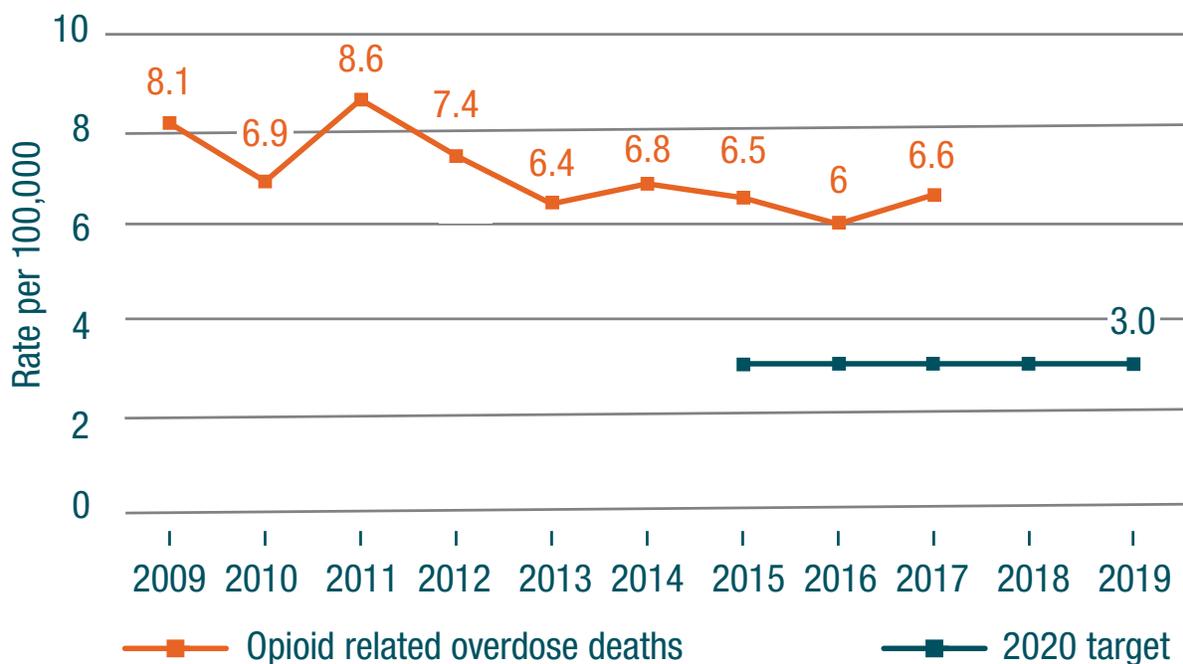


2018 Fact Sheet: Reduce harms associated with alcohol and substance use

This fact sheet is a summary of progress made in year four of the 2015-2019 State Health Improvement Plan (SHIP). After an apparent peak in 2011, there has been a trend of decrease in overdose deaths. Binge drinking among youth continues to decline. However, binge and heavy drinking remain unchanged among adults. Achievements within the priority area to reduce harms associated with alcohol and substance use include:

- Oregon Health Authority sponsored the first ever Oregon Tribal Summit on Opioids and Other Drugs which took place on June 5-6, 2018. The 224 attendees included representatives of nine federally recognized tribes, [Native American Rehabilitation Association \(NARA\)](#), [Northwest Portland Area Indian Health Board \(NPAIHB\)](#), and [Indian Health Service](#). Each tribe identified needs and plans to address substance misuse in their communities using tribal best practices.
- In response to a new law that requires prescribers to register for the [Oregon Prescription Drug Monitoring Program \(PDMP\)](#), more than 19,600 prescribers and 3,889 delegates now have direct access to opioid prescription information. They can use this information to support safer prescribing decisions. As of December 2018, 78 percent of all required prescribers had registered.

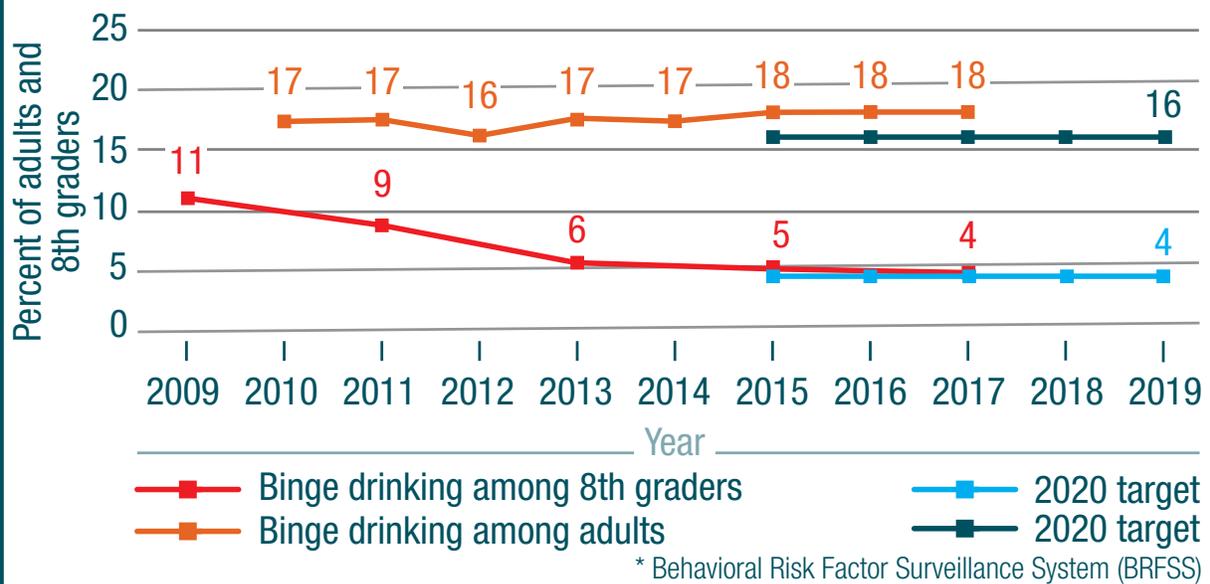
Figure 1. Opioid related overdose deaths*



* Vital Statistics

Figure 2.

Binge drinking among youth and adults*



- The Electronic Health Record (EHR) Screening, Brief Intervention and Referral to Treatment (SBIRT) will return as a Coordinated Care Organization (CCO) incentive metric for 2019. Electronic SBIRT is a recommended intervention to reduce excessive alcohol consumption.

Challenges

The following challenges may affect the ability of the state to meet goals and achieve priority targets by the end of 2019.

- The number of places to buy alcohol in Oregon continues to grow. Having more places sell alcohol is linked with an increase in alcohol-related problems such as violence, crime and injuries. Environments that reduce alcohol availability and exposure to alcohol marketing and promotion discourage excessive alcohol use.
- Overdoses and deaths caused by prescription opioids have decreased. However, overdose deaths due to illicit fentanyl, a synthetic opioid, are an emerging concern in Oregon and the nation. Oregon identified its first death because of an illicit fentanyl overdose in 2014. There were 49 deaths due to illicit fentanyl in 2017. Illicit fentanyl is often mixed with heroin or other drugs. This can happen with or without the knowledge of the user.

You can find complete information, including progress made on specific interventions and strategies online at www.healthoregon.org/ship.