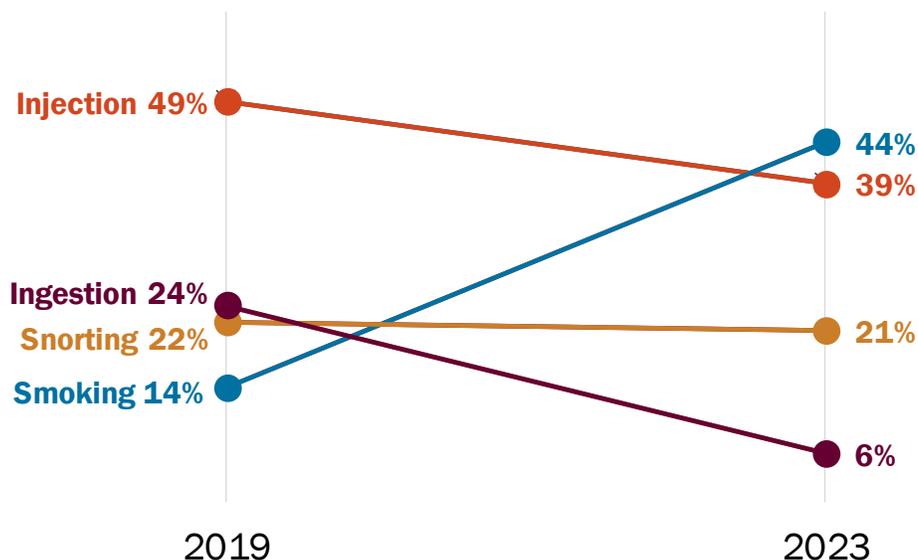


# Method of Use in Fatal Overdoses in Vermont Based on Scene Evidence and Witness Accounts

April 2025

From 2019 to 2023, overdose deaths with evidence of **smoking** drugs more than tripled, becoming more common than deaths from **injecting** drugs.



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

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. Harm reduction strategies are most helpful when they are informed by and match common trends in drug consumption methods.

**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



- Approximately 1 in 5 fatal overdoses in 2023 had evidence of **snorting**.
- In 2023, **injection** was the most common method of substance use in:
  - fatal overdoses of people aged 35-44.
  - fatal overdoses involving methamphetamines, xylazine, or heroin.
- Evidence of **ingestion** in fatal overdoses decreased by approximately 75% from 2019 to 2023.

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



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