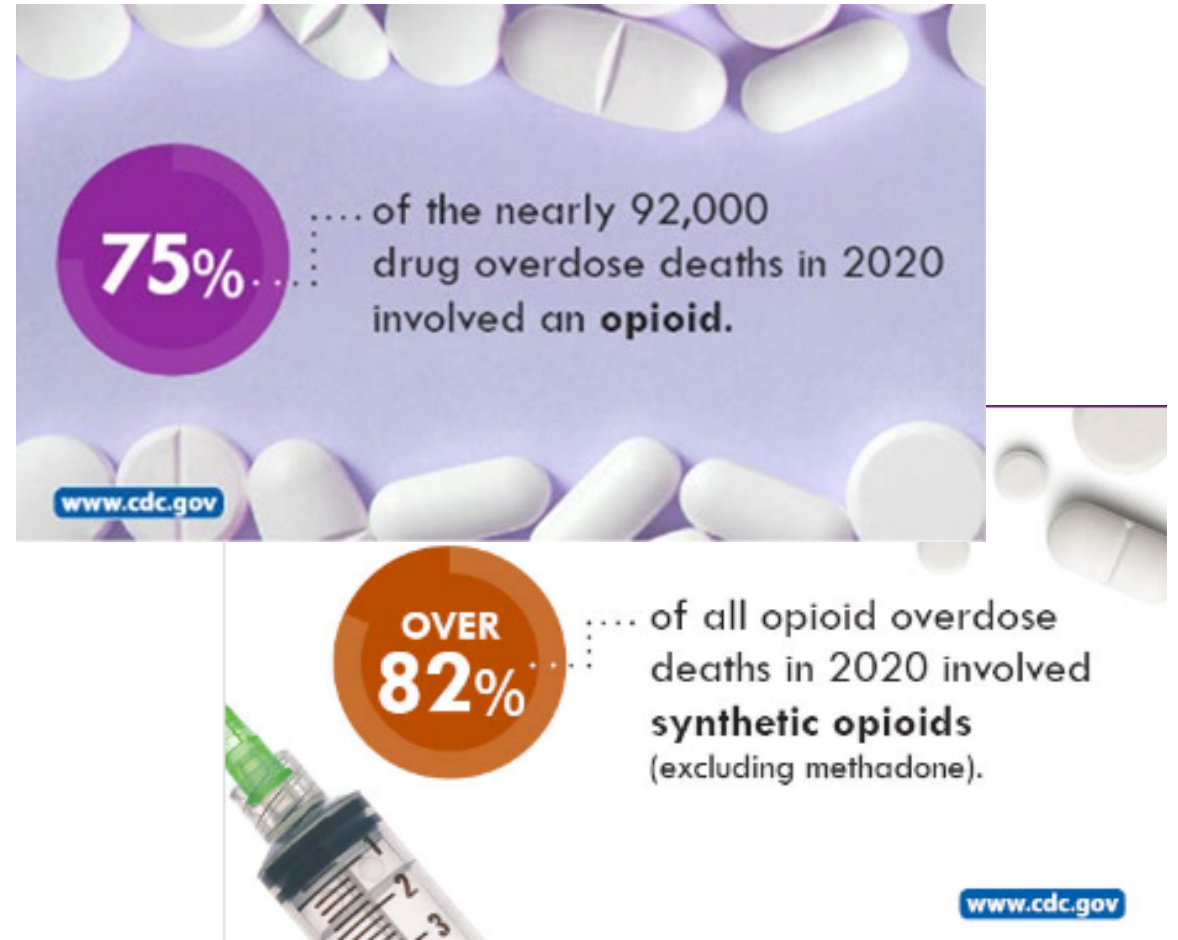


# Opioid Epidemic Overview

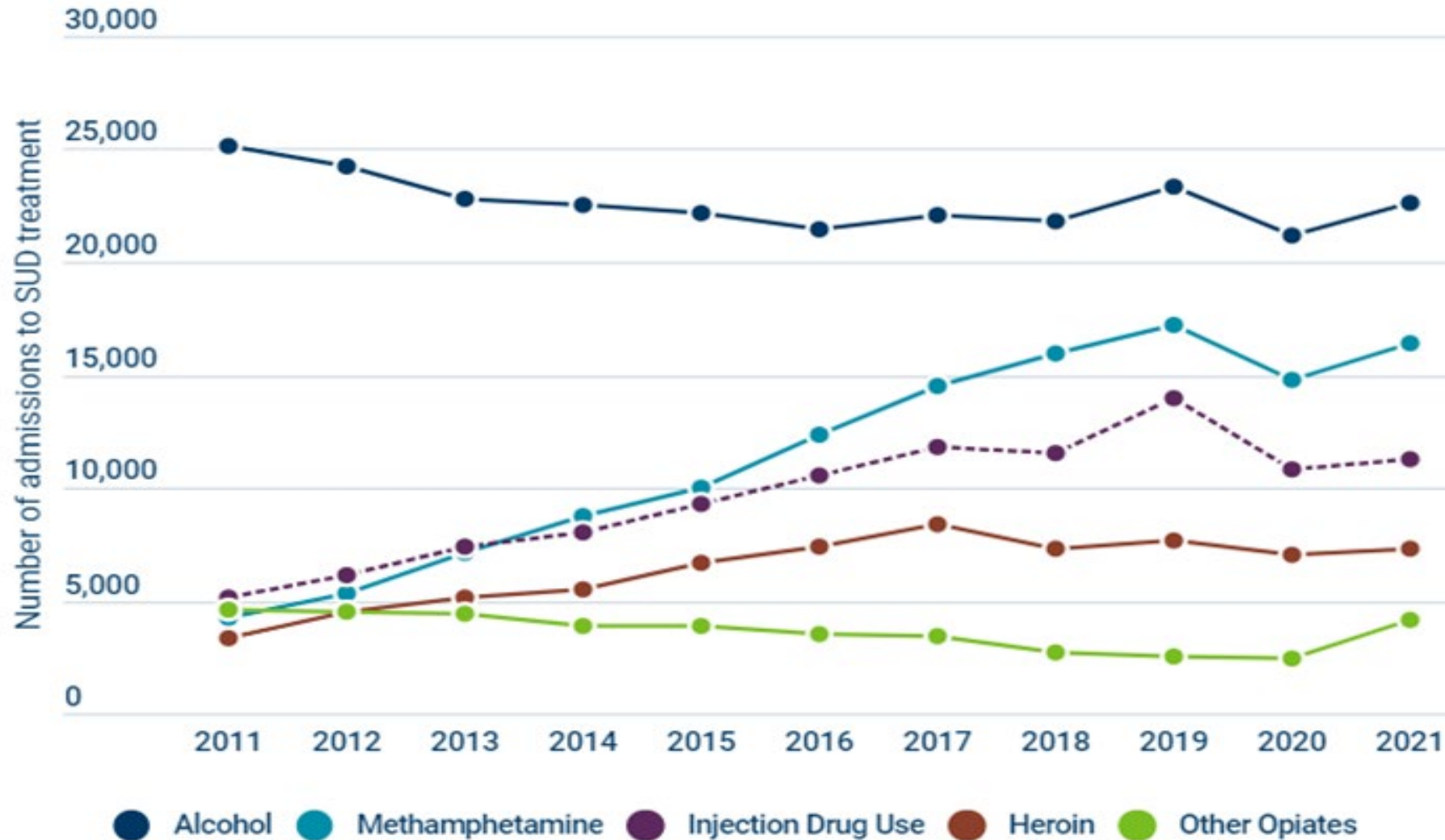
- Opioids are a class of drugs used to treat pain including:
  - **Prescription opioids** can be prescribed by doctors. Common types are oxycodone (OxyContin), hydrocodone (Vicodin), morphine, and methadone
  - **Fentanyl** is a synthetic opioid pain reliever approved for treating severe pain, but can be illegally made
  - **Heroin** is an illegal opioid
- Began in the 1990s with prescription opioids and overdose deaths involving natural and semi-synthetic opioids and methadone increasing since 1999
- Overdose deaths involving heroin began in 2010
- Significant increase in overdose deaths involving synthetic opioids, particularly those involving illicitly manufactured fentanyl began in 2013

# National Opioid Overdose Epidemic

- Nationally, the rate of overdose deaths involving opioids remains high
- In 2020, opioids were involved in more than 68,000 deaths (8.5 x the number of opioid-involved overdose deaths in 1999) (CDC)
- Drug overdose deaths increased by nearly 30% from 2019 to 2020 (CDC)



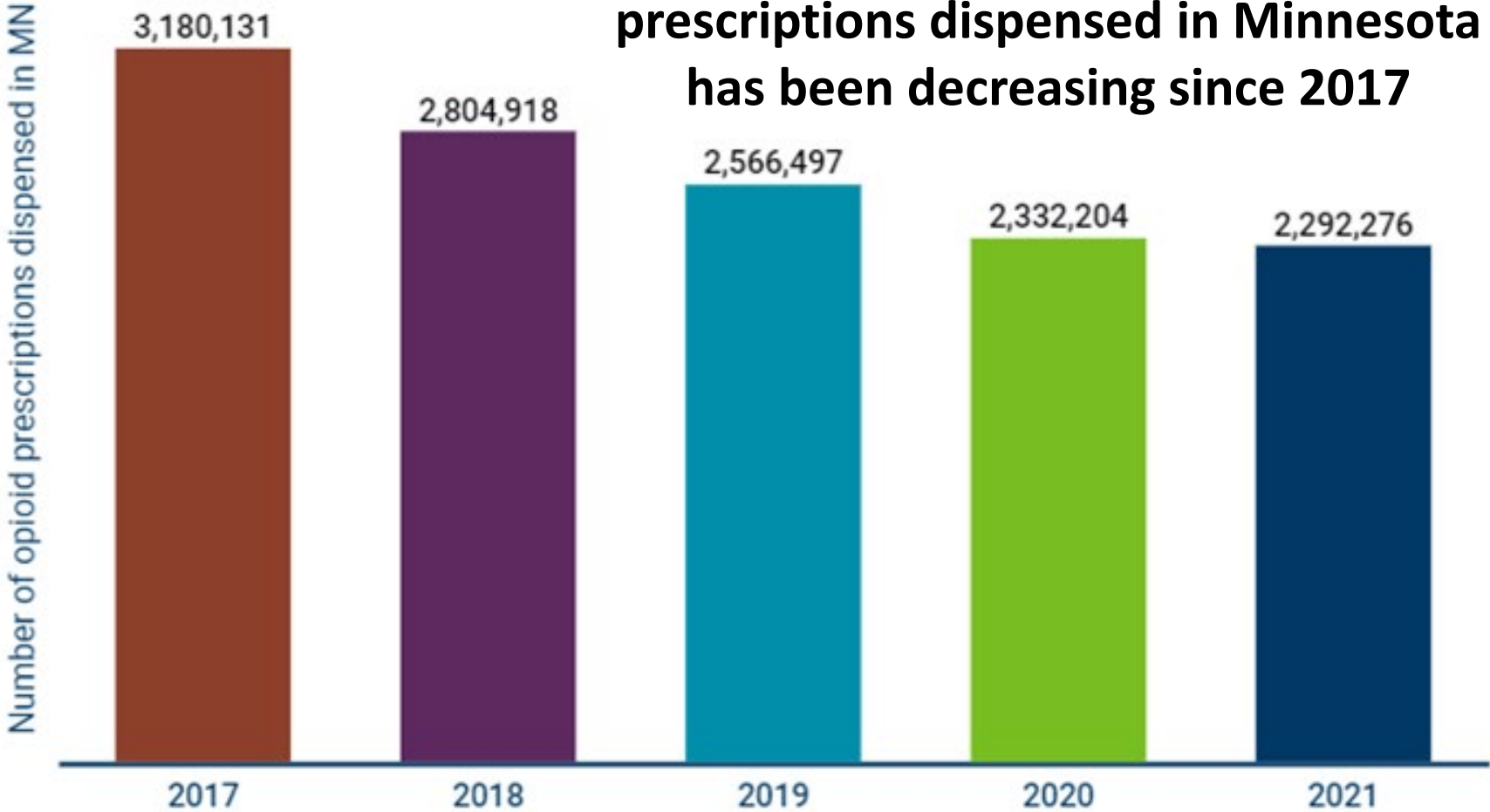
# Minnesota Primary Substance Used at the Time of Treatment



