

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



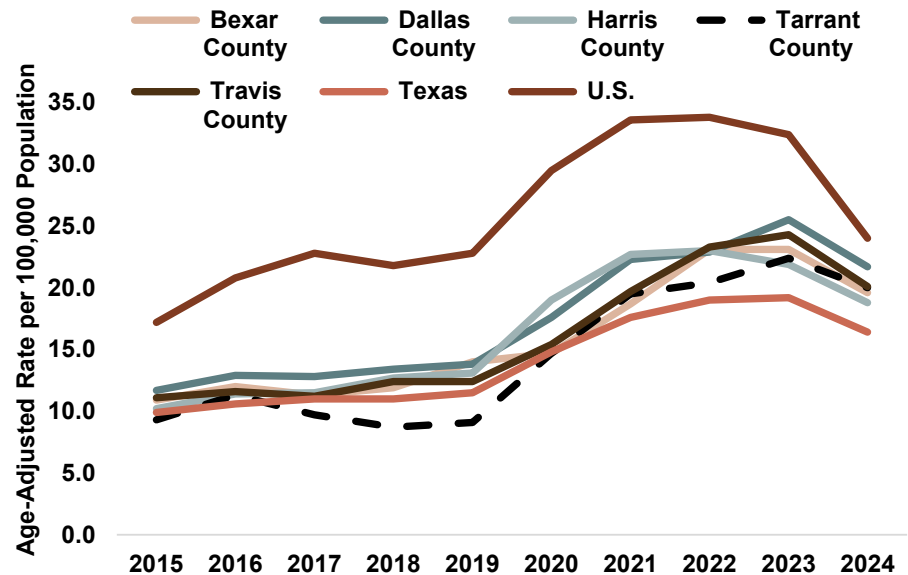
OVERDOSES IN TARRANT COUNTY

Overdose is a type of poisoning [see Data Brief] that occurs when the body is overwhelmed by toxic levels of drugs (over-the-counter, prescription, or illegal). Depending on how quickly an overdose is recognized and treated, it can be fatal or non-fatal. Individuals who experience an overdose alone are more likely to die. Overdoses can be unintentional or intentional.

How overdoses can happen:

- Unknowingly consuming a drug
- Incorrect amount or dosage
- Taking the wrong drug
- Taking a drug prescribed for someone else
- Using drugs for non-medical or self-harm purposes
- Side effects from taking several drugs and/or combining drugs and other substances (alcohol)
- Illegally manufactured drugs that contain illegally made fentanyl (powerful synthetic opioid)

Figure 1. Overdose mortality rates by geographic location, 2015-2024*

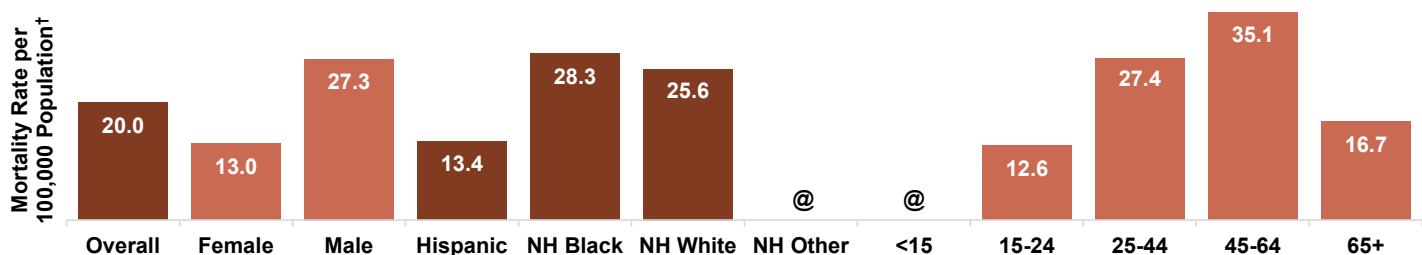


After **significant increases** from 2019 to 2023, each geographic location saw a **decline** in overdose mortality from 2023 to 2024

The **26% decrease** in the U.S. overdose mortality rate from 2023 to 2024 was the **largest single-year decline** on record

In 2024, Tarrant County had a **significantly lower** overdose mortality rate than the U.S.

