

# TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



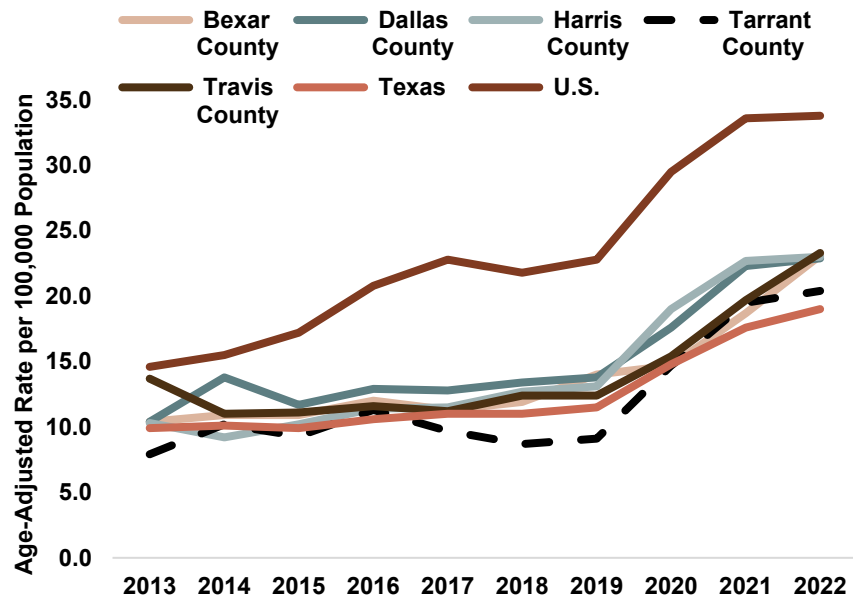
## OVERDOSES IN TARRANT COUNTY

**Overdose:** a type of poisoning [see Data Brief] that occurs when the body is overwhelmed by toxic levels of over-the-counter (OTC), prescription, or illegal drugs. Overdoses can be fatal and non-fatal depending on how fast they are recognized and treated. In addition, they can be unintentional and intentional.

An overdose can occur for many reasons: unknowingly consuming a drug; taking the wrong amount of a drug; taking multiple drugs or combining drugs and substances that cause side effects; using drugs for non-medical purposes or to self-harm; taking the wrong drug or someone else's drug.

Sometimes drugs are illegally manufactured with other drugs/substances (fentanyl or xylazine) and consumers are unaware. These drugs often lead to an unintentional overdose and death, due to these hidden ingredients.

Figure 1. Overdose mortality rates by geographic location, 2013-2022



Overdose mortality rates are derived from the drug-induced underlying cause of death codes (X40-X44, X60-X64, X85, and Y10-Y14) in CDC WONDER

**Each geographic location had a significant increase in overdose mortality from 2020 to 2022**

Figure 2. Top 3 drug types\* among overdose deaths by geographic location, 2022

Rank	U.S. N (%)	Texas N (%)	Bexar County N (%)	Dallas County N (%)	Harris County N (%)	Tarrant County N (%)	Travis County N (%)
1	Synthetic Narcotics 73,847 (66%)	Synthetic Narcotics 2,452 (43%)	Unspecified Drugs 414 (86%)	Synthetic Narcotics 233 (38%)	Synthetic Narcotics 550 (49%)	Synthetic Narcotics 187 (42%)	Synthetic Narcotics 201 (59%)
2	Unspecified Drugs 40,094 (36%)	Psychostimulants 2,248 (39%)	Psychostimulants 266 (55%)	Psychostimulants 220 (36%)	Cocaine 411 (37%)	Psychostimulants 174 (39%)	Psychostimulants 174 (51%)
3	Psychostimulants 34,029 (30%)	Unspecified Drugs 1,661 (29%)	Synthetic Narcotics 190 (40%)	Cocaine 214 (35%)	Psychostimulants 393 (35%)	Cocaine 89 (20%)	Cocaine 111 (33%)