- Among Minnesota adults, alcohol remains the primary substance used at the time of admission for Substance Use Disorder (SUD) treatment
- Methamphetamines continue to be the second leading substance used at admission for SUD

# Minnesota Reported Opioid Prescriptions Dispensed

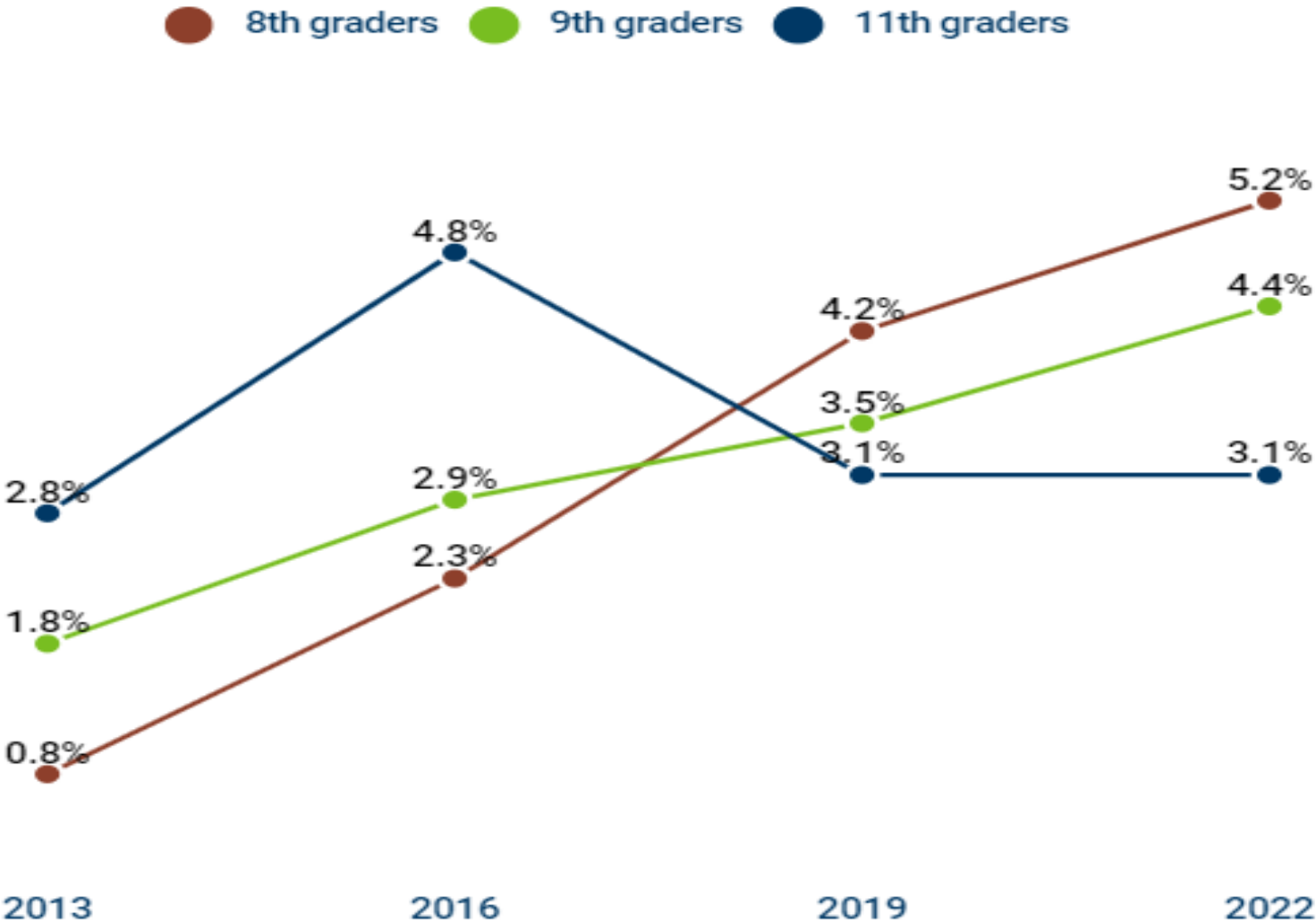
**Number of reported opioid prescriptions dispensed in Minnesota has been decreasing since 2017**



- Most common access to opioids is through a medical prescription
- Diversion: when a prescribed medication is taken by someone it was not prescribed to
- Reducing opioids begins with reducing opioid prescriptions

Source: Minnesota Board of Pharmacy Minnesota Pharmacy Prescription Monitoring Program

# Minnesota Opioid Use and Misuse Among Youth

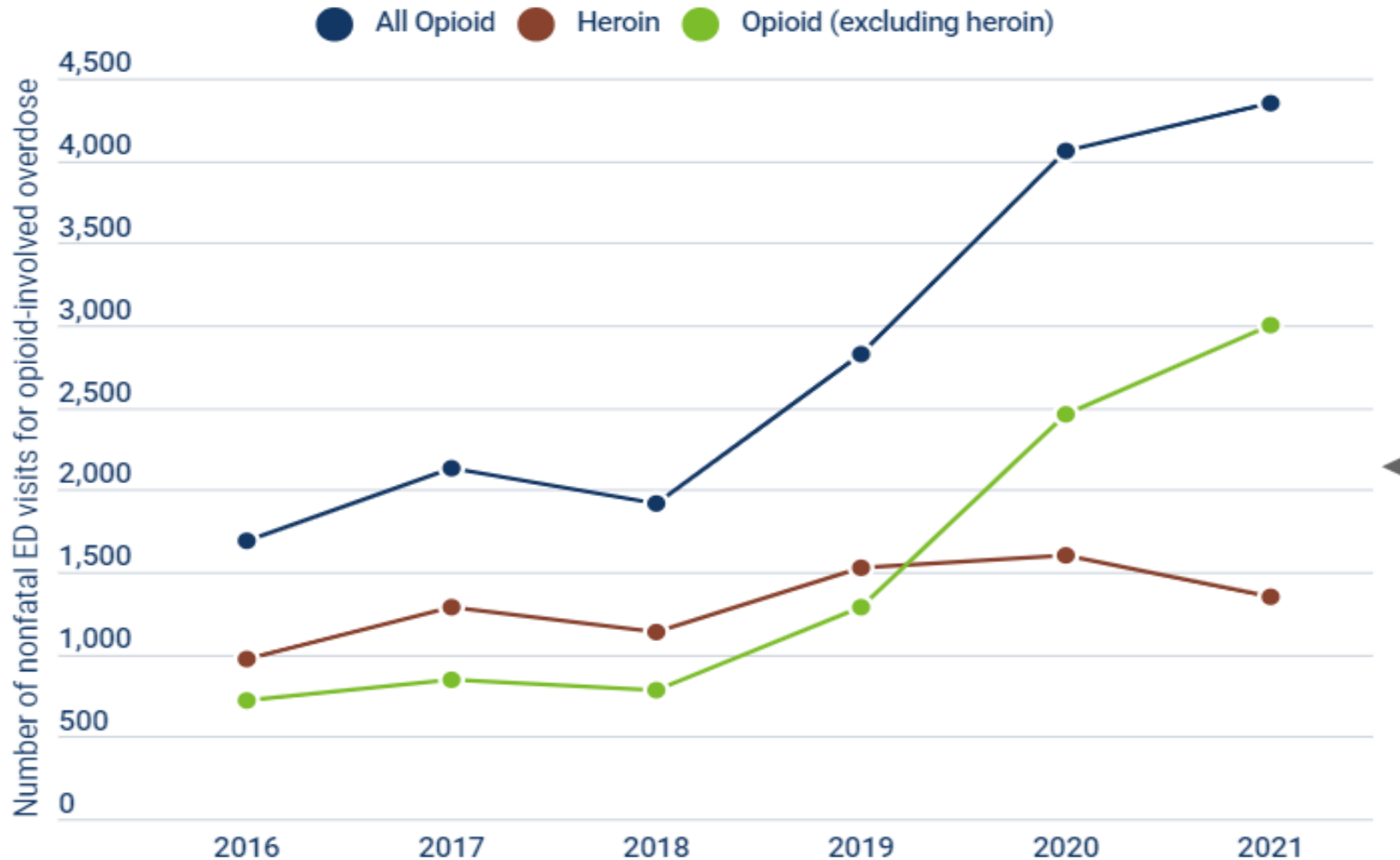


Source: Minnesota Department of Education Minnesota Student Survey

- Percentage of 8th and 9th graders who reported inappropriate use of pain medications (e.g., OxyContin, Percocet, Vicodin) in the past 12 months has continued to increase
- Inappropriate use among 11th graders remained steady from 2019 to 2022 but lower than 8<sup>th</sup> & 9<sup>th</sup> graders



