The death rate from drug overdose among American Indian & Alaska Natives (AI/AN) in the state of Idaho (ID) was **27.0 per 100,000** people in 2020.

The rate among AI/AN in Idaho is:
- **1.7 times higher** than the Idaho average
- **Nearly equal to** the AI/AN USA average
- **Nearly equal to** the USA average

The overdose death rate among AI/AN in Idaho increased significantly between 2009 to 2013, decreased sharply between 2013 to 2017, and has steadily increased since.

The rate among AI/AN in Idaho has been higher than the state average and consistent with national trends.

State and national averages have increased each year since 2006.

*Three-year rolling averages, third year is listed on graph
The majority (51.3%) of overdose deaths occurred among Idaho AI/AN between the ages of 40 and 59.

Approximately 42% of these overdose deaths occurred between the ages of 20-39.

The proportion of state and national overdose deaths that occurred among young adults (20-39 years old) was very similar to Idaho AI/AN overdose deaths in those age categories.

The death rate from drug overdose in Idaho is slightly higher among male AI/AN than female AI/AN.

This is similar to what is seen nationally and statewide, where the death rate from overdose is higher among men than women.
**Drugs Involved in Overdose Deaths**

**Idaho, 2013-2020**

**Any Opioid**: 57.1%

**Unknown**: 33.1%

**Rx Opioid**: 28.1%

**Stimulant**: 19.0%

**Heroin**: 8.9%

**Benzo**: 7.3%

**Methadone**: 4.1%

**Cocaine**: 1.3%

**Cannabis**: 1.3%

**Unknown**: 20.7%

*The drug involved in the overdose was not known or no specific drug was listed on the death certificate.*

**Prescription Opioids**

Prescription opioids are typically prescribed for pain relief. Examples include:

- Morphine
- Codeine
- Oxycodone (OxyContin, Percocet)
- Hydrocodone (Vicodin)
- Hydromorphone (Dilaudid)
- Oxymorphone (Opana)

**Benzodiazepines**

Benzodiazepines are typically prescribed for anxiety, insomnia, and seizures. Examples include:

- Alprazolam (Xanax)
- Clonazepam (Klonopin)
- Diazepam (Valium)
- Lorazepam (Ativan)
- Midazolam (Versed)

**Stimulants**

Stimulants are typically prescribed for attention-deficit hyperactivity disorder (ADHD) or narcolepsy. Some stimulants are illegal. Examples include:

- Methamphetamine
- MDMA (Ecstasy, Molly)
- Amphetamines (Adderall, Dextroamphetamine)
- Methylphenidates (Ritalin, Concerta)
- Ephedrine (Found in some cold medicines)

*More than one drug may be involved in an overdose, therefore categories do not total to 100%.

The individual **may or may not have had a valid prescription** for the drug. It could have been obtained illegally.
About the Data

AI/AN are often misclassified as another race in health data systems. For example, an AI/AN person might be listed as “White” in their hospital or doctor’s office records, or on their death certificate. This causes an under-counting of AI/AN people and makes it difficult to accurately measure health outcomes.

The Northwest Portland Area Indian Health Board’s IDEA-NW Project corrects inaccurate race data for AI/AN in health data systems. Without this correction, the data in this publication would have under-counted AI/AN overdoses by 8 deaths and underestimated the drug overdose mortality rate by up to 23%.

- **Idaho State Data Source**: Death certificates from the Idaho Bureau of Vital Records and Health Statistics, corrected for AI/AN misclassification
- **National Data Source**: Centers for Disease Control and Prevention, National Center for Health Statistics, Multiple Cause of Death 1999-2017 on CDC WONDER Online Database
- Overdose deaths include records with the following ICD-10 codes for underlying cause of death: X40-X44, X60-X64, X85, Y10-Y14
- The data presented may not be comparable to information published by state or federal agencies due to differences in racial classification