



Opioid Polysubstance Overdose Deaths in Texas: 2010-2019

Polysubstance use refers to a person using more than one drug at once, with or without their knowledge. Opioid-related overdoses frequently involve one or more other drugs. From 2010-2019, 54 percent of all opioid-related overdose deaths in Texas involved two or more substances.

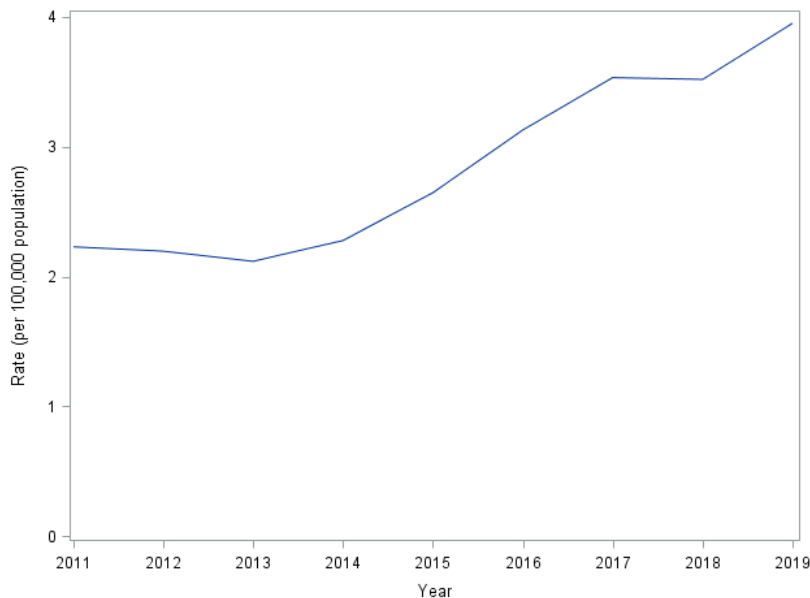
The most common combinations were:

- Opioids + benzodiazepines (26 percent)
- Opioids + psychotropics (23 percent)
- Opioids + cocaine (15 percent)

Opioid Polysubstance Overdose Death Data

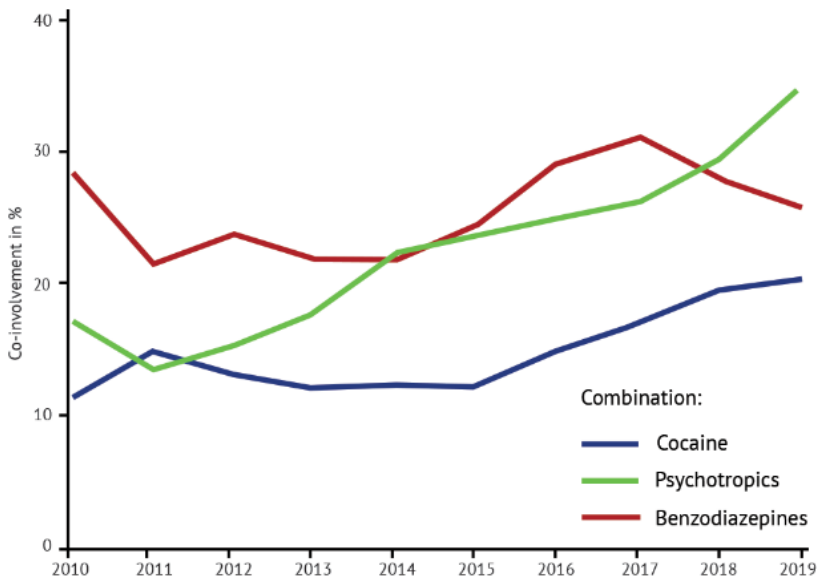
Figures 1 and 2 provide the opioid polysubstance overall overdose death rate and the percentage of deaths broken out by these combinations, respectively.

Figure 1: Opioid Polysubstance Overdose Death Rates, 2011-2019



Source: Texas Department of State Health Services, Vital Statistics Section

Figure 2: Percentage of Opioid Overdose Deaths Involving Cocaine, Psychotropics, and Benzodiazepines, 2010-2019