# Minnesota Nonfatal Emergency Department (ED) Visits for Opioid-Involved Overdoses

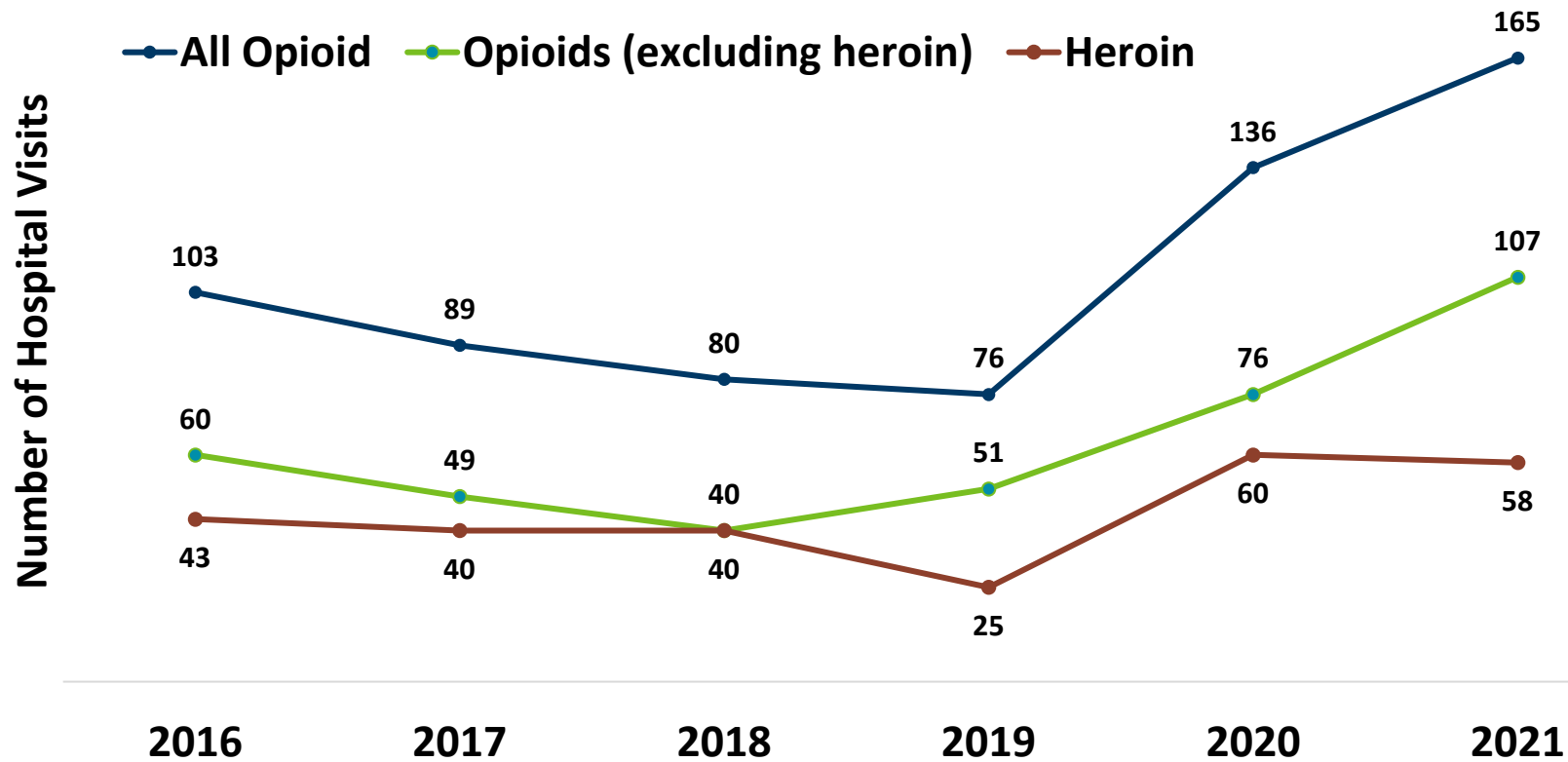


Source: Minnesota Department of Health, Minnesota hospital discharge data

- Nonfatal emergency department (ED) visits for opioid-involved overdoses has been increasing since 2018
- Increase driven by overdoses involving legal opioids rather than heroin
- Nonfatal overdoses involving heroin decreased

# Northwest Nonfatal Hospital Opioid-Involved Overdoses

The Number of Nonfatal Hospital Visits for Opioid-Involved Overdoses  
Northwest Region, 2016-2021



Opioid-Involved overdoses more than doubled from 2019 to 2021

Heroin-involved overdoses remained stable

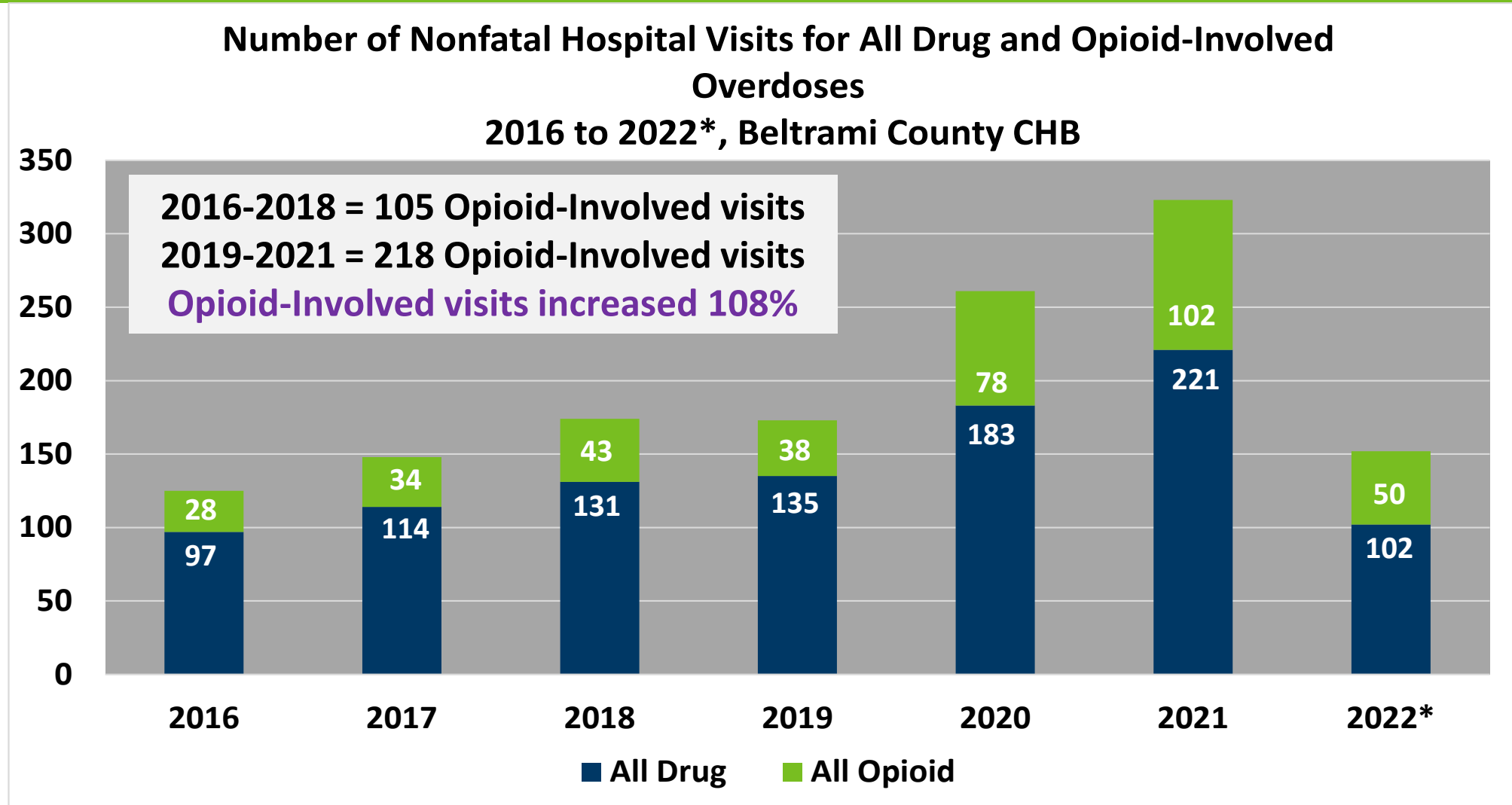
# Northwest Nonfatal Hospital Visits for Opioid-Involved Overdoses

**Number of Nonfatal Hospital Visits for Opioid-Involved Overdoses, by County, Northwest Region, MN 2016-2022\***

	2016	2017	2018	2019	2020	2021	2022*
<b>Beltrami</b>	28	34	43	38	78	102	50
<b>Clearwater</b>	4	6	4	4	5	12	6
<b>Hubbard</b>	6	5	6	6	4	3	6
<b>Kittson</b>	1	0	0	2	1	0	0
<b>Lake of the Woods</b>	1	0	1	1	6	4	0
<b>Mahnomen</b>	30	26	10	8	17	19	8
<b>Marshall</b>	4	0	1	2	0	1	0
<b>Norman</b>	1	2	1	1	0	3	0
<b>Pennington</b>	7	2	7	2	8	4	2
<b>Polk</b>	18	13	6	7	12	12	4
<b>Red Lake</b>	0	1	0	0	1	3	1
<b>Roseau</b>	3	0	1	5	4	2	0
<b>Total</b>	<b>103</b>	<b>89</b>	<b>80</b>	<b>76</b>	<b>136</b>	<b>165</b>	<b>77</b>

