

*The Board of Supervisors of
Contra Costa County, California*

In the matter of:

Resolution No. 2022/71

In the Matter of declaring March 2022 as Prescription Drug Abuse Awareness Month

WHEREAS, when used as prescribed by a doctor, prescription medicines such as stimulants, sedatives and opioids can be helpful in treating many illnesses, but when these medications are misused, they can have serious consequences; and

WHEREAS, many prescription drugs can alter a person's thinking and judgment, and can lead to health risks, including addiction, drugged driving, infectious disease, and adverse effects on pregnancy; and

WHEREAS, anyone who takes prescription opioids can become addicted to them. In fact, as many as one in four patients receiving long-term opioid therapy in a primary care setting struggles with opioid use disorder (OUD); and

WHEREAS, prescription opioid overdose deaths also often involve benzodiazepines. Benzodiazepines are central nervous system depressants used to sedate, induce sleep, prevent seizures, and relieve anxiety. The Centers for Disease Control and Prevention (CDC) recommends avoiding taking benzodiazepines while taking prescription opioids whenever possible; and

WHEREAS, in 2020, in Contra Costa County, there were 478,723 opioid prescriptions given to patients which is an age-adjusted rate of 347.4 per 1,000 residents, higher than the state rate of 333.3; and

WHEREAS, in 2020, a total of 16,537 emergency department visits occurred in California that were related to any opioid overdose and 93 of those visits occurred in Contra Costa County; and

WHEREAS, provisional data from the Center for Disease Control (CDC) indicate that of the estimated 100,306 drug overdose deaths nationally during 12-month period ending in April 2021, 75,673 were from opioids and 161 of those opioid related overdose deaths occurred in Contra Costa County; and

WHEREAS, overdose deaths from synthetic opioids (primarily illicitly manufactured fentanyl), psychostimulants such as methamphetamine and cocaine deaths also increased in the 12-month period ending in April 2021 as did deaths from natural and semi-synthetic opioids (such as prescription pain medication); and

WHEREAS, it is estimated that the "economic burden" of prescription opioid misuse alone in the United States is \$78.5 billion a year, including the costs of healthcare, lost productivity, addiction treatment, and criminal justice involvement; and

WHEREAS, the Contra Costa County Board of Supervisors supports April 30, 2022 as "National Prescription Drug Take Back Day" as declared by the DEA and encourages residents to locate their local collection site via www.dea.gov and safely dispose of their accumulated expired and unwanted prescription drugs that day and throughout the year; and

WHEREAS, the Contra Costa County Medication Education and Disposal Safety (MEDS) Coalition engages youth and adult stakeholders from across the county to participate in Prescription Drug Abuse Awareness Month activities to raise about prescription drug safety awareness, promote safe medication storage and disposal and ensure naloxone is available for those at high risk of opioid related overdose.

THEREFORE, BE IT RESOLVED THAT the Contra Costa County Board of Supervisors does hereby declare March 2022 as Prescription Drug Abuse Awareness Month and encourages all citizens to participate in prescription drug abuse related prevention programs and activities. Be it also resolved that the County Board of Supervisors encourages all community members to pledge, "Spread the Word... One Pill Can Kill".

KAREN MITCHOFF

Chair, District IV Supervisor

JOHN GIOIA

District I Supervisor

CANDACE ANDERSEN

District II Supervisor

DIANE BURGIS
District III Supervisor

FEDERAL D. GLOVER
District V Supervisor

I hereby certify that this is a true and correct copy of an action taken and entered on the minutes of the Board of Supervisors on the date shown.

ATTESTED: March 1, 2022

Monica Nino, County Administrator

By: _____, Deputy