

Stimulants Drive Most Overdose Deaths in Iowa

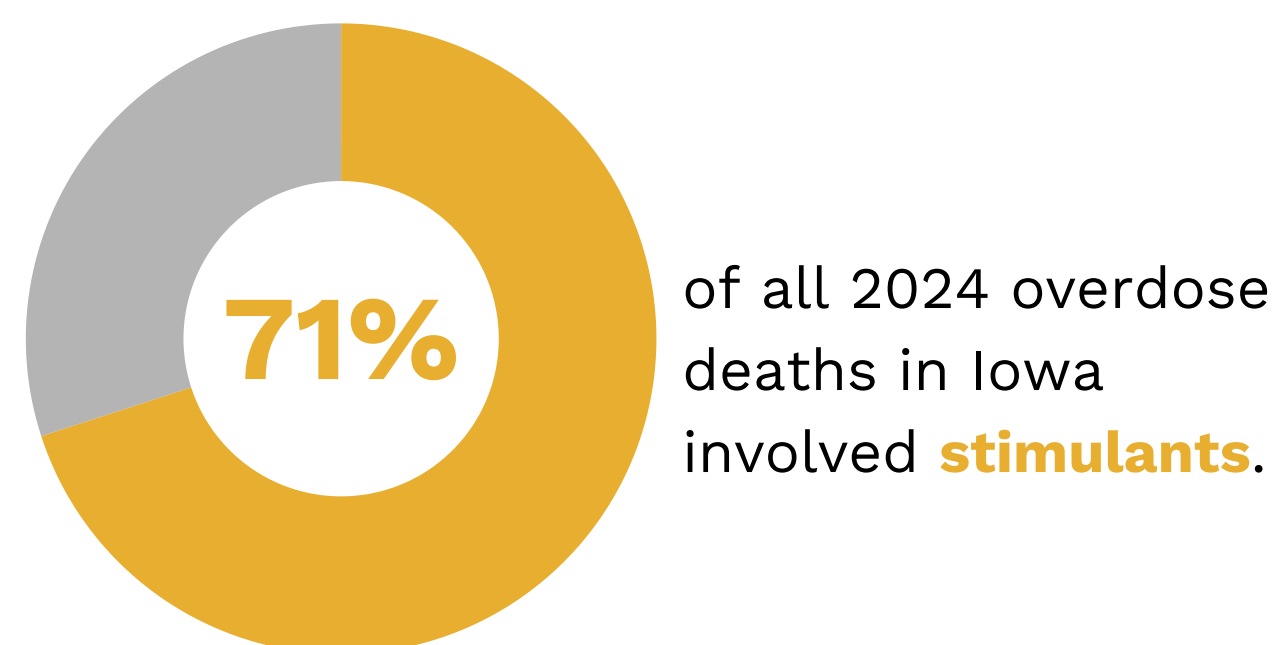
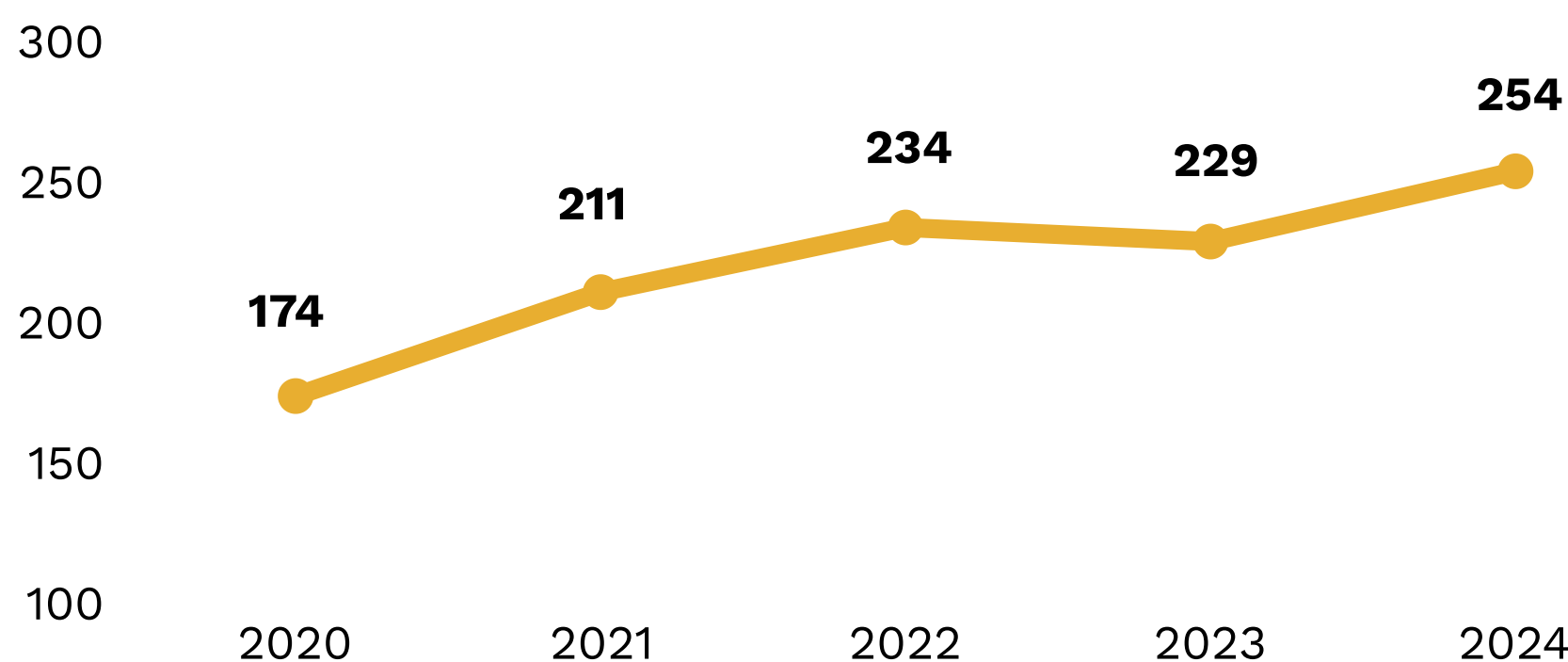
From the CDC's State Unintentional Drug Overdose Reporting System (SUDORS) 2020-2024
Methamphetamine is the primary stimulant involved