\*Data through June 2022

# Beltrami County Nonfatal All Drug and Opioid-Involved Overdoses



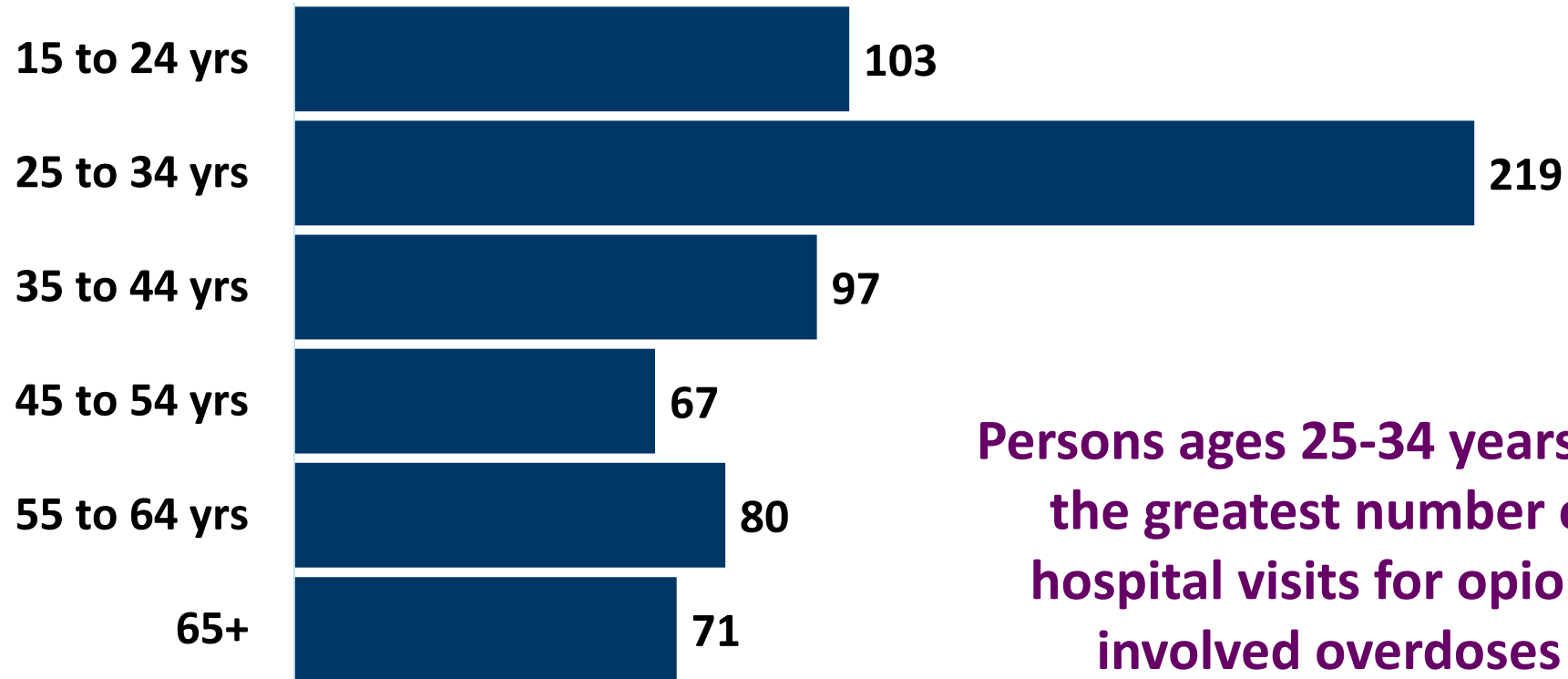
# Northwest Nonfatal Drug Overdoses by Age Group

**Number of Nonfatal Hospital Visits for All Drug Overdoses, by Age Group, Northwest Region, 2016-2021**



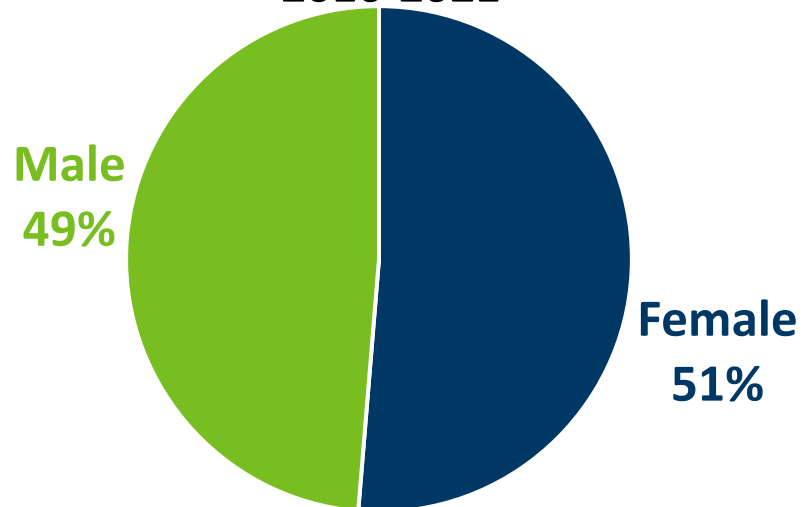
# Northwest Nonfatal Hospital Opioid-Involved Overdoses by Age Group

**Number of Nonfatal Hospital Visits for Opioid-Involved Overdoses, by Age Group, Northwest Region, 2016-2021**

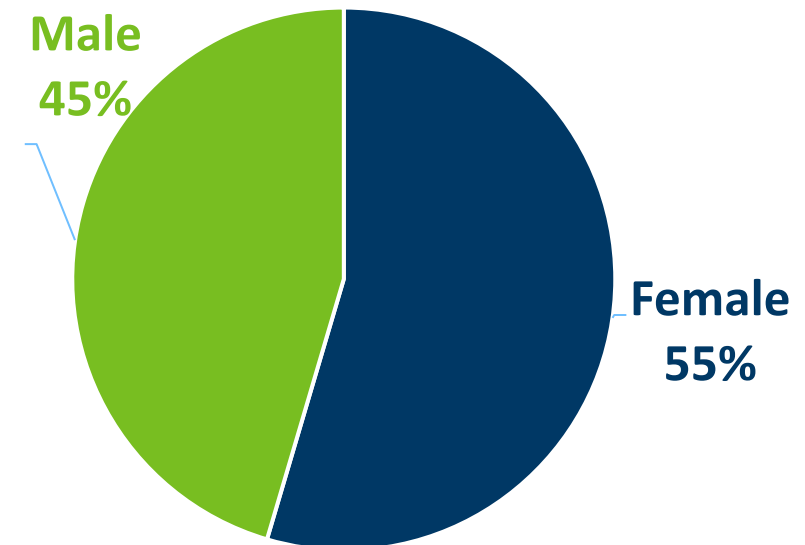


# Northwest Nonfatal All Drug and Opioid-Involved Overdoses

**Number of Nonfatal Hospital Visits for Opioid-Involved Overdoses, by Gender, Northwest 2016-2021**

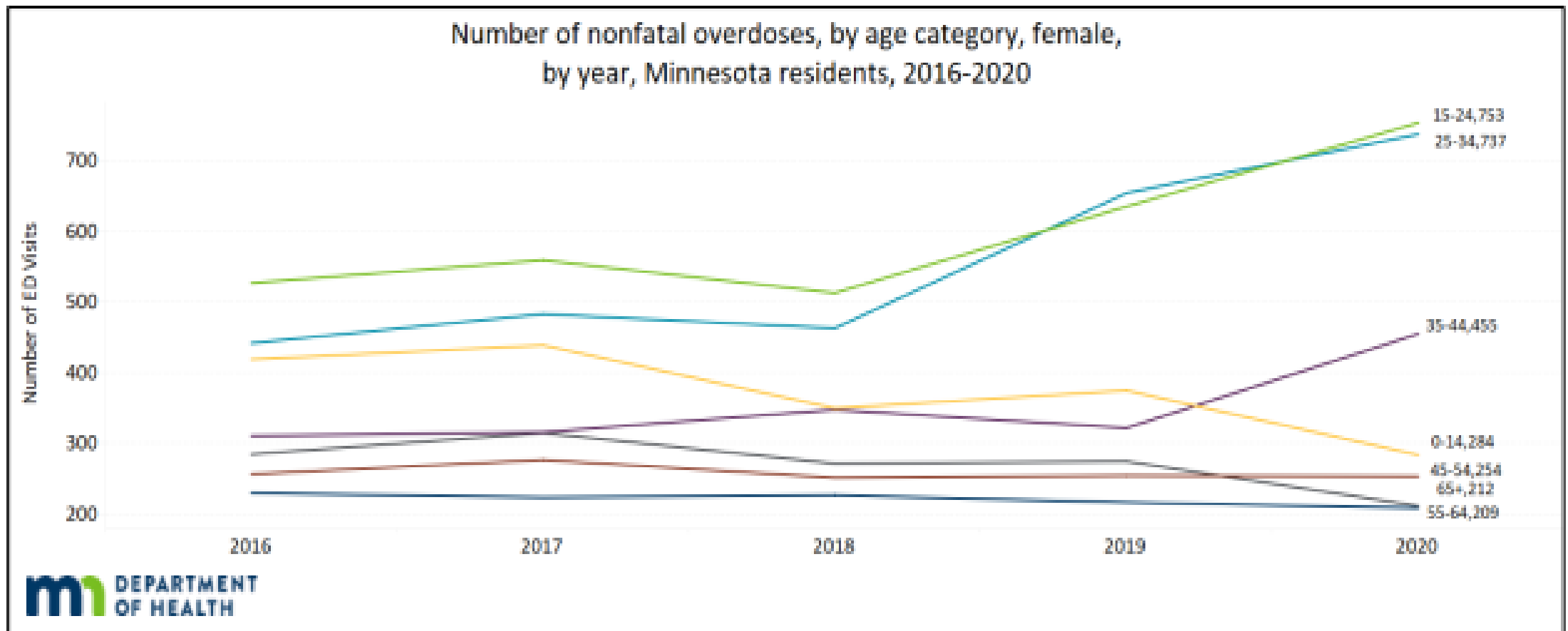


**Number of Nonfatal Hospital Visits for All Drug Overdoses, by Gender, Northwest 2016-2021**



# Minnesota Nonfatal All Drug Overdoses

**Chart 8. Among female Minnesotans, the 15-24- and 25-34-year age groups experienced the largest number of nonfatal overdoses, with a recent increase among both age groups beginning in 2019.**