Figure 2. Tarrant County overdose mortality rates by gender, race/ethnicity, and age group (in years), 2024



Among Tarrant County residents, overdose mortality rates were **significantly higher** among **males, non-Hispanic Blacks and Whites, and individuals aged 25-44 and 45-64 years**

Overdose mortality rates are derived from the drug-induced underlying cause of death codes (X40–X44, X60–X64, X85, and Y10–Y14); *Includes the five most populous counties in Texas; †Age-adjusted rate per 100,000 population for Tarrant County overall, gender, and race/ethnicity & age-specific rate per 100,000 population for age groups; @ = unstable rate; NH = Non-Hispanic; All significant differences detected at the 95% confidence level; Data sources: Centers for Disease Control and Prevention, Substance Abuse and Mental Health Services Administration (SAMHSA); Data Brief provided by: Statistical Analysis Team

176 fentanyl-related overdose deaths[†] occurred among Tarrant County residents in 2024[‡], down from 185 in 2023, the first decline in over five years

Figure 3. Top 3 drug types* among overdose deaths by geographic location, 2024[^]

Rank	U.S. n (%)	Texas n (%)	Bexar County n (%)	Dallas County n (%)	Harris County n (%)	Tarrant County n (%)	Travis County n (%)
1	Synthetic Narcotics 47,735 (58%)	Psychostimulants 2,084 (40%)	Unspecified Drugs 370 (88%)	Synthetic Narcotics 246 (41%)	Cocaine 401 (42%)	Unspecified Drugs 210 (46%)	Synthetic Narcotics 142 (47%)
2	Unspecified Drugs 29,778 (36%)	Synthetic Narcotics 1,902 (37%)	Psychostimulants 236 (56%)	Cocaine 221 (37%)	Synthetic Narcotics 387 (41%)	Psychostimulants/ Synthetic Narcotics 189 (42%)	Psychostimulants 140 (47%)
3	Psychostimulants 28,722 (35%)	Unspecified Drugs 1,641 (32%)	Synthetic Narcotics 142 (34%)	Psychostimulants 217 (36%)	Psychostimulants 307 (32%)		Cocaine 116 (39%)

* Drug types are identified by specific multiple cause of death codes (T codes). Deaths involving multiple drugs are counted in each drug type category ; n = number of times that drug type was included in overdose deaths for that location ; % = n / total number of overdose deaths for that location ; **Synthetic Narcotics (T40.4)** = other synthetic opioids (fentanyl, tramadol, buprenorphine, etc.) other than methadone ; **Cocaine (T40.5)** ; **Psychostimulants (T43.6)** = those with abuse potential (methamphetamine, MDMA or ecstasy, ADHD medications, etc.) ; **Unspecified Drugs (T50.9)** = other and unspecified drugs, medicaments, and biological substances ; [^]Includes the five most populous counties in Texas

In 2024, psychostimulants and synthetic narcotics tied as the 2nd/3rd drug type among Tarrant County overdose deaths with each found in 189 deaths; 42% of overdose deaths had psychostimulants documented and 42% of overdose deaths had synthetic narcotics documented

Figure 4. Tarrant County overdose deaths by month, 2022-2024

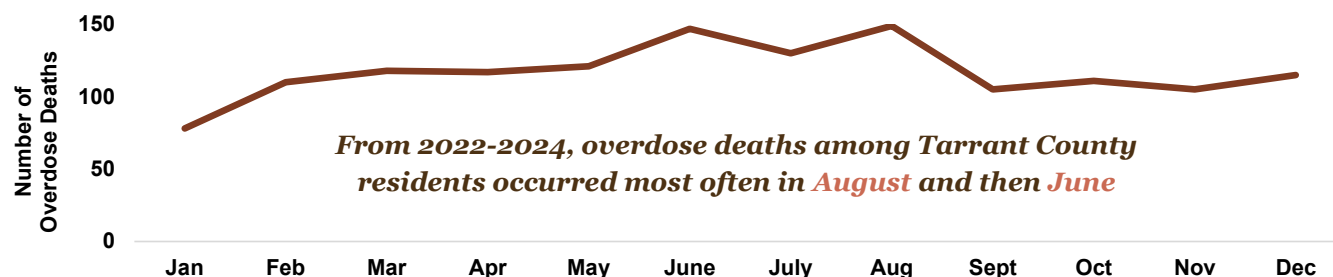
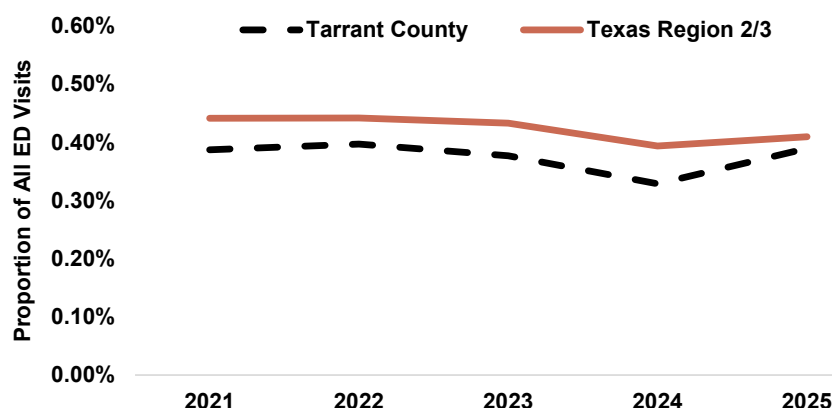


