

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

In the matter of:

Resolution No. 2023/62

Declaring March 2023 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 due to the risk of overdose; and

WHEREAS: In 2021 in Contra Costa County there were 498,097 opioid prescriptions given to patients which is an age-adjusted rate of 349.6 per 1,000 residents, higher than the state rate of 321.7; and

WHEREAS: In 2021, a total of 21,016 emergency department visits occurred in California that were related to any opioid overdose and 341 of those visits occurred in Contra Costa County; and

WHEREAS: According to the Center for Disease Control (CDC), 106,699 drug overdose deaths occurred nationally in 2021, 80,411 were from opioids and 183 of those opioid related overdose deaths occurred in Contra Costa County; and

WHEREAS: Synthetic opioids other than methadone (primarily fentanyl) and stimulants such as methamphetamine were the main drivers of drug overdose deaths in the U.S. in 2021; and

WHEREAS: To help prevent substance use disorder and overdose deaths, the Contra Costa County Board of Supervisors encourages community members to dispose of their expired and unwanted prescription drugs throughout the year and safely store those still needed; and

WHEREAS: The Contra Costa County Medication Education and Disposal Safety (MEDS) Coalition engages youth and adult community members from across the county to participate in Prescription Drug Abuse Awareness Month activities to raise prescription drug safety awareness; and

that the Contra Costa County Board of Supervisors does hereby declare March 2023 as Prescription Drug Abuse Awareness Month, and encourages all community members to participate in prescription drug abuse related prevention programs and activities; Be it also resolved that the County Board of Supervisors encourage all community members pledge to, **"Spread the Word... One Pill Can Kill"**.

JOHN GIOIA

Chair, District I Supervisor

CANDACE ANDERSEN

District II Supervisor

DIANE BURGIS

District III Supervisor

KEN CARLSON

District IV 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 7, 2023

Monica Nino, County Administrator

By: _____, Deputy