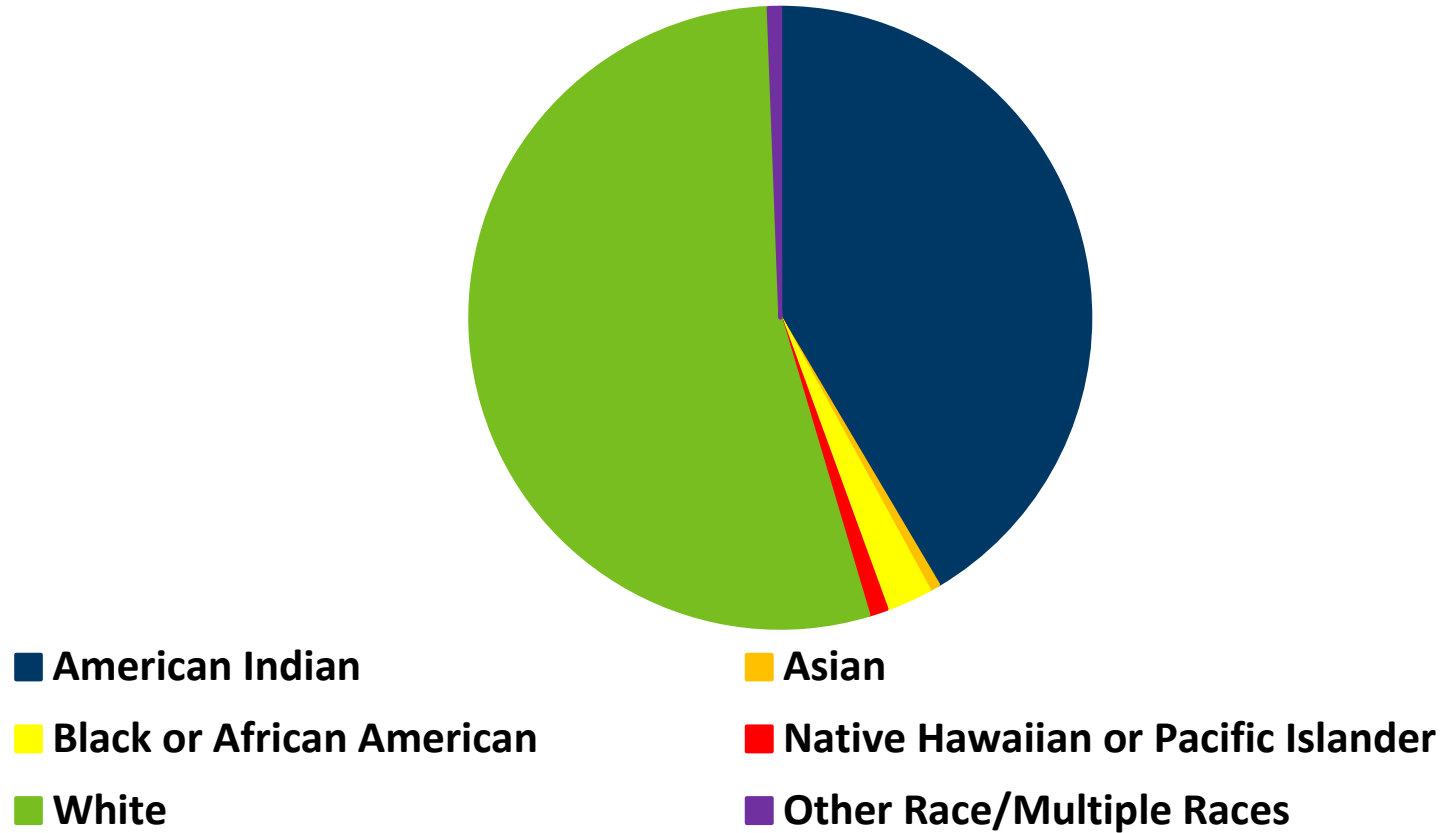


SOURCE: Hospital Discharge Data, Injury and Violence Prevention Section, Minnesota Department of Health, 2016-2020.

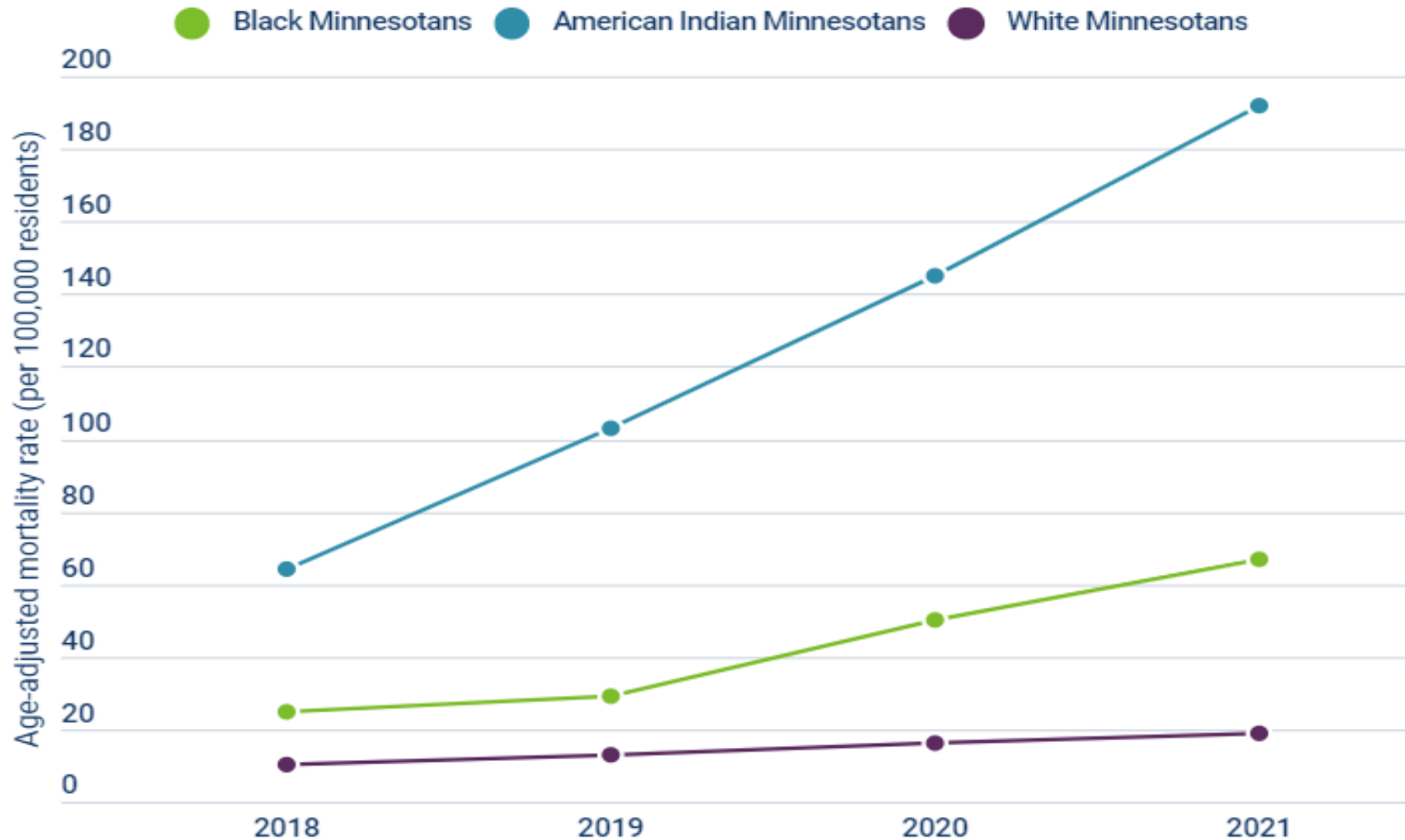


# Northwest Nonfatal All Drug Overdoses

Number of Nonfatal Hospital Visits for All Drug Overdoses,  
by Race, Northwest 2016-2021