\* Drug types are identified by specific multiple cause of death codes (T codes). Deaths involving multiple drugs are counted in each drug type category; N = number of times that drug type was included in overdose deaths for that location; % = N / total number of overdose deaths for that location; Synthetic Narcotics (T40.4) = other synthetic opioids (fentanyl, tramadol, buprenorphine, etc.) other than methadone; Cocaine (T40.5); Psychostimulants (T43.6) = those with abuse potential (methamphetamine, MDMA or ecstasy, ADHD medications, etc.); Unspecified Drugs (T50.9) = other and unspecified drugs, medicaments, and biological substances

**In 2022, there were 450 fatal overdoses among Tarrant County residents and 88% were unintentional (accidents)**

**In 2022, Tarrant County had a significantly lower overdose mortality rate than the U.S.**

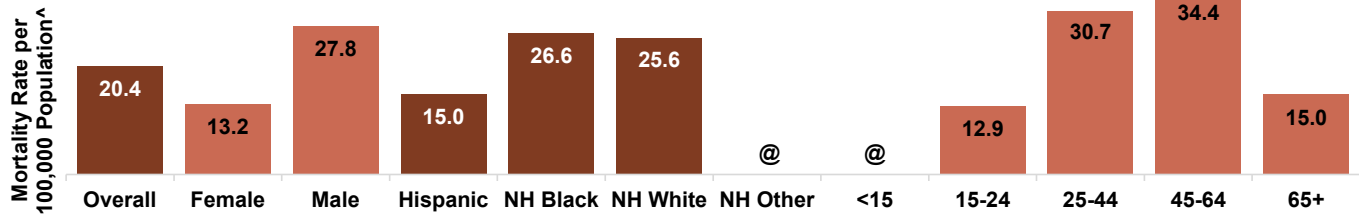


**Among Tarrant County residents, 176 fentanyl-related deaths<sup>†</sup> occurred in 2022<sup>‡</sup>**

**That was more than 2016-2020 combined (134 deaths) and a 22% increase from 2021**

<sup>†</sup> 'Fentanyl' is listed in the literal cause of death fields on the death record; <sup>‡</sup> 2022 fentanyl data are provisional and subject to change; All significant differences detected at the 95% confidence level  
Data sources: American Addiction Centers, Centers for Disease Control and Prevention, Texas Department of State Health Services; Data Brief provided by: Office of Data and Informatics

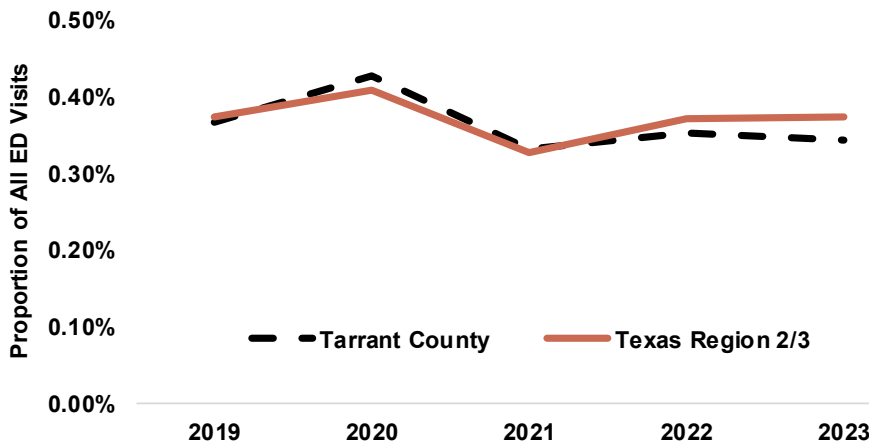
Figure 3. Tarrant County overdose mortality rates<sup>^</sup> by gender, race/ethnicity, and age group (in years), 2022



<sup>^</sup>Age-adjusted rate per 100,000 population for Tarrant County overall, gender, and race/ethnicity ; <sup>^</sup>Age-specific rate per 100,000 population for age groups ; @ unstable rate ; NH = non-Hispanic

