



MENTAL HEALTH BY THE NUMBERS: SUBSTANCE ABUSE IN FLORIDA





Substance Use

According to DSM-5, a substance use disorder ranges from mild to severe and patients must have two or more symptoms over a 12 month period for:

Symptoms can include...

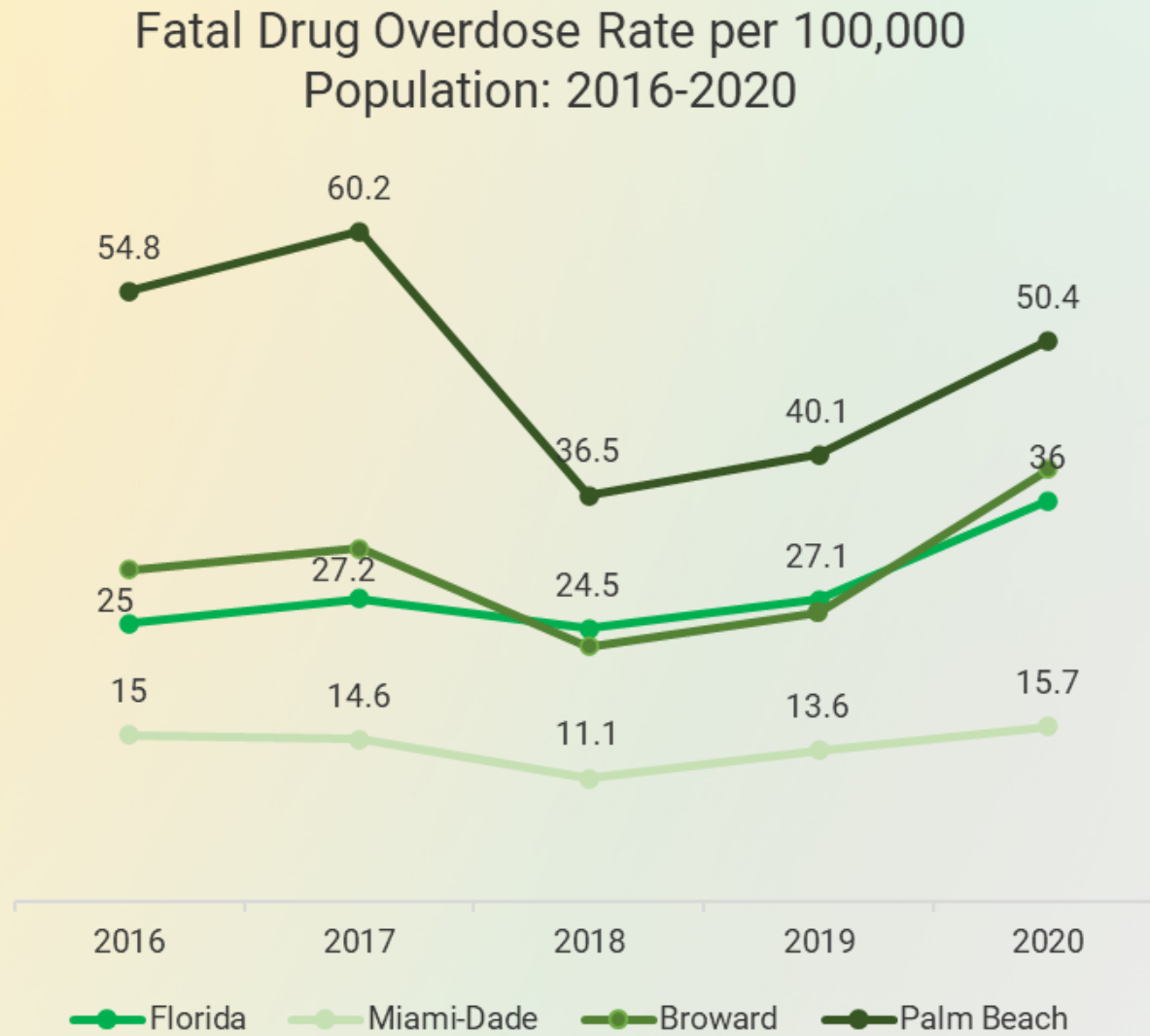
- Opioids
- Alcohol
- Cannabis
- Amphetamines
- Cocaine
- Sedatives
- Hallucinogens
- PCP
- Inhalants
- Other Stimulants

- Cravings to use the substance
- Increased tolerance
- Inability to fulfill daily responsibilities
- Extra time to obtain, use and recover from the substance
- Using despite knowing its harmful effects
- Using in high-risk settings (like driving)
- Failed attempts at quitting
- Withdrawal symptoms



Fatal Overdoses

From 2016 to 2020, the highest fatal drug overdose rates were recorded in Palm Beach County while the lowest occurred in Miami-Dade. Rates in all areas increased from 2016 to 2017 and fell in 2018, only to rise in 2019 and continue on a dramatic increase in 2020.

