

STATE FACTS

3,403
Oklahomans
died from meth overdoses

From 2020-2024, more than 3,400 Oklahomans died of an unintentional methamphetamine overdose.



Men were twice as likely to die of an unintentional methamphetamine overdose as women.

Adults
45-54

Adults aged 45-54 had the highest methamphetamine overdose death rate.

Methamphetamine Overdose

Scope of the Problem

For more than a decade, the most common type of substance involved in unintentional overdose deaths was prescription opioids. From 2013-2019, the state had a 68% decrease in its prescription opioid overdose death rate. From 2007-2024, the rate of methamphetamine-related overdose death increased by more than 1,600%. **In 2007, 39 Oklahomans died of an unintentional methamphetamine-related overdose, compared to 760 in 2024.**

Overdose death rates involving psychostimulants* (which includes methamphetamine) have increased across the

country. From 2022-2024, Oklahoma had the 10th highest psychostimulant overdose death rate in the country.

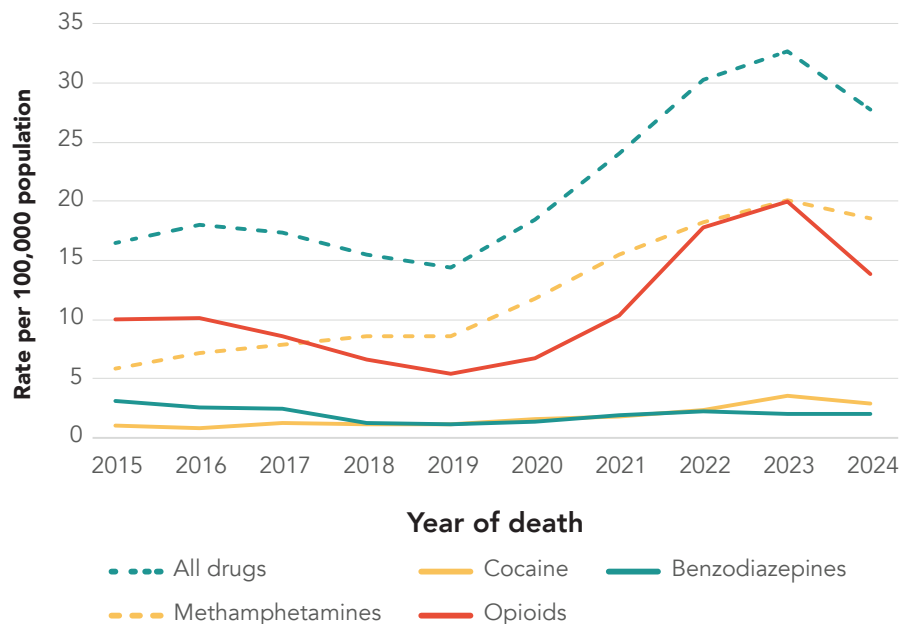
*ICD-10 cause of death code of T43.6 (psychostimulants with abuse potential, excluding cocaine).

2024

More Oklahomans died of methamphetamine overdose than opioid overdose.

Unintentional Overdose Deaths By Type Of Substance And Year Of Death

Oklahoma, 2015-2024



Source: OSDH, Injury Prevention Service, Fatal Unintentional Poisoning Surveillance System



OKLAHOMA
State Department
of Health

Methamphetamine Facts

Methamphetamine is a stimulant drug usually used as a white, bitter-tasting powder or a pill. Crystal methamphetamine is a form of the drug that looks like glass fragments or shiny, bluish-white rocks. It is chemically similar to amphetamine [a drug used to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy, a sleep disorder].

Methamphetamine is a highly addictive substance. Because the "high" from the drug both starts and fades quickly, people often take repeated doses in a "binge and crash" pattern. In some cases, people take methamphetamine in a form of bingeing known as a "run," giving up food and sleep while continuing to take the drug every few hours for up to several days.

Common Names For Methamphetamine

- | | |
|-----------|-----------|
| ■ Chalk | ■ Tina |
| ■ Crank | ■ Tweak |
| ■ Crystal | ■ Go-Fast |
| ■ Ice | ■ Glass |
| ■ Meth | ■ Uppers |
| ■ Speed | |

METHAMPHETAMINE CAN KILL YOU. High doses can cause the body to overheat to dangerous levels. Death can result from stroke, heart attack, or multiple organ problems caused by overheating.

METHAMPHETAMINE ADDICTION IS TREATABLE.

Behavioral treatments can help someone stop using methamphetamine and recover from addiction. There are currently no government-approved medications to treat methamphetamine addiction. The most effective treatments for methamphetamine addiction so far are behavioral therapies, such as contingency management. For clinical education on stimulant use, go to oklahoma.gov/health/overdose and click on "Understanding Stimulants."

911

If you suspect someone is experiencing an overdose, react to this true emergency by calling 911 immediately.

FOR HELP FINDING TREATMENT REFERRALS, CALL 211.

EFFECTS OF METH ON THE BODY

HEART

- irreversible blood vessel damage that may result in stroke
- rapid heart rate
- inflammation of the heart lining
- increased blood pressure
- accelerated aging of the blood vessels

KIDNEYS

- kidney failure
- kidney damage

BRAIN

- impaired judgment
- memory loss
- stroke
- anxiety
- homicidal thoughts
- suicidal thoughts
- aggression
- paranoia
- insomnia
- hallucinations

MOUTH

- tooth decay
- broken, stained and rotting teeth
- dry mouth
- increased oral acid
- tooth loss
- teeth grinding

LIVER

- liver failure
- cirrhosis
- liver disease
- hepatitis

Learn more: oklahoma.gov/health/overdose | 405.426.8440

This publication was supported by Cooperative Agreement 6 NU17CE010188-03 funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services. This publication was issued by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at documents.ok.gov. | Issued September 2026