**Among Tarrant County residents, overdose mortality rates were significantly higher among males, non-Hispanic blacks and whites, and individuals aged 25-44 and 45-64 years**

Figure 4. Overdose-related emergency department (ED) visits<sup>†</sup>, Tarrant County and Texas Region 2/3<sup>^^</sup>, 2019-2023



**From 2019-2023, there were over 18,500 overdose-related ED visits among Tarrant County residents**

**These overdose-related ED visits were most often coded as unintentional (accidents) and involving unspecified drug types**

**Among these visits, patients were most frequently aged 25-44 years and female**

<sup>†</sup> Overdose-related ED visits determined with the 'CDC All Drug Overdose v3 Parsed' Syndromic Surveillance definition in ESSENCE (click here for definition); <sup>^^</sup>Texas Region 2/3 = Texas Department of State Health Services public health region consisting of 49 counties in North Texas (click here for exact coverage)

**Act Fast to Save a Life!**  
**If you witness a suspected overdose, administer Naloxone (Narcan).**  
**While Naloxone only works on opioids, it will not harm a person if opioids are not present.**

Seek medical care immediately if you or someone else is experiencing symptoms of an overdose



**While overdose symptoms may vary depending on the drug(s) involved, common symptoms include:**

- Abnormal body temperature (hyperthermia or hypothermia)
- Abnormal or difficulty breathing
- Anxiety
- Delirium
- Extreme agitation
- Fast, slowed, or irregular pulse
- Seizures
- Severe chest pain
- Severe headaches
- Skin color changes (pale/blue for respiratory depressants and red/flushed for stimulants)
- Unresponsive loss of consciousness
- Vomiting

**Education and Prevention**

- Carry Naloxone to reverse opioid overdoses. [[narcan.com](http://narcan.com)] [[cdc.gov/stop-overdose/caring/naloxone.html](https://www.cdc.gov/stop-overdose/caring/naloxone.html)]
- Only buy drugs from official medical providers! Avoid using drugs of any type for recreational or non-medical purposes.
- Follow the instructions on drug packaging and talk with your doctor or pharmacist if you have any questions.
- Keep drugs locked up (lockbox, safe, locking cabinet) and stored out of sight and out of reach. [[upandaway.org](http://upandaway.org)]
- Properly dispose of expired, unused, and unwanted drugs at official take back locations. Do not share them with others! Check the FDA's flush list: [[fda.gov/media/85219/download](https://www.fda.gov/media/85219/download)]
- People struggling with distress are at greater risk for drug use so it is important to seek emotional support if needed. Healthy lifestyle behaviors (physical activity, proper nutrition, adequate sleep, and meditation) can reduce stress and improve mental health.

**Resources and Services**

Request FREE Naloxone in Texas [[naloxonetexas.com](http://naloxonetexas.com)]

Community overdose reporting [[txcope.org](http://txcope.org)]

Local drug take back locations [[meddropbox.org](http://meddropbox.org)]

DEA Prescription Drug Take Back Days [[dea.gov/takebackday](https://www.dea.gov/takebackday)]

Poison Control Hotline Call 1-800-222-1222 [[poisoncontrol.org](http://poisoncontrol.org)]

Challenge of Tarrant County [[challengetc.org](http://challengetc.org)]

MHMR Tarrant County Call 1-800-866-2465 [[mhmrarrant.org](http://mhmrarrant.org)]

Recovery Resource Council Call 817-332-6329 [[recoverycouncil.org/programs-and-services/](http://recoverycouncil.org/programs-and-services/)]

Texas Health and Human Services [[txopioidresponse.org](http://txopioidresponse.org)] [[onepillkillstx.com](http://onepillkillstx.com)] [[hhs.texas.gov/services/mental-health-substance-use](https://www.hhs.texas.gov/services/mental-health-substance-use)]

National Substance Abuse Helpline Call 1-800-662-4357