# Minnesota Fatal All Drug Overdose Disparities

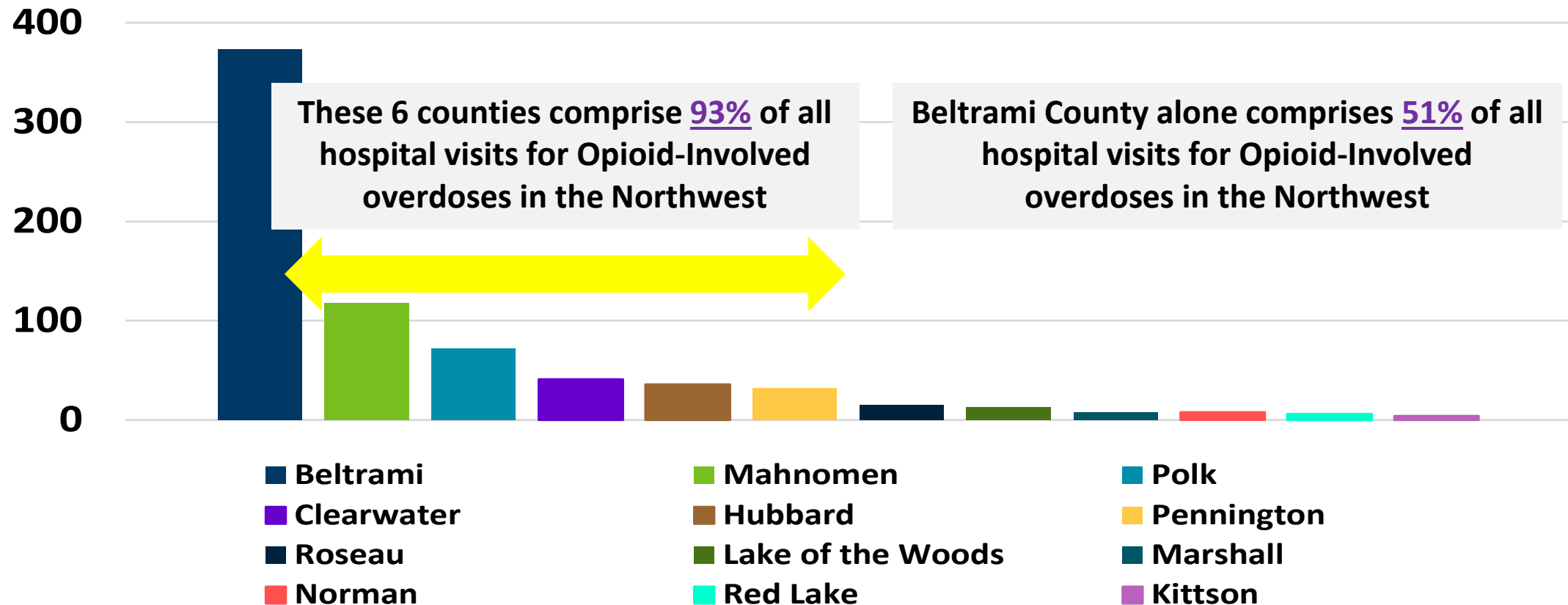


Source: Minnesota Department of Health Minnesota death certificates

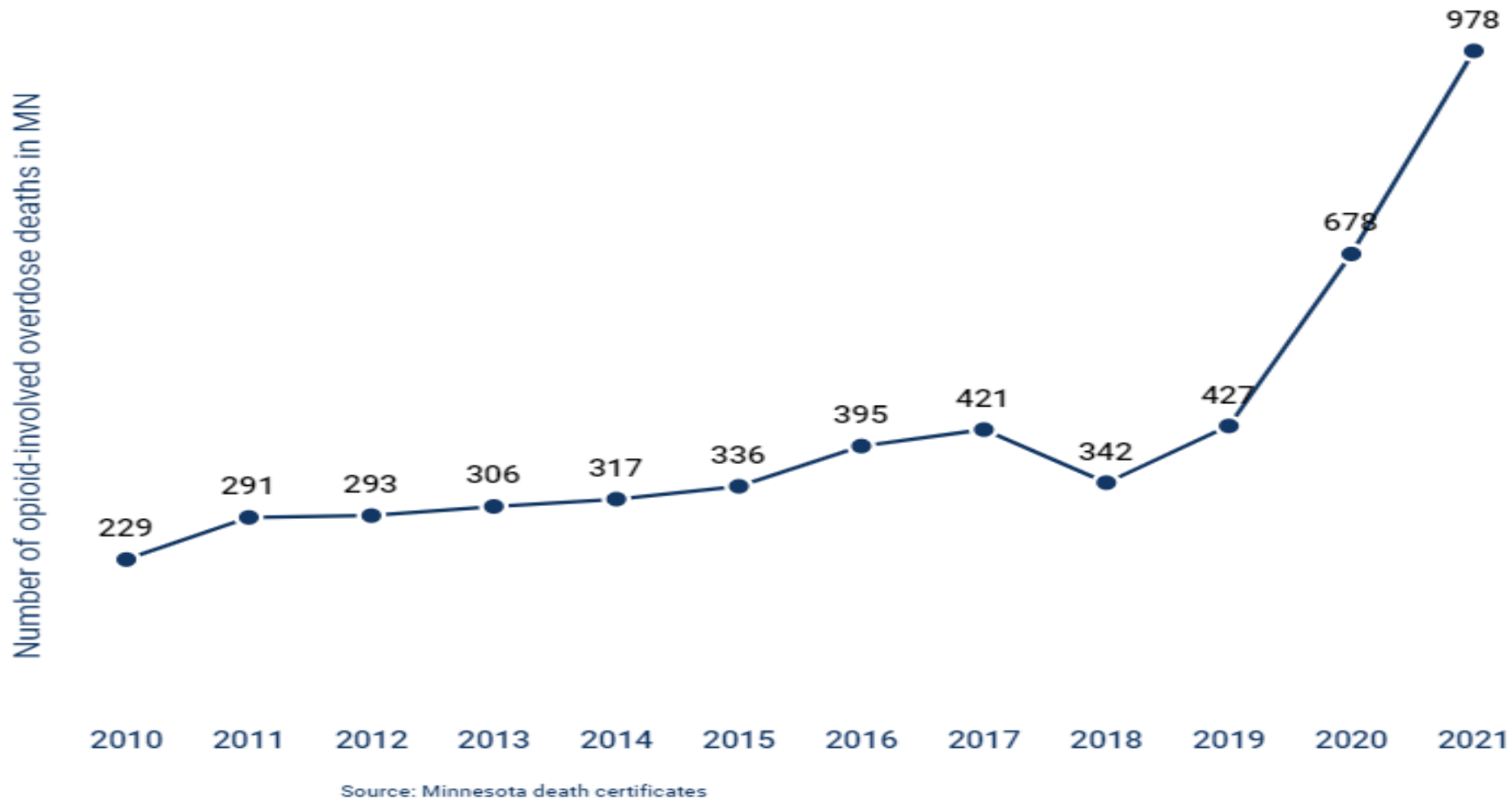
- In 2021, American Indians were **10x** more likely to die from a drug overdose compared to Whites
- In 2021, Black Minnesotans were **3x** more likely to die from a drug overdose compared to Whites

# Northwest Nonfatal Opioid-Involved Overdoses by County

Number of Nonfatal Hospital Visits for All Opioid-Involved Overdoses, by Northwest County  
2016-2022\*



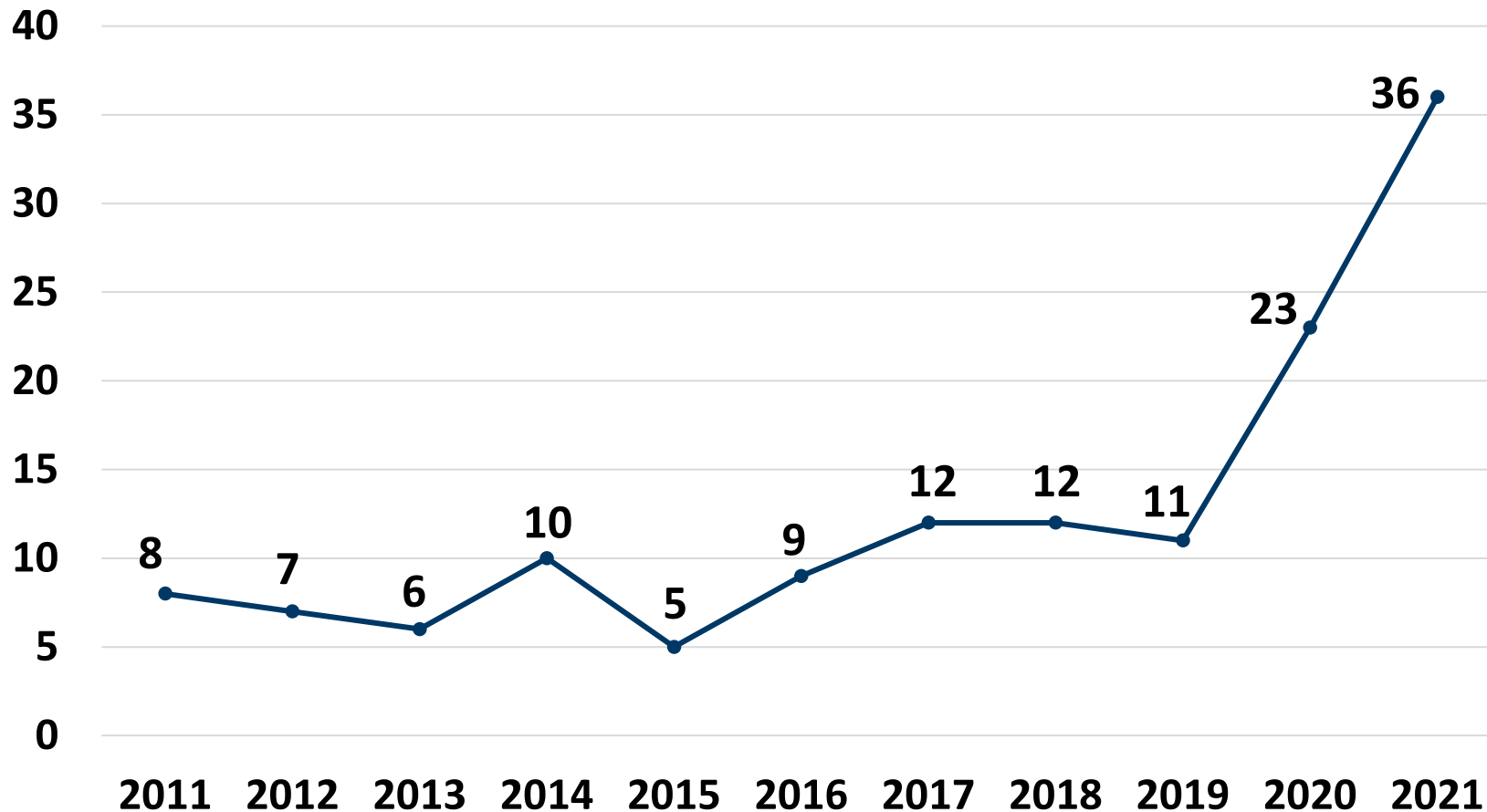
# Minnesota Opioid-Involved Overdose Deaths



- Opioid-involved overdose deaths among Minnesotans increased 43% from 2020 to 2021
- Deaths more than doubled from 2019 to 2021

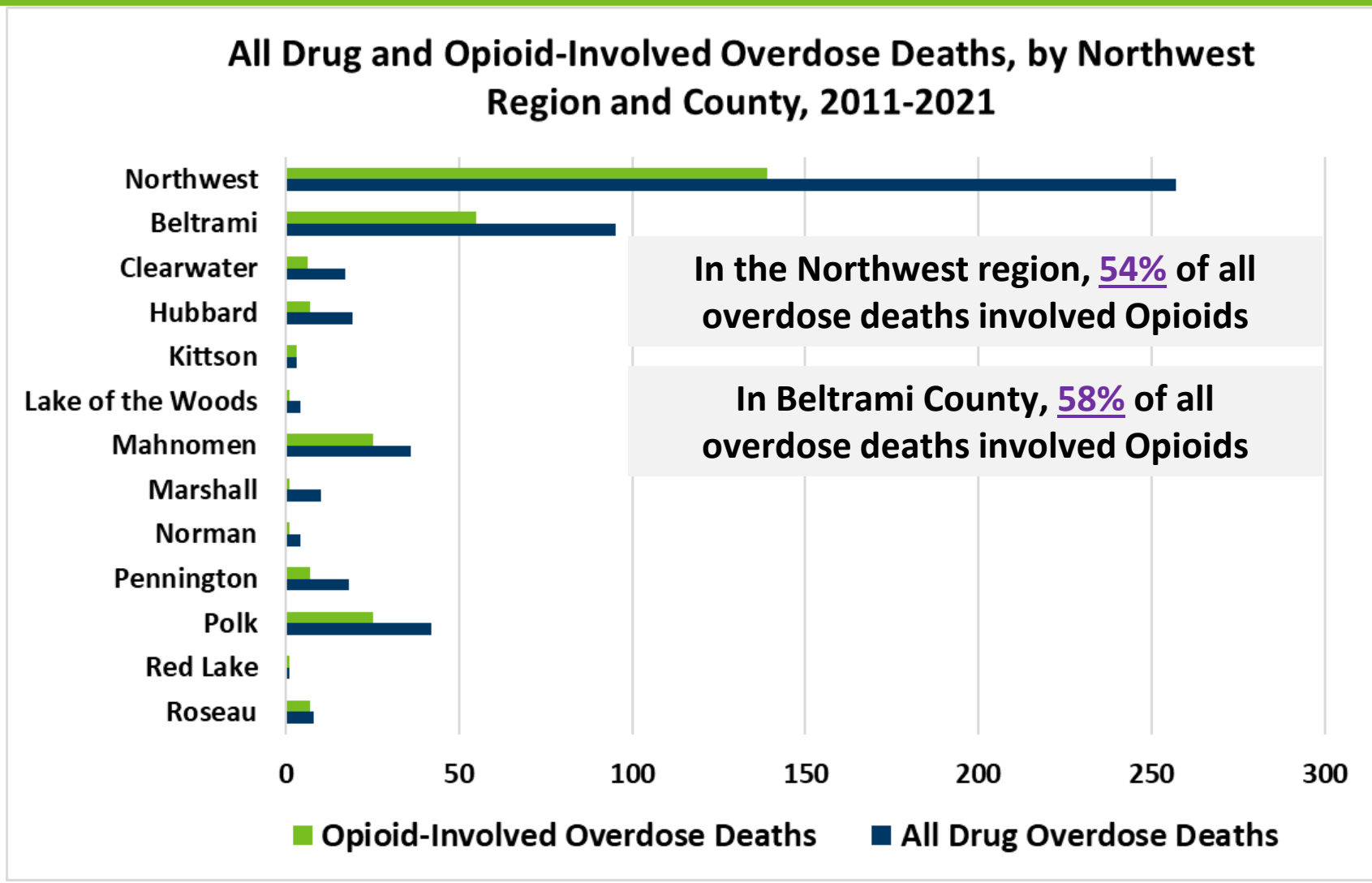
# Northwest Opioid-Involved Overdose Deaths

