



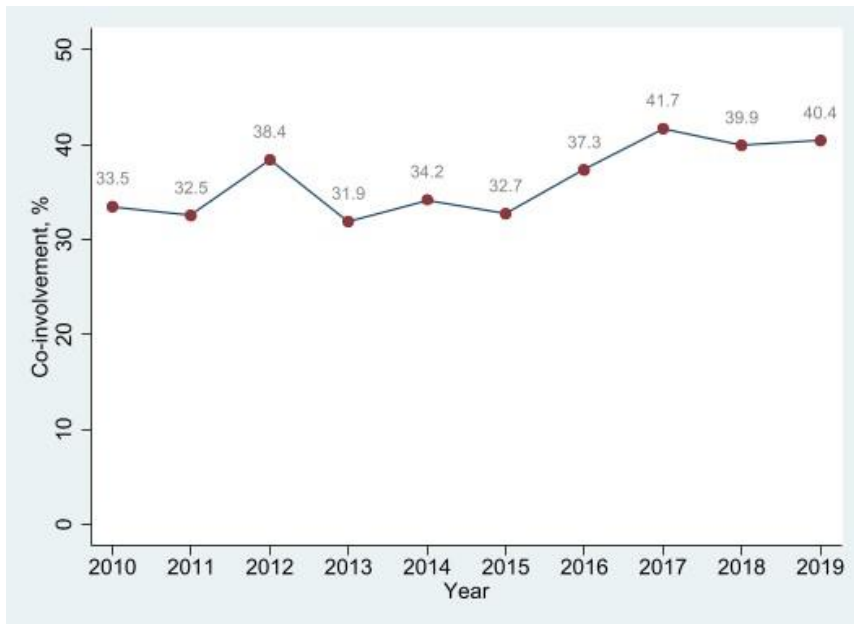
# Alcohol-Related Opioid Polysubstance Overdose Deaths in Texas: 2010–2019

Polysubstance use means an individual has used more than one substance at a time. Using alcohol with other drugs is a type of polysubstance use, but little is known about alcohol involvement in opioid overdose deaths.

From 2010 to 2019, 1,683 (13.1 percent) of all opioid-related overdose deaths also involved alcohol. Among alcohol-related polysubstance overdose deaths, the largest proportion of deaths involved alcohol and an opioid (36.6 percent).

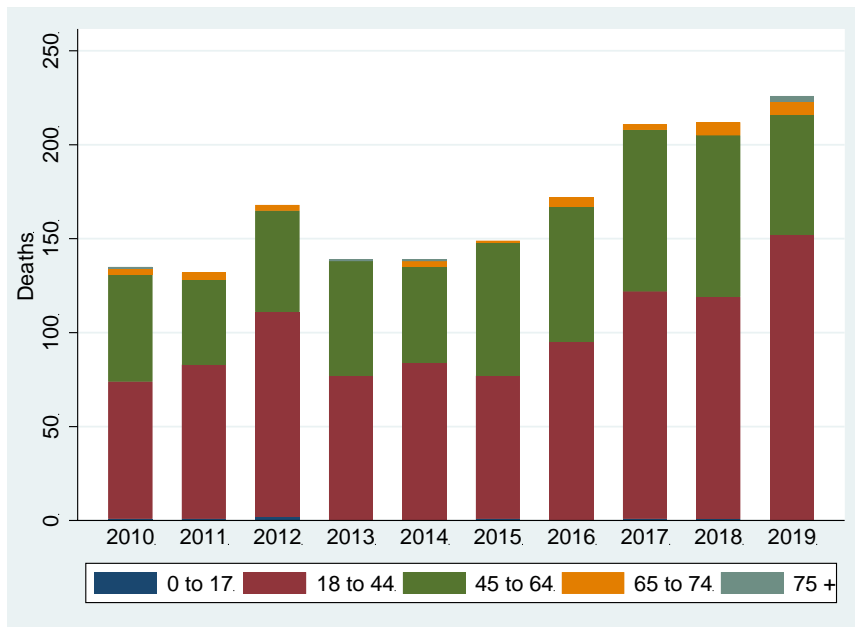
Most alcohol and opioid polysubstance overdose deaths from 2010 to 2019 occurred among males (1302 deaths; 77.4 percent). Alcohol co-involvement with opioids was most common among those aged 18 to 44, followed by those aged 45 to 64.

