

Total Overdose Deaths (U.S.)

- 2024 (latest estimate): ~80,391 deaths
- 2023 (peak year): ~110,037 deaths



That's a ~27% decrease in one year, but overdose remains a leading cause of death (especially ages 18–44)

Thank you to American soldiers <3

Gender Disparities

Key Pattern: Men die at much higher rates than women

- Male overdose death rate (2024): ~32.2 per 100,000
- Female overdose death rate (2024): ~14.1 per 100,000



Men die at more than 2× the rate of women

Why this gap exists (research-backed factors):

- Higher rates of risk-taking drug use
- More polysubstance use (mixing drugs)
- Lower likelihood of seeking treatment or mental health care
- Greater exposure to illicit drug markets (e.g., fentanyl)

Racial & Ethnic Disparities

Overall pattern (recent years):

- Disparities have widened significantly
- Some minority groups now have equal or higher death rates than White Americans

Key findings:

- Black (non-Hispanic):
 - One of the highest and fastest-growing overdose death rates
 - Increased 44% in one year during earlier surge
- American Indian / Alaska Native (AIAN):
 - Among the highest overdose death rates overall
 - Increased ~39% in one year
- White (non-Hispanic):
 - Historically highest total deaths (because of population size)
 - Rates remain high but have stabilized or declined more recently
- Hispanic populations:
 - Rising rates, but generally lower than Black and AIAN groups
- Asian populations:
 - Lowest overdose death rates overall

Important Context

1. Rates vs. total numbers

- White Americans still account for a large share of total deaths (population size)
- But per capita risk is now often higher in:
 - Black communities
 - Native American communities

2. Access & structural factors matter

CDC highlights disparities linked to:

- Unequal access to treatment
- Differences in healthcare quality
- Economic inequality & environment
- Lower likelihood of receiving addiction care before death

3. Drug type shifts matter

- Rise of synthetic opioids (like fentanyl) has changed who is most affected
- Increasing impact in urban Black communities and Western Native communities



Simple Breakdown

Category	Highest Risk Group
Gender	Men (2× higher than women)
Race (current high rates)	Black, American Indian/Alaska Native
Total deaths (count)	White Americans (largest population share)

Summary

- About 80,000 Americans die each year from overdoses (recent data)
- Men are far more likely to die than women
- Racial disparities are growing, with Black and Native communities now facing the highest death rates per capita