Number of opioid-involved overdose deaths in Northwest MN

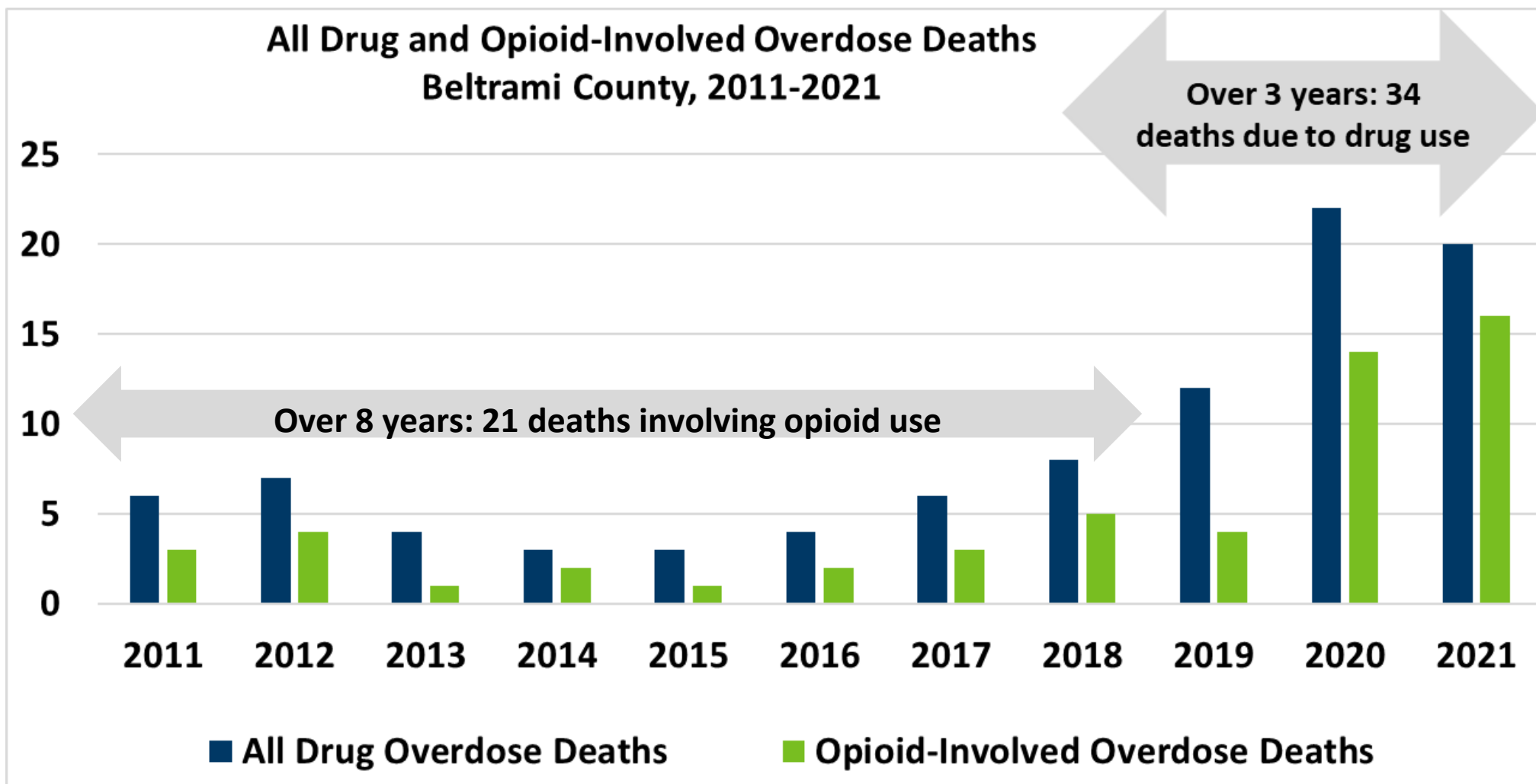


- Opioid-involved overdose deaths among NW Minnesotans increased 57% from 2020 to 2021
- The number of deaths more than doubled from 2019 to 2021

# Northwest All Drug and Opioid-Involved Overdose Deaths, 2011-2021



# Beltrami County All Drug and Opioid-Involved Fatal Overdoses



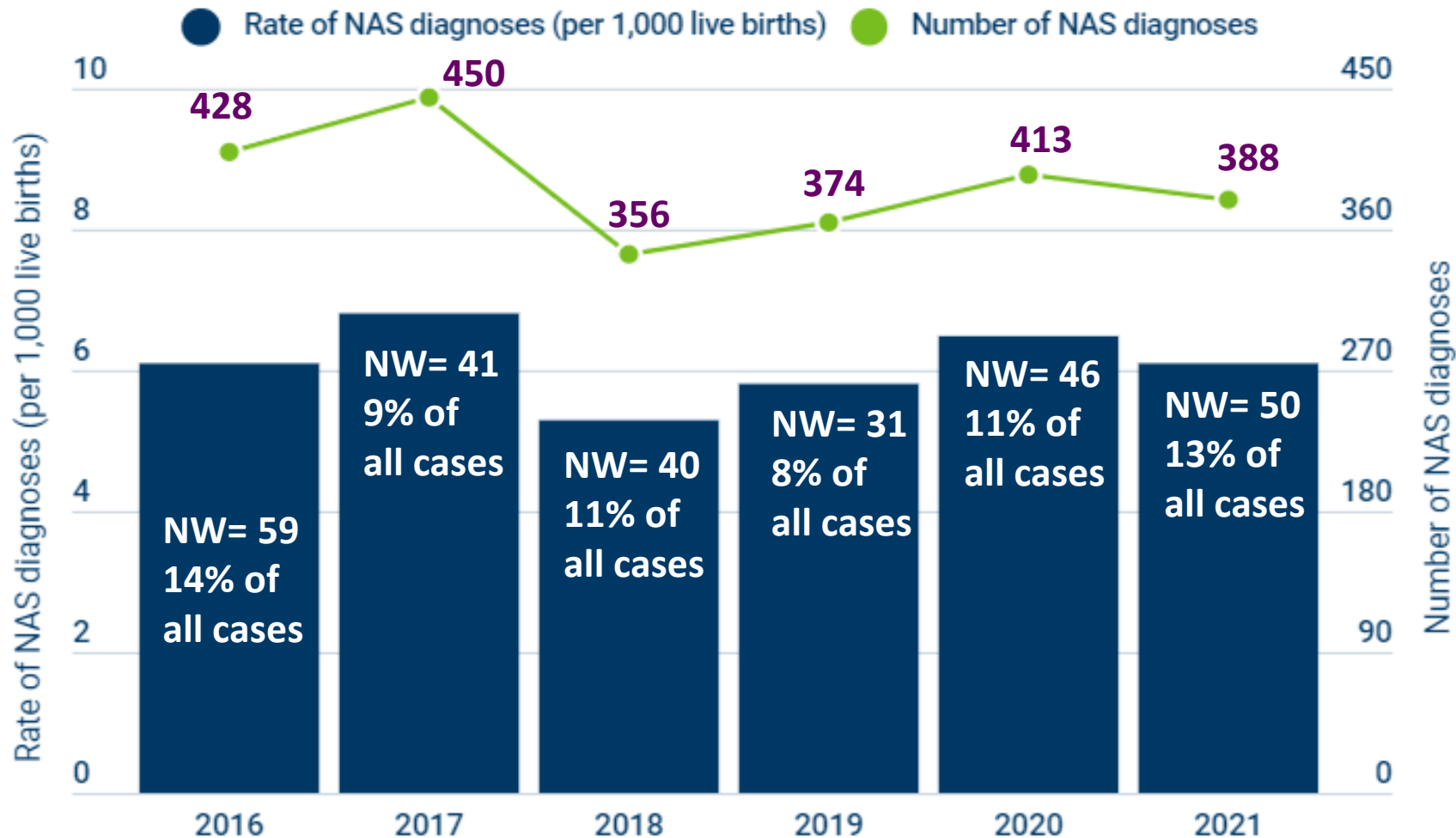


# Neonatal Abstinence Syndrome (NAS)

- Occurs when a pregnant woman takes drugs such as heroin, codeine, oxycodone (Oxycontin), methadone, or buprenorphine and substances pass through the placenta that connects the baby to its mother in the womb. The baby becomes dependent on the drug along with the mother
- Most babies with NAS get treatment in the hospital after birth. Most babies who get treatment get better in a few days or weeks but are hospitalized for longer (3-4 weeks)
- NAS may lead to long-term health and development problems, including hearing, vision, learning, and behavioral problems



# Minnesota Neonatal Abstinence Syndrome (NAS)

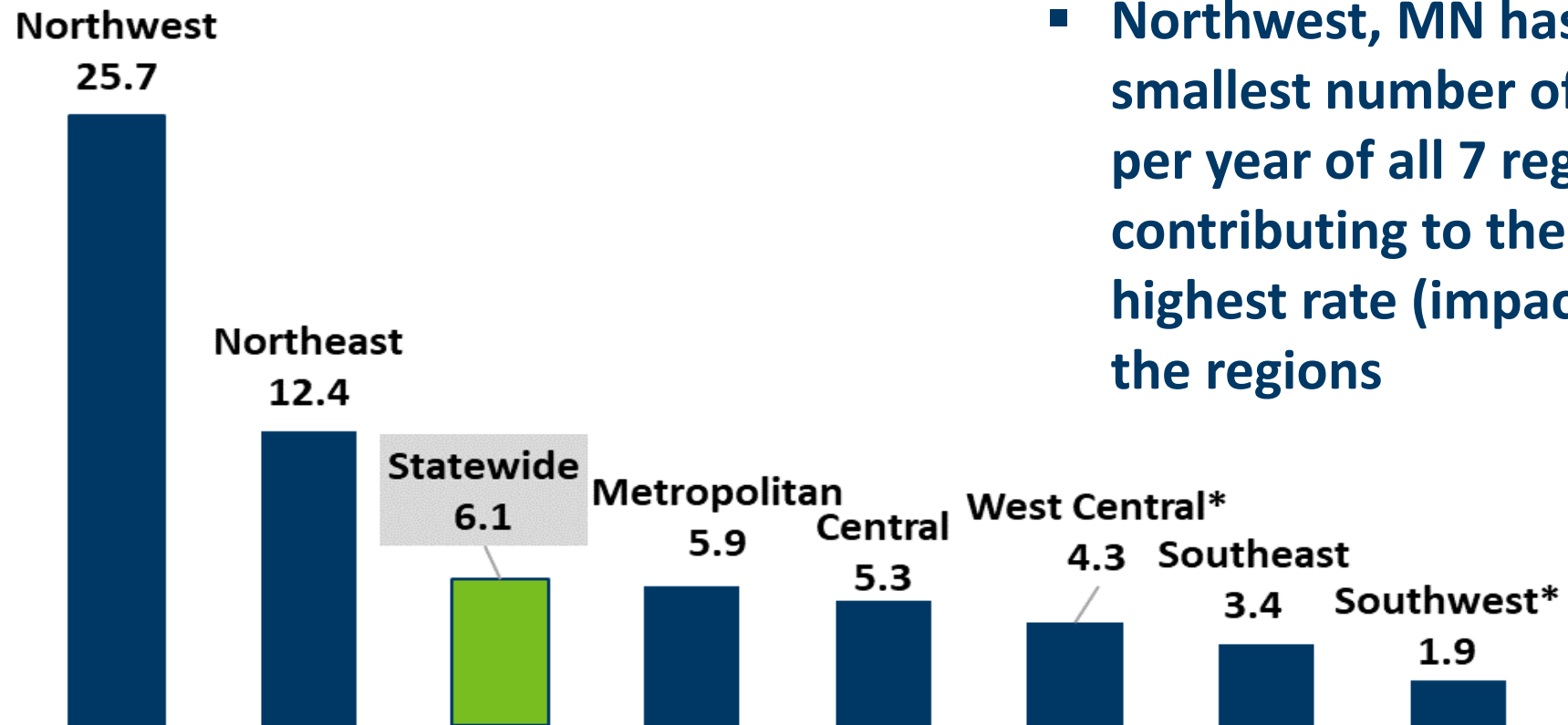


Source: Minnesota Department of Health, Minnesota hospital discharge data (NAS diagnoses), Minnesota birth certificates (live births counts)