Figure 5. Overdose-related emergency department (ED) visits^{**}, Tarrant County and Texas Region 2/3^{^^}, 2021-2025



From 2021-2025, there were nearly 20,000 overdose-related ED visits among Tarrant County residents

Among these visits, patients were most frequently aged 25-44 years and female

^{**} Overdose-related ED visits determined with the 'CDC All Drug Overdose v3 Parsed' Syndromic Surveillance definition in ESSENCE ([click here for definition](#)). This definition was designed to be used to identify ED visits for suspected non-fatal drug overdoses of unintentional or undetermined intent ; ^{^^} Texas Region 2/3 = Texas Department of State Health Services public health region consisting of 49 counties in North Texas ([click here for exact coverage](#))

While overdose symptoms may vary depending on the drug(s) involved, common symptoms can include:

- Abnormal body temperature (hyperthermia or hypothermia)
- Abnormal or difficulty breathing (choking, gurgling, or snoring sounds while unconscious)
- Anxiety
- Delirium
- Extreme agitation
- Fast, slowed, or irregular pulse
- “Pinpoint” or small pupils
- Seizures
- Severe chest pain
- Severe headaches
- Skin color changes (pale/blue for respiratory depressants and red/flushed for stimulants)
- Unresponsive loss of consciousness
- Vomiting

Recognizing overdose symptoms can save a life!



If someone is experiencing an overdose:

- **Call 911 immediately**
- **Administer *Naloxone* if it is available**
- **Keep the person breathing and awake**
- **Lay them on their side to prevent choking**
- **Stay with them until help arrives**



Education and Prevention

- **Carry Naloxone (Narcan)** to reverse overdoses from opioids [[cdc.gov/stop-overdose/caring/naloxone.html](https://www.cdc.gov/stop-overdose/caring/naloxone.html)]
- **Only buy drugs from official medical providers** and avoid using drugs for recreational or non-medical purposes [[dea.gov/onepill](https://www.dea.gov/onepill)] [[dea.gov/resources/pill-press-resources](https://www.dea.gov/resources/pill-press-resources)] [[dea.gov/resources/illegal-online-pharmacies](https://www.dea.gov/resources/illegal-online-pharmacies)]
- **Follow the instructions on drug packaging** and talk with your doctor or pharmacist if you have any questions
- Keep drugs **locked up** (lockbox, safe, locking cabinet) and **stored out of sight and out of reach** [[upandaway.org](https://www.upandaway.org)]
- **Properly dispose** of expired, unused, and unwanted drugs [[safe.pharmacy/drug-disposal](https://www.safe.pharmacy/drug-disposal)]
Do not share them with others! [[fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know](https://www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know)]
- People struggling with distress are at greater risk for using drugs, so it is important to **seek emotional support** if needed **Call/Text 988** [[988lifeline.org](https://www.988lifeline.org)]
- **Healthy lifestyle behaviors** such as physical activity, proper nutrition, adequate sleep, reducing screen time, and connecting with community-based and faith-based organizations can reduce stress and improve mental health

Resources and Support

Request FREE Naloxone in Texas [[naloxonetexas.com](https://www.naloxonetexas.com)]

Drug Disposal Locations [[safe.pharmacy/drug-disposal](https://www.safe.pharmacy/drug-disposal)]

DEA Drug Take Back Events & Red Ribbon Week
[[dea.gov/takebackday](https://www.dea.gov/takebackday)] [[dea.gov/redribbon](https://www.dea.gov/redribbon)]

Texas Poison Center Network **Call 1-800-222-1222**
[[poisoncontrol.org](https://www.poisoncontrol.org)] [[webpoisoncontrol.org](https://www.webpoisoncontrol.org)]

Challenge of Tarrant County [[challengetc.org](https://www.challengetc.org)]

MHMR of Tarrant County **Call 1-800-866-2465**
[[mhmrtarrant.org/addiction-services/](https://www.mhmrtarrant.org/addiction-services/)]

Recovery Resource Council **Call 817-332-6329**
[[recoverycouncil.org/programs-and-services/](https://www.recoverycouncil.org/programs-and-services/)]

Texas Health and Human Services
[[txopioidresponse.org](https://www.txopioidresponse.org)] [[onepillkillstx.com](https://www.onepillkillstx.com)]
[[hhs.texas.gov/services/mental-health-substance-use](https://www.hhs.texas.gov/services/mental-health-substance-use)]
[[healthdata.dshs.texas.gov/dashboard/drugs-and-alcohol/all-drugs/naloxone-distribution-interactive-map](https://www.healthdata.dshs.texas.gov/dashboard/drugs-and-alcohol/all-drugs/naloxone-distribution-interactive-map)]

SAMHSA's National Helpline **Call 1-800-662-4357**
[[findtreatment.gov](https://www.findtreatment.gov)]