

# The Board of Supervisors of Contra Costa County, California

In the matter of Declaring March 2023 as Prescription Drug Abuse Awareness Month.

Resolution No. 2023/62

**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**, During 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

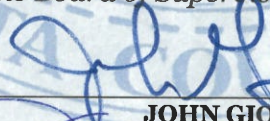
**WHEREAS**, To help prevent substance use disorder and overdose deaths, the Contra Costa County Board of Supervisors encourages community members to dispose of their expired and unwanted prescription drugs, throughout the year, and safely store those still needed; and


**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


**NOW, THEREFORE, BE IT RESOLVED** that the Board of Supervisors of Contra Costa County 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; and

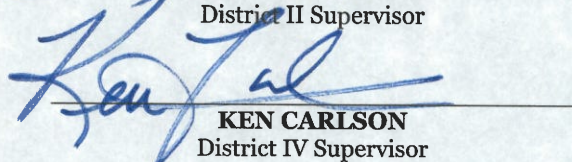
**BE IT FURTHER RESOLVED** that the County Board of Supervisors encourage all community members pledge to, “Spread the Word... One Pill Can Kill”.

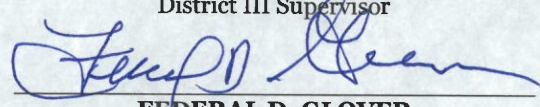
*PASSED by a unanimous vote of the Board of Supervisors members present this 7<sup>th</sup> day of March 2023.*

  
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**JOHN GIOIA**  
 Chair,  
 District I Supervisor

  
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**CANDACE ANDERSEN**  
 District II Supervisor

  
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**DIANE BURGIS**  
 District III Supervisor

  
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**KEN CARLSON**  
 District IV Supervisor

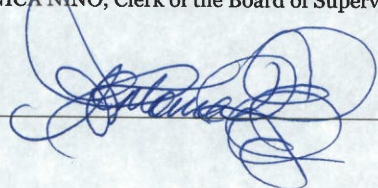
  
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**FEDERAL D. GLOVER**  
 District V Supervisor



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, Clerk of the Board of Supervisors and County Administrator

By  \_\_\_\_\_, Deputy