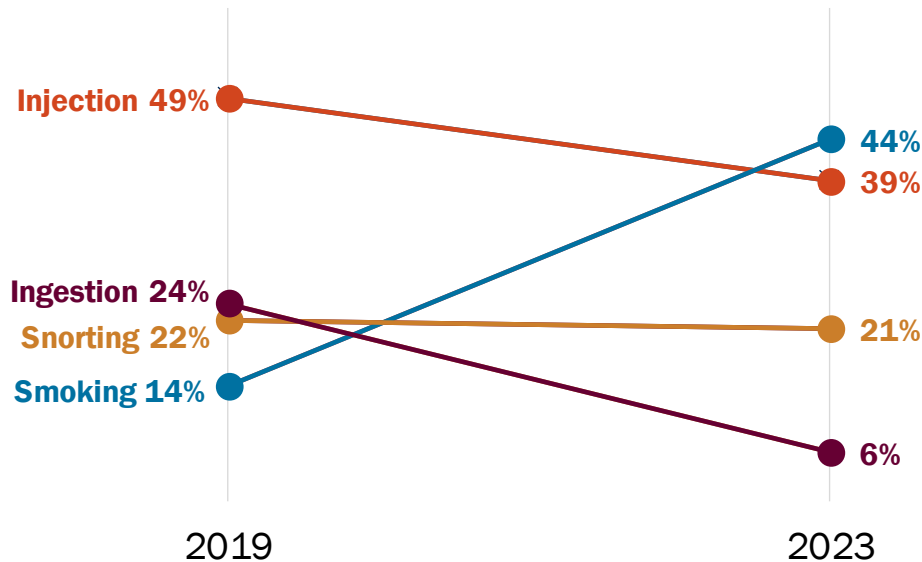


Method of Use in Fatal Overdoses in Vermont Based on Scene Evidence and Witness Accounts

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.



HealthVermont.gov
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