



States of Despair: State Trends in Death from Suicide, Alcohol, & Drugs



Alliance for Health Policy Briefing | August 22, 2018

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Health System Scorecards point to opportunities to improve

- 30-40 Performance measures
 - Five Dimensions: Access, Healthcare Quality, Avoidable Hospital Use & Cost, Population Health & Health Outcomes Equity
 - Built mostly from free, public data
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- National Scorecard (2006, 2008, 2011)
 - State Scorecard (2007, 2009, 2014, 2015, 2017, 2018)
 - Local Health System Scorecard (2012, 2016)
 - Scorecard on Low-Income Populations (2013)
 - Child Scorecard (2010)
 - High Need High Cost (Online tool Coming in 2018)



Deaths of Despair

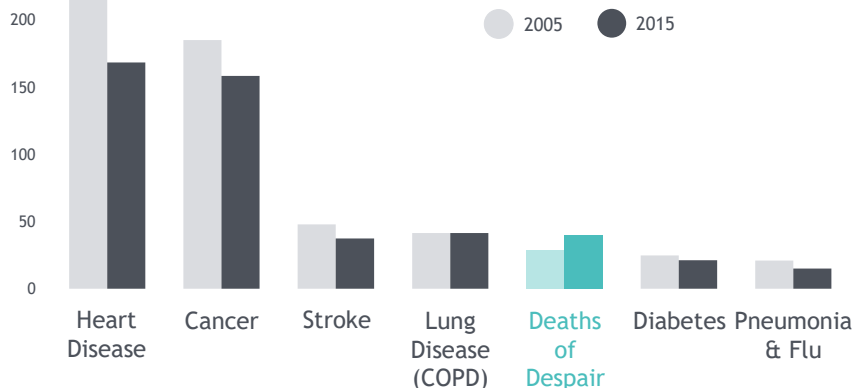
- Deaths from Suicide, Alcohol, or Drug Toxicity
- Suicide: death from any sort of self-inflicted injury
- Alcohol: deaths from various liver diseases
- Drug deaths:
 - Includes, but not limited to, deaths associated with opioid use
 - Can include intentional and unintentional drug deaths
 - Includes deaths from adverse reaction to prescription drugs & medication errors (very few)
- Term coined by Princeton economists Anne Case & Angus Deaton
 - Linked to lack of economic opportunity (not necessarily lower wages) and poor and declining social capital



