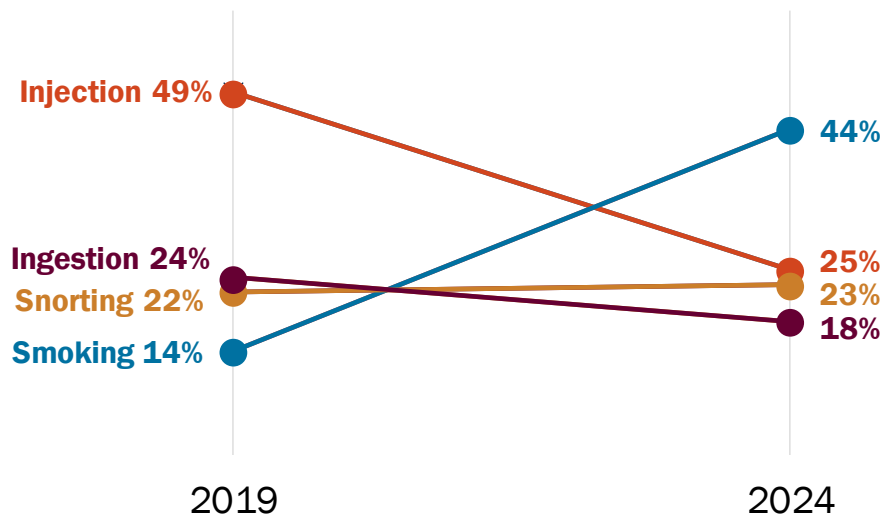


Method of Use in Fatal Overdoses in Vermont Based on Scene Evidence and Witness Accounts January 2026

Method of use is defined as how drugs are consumed (**smoking**, **injection**, **snorting**, or **ingestion**). Different risks are associated with the different ways drugs are used. Prevention strategies are improved when they are informed by trends in drug consumption methods. For example, these data have been used to update the [Health Department's KnowOD campaign](#) and educational materials provided with naloxone throughout Vermont.

From 2019 to 2024, overdose deaths with evidence of **smoking drugs more than tripled, while evidence of **injection** decreased by nearly half.**



Data Source: State Unintentional Drug Overdose Reporting System (SUDORS)

Note: The method of use is not always clear from the available evidence, and sometimes there may be evidence of multiple methods used (ex., **snorting** and **injection**).

Other Standout Findings

- **Smoking** was the most common method of substance use overall in 2024. However, some groups showed differences in method of use:
 - People aged 65 and older most often had evidence of **ingestion**.
 - **Injection** was the most common method of substance use in fatal overdoses involving fentanyl analogs, which are drugs similar to fentanyl that have varying effects.
- Although females were most likely to have **smoked** substances, they were more than twice as likely to **ingest** substances than males in 2024.
- People who were unhoused were twice as likely to **inject** substances than people who were housed in 2024, but evidence of **smoking** was most common for both groups.

If you need help accessing or understanding this information, contact
AHS.VDHOVerdoseDataVT@vermont.gov.



HealthVermont.gov
802-863-7200

