



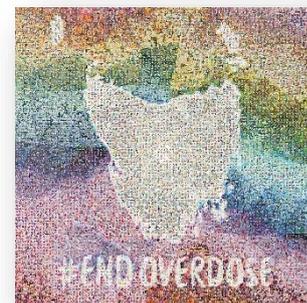
International Overdose Awareness Day

Overdose Information

More people die of unintentional overdose than from car crashes.

In Tasmania between 2014 and 2018, 179 people were lost to unintentional overdose¹, compared to 134 car crash fatalities.²

In 2018, 1,556 people died from unintentional drug-induced overdoses in Australia, compared with 1,220 people who died on our roads.¹



Unintentional drug-induced deaths are increasing by 3% each year.

The number of unintentional drug-induced deaths has increased significantly over the past 15 years, from 981 in 2001 to 1,556 in 2018.¹ Penington Institute found that deaths due to unintentional drug overdose in Australia are increasing by 3.0% per year, based on trends from the 2001 to 2018 period.¹

Someone is lost to overdose every 5.6 hours across Australia.

There were 1,556 unintentional drug-induced deaths in Australia in 2018, accounting for more than three-quarters (75.2%) of all drug-induced deaths (2,070).¹ It is anticipated that these numbers will rise as cases are finalised through the coronial system.

Taking pain medication? Ask your doctor or pharmacist about overdose.

Over the past decade, drug-induced deaths were more likely to be due to prescription drugs than illegal drugs.¹ Most drug-induced deaths are caused by the use of a combination of drugs rather than a single drug.¹

Demographics

Overdose, not just a young person's problem.

Unintentional deaths were most common among the **40-49 age group**, which accounted for 26.9% of all unintentional drug-induced deaths in 2018.¹ Less than one in ten (9.6%) deaths recorded was among those aged under 30.¹

Males were almost three times as likely as females to suffer an unintentional drug-induced death in 2018, accounting for 71.5% of deaths.¹

Aboriginal people were almost three times as likely to die from an unintentional drug-induced death in 2018, with a rate of deaths of 17.3 per 100,000 population, compared with 6.0 deaths per 100,000 population for non-Aboriginal people.¹

Since 2011, the rate of unintentional drug-induced deaths in **regional parts** of Australia has surpassed the rate seen in **capital cities**. From 2011 to 2018 the rate of unintentional drug-induced deaths in rural and regional Australia increased by 15.9%, while the rate in capital cities increased by only 3.6%.¹

¹ Penington Institute (2020). Australia's Annual Overdose Report 2020. Melbourne: Penington Institute

² https://www.transport.tas.gov.au/road_safety_and_rules/crash_statistics



What you can do

- Fold cranes and attend a community event to be a part of ending overdose
- Learn about overdose
 - <https://www.overdoseday.com/overdose-basics/>
 - http://interactive.den.org.au/toolbox/Overdose_DENFile2013_Online.pdf
- Talk about overdose as it could save a life
- Suspect an overdose? Call 000.
- Learn about Naloxone and how it can save lives.
 - <https://adf.org.au/drug-facts/naloxone/>

Overdose can affect anyone

- No more stigma. No more shame.
 - Use people-first language. Listen to people's stories and experiences.
- People don't just overdose from illicit drugs
 - 75.2% of overdoses are accidental.¹ More than half of all unintentional drug overdoses in 2018 involved some form of opioid.¹ The second most common group of drugs linked to unintentional overdoses was benzodiazepines, followed by stimulants e.g. methamphetamine or ice.¹

For more information visit atdc.org.au/overdoseday/