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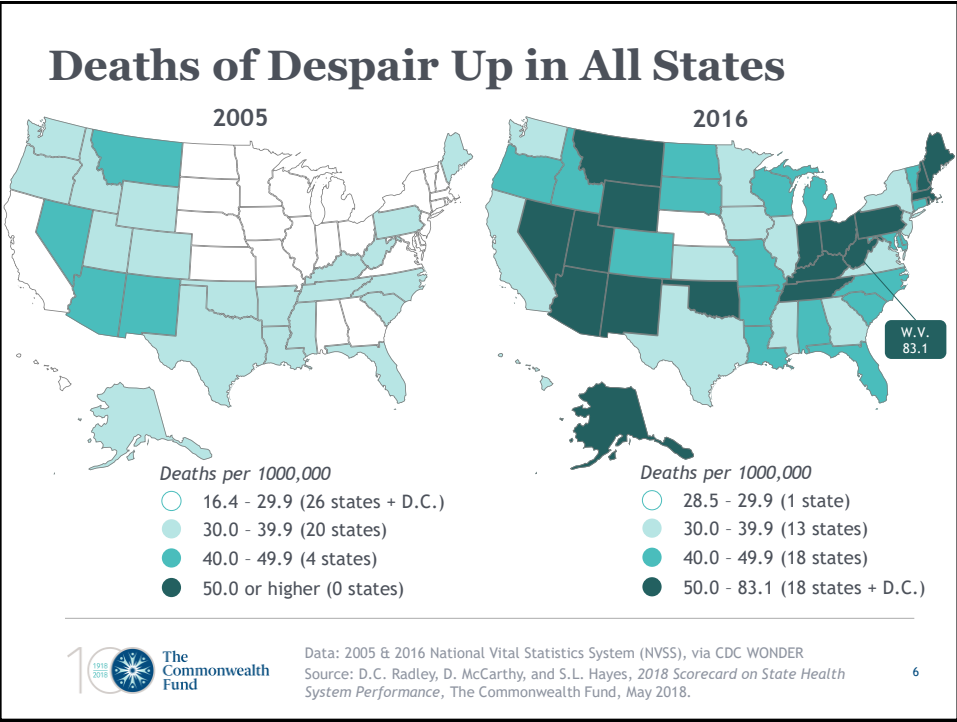
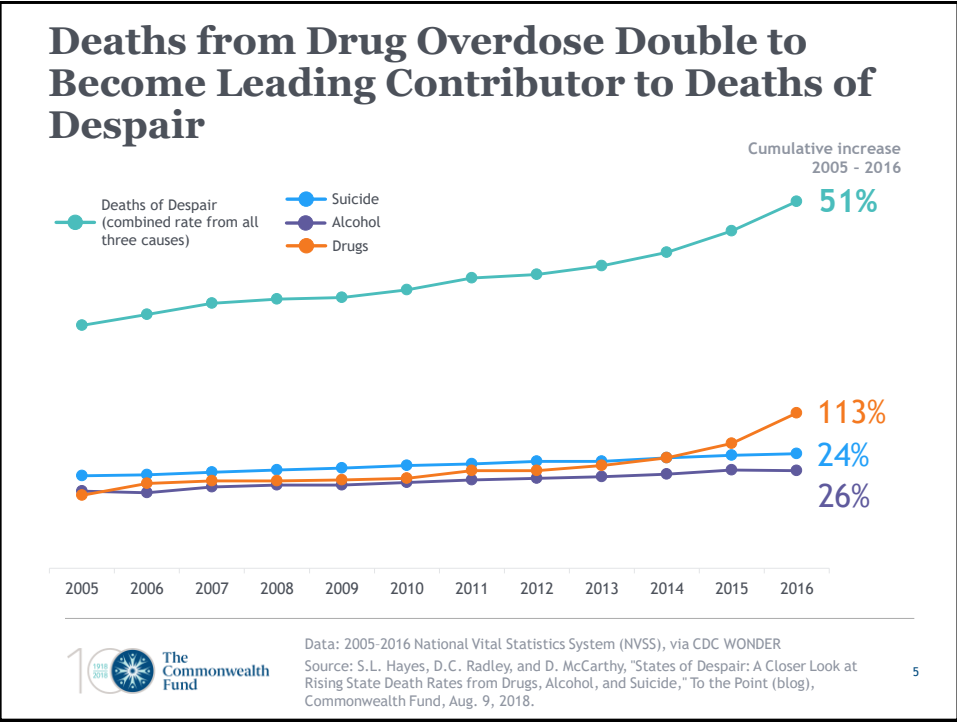
Deaths of Despair the Only Leading Cause of Death Trending Upward