- Number and rate (per 1,000 live births) of NAS diagnoses has varied since 2016
- In 2021, outside of the Metro Region, the NW had the second highest number of NAS cases
- From 2019 to 2021, NAS cases in the NW increased 61%. The largest increase across all 7 regions

# Northwest Neonatal Abstinence Syndrome (NAS)

In 2021, the rate (per 1,000 live births) of NAS was highest in the Northwest Region

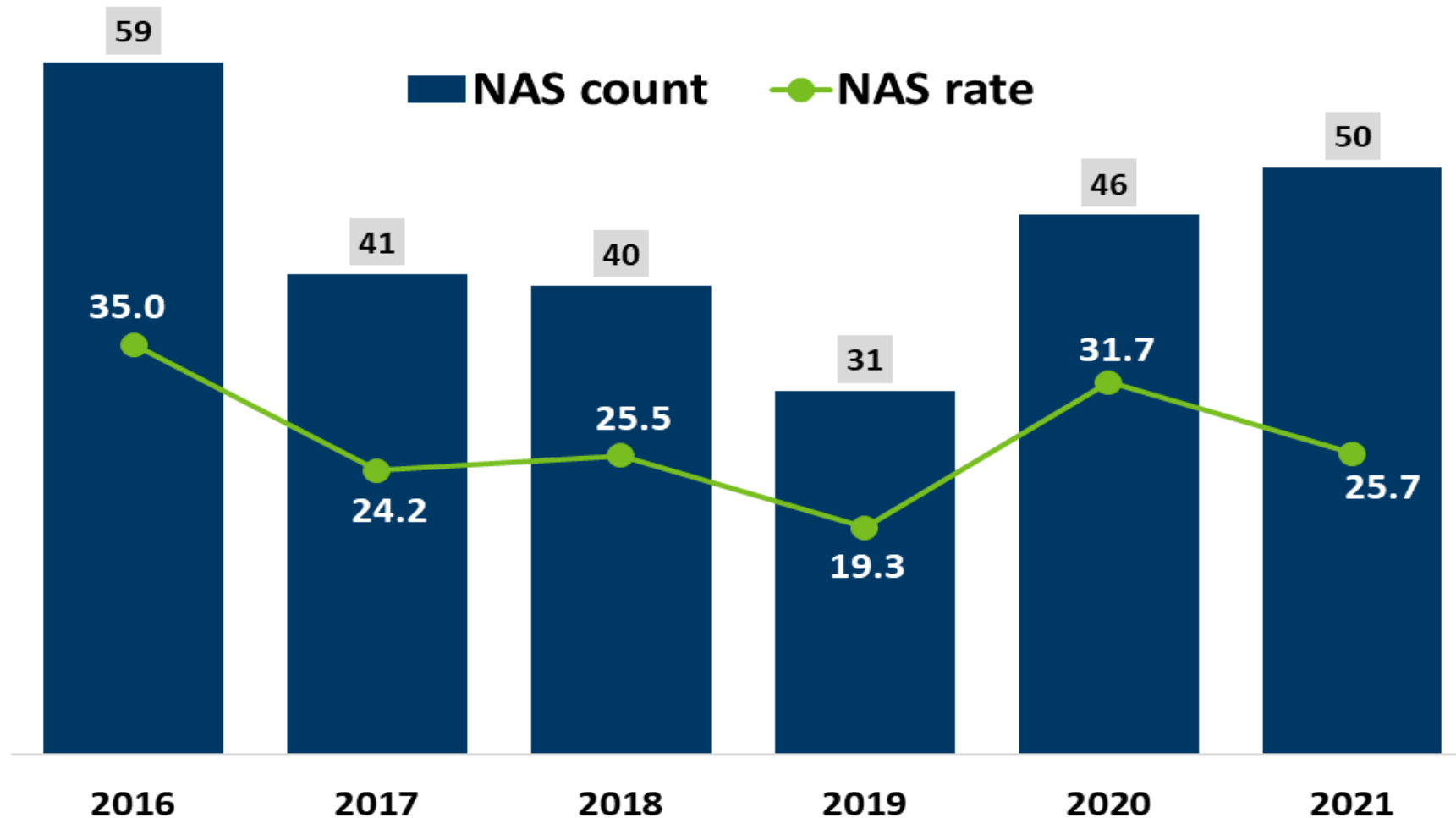


- Northwest, MN has the smallest number of births per year of all 7 regions contributing to the highest rate (impact) of the regions

Note: Rates denoted with an asterisk (\*) are unstable due to a count of less than 20 and should be interpreted with caution.

# Northwest Neonatal Abstinence Syndrome (NAS)

Number and rate (per 1,000 live births) of NAS Diagnoses, Northwest Region, 2016-2021

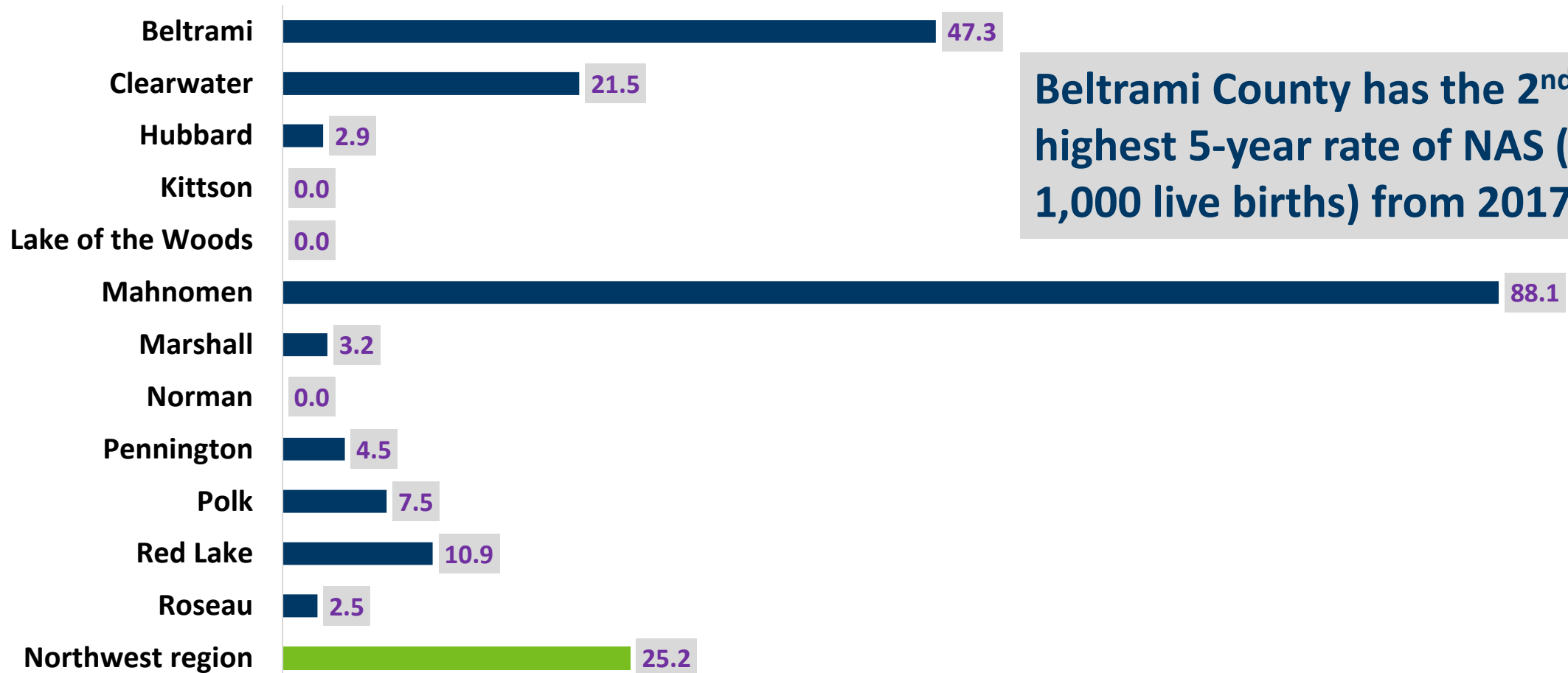


In 2021, the Northwest had the highest number of births since 2016

The rate of NAS in the Northwest remains high despite a slight decrease in 2019

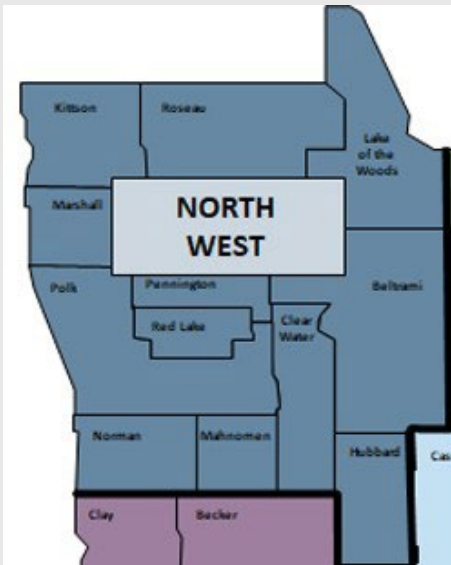
# Northwest Neonatal Abstinence Syndrome (NAS)

Northwest Counties: 2017-2021 5-year Rate of NAS diagnoses (per 1,000 live births)



Beltrami County has the 2<sup>nd</sup> highest 5-year rate of NAS (per 1,000 live births) from 2017-2021

# Questions/Thank You!



**Sara Lovett, MPH –  
Northwest District Epidemiologist**

*sara.lovett@state.mn.us*

mobile: 218-766-2070