

“ THESE NUMBERS ARE STAGGERING,
TRAGIC — AND PREVENTABLE. ”

— John Auerbach, president and CEO of TFAH

More than 1 million people died from drugs, alcohol and suicide over the past decade.
If these trends continue, the death rate could grow to claim 1.6 million more lives by 2025.

IN 2016

142,000

People died from drugs, alcohol and suicide

7 states

Had death rates above 60 per 100K people

IN 2025*

192,000

Projected annual deaths from drugs, alcohol
and suicide

26 states

Projected to reach 60 deaths per 100K people

DRUGS

Opioids' grim toll

67,300

The number of drug deaths in 2016,
nearly triple what they were in 2000.

329%

The drug death rate increased 329% in
non-metro areas between 1999 and 2016.

ALCOHOL

An escalating crisis

34,900

Number of alcohol-induced deaths
in 2016, a 35-year high.

55%

Between 2000 and 2016, death rates
from alcohol increased 55 percent.

SUICIDES

Risks — and rates — grow

45,000

Number of suicides in 2016.

39%

Non-metro areas had suicide
rates that were 39% higher than
metro areas in 2016.

“ WE’RE FACING A GENERATIONAL CRISIS.
AND IT CALLS FOR BIGGER AND BOLDER
ACTION. — Benjamin F. Miller, PsyD, Chief Strategy Officer, Well Being Trust ”

60: The number of research-based policies, practices and programs highlighted by the new report, *Pain in the Nation: The Drug, Alcohol and Suicide Epidemics and the Need for a National Resilience Strategy*, to address the drivers of disease and pain in the U.S.

DRUGS

A full-scale approach to the opioid crisis includes:

- | Promotion of responsible opioid prescribing practices and public education about misuse
- | Expanded and modernized mental health and substance use disorder treatment services
- | “Hot spot” intervention strategies
- | Improved pain management and treatment

ALCOHOL

Evidence-based policies that reduce excessive consumption include:

- | Increasing pricing
- | Limiting hours and density of alcohol sales
- | Enforcing underage drinking laws and holding sellers and hosts liable for serving minors

SUICIDES

Effective approaches for preventing suicide include:

- | Expansion of crisis intervention services
- | Anti-bullying and social-emotional learning programs in schools
- | Support systems for veterans
- | Improved integration of mental health services into primary care

INVESTMENT PAYOFF

\$249 Billion

About 3.8% of the population had a diagnosis related to drugs, alcohol or suicide risk in 2014 — combined, these patients had annual health care costs of \$249 billion.

\$4–\$12

Early childhood education programs have a \$4–\$12 return for every \$1 invested.

80%

The Zero Suicide model program has shown an 80% reduction in suicides.

\$3.80–\$34

Top school substance misuse prevention programs have a \$3.80 to \$34 return for every \$1 invested.