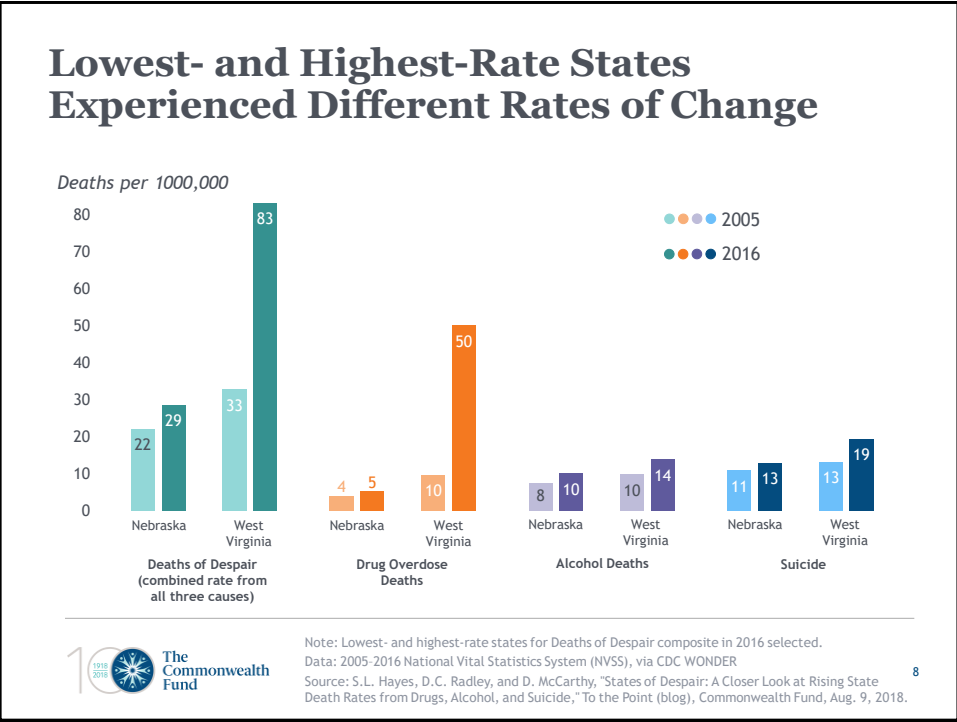
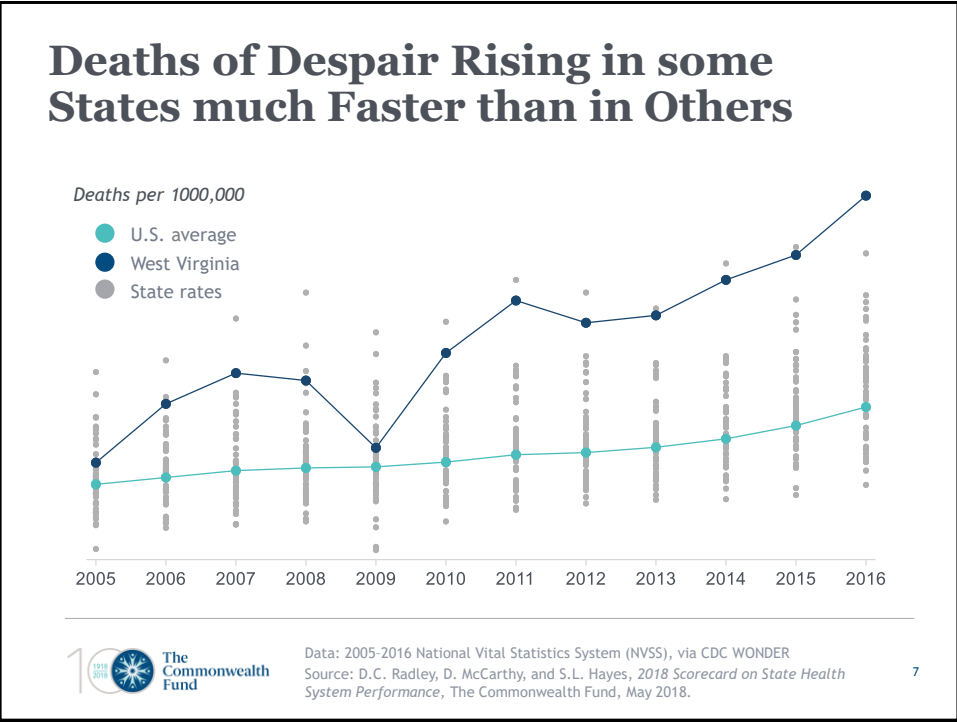
Deaths per 1000,000



Data: (despair) 2015 National Vital Statistics System (NVSS), via CDC WONDER; (other causes) National Center for Health Statistics. Health, United States, 2016: With Chartbook on Long-term Trends in Health. Hyattsville, MD. 2017

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Summary & Implications

- Combined death rate from suicide, alcohol, and drug overdose is up in every state
- Drug overdose death rate more than doubled between 2005 and 2016, and surpassed other factors as largest contributor to 'Deaths of Despair'
- State experiences are unique and many facing dramatic increases in drug overdose deaths
- Policy opportunities:
 - Improve access to opioid reversal medications
 - More proactive guidelines and limits for opioid prescription
 - Enhance access to mental health care services & encourage medical home models that integrate medical, behavioral, and addiction services



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Acknowledgements

Susan Hayes, Senior Researcher
Doug McCarthy, Senior Research Director



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