What are Stimulants?

- Stimulants include methamphetamine, cocaine, crack cocaine, and amphetamines such as medications prescribed for the treatment of ADHD, among others.
- Stimulants are drugs that increase activity in the brain and body. The effects of stimulants on the human body can vary greatly based on multiple factors such as underlying health issues, type of stimulant, route of administration, and dose.

Stimulant Deaths Continue to Rise

The number of SUDORS **stimulant-involved overdose deaths** rose **46%** between **2020** and **2024**.



Overdose deaths in Iowa are no longer driven primarily by opioids

In **2020**, most overdose deaths in Iowa involved **opioids without stimulants**.



In **2024**, most overdose deaths in Iowa involved **stimulants without opioids**



■ Opioids and stimulants ■ Opioids and no stimulants ■ Stimulant and no opioids ■ Neither opioids nor stimulants

Key Demographic Patterns

Among stimulant-involved deaths (2020-2024)

Adults aged **45-54** had the highest mortality rate among all ten-year age groups, at **15** per 100,000.

Black, non-Hispanic individuals had a stimulant-involved mortality rate **2.5X** higher than White, non-Hispanic individuals

Males experienced stimulant-involved mortality at **2X** the rate of females

Need Help with Substance Use?

You are not alone. Support and treatment resources are available through **Your Life Iowa**
Call **(855) 581-8111**, text **(855) 895-8398**, or chat with a live person at **988lifeline.org**

For more information, visit: hhs.iowa.gov or call toll free at 1-800-972-2017

This publication was supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of the Overdose Data to Action in States (CDC-RFA-CE-23-0002) cooperative agreement award totaling \$2,507,303 with 100% funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS or the U.S. Government.