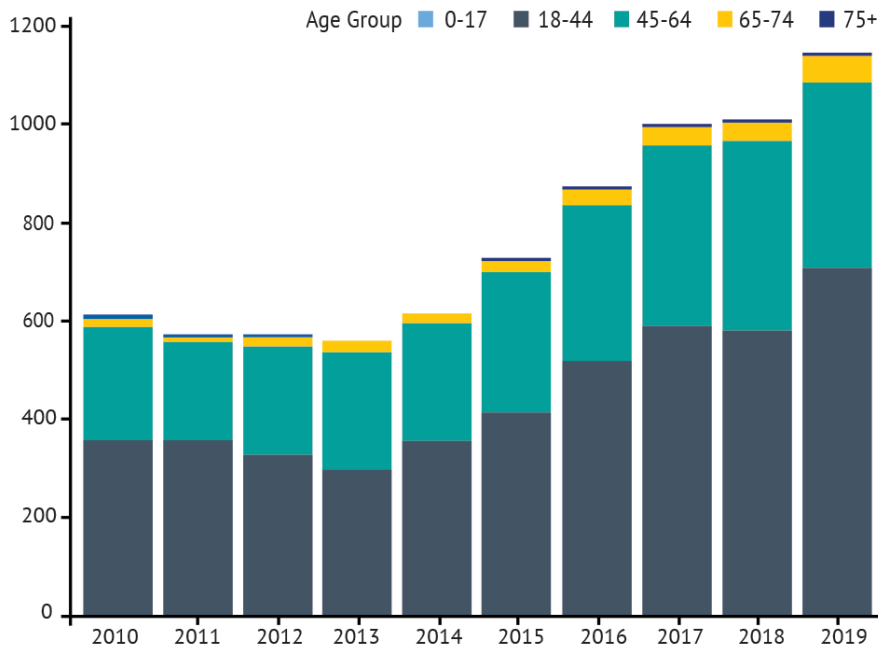


Source: Texas Department of State Health Services, Vital Statistics Section

- Polysubstance opioid overdose deaths increased and approximately doubled from 2010 to 2019.
- There has been a sharp increase in overdose deaths involving both heroin and synthetic opioids since 2016.
- Males accounted for most fatal overdoses across nearly all the drug combinations analyzed; however, females made up 56 percent of fatal overdoses involving both commonly prescribed opioids and psychotropics.

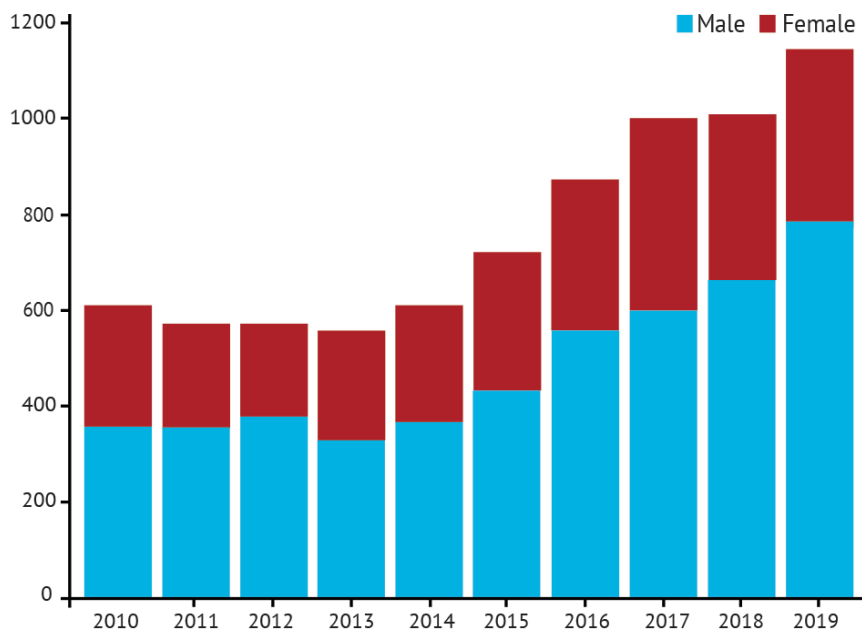
Figures 3 and 4 include the opioid polysubstance overdose death trends by age and sex, respectively, through 2019.

Figure 3: Opioid Polysubstance Overdose Death Trends, 2010-2019 by Age Group



Source: Texas Department of State Health Services, Vital Statistics Section

Figure 4: Opioid Polysubstance Overdose Death Trends, 2010-2019 by Sex



Source: Texas Department of State Health Services, Vital Statistics Section

Next Steps

It is crucial for public health organizations to educate healthcare providers and stakeholders to ensure they understand and recognize the prevalence of polysubstance opioid use and the risks associated with it, to better tailor prevention and intervention strategies for polysubstance opioid use.

Universities and other research institutions should focus on opioid co-occurrence and opioid and non-opioid drug interactions, as well as tailored treatment approaches, and risk factors for polysubstance opioid use.

Resources

Texas Targeted Opioid Response strategies: www.txopioidresponse.org

Find a substance use program center in Texas:

<https://txdshs.maps.arcgis.com/apps/webappviewer/index.html?id=0ebf2016e97243cb8aa665b01818cf4c>

Additional Texas overdose death data:

<https://healthdata.dshs.texas.gov/dashboard/drugs-and-alcohol/drug-overdose-deaths#>

Polysubstance use in the United States: www.cdc.gov/drugoverdose/deaths/other-drugs.html

National Center for Health Statistics (NCHS): www.cdc.gov/nchs