**Figure 1: Percent of All Alcohol Poisoning Deaths Involving Opioids in Texas, 2010–2019**



Source: Texas Department of State Health Services, Vital Statistics Section

**Figure 2: Opioid-Related Overdose Deaths Involving Alcohol by Age Group**

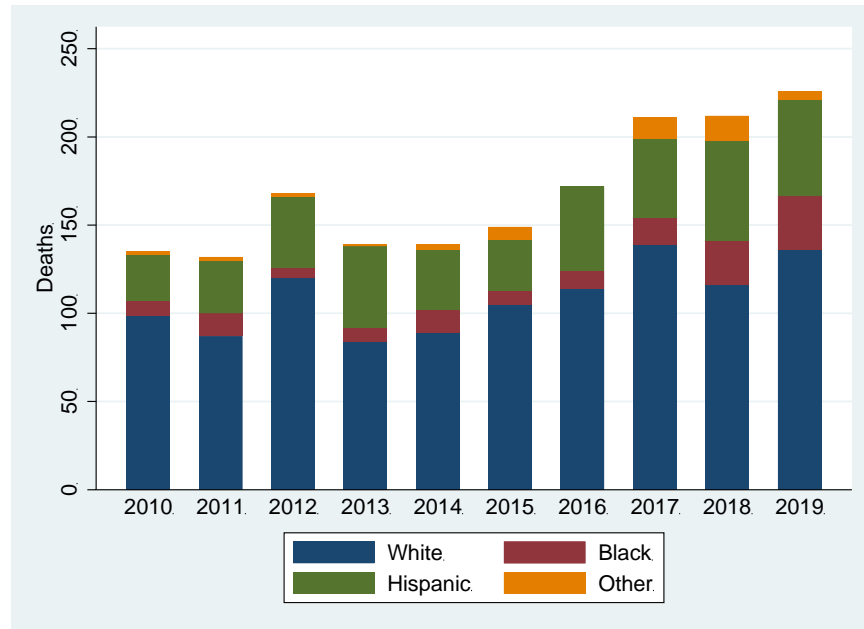


Source: Texas Department of State Health Services, Vital Statistics Section

Most deaths for alcohol and opioid co-involvement were seen among White individuals, followed by Hispanic, and Black individuals.

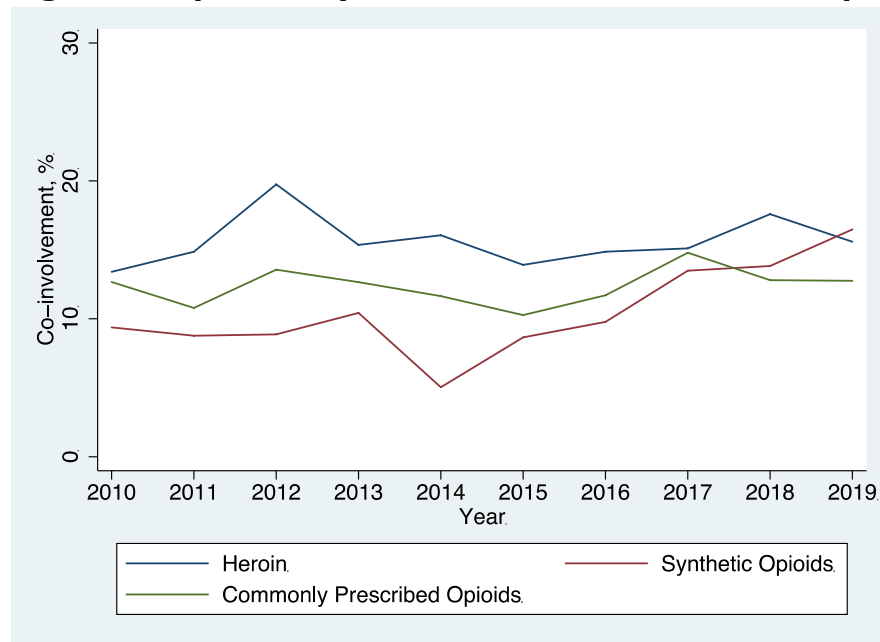
In 2010, only 9.4 percent of overdose deaths involving synthetic opioids (e.g., fentanyl and fentanyl analogs) also involved alcohol. By 2019, this figure had nearly doubled to 16.5 percent.

**Figure 3: Opioid-Related Overdose Deaths Involving Alcohol by Race/Ethnicity**



Source: Texas Department of State Health Services, Vital Statistics Section

**Figure 4: Opioid Polysubstance Overdose Death: Opioid Type and Alcohol**



Source: Texas Department of State Health Services, Vital Statistics Section

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## Next Steps

The use of alcohol combined with opioids is an important, modifiable risk factor that could be the target of public health campaigns. First responders, clinicians, counselors, and laypersons would benefit from widespread public health messaging that relays the effects of mixing alcohol with opioids.

Further studies should analyze opioid polysubstance use in combination with alcohol at both the individual- and population-level. Research should also focus on identifying potential evidence-based interventions to manage and treat co-use of alcohol and opioids. Universities and other research institutions should focus their research on these topics.

Additionally, there is a need for qualitative research among people who use alcohol with opioids and other drugs to assess trends at the point of use.

## Resources

Texas Targeted Opioid Response strategies: <https://txopioidresponse.org/>

Additional Texas overdose death data:

<https://healthdata.dshs.texas.gov/dashboard/drugs-and-alcohol/drug-overdose-deaths#>

Polysubstance use in the United States:

<https://www.cdc.gov/drugoverdose/deaths/other-drugs.html>