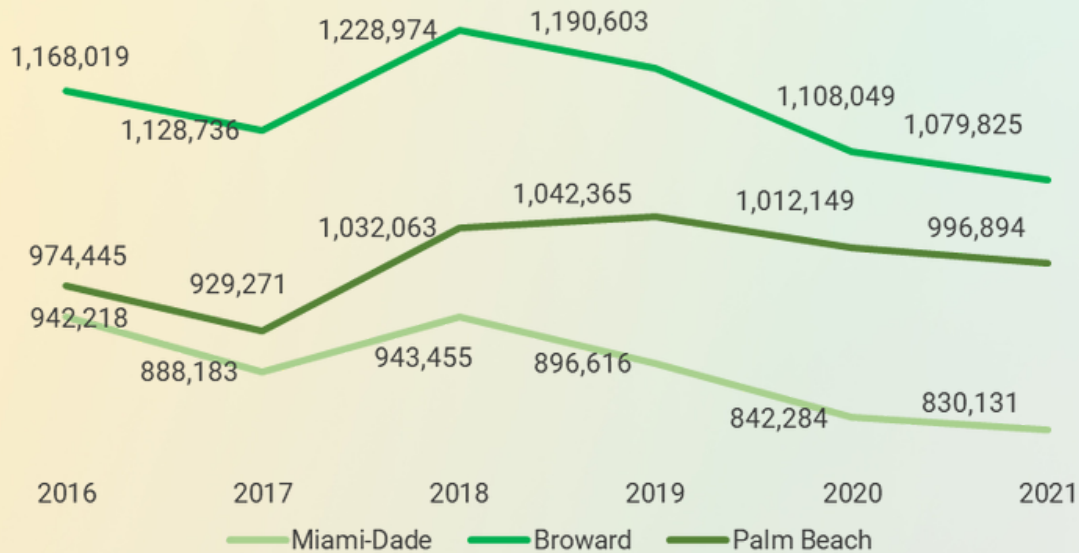


Opioids account for the vast majority of overdose deaths in all counties (at least 70%). In fact, in Palm Beach the county with the highest rate and second highest total overdose deaths, they account for 92.6% of all overdose deaths.

Opioid Use

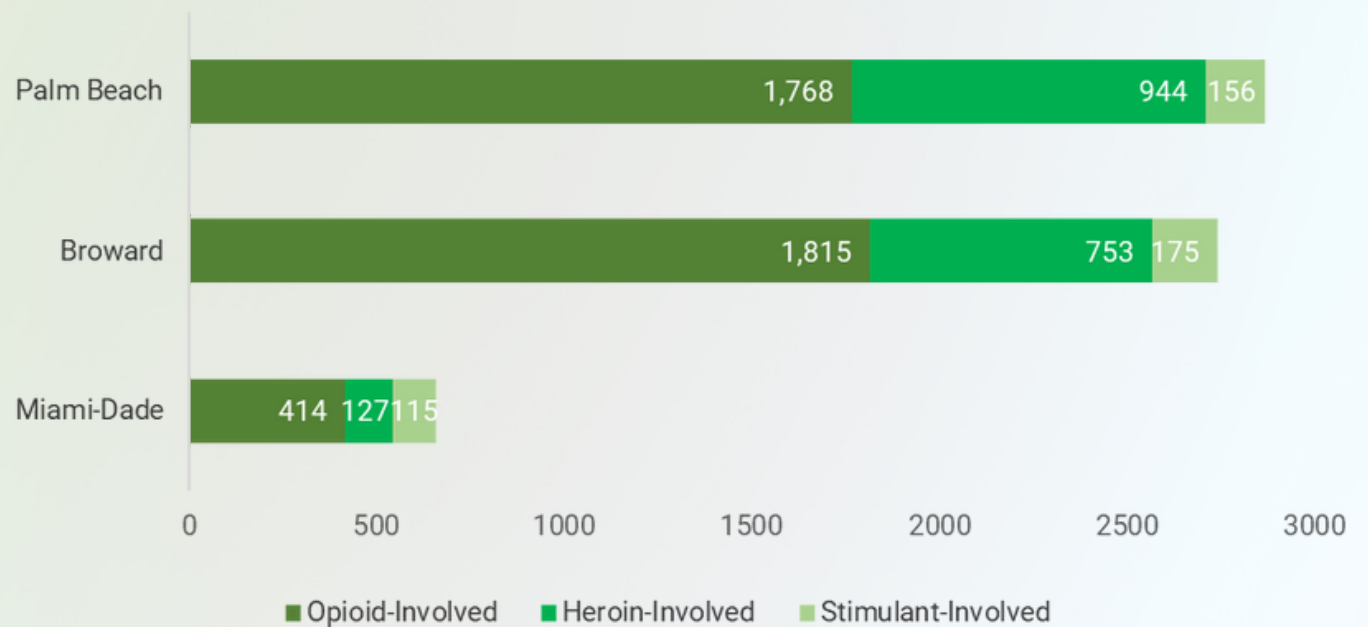


Opioid Prescriptions



Opioid prescriptions decreased in South Florida from 2016 to 2017 but then increased sharply in 2018. Since then prescriptions have steadily declined.

Non-fatal Overdose Emergency Room Visits by Substance Type, 2020



Opioids still account for 6 in 10 non-fatal overdose emergency room visits in South Florida and Florida.



Binge Drinking

Adults Engaging in Heavy or Binge Drinking, 2019

Area	Percentage
Florida	18.0%
Miami-Dade	18.0%
Broward	16.7%
Palm Beach	15.9%

At least 15% of adults in Florida and South Florida engage in Binge Or Heavy drinking with counties displaying similar levels of heavy drinking.



Deaths from alcohol liver disease fluctuated from 2010 to 2020. The highest rates occurred in 2020 for Miami-Dade and Florida while the highest rates in Broward and Palm Beach occurred in 2016 and 2015 respectively.

Age-Adjusted Mortality Rates for 100,000 Population from Alcohol Liver Disease, 2010-2020

